

## 2. MANYĀ STAMBHA (CERVICAL SPONDYLOSIS)

### A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Laśuna ( <i>Alium sativam</i> )	Kalka	3 gm BD	Saindhava lavaṇa	B. P. Vātavyādhi Cikitsā 24/343

### B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Daśamūla Kwātha	Kwātha	30 ml B.D	Water	B. R. Vātavyādhi Cikitsā
2.	Rāsnādi Kwātha	Kwātha	30 ml B.D	Water	B. R. Vātavyādhi Cikitsā

3.	Mahānārayaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Vātavyāchi Cikitsā
4.	Prasāraṇī Taila	Taila	Q.S Ext. Appln.	-	S.S.Ma. K./10
5.	Lākṣādi Guggulu	Vaṭī	500 mg B.D	Warm water	B. R. Vātavyāchi Cikitsā

### C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat	Special variety of rice (kodrava, sāṃvaka)
Pulses	Kulattha, black gram (uḍada)	Peas (maṭara), pigeon pea (arahara), chickpea (canā), green gram (mudga)
Fruits & vegetables	Garlic, pomegranate, mango, brinjal, paravala, śigru, phālasā, lemon, jujube plum (badara, bera), grapes	Cauliflower, lady finger, bitter gourd (kāravellaka), date, leafy vegetables (patraśāka), udumbara, lotus stem

Others	Clarified butter, oil, gokṣura, milk, coconut water, sour vinegar (kāñjī), cow's urine, tamarind (imalī), meat juice	Jambū, betel nut
Life style	Dry sudation (rukṣa svedana), snuffing, exercise, water exercises (jalakriḍā), gentle pressing (saṃvāhana), sleeping on the ground, bathing, saturation (santarpaṇa), sunlight exposure	Day sleeping, sleeping in improper posture (viṣama śayana), upward looking with backward bending of neck (ūrdhva dṛṣṭī), night awakening, suppression of natural urges, physical exercise, fasting, excessive walking (atyadhika caṅkramaṇa)

**Note:**

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.