

A Preliminary study to identify the effectiveness of *Siddhartha Thaila Nasya* in the management of *Manyasthambha*

Kularathna DPDN¹

¹Department of Shalya Shalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya

Abstract

According to ayurveda *Manyasthambha* is one of the eighty *Vata nanantmaja vikara*. Ayurveda has mentioned that *Nasya karma* plays an enormous role in managing *Manyasthambha* with related symptoms such as pain, tenderness and restricted movements etc. *Nasya karma* is also a well known treatment procedure in Sri Lankan Traditional medical system. Both systems recommend a range of oils in this process. Based on a few case results, a preliminary study was carried out in Jasmine Villa Ayurveda Resort to identify the effect of *Siddhartha thaila* which is an indigenous oil in Sri Lankan traditional medicine. 20 foreign patients who were diagnosed with *Manyasthambha* were observed during a time period of 6 months. They were studied as two equal groups. Both groups were given the same regimen of internal medicine consisted of *Eranda saphaka Kwatha* and *Yogaraja Guggulu*. For the test group *Siddhartha thaila* was used as the *Nasya* oil and *Nirgundi thaila* was used for *Nasya karma* in the control group for a trial period of 10 days. Both groups were assessed for pain, tenderness according to a scale and range of movements in the affected hand/s before and after the treatment. At the end of the trial period, 80% of the patients in the test group showed clear reduction of tenderness and an improvement of range of movements. 70% of the same group recorded reduction of pain which are marked improvements compared to the control group. It was concluded that *Siddhartha thaila* was more effective than *Nirgundi thaila* in achieving better results in *Manyasthambha* patients in the sample group hence could be subjected to a more elaborated clinical trial in a larger sample.

Key Words: *Manyasthambha, Nasya karma, Siddhartha thaila, Nirgundi thaila*

e-mail: dhanushka01@yahoo.com