

MANYABASTI: A SHORT COMMUNICATION

Dr.Parulkar Geeta D., M.D.(Chikitsa)(Mum),PhD(Chikitsa)(Mum),Professor(Chikitsa)

R.A.Podar (Govt.) Medical College, attached to M.A.Podar Hospital, Worli, Mumbai, Maharashtra
geeta.parulkar@gmail.com



The procedure of applying heat to the cervical region by retaining warm medicated oil within a specially formed frame on this area is known by the name 'Manyabasti'.

Indication -

This Basti is indicated in painful conditions of the cervical region like, Cervical Spondylosis, Spondylolisthesis, Disc Prolapse, Ankylosing Spondylitis, Rheumatoid Arthritis etc.

Procedure -

To carry out the procedure of Manyabasti, the patient is made to lie down on a bed with his arm and head resting on a chest. In this position, the trunk is slightly bent forwards, neck is flexed and the forehead is resting on the table. This position of the patient is most ideal for the Manyabasti as the cervical region remains almost horizontal.

A frame of black gram paste is made around the painful cervical region. Junction between the frame and skin is sealed to make it leak-proof. Warm medicated oil is poured into this frame for half an hour.

Practical Work-

30 patients of Manyagatavata (Cervical Spondylosis) had undergone Manyabasti procedure with Koshna (Luke warm) Narayana Taila for 15 days after screening in OPD of M.A.Podar (Govt) Hospital, Worli, Mumbai-18 from Maharashtra state, out of which 27 had shown remarkable results in Manyashoola (Cervical pain).

Reference -

1. Dr. G.Shrinivasa Acharya, Panchakarma illustrated,1st edition, Page no. 259-260, Chaukhamba Sanskrit Prakashan,Varanasi, 2016.