



A Comparative Clinical Study to evaluate the efficacy of *Abhadya Choorna* and *Ajamodadi Choorna* in *Manyasthambha* with special reference to Cervical Spondylosis

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ABSTRACT

Manyasthambha is one among the *Shoola* and *Sthambha Pradhana Vataja Nanatmaja Vyadhi*, intervening with the functional ability of neck and upper limb. Cervical spondylosis is the major cause of morbidity throughout the world affecting mainly aged and young adults also. Life time incidence of *Manyasthambha* is more than 40%. Although aging is major risk factor that contributes to Cervical Spondylosis, repeated occupational trauma may contribute to the development of Cervical Spondylosis.

Taking these into account, this study was planned to explore safe and effective treatment for the patients of *Manyasthambha* which can give better relief from pain and do *samprapti vighatana* and also manage condition very better. This is a Comparative Clinical Study of *Abhadya choorna* and *Ajamodadi choorna*. The clinical study was carried out in 2 Groups which were made by 15 patients in each Group randomly. Group A was given with *Abhadya Choorna* and Group B was given with *Ajamodadi Choorna* for 30 days. The effect was evaluated before and after the treatment. The treatment is significant in Group A when compared to Group B. Group A overall result is 55% and Group B overall result is 45%.

Key words: *Manyasthambha*, Cervical spondylosis, *Abhadya Choorna*, *Ajamodadi Choorna*.

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