

**A PHARMACEUTICO-ANALYTICAL STUDY OF
MAHAMASHA TAILA (NIRAMISHA) AND ITS
CLINICAL EFFECT ON MANYAGRAHA W.S.R TO
CERVICAL SPONDYLOSIS**

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Year of passing- March 2024

Marks secured- 333/500.

WORKING HISTORY AND RESEARCH CONTRIBUTION

- Working as an Assistant Professor (RSBK) in Om Ayurvedic medical college, Hospital and Research centre, Roorkee, Uttarakhand.
- Teaching experience- 4 months

Publications

- ❖ Pharmaceutical Study of Ardraka Khand and its Bactericidal effect published in International Journal of Pharmacy and Pharmaceutical Research (IJPPR)
- ❖ Literary Review on Ardraka Khand published in World Journal of Pharmaceutical Research (WJPR)
- ❖ A Review On Kustharakshas Taila published in International Research Journal of Modernization in Engineering Technology and Science (IRJMETS)

- Cervical Spondylosis: An Ayurvedic Review published in Journal Healthcare Treatment Development (JHTD- Hm Journals)
- Pharmaceutico-Analytical Study of Ardraka Khand with special reference to HPTLC is under review in Journal of Drug Research in Ayurvedic Sciences.
- The concept and Implementation of Blended Teaching and Learning in Indian System of Medicine (Ayurveda) is under review in Swadeshi Research Journal, A monthly Journal of Multidisciplinary Research.
- The Opportunities and Challenges For Open Educational Resources is under review in Swadeshi Research Journal, A monthly Journal of Multidisciplinary Research.

RATIONALE BEHIND THE STUDY

- Mahamasha taila (Niramisha) is an effective classical remedy that retains the Tridoshas balanced and it can be used externally as well as internally, helpful in alleviating the pain and stiffness.
- It is very useful in Vataroga.
- Manyagraha is a Vataja nanatmaja vikara which causes Ruka, Toda, stambha in 'Manya' pradesh.
- It can be described under Vata vyadhis in all ayurvedic classical texts.
- The samprapti of Manyagraha is of two types Dhatukshya janya and Avaranajanya.
- The Mahamasha Taila has described in Bhaishajya Ratnavali for treatment of vatavyadhi. It is very effective in management of Manyagraha.

PREVIOUS STUDY

1. Chinky, Anup Jain. Comparitive study to evaluate the efficacy of Mahamasha Taila brihana nasya and Agnikarma in treatment of Avabahuka (Frozen shoulder). Ayushdhara. 2024 Jan 5.
2. The effect of Mahamashadi Taila Internally and mahasaindhava Taila externally in Spasticity in Children with cerebral Palsy. International Ayurvedic medical journal (online) 2017.

No previous work has been seen on effect of Mahamasha taila on cervical spondylosis, so this topic has been selected for the research purpose.

AIM AND OBJECTIVES

1. To prepare Mahamasha Taila (Niramisha) .
2. To do Analytical Study of Mahamasha Taila (Niramisha).
3. To evaluate the effect of Mahamasha Taila (both Internally and Externally) in the management of Manyagraha (Cervical Spondylosis).

HYPOTHESIS

- Null hypothesis- There is no effect of Mahamasha Taila (Niramisha) in the management of Manyagraha.
- Alternate Hypothesis- There is effect of Mahamasha Taila (Niramisha) in the management of Manyagraha.

RESEARCH PLANNING

1. **Review of literature-** In this thorough screening of classical texts like Bhaishajya Ratnavali, Chakradatta etc for preparation of Mahamasha Taila (Niramisha).
2. **Preparation of Study drug-** Raw material will be collected and subjected to identification and authentication in Department of Dravyaguna. Furthermore study drug will be prepared.
3. **Physico- chemical Analysis-** Prepared drug will be subjected to Physico-chemical analysis in authentic laboratory.
4. **Clinical Study-** Patients will be divided into two groups-
Group A- Oral intake of Mahamasha Taila
Group B- Local application of Mahamasha Taila
Parameters of sign and symptoms will be analyzed statistically.

Inclusion criteria-

- ❖ Age 18-70 years either sex
- ❖ Patient fit for Abhyanga and Pana of Mahamasha Taila (Niramisha)
- ❖ Patient with clinical features of Manyagraha.
- ❖ Patient with Radiological findings of Cervical Spondylosis.

Exclusion Criteria-

- ❖ Patient unfit for Abhyanga and Pana of Mahamasha Taila (Niramisha)
- ❖ Pregnant and lactating mother
- ❖ Critical diseases like Carcinoma, Cardiac diseases, Tb, HIV, Trauma etc.

ASSESSMENT CRITERIA

SUBJECTIVE PARAMETERS	OBJECTIVE PARAMETERS
Neck pain (Greevashula)	Tenderness over cervical region
Neck stiffness (Greevastambh)	Painful neck movements
Radiation of pain	Sensory loss
Weakness	
Paraesthesia	
Vertigo	

PROBABLE RESEARCH OUTCOMES

- The observations of patients will be carried out before, during and after completion of treatment.
- The inference will be made on basis of statistical analyzed data by applying suitable tests.

REFERENCES

1. Mahamasha Taila – Bhaishajya Ratnavali – 26 / 543- 550 .
2. Sushruta Samhita sharirsthana , Chapter5/8 .
3. Astanga Hridayam Sharira sthana, Chapter- 4/37-38

THANK YOU