



An Integrative *Ayurvedic* Approach Using Scientific Reversal Detox Process (SRDP) Protocol for *Manyagraha* (Cervical pain): A Single Case Report

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Abstract:

Background: *Manyagraha* (cervical pain) is a common musculoskeletal disorder characterized by stiffness, pain, and restricted movement of the neck, often caused by aggravated *Vata* and *Kapha* doshas. The *Scientific Reversal Detox Process (SRDP)* is an integrative *Ayurvedic* therapeutic protocol designed to correct *Doshic* imbalance, detoxify tissues, and restore musculoskeletal function.

Objective: To evaluate the clinical effectiveness of SRDP-based *Ayurvedic* therapy in a patient with *Manyagraha*.

Methods: A 66-year-old female presented with neck pain, stiffness, and restricted neck movements for 3 months. Diagnosis of *Manyagraha* was made based on *Ayurvedic* and modern criteria. SRDP therapy was administered only as was not willing for internal medication, SRDP therapy including *Abhyanga*, *pottali Swedana*, *Nasya* with *Anutaila*, for 30 days.

Results: The patient reported marked reduction in pain (VAS score decreased from 8 to 2), improved neck movements, and better sleep quality.

Conclusion: SRDP based *Ayurvedic* therapy demonstrated significant improvement in symptoms of *Manyagraha* by pacifying *VataKapha Doshas* and improving local tissue circulation.

Keywords: *Manyagraha*, Cervical Pain, SRDP Therapy, *Ayurveda*, *Abhyanga*, *Nasya*, *Swedana*.

Introduction:

Cervical pain, commonly referred to as *Manyagraha* in *Ayurveda*, is a disorder primarily caused by *Vata-Kapha Dosha vitiation* affecting the *Manya pradesha* (cervical region). It is characterized by *Shoola* (pain), *Stambha* (stiffness), and *Graha* (restricted movement). Sedentary lifestyle, poor posture, and stress aggravate *Vata Dosha* and contribute to the chronicity of the condition.

The *Scientific Reversal Detox Process (SRDP)* is a specialized *Ayurvedic* therapeutic protocol developed at Parasnath Specialty Clinic. It integrates *Ayurvedic* diagnostic principles (*Dosha*, *Dushya*, *Agni*, *Ama*, *Prakriti*) with evidence-based Panchakarma and herbal formulations. The SRDP protocol aims to correct the root cause of pathology by reversing metabolic toxicity (*Ama*), balancing *Doshas*, and restoring physiological harmony.

Case Presentation:

A 66-year-old female presented with complaints of neck pain radiating to the upper back, stiffness, and restricted neck movement for the past three years. Pain was aggravated in the morning and after prolonged sitting.

- **Occupation:** Office worker (computer-based job)
- **Lifestyle:** Sedentary, irregular diet, mild anxiety
- **Past History:** No trauma or systemic illness

LSCS done, hysterectomy done at age of 37 years due to heavy bleeding, ectopic pregnancy

Clinical Findings:

- Inspection: Normal curvature, no visible deformity
- Palpation: Tenderness over C5–C6 region
- Range of Motion: Restricted flexion, extension, and rotation
- *Ayurvedic* Assessment: *Vata-Kapha prakopa*, *Ama sanchaya*, *Mamsa-asthi dhatu* involvement

Investigations:(12/06/2025)

- X-ray: Cervical spondylotic changes at C5–C6
- Disc spaces are reduced in lower cervical and lumbar region
- Degeneration changes in whole lumbar spine
- Blood tests: Within normal limits

Table 1 Showing Ashtavidha Parikshan:

<i>Mal - Samayak</i>	<i>Jivha- Sam</i>
<i>Mutra- Samayak</i>	<i>Shabda- Sapshta</i>
<i>Kshuda- Prabhut</i>	<i>Sparsha- Samashitoshna</i>
<i>Trushna-Samyak</i>	<i>Aakruti - Madhyam</i>

Diagnosis: *Manyagraha* (Cervical Spondylosis)

Medicinal interventions:

Patient was not ready for internal medication but had taken only SRDP therapy for 30 days and got very good results.

Table 2 Showing Medicinal Intervention

THERAPY IN FIRST 10 DAYS	THERAPY IN FIRST 10 DAYS	THERAPY IN FIRST 10 DAYS
<i>Abhagyam</i> with rheumo oil	<i>Abhagyam</i> with paino oil	<i>Abhaghyam</i> with tero oil
<i>Nadiswedana</i>	<i>Nadiswedana</i>	<i>Nadiswedana</i>
Rheumo <i>Pottali swedana</i>	Rheumo <i>Pottali swedana</i>	Tero <i>pottali</i>
<i>Dhanyamla dhara</i>	Oil <i>dhara</i>	Oil <i>dhara</i>
Edo Lepa	<i>Shulaghna lepa</i>	<i>Shulaghna lepa</i>
Leech therapy		

Result and Outcome:

After 30 days of SRDP-based *Ayurvedic* therapy, the patient showed remarkable improvement in both subjective and objective parameters. Pain intensity reduced from **VAS 8/10 to 2/10**, and stiffness and neck mobility improved considerably.

The **Range of Motion (ROM)** of the cervical spine improved as follows:

Table 3 showing Outcome of treatment

Movement	Before treatment	After treatment
Flexion	25°	45°
Extension	20°	40°
Lateral flexion	15° / 20°	30° / 35°
Rotation	25° / 20°	45° / 40°

The patient reported better **sleep quality**, reduction in **morning stiffness**, and decreased **radiating pain** to the upper back. There were no adverse effects observed during the treatment period. Improvement was sustained during the follow-up after 2 weeks.

Discussion

The present case demonstrated that SRDP-based *Ayurvedic* therapy was effective in reducing pain, stiffness, and functional limitation associated with *Manyagraha* (Cervical Spondylosis). The therapeutic rationale was based on *Vata-Kapha Shamana*, *Ama Pachana*, and *Strotoshodhana* (purification of channels) as described in *Ayurvedic* classics.^(1,2)

Abhyanga with medicated oils such as *Rheumo oil* and *Paino oil* provided *Vata-Shamana*, nourished *Mamsa* and *Asthi Dhatus*, and enhanced local circulation.⁽³⁾ *Nadi Swedana* and *Rheumo Pottali Swedana* promoted sweating, relieved stiffness, and reduced *Ama* (toxins) by improving peripheral metabolism.⁽⁴⁾ *Dhanyamla Dhara* and *Taila Dhara* further helped in reducing inflammation and relaxing neck muscles through local sudation and oil absorption⁽⁵⁾.

Lepa and Leech therapy (*Jalaukavacharana*) contributed to *Rakta Shodhana* and *Shoola-Shamana* (pain relief) via anti-inflammatory and microcirculatory mechanisms⁽⁶⁾. This aligns with the *Ayurvedic* concept that *Vata-Kapha* aggravation causes obstruction in cervical channels, leading to *stambha* (stiffness) and *shoola* (pain). SRDP therapy worked by clearing this obstruction, detoxifying tissues, and restoring balance in *Dosha* and *Dhatu*.⁽⁷⁾

From a modern standpoint, the combined thermal, mechanical, and pharmacological actions of SRDP therapy promote muscle relaxation, enhanced blood flow, and reduction of inflammatory mediators, relieving nerve compression and stiffness (8). Similar studies on *Nasya*, *Abhyanga*, and *Swedana* have shown significant improvement in pain and cervical mobility among patients with cervical spondylosis. (9,10)

Conclusion

The Scientific Reversal Detox Process (SRDP) protocol demonstrated significant improvement in symptoms of *Manyagraha* (Cervical Pain) through its multi-modal action detoxification, *Vata-Kapha Shamana*, and *Dhatu Poshana*. This integrative, non pharmacological approach proved safe and effective, even without internal medications, making it beneficial for patients with chronic cervical disorders. Further clinical trials with larger sample sizes are warranted to validate the efficacy and reproducibility of the SRDP protocol in cervical spondylosis management.

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