

Effect of Myanmar Massotherapy in the Management of Neck Pain due to

Sandhigata Vata

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Neck Pain due to *Sandhigata Vata* is not only a condition noticed by many individuals in their daily life but also common clinical problem in traditional medicine. It has a considerable impact on individuals and families, communities, health-care systems and business. The objective of this study is to study the effect of Myanmar Massotherapy in the management of Neck Pain due to *Sandhigata Vata*. The design of this study is hospital based quasi-experimental study. The study period was started from 1st September 2013 to 31st October 2014. Total 44 subjects after obtaining informed consent from IPD and OPD in 100 bedded Traditional Medicine Teaching Hospital (TMTH), Mandalay were selected according to signs and symptoms who were diagnosed as neck pain due to *Sandhigata Vata*. Radiological assessment(X-ray of cervical region) was carried out in patients and registered patients of neck pain were prescribed for oral administration of TMF-24 in tablet form-(2g) three times per day with lukewarm water after meal for 24 days. The subjects were performed detailed procedure of therapeutic massage. The Myanmar massotherapy treatment was given for three consecutive days, and every 4th day was kept rest. This schedule was kept rest. The assessment of signs and symptoms were done on day 0, day 12 and day 24. Data resulting on signs and symptoms of neck pain due to *Sandhigata Vata* was done with paired sample t-test, one way ANOVA test by using SPSS software version 20. Effect of Myanmar massotherapy relieved from pain 93.1% ($p<0.000$), radiation of pain 47% ($p<0.000$), tenderness 54% ($p<0.000$), headache 49.6% ($p<0.000$), flexion 60.6% ($p<0.000$), extension 65.1% ($p<0.000$), left bending 66.3% ($p<0.000$), right bending 67.5% ($p<0.000$), left rotation 63% ($p<0.000$) and right rotation 63.2% ($p<0.000$). Out of 44 patients after completion of treatment 4 (9.1%) patients were cured, 36(81.8%) patients were made improvement, 4 (9.1%) patients were mild improvement. None of the patient was found unchanged. Percent improvement after day 12 was 47.41% ($p<0.000$), between day 12 and day 24 was 36.04% ($p<0.000$) and after day 24 was 66.95% ($p<0.000$). Highly significantly result was found on neck pain patients. Based on the finding results, it can be stated that there is serial improvement by providing Myanmar Massotherapy in the management of neck pain due to *Sandhigata Vata*.