

Frozen Shoulder in Ayurvedic Perspective and its Management with Special Reference to Avabahuka

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Abstract: -Avabahuka is considered as one of the vata vyadhis explained in all types of samhitas especially bruhat trayees. In ASHTANGA HRUDAYA it is explained in 15th chapter of nidana sthana and its treatment is explained in the 21st chapter of chikitsa sthana. By observing the signs and symptoms it can be correlated into the disease called frozen shoulder. A 53-year-old male patient came to the general OPD of Parul Institute of Ayurveda with complaints of pain in both the shoulders and restricted range of movements of same associated with stiffness in shoulder. After thorough examination the case was diagnosed as AVABAHUKAM (Frozen shoulder). The patient was admitted and advised to take internal medications like Guggulu, tiktakam kashayam, Trayodasanga guggulu and advised for NASYA with Karpasasthyadi tailam followed by abhyanga and swedanam

Keywords Avabahuka, Karpasasthyadi Tailam, Nasya, Chikitsa.

1. Introduction

Avabahuka is considered as one of the vatavyadhis explained in all types of samhitas especially bruhat trayees. In ASHTANGA HRUDAYA it is explained in 15th chapter of nidana sthana and its treatment is explained in the 21st chapter of chikitsa sthana. By observing the signs and symptoms it can be correlated into the disease called frozen shoulder. Frozen shoulder is a debilitating condition characterized by pain, stiffness, and limited range of motion in the shoulder joint.

In modern science, frozen shoulder is a disease having similar features of AVABAHUKA. Frozen shoulder is a condition that causes restricted range of active and passive glenohumeral motion in the shoulder joint. Frozen shoulder is not having much medicines or therapies in contemporary system of medicine. Anti-inflammatory, analgesics are drugs of choice in contemporary system of medicine. Occasionally surgeries are performed

An Ayurvedic approach to Avabahuka is to retard the degeneration process and strengthening the dhatus by pacifying the vata dosha. As avabahuka is one of the urdhvajatu vikara and especially dhatukshaya janya vataroga, brumhana nasya is more beneficial with snehana as abhyanga.

2. Aim

To determine the efficacy of Ayurvedic management in Avabahuka through the application of karpasasthyadi tailam

3. Case Report

a) Patient named Inayat, aged 53 from Pippaliya, Bharuch, Gujarat came to the OPD of Parul Ayurveda hospital with the complaints of Difficulty in raising both hands along with pain in both shoulders associated with pain in the whole body.

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b) History of present illness: -

Patient was apparently well before 8 months. Gradually he developed pain in between shoulder region and difficulty in raising and rotating the hand. Then the patient came to our hospital for treatment.

c) History of past illness:

No relevant history

d) Personal History: -

● Ahara: veg

● Vihara:

Addiction- gutka

Bowel habit – irregular

Nidra- sound sleep

Urine- 4-5/day, 1-2/night, no burning micturition

e) On Examination

○ General Examination

GAIT – normal

Decubitus – normal

Pallor- absent

Icterus – absent

Cyanosis – absent

Oedema – absent

Clubbing – absent

Lymph nodes – no lymphadenopathy

Pulse rate – 98/min

Respiratory rate – 21

Heart rate – 100/min

B P – 128/72 mmHg

Temp – 98.8

f) Ashtavidha pariksha:

Nadi – vatapitta

Mutra – 9-10 times/day

Mala – a little constipated

Jihwa – sama

Sabda – prakruta

Sparsha – ruksha

Drk – prakruta

Akrti – Madhyama

g) Samprapti Ghataka Of Avabahuka

Dosha – vata (vyana dosha)

Dushya – Sira snayu

Rogamarga – Madhyama

Udbhavasthanam – Pakwashaya

Vyaktha sthanam – Bahu

Adhishtana – Amsa pradesha

4. Plan Of Treatment

A. Treatment principle:

I.Ama pachana

II.Santarpana (snehana)

B. Medicines: -**a. Shamanam**

I.Guduchyadi kashayam: 15ml kashyam + 60 ml hot water at 6 AM and 6 PM (for 7 days)

II.Tab sudarshanam gutika: 1-0-1 (after food) (for 7 days)

III.Shaddharanam churnam: 1tsp powder + ½ glass warm water 1time before food (for 7 days)

IV.Prasarinyadi kashayam: 15ml kashyam + 60ml warm water at 6 AM and 6 PM with milk (after 7 days)

V.Tab. Cervilon: 1-0-1 (after food) (after 7 days)

b. Shodhanam

I.Choorna pinda swedam: with kulatha choornam (for 3 days)

II.Patra pinda swedam: with leaves of nimba, nirgundi, arka etc leaves.

III.Abhyangam: with karpasasthyadi tailam

IV.Nasyam: with karpasasthyadi tailam (6 drops in each nostril) (evening)

5. Preperation Of Medicine: -

i.Prasarinyadi kashayam: herbal decoction is prepared from 10 grams of each Prasari (merremia tridendata), masha (vigna mundo), bala (sida cordifolia), Rasona (garlic, alium cepa), rasna (Alpinia galanga), Oushadha (zingiber officinalis)

ii.Guduchyadi kashayam: 10g coarse powder of each of Guduchi (Tinospora cordifolia), Dhanyaka (Coriandrum sativum), Nimba (Azadirachta indica), Raktachandana (Pterocarpus santalinus), Padmaka (Prunus cerasoides). All the ingredients are added to 16 parts of water, boiled and reduced to ¼th part, filtered and used.

iii.Karpasasthyadi tailam: make the Kashaya with the ingredients karpasa ashti (Gossypium herbaceum), Bala (Sida cordifolia), Masha (Phaseolus radiatus), kulatha (Dolichous biflorus). Make kalka with Devadaru (Cedrus deodara), Bala (Sida cordifolia), Rasna (Pluchea lanceolata), Kushta (Saussurea lappa), Sarshapa (Bressica juncea), Nagara (Zingiber officinalis), Shatahva (Anethum sowa), Pippalimoola (Piper longum), Chavya (Piper chaba), Shigru (Moringa oleifera), Punarnava (Boerhaavia diffusa). Mix Tila taila and milk and make the Taila according to taila preparation.

iv.Sudarsanam gutika: gutika prepared out of drugs like kaleeyka, haridra, devadaru, musta, hareetaki, duralabha, karkatashrngi, kantakari, ginger, trayamana, parpata, nimba, pippalimoola, shati, pippali, murva, kutaja, shigru, kutaja beeja, daruharidra, rakta Chandana, padmaka, Sarala, usheera, shalaparni, ajamoda, ativisha, vilwa, maricha, tejapatra, amalaka, katuki, citraka, patola, prishniparni, kirata tikta etc.

Medicine	1 st day	7 th day	14 th day	21 st day
Guduchyadi kashayam	Yes	—	—	—
Sudarshanam gutika	Yes	yes	—	—
Shaddharanam choornam	Yes	—	—	—

Prasaranyadi kashayam	–	yes	yes	yes
Tab. Cervilon	–	–	yes	Yes
Karpasasthyadi tailam	–	yes	yes	yes

6. Drug Review

Karpasasthyadi tailam for nasya:

This Nasya Yoga is mentioned in Taila Prakarana of Sahastrayogam. It is Vatakapha Shamaka and Balya in nature. Its ingredients are: Kwatha Dravya – Karpasa Asthi, Bala, Masha, Kulath Kalka Dravyas- Devadaru, Balamula, Rasna, Kushtha, Sarshapa, Nagara, Shigru, Punarnava. Taila- Til Taila Milk-goat milk (Aja Dugdh) Preparation method: First of all, Til Taila Murchhan is done, followed by addition of Kwath (decoction) to it, and prepared from Kwath Dravyas. This is heated again after Kalka Dravyas and goat's milk addition. The procedure will be completed following all the steps required for proper Tailpaka Vidhi and assessment of type of Paka as mentioned in Sharangdhar Samhita, Madhyam Khanda, ninth chapter. After appearance of all the Tailpaka qualities and confirmation of Mridu Paka oil is filtered and stored for use

7. Observation

● Grading Of Symptoms After Treatment: -

The patient was under observation for 21 days and assessment of objective criteria were made by interrogating with patient.

SYMPTOMS	1 st day	7 th day	14 th day	21 st day
Difficulty in raising both hands	+++	+++	++	-
Pain in both shoulders	+++	++	+	-
Pain in whole body	++	+	-	-
Burning sensation in both palms and soles	++	++	+	-

● After Treatment

Shamana chikitsa done for 21 days. After treatment pathya- apathya and physiotherapy advised.

Pathya ahara – laghu ahara, fresh vegetables, leafy vegetables, milk etc. Apathya ahara – curd, potato, sushka mamsa etc. Apathya vihara – ati langhana, ati chankrama, weight lifting etc.

8. Discussion

Avabhuka is a disease characterized by aggravated vata at amsa pradesha, after the constriction of sira (aakunchana) causes the restricted movement (bahu prspandita haram). One of the nidana that has been mentioned for the causation of avabahuka is bharodwahana. Carrying heavy loads over the shoulder will cause deformity in the joint which further leads to disease. Even though specific nidana is not mentioned for avabahuka, general factors told for vataprakopa have to be considered. The features of avabahuka are considered as sthabdhata (bahupraspandita haram) and shoolam. From Samhitas we can assess the samprapti as the disease is due to snayugata vata. In this condition the vyana vata vitiates the snayu and produce sthabdhata in the amsa pradesha and produce avabahuka. The general line of treatment mentioned for vatavyadhi include snehana, swedana, mrdusodhana etc. nasya karma has been mentioned by vagbhata in jathrudhwa vata vikaras. Avabahuka occurs in urdhwajatru pradesha. Nasya karma is one of the important procedures of panchakarma and it is the treatment of choice of urdhwajatruvikara 'NASA HI SHIRASO DWARAM'. It gives neck, shoulders and chest also. thus, nasya is useful in avabahuka. In this case, abhyanga can be considered as snehana. The veerya of drug used for abhyanga gets digested with the help of sthanika bhrajakapitta and enters into the srotas and starts its action. Taila used for abhyanga after entering to the body nourishes the body tissues, gives strength. The ingredients of karpasasthyadi taila is having ushna veerya, snigdha guna, Madhura vipaka and vatakapha hara properties and karmukata as snehana and brumhana.

9. Conclusion

The following conclusions can be drawn from the observations of the present study:

- i. "Intense physical labor and direct trauma are contributing factors to the development of the disease Apabahuka."
- ii. Karpasasthyadi taila, which has a Brimhana effect, produced a moderately significant improvement in Bahupraspandita hara and a mildly significant relief in Shoola when used as Marsha nasya."

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