

PILOT STUDY ON EFFECT OF AGNIKARMA BY GUD IN AVABAHUKA

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ABSTRACT

Avabahuka is one of the *vata –vyadhi* as described by *Aacharya Charak*. Its characterstics features are – *Sira sosh Sira-sankoch* and *Kriya kastta*. In this condition, *vata* is localized in the shoulder region, getting aggravated, dries up the binding of the shoulders, constrict the *siras* present their and cause *Avabahuka*. *Agnikarma* is one of the para-surgical procedures described by *Aacharya Sushrut* in *vataj vyadhi*. *Avabahuka* is closely related to frozen shoulder or adhesive capsulitis. Hence a study was conducted to evaluate the effectiveness of *Agnikarma* by *Gud* with a specially designed instrument with physiotherapy in *Avabahuka*. It is randomized clinical trial of 15 patient which are non diabetic.

Keywords: *Avabahuka, Physiotherapy, Agnikarma, Gud.*

INTRODUCTION

Ayurved is an ancient medical science that deals with maintenance of health of a person and cure of diseases. *Ayurveda* speaks of every elements and fact of human life offering guidance that have been tested and refined over many centuries. Each and every human being desire to live happy and comfortable life, but it is impossible owing to multiple factors related with changing life style, environmental factors etc. As the advancement of busy, professional and social life, increasing

activities along with over use of shoulder joint, *Avabahuka* disease is now becoming a significant threat to the working population. In day today life many patients come across this diseases and here is the plan to find the exact treatment on the basis of *Ayurvedic* principles. *Agnikarma* by *Gud* could be performed on skin, muscles and veins and is a very important. Study includes total 15 no. of patient.

Avabahuka is one of the VataVyadhi which occurs in *Ansa Pradesh* (shoulder joint region).

It is characterized by¹:-

- *Sirasosha*,
- *Sira-sankoch*,
- *Ruja and*
- *Kriya-kashtata*.

AcharyaCharak, Sushruta and Vagbhatt enlist this condition in *VataVyadhi*²chapter.

It can be correlated with frozen shoulder in modern science.

Frozen shoulder may be defined as painful and limited range of motions of shoulder joint.

Also known as **Peri-arthritis** or **Adhesive capsulitis**.

It is characterized by:-

- Increasing pain,
- Stiffness and
- Limitation of motion.

AIM:-

Effect of *Agnikarma* by *Gud* in *Avabahuka*

MATERIAL AND METHODS:-

Total no. of patient – 15[trial group]

Follow up period- 0th,3rd,5th,7th,15th day.

Assessment criteria:-pain is assessed by V.A.S.[0- no pain,10- worst pain] Stiffness and range of motion is assessed by Goniometer scale.

STUDY DESIGN -

A) Open clinical trial proforma.

B) Special proforma of case paper will be designed.

C) Patient will be selected and diagnosed as per symptoms and radiological findings.

Inclusion criteria:-

1. Patient having *Avabahuka* will be randomly selected.
2. Selection shall be irrespective of sex, religion, socio- economical class.
3. Age group between 20-60yrs.

Exclusion criteria:-

1. Diabetes, I.H.D., Hypertension.
2. Pregnancy.
3. H.I.V., HbsAG positive patients.
4. Fracture

DRUG USED:-GUD

In *Sira, Snayu, Sandhi, Asthigatvikar – Madhu, Gud, Tail*.³

Pre-procedure:-

Cleaning and draping with betadine solution.

Procedure:-*Bindu-vat Agnikarma*⁴ at most tendering site of shoulder with *Gud* using an instrument once as a single seating.

Samyak dagdha lakshana:-

Post – procedure:-

Go-Ghritlepan will be done.

RESULT:-

- Women are more affected than men.
- Instant pain relief [70%] is noted after this treatment.
- Range of shoulder movement is improved only after course of physiotherapy

DISCUSSION

Agnikarma by Gud done in non diabetic patient of Avabahuka is safe and very effective

for instant relief of pain without any risk of side-effect.

PROBABLE MODE OF ACTION⁵ :-

Agnikarma may be the property of Agni.

Contains Suksma, laghu, tikhsna and usnaguna.

Works on both vata and kaphadosa.

On vata by its usna and tikhsnaguna and on the kaphadosa by laghu, sukhsma, tikhsna and usnaguna.

- In my study more patients are seen in age of 41-60 than in age of 21-40.
- Farmers, housewives and servicemen are more affected
- There is no wound formation at site of Agnikarma.
- It is very simple and easy method to perform.
- No side effects of Gud are noted on the skin of patient.
- Mostly patient have a traumatic history in their past.
- Diabetic patients are very prone to Avabahuka.

- Agnikarma procedure is not time consuming and easy to performed.

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CONCLUSION

In my study which is performed on total 15 patient pain and tenderness is reduced efficiently, so the procedure of treating Avabahuka by Agnikarma is very effective and there is instant relief in pain.

- Agnikarma by Gud is cost effective.
- Agnikarma by Gud has no side effect.

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na, madhukosha commentary, 22/65.



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