

## CLINICAL MANAGEMENT OF AVABAHUKA W.S.R TO FROZEN SHOULDER: A CASE STUDY

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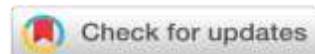
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### ABSTRACT

*Avabahuka* is a disease that affects the shoulder joint (*Ansa sandhi*). It was first introduced by *Acharya Sushruta* where pain and stiffness of the shoulder joint lead to severely restricted movement of the hand. It resembles the modern concept of frozen shoulder which is described as an extremely disabling condition presenting with remitting pain and stiffness. *Avabahuka* is *Bahushirshagata roga*, so *Nasya* is the foremost treatment. Hence this case study was carried out to assess the effect of *Anu tail* and *Ksheerbala tail Nasya* with *Prishta Basti*.

**Keywords:** *Avabahuka*, Frozen Shoulder, *Bahushirshagata roga*, *Nasya*.

### INTRODUCTION

*Avabahuka* is a *vatavyadhi* that usually affects the *Ansa sandhi* (shoulder joint). *Ansha shosha* can be considered as a preliminary stage, where loss or dryness of *Shleshaka kapha* from *Ansa sandhi* occurs. The next stage of symptoms like *ansashool* (shoulder pain) during movement, and restricted movement.

The symptoms of *Avabahuka* can be correlated to the symptoms of frozen shoulders. Frozen shoulder is a clinical syndrome with painful restriction of both passive and active shoulder movements. The prevalence rate of frozen shoulders is 2 to 5 percent worldwide, mostly age group between 40 to 60 years of

age. The incidence among women is 1.6 to 4-fold higher than in men. Diabetes and hypothyroidism may increase risk as high as 10 to 38 percent. According to Acharya charaka Avabahuka being a Bahushirshagata roga, Nasya karma should be the treatment of choice. Prishta basti is given because it is external therapy that causes localized snehan and swedan.

Case study:

A 45-year-old female patient visited the panchkarma OPD of Shubhdeep Ayurved Medical College and Hospital, Indore, MP.

C/o:

1. Pain in my left shoulder joint.
2. Stiffness in my left shoulder joint.
3. Difficulty in the movements. ( ROM )
4. Lack of sleep due to pain.
5. Pain radiates to the left scapular region.

H/o present illness:

The patient was asymptomatic for 6 months before gradually she developed pain in the left shoulder and left scapular region but for the last 3 months pain had aggravated and the patient was feeling difficulty in movements which made her dependent and depressed. She took allopathy treatment but didn't get relief, so came to our hospital for further treatment.

Personal History:

Appetite- good Diet- vegetarian  
 Sleep- reduced from 6 months.  
 Micturition- Normal Bowel – Normal  
 Addiction – Not found.

Family history:

Maternal – not specific  
 Paternal – not specific  
 Marital status – Married.

General Examination:

G C-good Pulse —76/ min  
 BP- 130/ 80 mmHg Icterus - not found.

Pallor- not found Lymphadenopathy - not found.

Systemic examination:

RS A E = BE clear  
 CVS: S1 S2 normal, no abnormal sound added.  
 CNS – conscious and oriented  
 P/ A – soft and non-tender

Local examination:

Deformity on left shoulder- absent.  
 Muscle tone -Mild tender  
 Tenderness - Mild tender Restriction of movements with severe pain  
 Investigation: X-ray (left shoulder) joint - Normal.  
 Diagnosis: Avabahuka (Left frozen shoulder)  
 Management: Nasya karma and prishta basti as per following.

Treatment planned:

Shodhan chikitsa

1. Nasya karma - the patient was advised to be on an empty stomach. The procedure has 3 steps.  
 Purvakarma- Sthanika abhyanga with murchhit til tail and swedan to face.  
 Pradhan karma —pouring 8- 8 drops of Anutail for the first three days and then 101 Avaritita Ksheerbala tail for the next 4 days into each nostril.  
 Paschat karma- Gandush dharan – ushnodak Haridra dhoompana – 3 puffs- each nostril one after the other and exhaled through the mouth. Pathya and Apathya were advised.  
 This procedure was carried out for 7 days.
2. Pristha basti – a procedure where a specific medicated oil (Shacharadi tail) is retained for a period of time around 30 minutes in the left prishta region.

Shaman chikitsa

- 1) Yograj guggulu 250 mg BD with lukewarm water.
- 2) Prasarniyadi kashaya 30 ml BD on an empty stomach with 15 ml milk.

Table: 1 Assessment criteria

Criteria	Observation	Scale
Shoola	No pain	0
	Mild pain(on moving shoulder, able to continue routine work)	01
	Moderate pain(felt on movement, rest interferes routine work )	02

	Severe pain (at movement and rest) and unable to carry on with work	03
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<i>Stabhadata</i>	No stiffness	0
	Mild stiffness during movement able to do routine	01
	Moderate stiffness, unable to continue work	02
	Severe stiffness. Felt on movement and at rest interfering with work	03

Objective parameter	Observation in degrees	Scale
Flexion	161-180	0
	141-160	1
	121-140	2
	<120	3
Extension	51-60	0
	41-50	1
	31-40	2
	<30	3
Abduction	161-180	0
	141-160	1
	121-140	2
	<120	3
Internal Rotation	71-90	0
	51-70	1
	31-50	2
	<30	3
External Rotation	71-90	0
	51-70	1
	31-50	2
	<30	3

Table 2: Result

S no	Criteria	B/T	A/T
1	<i>Shoola</i> (pain)	3	1
2	<i>Sthabdata</i> (Stiffness)	3	1
3	Flexion	2	1
4	Extension	2	0
5	Abduction	3	1
6	External Rotation	2	1
7	Internal Rotation	3	1

**Result:**

The general condition of the patient becomes fair. There is 85 percent relief in chief complaints of the patient. No adverse effect of therapy was seen.

**DISCUSSION**

*Nasya karma* is the main line of treatment for the disease above the clavicle and it is only *shodhan*

*karma* for *Urdhwanga* (cha si. 9/88). *Acharya charaka* mentioned *Avabahuka* being a *Bahu-shirshagata roga*, and *Nasya karma* should be the treatment of choice. Medicine administered through

the nose spreads through the *shiras* and helps in the evacuation of *doshas*, thereby pacifying the disease. We used *the Anu tail* for *Nasya karma*. It has 25 ingredients and maximum has *vatahara* properties and is very much useful in *Jatru Urdhvavata vyadhi*. It strengthens all sense organs and has the ability to enter the minute channels of sense organs. *Ksheer-bala tail* is used. It is a very good rejuvenating medicine that can strengthen bones and joints. It improves joint flexibility, and movements and reduces pain. *Yograj guggulu* increases digestion power, complexion, strength, and immunity. It is mainly helpful in *vata* imbalance diseases affecting bone, joints, and bone marrow. It has anti-inflammatory analgesic herbs such as *Rasna*, *Tribulus*, and *Guggulu* so relieve pain. *Prasarniyadi kashayam* is mainly used in the treatment of joint pain, musculoskeletal problems, *vata* disorders, and *Apabahuka* (neuro-muscular affliction of the upper limb).

## CONCLUSION

The combined therapy of *Nasya karma* with *Anu tail* and *101 Avartita Ksheerbala tail*, *prishtha basti* with *Sachara tail*, and *Yograj guggulu Prasarniyadi kashaya* are effective in the management of *Avabahuka* (frozen shoulder). There is no adverse effect found in the course of treatment.

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