



## EVALUATE THE EFFECT OF MARMA CHIKITSA ALONG WITH AYURVEDIC MEDICATION IN AVABAHUKA (FROZEN SHOULDER)- A CASE STUDY

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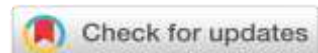
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### ABSTRACT

In the fast-developing technological era, most diseases may not be life-threatening but hamper day-to-day life and human productivity. *Avabahuka* is one of those diseases which is painful and affects the normal routine life of an individual. In *Ayurveda*, frozen shoulders can be compared to *Avabahuka*. It is a condition associated with pain & stiffness of the shoulder resulting in restricted movement of the shoulder. It is one among the *Vata Vyadhi* which affects the normal functioning of the upper limbs. The term *Avabahuka* was first coined by *Acharya Sushruta* when he described the *Samprapti* (Pathogenesis) and *Rupa* (Symptom) of *Avabahuka*. In *Avabahuka*, vitiated *Vata* resides in *Ansadesha* leading to *Shoola*, *Stambha*, and *Bahupraspandahara*. *Marma* therapy is the manipulation of subtle energy (*prana*) in the body for the purpose of supporting the healing process. *Marmas* are vital points in the body having important surgical procedures and traumatic effects. It is also known as *Ayurvedic* Acupressure. Modern medical science has limitations in the management of frozen Shoulder. *Marma Chikitsa* plays an important role in musculoskeletal disorders. Hence a case study was conducted to evaluate the effectiveness of *Marma Chikitsa* with some *Ayurvedic* medicine which showed significant improvement in the frozen shoulder.

**Keywords:** *Marma chikitsa*, Frozen Shoulder, *Avabahuka*

## INTRODUCTION

Avabahuka (Frozen Shoulder) is a musculoskeletal disease of the shoulder joint that causes significant morbidity.<sup>[1]</sup> Acharya Sushruta has described Avabahuka under Vatavyadhi. He has described the initial stage of Avabahuka as Ansa Shosha (Shoshitavama ansa Bandanam) due to vitiation of Vata resulting in pain, and in the next stage, restricted shoulder movements manifested as Shiraschaya Aakunchaya leading to Stambha and Bahuprasandanahara.<sup>[1]</sup> Ayurvedic literature correlates the disease with Avabahuka where the clinical description resembles that of the frozen shoulder. The lifetime prevalence of frozen shoulder is estimated to be 2-5% of the population. Most common in the 5th and 6th decade of life. Females are 4 times more affected than males.<sup>[2]</sup> Frozen shoulder is a disease of varying severity characterized by the progressive development of functional impairment of active and passive shoulder motion. Frozen shoulders medically referred to as adhesive capsulitis is a painful condition of unknown etiology with restricted movement of the shoulder.<sup>[3]</sup> In Sushrut Samhita and other Ayurvedic classical texts, the science of Marma is known as Marma Vigyanam. Acharya Sushrut has described 107 Marmas and classified them into various types on the basis of location, involved structure, and effect of an injury.<sup>[4]</sup> In Marmachikitsa, Marma points are chosen nearby the painful area or on corresponding Marma points in other parts of the body and are stimulated with mild or deep pressure. The pressure is applied according to the condition, type of Marma present, and pain-bearing threshold of the patient. In modern medicine, no promising management for the acute pain and restoration of joint movements are available other than NSAIDS, and local injections of glucocorticoids which have serious adverse effects like allergic reactions, shrinkage of skin, weakening of tendons, etc. Marma chikitsa is a simple, less invasive, safe, and cost-effective procedure that was widely used in the management of musculoskeletal diseases. Hence, a case study was selected to evaluate the effect of

Marma chikitsa along with Ayurvedic medicine in the management of frozen shoulders.

**Aim and Objectives:** To evaluate the effect of Marma Chikitsa along with Ayurvedic medication in Avabahuka (frozen shoulder).

### CASE:

A female of age 40 years visited Swastharakshan OPD of Government Ayurvedic College (Ayu), Nagpur with complaints of pain and stiffness of the right shoulder joint along with severe restriction of upward elevation of shoulder joints for 25 days. There is no history of trauma or any physical injury. Onset is insidious starting with pain & stiffness that progress in restriction of the shoulder joint along with both active as well as passive movements of the right upper limb are restricted. He is unable to perform even small tasks due to restricted movement of the right upper limb.

### Clinical Examination Musculoskeletal System-

Right Shoulder joint examination Stiffness

- Flexion – 30 degrees
- Abduction- 30 degree
- External rotation- 10 degree

### Diagnostic criteria:

The diagnosis of the disease is mainly based on the sign and symptoms mentioned in the classic:

1. Sandhishoola- pain in the shoulder joint
2. Stambha – stiffness in the shoulder joint
3. Bahupraspandahara- restricted movement

Shoulder assessment was done with the help of special tests of the shoulder.

1. Scratch test- Positive
2. Shoulder shrug test- positive.

X-ray report shows no history of degenerative changes.

### Plan of treatment:

#### Study design:

**Karma:** - Patient is made to sit in a comfortable position. Each Marma will be stimulated by the press and release method 3 times in one sitting. 2 sittings in one day will be continued for 2 weeks.

**Name of Marma points to be stimulated during the study:** [5]

Sr.no	Marma points	Sr.no	Marma points
1.	Kshipra	8.	Ani
2.	Talahridaya	9.	Urvi
3.	Kurcha	10.	Kakshadhara
4.	Kurcha sira	11.	Krikatika
5.	Manibandha	12.	Ansa
6.	Indrabasti	13.	Ansaphalaka
7.	Kurpara		

**Therapeutic intervention:**

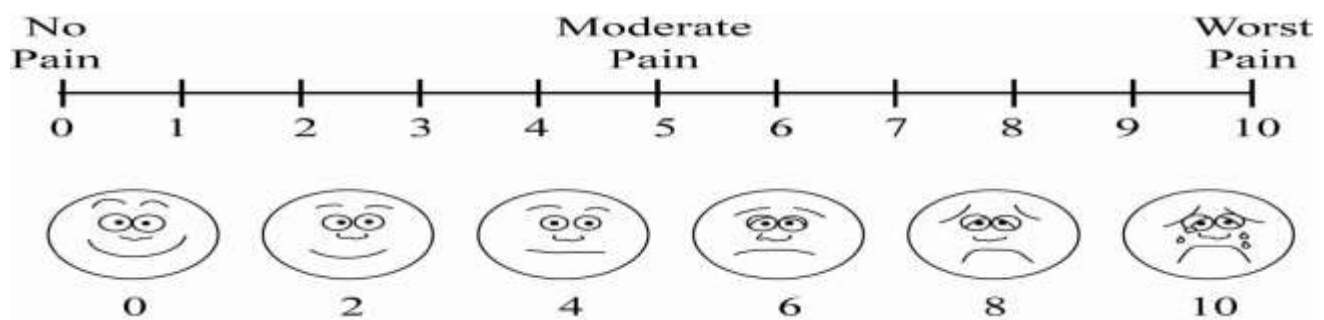
1. Shunthi Churna 3gm BD (before meal)
2. Ekangavir Rasa 2 BD (after meal)
3. Maharasnadi Kwath 15ml BD (after meal) for 14 days

**Study Duration:** Total 14 days (daily for 2 weeks) Along with Ayurvedic medication given.

**Assessment Criteria:** The objective and subjective parametric readings are recorded on 1<sup>st</sup> and 14th day of the treatment.

**Assessment for subjective criteria:**

CRITERIA	SCORE 0	SCORE 1	SCORE 2	SCORE 3
<i>Sthambha</i> (stiffness)	No stiffness	Mild, has difficulty in moving the joints without support	Moderate, has difficulty in moving, can lift only with the support	Severe, unable to lift even with support.
<i>Bahu Shoola.</i> (pain)	No pain at all vas scale- 0	Mild pain can do strenuous work with difficulty. Vas scale 1-5	Moderate pain can do normal work with great difficulty. Vas scale 6-8	Severe pain, unable to do any work at all. Vas scale of 9-10



**Objective criteria:**

Range of movements and functional assessment for the shoulder joint:

CRITERIA	SCORE 0	SCORE 1	SCORE 2	SCORE 3
<i>Bahuprasandana</i>	Can do work unaffectedly goniometric ROM 180	Can do strenuous work with difficulty Goniometric ROM-	Can do daily routine work with great difficulty goniometric	Cannot do any work goniometry ROM-0 0 to 450

		900 to 1790	ROM -450 to 890	
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**Follow up:**

The details of the outcome's measures are given below:

Outcomes	Pre	Post
VAS	8	2

**Table 01:** Details outcomes (pre and post)

ROM (JT)	Flexion		Abduction		External Rotation	
	Pre	Post	Pre	Post	Pre	Post
shoulder	30 degrees	160 degrees	30 degrees	160 degrees	10 degrees	40 degrees

**Table 02:** Range of motion (pre and post)

**DISCUSSION**

The most important outcome of the study is that it helps in relieving the symptoms and there is no recurrence within the study duration as well as follow-up. This enables the patient to resume day today activities during the treatment. Hence this study has a positive outcome and can be recommended as a therapeutic procedure for *Avabahuka*. This shows that *Marma chikitsa* along with *Ayurvedic* medicine has a good result in treating patients with *Avabahuka*.

**CONCLUSION**

The observation revealed that *Marma Chikitsa* provided significant relief in the management of symptoms of *Avabahuka* (Frozen shoulder) along with *Ayurvedic* medicine such as pain, tenderness, stiffness & restriction of movements. *Marma* therapy is a fast-acting, cost-effective, Rapid Action, less time-consuming, easy-to-use, and non-invasive alternative method for the treatment of *Avabahuka* (Primary Adhesive capsulitis / Frozen shoulder).

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