

A CASE REPORT ON THE ROLE OF PATRAPOTTALI SWEDA IN THE MANAGEMENT OF AVABAHUKA

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ABSTRACT

Avabahuka is one of the diseases which involve the neuromuscular system. Pain and restricted movement in the shoulder joint is the main symptom that makes the patient seek the help of physicians. Ayurveda considers this under *Vatayadhi*. *Avabahuka Chikitsa* in Ayurveda has good relief for the patients suffering from the disease. A Male patient of age 70 yrs. approached D.G.M Ayurvedic Medical College and Hospital with pain restricted movement and stiffness in the Rt. Shoulder for 6 days and diagnosed as *Avbahuka*. The patient was subjected to the *Patrapottali Sweda* along with the *Shamana Yogas*. After the treatment, the stiffness of the joint was reduced. The patient got moderate relief from the pain. This *Keralaiya Chikitsa Paddati* is more convenient in relieving the symptoms compared to the modern system of medicine.

Keywords: *Avabahuka*, *Patrapottali* Stiffness, Restricted movement, Shoulder pain Case report

INTRODUCTION

Pain is the symptom that alters the day-to-day activities of the person. The Neuromuscular System

mainly involves pain pathology which is controlled by the *Vata* according to the Ayurveda. Shoulder pain is

the third most common musculoskeletal reason for people to approach physicians. Even though *Avabahuka* is not mentioned in the *Vataja Nanatmaja Vyadhi* by Acharya Charaka, Acharya Sushruta and Acharya Vagbhata conclude this under the *Vatavyadhi*. The *Amsa shosha* word mentioned by Acharya Charaka is one of the major symptoms of *Avbahauka*. He also mentioned the *Bahusheersha gata vaata*¹ which is almost similar to the *Avbahuka*. *Madhukosha* explains two types of *Avabahuka* one is *Vataja*, and the Second type is *Vata Kaphaja*.² *Nirukti: Avabahuka* composes two words; 'Ava/ Apa'³ means *Vikrati*⁴ or *Viyoga* (dysfunction) and 'Bahu' means Shoulder. This *Nirukti* summarizes that the word "Avabahuka" represents 'dysfunction' in the Shoulder joint. *Avabahuka* is a Disease that mainly affects the shoulder joint (*Amsa Sandhi*). It is characterized by the morbid *Vata Dosha* localizing around the *Amsa Pradesha* and thereby causing *Soshana* of *Shleshmaka Kapha* of *Amsa bandha*⁵ *Akunchana* of *sira* occurs at this site because of *vata* leads to *Bahupraspanda Haran*.⁶ Its main symptoms are *Bahupratispanditahara* (Limited range of movements), *Vedana* (pain), *Sthambana* (Stiffness) and *Sira Akunchana*. *Avabahuka* will manifest due to both *Datukshaya* as well as *Margaavarana*.⁷ Both of these will cause vitiation of *Vata*. In Ayurveda *Snehanan*, *virechana*, *Vatanulomana*, *Deepana*, *Pachana*, *Niruha* and *Anuvasana Basti*, *Nasya*, *Dhoomapana* and *Madhura*, *Amla*, *lavana Snigdha ahara* is explained as *Samanya Chikitsa Siddhanta* for *Vata Vyadhi*.⁸ *Ashtanga Hridayakara* explain *Chikitsa Siddanta* for *Avabahuka* as *Nasya* and *Abhyantara Sneha* after food⁹. *Navan Nasya* and *Snehapana* are explained as a treatment for *Avabahuka*.¹⁰ *Sthanika Abhyanga* and *Patrapottali Sweda* are used in this case to get a better result. *Patrapottali Sweda*^{11,12} refers to the *Swedana* performed using a bundle of *VataKaphahara Patras* and it is a form of *Ushna Sweda*. Among the classics, *Sushruta Samhita* explains about the *Jambira Pottali Sweda* while explaining about the *Samanya vatavaadi Chikitsa*.¹³ In *Patrapottali* pieces of lemons are also used. This is

considered one of the most promising treatment techniques followed by the Kerala Ayurveda practice.

Objectives: To study the effect of *Sthanika abhyanga* and *Patrapottali Sweda* in relieving the symptoms of *Avabahuka*.

CASE STUDY:

A male patient of Age 70 years approached the Kayachikitsa Department at D.G.M Ayurvedic College Hospital. OPD no. 20026671. He had pain, stiffness and restricted movement of Rt. shoulder for 6 days. No history of any external trauma to the affected part. No any relevant surgical or medical history. The patient had mild pain in the initial stage and gradually developed stiffness and severity in pain intensity. Shoulder movements become restricted, and the patient develops difficulty in raising the right shoulder. Even after taking painkillers, the patient continued with the same complaints which made him worried about his condition.

Samanya Pareeksha: The patient was well built; ill look was there on his face because of the pain. Gait was normal. His weight was 69kg and other parameters are under normal limits.

Ashta sthana Pariksha: *Naadi:* 86bpm, *Mutra Pravrutti-* *Samyak Pravartana* 5-6 times a day and 1 time in night, *Mala Pravrutti-* *Samyak Pravartana* 1 time a day, *Shabda-* *Prakruta*, *Sparsha-* *Aushnasheeta*, *Druk - Prakrita*, *Akriti - Uttama*

Srotas Pariksha: *Annavaha Srotas-* *Agnimandya.*, *Mamsavaha Srotas-* *Sthamba of Dakshina Bahu.*, *Astivaha Srotas-* *Shoola in Dakshina Bahu*

Nidana Panchaka:

Hetu: *Jaravastha*, *Avyayama*, *Rooksha ahara seven.*, *Purva Roopa:* *Alpa vedana in Dakshina Amsa Sandhi*, *Roopa:* *Dakshina Amsasandhi shoola*, *Sthamba and bahupraspandita hara*

Samprapti Ghataka: *Dosha:* *Vata and Kaph*, *Dushya:* *Maamsa*, *Medha*, *Asthi*, *Majja*, *Sroto Dushti:* *Sanga*, *Udbhava Sthana-* *Pakvashaya*, *Vyakta Sthana-* *Amsa sandhi*, *Sadhyasaadyata - krachha sadhya.*, *Vyadhi vyavachhedhana:* *Avabahuka*, *Vishwachi*, *Manya Sthamba*

Examination of Shoulder Joint:¹²

Inspection: Discoloration: Absent, Muscle wasting: Absent, Deformity: Absent, Palpation: Stiffness – Present at rt. shoulder joint, Temperature: Absent, Restriction of Movement: Present up to 40 degrees., Investigation: X-Ray – No abnormality detected.

Materials and Method:

Sources of Data: D.G.M Ayurvedic Medical College, Hospital, Gadag, Karnataka
 Drug sources: D.G.M Botanical Garden, Gadag, Karnataka
 Method of Sampling and Study Design: Simple randomized Single Case study.

Table 1: Showing Materials used in the study:

No	Chikitsa	Duration of Intervention	Dose	Kala	Anupana	Outcome
1.	Mahayogaraj Guggulu	1 st to 15Days	500mg	Prataha kaala and Ratri	Sukoshna Jala	Shoola Hara and Vaatakapha Hara
2.	Cap. Bonton	1 st to 15 Days	1 capsule	Prataha Kaala and Ratri	Sukoshna Jala	Asthiposhaka
3.	Ashtavarga Kashaya	1 st to 15 th Day	10ml	Prataha Kaala and Ratri	Jala	Vatahara Vedanasthapana

Panchakarma Intervention:

1. Sthanika Abhyanga:

Sthana: To the Dakshina Bahu,

Ingredient: Karpooradi Taila.

Benefits: Shoolaprashamana, Vatashamana.

Duration: 8 Days

2. Patrapottali Pinda Sweda:

Sthana: To the Dakshina Bahu

Ingredients: Nimba Patra, Arkapatra, Nirgundi Patra, Eranda patra, Dhatura patra, Grated coconut, Lemon, Haridra, Saindhava Lavana.

Benefits: Shoola prashamana, reduces Sthambana., Duration: 8 Days.

Result: After the 8 days of treatment improvement is seen in the symptoms of the patient. There was moderate relief in the pain. Stiffness was reduced comparatively. The range of movement of the affected shoulder is also increased. Clinical assessments were made from the interrogation and gradation of the scoring pattern.

Table 2: Showing grading before and after treatment.

SL.NO	SYMPTOMS	SCORE BEFORE TREATMENT	SCORE AFTER TREATMENT
1.	Pain	9 (severe)	6 (Moderate)
2.	Stiffness	9 (Severe)	4 (Moderate)
3.	Range Of Movement	45 degrees	60 degrees



DISCUSSION

In this case, the *Vatavridhhi* took place in the patient because of his age, psychological factors and diet regimen. *Vridhavastha* usually had Vata predominance. Along with this, the *Chinta* and *Shokadi Manasika Hetus* are also elevated the Vata in this case. The patient also had a habit of taking more *Vatala Aharas*. The patient even had a *Mandagni*. These factors made *Vata Vridhhi* associated with the *Kapha*, *Sthanasamshraya* took place in the *Dakshina Bahu*. *Shoola Sthambadi* symptoms manifested because of the above reasons. To reduce these symptoms, *Vatakaphahara* properties *Yogas* are used for *Shamana*. *Yogaraja Guggulu* has *Shoolahara*, *Brihmhana* and *Balya* properties which are beneficial in reducing the symptoms in this case. The *Panchakarma* procedure is planned for 7 days. *Sthanaika Abhyanga* from *Dakshina Amsasandhi* to *Hastha* is carried out by using *Karpooradi Taila*, which has *Shoolahara* and *Vatahara* Properties. *Patrapottali Sweda* is the main line of treatment here. Mainly it is indicated for the *Upasthambita Vata Vyadhi*. The *Patras* used in these preparations all have the *Vatahara* properties. The Lemons used in this are *Amlarasa Pradhana*, *Ushna* and *Sukshma guna*. This helps to reduce the *shoola*, *Sthamba* and *Bahuoraspadana*. *Patrapottali Sweda* worked with *Ushnaguna* to stimulate the Sympathetic Nervous System and resulted in vasodilation. Due to the effect of *Sara* and *Sukshma guna* of *Swedana Dravya*, *Leena Dosh* present in the body gets liquefied and comes

out through the micropores. Thus, the symptoms reduce. Within seven days symptoms were reduced to Severe to Moderate. One more sitting of the *Patrapottali Sweda* or the continuity of the treatment for one more week will be going to reduce the symptoms to a better extent.

CONCLUSION

'*Avabahuka*' *vyadhi* associated with *Vata* and *Kapha dosha* can easily manage or be treated with Ayurvedic medicines and *Panchakarma* procedures like *Patrapottali Sweda*. It is one of the most promising *Keraliya Chikitsa Paddati* in the *Vatavyadi*. The treatment principle is based on the combined effect of heat and medicament. Proper selection of drugs and proper duration of the treatment will cure the disease.

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