



“Panchakarma Treatment in Frozen shoulder (Avabahuk) - A Case report”

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Abstract:

A 49 yrs male patient suffering from Rt side shoulder pain, weakness, unable to complete upward direction of Rt hand & restricted movement of rt shoulder joint. History of Diabetes since 4 yrs. and no any other major illness. Diagnosis is *Avabahuk* which is differentiated from other vataj diseases. Patient had taken allopathy medicine for the same but was not relieved. She was admitted for Ayurvedic Panchakarma treatment. This case is treated with Panchakarma & Ayurvedic medicine and gets relieved all symptoms and increased range of movement also. So, in this specific case we are got good results.

Key words: Avabahuk, Panchakarma.

Background:

Patient information:

A 49 years old married male patient came to OPD of Panchakarma at our Hospital in C. S. Nagar with complaints of Rt side shoulder pain, weakness, unable to complete upward direction of Rt hand & restricted movement of rt

shoulder joint. He had no history of any trauma, or hypertension. Known case of Diabetes (Type II). He had taken allopathy medicine for the same but was not relieved hence came in our hospital for Ayurved Panchakarma treatment. Patient was thoroughly examined and detailed history was taken, advised for other investigation and admitted for further ayurvedic Panchakarma management.

Clinical findings:

Pulse : 76/ min. **Temp:** 98.8⁰ F **B. P.** 130/90. **R. R.** 22/ min.

Kshudha : Prakrut **Nidra:** Alpa **Mala :** Badha **Mutra:** Samyak

Dosha – Kaphapradhana vata. **Dushya:** Twak, Mamsa, Rakta, Sandhi.

Mala : Purisha

Srotas: Mamsa, asthi- majjavaha.

Timeline: Treated with modern medicine but not having any relief. So on 12th day admitted for Ayurvedic Panchakarma Treatment.

Diagnostic assessment: Avabahuk (Frozen shoulder).

Investigation: Hb: 11.2 WBCs 8700 c/mm RBC 4.54 C/mm

ESR: 28 mm /1hr. DLC: N: 58 L: 34 E: 03 M: 05 B: 00

Platelet Count: 291000.

Therapeutic interventions:

Treatment given:

Snehan (Local) with Vatnashak Tail 7 days.

Ruksha sweda valuka pottali for 7 days.

Basti Yoga Basti course

Anuvasan with Vatnashak Taila 60 ml (4 Basti)

Niruha Basti - Dashmool triphala kwath 450 ml . (3 Basti)

Panchakarma Treatment given daily for 7 days.

Tab Yograj Guggulu 500 Mg BID x 17 days

Tab Lakshadi Guggulu 500 Mg BID x 15 days

Follow-up and outcomes:

Follow up after 15 days.

Discussion:

Apabahuka is a disease that usually affects the *Amsa sandhi* (shoulder joint). It is produced by the *Vata dosha*. Even though the term *Apabahuka* is not mentioned in the *nanatmaja Vata vyadhi*, Acharya Sushruta and others have considered *Apabahuka* as a *Vataja vikara*. *Amsa shosha* (wasting of the shoulder) can be considered as the preliminary stage of the disease, where loss or dryness of *sleshaka kapha* from *amsa sandhi* occurs.¹

Vata is considered as a chief factor for the physiological maintenance of the body. Factors provoking *Vata* result in the instantaneous manifestation of diseases, which can even prove to be fatal. Therefore, the *Vataja nanatmaja vyadhis* are of utmost importance, rather than the *vyadhis* produced by the other two *doshas*. Contradictory approaches to pacify this vitiated state have to be restored to, to maintain the equilibrium.²

Chikitsa:

The general line of treatment mentioned for *Vatavyadhi* in Ayurvedic classics include *Snehana* (both internal and external), *Swedana*, *Mrudusamshodhana*, *Basti*, *sirobasti Nasya*, and so on.

Mode of Action:³**Snehana:**

Snehana involves the application of *Vatnashak taila* to the body internally and externally for seven days. *Snehana* is crucial as it loosens *ama*, or toxins, and *doshas* in the body.

Swedana:

Swedana is the thermal or non-thermal procedure which cures stiffness, heaviness and cold and produces sweating in the body. By using different properties of *swedana dravyas* (*Ruksha Valuka pottali sweda*), it is mainly beneficial in *vata kaphaja rogas* (diseases).

Basti :

Basti is a treatment to support *vata* energy. An enema prepared with *vatnashak oil* & *Niruha Basti*, which are the sharp properties of *vata*, will help to reduce *kapha*, eliminate *ama* toxins.

Patient perspective and informed consent:

A written informed consent taken before administration of Panchakarma Treatment.

Conclusions:

1. In this case study we got good results ie shoulder pain decreased, Range of Movement increased.

References:

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