

Avasthanurup Chikitsa of *Avabahuk* with special reference to Stages of Frozen Shoulder: A Case Report

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ABSTRACT:

Avabahuka is a disease of *Ansa sandhi* (shoulder joint). Clinical presentation and pathogenesis of *Avabahuka* is almost similar like Frozen Shoulder. It manifests in 3 stages. Generally, *Ayurvedic* principles of *Vaat Vyadhi* are utilized to treat *Avabahuk*, however patients struggle to achieve satisfactory outcomes. This can be because the disease wasn't appropriately identified based on its stage and the treatment wasn't chosen accordingly. As there is no proper treatment protocol for *Avabahuk* in *Ayurveda*, the Stages of Frozen Shoulder can be used to classify patients and treatment can be organized in accordance with the disease's symptoms. This study involves a 70year old male patient having complaints of left shoulder joint pain and stiffness, unable to raise his left hand and back pain. Patient was diagnosed as *Avabahuk* and was in Frozen Shoulder Stage 1. He was treated using *Shaman Aushadhis*, *Agnikarma* and *Nasya Karma*. Patient showed marked improvement in pain and range of movement in just 2 weeks of treatment. Thus, this study is done with an aim to treat *Avabahuk* by properly diagnosing its *Avastha*(stage) and in accordance with the *Samprapti* taking place in that *Avastha*.

KEYWORDS: *Agnikarma*, *Avabahuk*, Stages of Frozen Shoulder, *Vaat Vyadhi*.

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INTRODUCTION:

Frozen shoulder has a literal meaning of immobilisation of the shoulder joint. It is a painful and restrictive condition leading to stiffness of the shoulder joint. Stiffness of the capsule surrounding the glenohumeral joint reduces both active and passive range of motion (ROM), particularly external rotation.

In *Ayurveda*, *Ansashosh* is the condition where only *Vaat* dosha is involved; *Avabahuka* is caused when both the *Vaat* and the *kapha* doshas are involved.^[1] In the same way Modern science also states that the pathology of Frozen Shoulder progresses in three stages. First Stage is early phase or freezing phase with duration of 2 to 9 months. It is

initially painful and the pain gets worse at night with gradual rise in glenohumeral joint range of motion restriction. Second is frozen stage with duration of 4 to 12 months. In this stage the stiffness gets dominant over the pain and there is persistent limitation of glenohumeral joint movement. The Third Stage is thawing or recovery phase with duration of 12 to 42 months. According to *Ayurveda Avabahuk* is a disease in which first the aggravated *Vaat* takes *Sthansanshray* in the *Ansa Sandhi* leading to *Ansa Shool*. Aggravated *Vaat* if not treated it leads to *Sboshan* of *Sbleshak Kapha* in the *Sandhi* leading reduced joint mobility and pain. There are many treatment options mentioned in Samhitas but still it remains difficult to treat *Avabahuk* effectively. The disease stage and the dosha predominance is often neglected. By studying the pathology of this disease by modern as well as Ayurveda it is clear that to treat *Avabahuk* successfully, its stage must be taken in consideration. The *Sampraptibhang Chikitsa* can be attained only when these stages are identified while treating them.

CASE REPORT:

A 70year old Male patient came in O.P.D. No 4 (Rognidan Evum Vikruti Vigyan) at Government Ayurveda College & Hospital Nagpur on 21st June, 2024 with below enlisted complaints. He developed left shoulder joint pain and stiffness, back pain, unable to raise left hand since 2months. Locally there was tenderness at humeral head region. The pain, stiffness and Range of Motion (ROM) of left shoulder joint is assessed by the scale given in Table No. 1, 2, 3 respectively.

History of Present illness:

Patient was apparently well 2 months ago. But he developed dull aching pain in his left shoulder joint and left arm which aggravated while sleeping. Patient consulted allopathic

doctors and was given medicines like Non-Steroidal Anti-inflammatory Drugs (NSAIDS) and Muscle relaxant. Patient's pain subsided in 5days of treatment but as soon as the medicines were stopped, he felt intense pricking pain again. Slowly the pain spread from shoulder region to arm, back and cervical region. Since last 15days patient felt difficulty in raising his hand so he came to Government Ayurvedic Hospital Nagpur for permanent treatment.

History of Past illness:

Patient had a history of Right sided Hemiparesis in 2017.

Patient has Hypertension since 10yrs and is under regular medication. (Tab. Telmisartan 40mg 1 OD)

Patient doesn't have history of any other systemic illness.

No history of Trauma.

Local Examination of the Left Shoulder Joint revealed mild tenderness over the humeral head region but there was no discoloration or local warmth.

THERAPEUTIC INTERVENTIONS:

1. *Shaman Aushadhis*- The list of drugs and their doses are mentioned in the Table-4
2. *Snehan* and *Swedan*- *Snehan* with *Mahamash taila* and *Nadi Sweda* with *Dashmool Kwath*.
3. *Agnikarma*- Conductive method^[3] of *Agnikarma* was done using *Panchadhatu Shalaka* for 3days and was repeated twice after giving a gap of 3days after each session.
4. *Nasya Karma*- An increasing dose of *Nasya* with *Anu taila* was administered starting with 2 drops in each nostril and was increased by 1 drop each day upto 8 drops in each nostril. *Nasya* was administered for 21days.

5. *Uttarbhaktik snehapan*^[4] - Patient was advised to take *Go Ghrit* 2 spoons after his evening meal

Patient showed marked improvement in movement in 2nd week of treatment. Pain was gradually subsided and full recovery of shoulder joint movement was observed. The before and after treatment gradations are shown in table no. 5.

Observation & Results:

Table-1: Shoulder Pain (*Ansa Sandhi Shool*): ^[2]

0	No Pain at all
1	Mild pain can do strenuous work with difficulty
2	Moderate Pain can do normal work with support
3	Severe pain, unable to do any work at all

Table-2: Shoulder Stiffness (*Bahu prapandithara*): ^[2]

0	No stiffness
1	Mild, has difficulty in moving the joint without support
2	Moderate has difficulty in moving and can lift only with the support
3	Severe, unable to lift

Table-3: Range of Motion of Shoulder Joint (in degree): ^[2]

Grade	0	1	2	3
Flexion	135°-180°	90°-135°	45°-90°	0-45°
Abduction	135°-180°	90°-135°	45°-90°	0-45°
Extension	45°-60°	30°-45°	15°-30°	0-15°

Table-5: *Shaman Chikitsa*:

Drug	Dose	Duration	Anupan
Lashunadi Vati ^[5]	250mg 1BD (before food)	7 days	Normal water
Kaishor Guggul Mahavaatvidhvansa Ras Gulvel Satva Chopchinyadi Churna	10gm 20tabs 10gm 50gm (Crushed to powder)	Mix all the contents together and consume 2gms BD on empty stomach	21 days Normal water
Ekangaveer Ras	250mg 1BD (after food)	30days	Normal water
Panchatikta Ghrit Guggul	250mg 1BD (after food)	30 days	Normal water
Erand Sneha	5ml HS	30days	Shunthi Kwath

-5: Showing Before Treatment (BT) and After Treatment (AT) results:

	BT	AT (1 st week)	AT (2 nd week)	AT (3 rd week)	AT (4 th week)
Ansa Sandhi shool	3	3	2	1	1
Bahu prapandithara	2	2	1	0	0
Movement of Shoulder Joint:					
Flexion	2	2	1	0	0
Abduction	2	2	2	1	0
Extension	2	2	1	0	0



Figure-1: Day 1 Before Treatment



Figure-2: Day 22 After Treatment

DISCUSSION:

Depending on the stage of the disease different treatment protocol should be adapted while treating *Avabahuk*. As in this case the patient was in first stage of the disease, we adopted treatment that will help manage patient’s painful condition by reducing the inflammatory process and help prevent the disease to go into further “Frozen State”.

Snehana & Swedana- First line management of *Vaatvyadhi* includes *Snehana* and *Swedan*. *Taila* is the best *Vaat shamak Dravya* and being *Sneha Dravya*, and it is *Kaphaghna* ^[6] *Mahamasha Taila* acts as *Bruhan* and *Vedana Shamak*.^[7] *Dashmool* being the most effective *Shoolaghna* and *Vaataghna* it

was selected for *Swedan* to relieve the pain and stiffness.

Agnikarma acts by its *Ushna*, *Tikshna*, *Sukshma*, *Laghu*, *Vyavayi* and *Vikasi Guna*. All these properties work against the *Vaat* and *Kapha Dosha* and thereby relieves the pain, stiffness at the local site. Application of *Agni* or local heat increases the local temperature which enhances the perfusion and does efficient delivery of oxygen to the tissues. There is clearance of local inflammatory mediators and so inflammation is resolved and finally pain is reduced. *Agnikarma* also stimulates DPI (descending pain inhibiting mechanism) which further stimulates CNS. After this there is release of endogenous opioids in proopiomelanocortin (POMC) cells in the arcuate nucleus and in the brain

stem and thus reduction of pain occurs.^[8] Thus *Agnikarma* is considered the most essential treatment in Stage 1 of Frozen Shoulder. Conduction method of *Agnikarma* was opted as it doesn't lead to any wound or scar formation.

Nasya Karma- *Bruban Nasya* is indicated for *Avabahuk* treatment and hence *Anu tail* was the choice of drug. Acharya Charak states that the *nasya* drug after its absorption by the *shringataka Marma*, acts on the diseases of *Skanda, Ansa* and *Greeva* and the *doshas* are expelled from the *Shira Pradesha*. In *Avabahuk* the dryness of the *Shleshak Kapha* is prevented by giving *Bruban Nasya*. This *Nasya* also plays an important role in the second stage of *Avabahuk* where there is extreme dryness of *Shleshak Kapha*. *Shleshak Kapha* can be compared to Synovial fluid present in the joints. Nourishment and regeneration of this synovial fluid takes place with the help of *Bruban Nasya*.

Shaman Aushadhis:

Kaishor guggul contains *Guggul, Haritaki, Bibhitaki, Amalaki, Guduchi, Shunthi, Maricha, Pippali, Vidanga, Trivrutta* and *Danti*. It is the choice of drug in *Vaatrakta*. It is used to subside acute pain caused due to inflammation in the first stage of Frozen shoulder.

Mahavaatvidhvansa Rasa contains *Shuddha Parada, Shuddha Gandhaka, Naga Bhasma, Vanga Bhasma, Loha Bhasma, Tamra Bhasma, Abhraka Bhasma, Pippali, Tankana Bhasma, Maricha, Shunthi* and *Shuddha Vatsanabha*. *Vatsanabha* being an anti-inflammatory drug it also acts as a catalyst. Due to this action, it improves the effectiveness of other natural ingredients.^[9] All the *Bhavana Dravyas* are *Vaat* and *Kapha Shamak* and its action is mainly focused on *Mansa* and *Asthi Dhatu*, thus it is the choice of drug in acute intense pricking pain^[10]

Gulvel Satva- Shows biological actions such as Vasorelaxant, anti-inflammatory, anti-microbial, anti-hypertensive properties.^[11]

Chopchinyadi Churna contains *Chopchini, Sharkara, Triphala, Pippali, Maricha, Lavanga, Akarkarabh, Kokilaksha, Shunthi, Vidanga, Twak*. The contents are potent anti-inflammatory agents. *Chopchini* actively acts as an anti-diabetic, anti-inflammatory, antioxidant, analgesic, anti-inflammatory and anti-nociceptive activities.^[12]

Ekangveer Rasa contains *Shudha Gandhaka, Shudha Parada, Shudha Kanta Loha Bhasm, Vanga Bhasma, Naga Bhasma, Tamra Bhasma, Abhraka Bhasma, Tikshna Loha Bhasma* and *Trikatu*. *Bhavana Dravyas* include *Vara (Haritaki, Amalki, Bhibitaka), Trikatu, Nirgundi, Chitrak, Markav, Shigru, Kushtba, Amalki, Kupilu, Guduchi, Aadhraka*. *Ekangveer Ras* has ability to pacify vitiated *Vaat Dosha* as it possesses *Madhura Rasa, Snigdha Guna, Ushna Virya* and *Madhura Vipaka*. *Bhavana Dravya* is capable of relieving the oxidative stress occurred due to free radicals.^[13]

Panchatikta Ghrit Guggul contains *Nimbanimbin* and *nimbidin* which has anti-inflammatory action and anti-ulcer effect, *Guduchi* has berberine which acts as antioxidant, *Vasa* contains vascione which has antihistaminic, anti-inflammatory, antioxidant property, *Patol* has antioxidant properties, and *Nidigdhika* has antihistaminic property. All these herbs together helps in reducing inflammation and pain. The *Yogavahi* property of *Ghrita* is helpful in increasing bio-availability of other *Panchatikta* drugs and *Guggul*. Being a *Sneha Yukta* drug, it helps in regeneration and nourishment of synovial fluid by the Ayurvedic principle of similar qualities leads to increase and opposite qualities leads to decrease.^[14]

CONCLUSION:

Efficacy of Ayurvedic medicine for treating *Avabahuk* has already been published a lot of times still patients and doctors suffer for a long time to get promising results. From this study we can conclude that when *Avastha* of the disease i.e Stages of Frozen Shoulder is taken into consideration and treatment is given according to *Samprapti* that takes place in that particular *Avastha*, gives quick and very effective results to the patients of *Avabahuk*.

Limitation of study:

The study may be carried out with this treatment protocol in more patients for its scientific validation.

Consent of patient:

Written informed consent for publication of clinical details was obtained from patient.

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