



## Case Report

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



### MANAGEMENT OF AVABAHUKA WITH SPECIAL REFERENCE TO FROZEN SHOULDER THROUGH AYURVEDA: A CASE REPORT

Chetan M. Malagi<sup>1\*</sup>, Santosh N. Belavadi<sup>2</sup>

<sup>1</sup> PG Scholar, Department of Kayachikitsa, Shri DGM Ayurvedic Medical College, Gadag, Karnataka, India

<sup>2</sup> Principal and Professor, Department of Kayachikitsa, Shri DGM Ayurvedic Medical College, Gadag, Karnataka, India

Received on: 19/3/24 Accepted on: 26/4/24

#### \*Corresponding author

E-mail: chetanmalagi21@gmail.com

DOI: 10.7897/2277-4343.15364

#### ABSTRACT

Avabahuka is one of the Vatavyadhi caused by vitiation Vata dosha and with anubandha of Kapha dosha. Clinically restricted range of motion, pain and discomfort in the shoulder joint have been seen for the last two months. The symptoms of Avabahuka can be correlated with the symptoms of Frozen shoulder. In Ayurveda, Avabahuka disease, its treatment and formulations are well explained in samhitas, which have excellent results in treating the disease. The present study of a 48-year-old male subject reported to the OPD of Shri DGM Ayurvedic Medical College and Hospital, Gadag, Karnataka, India, with complaints of pain and restricted movement in the left shoulder and left upper limb for two months, had undergone conventional treatment and not got any improvement. Based on the complaints, Vata-Kapha pacifying treatment was planned to include bahirparimarjana chikitsa and shamana chikitsa, and the subject improved.

**Keywords:** Avabahuka, Vatavyadhi, Frozen shoulder, Bahirparimarjana, Shamana chikitsa.

#### INTRODUCTION

Avabahuka is one of the Vatavyadhi caused by vitiated Vata dosha<sup>1</sup>. As Vata dosha has the properties of gati (movement)<sup>2</sup>. Vitiated Vata dosha gets filled in the rikta srotas of the body, producing various types of ekanaga and sarvanga rogas<sup>3</sup>. The vitiated Vatadosha dries the shoulder joint and further makes the disease Avabahuka. The word Avabahuka comprises of ava - which means viyoga (separation/dysfunction) and bahuka (arm). Amsa shosha is the preliminary stage of Avabahuka, where there is dryness or loss of Shleshak Kapha within the shoulder joint<sup>4</sup>. As a result, Vata dosha and Shleshak Kapha produce symptoms like restricted movement and pain during movements.

Avabahuka symptoms can be correlated with the symptoms of a Frozen shoulder (adhesive capsulitis) as it produces dull, aching pain, diffuses within the shoulder joint and restricts motion. Stiffness, limited abduction and internal shoulder rotation are seen in later stages<sup>5</sup>.

The prevalence of Frozen shoulder is 2-5% in the general population of India; females are more affected than males. The incidence rate of frozen shoulders is 2-4 times greater in Diabetes than in non-diabetic individuals<sup>6</sup>.

The modern system of medicine has a comprehensive range of treatments for managing a Frozen shoulder. These include analgesics, non-steroidal anti-inflammatory drugs (NSAIDs), glucocorticoid drugs, and physiotherapy<sup>5</sup>. Surgical interventions like capsular manipulation/capsular release are performed in advanced stages. There are still many cases where subjects need to get the desired result.

In the Ayurvedic system of medicine, Vatavyadhi can be managed with samanya Vata vyadhi chikitsa. In the present case, treated with bahirparimarjana chikitsa, sthanika abhyanga – local

massage (over left shoulder region and left upper limb) with Parinatakerakshiradi Taila, and sthanika Jambira pinda sweda for eight days along with shamanoushadhi's for 15 days, and follow up for 30 days.

#### Case Report

A 48-year-old male subject reported in Shri DGM Ayurvedic Medical College and Hospital, Gadag, Karnataka, India, Kayachikitsa OPD, complaining of restricted movement of the left upper limb and difficulty in abduction of the left upper limb for two months. Associated with the stiffness of the left upper limb for two months. The subject was normal and gradually noticed the above complaints; he consulted different hospitals but did not get any improvement, so he approached Ayurveda Hospital for further evaluation and management. Subject informed consent was taken before the study.

#### Medication history

Known case of Diabetic mellites in the last four years on regular medication Metformin (500 mg) + Glimepiride (2 mg) tablet (1-0-0).

Known case of Hypertension, for the last two years on medication Telmisartan (40 mg) + Amlodipine (5 mg) tablet (1-0-0).

#### General Examination

BP 130/80 mmHg, PR 80 bpm, RR 20 c/min, Temperature 96°F. Cyanosis absent, Pallor absent, Clubbing absent. CVS - S1 S2 Heard, NAD. RS - B/L NVBS Heard, NAD. CNS - Conscious and Oriented.

#### Treatment Given

The treatment was started with the administration of both Panchakarma bahirparimarjana procedures and the shamana – conservative management.

**Treatment schedule**

Sthanika Abhyanga - Local massage with Parinatakerakshiradi Taila. (Over left shoulder region and left upper limb).  
Abhyanga is done over the left shoulder region and the left upper limb in a downward direction.

Sthanika Jambira Pinda Sweda. (Over left shoulder region and left upper limb)

Jambira pinda sweda contains the materials like Jambira (8-10

lemons), Lashuna (20 garlic cloves), grated coconut powder (50 gm), Turmeric powder (1 tablespoon), Saindhava lavana (1 tablespoon), Satapushpa powder (1 tablespoon), all the ingredients are fried over the pan in low flame.

All the ingredients are tied in the vastra pottali and applied over the left shoulder region and along the left upper limb.

Jambira pinda sweda done for 8 days of period.

**Shamana Line of Treatment**

Medicine	Matra and Aushadha sevanakala	Anupama	Duration
Mahayogaraja Guggulu	1 tab thrice a day (after food)	Lukewarm water	15 days.
Shalakadi vati	1 tab twice a day (after food)	Lukewarm water	15 days.
Ashtavarga kashaya	4 tsp thrice a day (before food)	Equal quantity of water	15 days.

**Assessment Criteria**

**Amsa shoola (shoulder joint pain)**

Character	Grade
No pain	0
Mild pain (can do daily activities without difficulty)	1
Moderate pain (can do daily activities with difficulty)	2
Severe pain (unable to do daily activities).	3

**Amsa prasanditahara (shoulder joint stiffness)**

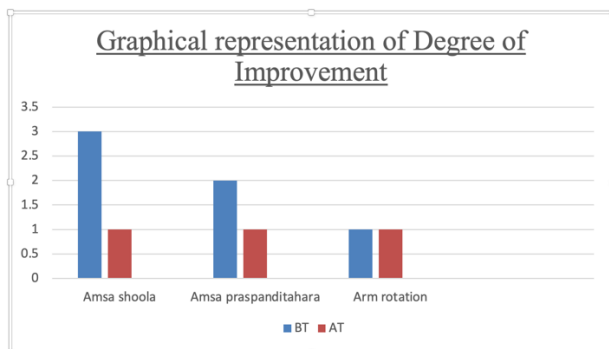
Character	Grade
No stiffness	0
Mild stiffness (difficulty in shoulder joint movement)	1
Moderate pain (difficulty in moving, can lift only with support)	2
Severe pain (unable to lift).	3

**Arm rotation (internal and external rotation)**

Range of motion (in degree)	Grade
Up to 90	0
Up to 60	1
Up to 30	2
Up to 0	3

**RESULTS AND DISCUSSION**

	Before treatment	After treatment	Difference
Amsa shoola	3	1	2
Amsa prasanditahara	2	1	1
Arm rotation	1	1	0



Avabahuka is one of the most common diseases affecting human beings, so treating it is of utmost importance. Ayurvedic treatment modalities explained in Samhitas are applied in this case, and the subject recovered.

Jambira pinda sweda has ingredients like ushna-tikshna guna, which helps reduce stiffness mainly associated with Kapha dosha in amsa sandhi. Mahayogaraja Guggulu is a prime herbo-mineral shamanoushadhis, which is an anti-inflammatory and analgesic action<sup>7</sup>. Therefore, it reduces the pain, swelling and stiffness in Avabahuka. Ashtavarga kashaya has eight ingredients, Sahachara, Eranda, Sunti, Rasna, Saindhava lavana, and Lasuna. All have a Vatahara guna<sup>8</sup>. Therefore, it reduces pain in amsa sandhi and helps in arm rotation

Amsa pradasha stiffness is completely relieved after the treatment. An effective improvement was found in reducing the pain and improving arm rotation without difficulty. Parinatakerikshira taila has ingredients like Tila taila, Parinatakeri kshara, and Jambira, which have excellent results in treating the Avabahuka.

Another combination of Shalakadhi vati contains main ingredients like Salakki, Nirgundi, Rasna, Dashamoola, Tila taila and other drugs which are having a Vatahara quality.

Therefore, we have taken all these shamana yogas – conservative medications in this case and got improvement.

**CONCLUSION**

Ayurvedic formulations are essential in treating the disease from its root causes. In this case report, we have given shamanoushadhis along with bahirparimarjana chikitsa in treatment. After this treatment schedule, subject got noticeable changes in the classical symptoms.

The study concluded that the product is safe to use in the prescribed dose. Therefore, these treatment schedules can be further taken for many studies in Avabahuka cases.

Diet and Lifestyle modification: The subject is advised to have easily digestible food. Warm and unctuous food helps in reducing the vitiated Vata dosha. Regular exercise is recommended, which can improve strength and flexibility and reduce stiffness.

Advised Yogasanas like Bhujangasana, Dhanurasana, Paschim Namaskarasana and Ardha Matsyendrasana helps in relieving shoulder pain, increase the flexibility of the back muscles and helps in arm rotation.

## REFERENCES

1. Vaidya Jadavji Trikamji Acharya, Dalhanacharya. Vatavyadhinidanam, In; Sushruta Samhita Nidana Sthana Chapter 01, verse 82, Varanasi, Chaukhamba Orientalia, 2005; p. 269.
2. Vaidya Jadavji Trikamji Acharya, Dalhanacharya. Vranaprashna adhyaya, in: Sushruta Samhita Sutra Sthana Chapter 21, verse 5, Varanasi, Chaukhamba Orientalia, 2005; p. 99.
3. Priyavrat Sharma, Charaka, Vatavyadhi adhyaya". In; Charaka Samhita chikitsa Sthana chapter 28, verse 18, Varanasi; Chaukhamba Orientalia publication, 2014; p. 462.
4. Vaidya Jadavji Trikamji Acharya, Dalhanacharya. "Vatavyadhinidanam", In; Sushruta Samhita Nidana Sthana Chapter 01, verse 82, Varanasi, Chaukhamba Orientalia, 2005; p. 269.
5. Anthony Fauci, "Periarticular disorders of the extremities". In; Harrison's Principles of Internal Medicine, 17<sup>th</sup> Edition, chapter 331, publisher 2008; p. 2185.
6. Chinky, Anup Jain, Aarti, Neha Yadav, Role of panchakarma treatment in Avabahuka – A critical review. Journal of Ayurveda integrated medical science (internet).2022 December 9 [cited 2024 March 05]; 7(10):198-203. Available from: <https://jaims.in/jaims/article/view/2133>
7. Dr. Janardhana V Hebbar, Mahayogaraj guggul benefits, dosage, side effects, ingredients, reference. Ayurved Info (internet). 2012 [cited 2024 March 04]. Available from: <https://www.ayurvedinfo.com/2012/02/17/mahayograj-guggul-benefits-dosage-how-to-use-side-effects-ingredients-reference/>
8. Nishteswara K, Vidyanath R, Sahasrayogam, Kashaya prakarana, 54. Vatahara Kashaya, Varanasi, Chaukhamba Sanskrit series office, 2017; P. 42.

### Cite this article as:

Chetan M. Malagi and Santosh N. Belavadi. Management of Avabahuka with special reference to Frozen Shoulder through Ayurveda: A Case Report. Int. J. Res. Ayurveda Pharm. 2024;15(3):21-23  
DOI: <http://dx.doi.org/10.7897/2277-4343.15364>

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: IJRAP is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publishing quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJRAP cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of the IJRAP editor or editorial board members.