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Management of *Avabahuka* with *Prasarni Taila Nasya* and *Sthanik Patra Pinda Swedana* - A Case Study

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ABSTRACT

Avabahuka is a disease that causes problem in daily routine of an individual like wearing clothes, eating, personal hygiene and work etc. Shoulder joint is the most mobile joint in the body. Clinical presentation and pathogenesis of *Avabahuka* can be correlated with the symptoms of adhesive capsulitis, which is commonly known as Frozen Shoulder. *Panchakarma* is the branch of *Ayurveda* which deal with the purification of the *Vitiated Doshas* of the body through *Shodhana* therapy. *Nasya* is mainly indicated for *Avabahuka*. *Swedana* also helps in managing the condition, *Avabahuka*. The aim of the present study was to evaluate the effectiveness of *Nasya Karma* and *Sthanik Patra Potali Swedana* in the management of *Avabahuka*. A 62 years old male patient came to *Panchakarma* OPD with an accidental history 3 months ago due to which he suffered with acute pain, swelling and stiffness in right shoulder joint. Patient was unable to move right shoulder joint and to carry out daily activities. Patient took 7 days *Panchakarma* therapy in which *Mukhabhyanga* with *Prasarni Taila* and *Mridu Swedana* was done. It was followed by *Prasarni Taila Nasya*. After 7 days of treatment marked relief was seen in the symptoms like pain, stiffness and swelling. The therapies were found significantly effective and clinically safe with no adverse reaction were reported during the treatment period.

Key words: *Avabahuka*, *Adhesive capsulitis*, *Nasya*, *Swedana*, *Vata-Kapha Roga*.

INTRODUCTION

Avabahuka a term coined by *Acharya Sushruta* is considered as *Vata Vyadhi*. It is a disease of *Skandh Pradesh*.^[1] Aggravated *Vata* gets lodged at the root of shoulder joint, dry the *Shleshmaka Kapha* in and

around the shoulder joint and constrict of vessels.^[2]

Vata is most important because it is responsible for all type of sensation, motor actions and all neuromuscular activities. According to signs and symptoms it is correlated with frozen shoulder (Adhesive capsulitis) an insidious painful condition persistent for more than 3 months. This inflammatory condition causes fibrosis of the capsule causing progressive stiffness and significant restriction of range of movement. Risk factors included are cervical disk disease, diabetes, shoulder injury, shoulder surgery, thyroid etc. Shoulder pain is common complaint in both genders over the age of 40 and is most often due to degenerative disorder of tendons in the rotator cuff. In modern treatment anti-inflammatory drugs (NSAIDs) and steroidal injection at local site are suggested. Long term use of steroidal causes side effects.

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We used *Nasya Karma* with *Patra Pinda Swedana* in *Avabahuka*. According to *Ayurveda*, *Nasya* is considered best procedure for the *Urdh Jatru Gata Rogas*. The nose is the door way to *Siras* (head),^[3] medicine administration through nasal route is known as *Nasya*. Medicine spread through channels and enhance sensory and motor organs which lie above clavicle and cures it. *Nasya* has potent effect on *Shroto Shodhana* (cleansing of micro channel) and to retard the *Dhatukshaya* (depletion of *Dhatus*).^[4] *Acharya Charak* very clearly states that the *Swedana Karma* is the procedure which relief *Stambh*, *Gaurav* and *Sheetata*. *Patra Pinda Swedana* is based on the principle of *Sankar Sweda* which is one of the thirteen *Sagni Sweda*.^[5]

CASE REPORT

Name: XYZ

Age: 62 years

Gender: Male

Residence: Dastura, Bulandshaher, Uttar Pradesh

History of Present Illness

A 62 years old male patient came with an accidental history 3 months ago due to which he suffered with acute pain, swelling and stiffness in right shoulder joint. Patient was unable to move right shoulder joint and he was unable to carry out daily activities. He took medications but did not get much relief so he came to our hospital for his treatment.

History of Past Illness

An accidental history 3 months ago.

Family history

No other family member is having same complaint.

Personal history

Prakriti - Pitta-Kapha

Ahara - Pure vegetarian diet.

Appetite - Decreased

Dominance of Rasa - Lavana, Katu

Nidra - Disturbed due to pain in right shoulder region

Addiction - no addiction.

General Examination

Built: Moderate

BP: 130/90 mm of mg

Pulse: 72 per minute

Temperature: 98.4° Fahrenheit

Tongue: Clear

Pallor: Absent

Icterus: Absent

Cyanosis: Absent

Systemic examination

Respiratory System

Chest is clear

Bilateral symmetrical

No abnormal sound detected

Cardiovascular system

S1 and S2 heard normally

No added sound heard.

Gastrointestinal system

Shape - Scaphoid

Umbilicus placed centrally

Bowel sound - Regular

No organomegaly detected

Central nervous system

Well conscious

Well oriented with time, person and place

Reflexes are normal

Local examination

Swelling over shoulder joint is present, on palpation tenderness is present.

Examination of shoulder joint movement

1. **Flexion:** Normal/Restricted (45 Degree)/Absent

2. **Extension:** Normal/Restricted (50 Degree)/Absent

3. **Adduction:** Normal/Restricted/Absent
4. **Abduction:** Normal/Restricted (60 Degree)/Absent
5. **External Rotation:** Normal/Restricted/Absent
6. **Internal Rotation:** Normal/Restricted/Absent

Investigation

CBC

Hb - 12.8g/dl

TLC - 5790/cumm

Total RBC count - 4.50 millions/cumm

PCV - 38.8%

DLC

Neutrophil - 67

Lymphocyte - 24

Eosinophil - 02

Monocyte - 06

Basophil - 01

ESR - 9mm/fst hr.

RA-factor (quantitative) - 23.40 lu/ml

CRP - 1.60 mg/dl

Serum Uric acid - 6.3mg/dl

RBS - 95.1 mg/dl

Ashtavidha Pariksha

SN	Sthana	Lakshan
1.	Nadi (Pulse)	72 bpm
2.	Mala (Stool)	Vibandha
3.	Mutra (Urine)	Samyak
4.	Jihva (Tongue)	Nirama
5.	Shabda (Speech)	Prakrut
6.	Druk (Eye)	Ruksha, Khara
7.	Sparsh (Touch)	Prakrut

8.	Akruti (Shape)	Madhyam
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Samprapti Ghatak

Dosha - Vata-Kapha, Pitta Sanshlisth Vata-Kapha

Dusya - Ras, Rakta, Mamsa, Asthi, Majja,

Updhatu - Sira, Snayu Marma.

Agni - Jatharagni and Respective Dhatwagni Ama-Jatharagni Mandyajanya ama and respective Dhatwagnijanya Ama

Agnidushti - Mandagni

Srotasa - Asthivaha, Majjavaha

Srotodushti Prakara - Sanga, Vimargamana

Udbhava - Amapakvashaya Sthana

Vyakta Sthana - Bahu Pradesh

Adhithana - Amsa Pradesh

Swabhava - Chirkari

Treatment Plan

After the *Samyak Pariksha* of *Roga* and *Rogi*, it was found that his *Jathragni* was *Manda*, Therefore, instead of providing him only medicines, *Nasya* with *Swedana Chikitsa* for 7 days was planned for all round benefit.

SN	Sign and symptoms	
1.	Pain (as main feature of vitiated Vata) in shoulder region	Present
2.	Shoulder stiffness	Present
3.	Restriction in shoulder joint range of motion	Present
4.	Swelling	Present

Assessment Criteria

1.	Pain (as main feature of vitiated Vata) in shoulder region	0- Absent 1- mild 2- moderate 3- severe
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2.	Shoulder stiffness	0- Absent 1- mild 2- moderate 3- severe
3.	Restriction in shoulder joint range of motion	0- Absent 1- mild 2- moderate 3- severe
4.	Swelling	1- Slight 2- Moderate 3- Bulging beyond joint margins

Treatment Protocol

Procedure	Medicine	Quantity	Duration
Patra Pinda Swedana ^[6]	Patras: Eranda, Arka, Chinchha, Dhatura, Nirgundi Churna: Devdaru, Rasna, Kustha, Satpushpa, Haridra, grated Coconut, Nimbu, Prasarni Taila	Patra: 50-75 gm each Churnas: 5 gm each	7 days
Nasya	Prasarni Taila ^[7]	8 drops in each nostril	7 days

Mode of Action of Nasya Karma^[8]

According to Ayurveda Nasya Karma performs the functions of nourishing, liquefying and cutting. Mode of action of Nasya according to Ayurveda

Drug administered through each nostril



Drug *Sringatak Marma* (By *Nasa Srotas*)



Spread in the *Murdha* (enter in to the intra cranial circulation)



Reaches at the junctional place of *Netra* (eyes), *Srotra* (ears), *Kantha* (Throat), *Siramukhas* (opening of the vessels)



Remove and detach the morbid *Doshas* present in *Urdh Jatru Gata* (Supraclavicular region) and Expel them from the *Uttamanga*.

Signs and symptoms	BT	AT
Pain (as main feature of Vitiated Vata) in shoulder region	3	1
Shoulder stiffness	3	2
Restricted in shoulder joint range of motion	3	1
Swelling	3	2

After 7 days of treatment patient got relief in pain, stiffness and there was increase in range of movement of affected right shoulder joint.

DISCUSSION

Nasya Karma is one among the *Panchakarma*. In the management of *Urdhvajatrugata Vikaras Nasya* has got an important role. *Nasya* is also known as the gateway of *Siras*. In *Nasya Karma* medicine administered through nose spread through the *Siras* and helps in the evacuation of accumulated *Dosha*, thereby pacifying the diseases. *Nasya Karma* is the main line of treatment for diseases above the clavicle and it is the only *Shodhana Karma* for *Urdhwang* (Ch. Si.9/88). *Prasarni Taila* was used for *Nasya Karma* along with *Patra Pinda Swedana*. *Prasarni Taila* is prepared by using *Madhuk* (*Glycyrrhiza glabra*), *Pippalimoola* (*Piper longum*), *Chitraka* (*Plumbago zeylanica*), *Saindhav Lavana* (Rock salt), *Vacha* (*Acorus calamus*), *Prasarni* (*Paederia foetida*), *Devdaru* (*Cedrus deodera*), *Rasna* (*Pluchea lanceolata*), *Gajapipli* (*Scindapsu officinails / Piper chaba*), *Bhallataka* (*Semecarpus anacardium*), Purified *Shatpushpa* (*Anethum sowa*), *Jatamanshi* (*Nardostachys jatamansi*), *Til* oil (*Sesamum indicum*), curd, *Kanjika* (Fermanted gruel), cow milk. In *Patra Pinda Swedana* we used some *Vata-Kaphanashak Patras* and *Churnas*. *Patras* like *Eranda*, *Dhatura*, *Chinchha*, *Arka*, *Sahijan*, *Nirgundi* and *Churnas* like *Rasna*, *Devdaru*, *Kustha*, *Vacha*, *Satpushpa*, *Saindhav Lavana*, grated coconut powder & lemon. *Patra Pinda Swedana* is a *Snigdha*

Sankara Swedana which is very effective in diseases having involvement of *Vata* and *Kapha Dosha*. In *Shleshmaka Kapha-Chhaya* condition *Patra Pinda Swedana* has good result.

CONCLUSION

This case study demonstrated that *Ayurvedic* management of *Nasya Karma* along with *Swedana Karma* seems very effective for the treatment and management of *Avabahuka* (Frozen shoulder). This treatment is very effective and safe and treats the patient within short span of time. From the above case, it can be concluded that *Avabahuka*/ frozen shoulder can be successfully managed through *Nasya* with *Patra Potali Swedana* as *Shodhana* and external therapy.

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