A case study of Agnikarma in the management of Avabahuka w. s. r. to frozen shoulder

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ABSTRACT

Avabahuka is a disease of Amsa sandhi (Shoulder joint). Acharya Sushruta have described Avabahuka as a one of the type of Vata Vyadhi. It is one of the commonest musculoskeletal disorder. In Avabahuka, Vata gets lodged at the root of shoulder, subsequently constricting the veins and producing the loss of movements of the shoulder. Avabahuka can be co-relate with Frozen shoulder having same complaints. Acharya Sushruta have mentioned Agnikarma for the treatment of Avabahuka.

Keywords: Avabahuka, Agnikarma, shoulder joint, Vatavyadhi

INTRODUCTION

Acharya Sushruta have described Avabahuka under eight types of Vatavyadhi. It is a disease caused by vitiated Vatadosha localizing around the amsapradesha (shoulder joint) causing shoshana of amsa sandhi leading to akunchana of sira present with bahupraspanditahara2. In Avabahuka, there is pain, shoulder stiffness, restriction in shoulder joint range of motion, shosh seen3. Avabahuka can be co-relate to frozen shoulder which is a common occurrence. Pathologically, the two layers of the synovial membrane become adherent to each other. Clinically, the patient (usually 40-60 years of age) complains of progressively increasing
pain in the shoulder, stiffness in the joint and restrictions of all movements. The surrounding muscles show disuse atrophy. The disease is self limiting and the patient may recover spontaneously in about two years. As shoulder joint is involved in the Avabahuka, Acharya Sushruta mentioned Agnikarma for the treatment of Avabahuka.

CASE REPORT
- Name of patient – XYZ
- Age- 34 years, Sex- female
- Occupation – Housewife,
- Religion-Hindu Marital status – Married

CHIEF COMPLAINTS
- Pain at Right shoulder joint- from 2 months
- Restricted range of movement
- Stiffness

CASE HISTORY-
34 Years female patient came with pain at right shoulder joint, stiffness, restricted range of movement since two months. She took allopathic medicine in the form of oral pain killers, local ointment, but her symptoms persisted. So she came to Ayurved Mahavidyalaya.

GENERAL EXAMINATION
- Pulse rate – 76/min

- BP -110/70 mm of hg Weight _52 kg
- P/A – soft - Liver and Spleen not palpable

Shoulder Joint Examination - Pain over at shoulder joint Tenderness

Restriction of Range of Movement
1) Adduction –0°
2) Abduction _50°
3) Flexion –40°
4) Extension _30°

ASHTAVIDHA PARIKSHA
1. Nadi- 76/min
2. Shabda -Spashta
3. Mala-Prakrut
4. Sparsha -Anushnasheet
5. Mutra -Prakrut
6. Druka – Upneterachawapar
7. Jivha -Niram
8. Akruti –madhyam

TREATMENT - AGNIKARMA ON Right shoulder joint

PROCEDURE OF AGNIKARMA-
1. After taking written informed consent Agnikarma was done
2. Agnikarma in the form of samyaktwakdagdha was done by making multiple dots over skin with red hot Panchadhatushalaka covering pain points.
3. After covering all pain points, fresh pulp of aloe Vera is applied.
4. Above procedure was repeated twice over period of 7 days. On every setting
patients examined for range of movement.

RESULTS-
After three settings of Agnikarma, there is significant reduction in pain, there is no tenderness at shoulder joint with improvement in range of movement.

<table>
<thead>
<tr>
<th>Restriction in range of movement</th>
<th>Before treatment</th>
<th>After 1\textsuperscript{st} setting</th>
<th>After 2\textsuperscript{nd} setting</th>
<th>After 3\textsuperscript{rd} setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adduction</td>
<td>00</td>
<td>50</td>
<td>10(^\circ)</td>
<td>20(^\circ)</td>
</tr>
<tr>
<td>Abduction</td>
<td>50(^\circ)</td>
<td>60(^\circ)</td>
<td>75(^\circ)</td>
<td>100(^\circ)</td>
</tr>
<tr>
<td>Flexion</td>
<td>40(^\circ)</td>
<td>50(^\circ)</td>
<td>60(^\circ)</td>
<td>85(^\circ)</td>
</tr>
<tr>
<td>Extension</td>
<td>30(^\circ)</td>
<td>35(^\circ)</td>
<td>40(^\circ)</td>
<td>50(^\circ)</td>
</tr>
</tbody>
</table>

DISCUSSION
Avabahuka is produced by vitiated vata and kapha, so Agnikarma is considered as best therapy. The properties of agni are sukshma, laghu, tikshna and ushnaguna. It works on both vata and kapha dosha. It works on vata by its ushna and tikshna guna and on the kapha dosha by laghu, sukshma, tikshna and ushna guna.

CONCLUSION
Avabahuka is one of the most common problems which affect mostly in middle age group of patients. After Agnikarma there is relief of signs and symptoms of Frozen shoulder especially on local tenderness and stiffness. The treatment applied was simple, economical and required no hospitalization and could be done at OPD level. So Agnikarma was effective in the management of Agnikarma.

REFERENCES:
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