



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 VataVyadhi. 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 Vata dosha 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 years⁴. As shoulder joint is involved in the Avabahuka, Acharya Sushruta mentioned Agnikarma for the treatment of Avabahuka⁵.

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 –Upnetrachawapar
7. Jivha -Niram
8. Aakruti –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 points⁶.
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.

| Restriction in range of movement | Before treatment | After 1 st setting | After 2 nd setting | After 3 rd setting |
|----------------------------------|------------------|-------------------------------|-------------------------------|-------------------------------|
| Adduction | 00 | 50 | 10 ⁰ | 20 ⁰ |
| Abduction | 50 ⁰ | 60 ⁰ | 75 ⁰ | 100 ⁰ |
| Flexion | 40 ⁰ | 50 ⁰ | 60 ⁰ | 85 ⁰ |
| Extension | 30 ⁰ | 35 ⁰ | 40 ⁰ | 50 ⁰ |

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.

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