



Management of *Stenosing Tenosynovitis* (trigger finger) with Ayurved- A case study

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Abstract-

Trigger finger is a painful condition that makes your fingers or thumb catch or lock when you bend them. It can affect any finger, or more than one. You might hear it called stenosing tenosynovitis. Most of the time, it comes from a repeated movement or forceful use of your finger or thumb. It can also happen due to inflammation. Local swelling from inflammation or scarring of the tendon sheath (tenosynovium) around the flexor tendons causes trigger finger. These tendons normally pull the affected digit inward toward the palm (flexion). When they are inflamed, they tend to catch where they normally slide through the tendon sheath. A 62 year old patient visited OPD. He was having symptoms on right hand middle finger and side finger. He has difficulty in folding joint and if he fold finger joint he was unable to straight the joint. There was no relief after modern medicine. So he wishes to start Ayurvedic treatment. As per ayurved it is sandhi snayugat vata vikar. So considering this diagnosis, ksheerbala 101- 2 capsules tds were prescribed. Patient got complete relief after 3 months.

Keywords: stenosing tenosynovitis, trigger finger, snayugat vata, sandhigata vata, ksheerbala taila (101)

INTRODUCTION-

Trigger finger is a "snapping" or "locking" condition of any of the digits of the hand when opening or closing. *Stenosing tenosynovitis* is the medical term for trigger finger.¹ A painful clicking or snapping while bending or straightening finger. It's worse when finger is still, Stiffness in finger, especially in the morning, Soreness or a bump at the base of the finger or thumb (nodule), a locked finger that can't straighten. Local swelling from inflammation or scarring of the tendon sheath (tenosynovium) around the flexor tendons causes trigger finger. These tendons normally pull the affected digit inward toward the palm (flexion). When they are inflamed, they tend to catch where they normally slide through the tendon sheath. Patient visited OPD having these symptoms on right hand middle and side finger. He has taken treatment from orthopedic. But no relief. So he came to OPD to find out Ayurvedic solution.

Vatavyadhi are described in detail in all compendia. When exaggerated vata do sthanasanshraya at different sthana, symptoms occurs according to sthana. Here exaggerated vata has done sthanasanshraya at sandhi and snayu of right hand middle finger and side finger. So treatment snehan has given for vat shaman. It is most useful, effective and easy to administer treatment.

Case study-

A 62 years old male patient

Occupation- engineer (drawing) so excessive forceful movements of finger

Complaints of-

1. Difficulty in folding finger of right hand at middle and side finger.
2. If he fold finger joint then he was unable to straight that joint.
3. Stiffness was worst in the morning.

H/o – known case of diabetes

Table 1-

Contents of ksheerabala tailam²-

Ksheerabala oil or ksheerabala thailam contains the herb *Bala (Sida cordifolia)*, Milk and pure sesame oil. First sesame oil is processed with several herbs like *triphala*, *musta*, *lodra* etc which help to remove its odour and increase its potency. This method is called as “*murchana*”. The oil gets a good fragrance and color after the process of *murchana*. The paste and decoction of bala or *Sida cordifolia* , milk and water are added in required quantities to processed sesame oil. This mixture is boiled according to the guidelines given in ayurvedic pharmacology.

Table 2 :Observations in patient:

Symptom	On 1 st day	15 th day	30 th day	45 th day	60 th day	75 th day	After 3 months
Pain while folding the joint	Painful ++++	Painful ++++	Paindecreases +++	++	+	+	No pain
Ability to straight the joint	no	Slight movement	Slight movement	Moderate movement	Straightens joint with little pain	Straightens joint with little pain	Straightening of joint
Stiffness in the morning	++++	++++	++++	+++	++	+	No stiffness

DISCUSSION AND RESULTS-

- Trigger finger is a painful condition that makes your fingers or thumb catch or lock when you bend them. It can affect any finger, or more than one. Most of the time, it comes from a repeated movement or forceful use of your finger or thumb. It usually shows up between

ages 40 and 60. It's more common in women than men. Diabetes, gout, and rheumatoid arthritis can cause trigger finger. It's common among farmers, industrial workers, musicians, and anyone else who repeats finger and thumb movements.

- It can be equated with vatavyadhi in Ayurved. Vatavyadhi are described

in detail in almost all compendia of ayurveda. Vata has chala guna and hence extensive role in formation of various diseases. Exaggerated vata dosha when do sthanasanshraya at different sthana, different signs and symptoms are produced

- In trigger finger as we discussed already, there is inflammation of tendon, muscle at joint of finger. Thus it is snayugat and sandhigata vata. In Sushrut samhita, lakshana of snayugata vata are given as follows- stambhan, kampa, shula and akshepa³. In charak samhita it is mentioned that painful akunvhan and prasaran with shotha is one of the symptoms of sandhigata vata⁴. These both conditions resembles with trigger finger.
- Sneha chikitsa is first line of treatment recommended by all ayurved compendia specially in nirupastambhit vatavayadhi⁵. Taila is the best medicine for vatashaman⁶. Even in asthimajjagat vata bhya snehan and abhyantar shehan is mentioned⁷. In Sushrut samhita also treatment for snayu, sandhi asthigata vata is mentioned as- sneha, upnaha, agnikarma, bandhan and mardan. While commenting on it acharya Dalhan has explained that sneha should be used in both ways- bahya and abhyantar⁸. So abhyantar snehan was chosen as line of treatment.
- ksheerbala101 capsule contains 6 drops of shatpaki ksheerbala taila. Ksheer bala taila is tila taila (sesame oil) processed with bala kalk, bala kwath and godugdha (cow milk). Process is repeated 100 times so

known as shatapaki ksheerbala taila. It makes it more potent.

- Bala is a herb used in Ayurveda for its properties of being an antioxidant, analgesic, antipyretic, antiviral, antirheumatic, diuretic, immunoenhancing, hypoglycaemic, hepatoprotective and useful in neuromuscular and neurodegenerative disorders. Treats VataDosha disorders.⁹
- When taken internally tila taila is a good iron supplement. It is an antioxidant. It is rich in Vitamin E. It is found to be rich in alkaloids which are central nervous system stimulants. It is useful in neuromuscular disorders as well as rheumatism and arthritis.
- Dose was decided as 2 capsule tds as per agni of patient. Patient was asked to visit fortnightly for follow up. Patient was examined at each visit for following parameters- for pain while folding the joint, ability to straight joint after folding and stiffness in the morning. Changes in parameters on each visit are tabulated already (table 2)
- Here ksheerbala acts as anti-inflammatory as well as analgesic. It pacifies vata and gives strength to muscles and tendons. For easy and effortless movements of joint, a good lubrication is necessary. It also fulfills this aim. So patient got total relief after 3 months.
- Thus it proves that snehan is first and most effective line of treatment for trigger finger.

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