



Role of *Agnikarma* in the management of *Apabahuka* (Frozen Shoulder) - A Case Report

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Abstract : *Apabahuka* is a *Vataja Nanatmaja Vyadhi* in which locomotive functions of *Amsa Sandhi* are affected mainly due to *vata dosha prakopa* causing Pain, Stiffness and Restricted movement of the shoulder. *Apabahuka* can be correlated to Frozen Shoulder or Adhesive capsulitis in modern medicine because of similar Symptomatology. A female patient of age 54yrs approached Ayurved Hospital with pain restricted movements and stiffness in Rt. Shoulder for 6 days and diagnosed as *Apabahuka*. The patient was subjected to the *Agnikarma* along with Shamana yoga. After the treatment, the stiffness of the joint was reduced. The patient got moderate relief from the pain.

IndexTerms - Component,formatting,style,styling,insert.

I. INTRODUCTION

INTRODUCTION

It is caused mainly by the *Vyana Vata* vitiation and gets *Sthana Samshraya* in the *Amsa Pradesha*. There it does the *Shoshana* of *Shleshaka kapha*, *Mamsa*, *sira*, *snayu* leading to *Bahupraspanditaharatwam* (restricted movement of affected shoulder), *Shoola* (Pain), *Stambha* (stiffness). These clinical features closely resemble with painful stiffness and loss of motion of shoulder. Hence it can be correlated with Frozen Shoulder. In general population prevalence rate is about 3%-5% and up to 20% in those with diabetes. It is peak between the ages of 40-60 years and is more common in women. In allied science treatment modalities like analgesics, local intra articular injections of corticosteroids in glenohumeral joint followed by physiotherapy are adopted. *Agnikarma* is one among the para-surgical procedures. *Agnikarma* is indicated for *Twacha*, *Mamsa*, *Sira*, *Snayu*, *Asthi* and *Sandhigata vyadhis*. *Agni* being *Ushna* act against the qualities of *Vata* and *Kapha* dosha hence cures all *Vataj* and *Kaphaj* disorders. *Agnikarma* was carried out with the help of *Panchaloha Shalaka*. *Panchaloha* was made up of *Tamra*, *Loha*, *Yashada*, *Rajatha*, *Vanga* in 4:3:1:1:1 ratio. *Vishamustyadi Vati* mainly indicated in *Pakshaghata*, *Gridrasi*, *Vishama jwara*, *Snatugata Vikara*. Detailed explanation of *Vishamustyadi vati* is available in the textbook named *Ayurved Sara Sangraha*. Ingredients of *Vishamustyadi vati* are *Kupilu*, *Indravaruni*, *Maricha* and *Eranda*.

3.1 Objectives: To study the effect of *Agnikarma* along with Shamana yoga in relieving symptoms of *Apabahuka*.

3.2 Case Study: A female patient age 54 years approached the Ayurved hospital. She had pain, stiffness and restricted movement of Rt. Shoulder for 6 days. No history of any external trauma to the affected part. No any relevant surgical or medical history. The patient had mild pain in the initial stage and gradually developed stiffness and severity in pain intensity. Shoulder movements become restricted, and the patient develops difficulty in raising the right shoulder. Even after taking painkillers, the patient continued with the same complaints which made her worried about her condition.

3.3 Samanya Pareeksha: The patient was well built, ill look was there on her face because of the pain. Gait was normal. Her weight was 69kg and other parameters are under normal limits.

3.3.1 Astha sthana Pariksha:

Nadi: 80bpm

Mutra: Pravrutti- Samyak Pravartana 5-6 times a day and 1 time in night.

Mala: Pravrutti- Samyak Pravartana 1 time a day

Shabda: Prakruta

Sparsha: Ushnasheeta

Druk: Prakrita

Akriti: Uttama

3.3.2 Srotas Pariksha:

Annavaaha Srotas: Agnimandaya

Mamsavaaha Srotas: Stambha of Dakshina Bahu

Asthivaha Srotas: Shoola in Dakshina Bahu

3.3.3 Nidana Panchaka:

Hetu: Jaravastha, Avyayama, Rooksha ahara seven

Poorva Roopa: Alpa Vedana in Dakshina Amsa Sandhi

Roopa: Dakshina Amsasandhi shola, stambha and bahupraspanditahara

3.3.4 Samprapti Ghataka:

Dosha: Vata and Kapha

Dushya: Mamsa, Medha, Asthi, Majja

Sroto Dushti: Sanga

Udbhava Sthana: Pakvashaya

Vyakta Sthana: Amsa sandhi

Sadhyasaadyata: Krachha Sadhya

4.1 Examination of Shoulder Joint:

Inspection: Discoloration: Absent

Muscle Wasting: Absent

Deformity: Absent

Palpation: Stiffness present at Rt. Shoulder joint,

Temperature: Absent

Restriction of movements: Present up to 40 degrees

Investigation: X-ray – no abnormality detected.

4.2 Materials and methods:

Sources of Data:

4.2.1 Literary Source: The literary data was collected from classical Ayurvedic and modern textbooks and updated with recent medical journals and internet sources.

4.2.2 Clinical Sources: Patient was approached to ayurved hospital.

4.2.3 Method of Sampling and Study design: Simple randomized Single Case Study.

5.1 Interventions: It was a single case study of Agnikarma with Panchaloha Shalaka

Poorva Karma:

- Informed written consent was taken.
- Patients was taken in Comfortable position.
- Abhyanga was carried over shoulder region.
- The most tender point was marked with a marker.

Pradhana Karma:

- Tip of the Panchaloha Shalaka was heated to red hot and applied to the marked area.
- Duration of Agnikarma was 15 minutes.

Paschat Karma:

- Ghridakumari pulp was applied on the site of Agnikarma to relieve burning pain.

5.2 Result:

Effect of treatment on Pain:

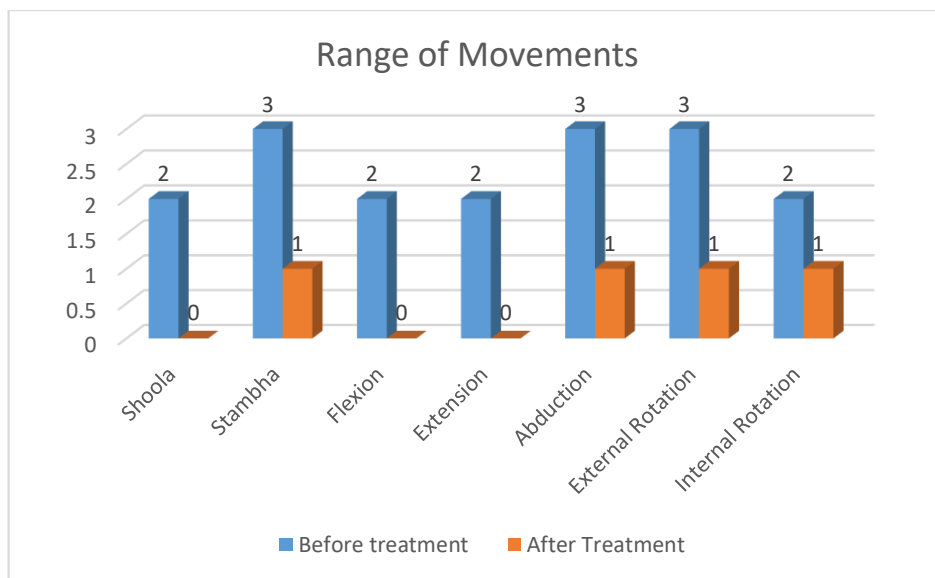
In Apabahuka pain is felt due to vata prakopa caused by various nidanas. By doing Agnikarma and its poorva karma like sthanika abhyanga vata shamana occurs which reduces the pain.

Effect of treatment on Stiffness:

Stiffness occurs due to sira sankocha and sleshaka kapha kshaya there by producing Bahupraspandithara: by doing Agnikarma and its poorva karma reduces the pain.

After the treatment range of movement increased, showing extremely significant result in Flexion, Extension, Abduction, Adduction, Internal rotation which were assessed using Goniometric measurements.





5.3 Discussion

The present day lifestyle which is full of physical stress and strain has led to the development of diseases which may not kill the person but hampers the daily routine activities and impair the quality of life. *Apabahuka* is one such disease in which *vata dosha dushti* occurs which gets localized at *Amsa Pradesha*. This *Vata Dushti* does *Sira Sankocha* and *Sleshaka Kapha* thereby producing *Bahupraspanditahara* (restricted movement of bahu) and *Amsa Sandhi Shoola*. Acharya have not mentioned specific *nidanas* for *Apabahuka*. But since it is a *Vataja Nanatmaja Vikara*. *Vata* is invariably involved. Hence the *Nidanas* which are mentioned for *Vata Vyadhi* are to be considered as *Nidanas* for *Apabahuka*. Apart from those *Nidanas*, some *Nidanas* like indulging in certain incorrect postures while sitting or lying down, or while using gadgets such as computes/phone, carrying heavy weight on one side of the shoulder, swimming or any direct trauma, improper diet, continuous use of Ac/fan etc. are practically observed in patients. These *Nidanas do Vata Prakopa* in *Amsa Pradesha* which causes *Sira Sankocha* and *Amsa Bandhana Shosha* leading to *Apabahuka*. In the present study maximum patients belonged to the desk job group who admitted to indulging in improper sitting/sleeping postures were found to be having *Apabahuka*. Frozen Shoulder is disabling disease of shoulder and is self limiting, but recovery taken much longer time up to 3-4yrs. As the recovery periods very longer & initial stage of freezing is very painfull. Some alternative treatment like *Ayurveda* is very beneficial *Agnikarma* is very unique procedure described in *Ayurveda* for instant relief from pain. *Agnikarma* is mentioned in all painful condition which are due to *Vata & Kapha*.

Frozen shoulder can be correlated with *Apabahuka* as per *Ayurveda*. *Vata & Kapha* both are involved in pathology of frozen shoulder. This gives immediate improvement in symptoms of frozen shoulder. In present case patient got 80% relief in pain on first day immediately after *Agnikarma*. As the pain was reduced patient was able to do gentle stretching exercised. This in present case we got excellent result by *Agnikarma* in pacification of *Vata & Kapha* there by give significant relief in symptoms.

5.4 Conclusion

Apabahuka vyadhi associated with *Vata* and *Kapha dosha* can easily manage or be treated with *Ayurvedic* treatment protocol. The treatment principle is based on the combined effect of heat and medicament. Proper selection of drugs and proper duration of the treatment will cure the disease.

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