

CASE STUDY –MANAGEMENT OF AVABAHUKA WITH SPECIAL REFERENCE TO FROZEN SHOULDER BY AYURVEDIC MEDICINE**Vd. Arshadkhan Rasulkhan Pathan***

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ABSTRACT

Frozen Shoulder is also known as Adhesive Capsulitis. It is a painful and disabling disorder of shoulder capsule. Frozen shoulder most commonly affect the people between the age of 40 to 60 and occurs in women more often than man. The connective tissue surrounding the glenohumeral joint of shoulder becomes inflamed and stiff, greatly restricting movement and causing chronic pain. Pain is usually constant, worse at night and with cold weather. Certain movement can provoke tremendous pain and cramping. Risk factors for frozen shoulder include tonic seizures, DM, stroke, accidents, lung disease, connective tissue disorder and heart disease. The terms frozen shoulder describes the symptoms like movement of the shoulder is severely restricted, with progressive loss of both active and passive range of motion. In frozen shoulder, there is a lack of synovial fluid, which normally helps

the shoulder joint. The shoulder capsule thickens, swells and tightens due to band of scar tissue. In Ayurveda, Frozen Shoulder is compare with Avbahuka disease. Avbahuka is a Vatavyadhi. It is a disease that usually affect the Ansa Sandhi (shoulder joint). Ansa Shosha can be considered as the preliminary stage, where loss or dryness of Shleshaka kapha from ansa sandhi occurs. The next stage, that is, avabahuka occurs due to the loss of shleshka kapha and symptoms like Ansa shoola(shoulder pain) during movement, restricted movement and so on are manifested.

Here I present the case of 52 years old male patient, whose early diagnosis of Frozen Shoulder permitted successful management according to ayurvedic principles. Though initially severe pain and stiffness, than he return to normal life after treatment.

CASE

PATIENT NAME- XYZ

AGE- 52 yrs.

SEX- Male

Occupation-Worker

Reg. No.19783/209

D.O.A-19/6/2017

D.O.D-26/6/2017

C/O –Pain and stiffness in Right shoulder

-Restricted movement

-Tightness in right shoulder

-since 6 month.

No H/O- Malaria /Typhoid /Jaundice.

No K/C/O- HTN/DM/PTB/BA/Epilepsy.

No H/O- Any Surgical illness.

No H/O- Any Drug Allergy.

H/O- Alcohol consumptions -since 20 yrs.

O/E- GC- Fair & Afebrile

P-84/min BP-120/90 mm of hg

S/E- RS- AEBE Clear

CVS-S1 & S2 Normal

CNS-Conscious & Oriented

RTVC RTDS

Pupils: Rt-Normal size and reacting to light

Lt-Normal size and reacting to light

Planters-Bilateral flexor

Deep tendon reflex

	Knee jerk	Ankle jerk	Biceps jerk	Triceps jerk
Right	2+	2+	2+	2+
Left	2+	2+	2+	2+

Muscle power grade

MPG	RT	LT
UP	5/5	5/5
LP	5/5	5/5

P/A- soft & non-tender

Urine-passed

Stool-Passed

INVESTIGATIONS

Hb-11%; RBC-4300; WBC-6000; ESR-13; Platelets- 225000

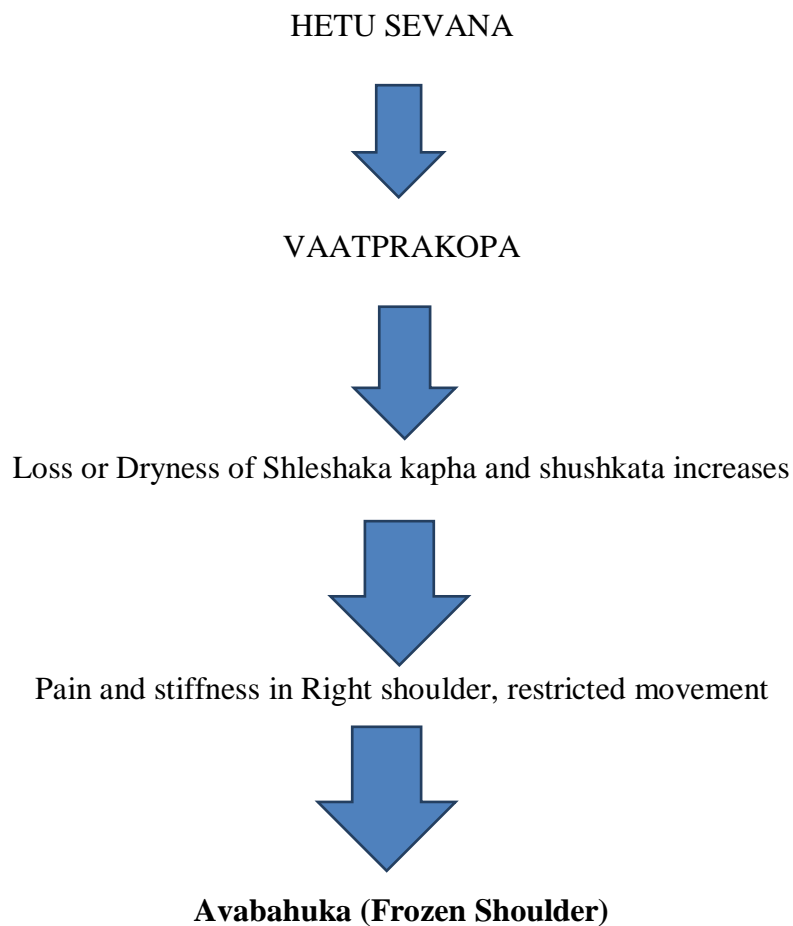
RA, VDRL, HbsAg –Negative

X-ray of B/L shoulder - Normal.

NIDANPANCHAKA**Hetu-**

Bahya hetu – causing injury to right shoulder.

Abhyantar hetu- Vatana, Udid, Gahu, Mash, Draksha etc. Sevan

Samprapti

Poorvaroopo- Mild pain and stiffness

Roopas -Moderate Pain and stiffness in Right shoulder, restricted movement.

TREATMENT GIVEN

Panchakarma

-Sthanik Snehan & Swedan with Til Tail x 7 days

-Yog Bastikram with DashmulKwath (400ml) with Anuvasan Basti (Til Tail-80ml) x 7 days

-Agni Karma on Rt. Shoulder region x 3 times

Oral: - -Tab. Yograj Guggulu (500mg) TDS x 7 days

-Tab. Arogyavardhini Vati (500mg) TDS x 7 days

-Tab. Vatvidvauns ras (500mg) TDS x 7 days

-Dashmul + Rasna Kwatha 30ml BD X 7 days

AFTER TREATMENT

No pain and stiffness of right shoulder, freely movement of the joint.

ON DISCHARGE- Patient is advised oral medicines and regular follow up in OPD.

DISCUSSION

Initially when patient came to us, patient was suffering from the disease almost since 6 month. Having pain and stiffness in right shoulder, Restricted movement and tightness in the shoulder. After therapy of seven days, patients relief from above complains. There is no other complains. Patient can now do his routine work without taking NSAIDS.

We have manage this patient with the help of Ayurvedic Medicines & Panchakarma.

CONCLUSION

The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is poor. The patient was diagnosed in Ayurvedic term and treated accordingly Sthanik Snehan & Swedan, Agni Karma & Yog Bastikram with Dashmul Kwath in case of frozen shoulder. Patient can now do his routine work without taking NSAIDS.

REFRANCES

1. Madhav Nidan/Vata vyadhi/64.