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### “MANAGEMENT OF AVABAHUK THROUGH AYURVEDA”

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#### **ABSTRACT:**

*Avabahuk* was first introduced by *Acharya Susruta* where pain and stiffness of shoulder joint leads to severely restricted movement of hand. It is a disease of *Amsa sandhi* (shoulder joint) and it has been described under eighty types of *Vata Vyadhi* by *Acharya Sushruta*. Being a disease of shoulder joint, which has greatest range of motion, is of vital importance to the activities of daily routine and work, this disease is a hindrance in one's productivity. Clinical presentation and pathogenesis of *Avabahuka* is almost similar to Frozen Shoulder. It is one of the commonest musculoskeletal disorder visited in orthopedic clinics, often annoyed both patients as well as doctors. This article aims to provide an overview of the nature and the widely accepted management of this condition based on other studies.

**Keywords:** *Avabahuk*, Frozen shoulder.

## INTRODUCTION:

*Avabahuk* is such disease which hampers day to day activity of an individual in *Ayurveda* the *Vata Dosha* affects the *Guna* at *Amsa Sandhi* (shoulder point). Even though the term *Avabahuk* is not mentioned in *Nanatmaja Vata Vyadhi*, *Acharya Sushruta* and others has considered *Avabahuk* as *Vata Vyadhi*.<sup>(1)</sup>

Due to faulty dietary habits and life style *Vata Dosha* is violated; and it travels throughout the whole body, where it finds blockage of channels, resulting in *Amsa Sandhi Shootha*, *Shoola*, hampering most of the functions of hand; later resulting into *Shosha* and *Sankocha* of nerves which supplies to *Amsa Sandhi*.<sup>(2)</sup>

*Avabahuk* is compared to frozen shoulder in modern medicine; and sometimes to adhesive capsulitis. This disease is considered as clinical syndrome which includes painful restriction of both passive and active shoulder movement which is due to dryness of *Sleshaka Kapha* from *Amsa Sandhi*.

Frozen shoulder is divided into two phases according to pain which lasts for a certain interval of time. In this initial stage is painful stage which can last from weeks to months, in which pain gradually increases which may last upto 1 year. Patients with *Avabahuk*, the therapies like *Nasya*, *Snehan Sweden*, *Basti*, etc are employed.

## Prevalence and Need of Study:-

It usually affects patients aged 40-60 yrs. The precise reason of incidence is not known but 2-5% of general population develops the disease over their lifetime.<sup>(3)</sup>

Females tend to be more affected more than men. There is no prediction for race. There are some etiological factors can be included which are trauma, surgery of shoulder, inflammatory disease, DM, Regional conditions and various shoulder maladies.

## Etiology (Nidana)

The causes of *Avabahuk* may be classified in to three groups:

1) *Abhighataj* (trauma) or *Marmabhighata*<sup>(4)</sup>:- injury to *Ansa Marma* (shoulder region) leads to stiffness of shoulder.

2) *Aaharaj*<sup>(5)</sup> :-*Tikta* (bitter), *Ushana*, *Kashaya* (astringent), *Alpa*, *Ruksha*, *Pramita Bhojanae* (food) cause vitiation of the *Vata*.

3) *Viharaja* (activities or improper life style):- Due to over indulgence in things like excessive physical exercise, sudden fear, grief etc

lead to depletion or loss of tissues and *Vata* gets aggravated.

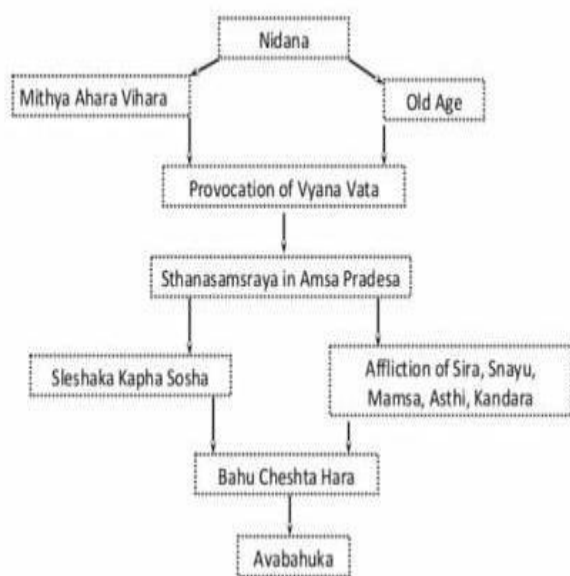
## SIGN AND SYMPTOMS (ROOPA) AVABAHUK

1. Pain in shoulder region.
2. Shoulder stiffness.

3. Restriction in shoulder joint range of motion.

4. *Sosha* (muscular atrophy)

**SAMANYA SAMPRAPTI:-**



**Fig. no. 01**

**TREATMENT:-**

The general line of treatment mentioned for *Vatavyadhi* (*Avabahuk*) in *Ayurvedic* texts includes:

- i) *Snehana*<sup>(6)</sup> - (oleation both internal and external with medicated oils).
- ii) *Swedana*<sup>(7)</sup> - (sudation with steam made from *Vatashamaka* drugs).
- iii) *Basti*<sup>(8)</sup> - (decoction or oil given through anal route like enema).
- iv) *Nasya*<sup>(9)</sup>- (medication given through nasal route)
- v) *Agnikarma*<sup>(10)</sup> and oral medications (in the form of *Guggul*, decoctions etc.)

A broad over view of some of the well recognized methods today is provided below:-

1) *Nidana Parivarjana* – (avoidance of the causes) and *Pathya Ahar-Vihar* (wholesome diet and activities).

2) *Abhyanga*- (massage, applying pressure with warm medicated oil) like stretching.

3) *Swedan*<sup>(7)</sup> - (sudation with *Dosha Shamak* steam )is deep heating and *Upnaha*.

4) *Elakizi*<sup>(11)</sup> - herbal poultice prepared with *Vata* balancing herbs tied in a cloth and is

dipped in hot medicated oil, this is applied over the local affected part.

5) *Pichu*<sup>(11)</sup> - cotton swab soaked in hot medicated oil applied to the part affected.

6) *Njavarakizhi* <sup>(11)</sup>- useful in degenerative conditions and this is like *Shastikashali Pinda Sweda*, first *Abhyanga* is done and rice pack dipped in certain decoction is applied over the affected part.

7) *Pizhichil* <sup>(11)</sup>- Streaming of hot oil along with simultaneous massage.

8) *Yoga* and *Aasana*<sup>(11)</sup> - like *Surya Namaskara* etc.

9) *Bahu Parivartanam* <sup>(12)</sup>- (shoulder exercise or physiotherapy).

10) *Marma therapy*<sup>(13)</sup> -Stimulating *Marma* points nearby *Ansa Sandhi* gives promising results and even it can be practiced life long without any side effects.

11) *Sanshamana Aushadhi* - *Vatashamak* drugs, *Kwath* and oils like

*Yograj Guggul, Rasna*

*Erandadikshayaya, Mahanarayanadi oil*  
etc.

### DISCUSSION:

This article aims to provide an overview of the nature and the widely accepted management of this condition based on other studies. As described in *Sushruta Samhita* and *Ashatanga Hridaya Avabahuk* and *Bahu Shosh* can be considered as continuum not as separate diseases or two different conditions. It is extremely important to consider the patient's symptoms and condition when selecting a treatment method as each patient's treatment should be individualized. *Marma* therapy stimulating *Marma* points nearby *Ansa-Sandhi* gives promising results and even it can be practiced life long without any side effects. *Marma* therapy can be used along with oral *Vatashamaka* medicines and medicated oils to further enhance the results. *Bahuparivartan* (shoulder exercises) can be used in all stages of *Avabahuk*. There is limited evidence to show that *Marma* therapy will truly change the natural course of this disease, the key area for future research in particular, with regard to *Marma* therapy as a treatment comparing it with an adequately powered high quality randomized controlled trial.

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