

Ayurvedic Panchakarma Management of Avabahuka - A Case Report

Case Report

**Dolly Kumari^{1*}, Vaishali Chaudhari², Mamata Nakade³,
Pranesh Gaikwad², Snehalata Pawar⁴**

1. PG Scholar, 2. Associate Professor, 3. Professor and HOD, 4. Assistant Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to be University), Pimpri, Pune-18. Maharashtra. India.

Abstract

Background: *Avabahuka* is the disease of *Amsa Sandhi* (shoulder joint), which involves the neuromuscular system. The clinical features of *Avabahuka* are pain, stiffness, and restricted shoulder joint movement. In this study, *Sahachar* (*Barleria prionitis* Linn.) *Taila* was used for *Snehana*, and *Patra Pottali* (Ayurvedic Herbal Bolus) was used for *Swedana* containing leaves of medicinal plants. **Aim and objective:** To evaluate the efficacy of *Snehana* and *Patra Pottali Swedana*, along with *Shamana Aushadhi* in *Avabahuka*. **Material and methods:** A male patient, 40 years old, was diagnosed with an *Avabahuka* from a clinical point of view. There was a painful, restricted movement of the right shoulder joint radiating to the right elbow joint. X-ray of cervical region AP and lateral view shows mild straightening of cervical lordosis due to paraspinal muscle spasm and C5 – C6 disc space narrowing. He was treated with *Panchakarma Snehana* and *Patra Pottali Swedana* followed by *Shamana Chikitsa* for 7 days and follow-up after 14 days. **Result:** The patient was assessed with subjective and objective parameters. The scores of pain turned to reduced 3 to 1, stiffness 3 to 0, and range of movement; flexion 130° to 160°, extension 50° to 60°, abduction 125° to 145°, adduction 35° to 55°, internal rotation 70° to 85°, and external rotation 80° to 90°. Significant changes and improvements were observed in the clinical features of *Avabahuka* before and after treatment. **Conclusion:** The present study shows Ayurveda has better management for *Avabahuka*, which was observed by strategically combining the effects of *Panchakarma* and *Shamana Chikitsa*.

Keywords: *Avabahuka*, *Panchakarma*, *Snehana*, *Patra Pottali Swedana*.

Introduction

Avabahuka is a disease of the *Amsa Sandhi* (shoulder joint) that affects and hampers the normal functioning of the upper limbs. It is mainly produced by *Vata dosha*, and *Vata* disorder occupies the topmost position in the field of pathological conditions due to a faulty lifestyle. According to Ayurveda *Vata* localized in the *Amsa Pradesh* (shoulder region), getting aggravated causes *Soshana* (emaciation) of *Amsa Bandha* (shoulder joint) and *Akunchana of Sira* (constriction of the vein) to occur (1). The clinical features such as *Shoola* (pain), *Sthabdata* (stiffness), and *Bahupraspandan Haratvam* (restricted movement of the shoulder joint) of *Avabahuka* are due to the vitiation of *Vata* and *Kapha doshas* (2). The general line of treatment mentioned for *Vatavyadhi* in *Sushruta Samhita* includes *Snehana*, *Swedana*, *Basti*, *Sneha Virechana*, *Sirobasti*, *Sirosneha*, *Snaihika Dhuma*, *Sneha Gandusha* and *Sneha Nasya* (3). *Acharya Charaka* has mentioned *Snehana*,

Swedana, *Mridusamsodhana*, *Basti*, *Sirobasti*, and *Nasya* in the general line of treatment for *Vatavyadhi* (4). In this study, the patient was treated with *Panchakarma Snehana* with *Sahachar Taila*, followed by *Swedana* with *Patra Pottali* containing *Nirgundi* (*Vitex negundo* Linn.) *Patra*, *Eranda* (*Ricinus communis* Linn.) *Patra*, *Devadaru* (*Cedrus deodara* Roxb.) *Churna*, *Rasana* (*Pluchea lanceolata* C.B. Clarke) *Churna*, *Sahachar* (*Barleria prionitis* Linn.) *Taila*, Grated Coconut (*Cocos nucifera* Linn.), *Haridra* (*Curcuma longa* Linn.) *Churna*, *Lasuna* (*Allium sativum* Linn.), Lemon (*Citrus limon* Linn.) and *Saindhava* (rock salt) (4, 5). Along with *Panchakarma*, *Shamana Chikitsa* *Yogaraj Guggul*, *Vataharayoga Churna*, *Sutashekhar Ras*, *Avipattikar Churna*, and *pathya-apathya* of the disease were advised (6,7,8,9). *Patra Pottali Swedana* is a type of *Pinda Sweda* commonly known as *Sankara Sweda* in which leaves of medicinal plants along with other conventional drugs are used and a bolus is prepared by tying in the cloths (10,11,12).

* Corresponding Author:

Dolly Kumari

PG Scholar, Department of Panchakarma,
Dr. D. Y. Patil College of Ayurved and Research
Centre, Dr. D. Y. Patil Vidyapeeth (Deemed to be
University), Pimpri, Pune-18. Maharashtra. India.
Email Id: dollyguriya235@gmail.com

Aims and objectives

To evaluate the efficacy of *Snehana* and *Patra Pottali Swedana* along with *Shamana Aushadhi* in *Avabahuka*.

Material and Methods

- Study design: A single-case study

- Informed consent was taken from the patient.
- The assessment was done according to subjective and objective parameters.
- The patient was treated with *Snehana* with *Sahachar Taila*, *Swedana* with *Patra Pottali*, and *Shamana Chikitsa*.

Case Report

A 40-year-old male patient came to *Panchakarma* OPD in Dr. D. Y. Patil Ayurved Hospital, Pune, on June 26, 2022, with the following:

Chief complaints

1. Pain in the right shoulder joint
2. Stiffness
3. Restricted movement of the right shoulder
4. Nausea

Duration: Since last 1 year.

History of the present illness

The patient had a history of neck stiffness occasionally, but now he felt sudden discomfort, pain, and restricted movement in the right shoulder. He was unable to lift his right hand and was unable to do day-to-day activities, which resulted in work stress. Further, he complained of pain aggravated during traveling, especially during the evening and night. Also, pain aggravated when he had night shift duty. He was feeling nauseous, which caused him to eat a smaller amount of food, and sometimes, in fear of nausea, he avoided eating. Due to this complaint, he approaches Ayurvedic treatment.

Past History: There was no history of illness, accident, or fall.

Occupational History: The patient was an office worker.

General Physical Examination

- P/R: 76/min
- B.P: 130/90 mm Hg
- Wt.: 65kg
- Pallor: Absent
- Icterus: Absent
- Clubbing: Absent
- R.S: B/L equal air entry with no added sound
- CVS: S1 and S2 were normal.
- CNS: Conscious and well-oriented
- P/A: Soft and tender

Examination of the shoulder joint

Inspection

- Discoloration: Absent
- Muscle wasting: Absent
- Deformity of the right shoulder joint: Absent

Palpation

- Tenderness: Present at the right shoulder joint.
- Temperature: Normal
- Restriction of movement: Present with severe pain
- Range of movement:

Flexion - 130°; Extension - 50°; Abduction - 125°; Adduction - 35°; Internal Rotation -70°; External Rotation - 80°

Investigation: X-ray of the cervical region (AP) and lateral view dated June 27, 2022 showed:

- Mild straightening of the cervical lordosis is seen due to paraspinal muscle spasm.
- Disc space narrowing is seen at the C5–C6 level.

Differential Diagnosis: After the screening of subjective and objective parameters, the differential diagnosis was *Manyasthambha* and *Avabahuka*.

Diagnosis: The diagnosis was confirmed as *Avabahuka* based on clinical features of pain, stiffness, and restricted movement of the right shoulder joint. A criterion of assessment was based on the scoring of subjective and objective parameters. Those are as follows:

1. *Shoola* (Pain)

Table 1: Pain (13)

Findings	Grading
No pain	0
Mild pain (interfering little with activities of daily living)	1
Moderate pain (interfering significantly with activities of daily living)	2
Severe pain (unable to perform activities of daily living)	3

2. *Sthabdata* (Stiffness)

Table 2: Stiffness (13)

Findings	Grading
No stiffness	0
Mild stiffness (difficulty in moving the joints without supports)	1
Moderate stiffness (difficulty in moving; can lift only with supports)	2
Severe stiffness (unable to lift)	3

3. Range of movement

Table 3: Range of movement (14)

Criteria	Range of movement
Flexion	0 – 180°
Extension	0 – 60°
Abduction	0 – 180°
Adduction	0 – 60°
Internal rotation	0 – 60°
External rotation	0 - 100°

Treatment plan

Panchakarma Intervention: *Snehana* and *Patra Pottali Swedana* were advised continuously for 7 days as per clinical features.

• *Snehana:*

Location: Right shoulder region

Ingredients: *Sahachar Taila*

Benefits: *Shothahara* (reduce swelling), *Vedana Prasaman* (reduce pain), and *Vata - Kapha Samak*.

Patra Pottali Swedana:

Location: Right shoulder region

Ingredients: *Nirgundi Patra*, *Eranda Patra*, *Devadaru Churna*, *Rasana Churna*, *Sahachar Taila*, Grated Coconut, *Haridra Churna*, *Lasuna*, Lemon and *Saindhava*.

Benefits: Reduce *Shoola* (pain), *Sthabdata* (stiffness), *Shotha* (swelling), and *Tridosha Samak*.

Shamana Chikitsa: Ayurvedic *Aushadhi* was given, which is *Yogaraj Guggul*, *Vataharayoga Churna*, *Sutashekhar Rasa*, and *Avipattikar Churna*.

Table 4: Panchakarma Intervention (27/6/22 – 3/7/22)

Sr. No.	Date	Panchakarma
1	27/6/22	<i>Snehana and Patra Pottali Swedana</i>
2	28/6/22	<i>Snehana and Patra Pottali Swedana</i>
3	29/6/22	<i>Snehana and Patra Pottali Swedana</i>
4	30/6/22	<i>Snehana and Patra Pottali Swedana</i>
5	1/7/22	<i>Snehana and Patra Pottali Swedana</i>
6	2/7/22	<i>Snehana and Patra Pottali Swedana</i>
7	3/7/22	<i>Snehana and Patra Pottali Swedana</i>

Table 5: Shamana Chikitsa (27/6/22 – 3/7/22)

Sr. No.	Aushadhi	Dose
1	* <i>Yogaraj Guggul</i>	500mg thrice a day with lukewarm water after meal
2	** <i>Vataharayoga Churna (Rasna + Dashamula + Ashwagandha + Vidari + Bala = 1 part each)</i>	500mg thrice a day with lukewarm water after meal
3	* <i>Sutashekhar Ras</i>	500mg thrice a day with lukewarm water after meal
4	* <i>Avipattikar Churna</i>	1g at bedtime with lukewarm water after the meal

**Yogaraj Guggul*, *Sutashekhar Ras* and *Avipattikar Churna* were taken from Dhootapapeshwar Pvt. limited.

***Vataharayoga Churna* was taken from Sudhatatva Pharmacy of Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune.

Procedure

Pre-Procedure

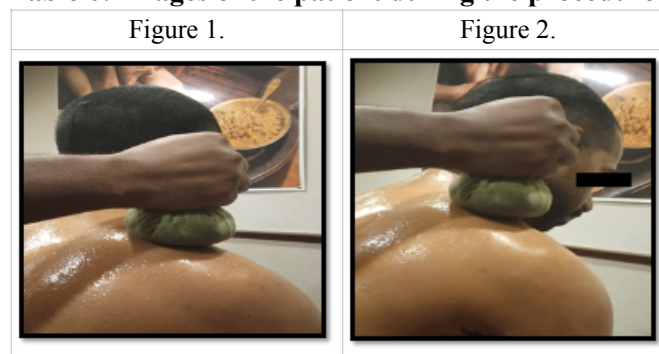
For *Snehana*, *Sahachar Taila* was taken and heated on a low flame. For *Patra Pottali Swedana*, ingredients *Nirgundi Patra*, *Eranda Patra*, *Rasana Churna*, *Devadaru Churna*, *Sahachar Taila*, Grated Coconut, *Haridra Churna*, *Lasuna*, Lemon, and *Saindhava* were taken, and bolus was prepared as per Ayurveda texts.

Main Procedure

1) After preparation, the patient was allowed to open the cloth and sit down on the table. Lukewarm *Sahachar Taila* was applied to the right shoulder and massaged gently in a circular motion till the time of *Smayak Snigdha Lakshan* (proper oleation).

2) After *Snehana*, *Patra Pottali Swedana* was applied to the right shoulder after checking the temperature and throughout the procedure, the temperature should be maintained by reheating the bolus.

Table 6: Images of the patient during the procedure



Post Procedure

Wiped off the *Taila* using cotton or a towel, and covered the body with a blanket or cloth.

Result and observation

After the 2nd day of *Panchakarma*, the patient got mild relief from pain and stiffness. On the 5th day, pain and stiffness decrease and continues pain changed into intermittent pain. Due to pain relief, the patient moved the shoulder joint and improvement was observed in flexion, abduction, and internal rotation. On the 7th day, there was mild pain like no pain; there was complete painless flexion, abduction and internal rotation, as shown in Table 7. So, it could be observed that after the full treatment, the patient got good results.

Table 7: Assessment Chart Before and After Treatment

Sr. no.	Parameters	BT (1 st day)	AT (7 th day)	14 th day
1	Pain	3	1	1
2	Stiffness	3	0	0
3	Range of movement			
	· Flexion	130 ^o	160 ^o	160 ^o
	· Extension	50 ^o	60 ^o	60 ^o
	· Abduction	125 ^o	145 ^o	145 ^o
	· Adduction	35 ^o	50 ^o	50 ^o
	· Internal rotation	70 ^o	85 ^o	85 ^o
	· External rotation	80 ^o	90 ^o	90 ^o

Probable mode of action

Sahachar Taila: It is *Ushna Virya* (hot potency) in nature; with the help of *Bhrajaka Pitta*, it diminishes vitiated *Vata*. It improves the functional qualities of *Rasa* (lymph), *Rakta* (blood), and *Mamsa* (muscles). Thus, *Sahachar Taila* works at the root level of pathogenesis and causes relief in signs and symptoms (15).

Patra Pottali Swedana: It worked with *Ushna Guna* (hot properties) to stimulate the sympathetic nervous

system and resulted in vasodilation. *Swedana Dravya* (drugs) has *Sara* (mobile) and *Sukshma Guna* (minute properties) which causes *Leena* (concealed) *Dosha* present in the body to get liquefied and come out through the micropores (16).

Discussion

In this study, causes of vitiation of *Vata* are stress, excessive traveling, diet regimen, and late-night wake-up. The patient had irregular diet habits and also suffered from loss of appetite (*mandagni*). Due to this, *Vata Dosha* gets aggravated, associated with *Kapha Dosha* reaching the right shoulder and manifests symptoms of pain, stiffness, and restricted movement of the shoulder joint. To reduce these symptoms, the patient was treated with *Panchakarma* and *Shamana Chikitsa*, which come under Ayurvedic treatment. With these 7th days of *Panchakarma* treatment, the patient got major relief from pain, stiffness, and restricted movement of the shoulder, and *Shamana Chikitsa* helped in alleviating the vitiated *Vata Dosha*. After the 14th day, the patient came for a follow-up; symptoms gradually reduced, and the patient felt well.

- The action of *Snehana* and *Patra Pottali Swedana* depends on the *Dravya* (drugs) used in them. *Sahachar Taila* is used for *Snehana* which reduces swelling and balances the aggravated *Vata Dosha*. *Patra Pottali Swedana* contains leaves of medicinal plants having *Vata Doshas* alleviating properties that help to reduce pain, stiffness, and restricted movement of the shoulder joints.
- *Yogaraj Guggul*: It helps in improving digestion, has anti-inflammatory properties, balances all the *Tridosha*, and relieves pain (6).
- *Vataharayoga Churna*: It reduces *Vata* and relieves pain (7).
- *Sutashekhar Ras*: It improves digestion and relieves pain (8).
- *Avipattikar Churna*: It helps in removing obstruction caused by *Mala* (stool) and *Mutra* (urine) and relieves the pain (9).

Conclusion

In this study, the patient can be treated with *Panchakarma* and *Shamana Chikitsa* which come under Ayurvedic treatment. The patient got relief in a very short period with the help of proper drug selection and proper time selection for *Panchakarma* and *Shamana Chikitsa*. After discussion with the patient, the result can be given as follows

- *Snehana* and *Patra Pottali Swedana* reduce pain and stiffness of the joint and pacify the *Vata-Kapha Doshas*, which are the main causes of *Avabahuka*.
- Along with *Panchakarma*, *Shamana Chikitsa* also play a role. While *Panchakarma* reduces pain and stiffness, *Shamana Chikitsa* helps in alleviating *Vata Dosha*.

Conflict of interest: None

Source of funding: Not Declared

References

1. Murthy K. R. Srikanth, Sushruta Samhita of Acharya Sushruta, Reprint edition, Varanasi; Chaukhambha Orientalia; 2012, Volume 1, Nidana Sthan, 473p.
2. Tripathi Brahmanand, Astanga Hridayam of Srimadvagbhata, Reprint edition, Delhi; Chaukhambha Sanskrit Pratishthan; 2017, Nidana Sthan, 542p.
3. Murthy K. R. Srikantha, Sushruta Samhita of Acharya Sushruta, Reprint edition, Varanasi; Chaukhambha Orientalia; 2012, Volume 2, Chikitsa Sthan, 59p.
4. Kushwaha Harish Chandra Singh, Charaka Samhita of Acharya Charaka, 1st edition, Varanasi; Chaukhambha Orientalia; 2001, Second Part, Chikitsa Sthan, 745P, 757p.
5. Sharma P. V., Dravyaguna Vijyanana, Reprint edition, Varanasi; Chaukhambha Bharati Academy; 2017, Volume 2, 66p, 58p, 75p, 39p, 185p, 117p, 162p, 72p, 345p.
6. Tripathi Brahmanand, Sharangdhara Samhita of Pandita Sarngadharacarya, Dipika Hindi Commentary, Reprint edition, Varanasi; Chaukhambha Surbharati Prakashan; 2004, Madhyam Khanda, 203-204p.
7. Proprietary Medicine of Sudhatatva Pharmacy of Dr. D. Y. Patil College of Ayurved and Research Centre, Pimpri, Pune-18.
8. Sastri Brahmasankar, Yogaratnakar with Vidyotini Hindi Commentary, Reprint edition, Varanasi; Chaukhambha Prakashan; 2017, Amlapitta Chikitsa, 244p.
9. Sastri Ambikadatta, Bhaishajayaratnavali of Shri Govind Das, Vidyotini Hindi Vyakhya, Reprint edition, Varanasi; Chaukhambha Prakashan; Amlapitta Chikitsa, 2015, 922p.
10. Patil Vasant C., Principles and Practice of Panchakarma, 3rd edition, Karnataka; Atreya Ayurveda Publications; 2012, 213-214p.
11. Jayaram Pavana and Sankaranarayana Manoj, Keraliya Cikitsa Paddhati published by Sarada Mahadeva Iyer, Reprint edition, Tamil Nadu; Ayurvedic Educational and Charitable Trust; 2017, 199p.
12. Kushwaha Harish Chandra Singh, Charak Samhita of Acharya Charaka, Reprint edition, Varanasi; Chaukhambha Orientalia; 2014, Volume 1, Sutra Sthan, 227p.
13. Jayakody M. I. J, Gunarathna EDTP, Kulathunge RDH, Management of Avabahuka (Frozen Shoulder) Through Sri Lankan Ayurveda Treatment Protocol: A Case Study, International Journal of Ayush Case Reports, April – June 2019; 3(2); 177-187. www.ijacare.in
14. Kapadiya M, Joshi F, Dudhamal T. S, Agnikarma with Adjuvant Drug in the Management of Frozen Shoulder (Avabahuka) – A Case Report, Asian Pacific Journal of Health Sciences, October – December 2021; 8(4); 76 -78. www.apjhs.com, www.researchgate.net

15. Matekar M. V, Clinical Study of Sahachar Taila Janu Basti in Janu Sandhigata Vata, European Journal of Pharmaceutical and Medical Research, 2021; 8(4); 469 - 473. www.ejpmr.com, www.researchgate.net
16. Belavadi S. N, Hosur C, A Case Report on the Role of Patrapottali Sweda in the Management of Avabahuka, International Ayurvedic Medical Journal, June – July 2021; 3056 – 3059. <https://doi.org/10.46607/iamj16p5052021>
17. Bhusal N, Prakash S, Mangal G, Review on Patra Pinda Sweda; A peculiar Ayurveda Bolus Fomentation. International Ayurvedic Medical Journal. May 2017; 5(5); 1761 – 1764. www.researchgate.net.
