

A CASE REPORT ON EFFECT OF SIRAVEDHA IN AVABAHUKA

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ABSTRACT

Avabahuka is a disease described in the classical Ayurvedic texts, characterized predominantly by pain, stiffness, and restricted movements of the shoulder joint. The term Avabahuka is derived from “Ava” and “Bahuka”, indicating a disorder affecting the shoulder region (Ansa Sandhi). We hereby report case of 45-year male patient working as a shopkeeper had complaints of painful movement of right shoulder joint since 1 month for that he visited to GAC & H Dharashiv who failed to get cured by variety of treatments at private hospital with different pathies. After though examination and relevant investigations patient was diagnosed as Avabahuka. Ayurvedic management done as Siravedha. Ayurvedic management was planned and treated accordingly positive results were observed that are narrated in the given presentation.

KEYWORDS: Avabahuka, Frozen Shoulder, Dushtha Rakta, Siravedha.

INTRODUCTION

According to Ayurveda, Vata Dosha plays the primary role in the pathogenesis of Avabahuka. Vitiated Vata causes Shosha (depletion/atrophy) of the Shleshaka Kapha present in the

shoulder joint, resulting in pain, stiffness, and difficulty in performing movements. Acharya Sushruta has described Avabahuka among the disorders affecting the Ansa Sandhi.

A 45-year-old male resident of Dharashiv, came to GAC & H Dharashiv with painful movement of right shoulder joint since 1 month he was treated with Siravedha. Significant improvement was noticed after the treatment.

CASE PRESENTATION

A 45-year-old male resident of Dharashiv, came to GAC & H Dharashiv with painful movement of right shoulder joint since 1 month.

C/O - painful movement of right shoulder joint

HISTORY OF PAST ILLNESS

N/H/O - DM/ HTN/ BA

S/H/O – No any

D/H/O – No any

LOCAL EXAMINATION

INSPECTION

- 1) Abduction - 45 degree painful
- 2) Adduction - 15 degree painful
- 3) Flexion - 45 degree painful
- 4) Extension - 15 degree painful
- 5) Internal Rotation - 20 degree painful
- 6) External Rotation - 20 degree painful

TREATMENT

Siravedha from 2 Angula above from Shipra Marma 3 settings every 7th day in a month.

OBSERVATION AND RESULT

	1 st day	7 th day	15 th day	21 st day
Abduction	45	60	100	170
Adduction	15	30	45	60
Flexion	45	90	120	180
Extension	15	30	30	45
Internal Rotation	20	30	45	70
External Rotation	20	30	45	90
Pain	6	4	2	1



BEFORE



AFTER

DISCUSSION

Acharya Sushruta has mentioned Siravedha in Avabahuka in Sharira Sthana but in Chikitsa Sthana, while explaining management of Avabahuka, Siravedha is considered one of the primary modalities of Raktamokshana. Frozen Shoulder involving severe localized pain, swelling, and inflammation often result from Srotorodha blockage in the micro-vascular and metabolic channels (Srotas) caused by stagnant, vitiated blood and morbid Kapha or Vata.

By puncturing the specific Sira (vein), Siravedha releases the accumulated pressure within the tissue space. This acts like unblocking a clogged pipe: the physical outflow clears the obstruction, immediately improving the flow of fresh Rasa-Rakta (nutrient-rich blood) to the localized tissue.

CONCLUSION

1. It is cost –effective and gives immediate relief.
2. Side-effects occurring due to the prolonged use of NSAIDs and steroids can be avoided by using Siravedha procedure.

3. In conclusion, Siravedha can be considered a safe, effective, and valuable treatment modality for Avabahuka, offering significant symptomatic relief and improvement in the quality of life of affected patients.

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