

**THERAPEUTIC EFFECT OF AGNIKARMA WITH GUD DAGDHA IN
FROZEN SHOULDER – A SINGLE CASE STUDY****Dr. Nayana Kishor Deshmukh*¹, Dr. Vihar R. Bidwai²**^{*1}PG Scholar, ²Associate Professor

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ABSTRACT

Frozen shoulder, also known as adhesive capsulitis, is a painful condition marked by stiffness and restricted shoulder movement. It can be correlated with the Avabahuka in Ayurveda. Agnikarma (therapeutic cauterization), using Gud (jaggery) as a medium, presents a safe and effective modality to alleviate pain and improve joint mobility. This study assesses the efficacy of Agnikarma with Gud Dagdha in managing frozen shoulder through clinical observation.

KEYWORDS

Frozen Shoulder, Agnikarma, Gud Dagdha, Avabahuka, Pain Management.

INTRODUCTION

Frozen shoulder is a chronic inflammatory condition affecting the shoulder joint, leading to significant pain, stiffness, and limitation of motion. It often affects individuals between 40 and 60 years of age, with a higher prevalence in females. Conventional treatment includes NSAIDs, corticosteroid injections, and physiotherapy, which often offer limited relief or have side effects. In Ayurveda, this condition resembles Avabahuka, a disease involving vata-kapha dosha vitiation in the amsa sandhi (shoulder joint).

Agnikarma is a highly effective treatment for musculoskeletal diseases. It provides the quick relief without side effects or complications. It is a cost effective and minimally invasive procedure that can reduce the need for surgical interventions.

Acharya Sushruta has mentioned the use of Kshaudra (Madhu), Gud and Sneha as Dahan upakaran in Sira, Snayu, Sandhi and Asthigat vyadhi. As frozen shoulder (Avabahuka) is a musculoskeletal disorder these Dahan upakaran can be used for Agnikarma in this disease. Gud (use of jaggery as the medium) offers deep tissue penetration, soft heat transmission, and is believed to pacify vata-kapha doshas.

CASE REPORT

Patient Details:

Name: Mr. B.V.

Age/ Gender: 50 year/ Male

Occupation: Farmer

Date of consultation: 04/06/2025

OPD No: 62340 L/23

Chief Complaints

1. Pain in left shoulder in the last 2 months
2. Stiffness at left shoulder
3. restricted movements of left shoulder joint

History

No any history of DM, HTN or any other systemic disorder.

Diagnosis

Left Frozen Shoulder

Local Examination

Muscle tone: Normal

Deformity left shoulder joint: Absent

Tenderness: Mild tender

Local temperature: Normal

Methodology

Treatment Plan

Agnikarma with melted Gud once every 3 days for 5 sessions.

Procedure

Position: Patient in sitting position.

Site is cleaned with normal saline.

Gud is melted at particular temperature, then it is poured on Erand patra then applied over left shoulder.

Post-procedure mild shoulder mobilization done.

Assessment Criteria

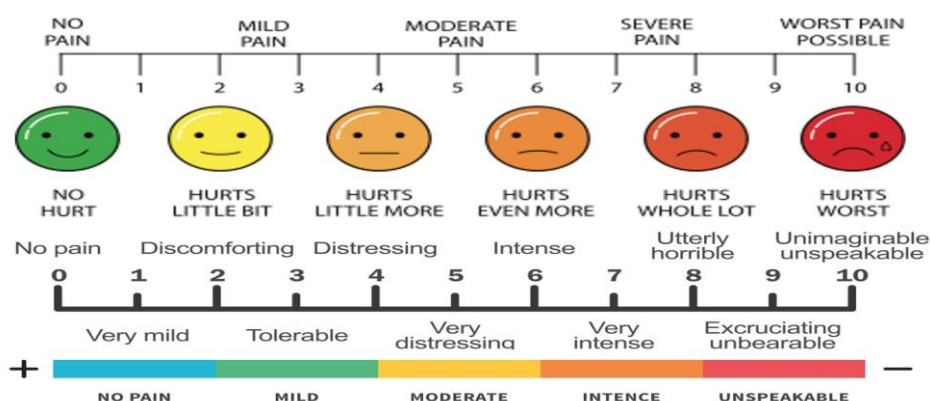
Pain: Visual Analog Scale (VAS)

Range of Motion: Goniometric measurement

Disability: Shoulder Pain and Disability Index (SPADI)

RESULT

Parameter	Before Treatment	After 5 Sessions
Pain (VAS 0-10)	8	3
Abduction	60 degrees	130 degrees
External Rotation	30 degrees	75 degrees
SPADI Score (%)	70%	25%



Significant reduction in pain and improvement in shoulder movement was observed within 2 weeks.

Picture of procedure





DISCUSSION

As Gud has Guru, Snighda Guna & Ushna Virya it pacifies vata dosha. It also has properties of Raktaprasadan, Ropana. Due to its Snighda & Ushna Guna it is helpful in chronic pain & stiffness. It has anti-inflammatory and analgesic properties when used topically. Frozen shoulder is a musculoskeletal disorder. Acharya Sushruta mentioned the use of Gud as dahan upakarn in sira, snayu, sandhi and asthigat vyadhi. Because of above properties Gud Dagdh is effective treatment for pain and stiffness in Frozen shoulder. It pacifies vata and kapha dosha & maintains their equilibrium. It also increases the Rasa Rakta Samvahana means blood circulation to the affected site. The excess blood circulation to the affected part flushes away the pain producing substances and patient gets relief from symptoms. The treatment improved both pain and stiffness significantly in the patient. No adverse effects were observed during the study. Patient reported increased range of movement and daily activity performance, indicating functional improvement.

CONCLUSION

Agnikarma using Gud Dagdh proves to be a safe, effective, and minimally invasive approach for managing frozen shoulder. It offers rapid pain relief and functional recovery. This modality holds promise as an alternative to NSAIDs and steroidal therapies, especially in vata-kapha predominant conditions.

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