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TO EVALUATE THE EFFICACY OF DASHAMULABALAMASHA TAILA NASYA IN THE MANAGEMENT OF APABAHUKA W.S.R TO FROZEN SHOULDER: A CASE STUDY

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ABSTRACT

Amongst the category of diseases our *Acharyas* have considered *Vata Vyadhis* as an important entity. They have mentioned these *Vata Vyadhis* under the heading of *Ashta Mahagadas*[1] the disease *Apabahuka* is one among them, which is *Vataja Nanatmaja Vyadhi*[2] according to *Sushruta* and *Vata Kapha Pradhana Vyadhi* according to *Madhava.*[3] *Apabahuka* is one such disease which hampers most of the foresaid functions of the hand. Loss of *Bahu Praspandana*, *Stambha* and *Shoola* at the shoulder joint are the cardinal features of *Apabahuka*. In our science *Vata Vyadhis* can be relieved by therapies like *Abhyanga*, *Swedana*, *Sneha Pana*, *Nasya Karma*, *Vasti Karma* and *Shamana Oushadhi Prayoga* etc. *Chikitsa Sutra* of *Apabahuka* includes *Nasya*, *Uttarabhouktika Snehapaana*, *Nasaapana*, *Shamanaushadhi Prayoga*, *Bahuschaparivartanam* etc. Considering all the above points, the therapies like *Nasya* with *Dashamulabalamasha Taila* will be selected for the present study.

KEYWORDS: Apabahuka, Dashamulabalamasha taila, Nasya.

INTRODUCTION

It has been estimated by research group that the hand performs approximately thousand different functions in an ordinary day-today's activity.[4] *Apabahuka* is one such disease which hampers most of the foresaid functions of the hand. Loss of *Bahu Praspandana*, *Stambha* and *Shoola* at the shoulder joint are the cardinal features of *Apabahuka*.[5]

Even though the term *Apabahuka* is not mentioned in the *Nanatmaja Vata Vyadhi, Acharya Sushruta*[6] have considered *Apabahuka* as a *Vata Vyadhi*. In *Madhava Nidana*[7] two conditions of the disease has been mentioned, *Amsa Shosha* and *Apabahuka*. *Amsa Shosha* can be considered as the preliminary stage of the disease where loss or dryness of *Sleshaka Kapha* at *Amsa Sandhi* occurs.

In the next stage of *Apabahuka*, due to the loss of *Shleshaka Kapha* symptoms like *Shoola* during movement, restricted movements etc. are manifested. While commenting on this, *Vijayarakshita* in his *Madhukosha Teeka* has mentioned that *Amsa Sosha* is produced by *Dhatu Kshaya* i.e. *Shudha Vata Janya* and *Apabahuka* is *Vata Kapha Janya*. *Apabahuka* in modern can be correlated to Frozen Shoulder.[8]

In the realm of conventional medicine this illness is managed by analgesics, physiotherapy, oral corticosteroids, intra articular corticosteroid injections, capsular distention, manipulation under anesthesia and arthroscopic capsular release.

In our science *Vata Vyadhis* can be relieved by therapies like *Abhyanga*, *Swedana*, *Sneha Pana, Nasya Karma, Vasti Karma* and *Shamana Oushadhi Prayoga* etc. *Chikitsa Sutra* of *Apabahuka* includes *Nasya, Uttarabhouktika Snehapaana, Nasaapana, Shamanaushadhi Prayoga, Bahuschaparivartanam* etc. Considering all the above points, the therapies like *Nasya* with *Dashamulabalamasha Taila* is selected for the present study.

AIM AND OBJECTIVES OF THE STUDY

1. To study *Apabahuka.* w.s.r to Frozen shoulder from *Ayurvedic* and modern science perspective.
2. To assess the efficacy *of Dashamulabalamasha Taila Nasya* in the management of *Apabahuka*.

CASE STUDY

- The following is a case study of a 52-year male patient who presented with the chief complains of *Bahushoola, Bahusthamba, Bahupraspanditahani* for 2 months. He was being treated with Nasya with Dashamulabalamasha Taila. Study was done after obtaining an informed consent from the patient.

MATERIALS AND METHODS

Amapachana	With *Panchakola Churna* *Matra*: 5 gms/bid. *Anupana*: *Ushnodaka*. *Aushadha Kala*: before food
Nasya Karma	
***Purvakarma*:**	*Mukhabhyanga* with *Murchita Tilataila* and *Bashpasweda* is performed till *samyak lakshanas* are seen.
***Pradhana Karma*:**	*Nasya karma* (*Marsha nasya*) dose 8 drops was done with *Dashamulabalamasha Taila*..
***Paschyat Karma*:**	*Kavala* and *Gandoosha* was administered with *Ushnodaka & Dhumapana with Haridrakhanda.*
Duration of the treatment:	7 days
Follow up	14th & 21st day

ASSESMENT CRITERIA

Assessment was done based on the following parameters.

Subjective Parameters

Sl. No.	Parameter	Finding	Points	Day 0th	Day 7th	Day 14th	Day 21st
1	**Pain**	No pain	0	3	2	1	1
		Mild pain- particularly on moving the shoulder, able to continue routine work with difficulty	1				
		Moderate pain pain felt on movement at rest interfering with routine work	2				
		Severe pain felt on movement & also at rest, disturbing sleep unable carry out most of the routine work	3				
2	**Stiffness**	No stiffness	0	3	2	2	1
		Mild stiffness -particularly on moving the shoulder, able to continue routine work with difficulty	1				
		Moderate stiffness - stiffness felt on movement at rest-interfering with routine work	2				
		Severe stiffness felt on movement & also at rest, disturbing sleep unable carry out most of the routine work	3				

OBJECTIVE PARAMETERS

Range of movements: Actual Range of joint movements is assessed by using the goniometer. The following table shows the positioning of goniometer.

Sl. No.	Movement of the Shoulder Joint	ROM (in degree)	Grade	Day 0th	Day 7th	Day 14th	Day 21st
1	**Flexion**	135 to 180	0	2	2	1	0
		90 – 135	1				
		45 – 90	2				
		0 – 45	3				
2	**Extension**	45 – 60	0	2	2	1	0
		30 – 45	1				
		15 – 30	2				
		0 – 15	3				
3	**Abduction**	135 to 180	0	3	2	2	1
		90 – 135	1				
		45 – 90	2				
		0 – 45	3				
4	**Internal rotation**	Up to 90	0	2	2	1	1
		Up to 60	1				
		Up to 30	2				
		0	3				
5	**External rotation**	Up to 90	0	3	2	2	1
		Up to 60	1				
		Up to 30	2				
		0	3				

RESULT

Reduction in the symptoms was observed soon after the treatment, and significant reduction in the symptoms was observed on 2nd follow up day i.e on 21st day.

DISCUSSION

Dashmoolabala Masha Taila made by *Dashmoola, Bala* and *Masha*. It is used as a *Nasya* in *Apabahuka* patients. *Apabahuka* is a disease of *Vatavyadhi* where *Vata's Ruksha* and *Sheeta guna* aggravates so in this condition *Snigdha* and *Brihmana guna* of *dravya* is benifecial. *Dashmoolabalamasha taila* is having mostly *Brihmana* and *Vatahara Dravya*, So it is helpful in *Apabahuka* disease. In Frozen shoulder nerves are also affected. *Masha* and *Bala* is best drugs for neurological condition so *Dashmoolabala Masha taila* is effective on Frozen shoulder.

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