

**STUDY OF ADD ON EFFECT OF PRASARANYADI KASHAY
(ORALLY) WITH SUCHIVEDHAN KARMA IN THE MANAGEMENT
OF AVABAHUKA WITH SPECIAL REFERENCE OF FROZEN
SHOULDER – A CASE STUDY**

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ABSTRACT

Frozen shoulder also known as Periarthritis or Adhesive capsulitis. It is most found in type-II Diabetes Mellitus patient. Frozen shoulder takes a long period for recovery. It is typically occurs in cycle of three stages. Pain and Restricted movements of shoulder joint is most suggestive symptoms of frozen shoulder. It's found in more male than female. There are several remedies in the form of drugs, injections and surgical intervention. In *Ayurveda* the disease frozen shoulder can be correlated with *Avabahuka*. In the frozen shoulder, *Vat* and *Kapha dosha* dries up the ligament and constrict *snayu* and causes *Avabahuka*. *Avbahuka* is *vata*kapha predominant disease content of *prasarnyadi*

Kashay has *vata*kahaghna properties. The contents of *Prasarnyadi kashay* have properties like analgesic and anti-inflammatory which reduces the pain and inflammation but does not cause any side effect to the patient. *Schivedhan karma* may release *vata*varodh and ultimately pain will be decreased. Hence this study is undertaking add on effect of *Prasarnyadi kashay* with *Suchivedhan karma* in *Avabahuka* with special reference to Frozen shoulder.

KEYWORDS: *Avabahuka*, Frozen shoulder, *Suchivedhan karma*, *Prasarnyadi Kashay*.

INTRODUCTION

Frozen shoulder, also known as Peri-arthritis or Adhesive capsulitis, causes a significant loss of motion. This typically occurs in cycle of 3 stages, painful phase, stiff phase and thawing phase. It is a disease of idiopathic etiology affecting upto 5% of population.^[1]

In *Avabahuka*, the vitiated *Vata* is localized in the shoulder region. *Vata* dries up the ligaments of the shoulder and constricts the *Snayu* at the joint.^[2,3]

A very little description regarding *Suchivedhana* is found in *Samhitas*. The procedure is still remained untouched from practical use, so thought to explore the science behind the procedure.

Prasaranyadi Kashay is very nice formulation mentioned in *kashay prakaran* of *Sahastrayogam*.^[4] The word *prasarini* itself meaning that it relieves the stiffness of the joints. *Prasarini* is *kaphavataghna* and *ushna veerya* in nature. Out of six contents of *Prasaranyadi kashay* four (*Prasarini*, *Rasona*, *Rasna*, *Nagara*) are *kaphavatahar* and *ushnaveerya* which reduces the inflammation at gleno-humeral joints. Which facilitates the range of motion of shoulder joint *Nagar* is *vibandhabhedini*.^[5] which is useful to relieve the adhesions in the capsule. *Bala* and *Masha* both are *guru* required to stabilize the joints. The ingredients of *prasaranyadi kashaya* like *Prasarini*, *Rasna*, *Nagar*, reduces pain and inflammation. Hence orally medicine in the form of *Prasaranyadi kashay* is selected and it was decided to evaluate the efficacy of not-soevaluated *Suchivedhan karma* with *prasaranyadi kashaya* against a frozen shoulder and to evaluate its scientific parameters.

CASE STUDY

A male patient age of 44 came to our OPD of *Shalyatantra* Department of GAC, Nanded having complaining of restricted movement of Rt. Shoulder joint, sharp pain, stiffness since two month. There is no history of any physical injury or trauma, pain was intermittent and pain decreases after hot fermentation, in general examination patient was with DM-2 on regular treatment. This patient was on regularly daily exercised and reported sedentary lifestyle near about 7-9 hours of sitting position per day. Past family medical history was non contributory. Now since few days patient having complained of pain in the right shoulder worsens at night. He was unable to perform even small movement, for that he was consulted and received treatment at private hospital since from one and half month but didn't get any relief. So after that he consulted Orthopedician and taken a treatment for 15 days but not getting significant relief.

Aim

To study of add on effect of *Prasaranyadi kashay* (orally) with *Suchivedhan karma* in the management of *Avabahuka* with special reference to Frozen shoulder.

Objectives

- ❖ To evaluate the study of add on effect of *Prasaranyadi kashay* (orally) with *Suchivedhan karma* in *Avabahuka* with special reference to Frozen shoulder.
- ❖ To achieve immediate relief of pain in frozen shoulder.
- ❖ To avoid the adverse effects of modern medicines (e.g. steroids and NSAIDS).
- ❖ To avoid the modern surgical operative in its management.

METHODOLOGY

Selection of patients- Patients of *Avabahuka* fulfilling inclusion criteria.

Duration of study- 21 Days for each patient.

Follow up- on 0th, 8th, 15th and 21st day.

Study Location

OPD and IPD of our College, Hospital. In this study of 21 days, I treated 1 patient of frozen shoulder by *Suchivedhan karma* with *Prasaranyadi Kashay*.

***Prasaranyadi Kashay* - Dose** – 20 ml twice a day.

Route – Orally.

Duration – 21 days.

Examination of Shoulder Joint

Muscle tone – normal Deformity – not found

Swelling – mild. Tenderness – Soft tissue.

Temp. – increased. Crepitus – not found.

Investigation

Hb – 12% BSL – fasting – 140 mg/dl

PP – 190 mg/dl.

BT – 2.4 /min. CT – 3.8 / min.

HIV, HbsAg –Not reactive X – ray : Normal

Movements of shoulder joint

Abduction - 50°

Lateral rotation – 30°

Flexion - 40° Extension – 30°

Internal Rotation – 60°

Adduction – Painful

Treatment –

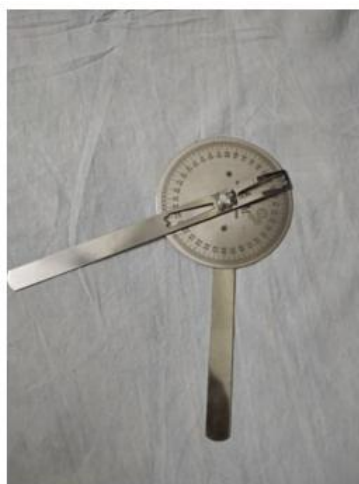
After clinical examination patient was treated by *Suchivedhan karma*⁽⁶⁾ with *Prasarnyadi Kashay*.

PROCEDURE

1. *Suchivedhan Karma* is done with the help of disposable needle no. 26 with *sthanik snehan* by *Til taila* and *nadi swedan* done for first 3 days of 3 weeks once per day.
2. *Prasarnyadi Kashay* BD in 20 ml dose for 21 days.

RESULT AND OBSERVATION

In present case patient got 40% relief for pain after 3 days immediately after *Suchivedhan karma* with *Prasarnyadi kashay* but restriction of shoulder joint remains same. When we came near to the 8th day we saw mild improvement in restrictions of shoulder joint with relief from pain and on the 21st day we saw moderate (80% – 85%) improvement in shoulder joint.





Final Results of patients are as follows

Final result shows the absentness of pain with moderate improvement in movements of shoulder joint. Overall movements of shoulder joint was increased as follows:

Abduction – 160° ($+110^{\circ}$)	Lateral rotation – 60° ($+30^{\circ}$)
Flexion - 140° ($+100^{\circ}$)	Extension – 50° ($+20^{\circ}$)
Internal Rotation – 90° ($+30^{\circ}$)	Adduction – Smooth with less pain

DISCUSSION

For *Suchivedhana karma*.^[7] we use needle No. 26. This needle has 13 mm length (which exactly matches with the length of *Vrihi*), 0.45 mm breadth. So it should be pierced 2 mm to 4 mm for skin, 4 mm to 6 mm for *Mamsa* and 6-10 mm for *Snayu*, *Asthi* and *Sandhi*.

Discussion regarding clinical parameters-

It is found that, *Suchivedhan karma* is effective in reducing pain of shoulder. It instantly relieved pain in almost all patients. Local tenderness reduced significantly. After *suchivedhan karma*, grade of mobility increased significantly. At first, the patients came with restriction of movements and moderate to severe pain at shoulder. After *suchivedhan karma*, stiffness of joint reduced and movements became normal.

The disease *Avabahuka* is *vata-kapha* dominant. The change of lifestyle, heavy weight lifting will lead to vitiation of *vata*, which produces diseases like *Avabahuka*.

CONCLUSION

Suchivedhan karma is a simple, effective procedure in the management of *Avabahuka*, without producing any adverse effect. *Vedhan karma* is predominantly indicated in *Vataj Dosha* having *kapha* or *pitta* in *Avabahuka*, and in *Pitta*, *Rakta* and *Kaphaj Vyadhi*. *Suchivedhan* help to remove *Awarana* of *kapha dosha* giving way to *Anuloman Gati* of vitiated *vata*. Thus *suchivedhan karma* cures the symptoms. The contents of *Prasarnyadi kashay* have properties like analgesic and anti-inflammatory which reduces the pain with relieving the stiffness of joints. Hence *suchivedhan karma* with *Prasarnyadi kashay* is more effective in Frozen Shoulder.

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