

AVABAHUK (FROZEN SHOULDER) IN WOMENS - REVIEW ARTICLE

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ABSTRACT

'Avabahuk' is made up of *Ava* and *bahuk* word. *Ava* means *vikrita* and *bahuk* means *bahu*. Means dysfunction of shoulder. Cause of 'avabahuk' is 'vata'. It is described under *vata vyadhi*, According to *Acharya sushrut*. Means *vata* gets lodged at the root of shoulder, subsequently constricting the veins and producing the loss of movement of shoulder has been identified as 'Avabahuka'. In *Avabahuk* (frozen shoulder) there is painful movement of *Ansasandhi*. It is common in diabetic patient.^[1] women are more prone to it, due to sedentary life style, weak postural muscles and hormonal changes. By *viddhakarma*, *panchakarma*, proper diet, yoga it can be cure. It is important to consider the patients symptoms & condition when selecting a treatment method. Shoulder exercise can be used *avabahuka*

like pendulum stretch, armpit stretch, towel stretch, cross body reach, outer rotation, inward rotation. also marma therapy can give promising result & can be practice life long without any side effect.

KEYWORDS: Avabahuk, frozen shoulder, hormonal imbalance, poor diet, stress.

INTRODUCTION

AVABAHUK

In *avabahuk*, shoulder joint (*Ansasandhi*) is affected. There action like abduction, medial rotation, lateral rotation hampered.

'Avabahuk' is made up of *Ava* and *bahuk* word. *Ava* means *vikrita* and *bahuk* means *bahu*. Means dysfunction of shoulder.

Cause of 'avabahuk' is 'vata'. It is described under *vatavyadhi*, According to *Acharya sushrut*.^[11]

Means *vata* gets lodged at the root of shoulder, subsequently constricting the veins and producing the loss of movement of shoulder has been identified as 'Avabahuka'.^[12]

- **Nidana**- 1) *Abhighatja* - Injury to *ansamarma*.

2) *Aharaja*- *Tikta*, *ushana*, *kashaya*, *Alpa*, *ruksha* causes vitiation *vata*.

3) *Viharaja*- Over indulgence in things like excessive physical exercise, sudden fear, leads to loss of tissues & *vata* gets aggravated, *plavana*, *bharvahan*, *balvatvigraha*, *dukhashayya*.

- **Samprapti**- according to *sushrut* vitiated *Vata* around shoulder joint depletes structures or tissues in and around it and *sirasankoch* leads to Stiffness and restriction of movement.^[13]

- **Purvaroop**a - *Avyakta* in *vatavyadhi*.

- **Roopa** - pain, stiffness, *shosha*, restricted range of motion.

Samprapti ghatak^[9]

Dosh: *vyan* *vayu*, *shleshmak* *kapha*

dushya: *sira*, *snayu*, *mans*, *kandara*, *asthi*

strotas: *mansvah*, *asthivaha*; **strotodushiti**: *sanga*, *vimargagamana* *roga*

marga: *madhyam*; **udbhavsthan**: *pakvashay*; **vyaktasthan**: *bahu*; **adhishtan**: *ansapradesh*; **vyadhi svabhav**: *chirkari*.

FROZEN SHOULDER

It is believed to involve synovial inflammation and fibrosis of shoulder joint capsule. Symptoms of *Avabahuk* are same as frozen shoulder, which is commonly seen in diabetic patients.^[8]

Exact etiology of primary frozen shoulder is unknown, secondary was caused due to systemic diseases like diabetes, parkinsonism etc.^[3]

It has three hallmark by Codman:

- 1) Shoulder stiffness
- 2) pain, even at night

3) Near complete loss of passive and active external rotation of shoulder.

The first recorded description of frozen shoulder was reported by Duplay in 1872 in his description of a 'periarthrititis scapulohumeral' though the term frozen shoulder was first used in 1934 by Codman, who described the common features of it.

-Clinical picture is made up on medical history, clinical and radiological examination, Codman proposed the following diagnostic criteria :

- i) Shoulder pain with slow onset.
- ii) Pain felt at deltoid insertion.
- iii) Inability to sleep on affected side.
- iv) Sometimes minimal local tenderness.
- v) Restriction of active and passive range of motion
- vi) Painful and restricted :

Elevation and external rotation

Atrophy of supra and infra spinatus muscle

There are 3 stages of frozen shoulder

Stage 1: (freezing)

- H/o chronic nagging pain over 10-36 weeks.
- Pain worst at night
- Progressive loss of Range of Motion.
- Diffuse pedunculated synovitis.

Stage 2:- (frozen)

- At 4 – 12 month occurs
- Pain gradually subsides and is only present at extreme range of motion.
- Gross reduction of movements present with almost no external rotation possible.

Stage 3:- (thawing or resolution)

- Occurs usually from 12 months after onset and can last for up to 42 months thereafter
- Spontaneous improvement in range of motion occurs with minimal pain.

Mostly it is seen that womens are more prone to frozen shoulder(Avabahuk). frozen shoulder is a common shpulder condition, it predomonantly impacts women between the age of 40-60.

Although menopause and hormonal imbalance could be a contributing factor to the development of frozen shoulder in women, one of the biggest risk factor is diabetic.

factors which affect women health are as follow:

Harmonal changes

shoulder pain is common symptoms in women who are going through menopause. there are different potential cause of pain, such as bursitis, rotator cuff tear or acromioclavicular joint problem. shoulder experts says, one of the most common problem seen in menopausal women is frozen shoulder.

A different types of hormone that can affect shoulder during menopause is the thyroid hormone calcitonin. This hormone lowers calcium level, thereby reducing the build up of fibrous tissues in the joints. experts suspect this is due to changes in hormonal levels, such as menopause. people with diabetes have a higher rate of frozen shoulder- 10%-20%.

Anxiety and stress

prolonged or increased level of stress and anxiety can cause inflammation, this in turn, may result in a stiff or frozen shoulder.

Immune deficiency

due to hormonal imbalance and a weakened immune system can cause joint inflammation. an immune deficiency causes damage and leads to frozen shoulder and limits your range of motion for shoulder.

Weak postural muscles

when it comes to menopause since women experiences a lot of muscle loss post ageing.

nutrition for women during menopause to maintain health and hormonal balance :

- protein intake in the range of 1.5-2gm/kg is ideal to maintain muscle mass since it will improve the metabolism of your body.
- drink a good amount of water, which will help to keep you hydrated.
- include lots of veggies in your diet. they will keep you full for a long time & keep the calories intake in check.
- vit.d and a calcium supplementation helps as low estrogen level can cause osteoporosis.
- omega 3 supplementation is important for maintaining cardiovascular health, brain function, skin health, mental wellbeing, bowel function, bone & joint health.

-iron rich food items in the diet help to prevent anemia because of heavy bleeding during premenopausal stage.

DISCUSSION

This article aims to provide an overview of the nature of disease in patients and to know the causes in women's. aims is to spread awareness in women's specially at the age of menopause. As described in *Sushruta Samhita* and *Madhav Nidan Avabahuk* and *Bahu Shosh* can be considered as continuum not as separate diseases or two different conditions. It is extremely important to consider the patients symptoms and condition when selecting a treatment method as each patients treatment should be individualized.^[3] *Marma* therapy stimulating *marma* points nearby *ansa-sandhi* gives promising results along with *agnikarma*.^[4] used along with oral *vatashamaka* medicines and medicated oils like *dhanvantaram tail*, *narayan tail*, etc to further enhance the results. *Bahuparivartan* (shoulder exercises) can be used in all stages of *avabahuka*. *snehan* with oil, *swedan*^[7] like *patra pottali swed* can be done.^[6] by which *vatshamak dravya patra* can use. *nasya karma*^[2], *basti karma* also useful in this case. The general line of treatment mentioned for *vatavyadhi* (*avabahuka*) in Ayurvedic texts includes:^[10]

- i) *Snehana* (oleation both internal and external with medicated oils).
- ii) *Swedana* (sudation with steam made from *vatashamaka* drugs).
- iii) *Basti* (decoction or oil given through anal route like enema).
- iv) *Agnikarma* and oral medications (in the form of *guggul*, decoctions etc.)
- v) *Nasya* (medication given through nasal route) as *Acharya Vagbhata* has mentioned *nasyakarma* in the *udarvajatrugata roga*.

CONCLUSION

Frozen shoulder affects everyday life and also quality of life, although it is not a life threatening, but still it hampers quality of life. By the treatment patient got significant results in pain and also restores the movement of arm. Marma therapy and *vidhha karma* along with *panchakarma* procedures gives fruitful results.^[5]

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