

MANAGEMENT OF FROZEN SHOULDER'S SYMPTOMS THROUGH THE  
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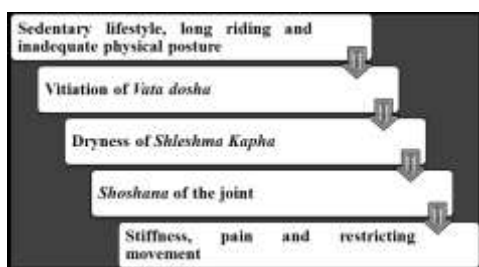
## ABSTRACT

Avabahuka is pathological condition known as frozen shoulder marked by symptoms of stiffness, limited movement and pain in the shoulder joint. The condition primarily associated with Vata vitiation. Vitiating Vata Dosha along with Kapha affects Amsa Sandhi, impacts physical activities and affects quality of life. Ayurveda suggested many therapies of this condition and Ayurvedic neuro therapy is one such modality. This article presented a study in which patients of Avabahuk were treated successfully with the help of Ayurvedic neuro therapy. Therapies like Snehana, Abhyanga, Swedan, Alabu, Ghata Yantra and Sukshuma Agnikarma were administered for period of 7 days. Significant improvements were observed in terms of reduction in pain and flexibility of motion. Study suggested efficacy of Ayurvedic neuro therapy in the management of symptoms of frozen shoulder.

**KEYWORDS:** Avabahuk, Vata, Frozen shoulder, Snehana, Abhyanga, Alabu, Agnikarma.

## INTRODUCTION

Vata Dosha regulates neuro-muscular activities within the body and imbalance in this Vata Dosha can lead many Vata Vyadhi and Avabahuk is one such type of disease. Avabahuk mainly arises from the vitiation of Vata especially localized in Amsa Pradesha. This condition associated with shoulder joint and causes Shoshana of the joint. Dryness of Shleshma Kapha causes Amsa Shoola in Amsa Sandhi and restricts movement. Deficiency of lubrication in joint leads roughness and movement difficulty. Patients feel Stabdata, Shoola and Spanadana during the initial stage of disease. The pathogenesis of disease is depicted in Figure 1, which mainly involve association of Vata Dosha.<sup>[1-3]</sup>

**Figure 1: Various stages of pathological events of Avabahuk.**

The peoples of age groups between 40 and 60 years mainly witnessed the disease severity. Avabahuk can be correlated with frozen shoulder according to modern science based on sign and symptoms of disease. This condition disrupts sleep and routine activities, thus significantly impacts quality of life. Modern medical science considered it as an inflammatory condition that leads fibrosis of joint capsule, which results stiffness and movement restriction. Shoulder pain often worsening at night and stiffness restricted range of motion. Analgesics, steroid and anti-inflammatory drugs, etc. are major therapeutic approaches utilized in modern medicines for providing relief from pain and stiffness.<sup>[4-6]</sup>

Ayurvedic management focuses on the restoring of Vata and Kapha balance, improving joint mobility and quality of life by alleviating pain. Ayurveda science advocated Snehana, Abhyanga, Swedana, Agnikarma, Basti, herbal remedies and lifestyle modifications, etc. for managing Avabahuk (Frozen Shoulder). Considering these all facts this article presented a study in which patients of Avabahuk were treated successfully with the help of Ayurvedic neuro therapy.<sup>[7-9]</sup>

## AIMS AND OBJECTIVES

- ✓ To evaluate the role of Ayurvedic Neuro Therapy and *Pathya-apathya* in managing *Avabhauk*.
- ✓ To determine the efficacy of Ayurvedic Neuro Therapy in reducing pain and improving range of motion.

## MATERIALS AND METHODS

### Study Design

This clinical study was conducted on 15 patients diagnosed with *Avabhauk*. The intervention involved Ayurvedic Neuro Therapy administered over a period of 7 days.

### Inclusion Criteria

- ✓ Patients experiencing pain, stiffness, and restricted shoulder mobility were considered for inclusion.
- ✓ Gender of the patients was not a criterion for inclusion.
- ✓ Patients from diverse occupational backgrounds were included in the study.
- ✓ Religious background was not a factor in determining patient eligibility for participation.

### Exclusion Criteria

- ✓ Patients with a history of significant trauma were excluded from the study.
- ✓ Those with a history of fractures were not included.
- ✓ Patients diagnosed with carcinoma were excluded.
- ✓ Individuals suffering from severe illnesses were not considered for participation.

### Assessment Criteria

#### 1. Grading of Pain

Pain Severity	Grading System
No pain	Grade 0
Mild pain	Grade 1-3
Moderate pain	Grade 4-7
Severe pain	Grade 8-10

2. **Range of Motion:** Assessed through clinical observation and patient feedback before and after the 7-days of treatment period.

## THERAPEUTIC PROTOCOL

- ✚ **Snehan:** External application of medicated oil, followed by *Abhyanga* to relax the stiffness of muscles and enhance joint mobility.

- ✚ **Swedan:** Fomentation to relieve stiffness and promote relaxation of the joint.
- ✚ **Alabu:** Ancient healing method to reduce pain, stiffness and increase blood circulation to the shoulder area.
- ✚ **Ghati Yantra:** Suction-based cupping therapy to alleviate stiffness and improve joint function.
- ✚ **Sukshuma Agnikarma:** The application of heated needles to specific points for pain relief and improving mobility.
- ✚ **Skandh Basti:** Medicated oil retention therapy as sustained oleation around the shoulder joint.

### Advices/Recommendations

As part of lifestyle modifications, patients were advised to engage in gentle shoulder exercises to gradually improve mobility. Additionally, it was advised to maintain warm environment for preventing aggravation of *Vata dosha*. *Vata*-pacifying diet and daily routine was advised to relieving disease symptoms.

## RESULTS

The Ayurvedic neuro therapy administered for a periods of seven days, which provided significant relief in both pain as well as restricted movement. Patients experienced marked improvement in range of motion of shoulder joint without any complications of therapy. Out of 15 patients, there was significant improvement in pain levels after therapy. Initially, none of the patients reported having no pain, but after therapy, 8 patients experienced complete relief, with their pain graded at 0 (no pain). Before treatment, 2 patients had mild pain (grade 1-3), and after therapy, this number increased to 5, indicating improvement in pain severity. Eight patients initially had moderate pain (grade 4-7), but after treatment, only 2 patients remained in this category. Severe pain (grade 8-10) was reported by 5 patients before therapy, but none of the patients reported severe pain after treatment. Overall, there was a substantial reduction in pain severity across all patients as depicted in **Table 1**.

**Table 1: Improvement in pain severity among 15 patients.**

Pain Severity	Pain Grade	Before Therapy (No. of Patients)	After Therapy (No. of Patients)
No pain	Grade 0	0	8
Mild pain	Grade 1-3	2	5
Moderate pain	Grade 4-7	8	2
Severe pain	Grade 8-10	5	0

## DISCUSSION

The treatment strategy centers around restoring balance between the vitiated *Vata* and *Kapha doshas*, enhancing

joint mobility and relieving pain. *Agnikarma*, *Abhyanga* and *Alabu* provided rapid pain relief. *Abhyanga*, with its therapeutic massage helped to strengthen muscles, loosen

stiff tissues and boost blood circulation. *Alabu* therapy effectively reduced stiffness, improving shoulder joint movement, while *Basti* with medicated oils rejuvenated the joint capsule. *Snehana* therapy with medicated oils lubricates joint, nourishes tissues and alleviated joint stiffness. *Swedana* induce sweating, aiding detoxification and relieving muscle stiffness. Lifestyle modifications like gentle shoulder exercises improved mobility, warm environment and keeping away from cold atmosphere helped to prevent *Vata* aggravation. While *Vata*-pacifying diet and daily routine control aggravation and vitiation of *Vata* thus prevents further pathological progression of disease.<sup>[7-10]</sup>

## CONCLUSION

Ayurvedic neuro therapy can be utilized as a promising treatment for *Avabhauk* (Frozen Shoulder). The therapeutic interventions not only reduced pain but also improved the overall function of the shoulder joint. Integrating Ayurvedic therapies with appropriate lifestyle changes can effectively manage *Avabahuka*, reducing pain and enhancing shoulder function. Further studies with larger sample sizes and long-term follow-ups are required to validate these findings and explore the potential of Ayurveda in managing chronic musculoskeletal disorders like Frozen Shoulder.

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