



Role of *Patra Pinda Sweda* in the Management of Apabahuka (Frozen Shoulder) –A Case Report

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ABSTRACT

Apabahuka is a Vataja Nanatmaja Vyadhi in which locomotive functions of Amsa Sandhi are affected mainly due to vata dosha prakopa causing Pain, Stiffness and Restricted movement of the shoulder. Apabahuka can be correlated to Frozen Shoulder or Adhesive capsulitis in modern medicine because of similar Symptomatology. A male patient of age 45yrs approached Ayurved Hospital with pain restricted movements and stiffness in Left Shoulder for 2 months and diagnosed as Apabahuka. The patient was subjected to the Patra Pinda Sweda along with Shamana yoga. After the treatment, the stiffness of the joint was reduced. The patient got moderate relief from the pain.

Keywords: Frozen Shoulder, Apabahuka, Patra Pinda Sweda

Introduction:

It is caused mainly by the Vyana Vata vitiation and gets *Sthana Samshraya* in the *Amsa Pradesha*. There it does the *Shoshana* of *Shleshaka kapha*, *Mamsa*, *sira*, *snayu* leading to *Bahupraspanditaharatwam* (restricted movement of affected shoulder), *Shoola* (Pain), *Stambha* (stiffness). These clinical features closely resemble with painful stiffness and loss of motion of shoulder. Hence it can be correlated with Frozen Shoulder. In general population prevalence rate is about 3%-5% and up to 20% in those with diabetes. It is peak between the ages of 40-60 years and is more common in women. In allied science treatment modalities like analgesics, local intra articular injections of corticosteroids in glenohumeral joint followed by physiotherapy are adopted. In classics the specific line of treatment for Apabahuka mentioned as *Swedana*, *Nasya*, *Uttarabhaktika Snehapana*, *Shamanoushadhi*.^{10,11} *Swedana* is said to be the best form of treatment in expelling *pradushita Vata* and *Kapha*. *Acharya Charaka* very clearly states that the *Swedana Karma* is the procedure which relieves *Stambha* (Stiffness), *Gourava* (Heaviness) and *Sheetagnam* (Cold). There are 13 types of *Saagni Sweda* described in *Ayurveda*. *Shankar Sweda* is classified under *Saagni Sweda*. It is a type of *Pinda Sweda* in which fomentation is performed using bolus (*Pinda*) with prescribed drugs with or without wrapped cloth.¹²

Vishamustyadi Vati mainly indicated in Pakshaghata, Gridrasi, Vishama jwara, Snatugata Vikara. Detailed explanation of Vishamustyadi vati is available in the textbook named Ayurved Sara Sangraha. Ingredients of *Vishamustyadi vati* are *Kupilu*, *Indravaruni*, *Maricha* and *Eranda*.

Objectives:

To study the effect of *Patra Pinda Sweda* along with *Shamana yoga* in relieving symptoms of *Apabahuka*.

Case Study:

A male patient age 45 years approached the Ayurved hospital. He had pain stiffness and restricted movement of Left Shoulder since 2 months. No history of any external trauma to the affected part. No any relevant surgical or medical history. The patient had mild pain in the initial stage and gradually developed stiffness and severity in pain intensity. Shoulder movements become restricted, and the patient develops difficulty in raising the right shoulder. Even after taking painkillers, the patient continued with the same complaints which made him worried about his condition.

Samanya Pareeksha: The patient was well built, ill look was there on his face because of the pain. Gait was normal. His weight was 66 kg and other parameters are under normal limits.

Astha sthana Pariksha:

- *Nadi:* 76bpm

- *Mutra Pravrutti- Samyak Pravartana* 4-5times a day and 1 time in night.
- *Mala Pravrutti- Samyak Pravartana* 2 time a day
- *Shabda: Prakruta*
- *Sparsha: Ushnasheeta*
- *Druk: Prakrita*
- *Akriti: Uttama*

Samprapti Ghataka:

- *Dosha: Vata and Kapha*
- *Dushya: Mamsa, Medha, Asthi, Majja*
- *Sroto Dushti: Sanga*
- *Udbhava Sthana: Pakvashaya*
- *Vyakta Sthana: Amsa sandhi*
- *Sadhyasaadyata: Krachha Sadhya*
- *Vyadhi vyavachhedhana: Apabahuka, Vishwachi, Manyastambha*

Examination of Shoulder Joint:

Inspection:

- Discoloration: Absent
- Muscle Wasting: Absent
- Deformity: Absent
- Palpation: Stiffness present at Left Shoulder joint,
- Temperature: Absent
- Restriction of movements: Present up to 40 degrees
- Investigation: X-ray – no abnormality detected.

Materials and methods:

Sources of Data:

Literary Source: The literary data was collected from classical Ayurvedic and modern textbooks and updated with recent medical journals and internet sources.

Clinical Sources: Patient was approached to Ayurved hospital.

Method of Sampling and Study design: Simple randomized Single Case Study.

Interventions: It was a single case study of Patra Pinda Sweda with Vatahara Patras.

Table 01: Ingredients of Patra Pinda Sweda:

SI. NO.	Sanskrit name	Botanical name	Proportion
1	<i>Shigru</i>	Moringa oleifera	Each 50gm
2	<i>Chincha</i>	Tamarindus indica	
3	<i>Nirgundi</i>	Vitex nergundo	
4	<i>Eranda</i>	Ricinus communis	
5	<i>Arka</i>	Calotropis procera	
6	<i>Dhatura</i>	Datura metel	

7	<i>Nimbu</i>	Citrus medica	4 Piece
8	<i>Til taila</i>	Sesamum indicum	100ml
9	<i>Saindav Lavana</i>	Rock salt	10 grams



Procedure of Patra Pinda Sweda:

a. Poorva Karma

- *Abhyanga* will be carried over shoulder region.
- *Pottali* will be prepared by using *Eranda*, *Nirgundi*, *Chincha*, *Dhatura*, *Arka*, *Patra Nimbu*, *Saindhav lavana* and *Tila taila*.

b. Pradhana Karma

- The *Pottali* is held in the right hand by its tuft and must be felt by the palm of the left hand to test its heat.
- The *Pottali* is gently rubbed on the affected part.
- Once the *Pottali* gets cooled, it is changed with another *Pottali* which has been kept in the pan.
- Duration of *Patra Pinda Sweda* will be 15 minutes.

c. Paschat Karma

- Area will be cleaned.
- Patient will be advised to follow *Pathyapathya*

Result:

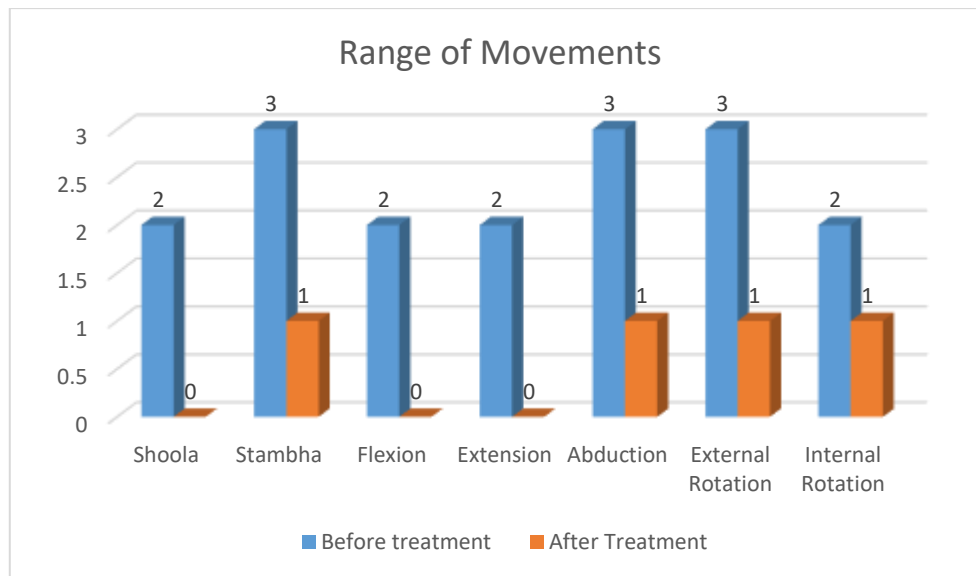
Effect of treatment on Pain:

In Apabahuka pain is felt due to vata prakopa caused by various nidanas. By doing *Patra Pinda Sweda* and its poorva karma like sthanika abhyanga vata shamana occurs which reduces the pain.

Effect of treatment on Stiffness:

Stiffness occurs due to sira sankocha and shleshaka kapha kshaya there by producing Bahupraspandithara: by doing *Patra Pinda Sweda* and its poorva karma reduces the pain.

After the treatment range of movement increased, showing extremely significant result in Flexion, Extension, Abduction, Adduction, Internal rotation which were assessed using Goniometric measurements.



Discussion

The present day lifestyle which is full of physical stress and strain has led to the development of diseases which may not kill the person but hampers the daily routine activities and impair the quality of life. *Apabahuka* is one such disease in which *vata dosha dushti* occurs which gets localized at *Amsa Pradesha*. This *Vata Dushti* does *Sira Sankocha* and *Sleshaka Kapha* thereby producing *Bahupraspanditahara* (restricted movement of bahu) and *Amsa Sandhi Shoola*. Acharya have not mentioned specific *nidanas* for *Apabahuka*. But since it is a *Vataja Nanatmaja Vikara*. *Vata* is invariably involved. Hence the *Nidanas* which are mentioned for *Vata Vyadhi* are to be considered as *Nidanas* for *Apabahuka*. Apart from those *Nidanas*, some *Nidanas* like indulging in certain incorrect postures while sitting or lying down, or while using gadgets such as computes/phone, carrying heavy weight on one side of the shoulder, swimming or any direct trauma, improper diet, continuous use of Ac/fan etc. are practically observed in patients. These *Nidanas do Vata Prakopa* in *Amsa Pradesha* which causes *Sira Sankocha* and *Amsa Bandhana Shosha* leading to *Apabahuka*. In the present study maximum patients belonged to the desk job group who admitted to indulging in improper sitting/sleeping postures were found to be having *Apabahuka*. Frozen Shoulder is disabling disease of shoulder and is self limiting, but recovery taken much longer time up to 3-4yrs. As the recovery periods very longer & initial stage of freezing is very painfull. Some alternative treatment like *Ayurveda* is very beneficial *Patra Pinda Sweda* is very unique procedure described in *Ayurveda* for instant relief from pain. *Patra Pinda Sweda* is mentioned in all painful condition which are due to *Vata & Kapha*. Frozen shoulder can be correlated with *Apabahuka* as per *Ayurveda*. *Vata & Kapha* both are involved in pathology of frozen shoulder. This gives immediate improvement in symptoms of frozen shoulder. In present case patient got 80% relief in pain on first day immediately after *Patra Pinda Sweda*. As the pain was reduced patient was able to do gentle stretching excersiced. This in present case we got excellent result by *Patra Pinda Sweda* in pacification of *Vata & Kapha* there by give significant relief in symptoms.

Conclusion

Apabahuka vyadhi associated with *Vata* and *Kapha dosha* can easily manage or be treated with *Ayurvedic* treatment protocol. The treatment principle is based on the combined effect of heat and medicament. Proper selection of drugs and proper duration of the treatment will cure the disease.

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