



## Case Study

### AYURVEDIC MANAGEMENT OF HANUSTAMBHA: A CASE STUDY

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#### ABSTRACT

Life without movement is impossible to think of in a healthy person's normal life. *Hanugraha* or *Hanustambha* is one of the commonest problem affects irrespective of sex, age and socioeconomic status etc. The disease has the symptoms like stiffness of jaw with or absence of pain. The symptoms are seen suddenly with chronic *Nidana Sevana*. Jaw dislocation occurs when the lower part of the jaw moves out of its normal position. Temporomandibular joint disorder can cause pain, abnormal joint movements and joint noises. The life time incidence of Temporomandibular joint disorder is more than 10 million cases per year in India. In *Hanugraha*, *Vata* is predominantly involved. Here an attempt is made on *Hanustambha* with Ayurvedic management.

**KEYWORDS:** *Hanustambha*, Lock Jaw, *Ksheerabala Taila*, *Mahayogaraja Guggulu*, *Dashamoolarista*.

#### INTRODUCTION

Ayurveda is a science which has the capability to revert the condition to maintain homeostasis without causing any harm on the body. Acharya Charaka quoted *Hanustambha* in *Vataja Nanatmaja Vyadhi*.<sup>[1]</sup> Lock jaw refers to the condition of having difficulty in opening the mouth due to spasms in the muscles which helps for mastication. Lock jaw is also seen as one of the symptoms in Tetanus which is called *Trismus*. The symptoms includes xerostomia (dry mouth), Mucosities, Headache, Jaw pain, Earache, speech difficulties etc. This disease is very rare in children but most commonly seen in teenagers, young adults and old age.

The medicines used here are *Ksheerabala Taila*<sup>[2]</sup> for *Abhyanga* to the *Hanupradesha* and at *Karnamoola Pradesha*. Here as *Bahya chikitsa*, *Abhyanga* and *Nadi Swedana* is done to loosen the joint stiffness and to relieve the aggravated *Vatadosha*. And internally *Dashamoolarista*<sup>[3]</sup> which is having *Vata Kaphara* property and *Mahayogaraja guggulu*<sup>[4]</sup> which is told as best in *Vatavyadhi* in which *Vata Pradhana* is seen.

#### *Hanustambha*

##### Definition

'*Hanugraha sa tena syat kruchra charvana bhashanam*'<sup>[5]</sup>

That which makes difficulty in chewing and difficulty in speaking is termed as *Hanugraha* or *Hanustambha*.

##### *Paryayas*<sup>[6]</sup>

- *Hanugraha*– Stiffness of jaw- bones or lock jaw

- *Hanustambha*– Lock jaw, the patient is unable to open or close the jaw
- *Hanumulabandhana* – Binding elements at the root of jaw
- *Hanvauscprasadhi*- Stiffness of jaws

As mentioned *Hanustambha* under *Vata vyadhis*, the affected *Dosha* is *Vata* in this disease.

***Nidana***<sup>[7]</sup>: Due to *Nidhanas* like *Jihwa Nirlekhana*, *Shushka Charvana*, *Abhighata*, *Vata* increases which is located near *Hanumoola* and loosens the joint of lower jaw, making the mouth either open or close the mouth causing difficulty in *Charvana* and *Bhashana*.

Acharya Bhavamishra gives meaning to each *Nidanas* like *Nirlekhana*= *Karshana*, *Shushkam*= *Chanakadi*, *Vivrutasyatvam*=*Vyattamukhatvam* and *Samrutasyatam*= *Dantalagnataam*<sup>[8]</sup>

##### *Samprapti*

Due to intake of *Shushka*, *Katina Padartha Sevana*-*Vitiates Vayu*- Lodges in *Hanusandi*- Leads to difficulty to open or close the mouth- this disease is named as- *Hanugraha*.

'*Hanugraham Cha Samstabhya Hanum Stabdham Avedanam*'<sup>[9]</sup>

Acharya Charaka explains as when *Vayu* located at the root of the jaw, it causes jaw to slip down from its joints and consequent opening of mouth or by stiffening the jaws it causes closing of mouth, which is characterized by stiffness and absence of pain.<sup>[10]</sup>

## Lakshanas

*Hanustabdha*- Stiffness of *Hanusandhi*

*Avedanam*- With or without pain

*Vyapathu*- Shivering

'*Vivrtam Samvrtam Va Aasyam Yaha Kuryat Sa Hanugraha*'.

It is of two types as difficulty in opening and closing the mouth i.e.,

- i. Open lock jaw
- ii. Closed lock jaw.<sup>[11]</sup>

Acharya Yogaratnakara adds *Vyapathu* along with the above said symptoms.<sup>[12]</sup>

**Sadhysadyata:** If the disease is located in *Asthi* and *Majja* are said to be *Yapya* or *Asadhya* due to deepness of their location. The disease is curable if they are new, free from *Upadravas* and in *Balavan* patients.<sup>[13]</sup>

- Lock jaw, also called *Trismus* is a medical condition causes swelling, pain and dysfunction in the Temporomandibular joint. Jaw feels locked due to muscle spasms and inflammation, making the person unable to shut or open normally.
- Lock jaw typically affects only one side of the jaw which is harmless and treatable.
- Causes are divided into intra- articular (factors within the temporomandibular joint) and extra-articular (factors outside the joint).
- Intra- articular causes includes
  - ✓ Internal derangement of TMJ/ meniscus displacement
  - ✓ Fractured mandibular condyle
  - ✓ TMJ dislocation
  - ✓ Osteoarthritis
  - ✓ Ankylosis
  - ✓ Bruxism (teeth grinding)
  - ✓ misaligned teeth
  - ✓ stress
  - ✓ too much chewing
  - ✓ opening the jaw too wide
  - ✓ infection (Tetanus)
  - ✓ Some oral diseases, etc.
- Extra-articular causes
  - ✓ Tetanus
  - ✓ Meningitis
  - ✓ Parotid abscess
  - ✓ Brain abscess
- Treatment
  - ✓ Elimination of etiologic agent along with antibiotic coverage.
  - ✓ Primary immunization (DPT)

- ✓ Dental treatment- in acute phases like heat therapy, analgesics, a soft diet, muscle relaxants, initiating physiotherapy for opening and closing mouth when the acute phase is over.
- ✓ Drug therapy- NSAIDs like ibuprofen or naproxen can relieve muscle pain and swelling.
- ✓ Wearing a splint, manual therapy, and temporomandibular joint exercises.

## Treatment in Ayurveda

*Nidana Parivarjana* is the first line of treatment which should be followed as it is told 'Prevention is better than Cure'. *Hanugraha* presenting with mouth still open, should be managed priority by *Snehana* and *Swedana*. The jaw should be pressed with thumbs and raised with index finger. Then the chin should be lifted up to set in position.

The displaced jaw should be brought to its normal position. If the jaws are too rigid, then it should be subjected to *Snigdha swedana*.<sup>[14]</sup>

Acharya Vangasena adds as in *Samvrita Avasta*, *Chikitsa* should be done as *Snehana* and *Swedana* and then the lower jaw is pulled backwards, downwards and forwards and in this way the mouth is made open. This action loosens the muscular tissues which have become rigid due to location of joint. And same procedure is done in opened mouth.<sup>[15]</sup>

Acharya Vangasena adds as for setting the joint or for keeping the mouth in place, *Guda* and *Pakwa Bimbi Phala* should be used as pad to be kept near the joint between the teeth.<sup>[16]</sup>

Acharya Bhavamishra tells some of the combinations of *Dravyas*<sup>[17]</sup> like

- *Pippali* + *Ardraka*- ask the person to chew frequently and wash the mouth with warm water.
- *Lashuna* is made into small pieces and asked the person to eat with *Saindava Lavana* and *Tila Taila*.
- *Abhyanga* with *Pakwa Taila* followed by *Manda Swedana* and later *Tailapoorna Basti Dharana*.
- *Rasonagutika* + *Masha*- with *Saindava Lavana* + *Ardraka* + *Hingu* + *Tila Taila* – given based on *Agni*.

Some of the *Yogas* explained for the disease *Hanustamba* are

- ✓ *Trayodashanga guggulu*- 3 grams, *Anupana* with *Triphala Kwatha*, *Gritha*, *Madhu*, *Lashuna Swarasa*, *Yusha* and *Mandoshnajala*.
- ✓ *Vidangasava*- 12-24ml, *Anupana* with *Jala*.
- ✓ *Mahanarayana Taila*- 6 grams, used externally for *Nasya*, *Abhyanga* and also, *Anupana* with *Ksheera* and *Ushnajala*.
- ✓ *Mahamasha Taila* - 6grams, used externally for *Basti*, *Abhyanga* and *Nasya*, *Anupana* with *Ksheera* and *Ushnajala*.

- ✓ *Yogaraja Guggulu*- 3grams, *Anupana* with *Rasnasaptaka Kwatha*, *Lashuna Swarasa* and *Madhu*.
- ✓ *Snehana* with *Prasarini Taila* or *Baladi Taila* for *Abhyana*.
- ✓ *Pippali Churna* with *Dashamoola Kwatha* taken internally.
- ✓ *Maharasnadi Kwatha*- 48ml, *Anupana* with *Jala*.
- ✓ *Dwatrimshaka Guggulu*- 1 kola (gms) with *Ghrita* and *Madhu* after food.
- ✓ *Narayana Taila* - 6 grams, used externally for *Nasya*, *Abhyanga* and *Anuvasana*, *Anupana* with *Ksheera* and *Ushnjala*.
- ✓ *Prasarini Taila*- used externally for *Abhyanga*

### Brief History about patient

Male Patient by name ABC of 17 years old doing work as a shepherd.

Chief complaint was unable to open his mouth and difficulty to speak since - 4 days.

Associated with pain over temporomandibular joint

**History of present illness:** Patient was apparently normal 4 days back one day suddenly noticed unable to open the mouth and difficulty to speak. Patient also complains of pain in temporomandibular joint. The pain is severe in nature so disturbed in his routine work.

Patient also noticed disturbed sleep due to pain and difficulty in taking and chewing the food.

For this problem the patient has taken treatment from the local doctor but not found relief.

No History of fall/ trauma or any external cause.

### Images showing performing treatment, before treatment, after treatment and after follow up



**CVS-** S1 S2 heard

**R.S-** Normal vesicular breath sounds heard

**Per abdomen-** Soft, No tenderness and No organomegaly.

Rest other systems are found to be normal

### Examination findings:

#### X-ray of temporal mandibular joint

- In this patient closed type- only because of tissue injury no abnormality found in X-ray
- Subluxation of temporomandibular joint

#### Other investigations

- ✓ Magnetic Resonance Imaging - shows if the TMJ disc is in the proper position as the jaw moves.
- ✓ Computed tomography- shows the bony detail of the joint

### Materials and methods

#### Treatment schedule

- *Ksheerabalataila Mukhaabhyanga* followed by *Nadisweda* for 7days.
- *Mahayogarajaguggulu* 1 (500mg) tid for 15 days
- *Dashamularishta* 4tsp tid with equal water after food for 15days.
- Cap- Flexy -MR 1bd with water after food for 15days.

#### Duration

*Mukhaabhyanga* followed by *Nadisweda* - 7days

*Shamanoushadhas*- 15days

Follow up- 8 days

Total study duration- 30days



**Image 1 and 2** Showing *Mukha Abhyanga* with *Ksheerabalataila*.

**Image 3** Showing *Dashamula Siddha Kwatha nadisweda*.

**Image 4** Showing before treatment patient difficult to open mouth.

**Image 5** Showing after treatment patient opened mouth and shown tongue protrusion up to 50%.

**Image 6** Showing after follow up of 15 days patient opened mouth and shown tongue up to 75%.

**Image 7** Showing before treatment patient difficult to move mandibular Joint.

**Image 8** Showing after treatment slight movement of mandibular joint and along with mouth opening.

**Image 9** Showing after follow up of 15 days patient opened mouth and shown tongue protrusion completely.

RESULTS		
Lakshanas	Before treatment	After treatment
Hanustabdha	Present	Absent
Difficulty in opening mouth	Unable to open	Easily can open
Showing tongue	Unable to do	Can do easily
Difficulty to speak	Unable to speak	Can speak properly
Pain at temporomandibular joint	Present	Absent

The *Pathyas* and *Apathyas* are same for all types of *Vatavyadhis*. The food which comprise of *Madhura-Amla* and *Lavana Rasa, Snigdha, Santarpaka, Pachaka* and *Anulomaka* are said to be wholesome.

#### Pathya

*Pathyas* are *Raktashali, Yava, Goduma, Kulattha, Masha, Tila, Chaturshnehas, Draksha, Karjura, Lashuna, Jeeraka, Gramya* and *Anupa Mamsa* and *Ajamamsa* etc.

#### Apathya

*Apathyas* are *Chanaka, Kshara, Sheetalajala, Viruddha Bhojana, Katu, Tikta, Kashaya Rasa Pradhana Dravyas, Madhu, Atimaithuna, Raatrijagarana, Chinta, Shrama, Vegadharana, Vamana, Langhana* and *Saahasa* etc.

#### DISCUSSION

- *Hanugraha* or *Hanustambha* is a type of *Vatavyadhi* in which the symptoms like *Stabdata, Aruja* and *Vepatu* of the *Hanusandhi* is seen.
- Due to *Vatavruddhikara ahara* and *Vihara, Vata dosha* aggravates and cause the disease *Hanustambha*.
- In Ayurveda different treatment modalities have been explained both *Bahya* and *Abhyantara*.

- Here, in this patient, along with *Bahya Chikitsa, Shamanaushadhis* are also given to relieve the symptoms. Externally, *Mukha Abhyanga* with *Ksheerabalataila* followed by *Dashamoola Nadisweda* done for 7 days continuously.
- *Ksheerabalataila* is having the ingredients like *Bala, Tila Taila* and *Ksheera* which are having *Vatahara* property and has *Rasayana* effect. For *Nadi Sweda, Dashamoola Kwatha* is used in which the drugs are having best *Vata Kapha Shamaka* property in which the symptoms like stiffness and pain is relieved.
- Internally, *Mahayogaraja Guggulu* 500mg tablet twice a day with lukewarm water after food, *Dashamoolarista* 4tsp thrice a day with water after food and *Cap. Flexy- MR 1* tablet bd after food with water, all for 15 days are given.
- *Mahayogaraja Guggulu* consists of ingredients like *Triphala, Panchakola, Jeeraka Dvaya, Hingu, Ajamoda, Pata, Vidanga, Gajapippali, Renuka, Kutaja, Ativisha, Bharangi, Vacha, Murva, Guggulu* and *Rasaushadhis* like *Bhasmas* of *Naga, Vanga, Rajata, Loha, Abhraka, Mandura* and *Rasa Sindhura* which are having *Vatahara* properties and *Dashamoolarista* is having 72 ingredients which mainly acts on *Vata* and *Kaphadosha*. Thus by the

treatment given to the patient, found complete relief like opening and closing of mouth after 30 days of treatment.

### CONCLUSION

- *Hanustambha* is a disease of *Vatavyadhi*.
- This clinical study proves that most of the Ayurvedic drugs used possess *Vata* and *Kaphahara* property.
- The drugs which are present in the *Yogas* used in this study are effective in *Hanustamba*.
- Research scholars can also opt *Kukkutanda Pinda Sweda* in *Hanustamba* for clinical study in large sample size.

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