



Case Study

EFFECT OF NASYA KARMA IN THE MANAGEMENT OF AVABAHUKA - A CASE STUDY

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ABSTRACT
Ayurveda is the traditional medical science of India. *Vata* aggravated brings about contractions of the *Siras* (nerves) of the arm and produce the disease *Avabahuka* (frozen shoulder) then occurs pain and loss of movement of the arm. *Avabahuka* is a disease that causes problems in daily activities of an individual like dressing, eating, personal hygiene and work. Shoulder joint is the most mobile joint in the body. Clinical presentation and pathogenesis of *Avabahuka* It can be correlated with frozen shoulder. In classics, *Nasya* is indicated for *Avabahuka*. The aim of the present study was to evaluate the effectiveness of *Nasya karma* on *Avabahuka*. Method: In our *Panchakarma*, OPD 55 years old male patient came with chronic pain in both shoulders joint. Patient was unable to move both hands and he was unable to carry out daily activities. Patient has taken *Panchakarma* therapy for 15 days, after that *Snehana Nadi Swedana Nasya karma* was done by *Anu Tailam*. Result: After 15 days of treatment there was marked relief of the symptoms like pain, stiffness etc. Conclusion: The therapies were found significantly effective and clinically safe and no adverse reactions were reported during the treatment period.

INTRODUCTION

Vayu is the elan vitae, *Vayu* is the strength, *Vayu* is the sustainer of the body of living beings, *Vayu* is all-pervasive, and *Vayu* is reputed as the controller of everything in the universe^[1]. *Vayu (Vata)* is the most important because it controls all type of sensation and motor actions. *Vata* is responsible for all neuromuscular activities^[2]. The aggravated *Vayu* itself after afflicting the concerned *Dusyas* (tissue elements) pervades the entire body or a part of it to give rise to different types of pain^[3]. *Vata* localized in the region of the shoulder, getting aggravated, dries up the bindings (ligament) of the shoulders, constricts the *Siras* (veins) present there and produces *Avabahuka*. *Avabahuka* is a disease that usually affects the *Amsa sandhi* (shoulder joint). It is produced by the *Vata dosha*^[4].

According to *Susruta*, even though the term *Avabahuka* is not mentioned in the *Nanatmaja Vata vyadhi*, *Acharya Sushruta* and others have considered *Ababahuka* as a *Vataja vikara* *Avabahuka* is mentioned in *Sushruta Samhita* along with the *Samprapti* (etiopathogenesis) and *Rupa* (symptoms) in *Nidana Sthana*. According to signs and symptoms it is correlated with frozen shoulder. Adhesive Capsulitis (AC), is also known as frozen shoulder an insidious painful condition of the shoulder persisting more than 3 months. This inflammatory condition that causes fibrosis of the glenohumeral joint capsule is accompanied by gradually progressive stiffness and significant restriction of range of motion (typically external rotation)^[5]. The capsule of the shoulder joint has ligaments that hold the shoulder bones to each other. When the capsule becomes inflamed, the shoulder bones are unable to move freely in the joint. Most of the time, there is no cause for frozen shoulder. Risk factors include i.e., cervical disk disease of the neck, diabetes, shoulder injury, shoulder surgery, open heart surgery, thyroid problems etc^[6]. Shoulder pain is a common complaint in both genders over the age of 40, and is most often due to degenerative disease of tendons in the rotator cuff. Frozen shoulder present with upper arm pain that can progress over 4-10 weeks before subsiding over a similar time course.

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According to modern treatment anti-inflammatory drugs (NSAIDs) and steroidal injection at local site are given for relieving the symptoms of frozen shoulder syndrome^[7]. Patient may keep continue these drugs, long term use of these drugs causes side effects. So that we have an opportunity to find out new effective treatment procedure to cure the disease.

We used *Nasya karma* for cure the *Avabahuka*. If *Vata* is found affecting the shoulders, nasal medication administered by an intelligent physician^[8]. The administration of medicine through nasal route is known as *Nasya*. The nose is the door way to *Siras*

(head), which is *Uttamanga* medicine that is instilled in the nasal cavity, spreads through channels and promotes the functions of sensory and motor organs situated above the clavicle and cures the diseases affecting those organs^[9].

Case Presentation

A 55 years old male patient presented himself to the OPD of Panchakarma, K.S.V.A.M.C & R.C. After having pain in the nape of neck region radiating to both hands till the finger since 2 months. There was numbness and weakness in both upper limbs, stiffness in arm and difficulty in performing routine works.

Table 1: Diagnosis of Avabahuka

S.No.	Signs and Symptoms	
1.	Pain (as main feature of vitiated <i>Vata</i>) in shoulder region	Present
2.	Shoulder stiffness	Present
3.	Restriction in shoulder joint range of motion	Present
4.	<i>Sosha</i> (muscular atrophy)	Present

Table 2: Assessment Criteria

S.No.	Signs and Symptoms	
1.	Pain (as main feature of vitiated <i>Vata</i>) in shoulder region	0-absent 1-mild 2-moderate 3-severe
2.	Shoulder stiffness	0-absent 1-mild 2-moderate 3-severe
3.	Restriction in shoulder joint range of motion	0-absent 1-mild 2-moderate 3-severe
4.	<i>Sosha</i> (muscular atrophy)	0-absent 1-mild 2-moderate 3-severe

On examination

General Condition: Moderate

Pulse rate: 80/min

Bowel: Normal

Sleep: Normal

Appetite: Normal

BP: 120/80 mm of hg

Table 3: Ashtavidha pareeksha (Eight fold examination)

Sr.No	Sthan	Lakshan
1.	Nadi (Pulse)	80/min
2.	Mutra (Urine)	Samyak
3.	Mala (Stool)	Vibandh
4.	Jihwa (Tongue)	Saam
5.	Shobda (Speech)	Prakrut
6.	Sparsha (Touch)	Ruksha, Khara
7.	Druk (Eye)	Prakrut
8.	Akruti (Shape)	Madhyam

Table 4: Observation

Signs and Symptoms	BT	AT
Pain (as main feature of vitiated Vata) in shoulder region	3	0
Shoulder stiffness	3	1
Restriction in shoulder joint range of motion	2	1
Sosha (muscular atrophy)	0	0

Treatment Protocol

Procedure	Medicine	Dose	Duration
Abhyanga	Rasna taila	Q.S	15 days
Nadi Swedan	Dasomoola Kwath	Q.S	15 days
Nasya	Anu taila	8 drops each nostril	15 Days

DISCUSSION

Nasya karma which is one among the *Panchakarma* has got an important role in the management of *Urdhvajatrugata Vikaras*. Administration of medicine through the nose is known as *Nasya* (Sha.Ut.8/1). *Nasa* is said to be the door of *Shiras*. Medicine administered through the nose, spreads through the *Shiras* and helps in the evacuation of *Dosha*, thereby pacifying the diseases. *Nasya karma* is the main line of treatment for diseases above the clavicle and it is the only *Shodhana karma* for *Urdhwanga* (Cha.Si.9/88). We use *Anu taila* for *Nasya Karma*. *Anu taila* made by 25 Ingredients i.e., *Jivanti* (*Holostemma adakodien*), *Jala* (*Plectranthus vettiveroides*), *Devadāru* (*Cedrus deodara*), *Jalada* (*Cyperus rotundus*), *Twak* (*Cinnamomum zeylanicum*), *Sevya* (*Vetiveria zizanioides*), *Gopi* (*Hemidesmus indicus*), *Hima* (*Santalum album*), *Dārvi* (*Coscinium fenestratum*), *Madhuka* (*Glycyrrhiza glabra*), *Plava* (*Cyperus esculentus*), *Agaru* (*Aquilaria agallocha*), *Vari* (*Asparagum recemosus*), *Pundrāhva* (*Siccharum officinarum*), *Bilva* (*Aegle marmelos*), *Utpala* (*Nymphaea stellata*), *Dhavani* (two varieties) (*Solanum anguivi* and *Solanum xanthocarpum*), *Surabhi* (*Phoenix pusilla*), *Sthirā* (two varieties) (*Desmodium gangeticum* and *Pseudarthria viscida*), *Krmihara* (*Embila ribes*), *Patra* (*Cinnamomum tamala*), *Triti* (*Elettaria cardamomum*) *Renuka* (*Piper wallichii*), *Kamala*

pilaments (*Nelumbo nucifera*) and *Bala* (*Sida rhombifolia*) etc., maximum drug have *Vatahara* property and it is very much useful in *Jatrudhvagata vyadhi*. Its use strengthens all sense organs and *Anutaila* has ability to enter the minutest channels of the sense organs^[10]. In the above case study, patient got significant relief from the symptoms of *Avabahuka* i.e., frozen shoulder. *Panchakarma* treatment is believed to help in radical elimination of the disease causing factors and maintains equilibrium of *doshas*. In this case study *Nasya karma* done by *Anu taila* during 15 days. Before *Nasya karma abhyanga* was done by *Rasna taila* during 15 days and *Nadi swedan* done by *Dashamoola kwath* during 15 days. In this case study *Nasya* showed good result.

CONCLUSION

This case study demonstrated that Ayurvedic management of *Nasya karma* seems very effective for the treatment of *Avabahuka* i.e., frozen shoulder and this attempt was made to provide safe and effective treatment to the patient within short period. From the above case, it can be said that *Avabahuka* i.e., frozen shoulder can be successfully managed through *Nasya karma* as *Shodhana*. Further and long-term study is required to evaluate the effect of *Nasya karma* in the management of *Avabahuka*.

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