

# Role of Agnikarma & Nasya in the Management of Ababahukaw. S. R. to Frozen Shoulder

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**Abstract:** *Ababahuka is a vata-kaphaja disorder, which may be correlated with a Frozen Shoulder because symptoms of a frozen shoulder are more or less similar to ababahuka. The symptoms of Ababahuka are shoola, stambha, and bahupraspandithara (decrease in the range of motion) of the shoulder joint. Vatavyadhi in general and Ababahuka in context can be treated by Nasya and Agnikarma (a parasurgical procedure) and was adopted to treat this case. A 48-year-old male patient has complained of severe pain, stiffness, and decreased range of motion of the shoulder joint for the last 3 to 4 months. The patient was diagnosed as Ababahuka of the left shoulder joint based on his history of clinical examination. The Nasya karma and Agnikarma can reduce the Vata and Kaphadosha which is the main responsible factor for Ababahuka. After 6 sitting of Agnikarma and Nasyakarma for 15 days (SodhanaNasya) the stiffness and range of motion were improved.*

**Keywords:** Sodhana Nasya, Agnikarma, Ababahuka, Frozen Shoulder, Vatavyadhi, Nasyakarma

## 1. Introduction

Ayurveda is the book for the mankind. It not only emphasizes curing the disease but also advocates preventing of disease. Panchakarma is the most important part of Ayurveda to uproot the disease as achieving the perfect balance of vitiated Dosh, Dhatu, and Agni. Ababahuka is one such disease that affects day-to-day activities like dressing, eating, personal hygiene work, etc. The shoulder is the most vulnerable structure of the human body which is more prone to trauma in accidental injuries. Shoulder pain may also reflect shoulder joint disorders such as frozen shoulder synovitis, glenohumeral instability, and capsule contracture. The features of ababahuka disease can be correlated with 'frozen shoulder'. The frozen shoulder has three stages, respectively the **painful stages** (Stage – I, freezing from 2 months to 9 months), the **stiffness stage** (Stage – II, frozen stage, 4 months to 12 months), and the **resolving stage** (12 months to 42 months). The conserving management with NSAIDs, local injection of glucocorticoids, physiotherapy, etc. There is no specific medication and the available medications may not show satisfactory effects. Ababahuka is mentioned as one of the vatajavikara which occurs in Urdhwajatra Pradesh. The available information regarding ababahuka is very minimal in the ancient literature of Ayurveda. According to AchariyaCharak, 'Nasa hi sirosodwaram' i.e. nose is the gateway to head. 'Nasya' is the prime treatment in Bahusheershatavata. Agnikarma is a para-surgical procedure that helps to pacify the disease caused by Vata and Kaphadosa. It's a daycare, non-invasive, and cost-effective procedure that provides promising results.

## 2. Case Report

A 48-year-old male patient attending the Panchakarma OPD at I.P.G.A.E.&R. at S.V.S.P. Hospital has complained of Pain, Stiffness and restricted movement of the left shoulder region associated with reduction of Flexion, Extension and internal rotation of left shoulder joint. According to the patient, he is unable to lift heavy weights and faces difficulty in backward movement on his left upper limb and also complained of stiffness aggravated in the morning. On examination, there is no motor sensory abnormality, no reduction of muscle bulk, and no swelling present. The case summary of the examination is given in detail in Table No. – 1.

### Intervention:

Case management was initiated after obtaining informed written consent from the patient for the therapeutic procedure. The patient was treated serially on the procedure of Nasya karma for 15 days and Agni karma and pathyaaharseban on per regular basis.

### Local Management:

Before Agni karma the arc of tenderness is properly painted with antiseptic lotion at the left shoulder then dry it with a gauze piece. 10 BinduVishesDahana were produced by Red Hot Panchalauhasalaka in the most tender part of the right shoulder joint followed by the application of Aloe Vera pulp and Yastimadhu for proper heating process. After Agni karma, the patient has been advised to take care of the local part and avoid trauma and exertion. The agnikarma procedure was repeated for 6 consecutive sitting at weekly intervals and follow-up was done after 1½ months. For Nasya karma – at first urdhvajatrugataabyanga done with Mahanarayantaila then proper BaspaSwedan given. After proper swedanlakshan appears, the patient is subjected to

Nasya karma with karpastailam 8 drops in each nostril at the position of Uttanasyasayana and pralambiksira of the patient. At last, gandusa karma is done with lukewarm water as a paschat karma.

**Pathya – Apathya:**

All types of Bakery items, Bananas, fermented food, Bidahianna, overactivity of the shoulder joint, daytime sleep, and cold water drinking were restricted.

**Outcome and Follow-up:**

The timeline of events while treating the patient is mentioned in Table No. – 2. The assessment was done based on symptomatic relief and disabilities of the Shoulder and Hand (DASH) score. Nasya karma is given at IPD for 15 days.

**Table 1:** Case Summary of Examination

Particulars	Description
1) Onset	1) Dull ache pain at morning which is sudden in onset.
2) Duration	2) Since last 2 years.
3) Aggravating factor	3) Lifting heavy weight & physical work.
4) Relieving factor	4) Rest
5) Site	5) Left shoulder region
6) Flexion of left shoulder region	6) 55°
7) Extension left shoulder region	7) 25°
8) Abduction of left shoulder region	8) 75°
9) Abduction of left shoulder region	9) 2°
10) Internal rotation	10) 50°
11) External rotation	11) 40°

**Table 2:** Timeline of events for Agnikarma and Nasyakarma

Date	Event	Improvement
13/5/2023	1 <sup>st</sup> day for Agnikarma done	Pain, stiffness and ROM mildly improved. VAS – 8
20/5/2023	Agnikarma has been completed for second time	Pain & stiffness slightly reduced. VAS – 6
Date	Event	Improvement
27/5/2023	The third sitting of Agnikarma done.	Moderately reduced of pain & stiffness. VAS – 5
30/5/2023	Forth sitting of Agnikarma done.	All symptoms are improved. VAS – 5
7/6/2023	5 <sup>th</sup> sitting has been done.	All symptoms are improved. VAS – 4
14/6/2023	6 <sup>th</sup> sitting has been completed.	No pain and stiffness present. Range of motion achieved.

**Table 3:** Outcome measures and follow-up on the basis of Agnikarma along with Nasya karma

Findings	Before Treatment	After Treatment
1) Restricted painful movement of Right Shoulder	Present	Absent
2) Local Examination		
• Pain	VAS – 8	VAS – 0
• Tenderness	Grade – II	Grade – 0
3) ROM	75°	160°
• Abduction	105°	170°
• Internal Rotation in extension	Severe	Severe
• Muscle Power	7	7
• Disabilities of the Arm	70%	25%



### 3. Discussion

The Ababahuka is a vatavyadhi which mainly affects the ansasandhi. There is no direct reference of Ababahuka under 80 types of vatajananatmajavikara in CharakSamhita. It is mentioned as BahushirsagataVata and the term Apabahuka is first mentioned by Susruta. The Ayurveda treatment modality Agnikarma is heat therapy and can pacify VatakaphaDosa by its Ushnaguna. Ushnaguna is supposed to improve Rasa-Rakta circulation and remove degenerated and necrotized fibrous tissue aggregated in joints. It helps with neovascularization of the local area of the glenohumeral joint. Establishing proper nourishment for the shoulder joint recommences proper shoulder joint function.

In case of Nasya –The drug is administered through the nostril, reaches to sringatka (a shiramarma) spreads into the mudha, Netra, shrota, kantha, shiramukhas, etc., and scratches the morbid dosas from that region and expel them from the Uttamanga. SringatkaMarma as ShiraMarma formed by the union of shiras (blood vessels) supplying to nose, ear, eye, and tongue. Nasya is given with Karpasasthyaditailam which is sarbavatarogahara. The ingredients like Bala, Karpas, Masa, and Kulattha which are Brimhaniya, Vatahara, and Balya. Kullatha is kaphavatahara, lekhanitya property which helps to remove the avarana of kapha at Amsasandhi, and Snigdha property of sneha helps to neutralize the Vayu at shoulder region when the vayu is in samyabastha at shoulder region the pain and stiffness is reduced.

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