SVALPA MASHA TAILA NASYA IN THE MANAGEMENT OF AVABAHUKA - A CASE REPORT

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ABSTRACT
Avabahuka is one of the Vatavyadhi and it is considered as a disease that affects the Amsa sandhi and is produced by the vata associated with kapha dosha. The vitiating vata dosha in Amsa pradesha produces constriction of bahugata sira and causes restricted movements or pain while moving the shoulder. The signs and symptoms of Avabahuka resemble that of frozen shoulder in modern science. Ayurveda has great role to manage this disease. Here a case report is presented to known the effect of SVALPAMASHA TAILA NASYA in the management of Avabahuka.

Keywords: Vatavyadhi, Avabahuka, Frozen shoulder, Nasya karma

INTRODUCTION
Frozen shoulder is a condition which presents with upper arm pain that progress over 4-10 weeks before receding over a similar time course, there is marked anterior joint/capsular tenderness and stress pain in a capsular pattern, later there is a painless restriction often of all movements1. Frozen shoulder has an incidence of 3 % in general population. It is rare in children and people under 40 but peaks between 40 and 70 years of age, women are often affected than men. Total more than 10 million cases per year in Indian suffer from Frozen shoulder2. Ayurveda has a great role to manage this disease successfully. Nasya karma is one of the important procedures of Panchakarma therapy. Chikitsa sutra of Avabahuka starts with Nasya1. In visheshachikitsa of Bahusheerasagata vata there is a special mentioning of Nasya procedure. The drug administered through nose nourishes the Shiras, Skandha, Greeva, Vaksha and Indriyas3.

A Case Study
A 55 year old female patient by profession teacher came to S.J.G Ayurvedic medical college and hospital Department of Panchakarma on 4th July2018 and diagnosed as patient of Avabahuka.

- with the complaints of pain and mild stiffness of left shoulder joint along with restricted movements of shoulder joint since 6 months
- Pain is constant in nature that become worsen while lifting heavy things and writing on a board since 5 months
There was a history of treatment for \textit{Avabahuka} under private practitioner for last 3 months with no significant relief.

**CLINICAL FINDINGS:**
- On clinical examination patient was found a febrile with blood pressure-130/80 mm of Hg and not a k/c/o DM
- Pulse rate-82/minute
- RR-18/minute.
- On systemic examination no abnormality was found in respiratory, cardiovascular and central nervous system activity
- On Numeric pain rating scale patient had moderate pain whole day and on Goniometry the range of shoulder movements was markedly reduced.

**THERAPEUTIC INTERVENTION:**

\textbf{POORVA KARMA}: Sthaniya abhyanga of urdvajatrugata bhaga with tila taila and Baspa sweda done for 15 minutes

\textbf{PRADHANA KARMA}: NasyaKarma with Svalpa masha taila quantity of 8 bindu in continuous stream in each nostril for 8 days.

\textbf{PASCHAT KARMA}: Hasta sweda, Kavala with Lukewarm water and dhumapana.

**RESULTS:**

On numeric pain rating scale, there was a noticeable relief in the pain and increased in the range of movements was observed on Goniometry after 8 days of Nasya karma. On follow up, after 15 days no symptoms reappeared. Diet plan was advised. Patient was satisfied with the management. We have called the patient for 3 successive follow up. After 3 follow up also patient was happy with no recurrence of symptoms.

**DISCUSSION**

As \textit{Avabahuka} is a vatavyadh\ in general it is difficult to cure. However, vatavyadhi when it is new, devoid of complications and affected patient who had strong manasika and sharirika bala can be managed with chikitsa. As \textit{Avabahuka} comes under \textit{Vatavyadhi}, the line of treatment of vatadosha comprises of Snehana, Swedana, Samshodhana and nidanaparivarjana.\ Among these treatments, Snehana type of Navana Nasya or Brimhana Nasya are more beneficial. In this case we have used Svalpamasha taila for Nasyakarma, patient also showed encouraging result just in first follow up.

The drugs used in this taila having vatashamaka and brumana properties

**Mode of action of Svalpamasha taila:**

\textbf{Masha:}
Avabahuka is vathakapha predominated disease. Masha is having vatha shamaka property. It is Madura rasa, Guru, snigdha Guna and ushna veerya in nature that helps in subsiding the vata dosa and increases kapha dosa of Avabahuka.

\textbf{TilaTaila:}
Taila is having vatakapha shamaka properties. Due to these properties we are getting a good result. Taila is having mrudhukara bhavas. In Avabahuka akunchana (constriction) is there. This akunchana is

<table>
<thead>
<tr>
<th>Range of movements of shoulder joint</th>
<th>Day 0 (before treatment)</th>
<th>Day 9 (after treatment)</th>
<th>Day 24 (follow up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexion</td>
<td>140° with pain</td>
<td>170° without pain</td>
<td>180° without pain</td>
</tr>
<tr>
<td>Extension</td>
<td>50° with pain</td>
<td>60° without pain</td>
<td>60° without pain</td>
</tr>
<tr>
<td>Abduction</td>
<td>135° with pain</td>
<td>160° without pain</td>
<td>180° without pain</td>
</tr>
<tr>
<td>Adduction</td>
<td>95° with pain</td>
<td>150° mild pain</td>
<td>160° without pain</td>
</tr>
<tr>
<td>Internal rotation</td>
<td>55° with pain</td>
<td>60° without pain</td>
<td>60° without pain</td>
</tr>
<tr>
<td>External rotation</td>
<td>99° with pain</td>
<td>125° with mild pain</td>
<td>130° without pain</td>
</tr>
</tbody>
</table>

The drugs used in this taila having vatashamaka and brumana properties
relieved by the *mrudhukara bhavas* of the *taila*.

**Saindava:**
*Saindhava* having *laghu, snigdha, sukshma guna*. *Laghu* and *snigdha guna* helps to increase the *kapha dosha* and *sukshma guna* helps for easy penetration.

### CONCLUSION

There was a significant relief in *Avabahuka*. Though it is difficult to manage, but *Abhyanga, swedana, Nasya* can be good option for better management as it does *snehan* to affected part and do *vata shaman*. *Nasya karma* gives strength to *urdwajatrugata bhaga* so that pain gets subsides and gives long standing relief and person can lead happy life without shoulder pain.

### REFERENCES

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