

## Clinical Evaluation of Karpasasyadi Tail Nasya And Abhyangon Avabahuka W.S.R.T. Frozen Shoulder- A Case Study

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### Abstract:

A Frozen Shoulder<sup>[1]</sup> is one of the common musculoskeletal disorder encounters in Indian population with a prevalence<sup>[2]</sup> of almost 50% of patients with diabetes and 2-10% without diabetes. The Frozen Shoulder may or may not be associated with Diabetes Mellitus which is recognized as restricted hand movements, pain at shoulder joint radiating to the hand and stiffness. The condition may have involvement of inflammation at the muscle and ligament joint to the bone. Statistics suggests that 5-20% of population will experience an episode of frozen shoulder. Avabahuka<sup>[3]</sup> is one of the diseases which hampers day to day activity of an individual. Avabahukamanifest due to depletion of tissue elements (Dhatukshay) as well as Samsrushta Dosha. Avabahukais considered to be a disease of Ansasandhiproduced by Vatadosha. In Avabahukaetiological factors like RukshaLaghuAharaviharand Atibharvahancauses vitiation of Vatadoshadirectly. Vataget accumulated in Strotasaand manifest the symptoms. Ansapradeshagets affected by vitiated Vataand therefore Ansashoshaalso occurs.

In this study, patient was observed with symptoms of pain, numbness and restricted hand movements. The patient was treated withKarpasasyaditaila<sup>[4]</sup> was in the form of Nasya<sup>[5]</sup> and Abhyanga for 30 days. Results obtained was remarkable.

**Key words:** Avabahuka, Frozen shoulder, Karpasasyaditaila, Nasya, Abhyanga.

### Introduction:

**T**he Avabahuka is a SushrutoktVataDisorder of

Ansa Sadhiinvolving VataDosha. In modern science Avabahuka can be correlated with Frozen shoulder which is characterized by pain and stiffness of shoulder joint with radiating pain. Patient between 45 to 60 years is commonly affected with Frozen Shoulder. Incidence in female patients are more than male patients. Patient first experiences pain followed by gradual stiffness of shoulder. Degeneration of Supraspinatus tendon is also cause of condition. Patient may give history of trauma in the way of lifting weight or protecting himself from falling. Abduction and external rotation is also restricted.

The Avabahuka is explained in the AshtangHrudayNidanSthana. According to Samhita there is Vataprakopaat shoulder joint i.e.

Ansasandhicausing Sirasankochwhich leads to restricted movements and Ansashosh. Nasyaand Abhyangis given as a line of treatment. Nasyais a term to be applied generally for medicated oils administered through Nasal Passage. Nasyakarmais considered for the diseases of Urdhvajatrugat Vikarsuch as Avabahuka. Abhyangtherapy means local application of medicated oils to treat the vitiated Vatalocally. It is the most significant therapy for VataDisorder. In this case Karpasasyadi Tail was administered in the form of Nasyaand Abhyangtherapy. Content of Karpasasyadi Tail as Karpas Asthi<sup>[6]</sup>, Bala<sup>[7]</sup>, Masha<sup>[8]</sup>, Kulattha<sup>[9]</sup>, Devdaru<sup>[10]</sup>, Rasna<sup>[11]</sup>, Kushtha<sup>[12]</sup>, Sarshapa<sup>[13]</sup>, Shunthi<sup>[14]</sup>, Shatavha<sup>[15]</sup>, Pippalimool<sup>[16]</sup>, Chavya<sup>[17]</sup>, Shigru<sup>[18]</sup>, Punarnava<sup>[19]</sup>, TilTaila<sup>[20]</sup>, Ajaksheer.

The modern medicine treatment includes steroid and painkillers, but regular use of these can lead to severe health issues. Along with ayurveda we can correct all the symptoms without any side

effects. *Karpasasyadi tail* in the form of *Nasya* as well as *Abhyang* (local application) is one of the drug of choice in these conditions.

**Material:**

A 50yr old female patient came to opd with complaints of –

1. Pain at right shoulder joint
2. Numbness at right shoulder joint
3. Restricted hand movements (45<sup>0</sup>)

Patient was complaining all above symptoms from 2months.

**Past History:**

K/C/O DM since 2 yr on treatment Tab Metformin 500mg BID  
 Patient did not have any history of Hypertension / Asthma / Epilepsy/ Ischemic heart disease / Tuberculosis  
 No history of any major surgical illness.  
 No history of any addiction like alcohol / smoking / tobacco  
 N/H/O – Typhoid / chickenguniya / dengue / jaundice  
 Patient took treatment previously at Allopathy Hospital for same complaint, but he got temporary relief.

**General Examination:**

The general condition of patient was fair and afebrile.  
 Pulse - 72/min  
 Blood pressure - 120/70 mm of hg  
 Respiratory rate – 20/min  
 Jivha – Alpasama  
 Prakruti–Vatakaphaj

**Systemic Examination:**

In the systemic examination, findings of respiratory and cardiovascular system within normal limits. Abdomen was mildly distended; non tender and bowel sounds were present. Patient was conscious and well oriented and pupillary reaction to light was normal.

**Management:**

Patient was treated with *Karpasasyadi Tail* PratimarshNasya for 30days along with local application i.e. *Abhyang*therapy.

Drug of Study: *Karpasasyadi Tail* (Already standardised)

Ingredient of *Karpasasyadi Tail*:

*Kalka Dravya: Devdaru, Bala, Rasna, Kushtha, Sarshapa, Shunthi, Shatavha, Pippalimool, Chavya, Shigru, Punarnava*

*Sneha Dravya :TilTaila*

*Drava Dravya: Karpas Asthi, Balamoola, Masha, Kulathakwath, Ajaksheer*

**Methodology:**

*Karpasasyadi tail* will be given in the form of *Pratimarshnasya* i.e 2 drops each nostril in the morning and followed by *Abhyang* (local application) twice a day for 20 minutes.

**Parameters:**

Patient will assess over the following criteria: Pain, Numbness and Restricted hand movements

Sr No	Symptoms	Grading
1	<b>PAIN</b>	
	No pain	0
	Mild pain	+
	Moderate pain	++
	Severe pain	+++
2	<b>NUMBNESS</b>	
	No numbness	0
	Mild numbness	+
	Moderate numbness	++
	Severe numbness	+++
3	<b>RESTRICTED HAND MOVEMENTS</b>	
	No restriction	0
	Mild restriction (135 <sup>0</sup> )	+
	Moderate restriction (90 <sup>0</sup> )	++
	Severe restriction (45 <sup>0</sup> )	+++

**Observation:**

The observation readings were taken as before treatment, after 15 days and after 30 days of administration of treatment.

Symptoms	Before Treatment	After 15 days of treatment	After 30 days of treatment
<b>Pain</b>	++	+	0
<b>Numbness</b>	++	+	0
<b>Restricted Hand Movements</b>	+++	++	0

**Discussion:**

According to Ayurveda *Avabahukais* one of the diseases of vitiated *Vata dosha* with *Sirasankoch* causing *Hastakarmahani*. In Sahastrayoga, *Karpasasyaditailais* mentioned exclusively for *Avabahukain* the form of *Nasya* and *Abhyanga*. Most of the contents of *Karpasasyaditaila* having *Katu, Tikta rasa, Katu Vipaka, Ushna Veerya, Guru Snigdha Guna* and *Vatashamakaproperties*. All these properties regularizes the vitiated *Vata Dosha* giving relief from pain, numbness and restricted hand movements.

<b>Chavya</b>	Piper cheba	Katu Tikta	Katu	Ushna	LaghuRukshaTikhna	Kapha vataghna
<b>Shigru</b>	Moringa oleifera	Madhur Tikta	Katu	Ushna	LaghuRukshaTikha Sara	Kapha pittaghna
<b>Punarnaava</b>	Boerhaviadiffusa	Katu Madhur Tikta Kashya	Katu	Ushna	LaghuRuksha Sara	Tridos haghna
<b>Masha</b>	Phaseolus mungo	Madhur	Madhur	Ushna	Guru Snigdha	Vatashamaka
<b>Kulattha</b>	Dolichos biflorus	Kashya	Katu	Ushna	LaghuRuksha	Kapha vatashamaka
<b>Til</b>	Sesamum indicum	Madhur Kashya Tikta Katu	Madhur	Ushna	Guru Snigdha	Vatashamaka

Ingrédients	Latin Name	Rasa	Vipaka	Veerya	Guna	Doshaghna
<b>Karpas Asthi</b>	Gossypium herbaceum	Madhur	Katu	Ushna	Snigdha Guru	Vatapitaghna
<b>Devdaru</b>	Cedrus deodara	Tikta	Katu	Ushna	Laghu Snigdha	Vataghna
<b>Bala</b>	Sidacordifolia	Madhur	Madhur	Sheeta	Laghu, Snigdha, Pichhil	Vatapitaghna
<b>Rasna</b>	Pluchea lanceolata	Tikta	Katu	Ushna	Guru	Vataphashamaka
<b>Kushtha</b>	Saussurea lappa	Katu Madhur Tikta	Katu	Ushna	Laghu	Kapha vatashamaka
<b>Sarsapa</b>	Brassica campestris	Katu Tikta	Katu	Ushna	Tikshna Ruksha Snigdha	Kapha vatashamaka
<b>Shunthi</b>	Zingiber officinalis	Katu	Madhur	Ushna	Laghu, Snigdha	Kapha Vatashamak
<b>Shatavha</b>	Anethum sowa	Katu	Katu	Ushna	LaghuRukshaTikhna	Vataphaghna
<b>Pippalimoola</b>	Piper longum	Katu Tikta	Katu	Ushna	Ruksha, Laghu, Tikshna	Kapha vatashamak

**Conclusion:**

It has been concluded that *Karpasasyaditaila* given as *Pratimarsh Nasya* along with *Abhyanga* therapy is very effective in *Avabahuka*. Patient improved Symptomatically.

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