

TO STUDY THE EFFECT OF SUCHI VEDHANA IN MANAGEMENT OF AVABHAUKA (FROZEN SHOULDER)

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ABSTRACT

Shoulder joint has the greatest range of stir among all joints in the human body, and Avabahuka is a complaint of Amsa sandhi i.e. shoulder joint and it has been described under eighty type of vata vyadhi by acharya sushruta. Trauma on Amsa Marma same lakshana is seen as like Avabahuka. In the references of ayurveda firmed shoulder is nearly related to Avbahuka. It's one of the commonest musculoskeletal complaint visited in conventions. Ultramodern medical wisdom plays veritably lower part in the operation of frozen shoulder. In Ayurveda colorfulpara-surgical procedures were

mentioned for conditions of vata kapha in which *suchivedh* is one amongst them, that has been recommended in colourful musculoskeletal diseases hence a study was conducted to estimate the effectiveness of *suchivedh* in Avabahuka.

KEYWORDS: *Avabahuka*, Amsa Marma, *suchivedh*, frozen shoulder.

INTRODUCTION

Human shoulder is the most mobile joint in the body. Shoulder is a complex functional unit with multitudinous apkins able of causing pain and common dysfunction. Shoulder pain is coming to back and neck pain in frequence and poses as a significant disabling musculo-skeletal handicap.^[1] The shoulder is the most complex structure(anatomically) that allows movement in numerous planes. We generally don't suppose about the significance of the shoulder joint until its functions are hampered. Also it becomes egregious that how pivotal it's for numerous essential conditioning. Avabahuka is a condition characterized by pain and stiffness of shoulder joint leads to defined movements of the hand. It's caused by the vitiation

of vata dosha. In textual references of Ayurveda, the complaint termed Shoulder is nearly related to Avabahuka. Siravedha is a broad term used for removal of blood. It could be of any type, venesection, leech, horn and gourd, scarification or indeed an prick^[2] When siravedh is performed, the most vitiated dosha i.e. rakta is released, also on suchividdha the most vitiated dosha is released.^[3]

Literature review

Avabahuka The condition Avabahuka is named so, as it affects Amsa Sandhi. Similar descriptions are found in other samhitas of Charaka and Vagbhata. The condition resembling frozen shoulder is Avabahuka.

- Acharya Sushruta^[4] And Acharya Vagbhata^[5] mentioned Avabahuka as a Vata Vyadhi.
- Acharya Charaka has not mentioned it as Bahudosha in Vata Nanatamaja Vikara.^[6]
- Charaka called such condition as Bahusirshagata Vata.
- According to Madhukosha Tika Avabahuka is the combination of shleshaka kapha Shosha and Shoola during movement, restricted movements. Amsa Shosha is preliminary stage of Avabahuka, in which Shleshaka Kapha Shosha occurs in Amsa Sandh.^[7,8]

Nirukti paribhasha

Avabahuka comprises two words i.e. 'Ava' and 'Bhuka'.

Ava- Viyoga/Vikratou, which means dysfunction or separation. It can be taken as deterioration or dysfunction.

Bahuka- ending of Bahu (the arm). Bahuka is a muscular gender. Avbahuka means stiffness in the arm or bad arm.

Nidan

There can be two types of hetu causing Avabahuka which are as follows.

1. Bahya hetu – causes that lead to injury to the Marma or the region surrounding that.
2. Abhyantara hetu- indulging in Vata Prakopa. The Nidana leading to vitiation of vata in That region are Abhyantara hetu.

This may be again- Bahya Aabhighataja(external cause) and Dosha Prokopajanya (Samsraya) Bahya Abhighataja- which manifests Vyadhi or the disease first. Whereas, the other is Dosha Prokopajanya (Samsraya) which in turn leads to Karmahani of Bahu. As the disease come under Vatavyadhi, the Nidana of the Vatavyadhi can also be the Nidan of

Avabahuka.^[9] The cause of Vata Vyadhi are- Dhatu Kshaya Aavrana Out of these two causes, Aavrana seems be the cause of Avabahuka.

Frozen shoulder

Frozen Shoulder pattern causing stiff and painful shoulder is a common disability in the middle aged population. The opinion is frequently used for any painful shoulder condition associated with a loss of motion but it's important to understand the cause of symptom's in order for treatment to do effectively. Tenacious capsulitis or Frozen Shoulder has uncertain aetiology. It's present with restriction of active and passive movements, accompanied by ramify pain generally.^[11]

MANAGEMENT

Suchivedhan

In Sushruta Samhita, "Siravyadha Vidhi Adhyaya" has been explained in which Vyadha of specific Siras for a Specific disease is mentioned. The word 'Vyadhya' has so many meaning which is as follows.

- To bore a hole to drain.
- To let out entrapped Vayu.
- To let out entrapped circulation in blood vessels.
- To let out fluid in jatodaka and Mutravrudhhi
- To let out pus in Vidradhi.

Sira always carry all Doshas i.e. Vata, Pitta and Kapha, along with Rakta. Physiological and mental functions go well when Prakruta Vayu is moving in its own direction. Vitiated Vayu moving in Sira produces different Vata Vyadhi. Vedhan indicates deranged or vitiated Vayu and this is the indication for Vidhha Karma.^[12]

When Siravedha is performed, the most vitiated Dosha i.e. Rakta is released, similarly on Suchivedha the most vitiated Dosha is released.^[13] A simple puncture also bleeds which is not revealed.^[14]

Suchivedha removes obstruction of blood vessels and establish normal circulation. It reduces he load of pathogens circulating in blood. It lets out the most vitiated Dosha first.

Depth of Vyadya Karma- Acharya Sushruta has described a depth of level of vidhha karma according to the area are as follows.

Mamsal Pradesha- 1 Yava

Ashti Pradesha - Ardha Yava Matra.

Tawk Pradesha –Ardha Yava Matra/ Vrihi Matra

The instrument should be used Vrihimukhen Yantra for Vyadhan in Mamsal Pradesha. Kutharika Yantra is to be used for Asthi-Vyadhana.^[14]

Acharya sushruta mentioned various instrument for vyadhan karma are as follows.

सुचिवेधन कुठारिकाविहीमुखारावेतसपत्रकाणिव्यधने सुचीच || सु/सू ८/४

For Suchivedhan we use needle no 26. This needle`s length is exactly matches with length of Vrihi i.e. 13mm, and 0.45mm breadth. So it should be pierced 2mm to 4mm for skin, 4mm to 6mm for Mamsa and 6-10mm for Snayu, Asthi and Sandhi.^[16]

DISCUSSION

Frozen Shoulder syndrome causing stiff and painful shoulder, is a common disability in the middle aged population. The diagnosis is often used for any painful shoulder condition associated with a loss of motion, but it is important to understand the cause of the symptoms in order for treatment to proceed effectively.

In Suchivedhan veritably minute volume of blood comes out. Though the volume of the oozing blood is veritably low, it may be sufficient to expel out the most vitiated Doshas. So, in Avabahuka the vitiated Doshas Vata and Kapha may be released out after Suchivedhan, performing in Vednashaman and relaxation of Amsabandhana.

CONCLUSION

Suchivedhhan is effective in reducing pain in Avabahuka. The Suchivedhan procedure is kindly neglected by para-surgical physicians it needed to be explored more. It's cost-effective and gives immediate pain relief. It's simple in operation of Avabahuka. Suchivedhan Anuloman Gati to vitiated Vata Dosha by removing Kapha Awarana in Avabahuka.



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