

## Management of Frozen Shoulder by Agnikarma (PanchdhatuShalaka)- A Case Study.

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### ABSTRACT:-

Ayurveda is a science of life which has Active role in treating various diseases.

Agnikarma is intentional Therapeutic Heat burn (I.T.H.B.).

It was broadly described by AcharyaSushruta, charak, Vagbhata and many others.

In SushrutaSamhita under Anushastra karma ( SushrutaSutra 12).

The Agnikarma are more superior than kshara as disease treated with Agnikarma never happen again and the diseases that not cured by bsheshaj, Shasta, Kshara are may treated by Agnikarma. (A.H. sutra 30, S. Sutra 12).

AcharyaSushruta has mentioned different methods of managements of diseases, such as Bsheshajakarma, Ksharakarma, Agnikarma, Shastrakarma and Raktamokshana.

The Approach of Agnikarma has been mentioned in the context of diseases like Arsha, Arbuda, Bhagandar ,Sira, Snayu, Asthi, Sandhigataavatikaras and Gridhrasi.

Agnikarma Procedure seems to be more effective by providing timely relief.

AcharyaSushruta has mentioned surgical and parasurgicalprocedure ,Agnikarma is among of them. Frozen Shoulder also known as Adhesive capsulitis is disabling disease of shoulder causing pain and restricted mobility of shoulder joint. Basically conservative treatment is done which involves use of NSAID and Physiotherapy. Most of the patients get relief in due course of time. And one of our patient who got no relief with conservative management and was suggested surgery by an Orthopaedic surgeon was effectively treated with Agnikarma.

**Keywords:-** Agnikarma, Frozen shoulder, Panchdhatushalaka.

### I. INTRODUCTION:-

Shalyatantra is one of the eminent branches of Ayurveda, which consist of major therapies like Bsheshajakarma , Ksharakarma,

Agnikarma, Shastrakarma and Raktamokshana. Agnikarma is superior among all of them and has proved to be a boon where local involvement of vata and kaphadoshas are observed in the disease.

AcharyaSushruta has mentioned Agnikarma, which is therapeutic burning on specific sites.

It can be done with various tools like pippali, Ajashakruta, godanta, shara, Shalaka etc.

Prolong immobilization of shoulder due to surgery or trauma may cause this condition.

It is common in age group ranging in the age group 40 to 60, more commonly seen in females.

Frozen shoulder it is characterized by severe pain in shoulder and restricted movement both active and passive. All types of range of movements are restricted particularly external rotation is more painful to start initially then all movements become painful and restricted.

Frozen Shoulder manifests clinically as shoulder pain with progressive restricted movement , both active and passive, along with normal radiographic scans of the glenohumeral joint.

Pain is particularly worst at night and it disturbs the sleep of patient a lot<sup>(1)</sup>

### II. CASE REPORT:-

A 50 yrs old patient presented to our institute attached Ayurved Hospital at Government Ayurved college and hospital nanded with c/o-severe pain in left shoulder for 1 month, pain worst at night. Pain at upper arm anterior aspect. For 15 days, gradual restriction in movement.

History of Present illness :-A 50 yrs old male was apparently alright 1 month back suddenly he got dull aching pain at her left shoulder. He took some painkillers available at medical store but didn't get relief. Pain was gradually increasing in intensity he also noticed restrictions in movements. O/E GC- Fair, moderate, Afebrile.

No pallor

No Ecterus

BP:- 110/70 mm of hg

PR:- 70/ min

S/E:- RS:- NAD

CVS:-NAD

CNS:-NAD

L/E:- Tenderness at Anterior and posterior aspect of left shoulder. Tenderness at anterior aspect of left upper arm. Painfull and restricted movement. On the basis of above observation and history we also diagnosed her as a case of frozen shoulder.

We decided to go for Agnikarma concept of Therapeutic and consent for the same was taken after explaining her whole procedure properly most painful, tender points were marked with marker pen, skin was cleaned with spirit, Agnikarmashalaka was made red hot by burning it on LPG Gas burner. Agnikarma was performed in bindu manner. Immediately after Agnikarma he got 80% relief at the tender spots. Mobility was also increased. In follow up increase in range of mobility was appreciated. Patient was much satisfied as he was able to do her household work with mild discomfort and he was having sound sleep at night.

In this follow up we again did Agnikarma procedure at tender spots. This time also he immediately got complete relief in pain, there was mild pain during movement. He was again asked to come for follow up after 7 days.

In this 4<sup>th</sup> follow up there was mild discomfort during movement pain was almost completely reduced. Now in this follow up we asked her to do exercise regularly. Thus, patient got almost complete relief in 4 weeks with Ayurvedic management.

Discussion:-Frozen shoulder is disabling disease of shoulder and is self limiting, but recovery takes much longer time upto 3-4 yrs it has 3 steps. First step is freezing step which lasts for 6 weeks to 6 months. In this phase intensity of pain is very much and movement is gradually restricted. This stage is usually well tolerated by patient as pain and stiffness both are gradually relieved<sup>(2)</sup>.

Second stage is called Frozen stage. It lasts for 4 months to 6 months. Intensity of pain decreases but range of motion is lost to a greater extent. Shoulder becomes notably stiff, both active and passive movements are very difficult. Many treatment options are available for management of frozen shoulder still there is no consensus in literature regarding which therapeutic option is superior mostly because of lack of high level of evidence<sup>(3)</sup>.

As the recovery period is much longer and initial stage of freezing is very painful some

alternative treatment like Ayurveda is very beneficial.

Agnikarma (Therapeutic cauterization) is unique procedure described in Ayurveda for instant Relief from pain. It has been mentioned in the texts that diseases cured by Agnikarma will never recur<sup>(4)</sup>. Agnikarma is indicated in all painful condition which are due to vata and pitta.

Frozen shoulder can be correlated with Avabahuk as per Ayurveda. Vata and kapha both are involved in the pathology of frozen shoulder. Agnikarma immediately results in pacification of vata and kapha. This gives immediate improvement in symptoms of frozen shoulder. Instrument used for agnikarma was made up of five metals.

This is probable mode of action of Agnikarma procedure in reliving the symptoms in term of modern science. Aim of treatment in frozen shoulder is to reduce pain and to increase range of mobility. This can be achieved by reducing inflammation. Agnikarma is a type of strong fomentation this results in reduction in inflammation.



DAY 1<sup>ST</sup>



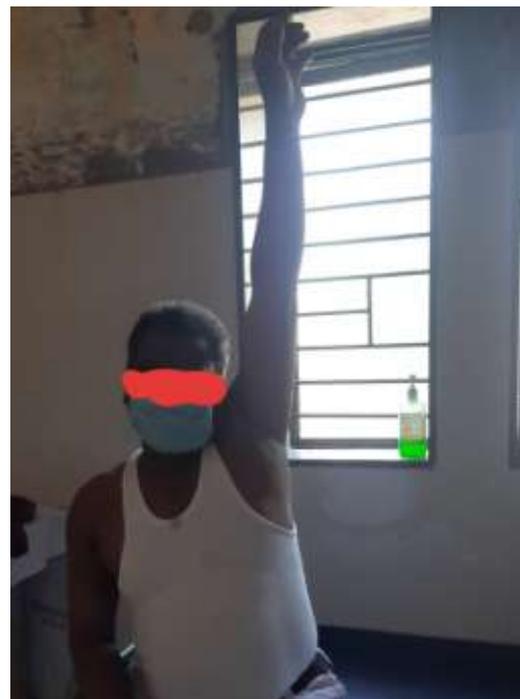
DAY 2<sup>nd</sup>



AFTER 2<sup>nd</sup> SETTING



AFTER 1<sup>st</sup> SETTING



AFTER 3<sup>rd</sup> SETTING

**Conclusion:**-Frozen shoulder can be effectively treated with Agnikarma .



This treatment regimen needs to be applied on larger number of patients to draw appropriate statistical conclusion.

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