



Role Of Marma Chikitsa In Avabahuka (Frozen Shoulder) - A Case Study

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Abstract

Frozen shoulder, also called adhesive capsulitis, is a condition characterized by stiffness and pain in shoulder joint. Signs and symptoms typically begin gradually, worsen over time and then resolve, usually within one to three years. According to Ayurveda Frozen Shoulder is usually compared to Avabahuka. Avabahuka mainly affects Amsa sandhi (shoulder joint). Even though the term Avabahuka is not mentioned in the Nanatamaja vata vyadhi. As per Acharya Sushruta and others have considered Avabahuka as Vataja Vikara. Amsa Shosha is considered as Preliminary Stage of Avabahuka. The Stiffness of the joint is contributed by Kapha Dosha. In many pts stiffness worsens at night due to involvement of Kapha Dosha. Marma Chikitsa is the procedure employed in the study. This is case presentation of a 28 years female patient with history of Avabahuka, having complaints of pain in shoulder joint since past 6 months, stiffness in neck and shoulder region since 6 months, restricted movement of shoulder joint since past 3 months, pt is unable to do day today work because of this condition since past 3 months. Treatment of Frozen shoulder with medications and surgery is a very tedious job for the physician/surgeons. The patient was given Marma Chikitsa for seven days. The patient got relief in all symptoms with appreciable recovery in range of motion.

Keywords: Avabahuka, Frozen Shoulder, Marma Chikitsa

Introduction

'Frozen' shoulder is a common but ill-understood affection of the gleno-humeral joint, characterised by pain and uniform limitation of all movements but without radiographic change, and with a tendency to slow spontaneous recovery under appropriate treatment.

Cause. This is unknown. There is no evidence of infection. Injury is an inconstant factor and its significance is doubtful. Nevertheless it is accepted that symptoms of 'frozen' shoulder do often begin a few weeks after some form of injury.

Pathology. This is not fully understood, though the intense fibroblastic response may represent an auto-immune reaction similar to that seen with Dupuytren's contracture of the hand. There is a loss of resilience of the joint capsule, with adhesions between the synovial folds. Whatever their nature, the changes are reversible, and in most cases the range of joint movement is eventually restored to near normal.

Clinical features. The patient complains of severe aching pain in the shoulder and upper arm, of gradual and spontaneous onset. Pain is often severe enough to disturb sleep. *On examination* the only finding is uniform impairment

of all gleno-humeral movements – abduction, flexion, extension, rotation – which are often reduced to about a quarter or half of their normal range. In a severe case much of the shoulder movement that remains is contributed by scapular movement, which is unimpaired. *Radiographs* do not show any abnormality.

Diagnosis. The characteristic feature of ‘frozen’ shoulder is the uniform limitation of all gleno-humeral movements without evidence of inflammatory or destructive changes.

Differential diagnoses: calcific tendonitis and rotator cuff tear

CASE REPORT

A 28-Year-old patient visited in OPD, she presented with complaints pain in shoulder joint since past 6 months, stiffness in neck and shoulder region since 6 months, restricted movement of shoulder joint since past 3 months, pt is unable to do day today work because of this condition since past 3 months. On examination, there was pain and restricted ROM of shoulder. Pain was sharp aching in nature which was hampering day today activity of the pt. The patient was given Marma Chikitsa for seven days. follow up was done 6 months after the treatment period.

History Of Past Illness

No any know case of HTN & DM.

Family History

No relevant family history found.

Personal History:

Bowel: satisfactory	Diet: veg
Appetite: Good	Addictions: No Any
Micturition: 4-5 /day, 1/night sometimes	Marital status: Married (two female & One Male child)
Sleep: conscious sleep	

Investigations:



X-Ray Shoulder Joint AP and Lat View

Marma Therapy Procedure:

Poorvakarma(Pre-operative Procedure):-

- Patient's written consent was obtained..
- The procedure was explained to the patient.
- Patient was made to sit on a stool.

Pradhankarma(Main Procedure)¹⁰

Method of Identification	Method of stimulation
1. Talahrdaya Marma	
When the middle finger is flexed and the point where the tip of middle finger touches is considered as talahrdaya marma	On this point compression was applied with the help of pulp of thumb for 20 times.
2. Ksipra Marma	
The distal interphalangeal joint of the other thumb is placed over the webspace and the thumb is tilted proximally without flexing the joint and the point where the tip of thumb touches that is identified as Ksipra marma	On this point pressure was applied with the help of pulp of thumb for 20 times.
3. KURCA AND KURCASIRA MARMA	
kurca marma is situated over most prominent aspect of thenar eminence. kurcasira is situated over most prominent aspect of hypothenareminence of the hand.	20 compressions was given with the help of pulps of right and left thumbs simultaneously .
4. MANIBANDHA MARMA	
Manibandha Marma is identified by holding the wrist with another hand in such a way that the middle finger and thumb runs over the styloid process of radius and ulna respectively.	holding the wrist with right hand of the marma chikitsa expert in such a way that the index finger and thumb runs over the styloid process of radius and ulna respectively. 8 compressions was given with index finger and thumb
5. INDRABASTI MARMA	
Indrabasti Marma is situated over the forearm in the midline and four fingers below the joint line of elbow.	With the pulp of right thumb on the pulp of right thumb pressure was applied 20 times on marma point.
6. KURPURA MARMA	
Kurpura marma is located in the entire elbow joint.	two points .one angula below the joint line on the medial and lateral aspect is stimulated by applying pressure in upward direction with help of pulp of thumb of both hands of marma chikitsa expert for 8 times.

7.ANI MARMA	
for stimulation on Ani Marma, the point located four fingers breadth above the elbow joint is identified as Ani Marma because if pressure is applied 3 fingers breadth above the elbow joint it injures the muscle and cause herniation.	With the pulp of right thumb on the pulp of right thumb pressure was applied 20 times on marma point.
8.URVI MARMA	
Urvi marma is situated four finger breadth above Ani Marma.	With the pulp of right thumb on the pulp of right thumb pressure was applied 20 times on marma point.

Pashchaat Karma (Follow-up Procedure):

- Patient was asked to do.
 1. Wrist movement in circular manner.
 2. Elbow extension and flexion.
 3. Shoulder extension and flexion, abduction and adduction, internal rotation and external rotation.
 4. Hands was stretched.
 5. Other physiotherapy exercises was advised.

GRADING OF ASSESSMENT:

PARAMETERS/

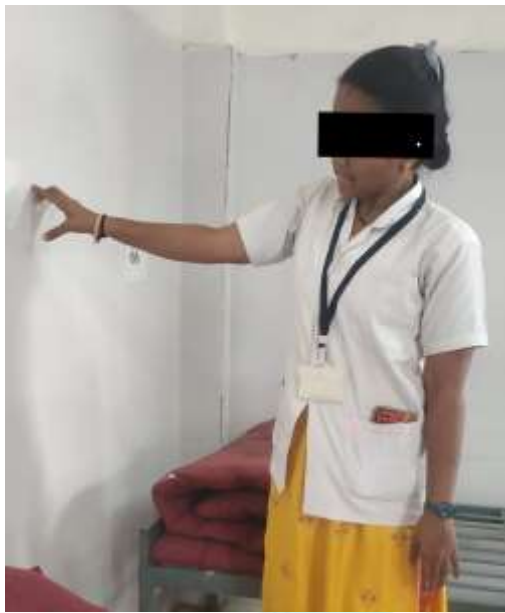
Visit	1 st	3 rd	5 th	7 th
Pain (on Vas Scale)	9	5	2	0

B. OBJECTIVE PARAMETERS

Visit	1 st	3 rd	5 th	7 th
AROM	90	180	270	380

RESULTS:

The clinical feature of Avabahuka was around 50% reduced on 3rd visit and ROM also increased. On 5th visit ROM was 75% recovered and pain was very much diminished. On 7 visit patient was completely relieved from pain and all ROM was recovered

Photograph:**Before Rx****After Rx****DISCUSSION**

The Marma Chikitsa is basically Vata-pittahara Chikitsa, it comes under Madhyama Rogamarga. Marmas are centres for the vital-force or Prana, the master power behind both physical and psychological processes.

- Marma points may be regarded as special Pranic switches in the body, which when properly stimulated, can lead to the proper flow of Prana in different body parts, resulting in the desired therapeutic benefits
- Prana can be guided to clear obstructions, enhance energy flow, access latent energy stores, and establish links with the higher forces of nature and life by manipulating Marmas.
- Mamsa, Sira, Snayu, Asthi and Sandhi Dhamani, Sira, Asthi, Mamsa, Kandra. Sandhi and Snayu are the Sthan used for Marma Chikitsa
- Marma points also help to balance Tridoshas and Trigunas since it involves various Pranas like Vayu, Sattva, Agni, Rajas and

- Marma is related to the Prana which associated with Vata Dosha therefore Marma mainly deal with Vata Dosha. Different Marma points are considered for Vata Vyadhi Depending upon involvement of Vata such as Prana Vata, Udana Vata, Vyana Vata, Samana Vata and
- Marma therapy not only helps in Vata Vyadhi but also helps to clear the channels and improve circulation of body.
- It develops physical and mental flexibility, removes ama and clinically applied for many disease specially heart problem.
- therapy provide stimulation of vital point and thus removes blockages from the Strotas and offer physical and psychological repose.
- Through using Marmas we can restore the proper connection between the subtle body (atma) and the physical body (sharir), resulting in increased health and vitality on both levels.
- Stimulation of Marma points optimizes Prana Vayu and maintains equilibrium.
- Instant pain relief is the motive of Marma Chikitsa. Stimulation of Marma can produce analgesia by secreting a number of prostaglandin inhibitors, endorphins, interferon and other opioids like substances which are hundreds of times more potent than opium.

CONCLUSION

Marmas are considered as half of the surgery subject .Marma Chikitsa stands as a testament to the wisdom of ancient Indian healing practices. In this above mentioned case, the only intervention is Marma Chikitsa without any oral medication, which makes this therapy an efficient, safe and cost-effective management option for Avabahuka along with no associated adverse effects and less recurrence. The main takeaway from the case report is that Marmachikitsa is a very good option for the treatment in comparison to the medical as well as surgical intervention which takes more time and requires more hospitalization that increases the cost of the treatment. But for more concrete and widely acceptable results, a multicentre trial on a large sample size should be done. Its emphasis on balancing the body's life force through precise manipulation of Marma points makes it a powerful tool for holistic well-being, encompassing physical, mental, and spiritual aspects of health. As individuals continue to seek natural and holistic approaches to healing, Marma Chikitsa holds a significant place in the realm of traditional medicine and holistic wellness.

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