

ROLE OF MARMA CHIKITSA IN AVABAHUKA (FROZEN SHOULDER): A CASE STUDY

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ABSTRACT

Avabahuka is described as a disease of shoulder joint and can be correlated with frozen shoulder as per the sign and symptoms of condition. It is described as *Vatavyadhi* by *Acharya Sushruta*. Ayurveda suggested many therapeutic options for treating *Avabahuka* and *Marma* therapy is one of them. *Marma* therapy involves manipulation of subtle energy points in the body to trigger healing process. Stimulation of *Marma* removes blockages from the body and provides physical relaxation. Considering this fact this article presented a Case Report to described efficacy of *Marma* therapy in a case of *Avabahuka* in routine clinical practice. The patient was treated with *Marma* therapy for 3 weeks. The *Ansa Sandhi Shool* and *Ansa Sandhigrah* were considered as clinical symptoms of *Avabahuk* for assessment criteria and grading of symptoms severity ranged from 0-10 scale. Study suggested that *Marma* therapy may be used for relieving symptom of *Avabahuka*; however study on large population was suggested.

KEYWORDS: *Ayurveda, Avabahuka, Marma, Frozen shoulder.*

INTRODUCTION

Avabahuka (Frozen Shoulder) is described as a musculoskeletal disorder which affects shoulder joint and deteriorate quality of life. *Acharya Sushruta* considered *Avabahuka* as *Vatavyadhi* which initiated with *Ansa shosha* (*Shoshitavama ansa bandanam*) in preliminary stage and vitiation of *Vata* causes pain, restriction in shoulder movements and finally *Shiraschaya aakunchaya* observed.

The *Vata* lodged in the root of shoulders, constricted veins and restrict movement of arm which described as *Sira Sankochaya* and *Bahupraspanditahara*. *Madhava nidhan* mentioned that *Vataj dhatu kshaya* leads *Ansa*

shosh and *Vata kapha janya* symptoms manifested as *Avabahuk*.

Avabahuka can be correlated with the symptoms of frozen shoulder as per the modern science. Pain near the insertion of deltoid muscle, difficulty to sleep, restriction in elevation and external rotation, etc. are major symptoms of frozen shoulder. The condition mainly observed in age group belonging from the 40-60 years and women are more susceptible than female.^[1-3]

Frozen shoulder can be categorizes as primary or secondary depending upon the associated illness like diabetes mellitus. The three progressive phase of disease pathogenesis is depicted in **Figure 1**.

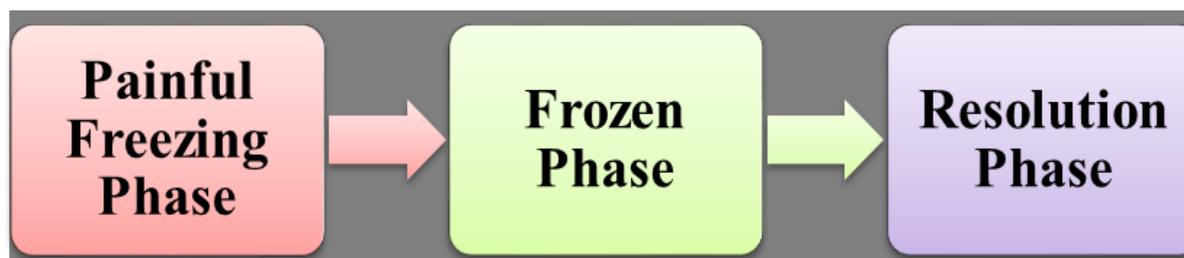


Figure 1: Three clinical phases of frozen shoulder.

The painful freezing phase resides from 10-36 weeks, frozen phase for 4- 12 months and resolution phase for 12-42 months. Mild disuse atrophy, tenderness, loss of external rotation and pain, etc. can be seen in various stages of frozen shoulder.

Modern science described various therapeutic measures for frozen shoulder including steroids, hydro dilation, physiotherapy and arthroscopic capsular release, etc. The basic aim of therapy works behind the criteria to improve quality of life.

The traditional science presented *Marma* therapy as alternative modality for relieving symptoms of disease. This therapy is economic, accepted globally, with no side effects and effective in many painful conditions.

The ancient Ayurveda texts described 107 *Marma* (vital points) inside the body which channelizes *Pran* as vital force of the body. The gentle pushing or pressure over the *Marma* point can bring some physiological changes inside the body and this principle used in *Marma* therapy to alleviate many pathological conditions. Stimulation of these vital points (*Marma*) balances hormonal and neuro-chemicals activities of body thus helps in the healing process.

Marma points are meeting points of muscles, ligaments, veins, bones and joints thus affects circulatory functions of body and also affects mobility. The stimulation of *Marma* points affects balances of *Tridosh* (*Vata*, *Pita* and *Kapha*) and channelizes *Prana*, *Ojasa* & *Tejas*. *Marmas* are deeply seated anatomically inside the body with specific width, depth and height [4, 5]. Considering this fact this article presented a Case Report to describe efficacy of *Marma* therapy in a case of *Avabahuka*.

AIM & OBJECTIVE

- ❖ To evaluate the role of *Marma* therapy in *Avabahuka* (frozen shoulder).

MATERIALS AND METHODS

The male patient (age 49 years) was reported at clinic with cardinal symptoms of *Avabahuka* (frozen shoulder). The patient was treated with *Marma* therapy for 3 weeks and change in symptoms was observed as assessment criteria of therapy.

Assessment symptoms

- ❖ *Ansa sandhi shool*
- ❖ *Ansa sandhigrah* (*Bahupraspandanhar*)

Grading of symptoms

The grading of symptom severity was done on the basis of Visual analogue scale (VAS) for pain intensity:

- ✓ 0-10 (where 0 no pain and 10 worst pain possible)

Range of movements

- ✓ Forward flexion (Elevation normal-180degree),
- ✓ External rotation (Normal-60 degree),

- ✓ Abduction (Normal-150- 180 degree)

Study intervention

Marma therapy was applied on *Ansa*, *Aani*, *Kakshadhar* and *Kshipra* as one cycle on 1st day, repeated by the patient as self *Marma* therapy for few days for 3 cycles twice daily. The 1st follow up *Marma* therapy followed by self *Marma* therapy twice daily, repeated on 2nd follow up for three weeks.

RESULTS

The findings of study depicted in **Table 1**.

Table 1: Effect of therapy on assessment Parameters and Overall improvement in disease

S. No.	Parameter	% Improvement
1	Pain	60 %
2	Forward Flexion	50 %
3	External Rotation	75 %
4	Abduction	40 %

As depicted in **Table 1**, the improvement in pain scale was observed 60% as per the visual analogue grading scale. The improvement in forward flexion and external rotation was found to be 50 % and 75 % respectively. Similarly 40 % improvement in abduction was observed after the *Marma* therapy.

DISCUSSION

The male patient of 49 year of age suffering from the frozen shoulder reported in clinic with cardinal symptoms and progressive pathology. Looking towards the physical state and condition of patient it was planned to implement *Marma* therapy for relieving symptoms of disease. The presence of primary diseases diabetes and spondylosis was also observed. Physical stress, age and primary disease were considered as triggering factor of frozen shoulder.

The therapy imparts improvement in both parameters pain as well as restriction in shoulder movement. The *Marma* therapy employed for three weeks which provided remarkable benefits in cardinal symptoms of diseases. The severity of pain decreases and movement was improved. Study observed improvement in extension and rotation flexibility after the therapy.

Probable mode of action of *marma*

Marma therapy relieves muscle tension, promotes sleep, removes blocks of energy channels, clear obstruction of *Shrotas*, and pacifies *Vata dosha*, control *Vyana vata*, balances functioning of autonomic nervous system and strengthen physical flexibility thus improves symptoms of *Avabahuka*. *Ama* and *Vata* cause rigidity, leads degeneration and produces stiffness. The *Marma* therapy clears aggravation of *Ama* and reduces vitiation of *Vata* thus relieves symptoms of *Avabahuka*.^[6-8]

CONCLUSION

The result of study suggested that *Marma* therapy can be used as effective therapeutic modality for curing symptoms of *Avabahuka*. The findings of study can be validated on large number of population. *Marma* therapy offers no side effects; it is noninvasive and cost effective therapy.

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