

Management of *Apabahuka* through Ayurvedic *Marma* therapy– A Case Report

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Abstract

In our fast-paced world, technology has become an integral part of our daily lives. However, this increased dependency has inattentively led to a sedentary lifestyle, where we often neglect giving exercise to our body and mind. Additionally, the contamination of food, air, and water has also contributed to the rise in *vata* imbalance and leading many *vatavyadhis*. *vata dosha* is responsible for all the pain and suffering in the body as said in *ayurveda*. One of the most critical and increasingly dominant health condition caused by *vata* vitiation in today's generation is *apabahuka*. *Apabahuka* is a disease which includes pain and stiffness in the shoulder and it can be co related with frozen shoulder as it has almost same symptoms. A prevalent condition among individuals aged 40 to 60. *Marma chikitsa* is a natural alternative, one of the most instant relief treatments in *ayurveda*. contrary to the misconception that *ayurveda chikitsa* is very slow and also surpassing other medical approaches in its effectiveness and speed of recovery. *Marma chikitsa* helps to provide a holistic and effective approach that can lead to complete healing without any surgical intervention or use of long-term pain killers. In present case study, 45-year female patient of *Apabahuka* was treated with Ayurvedic *Marma chikitsa* with *Shaman Ausadhis* and got a significant results.

Keywords: *Apabahuka*, *vatavyadhis*, *marma*, frozen shoulder

Introduction

Apabahuka is an condition affecting the shoulder joint, caused by vitiated *Vata Dosha*, *Brihatrayis* and *Laghutrayis*. *Vata Dosha* gets lodged in the shoulder joint, leading to dryness (*Rukshata*), stiffness (*Stambha*), and pain (*Shoola*)^[1]. Treatments include oleation (*Snehana*), fomentation (*Swedana*), and *Vata*-pacifying therapies like *Basti* (therapeutic enema), *Abhyanga* (massage), *marma chikitsa* and herbal formulations^[2]. *Apabahuka* is comparable to frozen shoulder in modern medicine according to sign and symptoms. In modern science common treatment methods like steroid injections and NSAIDs often provide temporary relief with their own set of adverse reactions. When the surgery is inevitable *marma chikitsa* acts as a best Para Surgical Method. *Marma* points are targeted points have the potential to deliver faster results compared to any other medical methods, both pharmacological and non-pharmacological^[3]. *Marma* means secret, hidden, unseen. inherent power and anatomically a vital point, the confluence of muscle, veins, ligaments, bones and joints. they are 107 in number^[4]. these are the fatal spots where the *prana* resides naturally^[5]. By gradually and systematically stimulating these *marma* points, it is possible to alleviate *vata* disorders and prevent discomfort or pain.

Case report

A female patient who is conscious and well oriented, aged about 45 years complains of issues concerned with right shoulder, restricted movement due to stiffness including severe pain, and difficulty performing daily activities such as sleeping on right arm and combing her hair since last 2 years. Patient took modern treatment and found short term relief in pain only as far as she consumed medicine. Therefore, she finally decided to take Ayurveda therapy and visited our institute Kayachikitsa OPD on 16th june 2024 with above symptoms.

Past history

No history of fall, fracture or dislocation of shoulder and no any comorbidities like hypertension and diabetes mellitus.

Aim

The purpose is to evaluate the impact of *marma chikitsa* in *apabahuka*.

Objective

- To evaluate *marma chikitsa* effect in the management of *apabahuka* with the stimulation of *marma stana* of upper limb.
- To establish safe, fast resulting, Para surgical way of treatment.

On Examination

[Table/figure 1]: *Dashvidha Pariksha* (ten-fold examination)

S.no.	Pariksha	Findings
1.	<i>Prakruti</i> (Constitution)	<i>Vata-Kapha Prakruti</i> (prone to joint and muscle disorders)
2.	<i>Vikruti</i> (Pathological state)	Vitiation of <i>Vata Dosha</i> affecting <i>Amsa Sandhi</i> (shoulder joint)
3.	<i>Sara</i> (Excellence of tissues)	<i>Mamsa Dhatu Kshaya</i> (muscle depletion) and <i>Asthi Dhatu</i> affected
4.	<i>Samhanana</i> (Compactness)	Medium built, good muscle mass but currently impaired by injury
5.	<i>Pramana</i> (Measurement)	Ht: 164 cm, Wt: 67 kg
6.	<i>Satmya</i> (Adaptability)	pure vegetarian diet, no exercise
7.	<i>Satva</i> (Mentalstrength)	Good, cooperative, motivated for recovery

8.	AharaShakti (Digestive power)	Good appetite, regular bowel movements
9.	Vyayama Shakti (Exercise capacity)	Reduced physical activity due to pain and stiffness
10.	Vaya (Age)	Madhyamavastha (45 years)

Height-5.6 ft, Weight-75kg, BMI-26.7 kg/ m², blood pressure-130/80 mmHg, pulse rate-76bpm.

No any abnormality is seen on examination of respiratory system, cardiovascular system, per abdomen and central nervous system.

Radiological Investigation- X-rays shows no any deformity.

Criteria for diagnosis in ayurveda

- Bahu shoola (shoulder pain)
- Bahu sthamba (shoulder stiffness)

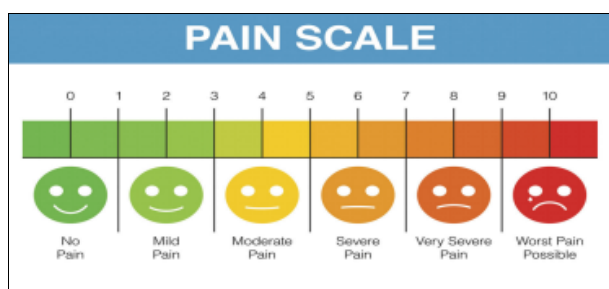
[Table/figure 2]: Management/Treatment Plan

External treatment - Marma chikitsa	
stimulation of marmas (vital points) of body	
Marma stanas stimulated in the right upper limb	Kshipra, Talahridaya, Kurcha, Kurchashira, Manibandha, Indrabasti, Koorpara, Ani, Bahvi, Lohitaksha, Kakshadhara, Amsa, Amsaphalaka
Procedure	In a sitting position, the marmas of right upper limb are stimulated by a digital pressure for 18 to 20 times within a time frame of 1 second per pressure.
Total Sitzings	3 sittings of marma procedure done in the gap of 7 days

[Table/figure 3]: Observation and Results- Patient feels immediate improvement in stiffness and movement of shoulder joint, and pain subsided

Before Treatment Examination of Shoulder	
Flexion	90 degree
Extension	30 degree
Abduction	80 degree
Internal Rotation	Severe pain with dorsum of hand touching to L2 only
Pain Scale (VAS Scale)	8-10
Stiffness	Severe
After Marma Chikitsa on 16 th june 2024	
Flexion	170 degree
Extension	55 degree
Abduction	170 degree
Internal Rotation	Mild pain with dorsum of hand touching to inter scapular region
Pain ScaLE (VAS Scale)	2-4
Stiffness	Mild
After Complete Treatment on 19 th August 2024(last follow up)	
Flexion	180 degree
Extension	60 degree
Abduction	180 degree
Internal Rotation	Dorsum of hand touching to inter scapular region
Pain Scale (VAS Scale)	1
STIFFNESS	Mild

[Table/figure 4]: Showing Vas scale for pain assessment



Patient had a fast relief within 3 weeks of treatment without any adverse effect. Pain reduced and range of movements is also improved with flexibility which was recorded in Goniometer and pain Scale. Follow up marma chikitsa is

continued week, Patient visited back on 19th August 2024, where she was having complete relief from apabahuka and pain free and flexible movements of shoulder is seen.

Discussion

Marma therapy may works by stimulating specific Marma points near the shoulder to restore the flow of Prana (vital energy) and balance Vata Dosha [6]. This therapy enhances circulation, reduces stiffness, and alleviates pain by releasing blockages and promoting neuromuscular coordination. Regular stimulation of key points like Amsa Marma and associated areas also improves joint mobility and supports tissue repair, aiding in holistic recovery [7]. [Table/figure 4] shows few previous similar case studies and their outcome.

[Table/figure 5]: Comparison with previous research studies

S.no.	Author's name and year [Reference No.]	Case Presentation	Treatment	Outcome
1.	Aayushi Chouhan et al.,2024 [8]	A 56 year old female Patient complained of night pain, increasing severity of pain, limited painful movements,	Marma therapy	significant relief in signs and

		and increased stiffness.		symptoms such as pain, stiffness, tenderness, sleep disturbances, and restricted range of motion.
2.	Alok kumar, 2023 ^[9]	58yrs Female suffering from a frozen shoulder on the left side for the last six months.	<i>Nadi Swedan, Mahanarayan taila</i> for local application, <i>marma chikitsa</i>	Enhanced joint mobility
3.	Yash kakad <i>et al.</i> , 2022 ^[10]	A 45 years male patient, complaints of pain, stiffness and limited movements left shoulder joint since 6 months	<i>Suchivedhana karma</i>	Found effective in pain management and increase ROM of shoulder
4.	Present study, 2024, wardha, maharashtra	A 45 years female patient complaints of issues concerned with right shoulder, restricted movement due to stiffness including severe pain, and difficulty performing daily activities such as sleeping on right arm and combing her hair since last 2 years	<i>Marma Chikitsa</i> by stimulating vital points of body	Immediate improvement in stiffness and range of movement of shoulder joint, and improved with flexibility

Conclusion

Marma Chikitsa offers a unique solution that goes beyond just managing symptoms and healing the disease from the root without any internal medication. It has been known to work wonders in treating various health conditions, offering a non-invasive alternative for those seeking long-term treatment solutions. It has shown miraculous results in addressing and resolving many diseases. Its gentle yet powerful techniques have the potential to bring about profound and sustainable healing outcomes. Such research has to be done in larger scale and the hidden secret of *Ayurveda Chikitsa* should come globally into the act for the benefit of humanity.

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