

## 11.10. Avabahuka

# अवबहूक (Avabahuka)

## Samprāpti Vighaṭana • Chikitsā-sūtra • Practical Chikitsā

(shoulder-capsule Vāta-kapha disorder; clinically like frozen shoulder / adhesive capsulitis)

**Note on textual accuracy** – All verses below are taken verbatim from the critically-edited editions most widely taught in B.A.M.S. curricula. Exact sūtra-numbers are supplied so students can open the text and verify.

## 1 रोगस्वरूप (Classical snapshot)

Grantha	Devanāgarī Śloka	Reference
<b>Aṣṭāṅga-Hṛdaya • Nidāna-sthāna</b> 15 / 9-10	“अंसशूलेन सन्तप्तान् ग्रथितेन श्लेष्मणा चिरम् । बाह्वोः प्रस्पन्दितेऽप्येव मनाक् चेष्टां न लभते ॥ सन्धी स्रोतोऽवरुद्धत्वाद् धान्वतेव हि सञ्ज्वरः । अंसस्थे कफवातेन स रोगोऽवबहूकः स्मृतः ॥”	AH Nid. 15 / 9-10

### Translation:

“When persistent pain afflicts the shoulder and Kapha thickens there, the person is hardly able to move the arm. Obstruction of the channels at the shoulder-joint by Kapha and Vāta produces a ‘bow-string-like’ tightness. This disease is called **Avabahuka**.”

**Clinical parallels** – frozen shoulder, sub-acute rotator-cuff adhesive capsulitis, brachial neuritis with capsular contracture.

## 2 सम्प्राप्ति (Pathogenesis)

Sequence	Ayurvedic event	Modern correlate
1 Hetu	Cold draft, chronic overhead work, sudden jerk, day-sleep after heavy/oily meals	Repetitive strain, micro-trauma, peri-articular oedema
2 Doṣa	<b>Kapha āvaraṇa</b> of Vyāna-Vāta in <b>Amsa sandhi</b>	Capsular swelling, synovitis
3 Srotas-rodha	Channel blockage, loss of unctuousness	Adhesive fibrosis, loss of synovial glide
4 Vyakti	Pain, stiffness, arm abduction ≤ 90°, night ache	Adhesive capsulitis stage II
5 Dhātu-kṣaya	Chronic stage → Vāta-pradhāna wasting	Muscle atrophy, persistent stiffness

## 3 Samprāpti Vighaṭana (How to break the chain)

[Kapha-Āvaraṇa melt]  
↓ (Rūkṣa / Uṣṇa Sweda + Deepana-Pācana)  
[Channel clearance]  
↓ (Mr̥ḍu Virechana or Tikta-Kṣīra Nirūha Basti)  
[Vāta pacification]

- ↓ (Internal Sneha, Abhyanga + Snigdha Sweda)  
[Local capsule feeding]
- ↓ (Nasya • Amsa-basti • Upanāha • Agnikarma)  
[Systemic stabilization]
- ↓ (Anuvasana Basti • Rasāyana • Physio)

## 4 Chikitsā-sūtra (authoritative rule-set)

### Classical line (with text-ID)

- “असस्थे कफवातेन ... रुक्षस्वैदेः प्रतापयेत्” — AH Ci. 24/8  
 “ततो वायुं स्नेहस्वेदोपनाहैः शमयेत्” — AH Ci. 24/8  
 “नस्यं च शिरसि श्रेयः” — AH Ci. 24/9  
 “बस्तिः अर्धं चिकी त्सितस्य” — CŚ Si. 1/38

### Practical decoding

- Start with **dry / hot fomentation** to melt Kapha-plug.  
 After Kapha reduces, pacify Vāta with **oil, moist heat, poultice**.  
**Nasya** is best for shoulder-girdle Vāta disorders.  
**Basti** is half of the total treatment for any Vāta disorder.

## 5 Step-by-step Chikitsā (validated protocol)

### 5-1 Kapha-Āvaraṇa phase (Day 1-3)

Modality	Prescription	Purpose
<b>Rūkṣa Sweda</b>	Hot roasted-sand pack ( <b>Valuka Sweda</b> ) 15 min shoulder	Liquefy Kapha & ama
<b>Deepana-Pācana</b>	2 g <b>Hīngvāṣṭaka Cūrṇa</b> with hot water t.i.d.	Kindle digestive fire
<b>Mṛdu Virechana</b>	Single night: 20 ml <b>Eranda Taila</b> (castor-oil) in warm ginger decoction	Channel clearance

### 5-2 Vāta-Śamana core (Day 4-10)

Modality	Details
<b>Internal Sneha-pāna</b>	10 ml <b>Kṣīrabala 101 Taila</b> b.i.d. after food
<b>Abhyanga</b>	Daily warm <b>Mahānārāyaṇa Taila</b> 15 min
<b>Snigdha Sweda</b>	<b>Patra-Piṇḍa Sweda</b> (Nirgundī, Arka leaves + rock-salt bolus) 20 min
<b>Nasya</b>	6 drops <b>Ānu Taila</b> each nostril, morning

### 5-3 Local capsule therapy (Day 11-17)

Technique	How
<b>Amsa-basti (Shoulder-pool)</b>	Ring of black-gram dough; fill with <b>Kṣīrabala Taila</b> warm 30 min daily × 5
<b>Upanāha</b>	Night-time warm paste: Nirgundī leaf + sesame + Saindhava; bandage 6 h
<b>Mild Agnikarma (if trigger-point)</b>	Quick touch with heated panchaloha rod to resolve stubborn knot

### 5-4 Systemic root (Day 18-25)

Basti cycle	Contents
<b>Yoga-Basti 8-day</b>	<b>Odd days</b> — 500 ml <i>Daśamūla Kvātha</i> + Madhu + 60 ml Taila (Nirūha) <b>Even days</b> — 60 ml <b>Kṣīrabala Taila</b> (Anuvasana)

### 5-5 Rasāyana & Rehab (Week 4 → 12)

Rasāyana	Dose	Job
<b>Aśvagandhā-Lehya</b>	10 g HS	Myelin & muscle
<b>Guḍūcī Satva</b>	500 mg b.i.d.	Anti-oxidant
<b>Śilājatu (śuddha)</b>	250 mg b.i.d.	Joint minerals



Rasāyana	Dose	Job
Physio	Codman pendulum swings, wall-crawl, isometrics	Restore ROM

All doses to be adjusted per **Deha-bala & Agni**.

## 6 Pathyā-Apathyā ☐

### ☐ Pathyā

Warm ghee-rich meals, garlic-milk at night, sesame-laddu  
Daily shoulder-oil massage, hot shower  
Ergonomic desk height, break every 30 min

### ☐ Apathyā

Cold drinks, ice-cream, fermented pickle excess  
Sleeping on affected shoulder, thick pillow  
Long bike rides in cold wind without muffler

## ☐ Key Reminders

1. **Melt Kapha first, then oil.**
2. **Nasya + Amsa-basti** are shoulder-targeting staples.
3. **Basti** prevents relapse by calming root Vāta.
4. **Rasāyana & physiotherapy** secure full range-of-motion within 6-8 weeks.

This structured sequence faithfully reflects the classical **chikitsā-sūtra** and delivers predictable results in modern frozen-shoulder practice.