



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
Aṣṭāṅga-Hṛdaya • Nidāna-sthāna 15 / 9-10	“अंसशूलेन सन्तप्त्या 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	Kapha āvaraṇa of Vyāna-Vāta in Amsa sandhi	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]
↓ (Mrḍu 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
Rūkṣa Sweda	Hot roasted-sand pack (Valuka Sweda) 15 min shoulder	Liquefy Kapha & ama
Deepana-Pācana	2 g Hīngvāṣṭaka Cūrṇa with hot water t.i.d.	Kindle digestive fire
Mṛdu Virechana	Single night: 20 ml Eranda Taila (castor-oil) in warm ginger decoction	Channel clearance

5-2 Vāta-Śamana core (Day 4-10)

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

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

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

5-4 Systemic root (Day 18-25)

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

5-5 Rasāyana & Rehab (Week 4 → 12)

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