

## 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 सन्तप्ता ग्रथितेन श्लेषणा चिरम् । बाह्योः प्रस्पन्दितेऽप्येव मनाक् चेष्टां न लभते ॥ सन्धौ प्रोतोऽवरुद्धत्वाद् धान्वतेव हि सञ्ज्ञरः । 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 $\leq 90^\circ$ , night ache	Adhesive capsulitis stage II
5 Dhātu-kṣaya	Chronic stage $\rightarrow$ 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]  
 ↓ (Mrdu 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)	Practical decoding
“अंतस्थे कफदातेन ... रुक्षस्थेदैः प्रतापेत्” — AH Ci. 24/8	Start with <b>dry / hot fomentation</b> to melt Kapha-plug.
“ततो वायुं स्नेहस्वेदोपनाहैः शमयेत्” — AH Ci. 24/8	After Kapha reduces, pacify Vāta with <b>oil, moist heat, poultice</b> .
“नस्यं च शिरसि श्रेयः” — AH Ci. 24/9	<b>Nasya</b> is best for shoulder-girdle Vāta disorders.
“बस्तिः अर्धं चिकीत्सतस्य” — CS Si. 1/38	<b>Basti</b> 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 ( <b>Valuka Sweda</b> ) 15 min shoulder	Liquefy Kapha & ama
Deepana-Ācāra	2 g <b>Hiṅgvāṣṭaka Cūrṇa</b> with hot water t.i.d.	Kindle digestive fire
Mṛdu Virechana	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
Internal Sneha-pāna	10 ml <b>Kṣīrabala 101 Taila</b> b.i.d. after food
Abhyanga	Daily warm <b>Mahānārāyaṇa Taila</b> 15 min
Snigdha Sweda	<b>Patra-Piṇḍa Sweda</b> (Nirgundi, Arka leaves + rock-salt bolus) 20 min
Nasya	6 drops <b>Ānu Taila</b> each nostril, morning

### 5.3 Local capsule therapy (Day 11-17)

Technique	How
Amsa-basti (Shoulder-pool)	Ring of black-gram dough; fill with <b>Kṣīrabala Taila</b> warm 30 min daily × 5
Upanāha	Night-time warm paste: Nirgundi 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 <b>Taila</b> (Nirūha) Even days — 60 ml <b>Kṣīrabala Taila</b> (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



<b>Rasāyana</b>	<b>Dose</b>	<b>Job</b>
<b>Physio</b>	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.