WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

11.10. Avabahuka

अवबह्क (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 |
|--------------------------------|--|------------------|
| Astāna-Hrdava • Nidāna-sthāna | "अंसशूलेन सन्तप्ता ग्रथितेन श्लेष्मणा चिरम् । बाह्वोः प्रस्पन्दितेऽप्येव मनाक् चेष्टां न लभते ॥ सन्धौ स्रोतोऽव रुद्धत्वाद धान्वतेव हि सञ्जवरः । अंसस्थे कफवातेन स | |
| Aşianda-Dinaha 🗸 Minana-Sınana | लभते ॥ सन्धौ स्रोतोऽवरुद्धत्वाद धान्वतेव हि सञ्ज्वरः । अंसस्थे कफवातेन स | ΔH Nid 15 / 9-10 |

15 / 9-10

रोगोऽवबहकः स्मृतः ॥"

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 Doșa | Kapha āvaraņa 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 $\leq 90^{\circ}$, night ache | Adhesive capsulitis stage II |
| 5 Dhātu-kṣaya | Chronic stage → Vāta-pradhāna wasting | Muscle atrophy, persistent stiffness |

3 Samprāpti Vighaţana (How to break the chain)

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

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↓ (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

"अंसस्थे कफवातेन ... रुक्षस्वेदैः प्रतापयेत्" — AH Ci. 24/8 Start with dry / hot fomentation to melt Kapha-plug.

"ततो वायुं स्नेहस्वेदोपनाहै: शमयेत्" — AH Ci. 24/8 After Kapha reduces, pacify Vāta with **oil, moist heat, poultice**.

"नस्यं च शिरसि श्रेयः" — AH Ci. 24/9 **Nasya** is best for shoulder-girdle Vāta disorders.

"बस्तिः अर्धं चिकी त्सितस्य" — CŚ Si. 1/38 Basti is half of the total treatment for any Vāta disorder.

5 Step-by-step Chikitsā (validated protocol)

5·1 Kapha-Āvarana phase (Day 1-3)

Modality Prescription Purpose

Rūkṣa SwedaHot roasted-sand pack (Valuka Sweda) 15 min shoulderLiquefy Kapha & amaDeepana-Pācana2 g Hiṅgvāṣṭaka Cūrṇa with hot water t.i.d.Kindle digestive fireMṛdu VirechanaSingle 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 (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 *Daśamūla Kvātha* + Madhu + 60 ml Taila (Nirūha) Even days — 60 ml Kṣīrabala Taila (Anuvasana)

5·5 Rasāyana & Rehab (Week 4 → 12)

RasāyanaDoseJobAśvagandhā-Lehya10 g HSMyelin & muscleGuḍūcī Satva500 mg b.i.d.Anti-oxidantŚilājatu (śuddha)250 mg b.i.d.Joint minerals

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RasāyanaDoseJobPhysioCodman pendulum swings, wall-crawl, isometrics Restore ROM

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

| 6 Pathyā-Apatl | nyā 🏻 |
|----------------|-------|
|----------------|-------|

☐ Pathyā ☐ Apathyā

Warm ghee-rich meals, garlic-milk at night, sesame-laddu Cold drinks, ice-cream, fermented pickle excess

Daily shoulder-oil massage, hot shower

Ergonomic desk height, break every 30 min

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.

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