STUDY OF SUCHIVEDHAN IN MANAGEMENT OF AVABAHUKA WITH SPECIAL REFERENCE TO FROZEN SHOULDER

INTRODUCTION
Ayurveda, a life science, is a rich storehouse of time tested effective medicines for several obstinate and incurable diseases. Main objective of Ayurveda is to maintain the health of healthy person and to cure the diseased one. Shalytantra is the most important branch of Ayurveda having many surgical para-surgical procedures described in detail.

In Avabahuka, the vitiated Vata is localized in the shoulder region. Vata dries up the ligaments of the shoulder and constricts the Snavy at the joint.

In Samhitas, there is a very little description regarding Suchivedhana. The procedure is still remained untouched from practical use, so thought to explore the Science behind the procedure.

OBJECTIVES:
Primary- To evaluate the effect of Suchivedhan in Avabahuka with special reference to Frozen shoulder.
Secondary-
1. To evaluate the improvement in the movements of shoulder.
2. To achieve immediate relief of pain in Frozen shoulder.

METHODOLOGY
Selection of patients- Patients of Avabahuka fulfilling inclusion criteria.

Duration of study - 21 Days for each patient.
Follow-up - 0th, 7th, 14th and 21st day.
Study location- OPD and IPD of our college Hospital.
In this study, in the time period of 6 months, I treated 5 patients of frozen shoulder with Suchivedhan.

Diagnostic criteria-
A. Physical Examination
1. Functionally restricted movements of shoulder joints (Glenohumeral)
2. Absence of history of previous major shoulder injury or surgery.
B. Radiological Examination
No changes in cartilaginous joint space (normal plain radiograph).

INCLUSION CRITERIA
1. Patients diagnosed as Frozen shoulder.
2. Patients of either sex.
3. Age group of patients between 21 years to 60 years.

EXCLUSION CRITERIA
1. Patients less than 21 years and more than 60 years of age.
2. Pregnant women.
3. Patients having major trauma and anatomical deformity.
4. Patients suffering from severe systemic disorders Diabetes mellitus and RHD.
5. HIV, HBsAg reactive patients.

WITHDRAWAL CRITERIA
1. Occurrence of serious adverse effect.

ABSTRACT
Pain is as old as mankind. Man is looking for different methods for pain relief. In textual references of Ayurveda, the word 'Vedhan' has been explained in Shushruta Samhita, in which Vyadhana of specific Siras in specific diseases is mentioned.

The word 'Vyadhya' has so many meanings, in which, 'to let out entrapped Yaya', is one of them.

This 'Vedhan' must be done by hollow needle. If the blood vessel is large, the blood can be evacuated. But if the Sira is non-visible, it is to be pricked by needle till it bleeds or may not bleed.

Depths of Viddha karma –
Shushrut Samhita has mentioned properly the level of depth of Viddha karma according to the area where this procedure has to be performed.

- When it is performed on Mansal pradesha, it is one Yava.
- In case of bone, the hole should be of Ardha-Yava Matra.
- On skin, it is Ardha-Yava Matra or Vrihi matra.

The instrument should be used Vrihimukhen Yantra for Vyadhan in Mansal pradesha.

Material-
1. Insulin needle no. 26
2. Spirit
3. Cotton swab
4. Surgical gloves

PROCEDURE-
The site of Viddhakarma cleaned with spirit and Suchivedhan done with the help of insulin needle number 26, on the painful points. Then dry swab kept at that site if any drop of blood came.

Duration of the Treatment – 21 days

Sthanik Snehan (Abhyanga) – Til Taila
Sthanik Swedana – Nadi sweda

Subjective Criteria –
Mobility Gradation
Grade 0 – Normal movement with no pain.
Grade 1 – Normal movement with mild pain.
Grade 2 – Restriced movement with mild pain.
Grade 3 – Restriction of movement with moderate to severe pain.

Pain –
Absent - 0
Mild - 1
Moderate - 2

KEYWORDS: Avabahuka, Suchivedhan, Frozen shoulder.
2. Mobility of shoulder joint: After
3. Tingling sensation at shoulder and respective hand was present in 3 patients. It significantly reduced after first sitting.

Management of diseases caused due to 'Vata' by suchivedhan have been described in many classical texts of Ayurveda[32].

As observed that the chief complaints of pain and stiffness were present in all five patients. The disease Avabahuka is vata-kapha dominant. The change of lifestyle, heavy weight lifting will lead to vitiation of vata, which produces diseases like Avabahuka. Some patients got relief immediately after one sitting and some after 2-3 sittings.

Sira always carry all Doshas i.e. Vata, Pitta and Kapha, along with Rakta. Physiological and mental functions go well when Prakriti Vayu is moving in its own direction. Vitiated Vayu moving in Sira produces different Vata Vadyat. Vedana indicates deranged or vitiated Vayu and this is the ideal indication for Vidhaka Karma. Siravedha is a broad term used for removal of blood. It could be of any type, Venesection, Leech, Horn, Gourd or even a prick.

Raktramokshana if performed in correct manner on proper indicated points results in relieving pain and reduction in severity. It also produces a state of well-being. When Siravedha is performed, the most Vitiated dosha i.e. Rakta is released, similarly on Suchi-Vidhaka the most vitiated Dosh is released.[33]

Interpretation of these results is as follows:
1. It removes the obstruction of blood vessels and establish circulation.
2. It reduces the load of pathogens circulating in blood.

CONCLUSION
Probable mode of action of Suchivedhan –

Suchivedhan is a simple, economical and effective procedure in the management of Avabahuka, without producing any adverse effect.

Vedhan karma is predominantly indicated in Vataj Doshya having kapha or pitta in Avabahuka, and in Pitta, Rakta and Kaphaj Vyadhi.

Suchivedhan help to remove Awarana of kapha dosha giving way to Anulomana Gati of vitiatt vata. Thus suchivedhan indirectly cures the symptoms.

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For Suchivedhana we use Insulin needle No. 26. This needle has 13 mm length (which exactly matches with the length of Vrihi), 0.45 mm breadth. So it should be pierced 2 mm to 4 mm for skin, 4 mm to 6 mm for Mamsa and 6-10 mm for Snayu, Asthi and Sandhi.

Discussion regarding clinical parameters-
1. Pain- It is found that, Suchivedhan is effective in reducing pain of shoulder. It instantly relieved pain in almost all patients. Local tenderness reduced significantly.
2. Mobility of shoulder joint- After suchivedhan, grade of mobility increased significantly. At first, the patients came with restriction of movements and moderate to severe pain at shoulder. After suchivedhan, stiffness of joint reduced and movements became normal.