

AN ATTEMPT TO COMPILE THE REFERENCES OF AVABAHUKA (FROZEN  
SHOULDER) IN ANCIENT TEXTS

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## ABSTRACT

History of any particular disease is not merely collection of facts in the past. But it gives an idea about origin, progress and provides new impact to the scholars. In any scientific work it is very important to know the origin of the present knowledge and the basic ideas given by *Acharyas*. *Vatavyadhis* have been described by all the *Acharyas*. They have given importance to *Vata* as it dominates in the function and is supposed to be leader of the remaining two *Doshas*. *Acharya* have mentioned *Vatavyadhis* as “*Maharoga*”. *Avabahuka* is described as one of the disease caused due to vitiated *Vata*. *Avabahuka* is a disease that usually affects the *Ansa Sandhi* (Shoulder joint) and *Acharya Sharangdhara*, considered it under *Vatananatmaja Vyadhi*. While other *Acharyas* did not mentioned it under *Nanatmaja Vata Vyadhi* but considered it as a *Vataja Vikara*. So, here an attempt has been made to explore the available literatures about *Vatavyadhis* as well as *Avabahuka* from the period of *Veda* till date.

## INTRODUCTION

In *Vedas*, there are references of *Vata Dosha* but no direct reference of *Avabahuka* and in *Purana* and *Upanishada* direct reference of *Avabahuka* is not available.

The word *Avabahuka* is formed by two components namely, *Ava+ Bahuka*. ‘*Apa*’ is used as alternate for ‘*Ava*’ which gives following meaning- *Viyoga*, *Vikratau* means dysfunction.<sup>[1]</sup> Thus, the *Ava* or *Apa* can be taken as deterioration or dysfunction.

The word ‘*Bahuka*’ is the second part of the compound word *Avabahuka* and implies the following meaning.

1. *Bahu*- The arm
2. *Bahuka*- बाहु प्रबाहु च कूर्परस्य ऊर्ध्वाधोभागौ | इति विष्णुपुराणे ||  
(श.क.द्व.पृ.429)
3. *Bahu*- meaning upper limb and is one among *Shadanga*.<sup>[2]</sup>
4. *Bahu*- बहु पु० बाधन्कु धस्य हः। भुजे कक्षा  
बध्यङ्गुलिपर्यन्तेऽन्येऽवयवे।। (Vachaspatyam)

*Bahu* is structure from *Kaksha* to *Anguli*.

To summarize the above discussion the term *Avabahuka* would mean dysfunction of arm and disability of shoulder joint.

In *Ayurveda*, there are many diseases viz. “*Ansashosha*”, “*Bahushosha*”, “*Sandhigata Kupita Vata*”, “*Snayu Gata*

*Kupita Vata*”, “*Kaphavruta Vyana Vayu*”, “*Avabahuka*” related to shoulder region and their signs and symptoms described in the text are somewhat similar to that of “*Frozen Shoulder*”. Among these diseases *Avabahuka* has a close co-relation with frozen Shoulder.

## MATERIAL AND METHODS

*Samhita* Period

*Acharya Charaka* has narrated the detail description about *Vata* mainly in *Sutra Sthana* 12 and *Chikitsa Sthana* 28. Eighty *NanatmajaVyadhis* of *Vata Dosha* have been mentioned in 20<sup>th</sup> chapter of *Sutra Sthana* and *Acharya* described *Bahushosha* among them.

*Acharya Sushruta* has given detailed description of *Vata Vyadhi* in first chapter of *Nidana Sthana* and fourth and fifth chapter of *Chikitsa Sthana*.<sup>[3]</sup>

*Avabahuka*

अंसदेशस्थितो वायुः शोषयित्वांसबन्धनम्।

शिराश्चाकुञ्चय तत्रस्थो जनयत्यवबाहुकम्।।”

(Su.Ni.1/82)

*Avabahuka* is a disease characterized by morbid *Vata Dosha* localizing around the *Ansa Pradesha* and thereby causing *Soshana* of *Ansa Bandha* as well as *Akunchana* of *Sira* at this site.

As *Avabahuka* is *Vata* dominant disease so here is list of *Vatavyadhis* and *Avabahuka* in them references in *Bhrtrayi*

| <i>Samhita</i>           | <i>Sthana</i>   | <i>Adhyaya</i>              | <i>Content</i>  |
|--------------------------|-----------------|-----------------------------|---|
| <i>Charaka</i>           | <i>Chikitsa</i> | <i>Vata Vyadhi Chikitsa</i> | <i>Lakshana</i> of vitiated <i>Vata</i> in <i>Sandhi</i> , the condition which resembles <i>Avabahuka</i> |
| <i>Sushruta Samhita</i>  | <i>Nidana</i>   | <i>Vata Vyadhi Nidana</i>   | <i>Lakshana</i> of <i>Avabahuka Avabahuka Chikitsa</i>  |
|                          | <i>Chikitsa</i> | <i>Vata VyadhiChikitsa</i>  |   |
| <i>Ashtanga Sangraha</i> | <i>Nidana</i>   | <i>Vata Vyadhi Nidana</i>   | <i>Lakshana</i> and <i>Chikitsa</i> of <i>Avabahuka</i>   |
| <i>Ashtanga Hridaya</i>  | <i>Nidana</i>   | <i>Vata Vyadhi Nidana</i>   | <i>Lakshana</i> of <i>Avabahuka Avabahuka Chikitsa</i>  |
|                          | <i>Chikitsa</i> | <i>Vata VyadhiChikitsa</i>  |   |

### Medieval Period (*Laghutrayi*)

#### *Madhav Nidana*

Acharya *Madhav* in vol.1 chapter 22 has mentioned the *Vataja* and *Kaphaja* classification of *Avabahuka*.<sup>[4]</sup>

#### *Sharangdhara and Bhavprakasha*

In *Sharangdhara Samhita Purva Khanda* 7/108<sup>[5]</sup> and in *Bhavprakasha Madhyottar Khanda Avabahuka* is

mentioned as one among the eighty types of *Vata Nanatmaja Vikaras*.<sup>[6]</sup>

#### *Vangasena*

Description of *Avabahuka* is also available in *Vangasena Vata Vyadhi Adhikara* and in this text *Vataja* and *Kaphaja* classification of *Avabahuka* are mentioned and *Vedana* is considered as the major symptom of *Avabahuka*.<sup>[7]</sup>

### List of references of *Avabahuka* in *Laghutrayi*.

| <i>Samhita</i>              | <i>Sthana</i>        | <i>Adhyaya</i>              | <i>Content</i>  |
|-----------------------------|----------------------|-----------------------------|---|
| <i>Madhava Nidana</i>       | <i>Poorva Khanda</i> | <i>Vata Vyadhi Nidana</i>   | <i>Lakshana</i> of <i>Avabahuka</i>                             |
| <i>Chakradatta</i>          |                      | <i>Vata Vyadhi Chikitsa</i> | <i>Chikitsa</i> of <i>Avabahuka</i>                             |
| <i>Sharangdhara Samhita</i> | <i>Uttara Khanda</i> |                             | <i>Chikitsa</i> of <i>Avabahuka</i>                             |
| <i>Bhavprakasha</i>         | <i>Madhya Khanda</i> | <i>Vata Vyadhi Adhikara</i> | <i>Lakshana</i> and <i>chikitsa</i> of <i>Avabahuka</i>         |
| <i>Gada Nigraha</i>         | -                    | <i>Vata Vyadhi Chikitsa</i> | <i>Lakshana</i> and <i>Chikitsa</i> of <i>Avabahuka</i>         |
| <i>Yogaratnakara</i>        | -                    | <i>Vata Vyadhi Chikitsa</i> | <i>Lakshana</i> and <i>Chikitsa</i> of <i>Avabahuka</i>         |
| <i>Bhaishajya Ratnavali</i> | -                    |                             | <i>Chikitsa</i> of <i>Avabahuka</i>                             |
| <i>Vangasena</i>            | -                    | <i>Vata Vyadhi Adhikara</i> | <i>Nidana, Lakshana</i> and <i>Chikitsa</i> of <i>Avabahuka</i> |

### Modern period

*Duple* first described frozen shoulder in 1872 and called it as humero-scapular peri-arthritis. The most well-known definition was provided in 1934, by an American surgeon **EA Codman** and he coined the term frozen shoulder and in 1945, **Neviaser** gave the name Adhesive Capsulitis.<sup>[8]</sup>

### DISCUSSION

Discussion is a process of re-examining ones view, so as to form a base for the conclusion. Now a days modern routine is set, by time saving all are using computer, continuous sitting irregular posture, using fan and A/C, doing vigorous exercises, taking fast food all these aggravates *Vata Dosha* and may leading to the conditions like *Avabahuka*. For any living organism the worst tragedy is said to be the life without movements. That can be one of the main reasons for *Ayurvedic* literatures considering *Vataja Vikaras* more important compared to disorders caused by other *Doshas*. *Avabahuka* is one among those *Vata Vyadhi*, which results in *Karmakshaya* of *Bahu*. References of *Vatavyadhis* are there in Vedic Period in *Rigveda*, *Yajurveda*, *Atharveda* while there is no direct reference of *Avabahuka* in Vedic Period. *Avabahuka* is described in *Samhita* period in *Bhrtrayi*. Acharya *Charaka*,

Acharya *Sushruta* and Acharya *Vagbhata* has mentioned about *Avabahuka* in *Chikitsa Sthan* as well as in *Nidana Sthan*. *Avabahuka* is also explained in *Madhav Nidan*, *Bhavprakash* and *Sharandhara Samhita*. Acharya *Sharangdhara* had mentioned *Avabahuka* in *Vata Nanatmaja Vikara*. In *Vangasena* very peculiar feature of *Avabahuka* is given i.e. *Vedana* (pain). Symptom of *Avabahuka* is closely related to frozen shoulder. In our ancient texts description of *Avabahuka* is widely available.

### CONCLUSION

In this article it is clear that *Avabahuka* is *Vata* dominant disease which has close correlation with frozen shoulder and description of *Avabahuka* is widely available in our ancient texts as in *Bhrtrayi* and *Laghutrayi*.

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