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Acute Phase Care of Abhighataja Ksata(Sprain) – A Case Report


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SUMMARY:

A female aged 54 years, consulted at the AVP Research Foundation with complaints of pain and swelling on the left shoulder, wrist and thumb region since 2 weeks. She had a sudden onset of pain and swelling which got aggravated after house hold works and lifting heavy weights. She had severe pain on movement of left hand affecting the routine works. The patient underwent Āyurveda treatment for 7 days on OP basis. Pain and swelling on the left hand resolved and the range of movement improved within a week.

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