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## Ayurvedic Management of Dupuytren's Contracture- A Case Report

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### ABSTRACT

Dupuytren's contracture is a hand deformity. The condition affects a layer of tissue that lies under palm. Knots of tissue form under the skin eventually creating a thick cord that can pull one or more fingers into a bent position. In *Ayurveda* it is correlated as *snayugata vata*, a type of *vatavyadhi*. *Vata* is the sustainer of life. It holds the body and mind together. Aggravated *vata* enters into *dhathu*, *upadhathu* like *snayu* and produce *sopha*, *thoda*, *ruk*, *sankocha*. *Panchakarma* therapies are very effective in the management of *vatavyadhis*. This is a single case study of a patient with dupuytren's contracture. A 55 year old male patient was admitted in our IPD with complaints of Right shoulder joint pain, swelling and pain over right wrist joint, inability to extend the fingers. *Vatavyadi chikitsa* like *snehanam*, *swedanam* etc. are adopted here followed by *Snayugatavata chikitsa* like *Snehanam*, *daham*, *upanaham*. Patient got relief from the signs and symptoms, range of movements are also improved.

**Key words:** Dupuytren's contracture, *Snayugata vata*, *Vatavyadhi*, *Snehanam*.

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