Ayurvedic Management of Dupuytren's Contracture- A Case Report

Swetha.E.J., T.K.Sujan** , Ambili Krishna*** Sreeja.V.S.*****

*PG Scholar, Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram

**Professor and HOD, Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram

***Assistant Professor, Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram

****Assistant Professor, Department of Panchakarma, Government Ayurveda College, Thiruvananthapuram

Email Id: serviceheb@gmail.com

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*.