



CONCEPTUAL STUDY ON MANAGEMENT OF APABAHUKA

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ABSTRACT

Apabahuka is one among the *vata vyadhi*, which affects the normal functioning of the upper limbs thereby the normal routine lifestyle of an individual is affected too. Apabahuka is a disease that usually affects the Amsa sandhi (shoulder joint). Acharya Sushruta and others have considered Apabahuka as a Vataja vikara. But acharya caraka was not considered apabahuka as vataja-naanatmaja vikara. Amsa shosha (wasting of the shoulder) can be considered as the preliminary stage of the disease, where loss or dryness of sleshaka kapha from amsa sandhi occurs. Being the vata vyadhi the general principle of vata vyadhi also applicable to Apabahuka. Shodhana & shamana treatment that includes *athar-parimarjana & bahir- parimarjana chikitsa* form the seat anchor for Apabahuka. So that the ayurvedic treatment for Apabahuka concentrate on bringing back the aggravated *vata & vata-kapha* to the state of equilibrium and thereby to the state of health.

Keywords:

Apabahuka, vatavyadhi, Amsa sandhi

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