

Evaluation of the Efficacy of the Treatment Regimen Practiced in the Arangala Traditional Medical System in the Management of *Avabahuka* (Frozen Shoulder): A Case Study

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“*Avabahuka*,” a term in Ayurveda, refers to a frozen shoulder condition characterized by persistent discomfort and restricted motion, with a prevalence of 6-17% in diabetic patients and 2-5% in the general community. This study aimed to assess the efficacy of the treatment regimen practiced in the Arangala Traditional Medical system, for *Avabahuka*. A 50-year-old female patient presented with discomfort, stiffness, and restricted movement in her left shoulder joint over a year. No abnormalities were found during the systemic examination, but local soreness was noted in the left shoulder joint. Responses to the treatments were evaluated using a previously published grading scale for clinical features including mobility limitation, discomfort, stiffness, crepitus sounds, and muscle atrophy. Along with exercise, she was recommended to undergo internal and external therapy. She was advised to local *Abhyanga* (massage) of oils, along with *Paththu* (medicinal paste) / *Mallum* (special medicinal preparation made with fresh leaves) / *Peni paththu* (Medicinal paste made with treacle), *Thewilli* (the sudation performed by a specially prepared bundle of herbal ingredients) according to the week of treatment regimen and *Vata shamaka* (Pacify *Vata dosha*) internal medicine was given to the patient. Changes in the symptoms were observed after 2 months. The treatment has effectively resolved movement restrictions, stiffness, and crepitus sounds, each showing 100% improvement. Pain has significantly reduced by 66.67%, indicating a substantial positive effect, though not entirely resolved. Muscle wasting was not changed, as this symptom was not present initially. The study found that the treatment regimen of the Arangala traditional medical system for *Avabahuka* led to significant symptomatic alleviation.

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