

***Nirgundi Lashunam Shigru Kashaya* in the management of *Avabahuka* (frozen shoulder): A single case study**

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Avabahuka is a type of *Vatavyadhi* caused by vitiated *Vata Dosha* and associated with *Kapha Dosha*. It closely resembles frozen shoulder and significantly affects the quality of life of the patient. This case study focuses on the management of *Avabahuka* using *Nirgundi Lashunam Shigru Kashaya*, as mentioned in traditional text *Sarasamkshepayaya*. A 59-year-old female presented to the National Ayurveda Hospital, Sri Lanka, with right shoulder pain (*Shoola*), stiffness (*Sthabdhata*), and restricted movements (*Bahupraspanditahara*) for one month. This clinical condition was diagnosed as *Avabahuka*. The treatment duration was 14 days, during which she was administered *Nirgundi Lashunam Shigru Kashaya*, 120 mL twice daily before meals. Assessment included both subjective and objective parameters. The range of movement was assessed by using a goniometer, whereas functional ability was assessed using the Shoulder Pain and Disability Index (SPADI). Initial investigations revealed an ESR of 68/mmh and mild degeneration of the acromioclavicular (AC) joint on X-ray. Following the treatment, the patient experienced complete pain relief, significant reduction in stiffness, improved shoulder function without support. The range of motion improved, with flexion increasing 100° to 180°, extension 15° to 50°, abduction 100° to 180° and both internal and external rotation 15° to 90°. SPADI score showed marked improvement, with pain reduced from 76% to 16%, disability from 87.5% to 16.25%, and the total score from 83% to 15.38%. ESR was reduced to 37/mmh, indicating a decrease in inflammatory activity and no change was observed in the X-ray findings. This case suggests that *Nirgundi Lashunam Shigru Kashaya* is effective in the management of *Avabahuka*. Further clinical studies with larger samples are recommended to validate these findings.

Keywords: *Avabahuka, Frozen shoulder, Nirgundi Lashunam Shigru Kashaya*