PRUSHTHA MARMA AND AMSA MARMAGHATA IN BHUJASTAMBHA (FROZEN SHOULDER) – A RETROSPECTIVE, OBSERVATIONAL, CROSS-SECTIONAL, REVIEW BASED STUDY.

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ABSTRACT

Marmas are certain vital points spread all over human body. These are the places where the Prana (life force) is said to be situated. Any injury to the Marma points that leads to deformity of the structures, produces the severe pain, loss of movements and even some times there may be a death. Prushta Marma are Katikataruna, Kukundara, Nitamba, Parshwasandhi, Brahati, Amsaphalaka and Amsa. T'amsa marmaghata can be correlated with frozen shoulder due similarity in symptomology. The precise prevalence of FS is unknown, some studies have quoted prevalence of 2%–5% in the general population. A Retrospective, Observational, Descriptive, Cross-sectional study was aimed to study the anatomical and structural changes of Amsa marmaghata in Bhujastambha. Study carried out in 10 patients as a pilot study prior actual dissertation work. Considering symptoms of Bahustabdhata (Frozen shoulder) and Amsa marmaghata it was observed that symptoms of both are almost same. Since data was limited statistical analysis was not performed.

Keywords: Prushta Marma, Amsa Marama, Marmaghat, Frozen Shoulder, Cross-Sectional Study.

1. INTRODUCTION

The human anatomy (Sharira rachana) is an integral part of health sciences. Knowledge of Sharira rachana is helpful to the physician for his success in the profession. Ancient Acharyas like Sushruta, Charaka and Vagbhata have stressed on Rachana sharira when dealing with various diseases. Sushruta had mentioned dead body dissection also.1 Vital points situated at certain place in human body are called Marmas. Prana (life force) is said to be situated at Marmas.2 Any injury to the Marma points that leads to deformity of the structures, produces the severe pain, loss of movements and even some times there may be a death.3 Each and every Marma is important clinically as trauma over it leads to pain, deformity, death etc. As per Ayurveda Marma are made up of mamsa, sira, snayu, asthi and san-dhi. Name to the Marma is given after the name of body part, structure or function.4

There are 14 Prushta Marma viz. Katikataruna, Kukundara, Nitamba, Parshwasandhi, Brahati, Amsaphalaka and Amsa.5 Various activities viz. jerk during hard work, playing, actions like swimming, trauma and fall leads to injuries to shoulder joint and its muscles. Amsa sandhi and bahu vikruti (deformity, disability) is resulted due to such activities. Amsa marma is vaikalyakar marma (causing deformity). Amsa marmaghata can be correlated with frozen shoulder due similarity in symptomology. Frozen shoulder (FS) is commonly present in older population and more in females as compared to males. The prevalence rate of Frozen shoulder is not known actually but few studies mentioned the 2 to 5% general prevalence rate.6 Patients of FS with prolonged
shoulder immobility or systemic diseases are always at a higher risk of deformity.\(^7\)

Acharyya Sushruta has evolved and explained concept of *Marma* system to help a surgeon for safe surgical practice. Symptomology like *stabdhabahuta* or *bahu kriyalpata* is much neglected area in Ayurveda research. Hence there is need for research to evaluate the concept of *stabdhabahuta* symptom in relation with *Amsa Marma* and its surgical and anatomical importance. Till date no study has conducted on Amsa marma and its traumatic consequences viz. injury or deformity. In current situation vast treatment modalities are available for FS. But still after treatment some sort of disability remains which in unavoidable. Modern science is also not capable to take care of these disabilities. To clear the scenario and to open new dimensions for scholars, a study of *Marma* and *Amsa marmaghata* was considered for present study.

2. METHODS

2.1. Objectives

- To study the anatomical and structural changes of *Amsa marmaghata* in *Bhujastambha*.
- Conceptual study of *Prushtha Marma Sharira* according to Ayurveda as well as modern view.
- To study the underlying structures of *Amsa marma* according to Ayurveda text.
- To study the underlying structures of *Amsa marma* according to modern science.

2.2. Research Question

Is there any association in *Amsa Marmaghata* and *Bhujastambha* (Frozen Shoulder)?

2.3. Study design

Present study is Retrospective, Observational, Descriptive, Cross-sectional study carried out as pilot study prior actual dissertation work. Ethical clearance was obtained from IEC of PMT’s Ayurveda College, Shevgaon (Ethical Clearance No. PMT/AYU/PG-IEC.RSHR-01). Study was carried out in OPD of Kayachikitsa and Shalyantatra. Total 10 patients suffering from Frozen Shoulder were study by explaining them nature of study and obtaining informed written consent. After interrogation, structured CRF were filled to gather relevant data.

2.4. Selection of study subjects

2.4.1. Inclusion criteria

- Patients of either sex irrespective age.
- Diagnosed patients of *Stabdhabahuta* more than 6 month due to the injuries to *amsa-pradesha*.
- Patients having clinical features correlated with *snayu marmabhigahata lakshana* and *samanya marmabhigahata lakshana*.

2.4.2. Exclusion criteria

- Fracture and dislocation.
- Tuberculosis of shoulder joint.
- Congenital elevation of scapula.
- Non-traumatic conditions and systemic disorders.
- Immuno-compromised patients.

3. RESULTS AND DISCUSSION

3.1. Discussion on *Amsa Marma, Amsa marmaghata* and *Bahustabdhata* (Frozen shoulder)

*Marma* are that part of the body which exhibits a peculiar sensation or unusual throbbing and causing pain on pressure.\(^8\) *Amsa Marma* is situated between the root of the arm on one side and the neck on the other. This ties shoulder and *amsapeetha* together. Here there are ligaments binding the scapula with the clavicle. Injury to this *marma*, results in stiffness of the limb with loss of function. It includes all the soft tissues like muscles, tendons, ligaments etc, which take part in the formation of shoulder joint with scapula. An injury to these structures may cause rupture of the muscles, ligaments resulting in dislocation of joint, that leads to loss of function of the shoulder joint.\(^9\) *Amsa marma* is a *snayu marma* structurally, based on many references (*shastra charcha prishad*) we can call *snayu* as ligament, somewhere it is considered as nerve or tendon. But
depending upon the situations we can name it to different structures as above said, traumatic effect on amsa marma (snayu) leads to the functional deformity. So, it is known as Vaiakalyakara Marma.  

Snayu marma leads to lakshanas viz. Koubhyam (Shortening), Sharir avayava saada i.e. svakarmanya asamrthyam (loss of functions), Kriyavashaktiriti (Loss of movements like Abduction, Adduction, Flexion extension etc.), Ruja (Pain), Ayam, Akshep, Bhujastmbha.  

Common marmabhigahata symptoms are Vicheshtana, Urdhavavata, Vayukruta tivra ruja, Stabdhata, Kriyansha.

Frozen shoulder (FS) is scientifically termed as adhesive capsulitis. It is also called periartritis of shoulder joint. Shoulder joint’s movements become restricted gradually. X Ray shoulder joint may show specific, non-specific or no findings in such patients. Patient reports gradual increase in severity of pain and joint movements. He/she cannot sleep on affected as FS progresses further. As per modern science three stages of progress of FS are found mentioned viz. 1. Freezing stage, 2. Frozen stage and 3. Thawing stage. In first stage i.e. freezing stage there is moderate to severe pain and stiffness of shoulder joint with duration of 2 to 9 months. In the second stage i.e. frozen stage shoulder joint stiffness gradually increases with duration of 4 to 14 months. Pain is reduced is reduced here as compared to first stage. The duration of third stage i.e. stage is about 5 to 24 months. Symptoms are relieved gradually and range of motion is improved in this stage.

3.2. General observations

Out of 10 patients 8 patients were above age of 50 years. Old age is Vata pradhan avastha of vaya, hence trauma over shoulder joint leads to Bahustabdhatra (Frozen Shoulder) commonly in later stage of age. 6 patients were male while 4 patients were female. 3 patients were having history of heavy weight lifting, 4 patients were having history fall and trauma over shoulder region, 2 patients were having history of trauma in RTA and 1 patient was having history of trauma by jerk during farm work.

3.3. Symptoms of Bahustabdhatra (Frozen shoulder)

Out of 10 patients, 5 patients reported Grade 3 pain, 4 patients reported Grade 2 pain and 1 patient reported Grade 1 pain. 3 patients were having Grade 3 shoulder joint stiffness and unable move shoulder joint due to severe pain during movements, 5 patients reported Grade 2 shoulder joint stiffness and 2 patients reported Grade 1 shoulder joint stiffness. 3 patients were suffering from Grade 4 loss of movements, 4 patients were suffering from Grade 2 loss of movements while 2 patients were suffering from Grade 1 loss of movements.

3.4. Amsa marma viddha lakshana (symptoms)

Out of 10 patients, Grade 3 Amsa ruja was found in 5 patients, Grade 2 Amsa ruja was found in 4 patients and Grade 1 Amsa ruja was found in 1 patient. Grade 3 Cheshtopaghata was found in 4 patients, Grade 2 Cheshtopaghata was found in 4 patients and Grade 1 Cheshtopaghata was found in 2 patients. Grade 3 Kriyahani was found in 4 patients, Grade 2 Kriyahani was found in 4 patients and Grade 2 Kriyahani was found in 1 patient. Grade 3 Sparshasahatva was found in 5 patients, Grade 2 Sparshasahatva was found in 4 patients and Grade 1 Sparshasahatva was found in 1 patient.

3.5. Scope, Limitations and Recommendations

Present study was conducted in less patients. Only symptoms of Marmaghata stated in Ayurveda classical texts and symptoms of Frozen shoulder mentioned in modern science were correlated. Anatomical changes were not observed. Large sample study and correlation with anatomical change viz. by cadaveric study or via X Ray or MRI will give more positive results.

4. CONCLUSION

Considering symptoms of Bahustabdhatra (Frozen shoulder) and Amsa marmaghata it
was observed that symptoms of both are almost same. Hence based upon observations it concluded that, there is association between *Bahustabdha* (Frozen shoulder) and *Amsa marmaghata*. *Vaikalyakaratva* of *Amsa marma* as per stated in Ayurveda classical texts was also found in the study. Since data was limited statistical analysis was not performed.

REFERENCES

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