

Frozen shoulder (Adhesive capsulitis)



Frozen shoulder is very common nowadays. It is stiffness, pain and limited range of movement in your shoulder. The tissues around the joint stiffen, scar tissue forms and shoulder movements become difficult and painful. It may happen after an injury or over use of joint or from a disease such as diabetes or a stroke.

Common causes

can develop when you stop using the joint normally because of pain or injury or chronic health issues like diabetes or stroke. Any shoulder problem can lead to frozen shoulder if you do not work to keep full range of motion.

Most often in people between 40 years-70 years. More seen in Women than men.

Investigations: X-ray helpful for proper diagnosis.

According to Ayurvedic principles Frozen shoulder is considered as Apabahuka. It is considered as a Vaatha roga. Nasya, Sirovasthi, Massages with medicated oils very helpful for the permanent cure. Danadanayandi kashayam, Prasaranayadi kashayam, Maharasnadi kashayam etc are very good depend on dosha predominance.

Natural remedies For Frozen shoulder:

1. take equal quantity of blackgram, sesamin seed, fenugreek, anethum sowa and boiled in cow milk. make a paste and apply on shoulder joint for one hour for ten days.
2. fry garlic paste in pure coconut oil and apply that oil on shoulder luke warm.
3. decoction of blackgram, sida cordifolia and garlic very effective.