



HOMEOPATHIC MANAGEMENT OF FROZEN SHOULDERS

Homeopathy

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ABSTRACT

Frozen shoulder which is also termed as Adhesive capsulitis is a syndrome in which the shoulder joints become very pain full. This syndrome is more common in women than in men. The frozen soulder is more common in older peoples than in younger peoples. In this condition body forms too much scrape tissue or connections throughout the glenohumeral intersection, which in terns causes unbearable pain, hardness and disfunction. In this paper we have discussed how homeopathy is an efficient way for curing frozen shoulder.

KEYWORDS

Frozen Shoulder, Adhesive Capsulitis, Joints, Glenohumeral Intersection, Homeopathy Etc....

INTRODUCTION

In this condition body forms too much scrape tissue or connections throughout the glenohumeral intersection, which in terns causes unbearable pain, hardness and dysfunction's. Pains is more during night times. Frozen shoulder happens in about 2% of the common people. It frequently influences people concerning the ages group of 40 to 60 years, and more common in women than men.[1]

In frozen shoulder, the shoulder capsule stiffens and converts into tight. Stiff strips of tissue (adhesions) arise. In most of the condition there is less flow of synovial fluid in the joints.

Factors Causing Frozen Shoulder:[2]

- Long-lasting Immobilization.
- Age and gender
- Arm fracture
- Parkinson's disease
- Diabetes
- Cardiovascular disease

Diagnosis of Frozen Solder:[3]

- Physical Examination
- X-Ray
- MRI

The frozen shoulder can also be treated by Yoga and meditation.

The Following Yoga Postures to be Performed Daily:

- Bhastrika Pranayama
- Salabhasana
- Makarasana
- Malasana
- Ardha Baddha Hastasana
- Savasana
- Utthita Tadasana

In this paper we have discussed how homeopathy is an efficient way for curing frozen shoulder.

Homeopathy Management of Frozen Shoulders

Homeopathy therapy for frozen shoulder is the excellent option as it can treat the disorder genuinely without employing any aggressive methods and pain killers.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have treated lots of patients based on their symptom's totality.

We have treated around 22 patients of different age group as follows:

| Sr. No. | Age Group | Number of Patients |
|---------|----------------|--------------------|
| 1 | 30 to 40 years | 08 |
| 2 | Above 50 years | 14 |

Following medications has been provided based on the symptom's totality:

| Sr. No. | Name of Medicine | Purpose |
|---------|------------------|------------------------------------|
| 1 | Bryonia | Relief from pain due to stiffness. |
| 2 | Kalmia latifolia | Relief from upper joint pain. |

| | | |
|---|---------------------|---|
| 3 | Arnica Montana | Relief from severe trauma and discomfort. |
| 4 | Ferrum phosphoricum | Relief from swelling. |
| 5 | Rhus tox | Relief from joint pain. |
| 6 | Kali Carbonicum | Relief from rheumatoid arthritis |
| 7 | Belladonna | Relief from sever pain. |

CONCLUSION

Homeopathy is always one of the best treatments for frozen shoulder. From the treatment done at our clinic we have found that the homeopathy can cure the frozen shoulder completely.

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