

## An Ayurvedic Management of Trigger Finger (Stenosing Tenosynovitis) : A Case Study. Waghmare S.P.

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### ABSTRACT:

Trigger finger is a condition that affects one or more of the hands tendons, which makes it difficult to bend the affected finger or thumb. Trigger finger occurs if there's inflammation and swelling of tendon or sheath. It is commonly seen in women and people above 40 years old, and those with certain medical conditions. A 46 year old female was brought in severe condition. She had very much difficulty in moving and bending her thumb of right hand. History revealed that she was suffering from trigger finger disease since 6 months. She had taken modern treatment which included steroids and NSAID drugs but got no significant relief and finally advised surgery for it<sup>1</sup>. She was successfully treated with external and internal medication of *Ayurveda*. She got significant relief in pain and movement of thumb and her quality of life was markedly improved. This case study demonstrates that trigger finger condition can be well managed with *Ayurvedic* medicines.

### KEYWORDS:

Trigger finger, Stenosing tenosynovitis, *Mahanarayan* oil, *Mahavishgarbha* oil, *Guggultikta Kashaya*

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**INTRODUCTION:**

The condition that affects one or more of the hands tendons, which makes it difficult to bend the affected finger or thumb is known as trigger finger disease. If there is inflammation and swelling of tendon then it can catch in the tunnel it runs through the tendon sheath. This condition makes difficult to move the affected finger or thumb and can result in clicking sensation. Trigger finger is also called as Stenosing Tenosynovitis or Stenosing Tenovaginitis. Thumb, ring finger or little finger is mostly affected in this disease<sup>2</sup>.

**CASE REPORT**

A 46 Years old female was brought to hospital with difficulty in moving and bending her right-hand thumb. History revealed that she was suffering from this condition since 6 months. Other past history also revealed that she was suffering from D.M. since 10 years. No history of fall or trauma found. On examination, severe tenderness with thickening and swelling of tendon sheet of right thumb was found. Triggering of thumb was also present. Patient was unable to pick any object and has no grip to right hand due to limited and painful motion of right hand thumb. Motions of thumb like Abduction, Adduction, Extension, Flexion and Opposition was also hampered and limited due to severe pain. After doing *Prakriti* Assement it was found that patient was of *Kapha Vataj Prakriti* with *Upastambhit Sthanik Vatavyadhi lakshan*. As clinical examination gave the idea of diagnosis no related laboratory or radiological investigations done. Blood sugar was under control with modern medication. Considering the history, clinical examination, following treatment was given.

**Table no. 1 TREATMENT PLAN**

DAYS	EXTERNAL TREATMENT	INTERNAL TREATMENT
Day 1 - 15	<i>Abhyang</i> with <i>Mahavishgarbha</i> oil (cotton bandage wrapped around right hand thumb which was dipped in oil) – for whole day and night.	<ol style="list-style-type: none"> <li>1. <i>Kanchanar guggulu</i> 250 mg tab(2) BD after meal with lukewarm water.</li> <li>2. <i>Aarogyavardhini vati</i> 250 mg tab(1) BD before meal with lukewarm water.</li> <li>3. <i>Dashmoolarishta</i> 20 ml BD with 20 ml water.</li> </ol>
Day 16 - 30	<i>Abhyang</i> with <i>Mahanarayan</i> oil (cotton bandage wrapped around right hand thumb which was dipped in oil) – for whole day and night.	<ol style="list-style-type: none"> <li>1. <i>Aarogyavardhini vati</i> 250 mg tab(1) BD before meal with lukewarm water.</li> <li>2. <i>Guggultiktam kashaya</i> tab 250 mg (2) BD after meal with lukewarm water.</li> <li>3. <i>Dashmoolarishta</i> 20 ml BD with 20 ml water.</li> </ol>

Day 31 - 60	<i>Abhyang</i> with <i>Mahanarayan</i> oil (cotton bandage wrapped around right hand thumb which was dipped in oil) – for whole day and night.	<ol style="list-style-type: none"> <li>1. <i>Guggultiktam kashaya</i> tab 250 mg (2) BD after meal with lukewarm water.</li> <li>2. <i>Dashmoolarishta</i> 20 ml BD with 20 ml water.</li> </ol>
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### DO'S AND DON'TS

- Don't give pressure on affected finger.
- Do regular physiotherapy of affected finger.

**Table no. 2 OBSERVATION**

SIGNS	DAY 1	DAY 15	DAY 30	DAY 60
1. TENDERNESS	+++	++	+	-
2. SWELLING AND THICKENING OF TENDON	+++	+++	++	-
3. TRIGGERING OF FINGER	++	+	-	-
4. GRIP	+++	+++	++	+
5. MOTIONS OF FINGER	+++	+++	++	+

### DISCUSSION

The patient was observed for 60 days with above *Ayurvedic* treatment, there was gradual decrease seen in inflammatory signs, triggering, grip of thumb and in motions of thumb. Here *Ayurvedic* treatment included *Abhyang* at right thumb with *Sneha Dravya*. In *Siddhisthana* while dealing with *Snehan Karya*, *Charak* has vividly explains its “*Mrudu Karoti Deham*” function<sup>3,4</sup>. Also one of the first daily health rituals as part of of *Dinacharya* (daily regimen), specified by the *Brithattrayi*, and *Lagutrayi* to maintain good health and wellbeing is *Abhyanga*- practice of self-massage. *Abhyanga* (oil massage) is a form of *Ayurvedic* medicine that involves massage of the body with specific warm herbs infused oils<sup>5</sup>. In external snehan *Abhyanga* has been considered as important part. In the Classics, *Snehana* is also known as Oleation. Literal meaning of snehan is love or tenderness. *Charaka Acharya* says that whatever causes unctuousness, fluidity, softness and moistness in the body is *Snehana* or oleation therapy<sup>6</sup>. We had applied the same function here. Besides that we had given *Vatashaman Chikitsa* with *Guggul Kalp* and *Dashmoolarishta*<sup>7,8,9</sup>. The anti-inflammatory action of *Guggul* has been already proved<sup>10</sup>. Here *Ayurvedic* medicines were firstly given to relieve local *Aam* as a sign of inflammation with *Tikshna* and *Apatarpan chikitsa* for 15 days and then as *Aam* relieved considering the age of patient further *Vaatshaman*, *Snigdha* and *Ushna chikitsa* was given. Patient is now able to her day to day work with no difficulty.

### CONCLUSION

Above *Ayurvedic* treatment is found very useful in trigger finger condition. It is supportive for further research in Trigger finger disease and in similar conditions.

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