

MANAGEMENT OF CARPEL TUNNEL SYNDROME – A CASE STUDY

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ABSTRACT

Carpel Tunnel Syndrome occurs when the median nerve, which runs from the forearm into the palm of the hand, becomes pressed or squeezes at the wrist. The main symptoms are pain in the hand and arm with numbness or tingling, hand weakness or wrist weakness. The Lakshans of Vishwachi closely resembles Carpel Tunnel Syndrome. Vishwachi is characterized by functional loss of hand following dysfunction of Vata in Kandara of the hand. Female Patient aged about 40 yrs came with the history of severe pain in wrist joint, forearm, arm associated with numbness and weakness in the hand. Ekanga Dhanyamla Seka, Shastika Shali Pinda Sweda and Shamaoushadhis like Vishatinduka Vati. Trayodashanga Guggulu found effective in management of Carpel Tunnel Syndrome.

KEYWORDS:- Carpel Tunnel Syndrome, Vishwachi, Panchakarma

Received: May 22, 2022; **Accepted:** Jun 17, 2022; **Published:** Feb 22, 2022; **Paper Id:** IJMPSDEC20221