

CASE STUDY

A Case Study of Asthi Bhagna W.S.R to Meta Tarsal Fracture

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ABSTRACT

The most common cause of a bone's dislocation/a displacement of the joint/or fracture/a break in the bone's continuity—is trauma. Important symptoms of fractured patients include loss of movement, including flexion and extension, severe pain at the slightest contact, swelling in the affected area, deformity, and crepitus, as well as no respite from pain in any posture. Such skeletal injuries and their treatment are thoroughly described by Acharya Sushruta in the Ayurvedic classic Bhagna Nidana & Bhagna Chikitsa. Many of the bhagna management concepts that Acharya Sushruta outlined centuries ago still hold true today. Our Acharyas have also recommended a number of readily accessible herbal medications for the management of bhagna in order to strengthen the union of fractured bone. In this case study the medicine Chandrashoor, Gandha tailam & Laksha guggulu are used.

KEYWORDS: Bhagna, Fracture, Bhagna Chikitsa, Chandrashoora.

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INTRODUCTION

Breaches in movements of bones are of several types according to the nature of injury such as by slip or fall, pressure, striking, excessive movement etc [1]. The treatment of trauma has been used since the Vedic eras. Bhagna Chikitsa is the name of this Ayurvedic treatment component. Many of the fracture therapy tenets that Acharya Sushruta expounded upon centuries ago are still applicable today and are utilized in the management of Bhagna. Our current culture is heavily reliant on time and speed, as we live in a complicated, mechanical world. However, data reveal that every day, there are around a thousand deaths in our community in addition to numerous injuries and permanent disabilities brought on by fractures and dislocations. Thus, there is great challenge and room for in-depth. Bhagna is easily curable in young age, in case of little morbidity and in cold season [2]. And in middle age by double period [3]. Research on the issues that medical practitioners deal with in relation to fracture and dislocation. Herbal remedies have the potential to be a useful means of reducing discomfort, inflammation, and swelling. Its consumption aids in the better healing of Asthi bhagna since the most typical complaints from patients following allopathic treatment are joint pain and stiffness for an extended length of time. Due to its potent anti-inflammatory and analgesic properties, the patient has relief from pain, swelling, and other symptoms. Additionally, it relieves associated conditions including fever, retention of urine, dyspnoea, etc. Fracture and dislocation should be known as unified well when it is undistorted, with no diminution or extension of the part while activities and movements are comfortably taken up [4].

CASE REPORT

In the present case study, a 42 years old female patient C/o pain in 4th toe of left foot, Registration no. 24017064 came to OPD of PIAYR, Kemdas hospital with the chief complaints of having sever pain & swelling in her left foot region after hit of foot against table

Chief Complaints: Pain and Swelling of 4th toe of left foot

Place of study: PIAYR, Kemdas hospital

History of Past Illness: No previous H/O any other severe illnesses

Treatment history: No previous H/O any treatment.

Surgical History: LSCS done twice

Family History: All family members are healthy and No H/O any other severe illnesses

General examination

General condition-

B.P.- 130/80mm/Hg.

Pulse -78/ min

Height- 152cm

Weight- 54kg

Temp.-98.4F

Respiratory rate-14/min

Tongue-uncoated

Pallor/ Icterus / Clubbing / Oedema / Lymphadenopathy – no

Asthavidha

Nadi (Pulse) =78 /Min.

Jihva (Tounge) =uncoated

Mala (Stool) = one time/Day

Mutra (Urine) = 4-5Times a day

Shabda (Speech) =normal clear

Sparsha=sparsha

Druka (Eyes) =clear

Akruti = normal built

INVESTIGATION:X-Ray done (AP & LATERAL VIEW)

DIAGNOSIS

Asthi bhagna (Fracture of 4th toe of left foot)

Ayurvedic and modern texts are used to make the diagnosis. According to the Ayurvedic book, the symptoms of Bhagna are pain (Vedana), swelling (Shvayathu), lack of movement (Trastangta), and tenderness (Sparsha-asahishnutvama) [5].

Treatment

1)Chandrashoora choorna 1tsp twice with milk

2)Cap.Gandhatailam 1cap twice after food

3)Lakshadi Guggulu 2 tab twice after food

The subjective and objective assessment was done on the basis of classical symptoms of the Bhagna or fracture.

RESULTS

During the treatment process, the patient was observed for changes in pain, swelling, and mobility. Initially, there was marked swelling and tenderness at the fracture site, which progressively reduced after the administration of the Ayurvedic medications.

- **Pain Reduction:** One of the most significant findings was the reduction in pain, which was reported by the patient as "bearable" within weeks of initiating treatment with *Chandrashoor Churna* and *Cap. Gandhatailam*.
- **Swelling:** The swelling around the fracture decreased significantly after two weeks of regular use of the prescribed formulations. The *Chandrashoor Churna* was helpful in reducing internal inflammation and fluid retention, contributing to faster resolution of the edema.
- **Mobility and Weight-bearing:** The patient's ability to bear weight on the fractured foot improved steadily. The gradual restoration of bone strength and function was evident as the patient was able to walk with assistance by the third week.
- **Healing Progress:** Follow-up X-rays after 3 weeks showed improved bone alignment and a reduction in the fracture gap. The bone appeared to be healing appropriately, confirming the positive effects of the Ayurvedic treatment. The incorporation of *Lakshadi Guggulu* further contributed to the remodeling phase of bone healing, supporting tissue regeneration and strengthening of the fractured bone.

DISCUSSION

The combination of *Chandrashoor Churna* [5], *Cap. Gandhatailam* [6], and *Lakshadi Guggulu* [7] appears to have provided a holistic approach to treating the meta tarsal fracture. From an Ayurvedic

perspective, these formulations address the root cause of the injury by balancing the doshas and enhancing the body's ability to heal naturally.

1. **Anti-inflammatory Action:** Both *Chandrashoor Churna* and *Cap. Gandhatailam* demonstrated effective anti-inflammatory actions that helped in reducing pain and swelling, critical factors in fracture management.
2. **Bone Regeneration:** *Lakshadi Guggulu* and *Chandrashoor Churna*, with its potent ingredients, enhanced the regeneration of bone tissue, supporting the body's natural healing processes and accelerating recovery.

Here the patient around 42 yrs. old; more chance to get degenerative changes in bone tissues, our drugs Chandrashoor rich in calcium and phosphorous along with other two medicines already mentioned in Bhagna chikithsa are helped in early healing of the wound and restoration of health.

CONCLUSION

This case study demonstrates the promising role of Ayurvedic formulations—*Chandrashoor Churna*, *Cap. Gandhatailam*, and *Lakshadi Guggulu*—in the effective management of meta tarsal fractures. The holistic approach provided by these treatments not only alleviates pain and reduces inflammation but also accelerates the natural healing process by promoting bone regeneration. These formulations, which focus on balancing the body's doshas and enhancing internal healing mechanisms, offer a complementary and potentially beneficial alternative to conventional orthopedic treatments.

The patient's clinical improvement, including reduced swelling, pain relief, and enhanced mobility, points to the effectiveness of integrating Ayurvedic remedies with standard fracture management protocols. This case also highlights the advantages of using a multi-pronged Ayurvedic approach in the treatment of bone injuries, particularly in promoting long-term bone health and preventing complications such as delayed healing or non-union.

However, while the case results are encouraging, the findings should be interpreted with caution due to the study's limited scope. A larger sample size, long-term follow-up, and more rigorous clinical trials are needed to further validate the efficacy of these Ayurvedic treatments in bone fracture recovery. Furthermore, a comparative analysis with conventional allopathic treatments could provide valuable insights into the relative advantages of Ayurvedic therapies, especially in terms of cost-effectiveness, patient comfort, and functional recovery.

In conclusion, the integration of Ayurvedic formulations into the treatment protocol for fractures, particularly meta tarsal fractures, offers a promising adjunct to modern medical practices. This approach not only aids in quicker recovery and bone healing but also aligns with the growing interest in holistic and natural treatment options. Given the increasing acceptance of integrative medicine, further research in this area is crucial to establishing Ayurvedic treatments as a standard of care in fracture management.

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