

Healing effects of Sri Lankan traditional and Ayurvedic medicine in shaft of humerus fractures with non-union state: a case report

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Abstract

In Ayurveda, *Sushruta Samhita* describes *Bhagna Chikitsa* (treatments for fractures). Sri Lanka has a well-established traditional orthopedic treatment system (*Kedum Bindum Vedakama*). Shaft of humerus fractures are common over middle one-third. It is common in adults as well as in children. A 14 year-old child was subjected to a compound fracture over shaft of humerus. Three months following allopathic treatment, he was presented to Ayurveda for further management. At the beginning, fracture was aligned and immobilized using “k” wire (mode of internal fixation) over three weeks and it was removed. The patient presented with an external wound with wasting of forearm and restricted movements of elbow, wrist and fingers. Antero-posterior (AP) and lateral (L) views of the X-ray reports showed non-union of the bones. Total duration of the treatment was 6 months. Initially, all non-unioned bone fragments were immobilized for 6 months using bamboo splints. Prior to applying the two splints over lateral and medial sides of the arm, herbal oils of *Seethodaka*, *Pinda*, *Narayana* and herbal paste of *Katakala* were applied. Subsequently, up to 6 months, motor, sensory function assessment and quality of life assessment with quality of life of the international osteoporosis foundation (QLIOF) were done following *Ayurveda* treatment. Initial power of wrist and fingers was grade 1 and at the end of 6-month it improved to grade 5. The difference in the QLIOF scores was analyzed using Wilcoxon signed rank test. There was a significant ($p < 0.05$) difference between the pre-treatment (14) and post-treatment (59) QLIOF scores. The evidence of AP and L views of the X-ray showed complete heal of the fracture. A study with a larger population is proposed to assess the efficacy of the given Ayurveda treatment protocol.

Key words: Ayurvedic treatment, fracture healing, nonunion humerus fracture

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