

Therapeutic regimen for dislocations used by Traditional Ayurveda physicians in Sri Lanka

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Abstract

The history of traditional medicine runs beyond the era of great king *Rawana*. Throughout many years, it has developed its own way independently according to the needs of the human being. It is gifted from generation to generation as a great heritage which helps to maintain the health of the Sri Lankan nation. The aim of the study was to demonstrate a treatment regimen used by traditional Ayurveda physician cohort to treat fractures and dislocations. This article is a case report of 45 years old Sri Lankan female who had faced a road traffic accident and dislocated her right sterno-clavicular joint. Treatment regimen contains three phases contains 21 days. The plants used in this therapeutic regimen has special properties such as *Vedanasthapana*, *Shothahara*, *Sthambana*, *Balya*, *Thridoshashamaka* and *Asthisandhanakara* property which help to heal fractures. Most of the drugs have *Katu*, *Thiktha*, *Kashaya* taste and *Laghu*, *Theekshana*, *Snigdha*, *Ruksha* properties. Among the all drugs majority of drugs are in *Ushna veerya*, which have powerful *Vathashamaka* properties. When considering above properties and action this fracture and dislocation healing regimen of *Katugampala* tradition is very successful.

Key words: *Vedanasthapana*, *Shothahara*, *Sthambana*, *Balya*, *Thridoshashamaka*

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Introduction

Traditional medical system of Sri Lanka comes down mostly through generations in family lines of native physicians probably since the King *Rawana era*. Mostly this traditional knowledge came down from teacher to student by orally. After many years of oral tradition, ola leaves were used to deposit this knowledge. At present people are facing various accidents in each and every second in Sri Lanka. According to the records of Sri Lanka Police, the number of road traffic accidents (RTA) is being increased day by day. Many people

undergo various side effects followed by negligence of fractures and wounds caused by RTA. Using Plaster of Paris, exertion of fractured bones, introducing artificial bones and ligaments are main procedures used in allopathic system of medicine.

Traditional orthopedic treatments (*Kadum bindum wedakama*) had been called as *Bhimma roga Cikitsa*. It has a miracle power to healing fractures within few days after an injury. Although most are tend to get treatments immediately after a fracture, finally they used to take traditional medicine due to their belief of it. This study will aim of identifying an effective, curative therapeutic regimen for fractures and dislocations used in Sri Lanka. *Katugampala* traditional physicians have been practicing traditional medicine for last one hundred years in western province of Sri Lanka [1,2].

Background

In Ayurveda fractures are discussed under, *Sustrutha Nidanasthana* 15 – causes and classification *Susrutha Cikitsasthana* 3 – Treatment and management

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