

# CLINICAL ORTHOPEDICS IN *AYURVEDA* - EVOLVED CASES AND INSIGHTS

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## Abstract

CLINICAL ORTHOPEDICS IN AYURVEDA – EVOLVED CASES AND INSIGHTS documented by Dr. Gikku Alias Benny has become now recognizable to young doctors. This title explains the practical aspects of bone fractures and their treatment processes. The author consistently focuses on the basic ayurvedic orthopedics described in Sushrutasamhita. It has included the application of modern investigatory techniques like computerized tomography (CT) radiographic scanning and magnetic resonance imaging (MRI) and is an important document in the direction of evidence based medicine. The book which is into its second edition is a much needed handbook for practitioners. Physicians practicing evidence-based medicine must acquire new competencies, such as effective literature searches and the use of explicit principles of evidence when assessing clinical literature.

**Key words:** Clinical orthopedics, evidence-based medicine, fracture

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## Introduction

The famous physician William Osler's well-known quote, "Medicine is a science of uncertainty and an art of probability" summarizes the essence of the medical profession, highlights the complex and ever-changing nature of healthcare.<sup>[1]</sup> The practice of medicine is undergoing a paradigm shift. Evidence-based medicine places more emphasis on the analysis of data from clinical research and less emphasis on pathophysiologic reasoning, intuition and random clinical experience as adequate justifications for clinical judgment. Physicians practicing evidence-based medicine must acquire new competencies such as effective literature searches and the use of explicit principles of evidence when assessing clinical literature.<sup>[2]</sup> Although it is widely believed that *Ayurveda* is an ancient medical system, it is currently being updated to reflect the latest findings in all scientific disciplines. A powerful research and analysis tool known as "systematic reviews" has been developed as a result of the work of renowned scientist Archie Cochrane on efficacy and effectiveness and meta-analysis as a means of summarizing the findings of randomized trials. This tool has empowered researchers and clinicians to make decisions. These actions ultimately resulted in the development of evidence-based medicine (EBM), a novel strategy to provide greater logical and analytical support for medical treatment supported by research. To create evidence-based practice, the EBM principles take into account the quality of scientific evidence as well as the consistency of clinical practice.<sup>[3]</sup> CLINICAL ORTHOPEDICS IN AYURVEDA – EVOLVED CASES AND INSIGHTS, written by Dr. Gikku Alias Benny<sup>[4]</sup> is now familiar to young doctors. This title covers the practical aspects of bone fracture and its treatment procedures. The invention of computerized tomography (CT) radiographic scanning and magnetic resonance imaging (MRI) have updated the treatment procedures in orthopedics.

## About the author:

Dr. Gikku Alias Benny is the Chief Consultant for Orthopedics and Proctology at Vettukattil Ayurveda Hospital in Muvattupuzha, Kerala. He is also the Senior consultant at Vempilly Ayurveda Hospital in Thodupuzha, Kerala. He is a postgraduate in *Salyatantra* [Master of Surgery (AY).] from Government *Ayurveda* College Tripunithura having secured first rank in *Salyatantra Samanya* (2012–2015). His expert skills include conservative management of acute injuries, fractures, dislocations, sprains and other musculoskeletal problems by immobilization, orthosis, and rehabilitation. He is also a specialist in Anorectal treatment and the proper application of parasurgical procedures (*Anushastra*) such as

*Raktamoksha, Agnikarma, Ksharakarma and Ksharautra*. Apart from being a clinician, he is also an experienced trainer, speaker and writer. His published articles include 'A case report on the effective care of Colles fractures with *Murivenna* and *Abha Guggulu*'.<sup>5</sup>

### Scope of the book:

This title aims to familiarize '*Bhagnachikitsa*' as mentioned in *SusrutaSamhita*. It is very useful to *Ayurvedic* practitioners. QR code videos on Marma application included in the second edition is highly beneficial to the doctors. *Ayurvedic* doctors can understand *Bhagnachikitsa* explained by *Susrutacharya*.

### Contents of the book

The book initially describes general principles of injury diagnosis and management. It later describes individual joint injuries and management in detail. The contents of this practical handbook of orthopaedic *Ayurvedic* management include the following chapters.

#### 1. Basic terminology in orthopedics

It is very essential to understand the modern terminologies of orthopedics to accurately diagnose the severity of the disease condition.

#### 2. Basic musculoskeletal diagnosis and management

This section discusses a clear picture of fracture classification both in *Ayurvedic* and modern perspective. Different types of fracture classification and modern comparison are arranged in a table format to understand without doubt. Basic clinical examination, clinical diagnosis of fracture, investigations, newer imaging techniques like CT and MRI, ultrasound sonography, and hematological investigations are arranged in a sequence. Acute injury management should be followed by appropriate internal *Ayurvedic* medicines to alleviate the pain and injury without delay. Usually when a fracture occurs, people always obey the rules insisted upon by orthopedic specialists of modern medicine. Here the integrative approach is essential to regain the health of the patient. The author considers orthopedic rehabilitation as a powerful mechanism for restoring normal life after fracture or injury. *Upanaha, Dhara, and Vyayama* are included in principles of rehabilitation. Moreover, the method of *Upanaha* can be seen by scanning the QR code under the description. Management of immobilization of injuries, significance of the cold-hot approach, method of immobilization like external and internal splinting, continuous traction, rules of bandaging procedures and rebandaging are described comprehensively. *Mustadi marma kashaya, Punarnavadi kashaya, Manjishtadi kashaya, Rasnerandadi kashaya, Dhanvantharam kashaya, Kaisoraguggulu vatika, Dhanvantaram tailam avarthi* are described in the internal medication list according to the specific conditions of acute injury. In the last phase, usage of *Rasnadasamuladi ghrita* and *Guggulutiktaka ghrita* are mentioned according to digestive capacity.

#### 3. Shoulder joint

In this chapter applied anatomy of shoulder joint and common pathologies of shoulder joint is described along with pictures and the importance of Apley's test is discussed. *Ayurvedic* management of injuries and disorders of shoulder like dislocation, clavicle fracture, joint arthritis and adhesive capsulitis are clearly described. The possibilities of *apabahuka*, according to the author, are cervical radiculopathy and clavicle fracture, shoulder dislocation, fracture neck of the humerus, supraspinatus tear, brachial plexus injury, Erb's paralysis, greater tuberosity fracture and diabetic brachial plexopathy. Quick examination methods and management of various shoulder joint problems are useful guidelines for practitioners.

#### 4. Elbow joint

This is identified as a joint that becomes easily stiff. The possibilities of referred pain at this joint have been noted as myocardial infarction, cervical root lesions, carpal tunnel syndrome and psychogenic pain. The author considered the importance of checking vascular and neurological status while examining elbow injuries.

#### 5. Wrist Joint and Hand

Detailed applied anatomy and functions of the wrist joint which is needed for adopting treatment procedures is introduced first. The need for differential diagnosis is also described in a simple way. Management of carpal tunnel syndrome with modified *Srunga or Alabu* method of bloodletting as a QR

code is also very useful to the practitioners. The importance of specifying the necessary guidelines to be followed in this procedure is stressed. Reduction and bandage method is also described with a QR code.

#### **6. Temporomandibular joint dislocation reduction method.**

A clinical experience in the above-mentioned condition narrated with classical text reference is also educative. The author emphasizes on *Nasya* procedure to strengthen the muscles near temporomandibular joint.

#### **7. Hip joint**

Similar to the previous chapters, applied anatomy with pictures is included. The importance of special clinical examinations like the Trendelenburg sign, SLR against resistance and FADIR test explained as highly significant in this chapter. Hip radiology in connection with various bone issues is covered. Avascular necrosis (AVN) which is a common pathology of hip with description of etiology, diagnosis, differential diagnosis, investigations and treatment modalities are highly useful to doctors.

#### **8. Knee joint**

This chapter, which starts from the applied anatomy of the knee joint which is followed by well-explained knee joint injuries. In knee joint pathology, osteoarthritis condition grades are specified. Ayurvedic managements in knee joints like modified *Srunga* and *Alabu* procedures and *Agnikarma* are well explained. A case presentation of patellar subluxation and its Ayurvedic management principle is documented.

#### **9. Ankle joint & feet**

Examination of ankle joint injury along with the applied anatomy is described in detail. Grades of Lateral Collateral Ligament Sprain and its bandaging procedures are useful.

#### **10. Clinical application of Marma in common musculoskeletal conditions**

It is crucial to remember that in cases of acute injuries, any manipulation or application of the *marma* should be avoided. This statement is very important for all fracture cases. The indications and contra indications to be observed is informative and practical, especially in shoulder, cervical, tennis elbow, lumbar, knee, and ankle *marma*. A question and answer section is also included in this chapter. The author has observed that twentyfive to fifty percent relief can be achieved immediately after the application of *marma* therapy. Description of the exact procedure is not only very beneficial to the doctors but will also increase the global acceptance of *marma* therapy to the scientific society. The evidence based treatments of ancient wisdom is described effectively and accessibly in a new way with QR code. The mode of application of pressure, where to apply, where not to apply and when to apply is fundamental in *Marma* therapy.

#### **11. Clinical application of orthosis in musculoskeletal disorders.**

Orthosis is an appliance worn on the body to facilitate movement, reduce or prevent pain and deformity and to provide support. Shoulder immobilizer, support, tennis elbow band, support, wrist splint, finger extension splint, thumb spica splint, knee immobilizer, knee brace, ankle binder with support are detailed with QR code. In addition to that, the guidelines for using orthoses are well explained.

The "revision pearls" at the end of the book provide a brief overview of the management protocol and treatment procedures for tendinitis, bursitis and osteoarthritis. Additionally included are sports injury management, *anusastra* protocol, pathya and apathya for acute injuries. The unique features of this book include several research questions from the author such as the usefulness of *marma* application in musculoskeletal applications and the effectiveness of *agnikarma* in soft tissue rheumatism.

#### **Publisher**

The first edition was released in February 2024 and was reprinted within two months which can be due to practitioners' appreciation of its hard work. The second edition of the book was published in 2024. The foreword to the second edition is written by Dr. Sudhikumar, Visiting Prof. KUHS, School of Fundamental Research in Ayurveda, Tripunithura who has congratulated the author for including the needed addition and for the willingness to share his knowledge with others who need it. The book which has 304 pages has dwelt upon all aspects of fracture management in *Ayurveda*.

## Conclusion

The author consistently focuses on the basic *Ayurvedic* orthopaedics described in *Sushruta Samhita*. This title covers the practical aspects of bone fracture and its treatment procedures. A book in this category is essential for updating the management of *Ayurvedic* orthopedics and for ensuring that *Ayurvedic* treatments are accepted worldwide. This book serves as a guide for *Ayurvedic* practitioners.

## Conflict of interest

The author declares that there is no conflict of interests.

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