

## A CASE STUDY: “EFFICACY OF ABHA GUGGULU IN THE MANAGEMENT OF ASTHI BHAGNA”

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Article Received on 29/07/2018

Article Revised on 19/08/2018

Article Accepted on 09/09/2018

**ABSTRACT**

Trauma is the main cause of dislocation (displacement of the joint) or fracture (break in the continuity of a bone) of the bone. Loss of movements like flexion, extension etc, severe pain on the slight touch,<sup>[1]</sup> swelling in the affected part, deformity, crepitus, no relief of pain in any posture<sup>[2]</sup> are the important symptoms, which are present in fractured patients. In *Ayurvedic* text such skeletal injuries & their management are well explained by *Acharya Sushruta* under the heading of *Bhagna Nidana & Bhagna Chikitsa*. Many of the principles of *bhagna* management described by *Acharya Sushruta* centuries ago, are still relevant today. There are also number of herbal drugs, which are easily available, are mentioned by our *Acharyas* for the management of *bhagna* to improve the union of fractured bone & to rule out the complications. *Abha guggulu*<sup>[3]</sup> is one of them, hence a clinical trial was conducted to evaluate the efficacy of *Abha Guggulu* in the management of *Avran Kand Asthi Bhagna* with special reference of long bone fracture.

**KEYWORDS:** *Asthi, Bhagna, Bhagna Chikitsa, Abha Guggulu.***INTRODUCTION**

Trauma management has been in practice since *Vedic* periods. This part of the treatment in *Ayurveda* is called *Bhagna Chikitsa*. Many of the principles of fracture treatment described by *Acharya Sushruta* centuries ago are still relevant & used in the present time for the management of *bhagna*. We live in a complex, mechanical world where speed and time are the vital factors that concern modern society. But statistics shows that every day, nearly thousand deaths occur around us, besides leaving several injured and maimed for life due to fracture and dislocations. So the problems faced by the medical practitioners regarding the fracture and dislocation provide much challenge and scope for intensive study. Herbal medicines can be an effective way to reduce the swelling, pain, and soreness of fracture. These medicines can also accelerate healing when used under the guidance of an experienced practitioner.

The most common complaints of the patients, after allopathic treatment are pain & stiffness of joint for a longer period, so its intake helps in better healing<sup>[4]</sup> of *Asthi bhagna*. It has significant anti-inflammatory & pain relieving effects, so the patient get relief in swelling, pain

& other symptoms. It also treats related disorders such as fever, urinary retention, difficult breathing etc.

**CASE REPORT**

In the present case study, a 10 years old male child patient of fracture femur shaft, left leg was successfully treated conservatively along with immobilization by Thomas splint. The patient with Registration no. 907/13227 came to Shalya OPD of Rishikul Campus, Uttarakhand Ayurved University, Haridwar with the chief complaints of having severe pain & swelling in his left thigh region since one week.

**Chief Complaints**

Patient came with complaints of having severe pain and swelling in his left thigh region since one week. Patient was unable to walk himself.

**Place of study:** P. G. Department of Shalya Tantra, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, India

**History of Past Illness**

No previous H/O any other severe illnesses.

**Treatment history**

No previous H/O any treatment.

**Surgical History:** No H/O any surgery.

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

**General examination**

General condition- Average

B.P.- 110/80 mm/Hg.

Pulse – 90 / min

Height- 3.5''

Weight- 35 kg

Temp.- 98.4 F

Respiratory rate-16/min

Tongue- uncoated

Pallor/ Icterus / Clubbing / Edema / Lymphadenopathy – Absent.

**Asthavidha pariksha**

Nadi (Pulse) = 90/Min.

Mala (Stool) = Once/Day

Mutra (Urine) = 7-8 Times a day

Jihva (Tounge) = Alipta

Shabda (Speech) = Samanya.

Sparsha- Anushana Sheet

Druka (Eyes) =Samanya.

Akruti = Madhyama.

**Diagnosis**

Diagnosis made on the basis of *Ayurvedic* and modern text, as per *Ayurvedic* text symptoms of *Bhagna* and as per modern text symptoms of fracture are pain (*Vedana*), swelling (*Shvayathu*), loss of movement (*Trastangta*) and tenderness (*Sparsha-asahishnutvama*).

**Treatment**

On the basis of symptoms of *Bhagna*, *Abha Guggulu* was given as a drug of present case. The dose was decided as 250 mg T.D.S with luke warm water or milk for 90 days. And the assessment of the patient was done at the interval of every 15 days. The subjective and objective assessment was done on the basis of classical symptoms of the *Bhagna* or fracture.

**Observation**

The follow up was made on the 15<sup>th</sup> day, 30<sup>th</sup> day, 45<sup>th</sup> day, 60<sup>th</sup> day, 75<sup>th</sup> day & 90<sup>th</sup> day. After completion of 90<sup>th</sup> day all symptoms got relieved.

**CONCLUSION**

On the basis of present case study, it can be concluded that the intake *Abha Guggulu* is an effective therapy without any adverse effects & also helps to avoid the surgical procedure as already described the problem of surgery in this age group with surgical complications itself. Thus, the present study revealed that the ancient management is safe, easily available, devoid of complications and has better acceptability.

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