



FRACTURE – FROM THE EYES OF HOMOEOPATHY

Author details :-

Dr. Parthkumar Vinodray Dave

MD Scholar Part –II

Department of Case taking & Repertory

Rajkot Homoeopathic Medical College

Parul University

Abstract :-

Fracture is moreover the break in the continuity of bones. It is occurring due to various causes like mechanical cause, direct blows or any pathological causes. According to homoeopathic classification of diseases fracture falls under the category of surgical disease. So that mechanical aid is to be required in treating it, but homoeopathy also can play the important role in the healing process of broken bones as well as for the relief of pain of fracture.

Key – Words :- *Fracture, Surgical disease, Fast healing, Homoeopathic therapeutics, Repertorial approach*

DEFINITION :- Fracture means the breach in the continuity of any bones.

ETIOLOGY :-

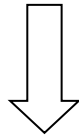
Common causes of fracture can be as follows:

- **Direct blows**
- **Crushing force**

- **Sudden twisting motion**
- **Extreme muscle contractions**
- **Pathology related to bones (Osteoporosis)**

PATHOPHYSIOLOGY :-

Due to any etiology (Crushing force or blow)



After fracture occurs, muscles that were attached to bone are disrupted and cause spasm.



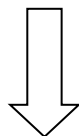
Proximal portion of bone remains in place, but the distal portion can become displaced in response to both the causative force & spasm in the associated muscles.



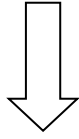
In addition, the periosteum and blood vessels in the cortex and marrow are disrupted.



Soft tissue damage occurs, leads to bleeding & formation of haematoma between the fractured fragment and beneath the periosteum.

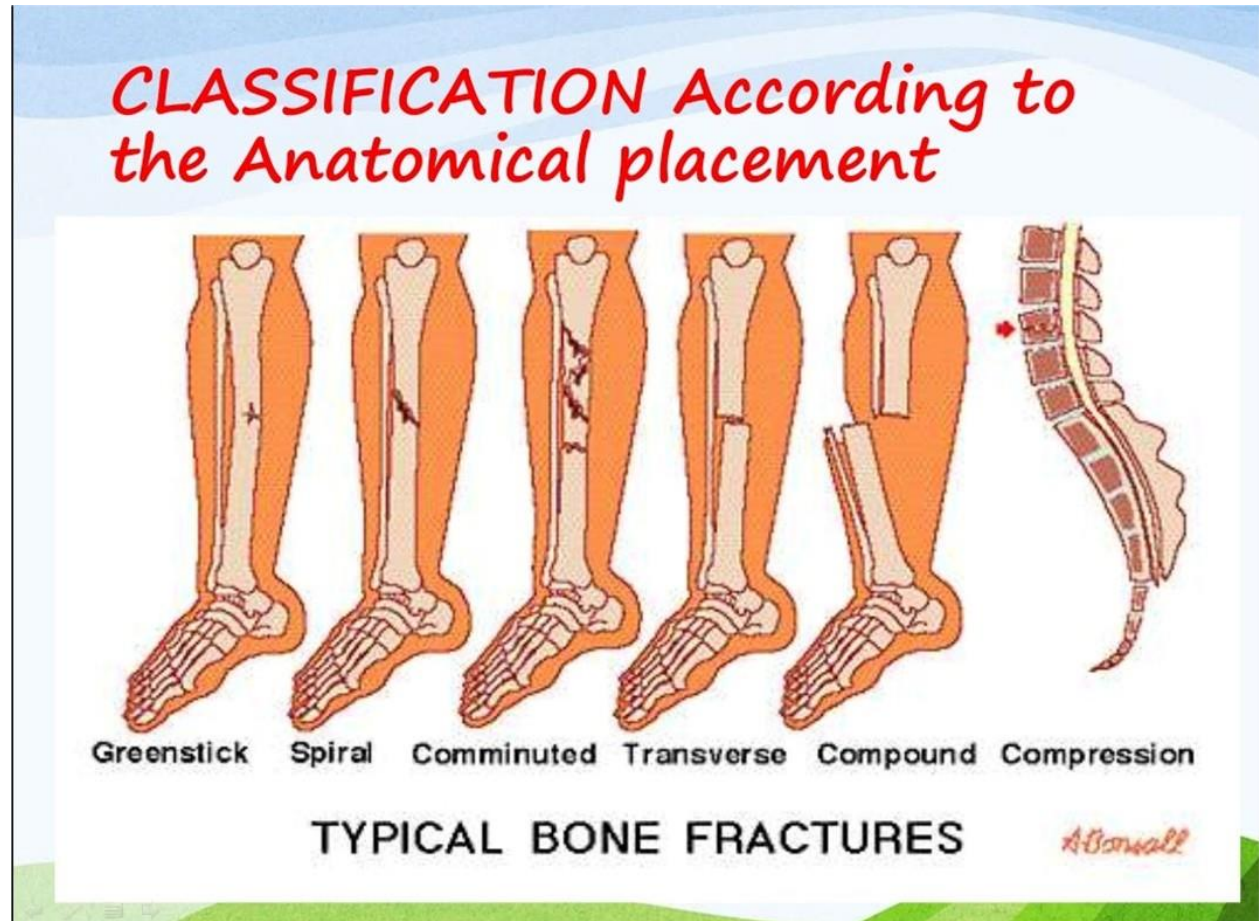


Bone tissue surrounding the fracture site dies, creating an intense inflammatory response.



In response to this, release of chemical mediators like histamins and prostaglandin occurs.

CLASSIFICATION OF FRACTURE :-



1. **Greenstick Fracture :-** One side of bone is broken while other is bent
2. **Spiral Fracture :-** Bone has been twisted apart. This is also called as 'Torsion Fracture'.
3. **Comminuted Fracture :-** Bone is broken, splintered or crushed into number of pieces.
4. **Transverse Fracture :-** Break is across the bone at the right angle of long axis.

5. **Compound Fracture :- Bone is sticking through the skin. Also known as ‘Open Fracture’.**
6. **Compression Fracture :- Occur due to pressing action. Compression fracture of vertebral column is common in osteoporosis.**
7. **Avulsion Fracture :- Fragments of bones tears away from main mass.**
8. **Depressed Fracture :- Fragments are driven inwards (Skull and facial bones)**
9. **Pathological Fracture :- Occurs through an area of disease of bone (Osteoporosis, bone cyst or tumor)**

CLINICAL MANIFESTATIONS :-

- **Pain**
- **Loss of function**
- **Deformity**
- **Shortening**
- **Crepitus**
- **Swelling**
- **Discolouration**

COMPLICATIONS :-

Early	Delayed
<ul style="list-style-type: none"> ➤ Shock ➤ Fat embolism ➤ Compartment Syndrome ➤ Deep Vein Thrombosis ➤ Disseminated Intravascular Coagulopathy ➤ Infection 	<ul style="list-style-type: none"> ➤ Delayed union ➤ Non-union ➤ Avascular necrosis of bones ➤ Reaction to internal fixation devices

HOMOEOPATHIC INSIGHT IN TREATING FRACTURE :-

If we see from homoeopathic point of view, Dr. Hahnemann has classified diseases into, Indisposition, Surgical diseases & Dynamic diseases. According to Dr. Hahnemann surgical diseases are those whose cause is from outside the body. So, if we see the etiology of fracture, it will fall under surgical diseases.

In cases of fracture of long bones, there occurs deformity or complete breakage of bones which cannot be corrected with the help of medicines only. There should be taken the help of surgical measures to bring the bones into apposition. Thus these are termed as *“True Surgical Diseases”*. But due to fracture the whole organism gets compromised by either experiencing the fever or pain at most incidences.

So that the internal derangement of the organism which is caused by deranged vital force must be treated with the help of internal medicines (Aph. – 186). Dr. B.K. Sarkar also wrote in his commentary to Organon of medicine that, *“What comes from within, must be treated from within & what comes from without, must be treated from without.”*

So, in cases like fracture we need mechanical aid to bring back the bones into apposition while for the internal ailments, we have to use internal medicines as well. Apart from this Homoeopathy also provides healthy and early healing to the broken bones.

HOMOEOPATHIC THERAPEUTICS :-

- **ARNICA MONTANA:-** A/F, bad effects of sprain, strain, fall, bruise, Concussion, contusion without laceration. Remedy for COMPOUND FRACTURE & their profuse suppuration. It should be always given in open fractures as a prophylactic against infection. It should always be the first choice of remedy to be employed immediately after the fracture. It has a remarkable power to reduce pain, soreness, puffiness & swelling around the site of fracture. This also helps in removing the mental fear, terror & shock following trauma or fall which led to fracture.

- **CALENDULA:-** It is the remedy for incised or lacerated wounds. It would be of great help that can be used both internally & externally as first aid in any open wound. This medicine is used to treat **COMPOUND FRACTURES** (where the broken bone pierces the skin) & also to prevent gangrene. Fractures where the skin covering the fracture site becomes raw, red & inflamed. It helps in uniting the soft parts with first intention healing. By use of this, skin gets healed in short time, thus reducing the chances of infection that can enter to bone through broken skin.
- **SYMPHYTUM:-** One of the best medicine in cases of fracture. Known as ‘Knit Bone’. Knit means to make something. It boost the activity of fibroblast cells & helps in healing the fractured bone. It helps with production of callus & treat the pain at fractured site. It suits in nearly each & every type of fractures but most commonly in **HAIRLINE FRACTURES**. It helps in both recent fractures to promote speedy recovery & also in cases of remote fractures where the healing is too slow. Complete the bone union in the minimum time possible.
- **CALCAREA CARBONICA:-** Tendency of limbs to numbness. Pain as of dislocated in every joint. Feels as if parts would burst, were pressed or pushed. Used mainly in **GREEN-STICK FRACTURES**.
- **SILICEA:-** Used in cases of brittle bones which get fractured often. It strengthens weak bones & prevent them from getting fractured frequently. Commonly used to treat and manage osteoporosis, caries, necrosis & exostosis of bones.
- **CALCAREA PHOSPHORICA:-** Speeds up the healing process following a bone fracture. It is used to treat remote fractures and helps to hasten the bone repair process in cases where the bone has not joined for a long time. It helps in enriching and strengthening the bone by providing the essential minerals Calcium & Phosphorous. Used in cases of “Non-union” or “Delayed union” of the broken bones. Its use is recommended in biochemic form in cases of fractures along with Symphytum.
- **HYPERICUM:-** Powerful medicine which soothes the fracture induced pain. Remedy for more severe nerve pain at the fracture site. Mostly the toes, fingers & spine are the areas which are rich in nerves. So, whenever fracture occur at this site they are with unbearable pains of neuralgic origin. This medicine brings about magical relief from pain in a short time.

- **MERCURIUS:-** Prime action over lymphatic system, glands & bones. Peristitis & necrosis of bones. Inflammation ending in exudation and suppuration. Nocturnal pain in bones. Softening of bones. Enlargement, caries and inflammation of bones. This will lead to brittle bones and recurrent fractures.

REPERTORIAL APPROACH FROM VARIOUS REPERTORIES:-

BBCR :-

Sensation & Complaints → Bones → Fracture

Bones → Fracture → Callous deficient

Bones → Fracture → Compound

Bones → Fracture → Disposition to

Bones → Fractures → Pains in old

Bones → Fractures → Slow union, slow formation of callus

Bones → Fractures → Suppurating

KENT'S REPERTORY:-

Generalities → Brittle bones

Generalities → Slow repair of broken bones

BOERICKE'S REPERTORY:-

Generalities → Fractures, shock

Generalities → Fractures, slow union

PHATAK'S REPERTORY:-

Bones → brittle, fractured etc

Bones → fracture → often

Bones → fracture --. Union delayed

MURPHY'S REPERTORY:-

Bones → brittle bones

Bones → brittle bones → fractured often

Bones → brittle bones → sensation, of

Bones → broken bones → Callous to favor production of

Bones → broken bones → children in

Bones → broken bones → compound fractures

Bones → broken bones → splinters, bone protruding

CONCLUSION :-

As we see in the homoeopathic management part that if the cause is internal then treat it with internal medicines, and if the cause is from outside then it will be called as true surgical disease and the mechanical aid must be needed to treat that type of disease. In fracture we need both the measures. We have to use mechanical aid to bring back the bones into apposition and we have to use internal medicine for treating pain and fever produced by the effect of fracture. So that it can be termed that, *“Homoeopathy is not against surgery, but anti-unnecessary surgery”*.

REFERENCES:-

- 1. Bailey Hamilton & Love McNeil, Short practice of surgery, 25th Edition, Edited by Norman S Williams, Christopher J.K. Bulstrode & P. Ronan O'Connell, Edward Arnold publishers Ltd.**
- 2. Verma S.P., Practical Handbook of Surgery with Homoeopathic Therapeutics, B.Jain Publishers Pvt. Ltd.**
- 3. Das R.B., Select your remedy, 27th edition, Indian books & periodicals publishers**

4. **Lilienthal S., Homoeopathic therapeutics, B.Jain Publishers Pvt. Ltd.**
5. **Tiwari S.K. , Essentials of Repertorization, 5th edition, B. Jain publishers Pvt. Ltd.**
6. **Gaikwad G. , Art of Repertorization, 1st edition, Published by Dr. Gaurang Gaikwad**
7. **Kent J. T., Repertory of Homoeopathic Materia Medica, 6th edition, B. Jain Publishers Pvt. Ltd.**
8. **Boericke W. , Pocket manual of Homoeopathic materia medica & repertory, 9th edition, Indian Books & Periodicals Publishers**
9. **Murphy R., Homoeopathic Medical Repertory, 3rd edition, B.Jain Publishers Pvt. Ltd.**
10. **Phatak S.R., Concise Repertory of Homoeopathic medicines, 4th edition, B. Jain Publishers Pvt. Ltd.**
11. **Sarkar B.K., Organon of medicine, 15th edition, Birla Publications Pvt. Ltd.**

