



# “Role of *Ayurveda* in Managing *Sandhimoksha* (*Elbow dislocation*): A Case-Based Approach to *Elbow dislocation* Treatment”

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## **ABSTRACT:**

*Sandhimoksha Chikitsa*, a component of both surgical and para-surgical therapy, is the terms used in *Ayurveda* to treat dislocation. Acharya Sushruta elaborated on this idea, classifying dislocations (*sandhimoksha*) according to their kind, form, and degree of displacement. *Ayurveda* has a range of approaches to treating these kinds of injuries. *Kushabandh*, *Chakrayoga*, *Taila Droni*, and *Alepa* are examples of traditional methods that can be helpful in certain situations. The main techniques, however, are *Sandhiangustha Anumarjan*, *Sandhi Peedana*, *Prasarana*, *Aakunchana*, *Snehana*, and *Seka*. These are sometimes accompanied by surgical or para-surgical treatments. In addition to these, symptomatic therapies are offered by both modern and *Ayurvedic* medical systems to lessen discomfort and swelling. Even in the modern world, this all-encompassing strategy demonstrates the effectiveness and applicability of *Ayurvedic* techniques for managing displacement.

**Keywords:** *Ayurveda*, Surgery, dislocation, *sandhimoksha*.

## **INTRODUCTION:**

*Shalya tantram* is one of the *Ayurvedic astringas*, which focuses on orthopaedics and surgical parts of the system. Surgery has been practiced and utilized for thousands of years, and its techniques and understanding are still beneficial today. Orthopaedics is the name of the medical specialty that treats dislocation studies. In *Ayurveda*, orthopaedic conditions are well explained and recorded as "*BHAGNA & SANDHIMOKSHA CHIKITSA*." orthopaedic management falls under *Shalyatantram*. The *Ayurvedic* books provide detailed descriptions of the *Bhagna and Sandhimoksha Chikitsa*.

The "*Sushruta Samhita*" has the most systematic and scientific method. Even though there were no advanced technologies like radiology or contemporary anaesthesia at the time, *Acharya Sushruta* treated bone and joint problems in a very scientific manner. To minimize fractures and dislocations and restore them to their natural positions, various manipulation techniques have been described. *Acharya Sushruta* goes into great detail about both general and particular therapy for all kinds of fractures and dislocations. *Prasarana*, *Aakunchana*, *Snehana*, *Seka*, *Sandhiangustha Anumarjan*, and *Sandhi Peedana* are the fundamental tenets of dislocation treatment.

## **INVESTIGATIONS IN DISLOCATION:**

### **Radiography**

- I. **X\_Ray** - It is the first and most common diagnostic tool for fracture. minimum two views, anterior – posterior lateral required. Sometimes an oblique view and other views are required depending on the clinical situation
- II. **CT- scan** - It is helpful in detecting fracture of skull, pelvis, spine and identifying loose bodies in the joints

III. MRI - It helps to identify soft tissue and ligament injury.

**AIMS AND OBJECTIVES: AIM OF STUDY:**

To evaluate the effectiveness of Ayurvedic method of treatment in the management of Elbow dislocation.

**MATERIAL & METHOD:**

**Selection of Patients:** The study was completed on a clinically diagnosed patient of Elbow dislocation at OPD of Nangelil Ayurveda Hospital Nellikuzhi (P.O.), Kothamangalam, Ernakulam District, Kerala. Written informed consent was taken from subject before the initiation of the trial.

**CASE**

Name of the patient – Mrs. Ratnamma

Age – 60 yrs.

Sex – F

Date – 13/07/2021

Address – Parathazathu (H), Eramalloor P.O.

Marital status – Married

Occupation – Housewife

Main complication with duration – Pain & swelling on right elbow joint since morning

History of past illness – nothing relevant

Examination of the patient

1	<i>Twaka</i>	<i>Ushna</i>
2	<i>Nadi</i>	<i>Tivra</i>
3	<i>Nakha</i>	<i>Mridu</i>
4	<i>Anguli sandhi</i>	<i>Samanya</i>
5	<i>Netra</i>	<i>Svetbhaga</i>
6	<i>Adhovartma</i>	<i>Samanya</i>
7	<i>Hastatala</i>	<i>Ushna</i>
8	<i>Jihwa</i>	<i>Akritiwan</i>
9	<i>Shabda</i>	<i>Samanya</i>
10	<i>Koshta</i>	<i>Mridu</i>
11	<i>Agni</i>	<i>Samanya</i>
12	<i>Mala pravriti</i>	<i>Samanya</i>
13	<i>Mutra pravriti</i>	<i>Samanya</i>
14	<i>Dehoshma</i>	98.6° F
15	<i>Bhara</i>	69 kg
16	<i>Rakta Chapa</i>	<i>Madhyantara</i>
17	<i>Hridgati</i>	<i>Samanya</i>
18	<i>Swasagati</i>	<i>Samanya</i>

**PRAKRITI PREEKSHAN**

- *Janmajatha prakriti – Vata kapha*
- *Roga prakriti – Vata*

**SANDHIMOKSHA PREEKSHAN**

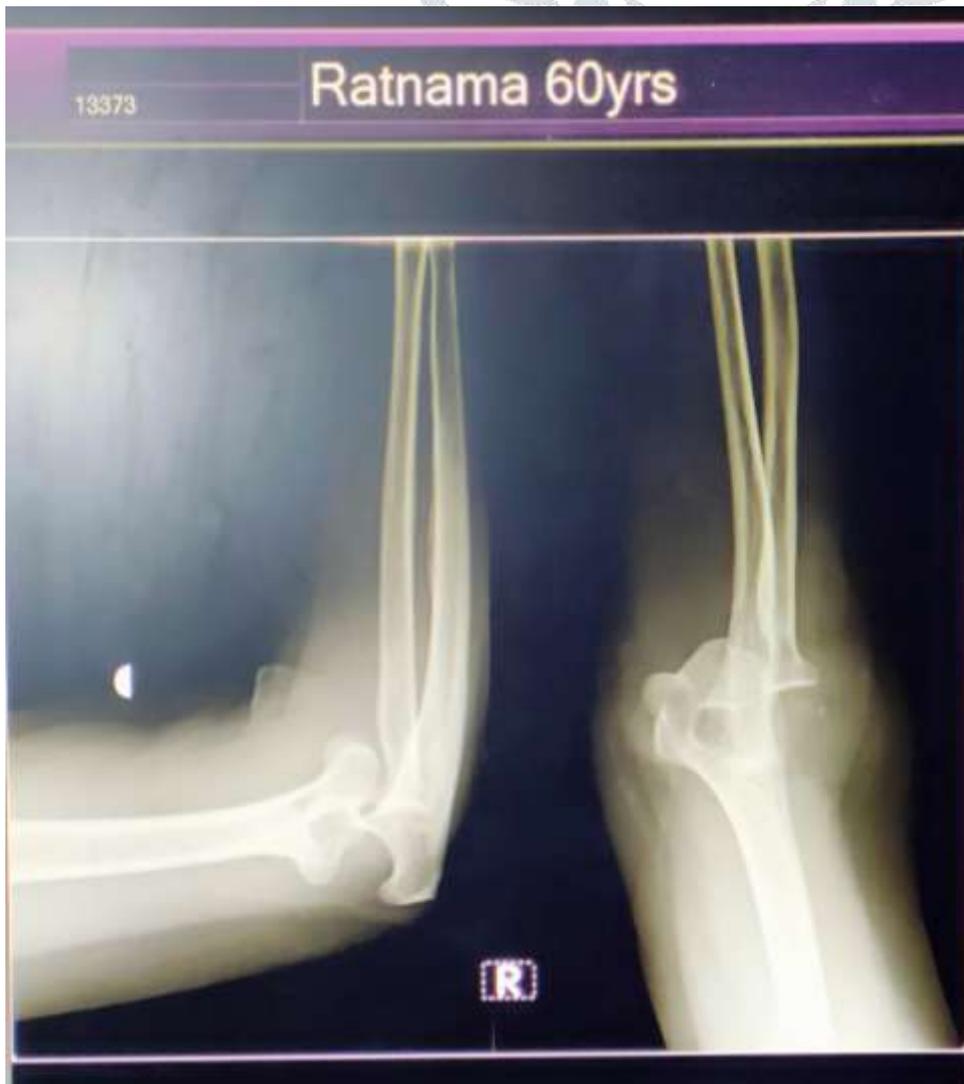
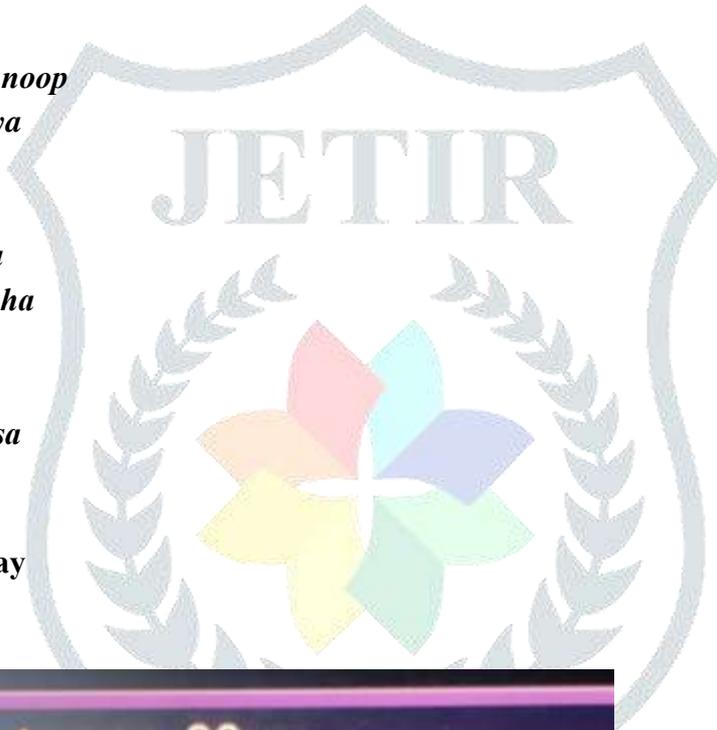
- Deformity – Present

- Shortening – No
- Skin changes – Red colour
- Bony tenderness – Present
- Swelling – Present

**CHIKITSAK DWARA PAREEKSHA**

- *Dooshya – Asthi*
- *Desha – Bhoomi- Anoop*
- *Deha – Urdhwa kaya*
- *Bala- Madhyama*
- *Kala – Varsha*
- *Anala – Madhyama*
- *Prakruti – Vata kapha*
- *Vaya – Vridha*
- *Satva – Madhyama*
- *Satamya – Sarvarasa*
- *Ahara – Misra*

**INVESTIGATION – X-Ray**



**SAMPRAPTI**

*Abhigata* → *Vatadi dosha kupita* → *Asthi mamsa dhatu dushti* → *Vedana, Swasthu*

*Roga Vinisichaya* -----> *Dakshin kurpara sandhimoksha*

*Sadhya- Asadhyta* → *Sadhya*

**PRINCIPAL OF MANAGEMENT**

- Closed reduction
- Immobilization

**GENERAL TREATMENT**

- *Vata, pitta pradhanya Tridosha shaman chikitsa* to reduce swelling, pain & temperature at the site.
- Patient was treated conservatively with closed reduction with the help of an assistant. Our guru corrected this case successfully.
- First of all, steady traction is applied, later gentle flexion is done along with direct palpation of olecranon process is done. Thus, reduction is complete.
- Later range of movement of elbow is checked. *Karpooramarmani thailam* is applied. *Marmani lepm* is applied. Bandage with thick cotton pad. Then, arm sling applied.

**INTERNAL MEDICINE –**

1. Marma kashayam – 15 ml BD after meals
2. Tab. Pirocin – 1 TDS after meals
3. Tab. Caliro – 1 TDS after meals

**PATHYA – APATHYA**

<i>PATHYA</i>	<i>APATHYA</i>
<i>SHALI CHAWAL</i>	<i>LAVAN</i> (SALTY FOOD)
<i>MAMSA RAS</i> (MEAT SOUP)	<i>KATU</i> (PUNGENT FOOD)
<i>KSHIRA</i> (MILK)	<i>KSHARA</i> (ALKALINE FOOD)
<i>SARPI</i> (GHEE)	<i>AMLA</i> (SOUR FOOD)
<i>SATINAJ YUSHA</i> (SOUP OF LENTILS)	<i>MAITHUN</i> (COPULATION)
<i>BRIHAN ANNAPANA</i> (FOODS & DRINKS THAT ENHANCE MUSCLE POWER)	<i>AATAP</i> (SUNLIGHT)
	PHYSICAL EXERCISES
	DRY FOODS

Date	Daily progress	Treatment	Result

13/07/2021	Pain +++ Swelling +++ Tenderness +++ Movement restricted	Reduction manipulation done <i>Marmani lepam</i> applied Bandage with thick cotton pad Arm sling applied	-
15/07/2021	Pain ++ Swelling ++ Tenderness +++	Advised complete rest & elbow joint rebandage done	Slight relief in pain
19/07/2021	Pain ++ Swelling + Tenderness +++	Rebandage	Slight relief in pain
22/07/2021	Pain reduced, Free movement not possible	Rebandaging	Slight relief in pain and swelling.
26/07/2021	Pain on movements	Rebandaging	No remark
31/07/2021	Pain & stiffness present	Rebandaging Exercise done by lifting heavy metal ball attached with rope	No remark
04/08/2021	Tenderness present	Rebandaging	relief in pain and swelling and stiffness.
07/08/2021	Pain reduced	Rebandage & medicines continued	relief in pain and swelling and stiffness.
10/08/2021 14/08/2021 20/08/2021 24/08/2021 08/09/2021	Pain slightly reduced while stiff movements Routine follow ups	Rebandaging Medicines repeated	relief in pain and swelling and stiffness.
11/09/2021 to 17/09/2021	Stiffness reduced	Pradeshika abhyanga for 7 days with karpooramarmani thailam and murivenna oil.	Patient got complete relief

**Report: Patient got considerable relief from pain and swelling without any deformity.**

## CONCLUSION AND DISCUSSION

*Sandhimoksha* is described in *Susruta Samhita*. general treatment & special treatment for different types of dislocations are elaborately described by *Acharya Sushruta*. The main principle of dislocation treatment is Closed reduction and Immobilization.

The patient was given treatment for 2 months. During the treatment, the patient had taken internal medicines according to the *dosha* status and symptoms. The patient initially experienced persistent pain and swelling, which gradually reduced with continuous internal medication and rebandaging. Swelling had significantly reduced, Over the following month, symptoms improved , and patient reported no pain. Overall, the treatment resulted in complete pain relief and progressive recovery.

### References

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