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Ayurveda

AYURVEDIC MANAGEMENT OF LIGAMENT TEAR: A CASE REPORT.

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ABSTRACT The fibrous connective tissue that holds the bones together is called a ligament. They support joints and permit mobility between bones. The most frequent causes of musculoskeletal joint pain and impairment seen in primary care settings nowadays are ligament injuries. In the pediatric age range, ligament injuries like twisting and tearing are highly prevalent in daily life because of a variety of activities including sports, dance, trauma, etc. Ligaments have a tendency to rip when they are overstretched. Because they bear weight and are frequently under stress, the ligaments in the knee and ankle are more likely to rip. In contemporary methods, treatment plans include NSAIDs, steroid injections, casts, or surgery, depending on the location and extent of the injury. A case report of 9 years old boy while playing had a sudden trauma to right knee with severe pain and swelling. Patient was unable to flex the knee joint. By this patient was unable to do day to day activities. Here 15 days of Ayurvedic treatment was followed by patient which provided relief from pain and brought a significant improvement in the movement of knee joint.

KEYWORDS : knee joint, Janu Sandhi, Ayurved

INTRODUCTION

The biggest synovial joint in the body is the knee. It is composed of three functional sections that, taken together, create a dynamic, specialized hinge joint [1]. The joint is also complicated since the Menisci divide the cavity. The patella, the femoral condyles, and the tibial condyles make up the knee joint[2]. The Ligaments, including the Fibrous capsule, ligamentum patellae, tibial collateral ligament, fibular collateral ligament, oblique popliteal ligament, arcuate popliteal ligament, anterior cruciate ligament, posterior cruciate ligament, medial meniscus, lateral meniscus, and transverse ligament[3], support the knee joint. The anterior cruciate ligament originates at the front of the tibia's intercondylar region, goes up, back, and to the side, and connects to the back of the medial surface of the femur's lateral condyle. The knee is tight when it is extended. The medial meniscus is roughly semicircular, with a wider posterior. The transverse ligament is connected to the rear fibers of the front end. Its Peripheral margin is attached to the tibial collateral ligament's deep portion[4]. A Kora Sandhi is a Janu Sandhi[5], which is a hinge-like structure that is fully movable in one direction while only somewhat movable in the other. According to Acharya Sushrutha, there are 900 Snayu (ligaments) in the entire human body, with 600 of them located in the extremities. Additional Acharyas claims that Janu Sandhi has 10 Snayu[6]. The Pratanavati kind of ligaments found in the extremities is broad in form. Additionally, Sushrutha emphasizes the significance of Snayugatvat by stating that a person might die from harm to ligaments but not from damage to bones, muscles, or veins[7]. As a result, treating the illness should be prioritized.

A Case Report

A, 9 years old Male child, Diagnosed case of Right Knee Ligament tear, was brought by parents in Kaumarbhritya OPD with Complaints of: Trauma induced injury 2 weeks ago
Pain at Right Knee+ since 2 weeks
Pain while standing and walking +
No pain at sitting
H/O- Sudden twisting of Right leg during play on ground
Previous Allopathic treatment: Child was given - Tab Hifenac P, Tab Auracobal PG and Tab Calgrow forte for 15 days.

General Examination:

Weight- 29.6 Kgs
Height- 139 cms

On Examination:

HR- 98/min
Temperature- Afebrile
RR- 24/min
P/A- Soft, Non tender Bowel,
Bladder- Normal

Systemic Examination:

CVS- S1S2 Normal
CNS- Conscious and oriented
RS- AEBE, B/L Clear

Local Examination:

Tenderness noted in distal metaphysis of Right Femur

MRI Right Knee Grade 2 Medial Meniscus tear, Hoffa's Fat Pad- Inflammation

Asthavidh Parikshan

Nadi- vatpradhan pittanubandhi
Mal- Prakruta
Mutra- Prakruta
Jivha- Saam
Shabda- Spashta
Sparsha- Anushnasheet
Druka- Upnetra
Akruti- Madhyam

Treatment

1. **Murivenna Tailam :** (Upanaha) twice a day for 7 days
2. **Mustadi marma Kashayam :** 7.5ml + half cup of water – twice a day, before meal for 15 days
3. **Capsule Gandha Tail :** 1 capsule before meal at morning for 15 days
4. **Tab Amrutadi Guggul :** 1 tablet twice a day for 15 days

Follow Up

After 15 Days: No tenderness at Right Knee while walking or standing (No Analgesics required)

Again, Treatment Was Given Continued For 15 Days:

1. Snehan followed by warm water bath
2. **Capsule Gandha Tail** : 1 capsule before meal at morning for 15 days
3. **Mustadi marma Kashayam :** 5ml + equal amount of water – twice a day, before meal for 15 days
4. **Amrutadi Guggul :** 1 tablet, twice a day for 10 days
5. **Protsahan Granules:** 1 Spoon + 1 cup of milk at night for 15 days

Observation

Sign and Symptoms	BT	After 10 days	After 20 days	After 30 days
Pain	+++	+++	++	+
Difficulty in walking	+++	++	++	+
Restricted movement of Rt. knee	+++	++	++	+
Tenderness over Rt. knee	+	+	-	-

RESULT

The treatment was aimed by using internal medicines as well as external application with no modern medicines.

By using this approach, there was significant relief and reduction of the symptoms.

DISCUSSION

Ligament tear is a disruption of fibrous connective tissue stabilizing joints, often due to excessive mechanical stress or trauma. It leads to inflammation, pain, and joint instability. Healing involves fibroblast proliferation and collagen remodeling. Management aims to restore structural integrity through anti-inflammatory therapy, immobilization, and rehabilitation or Ayurvedic interventions promoting Vata balance.

Murivenna Tailam

(Ref. - Yogagrantham)

Murivenna Taila is indicated in ancient text for fracture and dislocation. It is well known in reducing pain and helps in faster healing.[8] So upnaha with Murivenna Taila becomes very useful in knee injury. This oil has the ability to pacify Vata dosha which helps to relieve stiffness and pain associated with musculoskeletal injuries. Also, it contains the ingredients which are anti-inflammatory, helping in reducing swelling, pain and tenderness by minimising the inflammation.

Mustadi Marma Kashyam (It Is A Proprietory Medicine)

This formulation is used in Fracture and dislocation, Traumatic diseases, Muscular sprain and Osteoporosis.

It pacifies aggravated Vata and Kapha doshas. It's Ushna Virya counterbalances Vata dosha and Kashaya Rasa helps in balancing Kapha. It enhances Agni and clears Ama from strotas, mainly in Majja and Asthi. It releases deep seated doshas towards gastrointestinal tract for elimination, helping in stiff joints and support musculoskeletal injury.

Gandha Tail Capsule

Reference- Ashtanga Hrudayam Uttara Sthana 27/36- 41

It is used in Fractures, dislocation, sprains, ligament injuries, osteoporosis etc. It strengthens bones, joints and ligaments. It helps in reducing Vata dosha (Vatahara), reduces pain (Shoolaghna), and reduces inflammation (Shothaghna).

Protsahana Granules

It is a propreitory medicine.

It is a nutritional supplement for supporting general health, muscle and bone development, and helping in recovery from weakness and surgery.

Amrutadi Guggul Tablet

Reference- Bhavprakasha Madhyama Khand- Vatrakta Chikitsa

Most of the ingredients are of Ushna Veerya which helps in reducing Vata; Deepana and Pachana guna helps in reducing Ama, thus helping in reducing joint pain, inflammation and stiffness.

CONCLUSION

After 15 days of medication, there were noticeable benefits. Due to the vitiation of Vata Dosha, Murivenna Tailam is really helpful in alleviating muscle and joint pain. As a natural vasodilator, it's helpful in treating painful spasms. Tri-dosha hara, Mustadi marma kashayam is used to treat fractures, dislocations, traumatic injuries, aches, inflammation, and Marmabhighata. Gandha Tail Capsule balances Vata and Pitta, supports Asthi Dhatu, and is used to treat torn ligaments, improve bone mass and strength, and more. Amrutadi Guggul balances Vata and Pitta and aids in the treatment of arthritis, gout, and other conditions. In terms of pain while walking or standing, the therapy has produced a notable reduction in symptoms.

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