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# Ayurvedic management of Avascular Necrosis of Femoral Head - A Case Study

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## ABSTRACT

Avascular necrosis (AVN) is the death of bone tissue due to loss of blood supply, therefore also called as osteonecrosis, ischemic bone necrosis. There is no permanent treatment other than hip replacement Surgery. Other treatments include physiotherapy and NSAIDs. And all the treatments are costly and having poor prognosis. The present case was aimed to evaluate the efficacy of Ayurveda system in the conservative management of AVN. In this present case a 47 year old male was diagnosed with AVN of right hip joint, was managed with *Pichu* followed by *Anna Lepa* along with *Manjishtadi Kshara Basti* and other internal medications. Patient was observed for symptomatic improvements based on signs and symptoms before and after treatment. The therapy provided marked improvements in the gait, pain, tenderness and range of movements. Conservative management of AVN through Ayurvedic principles provided significant relief in sign and symptoms and improved quality of life.

**Key words:** Avascular necrosis (AVN), *Asthi-Majjagata Vata*, *Manjisthadi Kshara Basti*, *Pichu*, *Anna Lepa*.

## INTRODUCTION

Avascular necrosis (AVN) is Osteonecrosis and is also called Ischemic bone disease.<sup>[1]</sup> AVN of femur head is that the most typical type of necrosis of the bones. The arteries which supply the femoral head area are very tiny and thus area is simply susceptible to injury followed by mere dislocation or a sub capital fracture (near the head) of femur.<sup>[2]</sup> This can be caused by

Trauma or occlusion of blood vessels etc. It generally affects people between age of 30 to 50 years. It commonly affects Head of the Femur. In the early stages, the patient will not be having any symptoms other than mild pain around the hip joint. In the later stage pain will be severe in hip, buttocks, groin, thigh and restriction of all movements of the hip joint will be there. The treatment will aim to reduce the bone damage. Usually, its treatment ends with Surgery. Also, all the treatments are costly and prognosis is poor. The present case aimed at the conservative management of Avascular necrosis of Femur Head.

In Ayurveda AVN can be correlated to the *Asthi-Majja Gatha Vata*. Its symptoms are *Bhedoasthiparvanam* (breaking type of pain in bones and joints), *Sandhishoola* (joint pain), *Mamsakshaya* (muscular wasting), *Balakshaya* (weakness), *Sandhi Shaithilyam* (laxity of joints), *Aswapanasantat Ruk* (sleeplessness due to continuous pain), *Shiryantiva Cha Asthinidurbalani* (destruction of bony tissue causing generalized weakness).<sup>[3]</sup>

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## MATERIALS AND METHODS

**Selection of patient:** Patient selected from IPD - SDM College of Ayurveda, Udupi.

### Materials required

### Internal Medicine

1. Cap. *Gandha Thailam* 1-0-1
2. *Dhanwanthara Kashaya* 4 tsp BD B/F with equal hot water
3. *Manjishtadi Kshara Basti* 7 days

### External Treatment

1. *Pichu* with *Murivenna* (Around Right Hip joint)
2. *Anna Lepa - Sashitika Shali* (Around Right Hip joint)

### Patient Particulars

Name : Xyz  
Age : 47 Years  
Sex : Male  
Religion : Hindu  
Address : Chhattisgarh  
DOA : 16\09\2021  
DOD : 30\09\2021

### Chief Complaint

Difficulty in walking associated with pain in groin and the thigh region for 5 months.

A 47 years old male patient known case of Hypertension for the last 10 years and under medication was apparently healthy and was able to walk 5 months before. 15<sup>th</sup> November 2020 he got diagnosed with Covid 19 positive and took allopathic medication. Gradually he developed Generalised body pain and consulted a Physician. Then he diagnosed Bacterial infection of the Spine with the help of MRI Spine. He has taken medication for the same. On June 9<sup>th</sup> he diagnosed with Synovitis of Right Hip joint. And he underwent Arthrotomy, Synovectomy and biopsy on 18<sup>th</sup> June 2021. Then he has taken bed rest for more than 15 days. Later he was not able to walk properly

without support and gradually developed dull ache pain in Groin and thigh.

### Local Examination

Site - Right Hip Joint

Tenderness was present at hip region. There was significant loss in range of movements. He had limping gait also.

**Examination of patient:** Both general and systemic examination was done as per Ayurveda and contemporary methods

### Inspection

Arthrotomy scar mark seen

No Swelling, No colour Change

### Palpation

Mild tenderness at the right hip joint

Mild raise in temperature

**Table 1: Range of Movements**

Range of Movement	Before Treatment (In degree) Right Hip Joint	Before Treatment (In degree) Left Hip Joint
Flexion	70	100
Extension	10	20
Abduction	15 (Painful)	30
Adduction	10	25
Internal rotation	15 (Painful)	30
External rotation	15	25

### Investigations

1. X-ray (Both hip joint) - No significant Changes
2. MRI - Septic arthritis and Avascular necrotic changes in the right hip treated by Synovectomy and Arthrotomy

Table 2: Observation

Range of Movement	After Treatment (In degree) Right Hip Joint	After Treatment (In degree) Left Hip Joint
Flexion	100	110
Extension	20	25
Abduction	25 (No Pain)	30
Adduction	25	25
Internal rotation	20 (No Pain)	30
External rotation	20	25

## RESULTS

Range of Movements of the Right Hip joint significantly improved.

## DISCUSSION

Avascular necrosis (AVN) is a death of bone tissue because of interference of the blood supply. In the early stage, there might be no symptoms. But in the later stage it affects both bone and nearby structures. Aetiology can be traumatic and non-traumatic. where in nontraumatic caused by occlusion of blood due to intra vesicular or outer compression of blood vessel to reduce blood flow on the femoral head leads to AVN.

In this case there was no history of trauma or other factors which reduces bone composition. As there is involvement of *Vatha* and *Raktha* treatment started with *Basti*. *Kshara Basti*<sup>[4]</sup> which is mentioned by *Chakradatta* and *Manjishthadi Kwatha*<sup>[5]</sup> which is mentioned by *Sharangdhara*. Based on these views *Manjishthadi Kshara Basti* was considered for the treatment. Pain indicates *Vata* involvement and *Taila* is the best *Shamana* treatment for *Vata*. So *Murivenna Pichu* was introduced.<sup>[6]</sup> *Gandha Thailam*<sup>[7]</sup> capsule has added to the prescription as it is *Asthi Sthairy Krith* and help to subside *Vata Pittodbhava Vyadhi* and

*Dhanwanthara Kashaya* is best for *Marmasti Kshatha Ksheena*.

## CONCLUSION

As there is no permeant cure for AVN, Core decompression in the initial stage and Hip replacement in the later stage are the only option which have its own complications. Here, in this case study the Ayurveda treatment for AVN helps to improve the range of movements of hip joint. And the treatments are non-invasive and cost effective.

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