

## Natural Treatment for Bone Healing

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### Description

Fracture healing is a complex physiological process involving the coordinated involvement of hematopoietic and immune cells in the bone marrow. It includes mesenchymal stem cells mobilized from the circulatory system and surrounding tissues, as well as progenitor cells of blood vessels and skeletal cells. Bone healing, or fracture healing, is a proliferative physiological process that facilitates the repair of broken bone by the body. This involves a complex process of cell and tissue proliferation and differentiation. Many factors are involved, including growth factors, inflammatory cytokines, antioxidants, osteoclasts and osteoblasts, hormones, amino acids, and myriad nutrients. Fracture treatment generally consists of repositioning the dislocated bone to stabilize its position and waiting for the bone to heal spontaneously, with or without anesthesia.

### Natural Treatment Methods

In bone healing, multiple stages of recovery promote proliferation and protect the environment for fractures and dislocations. The length of the process depends on the degree of injury, with a margin of 2-3 weeks for most upper body fractures and 4 weeks for lower body fractures. The healing process is primarily determined by the periosteum. The periosteum is a source of chondroblasts and progenitor cells that develop into osteoblasts, which are essential for bone healing. The healing process is primarily determined by the periosteum. The periosteum is a source of chondroblasts and progenitor cells that develop into osteoblasts, which are essential for bone healing. Bone marrow, endosteum, small blood vessels, and fibroblasts are other sources of progenitor cells.

Bone healing with plants and their extracts and compresses along with gypsum-free splints in Paris is widely used in traditional medicine.

*Cryptolepis buchanani* is a mountaineering tree widely used in Southeast Asian folk remedies. It is a medicinal plant that grows in moist and moist areas. It is a few tree climbers who can climb up to 200 meters. A plant found locally in Arunachal Pradesh is known as Ganglong and is traditionally used to treat fractures. Sometimes it can be found on the ground as a creeper. Traditionally, plants, mainly their roots, stems and leaves, have been used by the indigenous peoples of Arunachal Pradesh to treat broken bones.

Local naturopaths recognize the type of fracture by placing their hand on the injured area that has developed over many years of practice. Depending on the type of fracture, different parts of the plant are used in different modes, such as topical and systemic applications. Topical application can be done by applying herbs of mustard oil to banana leaves for a week and extending as needed. For whole body use, add 100 g of paste to 200 ml of milk instead of mustard oil. After proper mixing, administer orally 3 times a day for 5 days.

Roots and stems are most helpful in healing broken bones. The stem is bitter. It is administered internally and topically due to fractures, back and spinal problems. Pastes made from stems help with muscle aches. This plant was recorded in Ayurveda for the treatment of osteoarthritis, rheumatoid arthritis, osteoporosis. Plant stem sap is used to treat scurvy, dysmenorrhea, otorrhea, and nosebleeds. The use of juice with tamarind to treat gonorrhea has been reported in East Africa. Herbs are given to cows and induce the flow of milk. Plant ash serves as an alternative to baking soda. Pastes made from stems are used for asthma, burns, wounds, toxic insect stings, and horse and camel saddle wounds. For body pain, a decoction of sprouts using dried ginger and peppercorn is given, and plant injection is an anthelmintic. Leaves and young shoots are powerful alternatives and are dried and powdered. They are used for certain intestinal infections associated with gastrointestinal disorders. This plant is useful for pyogenic disease, loss of appetite, dyspepsia, colic, flatulence, skin diseases, colic, bleeding, epilepsy, spasm, hemoptysis, tumors, chronic ulcers and swelling. Strong, plump square stems are traditionally used to treat gastritis, constipation, eye diseases, hemorrhoids and anemia. Stems boiled in lime water form a protected area that serves as a remedy for the stomach. East African longus applies crushed stems to wounds.

The open minds of both modern and Ayurvedic medicine are needed to correlate and use all scientific developments and Ayurvedic concepts to understand the mysteries of the human body. The holistic approach in science is gradually replacing reductionism, or a purely analytical tradition of inspecting a system only after breaking it down into the smallest possible parts. These herbs have helped humanity survive on Earth for thousands of years, but modern medicine has been a phenomenon for less than a century. Today, it is time for all healthcare professionals to think in line with these policies in order to improve the health and survival of humankind in the future.