

CONSERVATIVE APPROACH OF AYURVEDIC INTEGRATED TREATMENT FOR JOINT AND SOFT TISSUE INJURIES: FASTER RECOVERY AND A BETTER OPTION COMPARED TO SURGERY

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Aim: Study aimed for the management of soft tissue injuries like, ligament injuries, capsule injuries, articular cartilage injuries, meniscal injuries which are quiet common in sports and daily clinical practise in which surgery may be the option could be easily managed by conservative treatment.

Introduction: Injury to joints may lead to stiffness and loss of function and sometimes need long period rehabilitation, and often results are not promising. Both active movement and passive stretching will be painful and limited. Healing occurs by fibrosis and adhesion and movement will be impaired. Effective and fast relief result could be provided by non-surgical advanced integrated treatment by conservative treatment approach of traditional method in modern platform. The main aim of the treatment is to relieve pain and restoration of functions to enable back to normal activity faster.

Materials & Method: Clinical research over 15 years showed the efficacy of mobilisation bandage and range enhanced immobilisation techniques (REIT) shows faster healing, better joint function, prevent stiffness and adhesion. Frequent re-banding, early mobilization and weight bearing prevents the possibility of muscle wasting and promote neuromuscular control over the affected joint and found helpful for delayed union and non-union. Stream lined controlled flow of medicated oil at 40-45 °C on the joints works much better than ultrasound therapy and some oil can be used for ultrasound medium with gel for pain relief. Efficacy of herbal combination for external and internal use has tremendously reduced risk factors like inflammation, myositis, osteodystrophy, joint contracture and compartment syndrome.

Result: Advanced innovative treatment modalities of Ayurveda (Indian system of medicine) combined with physiotherapy modalities inventory technique of intra articular needle stimulation (IANS), intra muscular needle stimulation (IMNS), strengthening and stretching exercises, sports massages using medicated herbal oils found to be very effective in various orthopaedic conditions.

Biography

Arshad P has completed his Graduation in Ayurvedic Medicine and Surgery from Kottakkal; PG Diploma in Sports Medicine at Apollo hospital. He has more than 18 years of clinical experience in Sports Medicine, Injury Management and Rehabilitation. He has treated more than 40,000 cases of sports injuries including international and national level athletes including African Asian footballers and recovered remarkably. He is the first and only one person in India practicing integrated treatment approach of Ayurveda, physiotherapy in management and rehab of acute and chronic sports injuries. He had presented many papers in International sports medicine Congress like World sports medicine congress Rome Italy 2012, presented paper on International Sports Medicine Conference Barcelona, Spain October 2018, Asian Federation of Sports Medicine Congress 2009. He has conducted more than 170 seminars and workshops all over India and abroad. He has presented paper at International congress on Renaissance in Sports 2017, World Ayurveda Congress 2001, 2006, 2008 and 2010.

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