

MANAGEMENT OF FOREARM FRACTURE IN ADULT – A CASE REPORT

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Abstract - Bone fractures are common public health problem among children and adolescents all over the world. 80% of upper limb fractures contributed to a significant level of morbidity and mortality. The Indigenous Medical System in Sri Lanka Murivu and Nerivu (Fracture) management mostly practice by the traditional bone setters and bone healers who commonly used variety of preparation such as Pattu, Oil, Paste and Powder to improve the bone healing process. The main intention of this study is to clinically correlate the rotations of forearm with the radiological restoration of radial bow after Traditional Management of bone forearm fracture in adults. A 28 – Years –old female patient was selected for the study, having history of fall on outstretched hand and complaints of pain over her Left Forearm. On physical examination –grossly deformed, and swelling over her left forearm and tenderness present over her left elbow and wrist joints. The range of motion of her left wrist and left elbow joint were painful & restricted. Radius bone setting was fixed with Varma Manipulation setting method. Bamboo splints were placed in the lateral and medial position of elbow to forearm joint and bandaging was done moderately after external applications of herbal oil on the site of fracture. In addition to the above treatment for -15 days, Murivu oil 30 ml with Othiyam paste (*Lannea coromandelica* paste) was applied with bamboo splints and patient was asked to perform passive and active exercise. Internally Pirandai Choornam (*Cissus quadrangularis* powder) 10 gm was given per day in three divide doses for 30 days. Then 30 ml Narayana oil with 30 g paste of Ashwaganda was applied with bamboo splints and patient was asked to do the active exercises. The reasons for nonunion include avascular necrosis, the two ends are not apposed, infection (Osteomyelitis). Improper fixture of the fracture and soft –tissue imposition. Siddha & Ayurvedic and native orthopedic preparation are capable of increased fracture healing activity and antimicrobial properties and these medicinal preparations would enhance the healing of fracture bone and lead to proper reunion. In this case study the Radial bow of the injured forearm was restored after Traditional Fracture management to the near normal value and the functional outcome was excellent.

Keywords: *Murivu, Nerivu, Pirandai, Othiyam.*