

**ASSESSING THE IMPROVEMENT OF THE QUALITY OF LIFE IN
AYURVEDIC MEDICINE FOR THE WRIST FRACTURE**

Abstract

Ayurvedic medicine is a system of healing that originated in ancient India. The goal of Ayurveda is prevention as well as promotion of the body's own capacity for maintenance and balance. A bone fracture is a medical condition in which there is a damage in continuity of the bone. Wrist fracture is one of the common fracture. The Ayurvedic term for fracture is *Bhagna*. In Ayurveda, bone fractures are classified into two types "Dislocation (*Sandhimukta*) and Fracture (*Kandabhagna*)". A wrist fracture is a medical term for a broken wrist. International Osteoporosis Foundation (IOF) developed a specific questionnaire for quality of life patients with wrist fracture. The aim of this survey is to assess the improvement of the quality of life (QOL) in Ayurvedic medicine for the wrist fracture. All wrist fracture patients who came to orthopedic clinic at BMIRI were selected for this research study and interview administered questionnaire was used to collect the data. Wrist fracture patients divided into three groups (A, B, C). QOL assessed first visit, after 6th week, after 3 months, & after 6th month. According to the study patients were quickly improved by Ayurvedic treatment. So Ayurvedic treatment of fracture management is very effective.

Key words: Quality Of Life, Wrist Fracture, *Bhagna*

INTRODUCTION

Ayurvedic medicine is a system of healing that originated in ancient India. The goal of Ayurveda is prevention as well as promotion of the body's own capacity for maintenance and balance. A bone fracture is a medical condition in which there is a damage in continuity of the bone. Wrist fracture is one of the common fracture. The Ayurvedic term for fracture is *Bhagna*. In Ayurveda, bone fractures are classified into two types "Dislocation (*Sandhimukta*) and Fracture (*Kandabhagna*)". A wrist fracture is a medical term for a broken wrist. International Osteoporosis Foundation (IOF) developed a specific questionnaire for quality of life patients with wrist fracture. The aim of this survey is to assess the improvement of the quality of life (QOL) in Ayurvedic medicine for the wrist fracture.

33 **Objectives**

34 **General Objectives:**

35 The aim of this survey is to assessing the improvement of the quality of life in Ayurvedic
36 medicine for the wrist fracture.

37 **Specific Objectives:**

- 38 ➤ To assess the quality of life to wrist fracture patients who are took ayurvedic treatment
39 straightly(A)
- 40 ➤ To assess the quality of life to wrist fracture patients who are took ayurvedic treatment
41 after getting western treatment(B)
- 42 ➤ To assess the quality of life to wrist fracture patients who are took ayurvedic treatment
43 after getting alternative treatment(C)

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Materials and Methods

- 51 ➤ Research Area
52 Orthopedic clinic at BMARI
- 53 ➤ Materials
54 Structured Interview administrated Questionnaire prepared based on
55 Specific objectives.
- 56 ➤ Collection of data
57 Data was collected by interview administrated questionnaire from the
58 orthopedic clinic patients who are affected by wrist fracture in order to do the
59 main research.
- 60 ➤ Data Analysis
 - 61 ➤ The data was tabled and analyzed using simple statistics as the next step of
62 the research.
 - 63 ➤ The matters collected from the revised literature also analyzed in addition
64 to the result of the research.

65 ➤ The research report was prepared as the research results were achieved.

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68 **Results and discussion**

69 According to result,

70 1st day, 6th week, 3 month and 6 month QOL score change from

71 ➤ Group A (16 → 39 → 55)

72 ➤ Group B

73 a. Assess the QOL in two patient who were get treatment for 6th weeks
74 (18→38.5)

75 b. Assess the QOL in one patient who were get treatment for 6months
76 (17→ 26→ 35→43)

77 ➤ Group C

78 a. Assess the QOL in two patients who were get treatment for 3months
79 (21→31.5→42.5)

80 b. Assess the QOL in two patients who were get treatment for 6months
81 (17→24→35→ 41)

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83 **Conclusion**

84 ❖ In group A, Patients who were directly visited to Ayurvedic treatment in BMARI at
85 Orthopedic clinic they were get quick improvement seen within 3months.

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87 ❖ In group B, Patients who were visited to Ayurveda treatment in BMARI at Orthopedic
88 clinic after getting the western treatment, QOL in two patients who were get treatment for
89 6th weeks QOL change from 18→ 38.5. QOL in one patient who were get treatment for 6
90 month QOL change from 17→ 26 → 35→43.

91 In group C, Patients who were visited to Ayurveda treatment in BMARI at Orthopedic
92 clinic after getting the alternative treatment, QOL in two patients who were get treatment
93 for 3month QOL change from 21→31.5→42.5. QOL in one patient who were get
94 treatment for 6 month QOL change from 17→24→35→ 41.

95 According to above results patients got quickly improve by Ayurveda treatment in group
96 B and C.

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