

## Short Research Article

### 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 was to assess the improvement of the quality of life (QOL) in Ayurvedic medicine for the wrist fracture. All wrist fracture patients who were came to orthopedic clinic at BMIRI were selected for this research study and interview administrated questionnaire was used to collect the data. Wrist fracture patients divided into three group (A, B, C). QOL assessed first visit, after 6<sup>th</sup> week, after 3month, & after 6<sup>th</sup> 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.

**Comment [C1]:** Please express scientifically based on the evidence obtained from the study OR highlight the evidence and make a conclusion based on this.

**Comment [C2]:** Whole Introduction is only repetition of Abstract. Please rewrite this part scientifically explaining the background, need and significance, Is there any previous study? Or how your study differs from the previous one, Clear objective and methodology obtained etc.

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34 **Objectives**

**Comment [C3]:** Objective may be explained as Primary objective and Secondary objective rather to write 'General' and 'Specific'

35 **General Objectives:**

**Comment [C4]:** Aim

36 **The aim of this survey is To assessing the improvement of the quality of life in**  
37 Ayurvedic medicine for the wrist fracture.

38 **Specific Objectives:**

**Comment [C5]:** Objective

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

**Comment [C6]:** Check for grammatical error

51 **Materials and Methods**

52 ➤ **Research Area**  
53 Orthopedic clinic at BMARI

**Comment [C7]:** Study setting

54 ➤ **Materials**  
55 **Structured Interview administrated Questionnaire prepared based on**  
56 **Specific objectives.**

**Comment [C8]:** Whether it is validated/ put the source

57 ➤ **Collection of data**  
58 Data was collected by interview administrated questionnaire from the  
59 orthopedic clinic patients who **wereare** affected by wrist fracture in order to do  
60 the main research.

61 ➤ **Data Analysis**

62 ➤ The data was **tabled** and analyzed using **simple statistics** as the next step of  
63 the research.

**Comment [C9]:** There is no table found in the manuscript

**Comment [C10]:** Explain the details of statistical method obtained

- 64                   ➤ The matters collected from the revised literature also analyzed in addition  
65                   to the result of the research.
- 66                   ➤ The research report was prepared as the research results were achieved.

**Comment [C11]:** Meaning is not clear

## 68 **Results and discussion**

70 According to result,

71 1<sup>st</sup> day, 6<sup>th</sup> week, 3 month and 6 month QOL score change from

- 72                   ➤ Group A (16 → 39 → 55)
- 73                   ➤ Group B
- 74                   a. Assess the QOL in two patient who were get treatment for 6<sup>th</sup> weeks  
75                   (18→38.5)
- 76                   b. Assess the QOL in one patient who were get treatment for 6months  
77                   (17→ 26→ 35→43)
- 78                   ➤ Group C
- 79                   a. Assess the QOL in two patients who were get treatment for 3months  
80                   (21→31.5→42.5)
- 81                   b. Assess the QOL in two patients who were get treatment for 6months  
82                   (17→24→35→ 41)

**Comment [C12]:** There is no Discussion on the obtained Result or Observation of the study. The result does not bring the scientific explanation or clearance that study wanted to express. Author may put some table or Graph for better understanding.

## 84 **Conclusion**

- 85                   ❖ In group A, Patients who were directly visited to Ayurvedic treatment in BMARI at  
86                   Orthopedic clinic they were get quick improvement seen within 3months.
- 87
- 88                   ❖ In group B, Patients who were visited to Ayurveda treatment in BMARI at Orthopedic  
89                   clinic after getting the western treatment, QOL in two patients who were get treatment for  
90                   6<sup>th</sup> weeks QOL change from 18→ 38.5. QOL in one patient who were get treatment for 6  
91                   month QOL change from 17→ 26 → 35→43.

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

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

**Comment [C13]:** Please conclude the aims and each objective of the study with limitation and Recommendations and its better to avoid quantitative Data in this part which can be explained in Discussion part.

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**Comment [C14]:** References are not in standard format, kindly follow the authors instruction/guideline of the Journal and rearrange accordingly