

## 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 is to assessing 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 assessing the improvement of the quality of life (QOL) in Ayurvedic medicine for the wrist fracture.

Comment [E1]: space

Comment [E2]: remove (a)

Comment [E3]: space

Comment [E4]: Ditto

Comment [E5]: Ditto

Comment [E6]: Please recast the english

Comment [E7]: spacing

Comment [E8]: Ditto

Comment [E9]: Recast the conclusion please and if possible the results of the study too. The author should note that the introductory part of the abstract is a bit much. Please ensure you capture the aim, experimental design, the results and conclusion.

Comment [E10]: Please recast the introductory part of this paper. Work on proper spacing and focus on the syntax too. Wrong syntax would affect the semantics.

## 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)

## 49 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.

Comment [E11]: spacing

Comment [E12]: Please recast

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Comment [E14]: Recast english

Comment [E15]: Recast

Comment [E16]: Recast

Comment [E17]: The address should be in full

Comment [E18]: Are these the only materials used?

Comment [E19]: Please recast the expression here

Comment [E20]: Data is plural as such "were" should be used. More so, the exact analysis carried out should be stated

Comment [E21]: Ditto

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

66

67

68 **Results and discussion**

69 According to result,

70 1<sup>st</sup> day, 6<sup>th</sup> 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 6<sup>th</sup> 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)

82 **Conclusion**  
83

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.

86  
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 6<sup>th</sup> 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.

97

98

**Comment [E22]:** The results are poorly represented please. Can these results be represented in a tabular format? And there appears to be no discussion even though the heading reads; Results and discussion

**Comment [E23]:** Please recast the conclusion. I also think the conclusion should not be in bullet forms but a straight sentence. Thank you

### References

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**Comment [E24]:** 1. The references are poorly arranged and not according to the guidelines of the journal  
2. How are these references here, when there seems to be no in-text references in the whole of this work?