



Case study: The Traditional Management of Elbow Joint Dislocation

Varuna Vinayagamoorthy*

Unit of Siddha Medicine, Faculty of Applied Science, Trincomalee Campus, Eastern University, Sri Lanka

Received: 15 Apr 2020

Revised: 3 May 2020

Accepted: 8 May 2020

Abstract

Sri Lanka practice the well-established traditional medicine system. Among these, *Murivu nerivu* (Fracture and dislocation) is esteemed external therapy practicing by the traditional bone healers in Sri Lanka. This case study carried out in the Koddai kallar, Batticaloa district, Sri Lanka. Every day about 90% of the fresh bone fracture and dislocation and 10% of cases those who are failure from the western hospital are treated by healer. aim of the study is carried out to reveal the diagnosis, management method and medicine which are used to cure the *murivu nerivu*. Patient was selected who had acute elbow dislocation, the observation up to 41 days. The management plan started with application of herbal paste. *Naivezhai* (*Cleome viscosa*) plant is used as an antimicrobial and bone remodeling agent. Then applied the *Pattu* (Medicinal paste) and oil that also contain bone healing property. From this study able to understand the reunion of the dislocation without any deformity and also people widely accept the healers due to the low cost. The clinic is run by Mr. S. Rajendren (3rd generation of the family) who is gained the knowledge and experience through his forefathers.

Keywords: *Murivu nerivu*; *Naivezhai*; *Pattu*

Citation: Vinayagamoorthy V. Case study: The Traditional Management of Elbow Joint Dislocation. Trad Integr Med 2020; 5(2): 93-96

*Corresponding Author: Varuna Vinayagamoorthy

Unit of Siddha Medicine, Faculty of Applied Science, Trincomalee Campus, Eastern University, Sri Lanka

Email: varunavinay6@gmail.com

Introduction

A traditional bone setters (TBS) are “unqualified practitioner” which means without having any formal training in accepted medical procedure. They mainly used manipulation to heal the fracture and dislocation. Modern day healthcare has advances in technology and medical research. But despite the availability of these services, traditional bone setting has continued as an ‘alternative’ health service. These unorthodox practitioners still play an important role in providing primary ‘medical’ support in developing countries as well as developed country [1]. Due to the fear of heavy plaster of Paris bandage, prolonged period of immobilization and amputation impact people to visit traditional bone healers and also they offer cost effective treatment and are believed to use faster healing methods [2]. The Indigenous medical system including the Ayurveda, Siddha, Unani and traditional has a long history in Sri Lanka. Fracture management mostly practice by the traditional bone healers. The treatment used by the native practitioners were verbally transmitted and sometime written in Palm-

leaf manuscript. In traditional medicine they commonly used variety of preparation such as *pattu*, oil, paste, decoction, gruel and powder to improve the bone healing [3]. In the Siddha system of medicine bone setting under the *Aruvai maruthuvam* in the name of *Murichal*. *Murichal* means the way of reduction to rearrange the mal union bone or any joints [4].

Case Presentation

A 9 years old male patient, complained with right Elbow joint dislocation following a fall whilst climbing the tree. The physical examination revealed pain, local tenderness, swelling and restricted movements of abduction, adduction, extension and flexion in the elbow.

Diagnosis

Diagnosis was done by the healer experience. He does not use any modern investigation reports.

Treatment plan

Immediate manipulation and reduction of the elbow joint was done by the healer. The treatment chart as followed.

Visit	Complaint	Examination	Duration	Treatment plan
1 st Visit	Pain elbow joint	swelling, restriction of the joint, redness	Day 01-03	<p>Feel the elbow joint, twist, pull and poke to locate the elbow joint.</p> <p>Then dislocation was confirmed by healer, after that apply the herbal paste.</p> <p>Then removed it.</p> <p>Dip a piece of gauge into the paste of the medicinal herb and tie around the elbow.</p> <p>To immobilize the area of injury, he tied up short piece of wood with bandage.</p> <p>A sling around the neck is fixed and instruction to apply the oil (special oil prepared by the healer to apply for the fracture) around the bandage every day and advised to visit the clinic after 3 days is given to the patient.</p>

2 nd Visit	nothing was presented by patient	Examine the elbow and assist the movement of the joint.	Day 04-18	The herbs mixed with egg white yolk and applied in the elbow. The second bandage can be removed by the patient after 2 weeks at home. When the fracture healed the bandage can peel off randomly.
3 rd Visit		Movement was improved.	Day 19-33	Again applied the bandage prepared by herbs mixed with white yolk of egg.
4 th Visit		The joint was fixed	Day 34-41	Assist the joint movement and apply the oil.

Preparation of Novennai

The oil was prepared based on the manuscript. The ingredients are Sesame oil – 1 bottle, Castor oil 1 bottle, *Kriya pavalam* 10g, *Manjal*, *Sukku*, *Vasambu*, *Elam*, *Sittarathai*, *Kadukkai*, *Thippili*, *Athimathurameach* of them 20g. Take the above ingredients, powdered the raw drug. Mixed the both oil and heat it. Then add the *Kariya pavalam* and melted it. Finally sprinkled the above powders and heat until become the *mezhu* *patham* / evaporation of whole water content. Then removed the vessels from the hearth. Finally filter the oil and store it in clean container.

Preparation of Muddai pattu

Take *Vasambu*, *Verkkombu*, *Elam*, *Sittarathai*, *Kadukkai*, *Thippili* and *Athimathuram* each of them 10g, *Kariyapavazham* -5g, egg- 04. Powered the above ingredients in separately. First put the *Kariya pavalam* in the grinding stone, triturated well and add the powders and triturated well finally add the egg white yolk and triturated until the paste. Then take this in small bowl. Avoid to put in refrigerator

Advice

Avoid to pour water in the bandaged area. Avoid the restricted people. To follow the clinic without the fail.

Results and Discussion

The fracture and dislocation care by the traditional physician may reducing the burden for the society. The patient was young and past medical history revealed that he was healthy. healer felt the elbow joint and diagnosed the case with his experience. He got the knowledge and practice through their generation. This treatment method was started with application of the herbal paste. Traditional medical system is worthy to use plenty of herbal preparation for the management of fracture. *Naivezhai* whole plant (he reluctant to reveal the name of the plant. Even though the plant does not contain any antimicrobial or bone healing property) is used by healer for preparation of the paste. The application of the herbal paste on fresh fracture capable to reduce the pain because it possesses the anti-inflammatory property and also it helps to enhance the bone healing and lead to re-union of the joint quickly. When applied the

paste patient was felt the burning sensation (if the injury is true patient must feel the burning sensation) after 15 minutes remove the paste and apply the oil (special type of oil which is prepared by the physician). Again he applied the bandage around the joint and supported with wooden stick which is immobilize the bone. Patient advised to visit clinic after three days. In this time herbal paste along with the white egg yolk is applied for enhancing bone soft callus formation followed by hard callus formation and remodeling. The oil also prepared by the healer which contain anti-inflammatory agent and it enhance the bone healing.

Treatment outcome

After 41 days assess the patient motor movements. He can able to move the hand without any difficulties.

Conclusion

From this study able to know about bone setting practice in our country. It is concluded the line of management gives quick healing

without any deformity because the usage of the herbs which has the bone healing property. The wide range of acceptance may be due to the low cost.

Conflict of Interest

None.

Acknowledgments

None.

Reference

- [1] Agarwal A, Agarwal R. The practice and tradition of bonesetting. *Educ Health* 2010;23:225.
- [2] Panda AK, Rout S. *Puttur kattu* (bandage) – A traditional bone setting practice in south India. *J Ayurveda Integr Med* 2011;2:174-178.
- [3] Attanayake AMHS, De Silva UMGD, Jayaweera JAAS, Perera DL. Attanayake HS. Use of Ayurveda and Sri Lankan traditional medicine for healing shaft of humerus fracture following nonunion. *J Ayurveda Integr Med* 2018;9:217-220.
- [4] Uthamarayan KS. Siddhar Aruvai Maruthuvam. 6th ed. *Indian Medicine - Homeopathy* Chennai 2013.