



## AYURVEDIC MANAGEMENT OF AVASCULAR NECROSIS OF FEMORAL HEAD - A CASE REPORT

Dija T Lawrence<sup>1</sup>, Muttappa Totad<sup>2</sup>, Girish K J<sup>3</sup>, Vasantha B<sup>4</sup>,

Second Postgraduate Scholar<sup>1</sup>, Associate Professor<sup>2,4</sup>, Professor<sup>3</sup>, Department of Kayachikitsa, Sri Dharmasthala College of Ayurveda and Hospital, Hassan-573201, Karnataka, India.

Corresponding Author: [lawrencedija8@gmail.com](mailto:lawrencedija8@gmail.com)

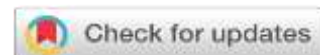
<https://doi.org/10.46607/iamj3810102022>

(Published Online: October 2022)

### Open Access

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Article Received: 29/09/2022 - Peer Reviewed: 10/10/2022 - Accepted for Publication: 12/10/2022



## ABSTRACT

Avascular necrosis describes the death of bone due to impairment of its blood supply. Non-traumatic or idiopathic osteonecrosis is thought to be the result of an ischemic episode affecting the bone and marrow tissue and may cause a progressive collapse of the femoral head in young adults. Treatment is usually surgical and is determined by the stage and extent of the disease. Here is the case of a 26-year-old male who was diagnosed with avascular necrosis 9 months ago and was admitted with chief complaints of aggravating pain in the right hip. He was given *Manjishtadi ksheera basti*, *Jalaukavacharana*, and oral medicines. After the treatment, the pain decreased, and walking difficulty and pain while climbing steps were reduced. This case shows that *Ayurveda treatment* is helpful in the management of avascular necrosis and helps in improving the quality of life.

**Keywords:** Avascular necrosis, *Manjishtadi ksheera basti*, *Jalaukavacharana*.

## INTRODUCTION

Avascular necrosis (AVN) or osteonecrosis of the femoral head occurs because of an interruption in the blood supply to the femoral head, which causes bone death. The most common cause is trauma, and,

of the non- traumatic causes, excessive alcohol intake and the use of systemic steroids are the most common.<sup>[1]</sup> The patient is frequently asymptomatic in the early stages of the disease process and there-

fore a high index of suspicion is required for initial diagnosis. However, as the disease progress, the patient may complain of an ache in the groin and clinical examination may reveal an effusion, a limp, and limitation of movement. The appropriate treatment of patients with AVN is dependent on the stage of the disease. Broadly, the seven stages can be divided into two groups: pre – collapse and collapse. In the pre- collapse group, the principle is to preserve and preferably revascularize the femoral head, whereas in the collapsed group the aim is to replace the femoral head. Conservative treatment in AVN usually leads to poor results and is therefore not recommended. The diseases which are not described in *Ayurveda* texts are termed *ANUKTHA VYADHI*. Hence an effort was made to evaluate the efficiency of *Ayurvedic conservative management* of AVN of the femoral head.

**CASE REPORT**

**PATIENT INFORMATION**

A male patient aged 26 years, diagnosed case of AVN of the right femoral head came to OPD of SDM Hospital, Hassan was admitted under IPD NO 0036888 YAC with chief complaints of pain and stiffness in the right hip joint for 9 months, associated with difficulty in the walking and climbing steps. The pain aggravates during prolonged walking, standing, and climbing steps. Pain mildly relieved on

**TIMELINE**

Table 1: Timeline of case

Date	Relevant medical history
January 2022	Gradual onset of right hip joint pain and stiffness
	Disturbed sleep
	Difficulty in walking, climbing steps
	Consulted physician and referred to orthopedic surgeon
	MRI suggested and diagnoses as AVN stage 2 of Right hip joint
September 2022	Complaints increased and consulted in OPD and planned for admission

**DIAGNOSTIC ASSESSMENT**

**INVESTIGATIONS**

MRI Hip joints (31/1/2022)

Suggestive of right femoral head avascular necrosis- stage 2

**Diagnosis:** - AVN of Right femoral head

taking rest. Occasionally he was unable to sleep properly due to pain.

**HISTORY OF PRESENT ILLNESS**

The patient was apparently healthy before 9 months. During the visit abroad as a part of his study purpose, he noticed pain in his right leg while prolonged walking and relieved after rest. After coming back to India, the pain remained the same. Then he gradually developed pain and stiffness in the right hip associated with difficulty in walking and climbing steps. The pain was constant throughout the day and gradually began to disturb my sleep. No H/o trauma and Steroid medication. He consulted a physician for relief from these symptoms. He was referred to the orthopedic department and diagnosed his problem as AVN of the right femoral head- Stage 2 with aid of an MRI. He recommended surgical intervention, but the patient was not willing, and he opted for Ayurveda treatment.

**CLINICAL FINDINGS**

**General examination:** The general condition of the patient was fair, and his vital signs were normal. His sleep was disturbed due to pain.

**On examination:** LOCOMOTOR SYSTEM: - limping gait observed, On examination of the right hip joint-No discoloration and no swelling. Joint movements were painful and restricted (flexion, extension, abduction, external rotation).

## THERAPEUTIC INTERVENTION

Table No. 02: Intervention

Date	Oral medication/ procedure	Dose
9/8/22	1. <i>Dhanwantaram vati</i> 2. <i>Jerrakadyarista</i> 3. <i>Anuloma ds</i> 4. <i>Sarwang udwartana with kola kuluthadi choorna</i> <i>Followed by dashamoola kwatha parisheka.</i>	2-2-2 b/f 20 ml-20 ml-20ml a/f 0-0-1 a/f
10/8/22	1,2,3,4	
11/8/22	1,2,3,4	
12/8/22	1,2,3,4 5. modified <i>kala basti schedule</i> <i>a. Anuvasana basti- guggulu tiktaka gritha</i> <i>b. Niruha basti –Manjishtadi ksheera kashaya</i> 6. <i>Jalaukavacharana to right hip</i>	80 ml 780 ml
13/8/22	1,2,3,5	
14/8/22	1,2,3,5,6 7. <i>Mahamajishtadi kashaya</i> 8. <i>Kaishora guggulu</i>	15ml-15ml-15ml a/f 2-2-2 a/f
15/8/22	1,2,3,5,7,8	
16/8/22	1,2,3,5,6,7,8	
17/8/22	1,2,3,5,7,8	
18/8/22	1,2,3,5,6,7,8	
19/8/22	1,2,3,5,7,8 9. <i>Zanosto tablet</i>	1-1-1 a/f
20/8/22	1,2,3,5,6,7,8,9	
21/8/22	1,2,3,5,7,8,9	
22/8/22	1,2,3,5,6,7,8,9	
23/8/22	1,2,3,5,7,8,9	
24/8/22	1,2,3,5a,6,7,8,9 10. <i>ksheera bala capsule</i>	1-1-1 a/f
25/8/22	1,2,3,5a,7,8,9,10	
26/8/22	1,2,3,5a,6,7,8,9,10	
27/8/22	1,2,3,5a,7,8,9,10	
28/8/22	1,2,3,5a,6,7,8,9,10	
29/8/22	1,2,3,5a,7,8,9,10	
30/8/22	Discharged with the following medicines <i>Dhanwantaram vati</i> <i>Mahamanjishtadi kashaya</i> <i>Zanosto tablet</i> <i>Ksheerabala capsule</i> <i>Anuloma ds</i>	2-2-2 b/f 15ml-15ml-15ml a/f 1-1-1a/f 1-1-1a/f 0-0-1 a/f

*Manjishtadi ksheera basti* ingredients: *Anuvasan basti- Guggulu tiktaka gritha* 80 ml

*Niruha basti-*

Honey 60 ml

*Saindava* 8gm

*Manjishtadi taila* 80 ml

Manjishta kalka 30 gm  
 Manjishta kashaya 500 ml  
 Ksheera 100 ml

## OUTCOMES AND FOLLOW UP

Table No3: -

Clinician assessed outcome	Patient assessed outcome	BT	AT
Gait	-	Limping gait	Gait improved
Range of movements- hip joint		Painful and restricted	Possible without pain
	Pain in the right hip joint	+++	+

## DISCUSSION

The main intention of the treatment was conservative management and to improve the quality of life of the patient. The main complaint of the patient was pain and stiffness in the right hip joint, which indicates involvement of *Vata dosha* in *Asthivaha srotas*. AVN is caused due to lack of blood supply to a particular part of the bone. Due to the *Marga avarodha of vayu*, the blood supply to the femoral head is reduced. Increased *Vata dosha* finally resulted in the *Kshaya* of *Asthi Dhatu*. Hence considering the *vata* involvement and *Rakta prasadaka* and *Asthiposhaka* concept *Jalaukavacharana*, which is indicated for vascular diseases, and *Manjishtadi ksheera basti* treatment were planned.

*Acharya Charaka* mentioned that the line of treatment for *Asthi kshya* is *Panchakarma chikitsa*, especially *Basti* with *Ksheera*, *gritha*, and *Tikta dravyas* [2]. *Manjishtadi ksheera basti* ingredients are mainly *Tikta*, *Kashaya rasa Raktashodaka* and *Guggulu tikta gritha* improves *Dhatu upachaya*. *Ksheera* is *Jeevaniya* and *Brimhaniya*. Hence the *Marga ava-*

*rodha of Vayu* leading to vascular obstruction can be overcome by the administration of *basti*. Oral medications like *Mahamanjishtadi kashaya* and *Kaishora guggulu* are the drug of choice in improving blood circulation.

## CONCLUSION

Based on this single case study, it can be concluded that *Manjishtadi ksheera basti* and *Jalaukavacharana* along with oral medications are effective in the management of AVN. This study is based on a single case. So further large sample size study is required to know the better results.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Dija T Lawrence et al: Ayurvedic Management of Avascular Necrosis of Femoral Head – A Case Report. International Ayurvedic Medical Journal {online} 2022 {cited October 2022} Available from: [http://www.iamj.in/posts/images/upload/2914\\_2917.pdf](http://www.iamj.in/posts/images/upload/2914_2917.pdf)