

A Study of the Effects of a Traditional Treatment Plan in the Management of Radius Bone Fractures “*Arasthi Bhagna*”: A Case Series

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Traditional Medicine is a unique heritage of Sri Lanka over centuries and traditional orthopedic treatments are the most popular field in it. In Sri Lanka, many patients who become disabled due to traumatic conditions initially or subsequently seek Ayurveda or indigenous treatments. This study aimed to investigate the efficacy of a traditional treatment plan in managing radius bone fractures. A randomized clinical trial was conducted at *Helabima wedamadura*, Hidallana, Rathnapura. Ethical clearance and administrative approvals were obtained, ensuring adherence to ethical standards and protocol. The first five patients aged 25 to 75, with confirmed radius bone fractures as evidenced by X-ray, were selected for treatment, after informed consent procedure. Traditional drugs were prepared according to established methods, including internal and external formulations. The intervention spanned six weeks, with treatments administered in specific regimens targeting pain relief, inflammation reduction, and fracture stabilization. Data collection involved assessing clinical features before, during, and after treatments, utilizing a grading scale to assess pain, swelling, numbness, stiffness, discoloration, deformity, and difficulty in movements. Data analysis was based on the variation in mean values of each parameter before and after the treatments and after a four-week- follow-up period. Analysis revealed a significant reduction in pain, numbness, discoloration and deformity post-treatment, with complete resolution observed in some patients. Swelling and stiffness showed marked improvement but persisted to a lesser extent after follow-up. Mobility difficulties were significantly reduced but persisted in some cases. Overall, the traditional protocol demonstrated effectiveness in managing radius bone fractures with most patients experiencing complete recovery or significant improvement without any adverse effects. Mobility difficulties were significantly reduced but persisted in some cases. Overall, the traditional protocol demonstrated effectiveness in managing radius bone fractures, with most patients experiencing either complete recovery or significant improvement without any adverse effects.

Keywords: *Sri Lankan Traditional Medicine, Radius Bone Fractures, Arasthi Bhagna, Indigenous Orthopedic Treatments*