

PATELLA FRACTURE HEALED BY HOMOEOPATHIC MEDICINES**¹*Dr. Partha Pratim Pal and ²Dr. Sudeshna Saha**¹MD (Hom-Practice of Medicine), Research Officer (H) / Scientist – I.²BHMS - Junior Research Fellow (H).

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Homoeopathy.**ABSTRACT**

All fractures do not require casting or surgical intervention. They are sometimes required to treat a fracture. The type of treatment for fracture required depends on the severity of the break, whether it is "open" or "closed," and the specific bone involved. Conservative management with medicines for certain non-displaced, closed fractures may be enough for healing. The following case report is an evidence of such circumstances.

KEYWORDS: Patella, fracture, non-invasive, Symphytum.**INTRODUCTION**

Fractures of the patella account for about 1% of all skeletal injuries and can lead to profound impairment.^[1] The majority of cases are caused by direct injury mechanism.^[2] Traumatic fractures of the patella are classified as transverse, vertical, comminuted, marginal or osteochondral which may be either displaced or non-displaced. Non-surgical treatment can be used when the patella has not been fragmented or displaced.^[3]

Transverse fractures occur horizontally across the patella and are most often due an indirect impact on the patella (i.e. falls). Vertical fractures typically run from the inferior to the superior pole and may be stable and treated conservatively. Fractures to the margins of the patella occur at the perimeter of the patella and commonly due a direct force to the sides of the patella. Comminuted fractures are often seen in patients with multiple injury. These cases often present with a high degree of soft tissue damage. Osteochondral fractures of the patella

are usually a result of shear forces caused by a patellar dislocation and occur less frequently by a direct impact trauma of the patella. Patients rarely have an extension deficit, but the affected knee commonly presents with an acute hemarthrosis.^[4]

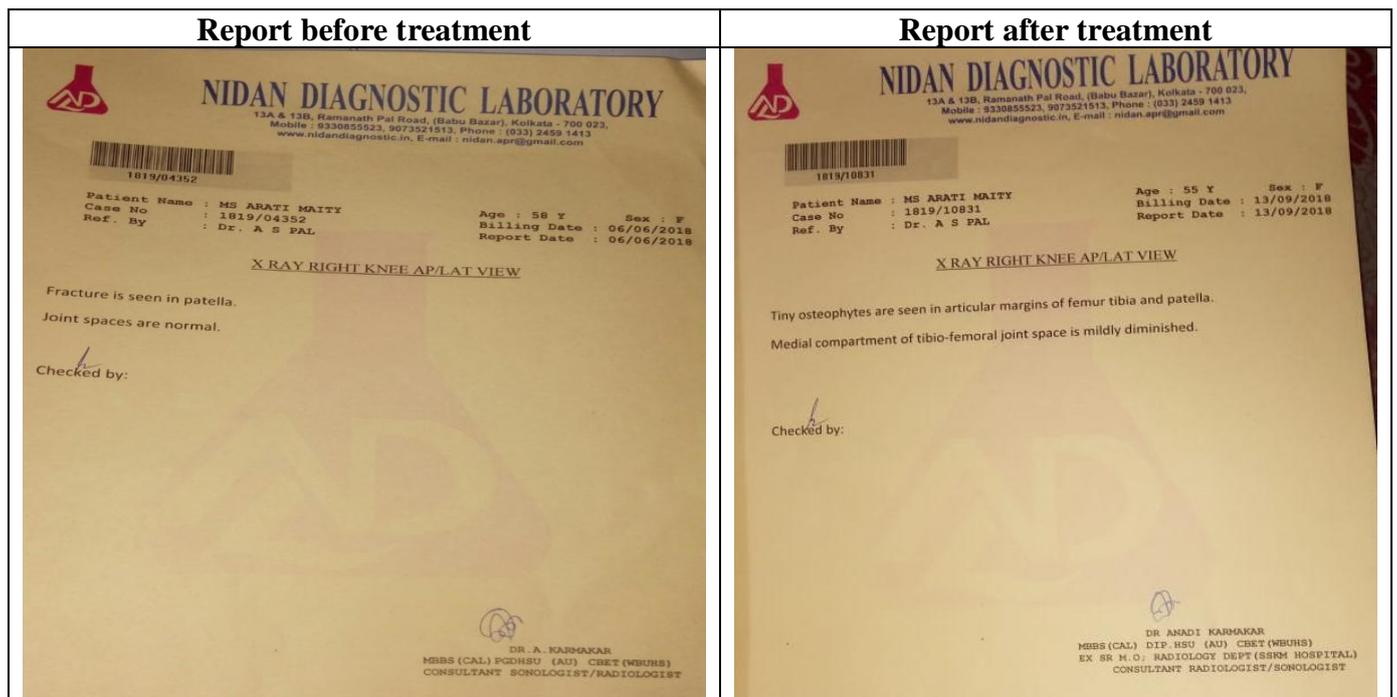
The diagnosis of a fracture of the patella is made on the history of injury, physical examination and the radiological findings. It is suspected in all patients who have sustained a direct impact to the anterior knee and are unable to actively extend their knee.

CASE REPORT

A 58 years old female patient came with the severe pain around anterior right knee with redness and swelling after stumbling over some objects kept on the floor and striking her knee directly on the floor. Primary impact of fall was basically on the right knee and the patient fell on the floor with out-stretched hands. However no injury was incurred on the upper extremities but the right knee got injured. On examination of right knee joint - Pain when moving in both forward and backward direction, the knee joint can be actively flexed, but extension was painful and restricted around less than 45 degree. Tenderness on palpation and erythematous swelling around the knee was elicited.

Timeline including follow-up of the case				
Date	Visit Number	Indications For Prescription	Medicine Prescribed	Advice given
04.06.2018	1	Severe pain around knee with redness and swelling, Pain with least movement in both forward and backward direction due to which raising of leg was difficult, Sensitive to touch +++, Tenderness on palpation +++	Arnica montana 200 4 doses BD x 2 days	X-Ray of Right knee joint – [AP view & Lat view]
07.06.2018	2	Redness was much less but swelling and pain almost the same as before. Report of X-ray of Knee joint - Fracture seen in patella. Non- displaced transverse patella fracture. Joint spaces normal. 	Symphytum 30 9 doses TDS x 3 days. Placebo for rest of the month.	Restriction of movement of the affected part and immobilization of the joint with use of crepe bandage. Diet should be rich in calcium enriched foods.
10.07.2018	3	Pain and swelling slightly reduced in knee, but there was difficulty in movement of the leg	Symphytum 200 4 doses	-do-

		especially extension. Walking was also with a limping gait.	BD x 2 days.	
08.08.2018	4	Pain in knee not occurring at rest. But during excessive physical exertion (fast walking, ascending stairs) pain appearing but in low intensity. However, no redness or swelling seen. Gait appears to be normal.	Symphytum 1M 2 doses OD x 2 days.	-do-
09.09.2018	5	No complaints at all. No pain during walking or any other types of movement.	Placebo	Repeat X-ray from same centre
14.09.2018	6	No complaints. X-ray report shows – no evidence of fracture. But tiny osteophytes seen in articular margins of femur, tibia and patella. Medial compartment of tibio-femoral joint space is mildly diminished. 	No medicine prescribed.	Based on prodromal osteoarthritic features – patient was advised for restriction in lot of repetitive movements and maintenance of normal body weight.



DISCUSSION

The type of treatment in cases of patella fracture depends on the underlying fracture type, the associated soft tissue damage, patient factors (i.e. age, bone quality, activity level and

compliance) and the stability of the extensor mechanism.^[4] The above case was treated with homeopathic medicines along with some advices for general management. Initially the *Arnica montana* was selected based on the following indications – *traumatic injury resulting from fall, aggravation from least touch and motion, walking straight was not possible and ecchymosis around knee joint.*^[5] After 2 days when patient came with X-ray report – fracture of patella was seen which appeared to be a non-displaced transverse fracture. Patient was still having the pain and swelling with limitation in movements. Based on the present pathology and symptoms, *Symphytum* was prescribed as history proves it's specific role in bone healing when traced back even further, being used by Roman soldiers to deal with bone fractures 2000 years ago.^[6] Moreover, it removes the *inflammation surrounding the fracture* and also induces the *union of affected part* and contains allantoin, a crystallize substance, used in orthodox medicine to encourage epithelial formation in ulcer and wound.^[7]

In the repeat X-ray there was no evidence of fracture but there was presence of osteophytes with reduction in joint spaces.^[8] Developing an osteophyte and joint space narrowing are typical signs of osteoarthritis. Osteophytes may develop also due to chronic stress, friction, pressure or mini-traumas which make the body to build more bone for repairing itself.^[9]

CONCLUSION

Homeopathic medicines have gained a lot of faith in treatment of fractured bones. Homeopathic remedies may speed up the healing of broken bones and help in prompt recovery. The Homeopathic medicines may be used only after proper alignment of the bones or proper immobilization of the fractured parts to be maintained during oral medications. Hence, in clinical practice, homeopathy is widely used in the fracture-repair process, which accelerates the healing of fractures, enhances callus formation and reduces pain.^[10]

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