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Literature review on effect of selected traditional external applications used in fractures and dislocations

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Abstract

Traditional medicine describes medical knowledge system which is developed over countries within various societies. It always incorporates with plants, animals and minerals, based on medicines; spiritual therapies, manual techniques, and exercises. The Sri Lankan Ayurveda tradition is a mixture of the Sinhala traditional medicine; four systems of traditional medicine have been adopted in Sri Lanka: *Ayurveda*, *Siddha*, *Unani* and *Deshiya Chikitsa*. Traditional Medical Practitioners use not only oils but also many other medicines in *Kadum-Bindum* (Fractures and Dislocations) to reduce bruises, to speed up healing fractures and cracked bones, to loosen stiffened parts and to correct dislocations. '*Bhagna*' in Ayurveda means breach/break in movements/continuity of bone. Excessive swelling, inability to bear shaking, movement and touch, crepitus on pressure, looseness of the part, appearance of various types of pain and no relief in any position, tenderness, increase of discomfort day after day are the symptoms of *Bhagna*. A bone fracture is a medical condition where the continuity of the bone is broken. The objective of this study was to identify the mode of actions of prepared special external drugs for fractures and dislocations according to texts. Ingredients of *Kadum bindum oil*, *Mallum* and *Nawa patta paththu* were studied from various sources of Ayurveda and allopathic medicine. The purpose of incorporation of the subject of *Deshiya Chikitsa* is to protect, preserve, nature, by developing and propagating that indigenous medicine in Sri Lanka. Accordingly it aimed to provide maximum benefit by identifying most valuable treatment methods.

Keywords: *Bhagna*, Traditional medicine, Fractures

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