

Ayurveda in Treatment of Bone Disorders in Human: A Review

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Abstract

The human skeletal system becomes brittle, due to loss of bone density, which can lead to fractures and a compressed spinal column, thereby affecting posture and resulting pain in the back and the spine with increasing age. With alarming conditions, it affects other functions and organs in the body, causing associated symptoms of osteoporosis, constipation, degenerative arthritis, low back pain, insomnia, bladder and kidney weakness, frequent urination and dental problems. The incidences are more prevalent in older women. Ayurveda considers this deficiency disorder to be dominated by the air humour of vata.

Keywords

Ayurveda, Bone disorders

INTRODUCTION

Ayurveda recommends the improvement in bone density through wholesome nutrition, herbs, healthy activities, and with some good home therapies, without depending on drugs or hormones. In fact, osteoporosis is considered to occur contributing to menopausal disorders in women due to the same causes as impairment of vata dosha. The Ashoka bark possess potassium, iron, magnesium, sodium, silica, phosphate and calcium, is also considered good for improving bone density and alleviating uterine disorders in menopausal women [1-3].

Ayurvedic herbs for use in therapy

Ashwagandha, Shatavari, Dashamula, Triphala, Safron, Gotu kola, Brahmi and Amalaki are some of the nourishing herbs
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recommended by Ayurveda for this condition, and to maintain good hormonal balance in the body. Few other common herbs that can boost hormonal system are motherwort, milk thistle, ginger, sage, raspberry leaves, valerian, horsetail, nettles, ginseng, Siberian, hawthorn, berries, dandelion root. [4,5]

Several herbs are beneficial for treating bone weakness (osteoporosis) and support healing due to fractures. These conditions are most commonly due to vata dosha vitiation. For these conditions oat straw, amalaki and comfrey are recommended. Oat straw is a cool tonic that balances vata and pitta and is effective in stimulation of bone growth. Amalaki, an outstanding general tonic for

the body is also traditionally used for augmenting bone development. Bhringaraj is an important herb that can be used for both tonification of the bones and purification. Comfrey has long been used for supporting the healing of bones following fracture. It is cooling and moist and balances vata and pitta doshas. [3,4]

Prescribed intake

These herbs are recommended for intake as it is or used in the form of tea, wherein one tablespoon of the herb can be boiled in two cups of water, allowed to-steep for 10 minutes, before straining, and drinking after meals. A small amount of honey can be mixed if at all desired.

Other Ayurvedic formulations recommended

Other general ayurvedic formulations recommended are Loha soveram, Swarna

vadha rakshasa, Bhaskara lavanam, Maharasnathi kwatha churanam, Panjathiktha gugglu kritham, and Brihachakalathyam krutham, Balarishta, Vadagajankuja Rasa, Vadha vithvamsini Rasa, Yogaraja Guggulu, Vadha Rakshasa and Navagrahi sinduram [3,5].

CONCLUSION

It is most beneficial for pitta dosha. Guggul and kutki are two herbs that are specific for purification of the bones and best for treating kapha dosha in the asthi dhatu. [5] Abhyanga or self massage using sesame oil, and Dashamularishta are good for vata pacification. However, these preparations should be taken in consultation with an Ayurvedic physician.

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