



ISSN 2456-3110

Vol 2 - Issue 1

Jan-Feb 2017

# Journal of **Ayurveda and Integrated Medical Sciences**

*[www.jaims.in](http://www.jaims.in)*

# JAIMS



**Charaka**  
Publications

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# Ayurvedic management of Myositis Ossificans of Vastus Lateralis Muscle (*Urusthamba*) - A Case Study

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## ABSTRACT

Myositis ossificans characterized by heterotopic ossification (calcification) of muscle of various etiologies. It is most commonly affected in the quadriceps of the thighs. There are many tools available for diagnosis of Myositis ossificans, but lack of satisfactory treatment. So the development of a treatment protocol for Myositis ossificans is the need of today's era. In Ayurveda, the same can be understood as *Urusthamba*. The present paper discusses a case of Myositis ossificans of right vastus lateralis muscle and its Ayurvedic treatment.

**Key words:** Myositis ossificans, *Urusthamba*, Vastus Lateralis Muscle.

## INTRODUCTION

Myositis ossificans is chronic muscular disorder of various etiology characterized by heterotopic ossification (calcification) of muscle. It commonly affects the quadriceps of the thighs.<sup>[1]</sup> In *Ayurveda*, it can be considered under the heading of *Urusthamba*. It is defined as the condition in which stiffness of thigh, inactivity and numbness of both thighs.<sup>[2]</sup>

*Ayurveda* gives the physicians opportunity to incorporate new medication in the explained conditions and name the newly diagnosed condition based on *Nidana*, *Dosha*, *Dhatu* and *Dushya*. Keeping this point in mind a case study was done on Myositis ossificans of right vastus lateralis muscle (*Urusthamba*).

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Submission Date : 18/02/2017 Accepted Date: 29/02/2017

Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.v2i1.7523

## CASE REPORT

A 41 years old male patient, residing in Hassan, visited the Shalya Tantra OPD of Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan on 27<sup>th</sup> December 2016. He presented with chief complaints of hard swelling in the lateral aspect of right thigh associated with severe pain while walking and on getting up from sitting posture, along with restricted movements of right knee joint since 3 months. All above mentioned symptoms were progressive in nature. He consulted many surgeons and was admitted in another hospital for 10 days. There antibiotic and analgesic treatment was given. No significant improvements were noted so the patient got discharged and got admitted in our hospital. On the basis of signs and symptoms and MRI report, patient was diagnosed as a case of Myositis ossificans of right vastus lateralis muscle vis-à-vis *Urusthamba*.

### General Examination

- **Pallor** - Absent
- **Icterus** - Absent
- **Cyanosis** - Absent
- **Clubbing** - Absent
- **Lymphadenopathy** - Non palpable
- **Edema** - Absent

- BP - 120/80 mmhg.
- Pulse - 74/bpm

**Systemic Examination:** CVS - no abnormality detected in cardiovascular system, RS - no abnormality, P/A - soft, on palpation normal, CNS - Higher mental function were normal.

#### Local examination of right thigh region

**Table 1: Local examination of right thigh region.**

Inspection	Right thigh	Left thigh
Discoloration	Absent	Absent
Scar	Absent	Absent
Palpation		
Swelling	Present (extending from the upper end of femur till knee joint in lateral side) 25x4cm	Absent
Consistency	Hard	Absent
Local temperature	Absent	Absent
Tenderness	Present +++	Absent

**Gait** - Antalgic gait

#### Hip joint examination

**Table 2: Hip joint examination**

Movement	Right hip	Left hip
Flexion	Normal	Normal
Extension	Normal	Normal
Abduction	Normal	Normal
Adduction	Normal	Normal
Internal rotation	Normal	Normal
External rotation	Normal	Normal

#### Knee joint examination

**Table 3: Knee joint examination**

Movement	Right knee	Left knee
Flexion	Restricted and pain full at 45°	Normal
Extension	Restricted and pain full at 80°	Normal

**MRI report of right thigh:** Significant edema in the right vastus lateralis muscle - represent Myositis

**USG abdomen and Pelvis :** 1x1 cm simple cyst in right kidney, chest X-ray

**ECG :** Normal

**Hematological reports :** Hb% -13.2 gm%, ESR-10 mm/hr. TLC, DLC and other hematological parameters were normal, renal parameters and blood sugar also within normal limits.

#### Treatment

##### 1. Internal medicines

**Table 4: Internal medicines**

Medicine	Dose
Tab. Shadharanam Choornam <sup>[3]</sup>	2 bd. b/f
Tab. Shudda Shilajith + Gomutra <sup>[4]</sup>	2 tab +10 ml bd. a/f
Tab. Navaka Guggulu <sup>[5]</sup>	2 bd. a/f
Rasna Saptakam Kashaya <sup>[6]</sup>	20 ml bd. b/f

#### External therapies

1. Kottamchukkadi Choorna + Marmani Vati Lepa 2 times x 10 days<sup>[7]</sup>
2. Sarshapa Choorna + Gomutra Lepa 2 times x 10 days<sup>[8]</sup>
3. Ruksha Choorna Pinda Swedha with Kottamchukkadi Choorna x 5 days<sup>[9]</sup>

#### Physiotherapy

1. Knee joint exercises

## 2. Cycling

**Improvement**

Significant improvement was noted in the signs and symptoms.

- From the 3<sup>rd</sup> day onwards reduction in swelling was noted and at the end of treatment, patient got 70% of reduction in the swelling.
- Along with the reduction in swelling and pain, the range of knee joint movements got improved
- Gait : normal
- At the end of treatment significant improvement in the quality of life (QOL) of the patient get improved.

**DISCUSSION**

Myositis is a general term for inflammation or swelling of the muscles. Injury, medicines, infection, or an immune disorder can lead to Myositis. All forms of myositis involve chronic or persistent muscle inflammation, almost always result in weakness and less often in swelling and pain of the muscle.<sup>[10]</sup> Considering the symptoms of *Urusthamba* we can see similar symptoms such as heaviness of thigh, miserable pain, stiffness, *jwara* (localized raise of temperature).<sup>[11]</sup> The prognosis told in Ayurveda is *Asadya* (incurable) when feeling of burning sensation and of shooting pain. And which is of recent onset may be treated.<sup>[12]</sup> Similar in case of myositis there is no proper cure, the person need to adjust to the changes it bring about. The management of this involve conservative analgesic, physical therapy and excision.<sup>[13]</sup> In *Urusthamba* all Panchakarma procedures are contraindicated, to remove the *Kapha* which is adhered to *Medas* in thigh region *Ruksha Karma* is advised. For removing *Kapha Dosh*a we have to advice *Vyayama Karma*. Along with that *Bahirparimarjana Chikitsa* and *Shamana* medicines also should be advised.<sup>[14]</sup> So *Ruksha Choorna Pinda Sweda* with *Kottamchukkadi Choorna* along with *Rooksha Lepana* used above are very much effective in in reducing the *Kapha* which is accumulated in *Urupradesha*. *Rasnasaptakam Kashayam* helps to alleviate the pain in thigh region. *Gomutra* by nature

is *Rooksha* which also play a vital role in the management both internally as well as external applications.

**CONCLUSION**

On understanding proper *Nidana*, *Lakshanas* and *Samprapti* of *Myositis* we can very well keep it under the heading of *Urusthamba* and by proper estimation of *Dosha* and *Dushya* along with *Vyadhi Avastha* we can manage the myositis to a greater extent. The *Ruksha Prayogas* and *Shamana* medicines explained under *Urusthamba* helps to alleviate *Kapha* in thigh region and along with that appropriate *Vatahara* medicines is to be used for better result.

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**How to cite this article:** Vishnu Mohan, Gopikrishna BJ, Avnish Pathak, Mahesh Kumar ES, Duradundi G Gudasi. Ayurvedic management of Myositis Ossificans of Vastus Lateralis Muscle (Ursthamba) - A Case Study. J Ayurveda Integr Med Sci 2017;1:263-266. <http://dx.doi.org/10.21760/jaims.v2i1.7523>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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