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Advanced Ayurvedic integrated innovative treatment approach for various sports injuries compared with modern treatment- special emphasis on groin, meniscal and shoulder injuries

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Ayurveda propounds that prevention is an equally important aspect of injury management as cure and thus, strengthening neuro muscular system. Study aimed for the management of injuries like groin injuries, meniscal injuries which are quiet common in soccer in which surgery may be the option could be easily managed by Conservative treatment. Treatment of knee and groin injuries depends entirely on the cause of the problem therefore, the etiology hence is of utmost importance. Grade 1,2, Groin injuries are quiet often in many soccer player all around the world and often needs prolonged rest and leads to miss several season and recurrence on activities. Pubalgia is yet another agonizing injury of soccer players dangerously face. Effective and fast relief result could be provided by non surgical integrated treatment for groin and meniscal injuries quiet often. The main aim of the treatment is to relieve pain and restoration of functions to enable to play football in better way without any discomfort. Hernias, stress fractures, and avulsion fractures are all common injuries that affect the groin, but for this issue we'll be focusing on one of the most common groin injuries; groin pull or groin strain. Advanced innovative treatment modalities of Ayurvedic (Indian System of Medicine), physiotherapy modalities like ultrasound, muscle stimulation, new inventory technique of Intra Articular Needle stimulation (IANS), Intra muscular needle stimulation (IMNS), strengthening and stretching exercises, sports massages using medicated herbal oils found to be very effective in various orthopedic conditions. Wide versatile combination of herbal preparation both internal and external use according to the different conditions and stages of the injury and nature of the player. (Marma Manipulation) Trigger point release technique for different vital points. Different type of massages with various poly herbal oil combination along with hot fomentation and sudation making the injured muscle to activate for quicker healing. Ayurvedic integrated treatment approach is new hope for the sports injury management is concerned. It will be gateway in coming years. This will unveil the efficacy of unexplored scientific vision to the soccer injuries. Patients are relieving by both subjective and objective method. Post treatment imaging agrees with results. Further study needed to evaluate the actual mechanism of healing through integrated approach.

Biography

Dr. Arshad.p has completed his graduation in Ayurvedic Medicine & Surgery from Kottakkal and completed his post graduation diploma in sports medicine from Apollo hospital Hyderabad, India. He has more than 17 years of clinical experience in sports medicine, injury management and rehabilitation. He has treated more than 40000 cases of sports injuries including International and National level athletes. Many African Asian footballers already treated and recovered remarkably. He is the first and only one person in India practicing integrated treatment approach of Ayurveda, physiotherapy in management and rehab of acute & chronic sports injuries. He had presented many papers in International sports medicine Congress like World sports medicine congress Rome Italy 2012, Asian federation of sports medicine congress 2009.

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