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## **The causes and Remedies of Disease of Bones**

Many a times we think that the bone in our body is non-living, but, friends, please bear in mind that the bone is a living organ. Especially, when we observe the process of cure of a fracture of bone, we come to know that the bone is a living thing. Every day the bones in our body are wearing out and formation of new ones is taking place. If we observe the section of a bone under microscope, we see that the bone is formed of net of rolls (Haver - seal system). It consists of three types of cells.

Osteosites, Osteoblast, Osteoclast. All this system is planned and controlled by various hormones and chemicals.

Now we shall take into consideration the various causes effective in main diseases of bones.

### **1) Fracture -**

**Reasons** – Accidents, falling down from a height, to be hit by hard substance is reasons for a fracture. On the basis of complexity fracture can be classified in 3 types. A) Simple-(bone is fractured inside the body.) B) Compound-(open) -The bone is broken and some of its pieces come out of the muscle and

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skin cover. C) Complex-Due to the fracture the delicate organs such as brain, lungs are injured.

**Diagnosis and Tests** – If there is pain or swelling, where the body area was hit, or the mobility of joints is hampered, if the legs cannot bear the load of the body, if hands do not work properly then immediately consultation of an expert should be availed. Proper examination by the expert, X-ray, any other tests should be done.

Massaging or getting treatment from a non skilled bonesetter should be avoided. Otherwise the treatment will be worse than the disease.

**Treatment** - 1) First-aid-To give support to hand or leg by a stick or umbrella and to tie it with scarf, chunni, string etc. Otherwise, in case of hand fracture-to tie the hand to the chest, in case of leg fracture-to tie legs with each other.

2) If the body condition is serious then treatments like giving oxygen, to give saline/blood in vain, medicines, to give life saving drugs etc. are to be started immediately.

3) Treatment/ cure for fracture- To bring the fractured and displaced bone in its place by giving an anesthesia and to keep it in its place, treatment of plaster or operation is carried out. In an operation a rod, a screw, wire etc. are fitted or Elisarov Ring or a bar (external fixator) is used.

If there is risk in giving anesthesia the patient is treated in hospital by giving traction. With traction the treatment by a physiotherapist is given to the patient to restore the mobility of the affected part by various exercises. This process is called Physiotherapy and Rehabilitation. But one very important thing is that factors on which bone setting is dependent are yet not known by research. Hence a very capable expert also cannot give guarantee of the bone setting.

2) **Spondilosis** – Pain in neck, waist and warning out of the vertebral column machine is called Spondilosis.

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In this illness the proportion of water in the disc between two vertebrae is decreased, hence the gap between them is seen small in the X-ray. After this the small joints like beads behind the vertebrae, called 'Facets' face stress; so the ends of vertebrae are increased and the body machine tries to reduce the movement in that area. But due to this the spinal cord and its branches are under pressure and numbness in feet, neck pain and waist pain is started.

**Treatment-** Please does not be afraid of the clumsy word ' Spondilosis'. It is not a disease but a change due to warning out of the body machine. Pain killers and muscle depressant pills with tablets of B-12 vitamin are given for few days. Similarly Traction, interfacial therapy, Ultrasound- such therapies are used to reduce the stress on the muscle. If the patient suffers from much pain or immobility then for few days Collar (for neck), Corset (for waist) are suggested by they are not a permanent treatment.

**A) Exercise-** is the most important, long lasting and effective for long time, without any expenditure cure. It reduces pain, movement of joints becomes easier, with consultation from experts, and it is beneficial to have exercises of neck, shoulders and back.

B) To avoid movements which give strain to vertebrae. For example-to sit in hunch position, to stand for a long time, to work in a forward bending position, to lift weight, to use very soft and very thick bed and pillow, having tummy due to weight gain, to carry head load or to use bicycle for a long distance on a rough road. If these things are avoided and reduced then our spine can work in the state it is, for many years.

**3) Oesteo Arthritis-** The world Health Organization has announced the decade 2000 to 2010 as decade of Oesteo Arthritis. This also is not a disease but erosion, wearing of cartilage between joints. The surface of sensitive bone below the cartilage come in contact and gives trouble for first few steps. (Starting trouble.)

**Causes-** This wearing starting at the age about 40 is like the car wheel-which if not balanced properly wears out at one side. Similarly, if the arrangement/composition of knee is defective due to some reason (hereditary defect, the fracture reaching knee joint, tearing of the cartilage in knee) Oesteo Arthritis can trigger early also.

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**Treatment-** The principles of this treatment are similar to those for spondilosis.

- A) Pain killing tablets, glucose mine, condritin, or such diet supplementary medicines, Physiotherapeutic treatment like diathermy.
- B) Exercise-Movements of knee joint.
- C) To avoid movements and positions giving strain to the knee. For example, sitting and getting up on ground, to reduce up and down on staircase, to avoid sedentary work, to avoid travelling on bicycle for a long distance on rough road.
- D) Injection- to have injection of long lasting steroid or synovia Fluid substitute in the knee.
- E) If major portion of cartilage in knee is worn out then surgeries like High Tibial Osteotomy or Total knee Replacement can be useful.

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