

# Preventing 'Non-Union of Hairline Fractures' through Anti-Miasmatic Intervention

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**Abstract— Background:** Hairline fractures, also known as stress fractures, are a common injury that can be challenging to treat. Homoeopathy offers a holistic approach to managing hairline fractures, and understanding the miasmatic background of the patient can aid in selecting the most effective remedy.

**Objective:** To evaluate the efficacy of homoeopathic treatment in hairline fractures, based on a miasmatic understanding of the patient's symptoms and constitution.

**Methods:** A prospective, observational study was conducted on 30 patients with hairline fractures, who were treated with homoeopathic remedies selected based on their miasmatic background. The patients were assessed for pain, swelling, and range of motion at baseline, 2 weeks, 4 weeks, and 6 weeks.

**Results:** The study found significant improvement in pain, swelling, and range of motion in patients treated with homoeopathic remedies. The sycotic miasm was found to be the predominant miasm in patients with hairline fractures. Remedies such as *Symphtum officinale*, *Ruta graveolens*, and *Calcarea carbonica* were found to be effective in managing hairline fractures.

**Index Terms:** Non-Union, Hairline fracture, Anti-miasmatic Intervention

## I. INTRODUCTION

Hairline fractures, also known as stress fractures, are a common injury that can occur in individuals who engage in high-impact activities, such as athletes, dancers, and military personnel (1). These fractures are characterized by a small crack in the bone, often caused by repetitive stress or pressure on the bone (2). Conventional treatment for hairline fractures typically

involves rest, ice, compression, and elevation (RICE), as well as immobilization and physical therapy (3).

Homoeopathy, a system of medicine developed by Samuel Hahnemann, offers a holistic approach to managing hairline fractures (4). Homoeopathic remedies are selected based on the individual's symptoms, constitution, and miasmatic background (5). Miasm, a concept introduced by Hahnemann, refers to a fundamental disturbance or predisposition to disease, which can be inherited or acquired (6).

The sycotic miasm, in particular, is often associated with excessive growth, inflammation, and degeneration of tissues, and is commonly linked to conditions such as osteoarthritis, gout, and other inflammatory disorders (7). Understanding the miasmatic background of a patient can aid in selecting the most effective homoeopathic remedy and promoting optimal healing.

This clinical study aims to evaluate the efficacy of homoeopathic treatment in hairline fractures, based on a miasmatic understanding of the patient's symptoms and constitution.

## II. METHODOLOGY

**Study Design:** Prospective, observational study

**Sample Size:** 30 patients with hairline fractures, diagnosed by X-ray or MRI, will be included in the study.

**Inclusion Criteria:**

- Patients with hairline fractures of the lower limb (tibia, fibula, metatarsals, etc.)
- Age: 18-50 years
- Sex: Both males and females

- Patients willing to participate in the study and provide informed consent

**Exclusion Criteria:**

- Patients with complete fractures or fractures requiring surgical intervention
- Patients with underlying medical conditions, such as osteoporosis, diabetes, or cardiovascular disease
- Patients taking medications that may interfere with the study

**Intervention:**

- Homoeopathic remedies will be prescribed based on the patient's symptoms, constitution, and miasmatic background.
- Remedies will be selected from a pre-defined list of commonly used remedies for hairline fractures (e.g., Symphytum officinale, Ruta graveolens, Calcarea carbonica, etc.).
- Remedies will be administered in the 30C potency, three times a day, for a period of 6 weeks.

**Outcome Measures:**

Primary outcome: Pain intensity (VAS score)

Secondary outcomes:

- Swelling (circumference of the affected limb)
- Range of motion (degrees)
- Time to return to normal activities (days)

**Assessment Schedule:**

- Baseline (day 0)
- 2 weeks
- 4 weeks
- 6 weeks

**Miasmatic Assessment:**

- Patients will be assessed for their miasmatic background using a standardized questionnaire.
- The sycotic miasm will be identified based on the patient's symptoms, constitution, and medical history.

**Data Analysis:**

- Descriptive statistics will be used to summarize the data.
- Paired t-tests will be used to compare the mean scores of pain intensity, swelling, and range of motion at different time points.

- p-value < 0.05 will be considered significant.

### III. RESULTS & DISCUSSION

**Results:** A total of 30 patients with hairline fractures were included in the study. The results are as follows:

**Demographic Profile:**

- Mean age:  $28.5 \pm 6.2$  years
- Sex: 18 males, 12 females
- Location of fracture: Tibia (n=12), Fibula (n=8), Metatarsals (n=10)

**Miasmatic Analysis:**

- Sycotic miasm: 20 patients (66.7%)
- Psoric miasm: 6 patients (20%)
- Tubercular miasm: 4 patients (13.3%)

Table No. 1- Statistical Analysis

Outcome measure	Baseline Mean	End of Study	t Value	%
VAS Score (Pain) (0-10)	7.4	2.1	< 0.001	71.6%
Swelling Cm	1.8	0.3	<0.05	83.3%
ROM (Degrees)	$45^0$	$135^0$	<0.01	200%
Activity Level	Restricted	Normal	<0.001	Significant

**Discussion**

The following homoeopathic remedies were used in the treatment of hairline fractures:

1. *Symphytum officinale*: For hairline fractures with pain and inflammation, especially in the early stages.
2. *Ruta graveolens*: For hairline fractures with stiffness and pain, especially in the lower limb (tibia, fibula, metatarsals).
3. *Calcarea carbonica*: For hairline fractures with bone degeneration and osteoporosis, especially in older adults.
4. *Silicea*: For hairline fractures with slow healing and tendency to infection.
5. *Arnica Montana*: For hairline fractures with pain, swelling, and bruising, especially in the acute stage.

6. *Bryonia alba*: For hairline fractures with pain and stiffness, especially in the joints (e.g., ankle, knee, hip).
7. *Rhamnus californica*: For hairline fractures with pain and inflammation, especially in the foot and ankle.
8. *Ledum Pal*: For hairline fractures with pain and stiffness, especially in the lower limb (tibia, fibula, metatarsals).

Specific Remedies were used for Hairline Fractures:

1. Tibial hairline fracture: *Symphytum officinale*, *Ruta graveolens*, *Calcarea carbonica*
2. Fibular hairline fracture: *Ruta graveolens*, *Symphytum officinale*, *Silicea*
3. Metatarsal hairline fracture: *Rhamnus californica*, *Ledum palustre*, *Symphytum officinale*
4. Ankle hairline fracture: *Bryonia alba*, *Ruta graveolens*, *Symphytum officinale*
5. Foot hairline fracture: *Ledum pal*, *Rhamnus californica*, *Silicea*

Miasmatic Interpretation of Results-

- Syphilitic Group: May show slower reductions in pain and longer "time to return to activity."
- Psora Group: May show faster resolution of inflammation but potentially more stiffness (ROM issues).
- Sycotic-Syphilitic Group: The sycotic miasm is characterized by excessive growth, inflammation, and degeneration of tissues. It is often associated with conditions such as osteoarthritis, gout, and other inflammatory disorders.

#### IV. CONCLUSION

The study suggests that homoeopathic treatment, based on a miasmatic understanding of the patient's symptoms and constitution, can be an effective approach in managing hairline fractures. The sycotic miasm was found to be the predominant miasm in patients with hairline fractures, and remedies such as *Symphytum officinale*, *Ruta graveolens*, and *Calcarea carbonica* were found to be effective in managing the condition.

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