



Efficacy of Musculo Skeletal Rejuvenation Therapy (Msrt) For Avascular Necrosis Avn of Hip Joint – A Comprehensive Analysis

1Dr.Niraj Gujarathi, 2 Dr.Pallavi Kanade

Director-shri sai ayurved panchakarma clinic

Director-shri sai amrut ayurved panchakarma speciality clinic

Submitted: 20-09-2024

Accepted: 30-09-2024

ABSTRACT: Avascular necrosis of hip joint is a prevalent & debilitating condition that significantly affects the quality of life of an individual. Traditional treatment approaches often include pain management & in severe cases surgical intervention. however, the emergence of alternative therapies such as the Musculo skeletal rejuvenation therapy MSRT offers a promising avenue for addressing the root cause of avascular necrosis & avoiding invasive procedures. This paper aims to assess the efficacy of MSRT treatment in the context of avascular necrosis of hip joint management. The MSRT treatment a modern ayurvedic approach involve 5 stages. Process targeting detoxification, painmanagement, strengthening, restoring movements, regeneration.by reviewing existing literature and available data this paper evaluates the potential benefits & limitations of MSRT treatment & its impact on avascular necrosis.

KEYWORDS: Avascular necrosis of femur head (AVN). MSRT treatment, ayurvedic treatment for AVN, non-invasive, alternative therapy.

I. INTRODUCTION:

avascular necrosis of femur head is a debilitating condition that occurs when blood supply to the top of the femur is disrupted, leading to osteocyte death that leads to pain, stiffness, reduced mobility, limping gait, shortening of leg. conventional treatments often focus on symptoms management & more often total hip replacement THR leaving underlying causes unaddressed. The MSRT treatment claims to offer holistic approach targeting to root cause of avascular necrosis, potentially alleviating pain & restoring functionality without resorting to surgical intervention

II. METHODOLOGY:

This study employs a comprehensive literature review to assess the efficacy of MSRT treatment for avascular necrosis of femur head. Peer review research article, clinical studies and case reports were analysed to gather information on treatment outcomes, patients experience and long-term effects.

III. MSRT TREATMENT PROCESS:

MSRT treatment consist of five stages:

3.1 detoxification (stage 1)

This stage aims to eliminate toxins majority from the large intestine which may contains hard stool, in digested, unabsorbed food products, other metabolic toxins. this detoxification helps to improve metabolism rapidly by improving large intestine's microbiota. Preliminary evidence suggest that detoxification contribute to relieve other digestive symptoms like flatulence, constipation and dyspepsia.

3.2 pain management (stage 2)

Selected herbs are used in Detoxification process aims to reduces Synovitis, pain & inflammation. Evidence suggests that MSRT treatment contributes to decrease pain intensity and severity it also reported to improved movement comfort.

3.3 strengthening (stage 3)

Third stage focuses on enhancing muscle as well as ligament strengthening. some studies suggest that MSRT treatment improves muscle function, flexibility and decreased pain around hip joints.it also claims to reduce joint effusion and halt progression of the disease.

3.4 restoring movements (stage 4)

At this stage MSRT treatment claims to potential reduction in pain and stiffness allowing individuals to engage in activities like walking, potential reduction in limping gait, individual can also sit down and stand up comfortably. Clinical evidence is needed to validate these assertions.

3.5 regeneration (stage 5)

The final stage involves the regeneration of necrosed osteocytes aiding restoration of blood supply by stimulating Neovascularization & osteoblast production. Limited research exists on the



regeneration effect of MSRT treatment on avascular necrosis of femur head.

IV.EFFICACY ASSESSMENT:

The available literature shows promising preliminary results regarding the efficacy of MSRT treatment. Several study assessment reports reduction in pain, severity & limping gait, improved mobility & flexibility and so as enhanced quality of life among treated individuals. However, the majority of these studies suffer from limitations such as small sample size & lack of controlled trials, warranting further research.

V. LIMITATIONS AND FUTURE DIRECTIONS:

Despite potential benefits, the efficacy of MSRT treatment for avascular necrosis of femur head requires more comprehensive inspection. Large scale randomised controlled trials with long term follow ups are essential to established the MSRT treatment's effectiveness & sustainability.

VI. CONCLUSION:

Musculo skeletal rejuvenation therapy (MSRT) treatment presents a novel approach to managing avascular necrosis of femoral head by targeting its root causes. While initial finding indicates positive outcomes, further research is needed to validate its efficacy. MSRT treatment holds promise as a non-invasive alternative to traditional treatment, potentially reducing the need for surgical interventions and enhancing quality of life for individuals suffering from avascular necrosis of femur head.

Disclosure: The authors of this paper declare no conflicts of interest and have not received any funding or support from the preponement of MSRT treatment. This research is solely conducted for academic purpose.