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MURIVENNA – SILVER LINE IN SOFT TISSUE INJURIES

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Introduction

Soft tissue injuries are the most common sport injuries and refer to tissues that connect, support, or surround other structures and organs of the body. Soft tissue includes muscles, tendons, ligaments, fascia, nerves, fibrous tissues, fat, blood vessels, and synovial membranes.

A soft-tissue acute injury most likely to be experienced includes:

- Sprains
- Strains
- Contusions
- Tendonitis
- Bursitis

Overuse Injury

Overuse injuries occur as a result of repetitive and progressive friction, pulling, twisting, or compression type of injuries that develops gradually. Inflammation, pain will be the significant signs and symptoms

Immediate Management

The immediate treatment for any soft tissue injury consists of the **RICER** Protocol

- Rest
- Ice
- Compression
- Elevation
- Referral

RICE protocol should be followed for 48–72 hours. The aim is to reduce the bleeding and damage within the joint.

The **No HARM** protocol should also be applied –

- No Heat
- No Alcohol

- No Running or Activity
- No Massage

This will ensure decreased bleeding and swelling in the injured area. This regime should be used for all ligament sprains, muscle sprains and muscle bruises.

Rehabilitation and return to work

You can expect full recovery from most soft tissue injuries in one to six weeks. The length of time depends on your age, general health and the severity of the injury. Aid of a physiotherapist will help on restoring the normal status. In significant injuries, a plaster cast or splint may be needed. In few cases surgery will be the best option.

In this concept we need to highlight an interesting principle i.e in all soft tissue injuries the treatment principle or approach remains same in *Ayurveda* and contemporary sciences. RICER Protocol and NO HARM Protocol are the key points for the management.

The 'No heat and No Massage' rule of NO HARM Protocol will be misinterpreted many times in practice. The inflammatory processes of acute injury accelerate with the application of Heat and Massage. Instead applications of medicaments which relieve pain and inflammation are appreciable.

If you turn the pages of *Sushruta Samhita chikitsa sthana* 3rd chapter the treatment principle of fractures and dislocation precedes with the management of Soft tissue injuries. Surprisingly each principle coincides with RICER & NO HARM Protocol with Rehabilitation techniques. Even though there is deviation in time, the principle remains same from centuries to till date.

Murivenna is such a drug which is practiced from many years by the Ayurvedic Practitioners as Ayurvedic proprietary medicine in treating Musculo Skeletal Injuries. Judicial selection of the cases of soft tissue injuries becomes an important criterion in getting optimum result. Local application of *Murivenna* and resting the limb is to be followed during the course of treatment.

To Substantiate....

The principal boundary marker for absorption of exogenous material through the skin is stratum corneum. Fatty agents are more occlusive than water-soluble. They restrict Trans-epidermal water loss and hence preserve hydration stratum corneum. Absorption depends upon lipid solubility of the drug since the epidermis act as a lipid barrier. The dermis however is freely permeable to many solutes. Suspending the drug in an oily vehicle can enhance absorption through the skin. Because hydrated skin is more permeable than dry skin. It has been scientifically proven that vegetable oils act as permeation enhancers (US Patent No- 5229130). Thus the coconut oil which is a vegetable oil, used as the base for the preparation of the *Murivenna*, helps to increase the permeability of the layer of the Stratum Corneum of the skin

and in turn also increases the bioavailability of the drugs. The active principles in *Murivenna* provide Synergistic action in relieving the symptoms of Soft tissue injuries.

The concepts are not discrete in *Ayurveda*, but understanding, updating and interpreting them is the need of the hour. Sensible diagnosis and apt treatment plan gives an answer to soft tissue injuries through *Ayurveda*.

Source of Information:

1. <http://sma.org.au/resources-advice/injury-fact-sheets/soft-tissue-injuries/>
2. <http://orthoinfo.aaos.org/topic.cfm?topic=A00304>
