

An Observational Study of *Ketakela Pattu* on Colles Fracture

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The Colles fracture is a distal radius fracture characterized by dorsal comminution, dorsal angulation, dorsal displacement, radial shortening. This observational study selected three patients diagnosed with Colles fractures from a government-registered traditional orthopedic practitioner in the Polgahawela divisional secretarial area. The first patient was a 4-year-old male with a left-sided Colles fracture; the second patient was a 41-year-old female patient with a right side Colles fracture, and the third patient was a 37-year-old male patient with a left side Colles fracture. All these three patients presented with severe pain, stiffness, heaviness, edema, and a pricking sensation in the wrist joint. The treatment involved applying a *Ketakela Pattu* (herbal paste) approximately 2-3 inches thick to the fracture site. Four long bamboo splints (*Pathuru*) were used to immobilize the fracture area, followed by the application of a 6-inch cotton bandage. The splints and bandages were changed every three days, and fresh materials were used to maintain the optimal limb position for 28 days. The fracture site was observed every three days, and *Pattu* and *Pathuru* were reapplied, with clinical features assessed before and after the 28-day treatment period. The treatment involved applying a *Ketakela pattu* approximately 2-3 inches thick to the fracture site. Four long bamboo splints (*Pathuru*) were used to immobilize the fracture area followed by the application of a 6-inch cotton bandage. The splints and bandages were changed every three days, and fresh materials were used to maintain the optimal limb position for 28 days. The fracture site was observed every three days and *Pattu* and *Pathuru* were reapplied, with clinical features assessed before and after the 28-day treatment period. Improvement in clinical features was graded according to the international scoring system. Pain was reduced by 80.33%, stiffness by 33.33%, pricking sensation by 50%, and heaviness by 83.33%. The range of movements improved by 57% during the treatment period among all three patients. Therefore, it can be concluded that *Ketakela pattu* is effective for managing the clinical features of Colles fracture.

Keywords: *Ketakela Pattu, Colles Fracture, Kanda Bhagna, Indigenous Medicine*