

Avascular Necrosis

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Abstract: *Avascular Necrosis (AVN), also known as osteonecrosis, is a degenerative bone disorder characterized by the death of bone tissue due to insufficient blood supply, commonly affecting weight-bearing joints like the hip. This study provides a comprehensive overview of AVN, including its types, causes, symptoms, diagnostic methods, risk factors, and treatment approaches. It focuses particularly on a comparative analysis between allopathic and Ayurvedic treatment methods. The experimental work involved six case studies, with five patients undergoing Ayurvedic treatments and one receiving surgical intervention through allopathy. Results indicated significant improvements in pain management, joint mobility, and overall quality of life among Ayurvedically treated patients, with no reported side effects. Ayurvedic therapies incorporated herbal formulations, Panchakarma procedures, and lifestyle modifications. The study concludes that Ayurvedic treatment offers a holistic, cost-effective, and non-invasive alternative in managing AVN, especially beneficial in early stages, potentially delaying or eliminating the need for surgery.*

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