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Integrative Rehabilitation of Traumatic Brain Injury -Occipitoatlanto distraction injury with Spinal cord contusions at S2 level with epidural collection at C0-1 level sec to H/o RTA- a Case Report

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Introduction: Traumatic Brain Injury (TBI) resulting from Road Traffic Accidents (RTAs) is a significant cause of morbidity and mortality in India, with an estimated 60% of head injuries and over 1,50,000 fatalities each year. The severely injured may experience secondary complications necessitating long-term rehabilitation to restore their normal level of functioning and independence. To expedite the rehabilitation process, an integrative approach is implemented that combines neurosurgery for the acute-phase management, followed by Ayurveda and PMR treatment protocols for rehabilitation.

Case Description: We present the case of a 48-year-old Indian male patient who was referred to our hospital one month after a traffic accident. The patient had a low Glasgow Coma Scale (GCS) of E4VtM0, was tracheostomised and dependent on oxygen at a rate of 3-4 litres , and had an indwelling foley catheter with bowel and bladder dysfunction and posterior fossa tumour resection, insertion of a PEG tube, and was disabled with quadriplegia with diaphragmatic palsy and pelvic fracture. CT and MRI revealed evidence of an occipito-atlanto axial distraction injury with stretching of the cervico medullary junction. PEG feeding was initiated after peritoneal lavage for peritonitis. At the time of discharge from the referral hospital, the patient was on 2 litres of oxygen. The patient was subsequently referred to the Aster CMI for rehabilitation in collaboration with the Ayurveda and PMR Departments.

Conclusion: The stage-wise and customized approach of the integrative model of treatment proved effective in promoting accelerated recovery and successful rehabilitation, by reducing disability, preventing secondary complications, and enhancing the patient's quality of life.

Biography

Rakesh Nair is a distinguished healthcare professional specializing in integrative rehabilitation and Ayurvedic medicine at AyurVAID Hospitals, India. With extensive experience in managing complex neurological and musculoskeletal conditions, he focuses on holistic treatment approaches that combine traditional Ayurveda with modern medical practices.