

Retired hurt, he bounces back with cartilage cell therapy

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Jyoti Shelar

Ankit Parashar, 21, a state-level cricketer from Madhya Pradesh, had almost given up his dream of playing cricket at the national level because of a severe knee-joint disorder on his left leg. As a last resort, he underwent a cartilage cell therapy; and it has given him hope. If all goes well, Parashar would be back on the cricket field in two more months.

Parashar, a left-hand batsman, was suffering from osteochondritis dissecans (OCD) joint disorder. Cracks had formed in the articular cartilage of his left leg, and the underlying subchondral bone. "In this particular disorder, the af-

ected portion of the bone stops getting the blood supply. Gradually, the bone begins to chip," Dr Anant Joshi, the orthopaedic surgeon who operated on Parashar, said. A specialist in sports medicine and fitness management, he is a consultant with the Board of Control for Cricket in India.

Parashar had undergone two surgeries on his left knee in 2006 and 2007, but they did him little good. "The relief was very short-lived, and the knee started giving me trouble. My performance went down drastically," Parashar, who had been playing cricket since he was 10 years old, said.

It was Joshi who advised Parashar to try the cartilage cell therapy. In this process, called **Chondron**, a tissue is collected from a healthy cartilage of the patient, and the chondrocytes (the cartilage-forming cells) are cultured for more than four weeks. The cells are then implanted in the affected area. "In Parashar's case, we took the healthy cartilage

Sanjay Jagdale

former national selector

Baccha bada sincere hai (The kid is very sincere). We are with him. Comebacks are not easy. Ankit is talented but he will have to start from scratch."

from another portion of his left knee. The cells were cultured at the RMS Regrow, a company dealing in cell therapy treatment. The cultured cells were implanted in the affected portion," Joshi said. If the rehabilitation protocol is followed properly, a sportsman can get 100% relief from pain, and regain full mobility after the cartilage regenerates, he added.

Parashar is one of the 10 patients, and the only cricketer, who has been treated in Mumbai by using the cartilage cell therapy.



MIRACLE BOY: Ankit Parashar (left) speaks about the cartilage cell therapy, which helped him recover from a major knee injury. With him is Dr Anant Joshi