

EFFECTIVE MANAGEMENT OF NAATPATTA VEEKAM (CHRONIC INFLAMMATION) THROUGH SIDDHA INTERNAL MEDICINES AND AMUKKARA PATRU THERAPY – A CASE STUDY

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ABSTRACT

Siddha system mentioning a very good line of treatment for the management of chronic inflammation. There are plenty of internal and external therapies like *Amukkara Patru*. *Amukkara Patru* therapy is very effective in management of “*Naatpatta Veebam*” (Chronic Inflammation) as per Siddha literature. This article mentioned about the effective case study of “*Naatpatta Veebam*” (Chronic Inflammation) through Siddha medicines.

Keywords: *Siddha Medicines, Naatpatta Veebam, Chronic Inflammation, Patru Therapy*

INTRODUCTION

Chronic inflammation is referred to a prolonged inflammatory response that involves negative progressive changes in the type of cells at the site of inflammation. It is characterized by the simultaneous destruction and repair of the tissue from the inflammatory process¹.

As per Siddha *Noinal* (Pathology), Inflammation is mentioned and termed as “*Veebam*” and Chronic Inflammation is mentioned and termed as “*Naatpatta Veebam*”². Siddha Literature also mentioned that untreated and prolonged inflammation will develop as chronic inflammation.

Management of both Acute and Sub – Acute Inflammation through Siddha system are very effective. A lot of anti – inflammatory medicines both internal and external medicines are very helpful in day – today Siddha practice.

Patru Therapy is one of the specific therapies for management of Acute and Chronic Inflammation as mentioned in *Siddhar Aruvai Maruthuvam Text*.³ Especially *Amukkara – Muttai Vellai Patru* very efficacious in management of above said clinical conditions.⁴

This is an observational case study of “*Naatpatta Veebam*” (Chronic Inflammation) which found efficacy through Siddha medicines and Patru therapy. This paper is written based on CARE (Consensus based Clinical Case Report) guidelines for case study reporting.

CASE PRESENTATION:

A 49 year old man came to our AWC-Siddha wing with the symptoms of chronic inflammation including heat, redness, pain, swelling and tenderness in

Rt. Ankle Joint. The patient had history of trauma and met with an accident 4 years ago. He also mentioned that on that time of accident no fracture was found. The recent X-ray had shown no deformity and other malformation in Rt. ankle joint. No history of Alcoholic/Tobacco/Hypertension/DM.

EXAMINATION & DIAGNOSIS:

On Examination:

It was observed that the Rt. ankle Jt of the patient found heat, redness, swelling and tenderness on examination. No crepitation found and chronic pain persisted at the site.

As per Siddha diagnosis, *Oon and Kozhuppu* were affected and *Naadi* was found as “*Pitha Vatham*”.

Diagnosis:

Based on above observations, it was concluded that the patient suffering from *Naatpatta Veekam*” (Chronic Inflammation).

SIDDHA MANAGEMENT & OUTCOMES:

Line of Treatment:

Purgation Therapy:

As per Siddha Basic principles, Prime cause for Joint disorder is disorganized *Vali (Vatha)*. To Re – organize the *Vatha*, We have to give *Bedhi* (Purgation Therapy) based on “*Viresanathal Vatham thazhum*” concept.

Oleation Therapy (Oil Bath):

As per Siddha Basic Principles, in “*Veekam*” the *Azhal (Pitham)* is the secondary *Thathu* affected. To neutralize the elevated *Azhal (Pitham)*, patient was advised to take oil bath twice in a week based on “*Vamanathal Pitham thazhum*” concept.

Anti - Inflammatory Treatment: Anti - Inflammatory treatment was also provided with Siddha medicines along with supportive *Patru* Therapy

Dietary Management: Advised to avoid non- veg foods, Potato, Brinjal, Tamarind and millet. Patient was advised to take Green vegetables and leafy vegetables.

Table 1: Summary of Treatment:

S.N	Name of The Treatment	Name Of the Medicines	Dose and times of the patient	<i>Aunupanam/Thunai Marunthu</i>
1	Purgation Therapy	<i>Agathiyar Kulambu</i>	130 mg	Dry Ginger Decoction
2	Oleation Therapy (Oil Bath)	<i>Chukku Thailam</i>	Q.S	Advice to take oil bath weekly twice
3	Internal Medicine	<i>Amukkara Chooran Tablet</i>	2 B.D	Milk
4	Internal Medicine	<i>Rasaganthi Mezhu Capsule</i>	1 B.D	Buttermilk
5	Internal Medicine	<i>Amukkara Chooranam + Armuga Chenduram + Kukil Parpam</i>	1gm+250mgs+300mgs B.D	Honey
6	External Therapy	<i>Amukkara Chooranam + Muttai patru</i>	Daily	

Outcomes:

All medicines were prescribed for 1 week. The Patient was asked to come for weekly once for follow-

up. After the treatment of 42 days, he got relieved from symptoms of pain and swelling. Please refer the Table 2 for the progress of the Treatment.

Table 2: Progress of the Treatment:

First day	Purgation Therapy (Bedhi Therapy)
Day 2	Oleation Therapy (Oil Bath)
Day 3 Onwards	Internal Medicines & Patru
Weekly once	Check up and continue of medicines
After 1 week Treatment	Pain reduced 20% swelling reduced 20%

After 15 days Treatment	Pain reduced 30% swelling reduced 35%
After 1 month Treatment	Pain reduced 50% swelling reduced 50%
After 42 Days Treatment	Pain reduced 70% swelling reduced 90%

PREPARATION OF AMUKKARA + MUTTAI VELLAI PATRU:⁵



Fig 1: Amukkara Chooranam



Fig 2: Muttai Vellai (Egg White)



Fig 3: Amukkara Chooranam +Muttai Vellai



Fig 4 Amukkara Chooranam -Muttai Vellai Paste - Patru

Application of Patru Therapy.



After Treatment Images:



CONCLUSION

Siddha system has effective medicines in treatment of *Vatha* disorders (Muscular - Skeletal diseases) especially for the treatment of joint disorders with

supportive external therapies. This single case study also strengthens the theory of Chronic Inflammation can be treated with Siddha medicines with supportive external therapies.

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