



NATIONAL INSTITUTE OF SIDDHA

राष्ट्रीय सिद्ध संस्थान
Ministry of AYUSH
आयुष मंत्रालय

GOVERNMENT OF INDIA-भारत सरकार

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TO

Dr.D.C.Katoch,
Joint Adviser (Ay),
Ministry of AYUSH,
Ayush Bhawan,
B-Block, GPO Complex,
INA, New Delhi – 110023.

Sub: Standard Treatment Guidelines for various diseases – Siddha – Reg.

Ref: Email dated 16-3-2015 from Dr.D.C.Katoch

Sir,

With reference to the email, I am to enclose the Standard Treatment Guidelines for commonly treated diseases in National Institute of Siddha based on Siddha principles. The guidelines have been developed in the line of information available in the Ministry of AYUSH website and www.clinicalestablishments.nic.in. These guidelines cover 16 category of diseases and 41 diseases.

The soft copy is emailed at dckatoch@rediffmail.com

Yours faithfully,


17/3/15
(Dr.S.Mohan)
Director i/c.

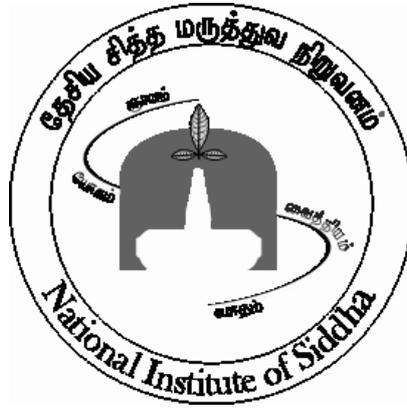
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**STANDARD SIDDHA TREATMENT
GUIDELINES FOR
NON COMMUNICABLE DISEASES**

(June 2014)



Prepared By

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(Dept. of AYUSH, Govt. of India)
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THAMARAGA NOI (CARDIOVASCULAR DISEASES)

INTRODUCTION

In modern science cardiac diseases were classified as following types Hypertensive heart disease, ischemic heart diseases, Myocardial infarction, valvular heart disease, inflammatory / congestive cardiac failure, *arrhythmic* heart diseases and congenital heart diseases.

In our siddha system cardiac diseases is caused by deranged vatha humour.

It is classified into four types 1. Vali, 2.Azhal, 3.Iyyam & 4. Mukkutram, apart from this one more type, which is caused by intestinal worms. This four types of cardiac diseases (Thamaraga noi) symptoms were correlated with modern cardiac diseases.

Vali thamaraga noi:

Symptoms correlataed with rheumatic valvular heart diseases

Azhal thamaraga noi

Symptoms correlataed with hypertensive heart / ischemic heart diseases

Iyya thamaraga noi

Symptoms correlataed with myocardial infraction

Mukkura thamaraga noi

Symptoms correlataed with congestive cardiac failure/ *arrhythmia*.

Our siddha system contributes to prevent and cure the cardiac diseases through life style modification and rejuvenation drugs.

DEFINITION

It denotes a combination of symptoms such as proximal, nocturnal dyspnoea, difficult to breathing, chest pain, palpitation, Retro-sternal discomfort, restlessness, syncope, heartburn, heaviness on chest, pedal oedema and followed by sudden death.

ETIOLOGY

Cardiac diseases occurs due to excessive intake of vatha diet, bad habits, sexually transmitted disease, aggravation of uthanavayu (Mel nokkunkal), Viyanavayu(Paravukal) and another one is congenital causes ,and cardiac diseases followed by rheumatism.

CLINICAL DESCRIPTION

In siddha system cardiac diseases were classified into 5 types and has symptoms like Ocassional dyspnoea, palpitation, chestpain, syncope, semiorientation, centralcyanosis, insominia, proxysmalnocturnal dyspnoea, nocturnal cough, restleesness, edema.

TYPES

1. Vali thamaraga noi
2. Azhal thamaraga noi
3. Iyyam thamaraga noi
4. Mukkutram thamaraga noi
5. Puzhu thamaraga noi

VALI THAMARAGA NOI:

- It occurs increase in vatha humour prominent in the age between 14 to 40 years.
- It also comes at any age and it produces following symptoms like sore throat, fever, anemia, edema, palpitation, heaviness of the chest, breathing difficulty, cough & vomiting.
- The symptoms resembling with Valvular heart diseases.

AZHAL THAMARAGA NOI:

- It occurs in middle age
- Chestpain, palpitation, breathlessness, dyspnoea, sweating, giddiness are the symptoms of this thamaraga noi.
- It is curable type.
- It resembles Ischaemic heart disease & Hypertensive cardiac disease.

IYYA THAMARAGA NOI:

- It comes in the old age, it comes suddenly by denoting a combination of symptoms. Heaviness of chest, difficulty to breath.
- It cures after life threatening treatment, the following symptoms comes one by one like chest pain, sweating pain radiating to left upper limb to fingertip , dyspnoea, restlessness and followed by sudden death.
- The symptoms of this disease resembles with Myocardial Infarction.

MUKKUTRA THAMARAGA NOI:

- It comes under secondary cardiac diseases , followed by other diseases like rheumatism, rheumatic fever, hypertension, diabetic, renal diseases it also comes like fever(kabavatha suram) and followed by sudden death.
- The symptoms resembles with Congestive cardiac failure and Arrhythmia.

PUZHU THAMARAGA NOI:

- It does not comes under cardiac disease, but the symptoms are related to chest region, so they classified under cardiac disease.

MUKKUTRAVERPADU(PATHOGENESIS)

- The deranged Vatham has become the predominant cause for the occurrence of cardiac disease.
- Another one is Kabam has become the predominant cause for the occurrence of cardiac disease.
- The combined Vatha and Kabam humours leads to the development of cardiac disease.

CLINICAL MANAGEMENT FOR DIFFERENTSTAGE OF DISEASES CONDITION:

STAGE -1

Hypertensive and rheumatic valvular heart diseases (Azhal Thamaraga Noi) is treated in the stage 1 OPD level. This diseases is treated with following internal and external medication

LINE OF TREATMENT

Purgation – three humours are neutralized

Internal medicine

Kudineer
Chooranam
Mathirai
Manapagu
Rasayanam
vadagam

Extrenal medicine**Oil bath****STAGE II**

Ischemmic heart diseases (Azhal Thamaraga Noi) is treated after patient taken vasodilator treatment from modern side in the stage 2 OPD/IPD level. This diseases is treated with following internal and external medication

LINE OF TREATMENT**Purgation – three humours are neutralized****Internal medicine**

Kudineer
Chooranam
Vadagam
Mathirai

Rasayanam
Manapagu
Parpam
Chendooram

Extrenal medicine

Oil bath

STAGE III

Myocardial infarction (Iyyathamaraga Noi) is treated after patient taken vasodilator treatment from modern side in the stage 3 OPD/IPD level. This diseases is treated with following internal and external medication

LINE OF TREATMENT**Laxative Medication (three humours are neutralized)****Internal medicine**

Kudineer
Chooranam
Mathirai

Rasayanam
Manapagu
Parpam
Chendooram
Mezhugu
Thravagam
Kattu

Extrenal medicine

Oil bath

STAGE IV

CCF, Inflammatory heart diseases, arrhythmic heart diseases is treated after patient taken vasodilator treatment from modern side in the stage 4 OPD/IPD level.

If this patient goes critical stage, patients are referred to higher centre for further management.

Laxative Medication (three humours are neutralized)

Internal medicine

Kudineer
Chooranam
Mathirai
Rasayanam
Manapagu
Parpam
Chendooram
Mezhugu
Thravagam
Kattu

Extrenal medicine

Oil bath

DIET

- Advice to take salt free foods
- Take haematinic diet
- Easily digestible diet
- To take barley gruel diet
- Tender vegetables
- Vegetable soups
- Greens and vegetables

AVOID

- Sour and pungent taste diet
- Oily foods
- Non-vegetarian

DIET CHART

As per WHO guidelines every cardiac patients should take following 1200 - 1800 Calorie Diet plan.

Early morning (6.00 am)

1 cup of green tea.

Breakfast (8.00am)

1 cup of oats or 3 idlies or 2 rotti with veg chutney or sambar

Pre noon (11.00 am)

Lime juice or 1 cup of vegetable salad (tomatoes, onion, cabbage, raddish)

Lunch(1.00 pm)

1 cup of steamed rice with sambar ,1 cup boiled vegetables ,1 cup of skimmed butter milk

Evening(4.00 pm)

1 cup of lemon tea or 2 slice of wheat bread

Dinner (8.00 pm)

Two Chappathies or Two ragi dosas without oil and One cup of Veg curry

Oils used for cooking

Sunflower oil
Rice bran oil
Gingely oil

Fruits

Pappaya
Apple
Guava
Orange
Pear
Grapes

Vegetables

Brinjal
Cucumber
Bottle goard
Beans
Lady's finger

Flowers

Lotus flower
Banana flower
Drumstick flower

Grains

Unpolished rice
Wheat
Millets

Clear soups

Bitter goard soup
Drumstick soup
Amaranthus tricolor soup
Sessile plant soup
Thumbe soup

Greens

Amaranthus blitum
Indian acalypha
Palak
Amaranthus tricolor
Cock's comb greens
Centalla asiatica
Black night shade

DO'S AND DON'T

- Maintain the blood cholesterol level
- Maintain the blood pressure level within normal range
- Aim for a healthy weight
- Manage diabetes
- Reduce stress
- Limit alcohol

- Mild exercise Patient advised for a peaceful life
- Comfortable sleep
- Regular medication
- Rest after taking food
- Avoid taking full stomach diet
- Avoid smoking

Approximate Cost for Procedures, Medicines Etc during treatment and Post Treatment

STAGE –I

Medicine-	Rs. 60/day	
	Rs. 1800/Month	
Investigation first visit		
	Blood routine	Rs. 200
	ECG	Rs. 50
	X-Rays	Rs. 30
	USG Abdomen	Rs. 200

STAGE –II

MEDICINE/FOOD IN IPD-	Rs-90/day / Rs100/day
	Rs-5700/Month
Investigation first visit	
	Blood routine- Rs. 200
	ECG Rs. 50
	X-Rays Rs. 30
	USG ABDOMEN Rs. 200

STAGE –III/IV

MEDICINE/FOOD IN IPD-	Rs-150/day / Rs100/day
	Rs-7500/month
Investigation first visit	
	Blood routine Rs. 200
	ECG Rs. 50
	X-Rays Rs. 30
	USG ABDOMEN Rs. 200

PAKKAVATHAM (Stroke / Hemiplegia)

Definition:

A stroke can be caused by an obstruction in the blood flow, or the rupture of an artery that feeds the brain. The patient may suddenly lose the ability to speak, there may be memory problems, or one side of the body can become paralyzed.

When to suspect/recognize:

- ✓ Heaviness of body, sudden weakness or numbness of the face, arm or leg, most often on one side of the body
- ✓ Giddiness, confusion, difficulty speaking or understanding speech
- ✓ Increased pulse rate, loss of balance or coordination; severe headache with no known cause; fainting or unconsciousness

Epidemiology:

It is common in children to old age people.

Ilavenil (early summer), *Muthuvenil* (late summer) aggravates occurrence of the disease.

Envagai thervugal (Eight fold system of clinical assessments):

S. No	Siddha Investigation parameters	Findings
1.	Naa thervu-examinaion of tongue i. <i>Niram</i> (Colour) ii. <i>Thanmai</i> (Character) iii. <i>Pulan</i> (Sense)	Pale Coated/dry/furrowed Sour & bitter
2.	<i>Niram thervu</i> – examination of colour	Pale/black
3.	<i>Mozhi thervu</i> – examination of speech	Slurred/depressive
4.	<i>Vizhi thervu</i> -examination of eye: i. <i>Niram</i> (Colour) ii. <i>Thanmai</i> (Character) iii. <i>Pulan</i> (Sense)	Pale Dry Diminished
5.	<i>Malam thervu</i> – examination of stool: i. <i>Niram</i> (Colour) ii. <i>Nurai</i> (Froth) iii. <i>Elagal/Erugal</i> (Consistency)	Darkened Absent Erugal (Dry & hard)
6.	<i>Moothiram thervu</i> – examination of urine: (a) <i>Neerkuri</i> : (i) <i>Niram</i> (Colour) (ii) <i>Adarthi</i> (Specific gravity) (iii) <i>Manam</i> (Odour) (iv) <i>Nurai</i> (Froth) (v) <i>Enjal</i> (Deposits) (b) <i>Neikkuri</i> :	Yellow Decreased/Increased comorbid condition of disease Tamarind Increased Present Slow, spread in the form of snake

7.	<i>Sparisam thervu</i> – examination by touch	Cold
8.	<i>Naadi thervu</i> – examination of pulse: (i) <i>Thanmai</i> (Character) (ii) <i>Naadai</i> (Pattern)	Thin and rapid Vali naadi

Differential diagnosis:

- Arunavatham - Diplegia
- Aegavatham – Monoplegia

Referral criteria:

- ✓ Semiconscious/unconscious patients
- ✓ Uncontrolled hypertension
- ✓ Abnormal Orientation

Laboratory Investigation:

Routine blood (Complete Heamogram)	Rs. 60.00
Routine urine investigation	Rs. 25.00
Glucose (FP / PP)	Rs.50.00
Lipid profile	Rs. 275.00
Liver function test	Rs. 220.00
Renal function test	Rs. 400.00
HbA1C	Rs. 25.00

Other investigation:

In acute condition to evaluate site of lesion
 CT- Rs. 200.00, MRI Rs. 3000/-
 ECG – Rs.50.00/-
 ECHO- to rule out valvular heart disease and to find ejection fraction -

Investigation for stroke in young:

Along with above mentioned investigation,
 ANA-Rs. 50.00
 Anti phspholipid antibody &Anti cardiolipin antibody- Rs. 250.00

Line of Treatment:

Kalichal maruthuvam to neutralize vitiated vaatham: Rs. 400.00 (Initial)

INTERNAL MEDICINE (PER DAY):

Chooram (Medicinal powder)	Rs. 10.00
Ilagam (Electuary)	Rs. 10.00
Thylum (Medicated oil)	Rs. 100.00
Parpam(Calcined oxide)	Rs.6.00
Chendooram(Calcined red Oxides/Sulphide)	Rs. 10.00
Mezhugu	Rs. 8.00
Pathangam(Sublimate)	Rs. 20.00
Mathirai(Tablet)	Rs. 10.00

EXTERNAL MEDICINE

Thokkanam: Rs. 1000.00 (per session)

Oils which possess anti Vaatham properties may be applied over the affected region with following procedures :

Azhthudhal (Pressing)

Izhuthal (Pulling)

Pidithal (Grasping/gripping)

Varmam Rs. 300/- (per day)

Specific varmam (Vital Points) may be given to fasten the prognosis.

Medicated Bundle Rs. 700.00 (per day)

Application of Medicated Bundle contains herbs which possess antivatham properties may be advised

Steam Bath: Rs. 600.00 (per day)

Precaution should be taken if patient is hypertensive.

DIETARY REGIMEN (PATHIYAM):

Advised to take:

- Kaththari Pinchu (*Solanum melongena*)
- Avarai Pinchu (*Dolichos lablab*)
- Aththi pinchu (*Ficus racemosa*)
- Mudakkarran (*Cardiospermum halicacabum*)

GREENS:

1. Mudakkarran Keerai (*Cardiospermum halicacabum*)
2. Ponnakaanik Keerai (*Alternanthera sessilis*)
3. Thoothuvealaik Keerai (*Solanum trilobatum*)
4. Mookkirattai Keerai (*Boerhaavia diffusa*)
5. Vealaik Keerai (*Cleome viscosa*)

Advised to avoid (AAGAP PORUTGAL)

1. Surai (*Lagenaria siceraria*)
2. Poosunai (*Luffa acutangula*)
3. Vellari (*Cucumis sativus*)
4. Pudalai (*Trichosanthes cucumerina*)
5. Peerkku (*Luffa acutangula*)
6. Kaaramani (*Vigna unguiculata*)
7. Ulunthu (*Vigna mungo*)
8. Kollu (*Macrotyloma uniflorum*)

9. Kadugu (*Brassia juncea*)

DO'S & Dont's:

- Avoid stress and strain
- Avoid humid floor
- Do pranayamam
- Keep regular bowel movements

PUTTRU (CANCER)

INTRODUCTION

Puttru (Cancer) is one of the fatal diseases next to Cardiac diseases in the developed countries. According to WHO 5 million people die due to Cancer. In India 50,000 people die because of Cancer. Vai Puttru (Oral Cancer), Marbaga Puttru (Breast Cancer) and Karuppai Puttru (Utrine Cancer) are more predominantly in India.

DEFINITION:

Cancer refers to a group of illness that result from cells in the body growing abnormally. These cells divide and produce new cells in an uncontrolled way that can spread throughout the body and cause damage to essential organs

ETIOLOGY:

1. Excess intake of Tubers
2. Excessive intake of Salt & Sour
3. Excessive intake of Non-Vegetable food stuffs
4. Sexual Indulge
5. Contaminated food
6. Obesity
7. Sedentary life
8. Habit of Smoking
9. Genetics
10. Radiation
11. Chemical dyes
12. Environmental factors
13. Virus
14. Immunodeficiency
15. Chronic irradiations

CLINICAL DESCRIPTION:

- Loss of Weight
- Loss of Appetite
- Difficulty in Swallowing
- Sore Throat
- Colour changes in Skin
- Persistent Cough
- Altered Bowel and Bladder Habits
- Haemoptysis

- Fever
- Nodule and Organs
- Edema
- Hardness of breast
- Non Healing Ulcer
- Wart Moles

SIDDHA TYPES:

1. Vatha vippuruthi
2. Santhu vippuruthi
3. Oodu vippuruthi
4. Sethuma vippuruthi
5. Piththa vippuruthi
6. Kuvalai vippuruthi
7. Karba vippuruthi

PATHOGENESIS ON THE BASIS OF THIRITHODAM

Due to Intrinsic and Extrinsic factors Vatha humour (Paravukaal) gets altered (increased), its activity also gets increased and affects the thathukkal and organs of the body which leads to proliferation of tissues. This is followed by the derangement of Kabham which also affects Udal thathukkal one by one. Due to altered Kabham, there will be excessive cell growth (Valarthal), hypertrophy of cells (Kanaththal), increased cell division (Pilaththal). Finally the function of Vatham and Kabham gets altered resulting in derangement of normal structure and functions of the seven thathus.

Clinical Management for Different Stages of Disease Condition

STAGE I

Stage 1 usually means a cancer is relatively small and contained within the organ it started in.

Purgation

Oleation

Internal medicines

External medicines

STAGE II

Stage 2 usually means the cancer has not started to spread into surrounding tissue, but the tumour is larger than in stage 1. Sometimes stage 2 means that cancer cells have spread into lymph nodes close to the tumour. This depends on the particular type of cancer.

Purgation

Oleation

Internal medicines

External medicines

STAGE 3

Stage 3 usually means the cancer is larger. It may have started to spread into surrounding tissues and there are cancer cells in the lymph nodes in the area

Purgation

Oleation

Internal medicines

External medicines

STAGE 4 - REFERAL CRITERIA

- If the patient shows discomfort such as grimacing or moaning,
- If the patient not wants to eat/drink at all
- If the patient have noisy breathing
- Complete loss of consciousness
- Loss of bowel and bladder habits
- There is need to refer the patient immediately for further treatment
- Cancers have often metastasized, or spread to other organs or throughout the body. Stage IV cancer can be treated by chemo, radiation, or surgery

ASANAS :

Pujangasanam

Dhanurasanam

Hiruthayasanam

Paathahasthanam

Vibarithakarani

Machasanam

Yogamudra

Naadi sudhi

Shanthiasanam

1800 Calories diet plan for cancer patients

- 7.00 am : A glass of warm water.
- 7.30 am : 1 glass of Wheat Grass Juice.
- 8.00 am :1 glass warm milk (without sugar) + Papaya/Chickoo(1 bowl) or veg halwa.
- 11.00 am : 1 bowl of Veg Soup or 1 glass of coconut water + 5-6 pc Almond/Walnut.
- 1.00 pm : 1 bowl Salad/ Boiled Vegetables/ Raita + 1 bowl Curd/ 1 glass Buttermilk/ Milk Kheer without sugar.

- 4.00 pm : 1 glass of warm milk (without sugar) + Dates/figs
- Kurmura / Roasted chana/ chikki.
- 6.00 pm : 1 glass of fresh fruit juice/ Sugarcane juice/ Raw vegetable juice.
- 8.00 pm : 1 bowl Salad/ Boiled vegetables/ Raita + 1 bowl Curd / 1 glass Butter milk/ Milk kheer without sugar.
- 10.00 pm : 1 glass warm milk(without sugar)

DIET :

Vegetables	: Carrot, Tomato, Cabbage, Beetroot, Brinjal, Cucumber, Lady'sfinger, Onion
Greens	: Vallarai, Thoothuvalai, Murungai, Pannai keerai
Fruits	: Guava, Orange, Apple, Grapes, Lemon, Dates, Banana
Pulses	: Wheat, Maize, Groundnut, Unpolished rices
Dairy products	: Cows milk
Non-veg diet	: Fish, Mushroom
Herbs	: Kodiveli, Vembu, Nithyakalyani, Kadukkai, Thulasi

DO'S AND DON'TS

Do's

- Partial fasting by eating only once every day
- Take Tender Coconut water in abundance
- Hip bath & Sun bath should be taken in abundance
- Drink Ash gourd juice & arugam, wheat grass juice on alternative days
- Milk should not be avoided
- If the external parts like breasts etc have been affected by cancer give mud bath.
- Choose non fat dairy products.
- Use brown rice instead of white rice.

Don'ts

- Smoking, Liquor Drinking, Pan masala etc,
- Oily foods
- Ghee
- Egg
- Pickles
- Buttermilk
- Dry fish(Aromatic Hydro carbons)

- Contraceptives
- Spicy foods.
- Cooking oils at high heat.

STAGE I

Purgation Cost Rs 400

Oleation Cost Rs 500/month

Internal medicines Cost Rs 68.50 ,Rs 2054/month

External medicines Cost Rs 30/day, Rs 900/month

Lab Investigation

CBC	Rs 65
FBS	Rs 30
PPBS	Rs 30
Urine routine	Rs. 30
Bl.urea	Rs 25
Sr creatinine	Rs 25
Lipid profile	Rs 75
LFT	Rs 220
X Ray Chest	Rs 30
ECG	Rs 50
USG Abdomen	Rs 200
Histopathology	Rs 15
CA Markers	Rs 200
Total cost	Rs 995

Stage I Clinical management & Lab investigations Total cost Rs 4849

STAGE II

Purgation Cost Rs 400

Oleation Cost Rs 500/month

Internal medicines Cost Rs 96.40/day, Rs 2893/month

External medicine Cost Rs 60/day, Rs 1800/month

Investigation first visit Rs 995

Stage II Clinical management & Lab investigations Total Cost Rs 6588

STAGE III

Purgation Cost Rs 400

Oleation Cost Rs 500/month

Internal medicines Cost Rs 115.80/day, Rs 3476/month

External medicines :

Attai Vidal Cost Rs 1000/day, Rs 2000/month

Pugai Cost Rs 500/day, Rs 2000/month

Investigation first visit Cost Rs. 995

Stage III Clinical management & Lab investigations Total cost Rs 9371

NEERIZHIVU (DIABETES MELLITUS)

MADHUMEGAM (INIPPU NEER)

INTRODUCTION :

According to siddhars the imbalance of mukkuram causes totally 4448 diseases to human being. Among them megarogam is considered to be the emperor of diseases. Based on the text “Yugi Vaithya Chimdhamani”, mega noi is classified into 20 types, Madhumegam one among them under pitha type .

DEFINITION :

It denotes a disease characterized by polyuria, presence of honey odour in urine on heating. It ultimately affects all the seven udal thaathus (seven fundamental tissues of the body).

ETIOLOGY :

Excessive indulgence in sex – depletion of total body strength

Increased body heat (pitham)

Excessive hunger

Excessive food intake like ghee fish milk,toddy

Physical inactivity

Psychosomatic stress

Genetic factors

CLINICAL FEATURES :

Excessive thirst, dry mouth, polyuria, nocturia polyphagia, tiredness, fatigue, irritability, recent changes in weight. pruritis vulvae, balanitis, muscular cramps.

- Blurring of vision, nausea, headache
- Passing of urine in large quantity at frequent intervals.
- Burning and spasmodic pain in urethra and dull pain in testis.
- urine may be cold, slimy to touch, brownish yellow in colour and produces white sediments
- Skin is pale and there is generalized tenderness.
- Ants and flies are attracted to the site of voided urine.
- When the urine is heated it gives honey odour.

PATHOGENESIS :

Due to intrinsic and extrinsic factors body iyam thathu gets altered this is followed by the derangement of vatha (particularly keelnokku kaal) which affects udal kattukal one by one. Finally the function of vatham, and pitham also altered resulting in derangement of normal structure and functions of the seven thathus.

LINE OF TREATMENT :

Regulating of affected kutram (oil bath and then purgation)After that internal medication given.

STAGE I

CLINICAL FEATURES :

Poly urea
Polydypsia
Polyphagia

Purgation

Internal medicines

External medicines ; Oleation

STAGE II

CLINICAL FEATURES :

Numbness in both palms and soles
Pricking sensation in both palms and soles (peripheral neuropathy)

Purgation

Internal medicines

External medicines ;Oleation

STAGE III

CLINICAL FEATURES

Ulceration of feet
Peripheral vascular disease (neuropathy)
Nephropathy
Blurred vision (Retinopathy)
Severe ketoacidosis

Purgation

Internal medicines

External medicines ;Oleation

REFERRAL CRITERIA :

Dyspnoea
Chestpain
Skin lesions

AASANAS :

Pranayaamam
Padmaasanam
Sugaasanam
Salabaasanam
Dhanuraasanam
Halasanam
Patchimothasanam

Sarvangasanam
Mayuraasanam
Artha machaendhrasanam

DIET :

Rice or kanji : Clear Soup, Lemon juice without sugar
Unripped vegetables : Atthi, Murungai Surai, Vendai, Kathari, Chinna
Vengayam
Greens : Manathakkali, Ponmusuttai, Pasali, Keeraithandu,
Puliarai, Neeraarai keerai, Puthina, Curry Veppilai,
Kothumalli leaves
Fruits : Nelli, Pappali, Madhulai, Koiyya
Pulses : Ulunthu
Dairy products : Cows butter milk
Nonvegetarian diet : Ayirai meen

DO'S and DONT'S :

DO'S :

Sunbath and pranayamam must be practiced over day
Diabetes patients should take adequate rest
They should avoid mental tension
During night it is better to have only half the quantity of food needed

DONT'S

Sweets, bakery products such as cream biscuits, cakes, pastries, concentrated milk preparations such as beda and burfees etc.,

- Ice-creams, soft drinks, fruit juices,
- Tubers like potato, sweet potato, yam, carrot, beetroot and colachasia
- Saturated fats like vanaspathi, dalda, ghee, and butter.
- Nuts, dryfruits like pista, badham and mundhiri
- Fatty meat cuts, organ meat such as heart, liver, kidney, brain, egg yolk.
- Polished rice, tinned foods, starchy foods, sugar are should be avoided.
- Fruits such as banana, mango fruits, sapotta, pineapple, jack fruits should be avoided

DIET CHART (2200 cal diet plan with low fat)

MORNING;-

6 a.m : Coriander seed kasayam or Seeraga kasayam -200ML
6.30 a.m to 7.00 am Walking :- 3km

BREAKFAST;

8.30a.m.to9.00a.m- Two idlies or two dhosa with sambar or green chutney
or Oats meal –one cup or Wheat rava uppuma with plenty of carrot and beans

MIDMORNING;-

Take 200 ml lime juice or With-one small cup of Fruits (Options- Apple, Papaya)

LUNCH;-

Start with soup
Clear rasam Or Veg soup
One cup rice with one cup boiled vegetable
1 Cup of skimmed butter milk

EVENING;-

Tea or coffee without sugar with two oats biscuits

DINNER;-

Take two chappaties with dhal Or
Take two wheat dhosa

STAGE I

Purgation Cost Rs 400

Internal medicines Cost Rs 57.50/day, Rs 1712/month

External medicines; Oleation Rs 500/month

Lab Investigation

CBC	Rs 65
FBS	Rs 30
PPBS	Rs 30
Urine routine	Rs.30
Bl.urea	Rs 25
Sr creatinine	Rs 25
Lipid profile	Rs 75
LFT	Rs 220
HbA1C	Rs 25
X Ray Chest	Rs 30
ECG	Rs 50

Investigation first visit Rs 705

Stage I Clinical management & Lab investigations Total cost Rs 3317

STAGE II

Purgation Cost Rs 400

Internal medicines Cost Rs103.20 /day, Rs 3097/month

External medicines ; Oleation Cost Rs 500/month

Investigation first visit Rs 705

Doppler Studies Rs 700

Stage II Clinical management & Lab investigations Total cost Rs 5402

STAGE III

Purgation Cost Rs 400

Internal medicines Cost Rs 146.60/day, Rs 4400/month

External medicines; Oleation Cost Rs 500/month

Investigation first visit Rs 705

DOPPLER STUDIES Rs 700

Stage III Clinical management & Lab investigations Total cost Rs 6705

PRIMARY OBESITY

Introduction:

Obesity raises the risk of morbidity from hypertension, dyslipidemia, type 2 diabetes mellitus (diabetes), coronary heart disease (CHD), stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and some cancers. Obesity is also associated with increased risk in all-cause and cardiovascular disease (CVD) mortality. The biomedical, psychosocial, and economic consequences of obesity have substantial implications for the health and well-being of the population.

Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited. On average obese people have greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.

According to the 1998 Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults—The Evidence Report, overweight is defined as a body mass index (BMI) of 25 kg/m^2 to 29.9 kg/m^2 and obesity as a BMI of $>30 \text{ kg/m}^2$. Current estimates are that 69% of adults are either overweight or obese with approximately 35% obese. These latest data from the National Health and Nutrition Examination Surveys report that for both men and women, obesity estimates for 2009–2010 did not differ significantly from estimates for 2003–2008 and that the increases in the prevalence rates of obesity appear to be slowing or leveling off. Yet, overweight and obesity continue to be highly prevalent especially in some racial and ethnic minority groups as well as in those with lower incomes and less education. Overweight and obesity are major contributors to chronic diseases and present a major public health challenge.

Definition:

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems. People are considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, exceeds 30 kg/m^2 .

Etiology:

At an individual level, a combination of excessive food energy intake and a lack of physical activity are thought to explain most cases of obesity. A limited number of cases are due primarily to genetics, medical reasons, or psychiatric illness. In contrast, increasing rates of obesity at a societal level are felt to be due to an easily accessible and palatable diet, increased reliance on cars and mechanized manufacturing.

Most cases of obesity are caused by eating too much and moving too little. If you consume high amounts of energy from your diet but do not burn off the energy through exercise and physical activity, the surplus energy is turned into fat.

a. Calories:

The energy value of food is measured in units called calories. The average physically active man needs 2,500 calories to maintain a healthy weight, and the average physically active woman needs 2,000. This may sound high, but it can be easy to reach this limit if you eat certain types of food. For example, eating a large take away hamburger, fries and a milkshake can add up to 1,500 calories of your intake. Another problem is that many people are not physically active, so lots of the calories they consume end up being "wasted" and converted into fat cells.

b. Lifestyle choices:

Obesity does not just happen overnight – it develops gradually from poor diet and lifestyle choices. For example, unhealthy food choices could include:

- eating processed or fast food high in fat
- not eating fruit, vegetables and unrefined carbohydrates, such as wholemeal bread and brown rice
- drinking too much alcohol – alcohol contains a lot of calories, and heavy drinkers are often overweight
- eating out a lot – you may have a starter or dessert in a restaurant, and the food can be higher in fat and sugar
- eating larger portions than you need – you may be encouraged to eat too much if your friends or relatives are also eating large portions
- comfort eating – if you feel depressed or have low self-esteem, you may comfort eat to make yourself feel better

Unhealthy eating habits tend to run in families, as you learn bad eating habits from your parents. Childhood obesity can be a strong indicator of weight-related health problems in later life, showing that learned unhealthy lifestyle choices continue into adulthood.

c. Lack of physical activity:

Lack of physical activity is another important factor related to obesity. Many people have jobs that involve sitting at a desk most of the day. They also rely on their cars rather than walking or cycling. When people relax, they tend to watch TV, browse the internet or play computer games, and rarely take regular exercise. If you are not active enough, you do not use the energy provided by the food you eat and the extra calories are stored as fat instead.

The Department of Health recommends adults do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as cycling or fast walking every week. However, if you are obese and trying to lose weight, you may need to do more exercise – in some cases, up to 300 minutes (five hours) may be recommended.

d. Genetics:

Some people claim there is no point in losing weight because "it runs in my family" or "it's in my genes". While there are some rare genetic conditions that can cause obesity, such as Prader -Willi syndrome, there is no reason why most people cannot lose weight. It may be true that certain genetic traits inherited from your parents – such as taking longer to burn up calories (having a slow metabolism) or

having a large appetite – can make losing weight more difficult, but it certainly does not make it impossible.

Many cases where obesity runs in families may be due to environmental factors, such as poor eating habits learned during childhood.

e. Medical reasons:

Medical conditions that can cause weight gain include:

- Cushing's syndrome, a rare disorder that causes the over-production of steroid hormones
- an underactive thyroid gland (hypothyroidism), where your thyroid gland does not produce enough thyroid hormone

Certain medicines, including some corticosteroids and antidepressants, can also contribute to weight gain. Weight gain can also be a side effect of taking the combined contraceptive pill and from quitting smoking.

Clinical Description:

Being a little overweight may not cause many noticeable problems. However, once you are carrying a few extra kilograms (or pounds), you may develop symptoms that affect your daily life.

a. Short-term problems:

Obesity causes day-to-day problems such as:

- breathlessness
- increased sweating
- snoring
- difficulty sleeping
- inability to cope with sudden physical activity
- feeling very tired every day
- back and joint pains

b. Long-term problems:

Obesity can also cause changes you may not notice that can seriously harm your health, such as:

- high blood pressure (hypertension)
- high cholesterol levels (fatty deposits blocking your arteries)

Both conditions significantly increase your risk of developing a cardiovascular disease, such as:

- coronary heart disease, which may lead to a heart attack
- stroke, which can cause significant disability and can be fatal

Another long-term problem that can affect obese people is type 2 diabetes. It is estimated that just under half of all cases of diabetes are linked to obesity. The main symptoms of diabetes are:

- feeling very thirsty

- going to the toilet a lot, especially at night
- extreme tiredness

c. Psychological problems:

In addition to the day-to-day problems of obesity, many people may also experience psychological problems, such as:

- low self-esteem
- low confidence levels
- feeling isolated in society

These can affect relationships with family members and friends and may lead to depression.

Pathogenesis on the basis of Thirithodam:

Due to intake of high calorie food, conception of alcohol, lack of physical activity the vatham vitiated it leads to vitiate the kabam humour . Finally the vitiated vatham and kabam causing to increase body weight by stimulating fat deposition in different areas.

Clinical Management for different stages of disease condition:

- ✓ To suppress the increased vatham humour medicated *Ennai kuliyaal* (oil bath) is the first choice of treatment
- ✓ To reduce the increased vatham humour the *viresanam* (purgation) inducing medicines are more effective because “*Viresanathal vatham Thalum*”
- ✓ To reduce the vitiated kabam , herbal steam bath can be advised
- ✓ The internal medicines can be administered in the form of *chooranam* , *mathirai*, *kudineer*, *parpam* and *karppam*
- ✓ The external therapies like yogam and piranayamam to be advised.

Approximate cost for the treatment of Obesity:

Primary obesity can be classified in to two stages based on the BMI.

Stage I:

(BMI = 25 to 29.9)

For oil bath	- Rs.300.00
For purgation	- Rs.400.00
For internal medicine	- Rs.725.00
For Yogam and Piranayamam	- Rs. 450.00
For Investigation	- Rs. 410.00

(Complete blood count- 175/-, Lipid profile- 125/-, Sugar (F& PP)-60/-, ECG- 50/-)

Total - Rs.2285.00/Month

Stage II:

For oil bath	- Rs. 300.00
For Purgation	- Rs. 400.00
For internal medicine	- Rs. 1200.00

For Yogam and Piranayam - Rs. 650.00

For Investigation - Rs. 410.00

(Complete blood count- 175/-, Lipid profile- 125/- Sugar (F& PP)-60/-, ECG- 50/-)

Total - Rs. 2960.00

The choice of medicine can be decided by physician based on the patient condition and BMI level.

Dietary regimen:

- Reducing the intake of fats and calories is a must and one of the first steps to reduce weight
- Make sure that you drink warm water mostly. Siddha recommends this remedy because people with kabam thodam feel hungry often. At such time, do not consume cold drinks. Warm water stimulates metabolism and also quenches thirst.
- Low Calorie Vegetables like Ash gourd , Bottle gourd, Cluster beans , Colocasia stem , Cucumber , Ghosala , Kovai , Parwal, Ridge guard ,Snake guard are recommended.
- Radish and banana stem juice(120ml) can be drink in empty stomach
- Add more Garlic and Fenugreek in diet
- Add horse gram in diet as *kanjii* or *rasam*
- Instead of tamarind, Garcinia should be added in curries
- Consume plenty of greens like *pasalai*, *vallarai*, *sirukeerai*
- Bilimbi , Jamb safed, Musk melon ,Water melon , Orange juice , Tomato ripe is advisable
- Amla juice , Aloe juice are recommended daily
- Take small meals after every few hours instead of three huge meals
- Practice breathing exercises every morning. Breathing exercises help in stimulating digestive power and clean the system from impurities as well.
- Control the craving for foods high in carbohydrates and fats. They are the biggest sources of fats
- Non veg food should be avoided strictly
- Junk foods like cream biscuit , samosa, burger, pizza, chips and aerated items should be avoided
- Salty food like Pickle , papadam , dry fish should be avoided
- Consume a lot of citrus fruits like oranges and grapes as they help in dispensing fats.
- Include foods rich in VitmainB12 in your diet. It helps in building tissues without needing you to resorting to too much fat.

- One should avoid alcohol. Alcohol is high on calories and also stimulates hunger. It also leads to failing of physiological mechanism that makes us feel full.
- What we need to realize is the importance of physical activities and exercises in reducing weight. Morning walk or running help in burning the excessive fats and calories and also improve the endurance of the body.
- A balanced diet is always helpful but overeating is not.
- Do not eat late dinners.
- Do not change your diet timings too often
- Do not skip any meals.
- Avoid intake of dairy products like milk, cheese, ghee and ice cream.
- Sleeping during daytime is highly advised against
- Do not consume too many sweets and chocolates, as they are rich in carbohydrates.
- Do not eat fast foods

DIET CHART:

Morning:

6.00 to 6.30 am : Green tea -30ML

6.30 a.m to 7.15am : Walking and physical exercise

7.15 a.m to 7.45 am : Radish or Banana stem juice – 60 ml

Breakfast;

8.30 a.m to 9.00 a.m

Two idlies or two dhosa with sambar or green chutney or

Oats meal –one cup or

Wheat rava uppuma 1 cup with plenty of carrot and beans

Midmorning

Take 200 ml lime juice/ amla juice or

With-one small cup of Fruits/ vegetable salad (options-Guava, Apple, Papaya)

Lunch;-

Clear rasam Or Veg soup

One cup rice with one cup boiled vegetable

1 Cup of skimmed butter milk

Evening;-

Tea or coffee with minimum sugar or one cup sundal

DINNER;-

Two chappaties with dhal or Two wheat dhosa

PIRUKKA NOI (Chronic Kidney Disease)

DEFINITION:

It denotes a chronic kidney disease characterised by Oliguria, Anuria and reduced function.

CLINICAL FEATURES:

- Anuria
- Giddiness
- Breathlessness
- Dizziness
- Vomiting
- Diarrhoea
- Pre-comatic stage
- Cramps
- Tiredness
- Constriction of pupils
- Dryness of Tongue
- Haematuria
- Perspiration with injury odour

EPIDEMIOLOGY:

1. Pirukka noi is more common in man and the age of onset is 3rd to 4th decade.
2. Elavenil, mudhuvani(early and late summer) aggravate the disease
3. Paalai(Arid tract), neithal(coastal tract) and mullai(sylvant tract) reportedly higher compared to their areas.

CAUSES:

- ❖ Renal Calculus and other primary renal diseases
- ❖ Stricture urethra
- ❖ Congenital obstruction of urethra
- ❖ Toxicosis
- ❖ Complication of Diabetes
- ❖ Tumours in Urethra
- ❖ Haemorrhage in urethra due to trauma

PATHOGENESIS:

The imbalance in one's diet and fluid intake increase the azhal kutram. This azhal kutram dries up the body fluid and urine resulting in concentration of salts, this further affects the keezh nokku kaal. One of the function of the keezh nokku kaal is to excrete urine. So when this keezh nokku kaal is affected the urine will be obstructed within urinary tract according to Siddha concepts.

MANAGEMENT:

STAGE – 1

Slightly diminished function; kidney damage with normal or relatively high GFR (≥ 90 mL/min/1.73 m²). Kidney damage is defined as pathological abnormalities or markers of damage, including abnormalities in blood or urine test or imaging studies.

Purgation Cost Rs 400

Internal medicines Cost Rs 22.50/day, Rs 675/month

External medicines; Oleation Rs 500/month

Lab Investigation

CBC Rs 65
FBS Rs 30
PPBS Rs 30
Urine routine 30
Bl. urea Rs 25
Sr creatinine Rs 25
X Ray KUB Rs 30
ECG Rs 50
Creatinine clearance test Rs 50
Investigation first visit Rs 335

Stage I Clinical management & Lab investigations Total cost Rs. 1910

STAGE- 2:

Mild reduction in GFR (60–89 mL/min/1.73 m²) with kidney damage. Kidney damage is defined as pathological abnormalities or markers of damage, including abnormalities in blood or urine test or imaging studies.

Purgation Cost Rs 400

Internal medicines Cost Rs 27.50/day, Rs 825/month

External medicines; Oleation Rs 500/month

Lab Investigation

CBC Rs 65
FBS Rs 30
PPBS Rs 30
Urine routine 30
Bl. urea Rs 25
Sr creatinine Rs 25
Lipid profile Rs 75
X Ray KUB Rs 30
ECG Rs 50
Creatinine clearance Test Rs 50

Investigation first visit Rs 410

Stage II

Clinical management & Lab investigations Total cost Rs 2135

STAGE- 3:

Moderate reduction in GFR (30–59 mL/min/1.73 m²).^[1] British guidelines distinguish between stage 3A (GFR 45–59) and stage 3B (GFR 30–44) for purposes of screening and referral

Purgation Cost Rs 400

Internal medicines Cost Rs 28.50/day, Rs 855/month

External medicines; Oleation Rs 500/month

Treatment given is for spacing the dialysis to be performed in modern treatment set up.

Lab Investigation

CBC Rs 65
FBS Rs 30
PPBS Rs 30
Urine routine 30
Bl.urea Rs 25
Sr creatinine Rs 25
X Ray KUB Rs 30
ECG Rs 50
LFT Rs 200
Creatinine clearance test Rs 50

Investigation first visit Rs 535

Stage III Clinical management & Lab investigations Total cost Rs 2290

STAGE- 4:

Severe reduction in GFR (15–29 mL/min/1.73 m²)[1] Preparation for renal replacement therapy

Purgation Cost Rs 400

Internal medicines Cost Rs 32.50/day, Rs 975/month

External medicines; Oleation Rs 500/month

Treatment given is for spacing the dialysis to be performed in modern treatment set up.

Lab Investigation

CBC Rs 65
FBS Rs 30
PPBS Rs 30
Urine routine 30
Bl.urea Rs 25
Sr creatinine Rs 25
Lipid profile Rs 75
X Ray KUB Rs 30
ECG Rs 50
Creatinine clearance test Rs 50
LFT Rs 200

Investigation first visit Rs 610

Stage IV Clinical management & Lab investigations Total cost Rs.2485

STAGE – 5:

Established kidney failure (GFR <15 mL/min/1.73 m², permanent renal replacement therapy (RRT),[1] or end stage renal disease (ESRD)

If it is medical management failure or symptoms persists.

Referral Criteria

Breathlessness

Dysnoea

Ascites

Relentless rise of creatinine nearing 8 mg/dL

2000 calories Diet plan for Chronic kidney disease:

6 gm salt, 40gms protein, 1.2 litres of liquid, 10 ml of cooking oil recommended.

Low potassium diet is advised, avoid Tender coconut, Mangoes, Banana, Mint leaves, tubers. Vegetables should be leeches,

MORNING

6.00 a.m : 100ml of tea with skimmed milk

BREAKFAST

8.00 a.m : 2 idlies or 2 dosas with vegetable chutney

MID MORNING

10.00 a.m : 100 ml of skimmed butter milk

LUNCH

1.00 p.m : 150 gms of steamed rice, 1 cup of leeches and boiled vegetables, 1 cup of clear rasam.

EVENING

4. 00 p.m : 100 ml of green tea

DINNER

7.00 p.m : 2 chappathies, 1 cup of oat gruel

10.00 p.m : 100 ml of skimmed milk.

DIET:

Rice or kanchi – barley rice, double boiled rice, Kaar rice, Karuvai rice,

Manakkathai Rice kanchi

Tender vegetables – Aavarai

Vendai

Vazhaippu and thandu

Kovai

Peerkkku

Pudalai

Surai

Mullangi

Vellari

Greens:

Pasalai

Kodi pasalai

Siru pasalai

Vendaya Keerai

ERAIPPU NOI (BRONCHIAL ASTHMA)

I. INTRODUCTION

Bronchial Asthma is characterized by chronic airway inflammation and increased airway responsiveness resulting in symptoms of Wheeze, cough, chest tightness and dyspnoea.

In Siddha System of Medicine the Disease Eraippu Noi comes under Kaba diseases which may be correlated with Bronchial Asthma in Modern Medicine. It is an episodic disease with acute exacerbation interspersed with symptoms - free periods. The Kaar (early rainy), Koothir (late rainy), Munpani (early winter), Pinpani (late winter) aggravated the disease especially at vaigarai (early morning).

Siddha system contributes to control and prevent the Bronchial asthma symptoms through internal and external medications, life style modification and rejuvenation drugs.

II. DEFINITION

Eraippu Noi is characterized by paroxysmal dyspnoea associated with discomfort in the chest. There is difficulty in the process of inspiration and expiration. Usually the respiration is associated with some musical sounds called wheezing. The patient may find with difficult to expel the sputum.

III. AETIOLOGY

- Allergic food items
- Excessive intake of Cold food items
- Various fumes , dusts
- Inhaling irritable smelling substances
- Excessive smoking
- More exposure to cold air

IV. CLINICAL DESCRIPTION

- Rhinorrhoea
- Sneezing
- Discomfort in chest
- Wheezing
- Dryness of tongue
- Prolonged Expiration
- Cough without expectoration
- Pain in the chest and ribs
- Excessive Sweating
- Flatulence of abdomen

V. TYPES

According to the text book “Siddha Maruthuvam (Pothu)” Eraippu Noi is classified into 5 types.

1. Vali Eraippu Noi (Gastro- Oesophageal Reflux and Asthma)
2. Iya Eraippu Noi (Bronchial Asthma)
3. Iya Vali Eraippu Noi (Complications of Bronchial Asthma-Cardiac and renal symptoms)
4. Mukkutra Eraippu Noi (Chronic Bronchial Asthma)
5. Melnokku Eraippu Noi (Acute Severe Asthma)

I) Vali Eraippu Noi (Gastro- oesophageal Reflux and Asthma)

Intake of indigestible foods and tubers, exposure to hot summer which promotes Vatham and causes decreased body strength leads to difficulty to breath. This type of Eraippu noi is curable.

II) Iya Eraippu Noi (Bronchial Asthma)

Intake of excessive kaba promoting foods like cold food items, sweet tasted foods exposure to rain and cold air which also promotes Iyam and causes running nose, nasal obstruction. These symptoms relived spontaneously followed by tightness of chest, wheezing with unproductive cough. In this case, when the sputum is expelled by cough, the symptoms are relived, otherwise dyspnoea will be severe. Sweating in the forehead, darkness of the face , chillness of the limbs , protrusion of eyeballs , dryness of the tongue, tremor , labored breathing, unable to lie in the bed also occurs.

III) Iya Vali Eraippu Noi (Complications of Bronchial Asthma - Cardiac & Renal symptoms)

In this type the deranged Kabam and Vatham affects the Uthaanan (Air of upward motion) and produces the following symptoms.

Wheezing, constipation, oliguria, flatulence, dryness of the tongue, redness of the eyes, sweating, blabbering speech , fearfulness, restlessness, giddiness.

IV) Mukkutra Eraippu Noi (Chronic Bronchial Asthma)

In this type all the thirithodams, Uthaanan (Air of upward motion), Abaanan (Air of downward motion), viyananl (Air which spreads throughout) , samanlanl (Air with upward and downward motion), seven body constituents are affected. Severe dyspnoea, tremor, fearfulness, high pitched wheezing, tightness of chest, giddiness, constipation, oliguria, flatulence, slurring speech, weakness of five sensory organs , body pain, excessive sweating in forehead.

V) Melnokku Eraippu Noi (Acute severe Asthma)

When the above types were not responded to any kind of the treatment, it may weakens the Uthaanan and leads to severe persistent dyspnoea associated with dryness of the tongue , protrusion of eyes, unable to speak and gasping. If it is treated immediately recovery can occur, otherwise death will happen.

VI. PATHOGENESIS ON THE BASIS OF THIRITHODAM

In Eraippu Noi Kabam is accompanied with vitiated Vatham or Pitham and produces the clinical symptoms.

Excess of Kabam in the respiratory organs affects the Melnökkungal (Air with upward motion) and uyirkaal (Air of life).So the air is not able to reach the terminal point of respiration , which produces gasping and laboured breathing.

VII. CLINICAL MANAGEMENT FOR DIFFERENT STAGES OF DISEASE CONDITION

Stage I (Mild to Moderate)

Symptoms of the disease are managed completely by Siddha herbal preparations such as Kudineer, Chooranam, Vadakam, Saaru, Lehiyam, Manappaaku.

Vali Eraippu Noi (Gastro- Oesophageal Reflux and Asthma), Iya Eraippu Noi (Bronchial Asthma) is treated in the stage 1 OPD level. This diseases is treated with following internal and external medication.

DIAGNOSIS

ENVAGAI THERVUGAL (Eight fold system of clinical assessments):

1. *Naa thervu* (Examination of tongue)

- | | |
|--------------------------|--|
| (i) Niram (Colour) | Pale/cyanosis in acute severe condition. |
| (ii) Thanmai (Character) | Coated / denuded. |
| (iii) Pulan (Sense) | Salaiva tend to taste sweet / sour. |
| (iv) Salivary secretion | Decreased |

2. *Niram thervu*

- | | |
|-------------------------|-------------------|
| (Examination of colour) | Pale / red / pink |
|-------------------------|-------------------|

3. *Mozhi thervu*

- | | |
|-------------------------|--|
| (Examination of speech) | Low pitched Wheezing sound heard
(Snake's snort) along with speech. |
|-------------------------|--|

4. *Vizhi thervu* (Examination of eye)

- | | |
|--------------------------|--------------|
| (i) Niram (Colour) | Pale / black |
| (ii) Thanmai (Character) | Normal. |
| (iii) Pulan (Sense) | Normal. |

5. *Malam thervu* (Examination of stool)

- | | |
|-----------------------------------|-----------------------|
| (i) Niram (Colour) | Pale |
| (ii) Nurai (Froth) | Present |
| (iii) Elagal/Erugal (Consistency) | Elagal (loose stools) |

6. *Moothiram thervu* (Examination of urine)

(a) Neerkuri:

- | | |
|--------------------|----------------|
| (i) Niram (Colour) | Straw coloured |
|--------------------|----------------|

(ii) Adarthi (Density)	Decreased
(iii) Manam (Odour)	Flesh smell
(iv) Nurai (Froth)	Increased
(v) Enjal (Deposits)	Absent
(b) Neikkuri:	Iya neer- Oil stands in the form of pearl. In severe stage: The oil drops spreads the shape of the sieve, betle leaf, irregular margin and flower shapes.

7. Parisam thervu

(Examination by touch) Cold / clammy / pain in throat / tenderness.

8. Naadi thervu (Examination of pulse)

- | | |
|-------------------------|------------------------------|
| (i) Thanmai (Character) | Rapid and thin. |
| (ii) Nadai (Pattern) | Iya Naadi and Vali Iya Naadi |

INVESTIGATIONS

- ❖ Blood & Urine – routine
- ❖ Serum Ig E
- ❖ Pulmonary function test
- ❖ Sputum for AFB
- ❖ X ray – Chest
- ❖ ECG

TREATMENT FOR STAGE I :

In this stage, initially Vali Eraippu Noi patients are treated with purgation & Iya Eraippu Noi patients are treated with Purgation / emetic therapy to normalize the altered Uyirthaathukkal (Vali,Azhal,Iyam) and this stage I is followed with internal and external medications.

Drugs for disease:

Internal Medicines:

Chooranam, Vadakam, Theeneer, Ilakam, Rasayanam, Nei, Karpam, Maathirai types of Internal medicines are used in Stage I

EXTERNAL MEDICINES

Puha i(Fumigation)

Vedhu (Vapour bath) :

Thokanam & Otradam (Oil massage & Fomentation)

Oleation

Stage II (Moderate to Severe)

Symptoms are treated with medicines managed prepared from Ulokam (Metals), Uparasam (Minerals), Kaarasaaram (Salts) and from Animal origin.

Iya Vali Eraippu Noi(Complications of Bronchial Asthma – Cardiac & renal symptoms), Mukkutra Eraippu Noi (Chronic Bronchial Asthma) is treated in the stage 2 OPD / IPD level.

TREATMENT FOR STAGE II :

In this stage, patients are treated directly with internal and external medications.

INTERNAL MEDICINES

Parpam, Chendooram types of Internal medicines are used in Stage-II

EXTERNAL MEDICINES

Puhai (Fumigation)

Vedhu (Vapour bath) :

Thokanam & Otradam (Oil massage & Fomentation)

Oleation

Stage III (Very Severe to Advanced disease)

The level 3 usually recommended to be carried out at in – patient care. At this level, symptoms are treated with specific potent medicines including Muppu , Kattu, Neeru, Pathangam and strong medicines – Paadanam (Arsenic preparations) , pancha sootham (Mercurial preparations)

Melnokku Eraippu Noi (Acute Severe Astma) is treated in the stage 3 IPD / OPD level.

TREATMENT FOR STAGE III:

In this stage , patients are treated only with Internal medicines.

INTERNAL MEDICINES

Karuppu, Chunnam types of medicines & copper, silver, gold preparations are used in stage III.

Diet

Rice or kanji - Chukku mudikanji

Nerpori kanji

Barlie kanji

Rice boiled hot water

REFERRAL CRITERIA

- Marked increase in intensity of symptoms, such as sudden development of resting dyspnoea, Cyanosis, drowsiness and confusion.
- Retention of urine, constipation.

DIET CHART

Morning:

- 7.00 am- Ginger/ Dry ginger/ Turmeric/ Pepper mixed milk

Break fast:

- Chukku mudi kanji/ Steamed foods like Idly / Idiyappam / Puttu

- 11.00 am – Pepper mixed vegetable soup/ crab soup

Lunch:

- Boiled rice, Green gram sambar, pepper rasam, Thuthuvalai thuvaiyal (Solanum trilobatum.linn)
- Vegetable curry of Drumstick/ Carrot/ Ridge guard/Indian butter beans/ Solanum Torvum (Sundai)
- Green vegetables like solanum nigrum (Manathakkali) /Alternanthera Sessilis (Ponnanganni)/Moringa Oleifera (Murungai)
- Non-veg: Crab / Egg with Pepper / Fish gravy like loach(Ayirai),Turkey, Goat's meat
- Fruits like Papaya / Apple / Strawberry

Evening:

- 5.00 pm – Green tea / Chukku coffee
- Musumusukkai adai (Mukia madaraspatana,linn)/ Kalyana murungai adai (Erythrena variegata,linn)

Dinner:

- Steamed foods like Idly / Idiyappam / Puttu

VIII. DO'S AND DONT'S

DIETS TO BE ADDED:

The following diets are advised to take in Asthmatics.

1.Green Leafy Vegetables like

- Spinach (Pasalai)
- Solanum Nigrum (Manathakkali)
- Alternanthera Sessilis (Ponnanganni)
- Moringa Oleifera (Murungai)
- Centella Asiatica (Vallarai)
- Solanum Trilobatum (Thoothuvalai)
- Cissus Quadrangularis (Pirandai)
- Mukia Scavrilla (Mookirattai)
- Erythrina variegata(Kalyana murungai)
- Mukia maderaspatana(Musumusukkai)
- Amaranthus tristis(Arakerai)
- Amaranthus tricolor(sirukerai)
- Gisekia pharnaceiodes(Manalikerai)
- Melochia corchorifoliatim(Pinnakku kerai)

2. Sprouted Seeds and Grains

3. Fresh tender Vegetables like

- Indian butter beans
 - Unripe Fig
 - Ridge Gourd
 - Stem of Plantain
 - Drumstick
 - Solanum Torvum (Sundai)
 - Indian Goose Berry (Nellikai)
 - Bottle Gourd
 - Radish
 - Carrot
 - Ladies finger
4. Add sufficiently in diet
- Garlic
 - Onion
 - Ginger
 - Pepper
 - Turmeric
 - The Bhisopsweed (Omum)
 - Fenugreek
 - Coriander Seeds
 - Anet Seeds (Sathakuppai)
 - Asafoetida
 - Cardamom seeds
 - Dried ginger
5. Fresh Fruits Like
- Apple
 - Papaya
 - Strawberrys
6. Non Vegetable Diet like
- Crab
 - Turkey
 - Rabbit
 - White rat
 - Loach(Ayirai meen)
 - Capra hircus(velladu)

Dies to be avoided

- Fried Foods
- Difficult to digest Foods
- Refrigerated Foods
- All refined & processed Foods
- Food Preservatives & Food Coloring
- Allergic foods.
- Food Additives (sulfites)
- Curd Preparations
- Cool Drinks, ice Creams, Chocolates, Sweets
- Strong tea & Coffee
- Alcoholic Beverages
- Condiments Pickles, Sauces
- Citrus Fruits like lemon, orange.
- Other fruits like pine apple, grapes, jackfruit, mango, pomegranate

Principles and Advice (or) Guidelines for in Advices Asthmatics

Asthmatics should follow the following principles and advice in their diet and daily life.

- Intake of Hot water and hot Foods.
- Taking Bath strictly in hot water
- Avoidance of Chill weather
- Avoidance of polluted area and dust.
- Avoidance of Allergic Factors
- Avoidance of smoking and snuff
- Avoidance of stress, emotion
- Avoidance of factors which causes digestive disturbances.
- Evening meal should preferably be finished before sundown (or) atleast 3 hours before bed time.
- Avoid cycling, mountain Biking, Long distance, Running, Weight lifting.
- Advice to practice Pranayamam and Yogasanam like buyangasanam, sarvangasanam, patchimothasanam, halasanam, badhmasanam.
- Remove Carpets from bedrooms and vacuum regularly.

- Keep the house clean and keep food in containers and out of bedrooms.

XI. APPROXIMATE COST FOR PROCEDURES, MEDICINES ETC DURING TREATMENT AND POST TREATMENT

STAGE –I

INTERNAL MEDICINES

Purgation treatment (kalichal)	Rs.400
Therapeutic Emesis(vamanam)	Rs.500
Drugs for disease	Rs. 35 /day
	Rs. 1085 /month
	Rs. 13020 /year

EXTERNAL THERAPIES-

Puhai(Fumigation) – One sitting	Rs.500
Therapeutic inhalation (Vedhu)	Rs.500
Therapeutic manipulation (Thokkanam)	
for specific regions of the body	Rs.400
Yogasanam	Rs.500

Investigation

Blood routine-	Rs. 90
ECG	Rs. 100
Chest X Ray	Rs. 30
Serum Ig E	Rs. 100
Pulmonary Function Test	Rs. 250

STAGE –II

INTERNAL MEDICINES

Rs. 122 /day
Rs. 3,782 /month
Rs. 45,384 /year

EXTERNAL THERAPIES-

Puhai(Fumigation) – One sitting	Rs.500
Therapeutic inhalation (Vedhu)	Rs.500
Therapeutic manipulation (Thokkanam)	
for specific regions of the body	Rs.400
Yogasanam	RS.500

Investigation

Blood routine	Rs. 90
ECG	Rs. 100
Chest X Ray	Rs.30
Serum Ig E	Rs. 100
Pulmonary Function Test	Rs. 250

STAGE –III/IV

INTERNAL MEDICINES

Rs- 85/day
Rs- 2635/month
Rs- 31620/year

Investigation

Before and After Treatment

Blood routine	Rs. 90
ECG	Rs. 100
Chest X Ray	Rs. 30
Serum Ig E	Rs. 100
Pulmonary Function Test	Rs. 250
Allergy Test – Intradermal test	Rs. 1500

OVVAMAI (ALLERGIC DISORDERS)

Introduction:

Allergies are pretty common. Both genes and environment play a role. The immune system normally protects the body against harmful substances, such as bacteria and viruses. It also reacts to foreign substances called allergens, which are generally harmless and in most people do not cause a problem.

But in a person with allergies, the immune response is oversensitive. When it recognizes an allergen, the immune system launches a response. Chemicals such as histamines are released. These chemicals cause allergy symptoms.

Common allergens are drug, dust, food, insect venom, mold, pet and other animal dander and pollen.

Allergy is an interaction between the immune system and a substance foreign to the body. There are two important effects of allergy on the body. One is the classic "allergic reaction" that can cause sudden tissue swelling, itching, sneezing, increased mucous production, and in the lungs, wheezing and shortness of breath. In food allergic reactions, the intestinal tract can also be acutely inflamed and cause nausea, vomiting and diarrhoea. In a "whole body" allergic reaction, including anaphylaxis, low blood pressure and shock can occur. The other part of the "allergic response" is persistent inflammation that is important in nasal allergy, asthma and eczema. In allergy of the airway, inflammation can occur and cause some symptoms without the sneezing, itching and wheezing. Diagnosis and effective treatment of allergic disorders requires consideration of both of these effects.

In Siddha system the allergic disorders can be correlated with Ovvamai, is unsuitability to the constitution. Altered Pitham along with Kabam by various factors causes the allergic reaction in the body.

The common allergic reactions are follows

1. Kaanakadi (Urtecari)
2. Kann thinayu (Allergic conjunctivitis)
3. Kulir erumal (Allergic cough)
4. Neer mookkadaippu (Allergic rhinitis)

KAANAKADI (URTECARIA)

Introduction:

Saint Ugi munivar classified the skin diseases in to 18 types. Thadippu kuttam is one of them which is characterised by wheel formation, itching, swelling of the body, increased body heat and burning sensation .It is caused by deranged Pitham. It is described under curable varieties. The name Kaanakadi derived from its unknown aetiology and unknown bite. The kaanakadi can be correlated with urtecaria of modern science.

Urtecaria and angioedema occurs more frequently after adolescence with high incidence in young adults. There are two types of urtecaria, acute (below6week) and chronic (above6week).chronic urtecaria is less common than acute urtecaria and is common in women than male. The urtecaria affects 15-20% of population.

Definition:

Kaanakadi is characterised by itching and wheel formation, which may be localised or generalised in the body. This can disappear within short period. In some people it is chronic in nature.

The impure blood causes the vitiation of Pitham from its normal range and can cause wheel formation and itching in the body.

Causative factors:

The triggers of short-term (acute) urticaria are unknown in around half of all cases.

Recognised triggers include:

1. A food allergy to foods such as peanuts, shellfish, eggs and cheeses
2. An allergic reaction to environmental factors such as pollen, dust mites or chemicals
3. An allergic reaction to latex, which can be a common problem in healthcare workers
4. Infections, which can range from relatively trivial, such as a cold to very serious, such as HIV
5. Insect bites and stings
6. Emotional stress
7. Certain medications that can cause urticaria as a side effect, including antibiotics, non-steroidal anti-inflammatory drugs (NSAIDs) and aspirin
8. Physical triggers, such as pressure to the skin, changes in temperature, sunlight, exercise or water

Chronic urticaria

1. Chronic urticaria may occur when the body's immune system attacks its own tissues. This is known as an autoimmune reaction.
2. Antibodies (proteins that usually fight bacteria and viruses) then trigger the release of histamine, resulting in urticaria.
3. About a third to half of all chronic cases of urticaria are thought to be autoimmune related.

4. it's not known why autoimmune urticaria develops, although it can sometimes occur in combination with other autoimmune conditions, such as:

- Rheumatoid Arthritis
- lupus

5. Chronic urticaria can also be linked to other chronic illnesses and infections, such as viral hepatitis, intestinal parasites, hypothyroidism or an hyperthyroidism.

Chronic urticaria tends to come and go. Many people find that certain things make it reappear or make existing symptoms worse. Triggers include:

- Stress
- Alcohol
- Caffeine
- Warm temperatures
- Prolonged pressure on the skin – this can happen by wearing tight clothing
- Medications – such as NSAIDs, and the painkiller codeine
- Certain food additives – such as salicylates, which are found in tomatoes, orange juice and tea
- Insect bites and stings
- Exposure to heat, cold, pressure or water

Causes of urticaria mentioned in siddha literature:

1. eating of unhygienic chicken and sea foods like fish
2. Eating of uncooked and undigested food
3. Practising the Yogam immediately after heavy meals.
4. Excessive heat and excessive cold
5. Increased sexual activity
6. Stress and worriessect bite
8. Genitic and family history
9. Drugs

The above mentioned causes can toxicified the blood which cause the vitiation of Pitham and produce the diseases

Clinical description:

It characterised by the appearance of elevated wheals and itchy erythematous swelling which may vary from a few millimetre\ to several centimetres in size. In some the itching will be very severe. These lesions can disappear spontaneously.

In a variation, itching is absent instead angioedema of the eyelids, earlobes and mucous membrane of the throat occurs and disappears. At times, this oedema affects the larynx and obstructs breathing.

A variation called vasculitic urticaria occurs in some number of cases. In this condition the wheals lasts more than 24 hrs .they are often painful, may become dark red and may leave red mark.

Pathogenesis on the basis of Thirithosam

Deranged Pitham(Vitiated Pitham) by internal and external causative factor will join with Kapam and produce the disease in the skin.

Paraukal kaal of Vatham is also affected by vitiated Pitham and produce the diseases.

Pirasaka pitham of Pitham and Avalampakam of Kapam are also affected.

Udal thathukkal affected by the Kaanakadi are Saram, Senneer,and Oon.

Investigation

1. Skin prick testing
2. Serum allergen-specific Ig E testing
3. Full blood count.
4. Thyroid antibody testing.
5. Skin biopsy is only rarely required, if urticarial vasculitis is suspected.

Sign and symptoms are staged from I to IV for treatment purpose

- Stage-I –up to 50 small wheals or less than 10 large wheals with or without itching
- Stage-II-greater than 50 small wheals or 10 to 50 large wheals with itching and with or without angioedema
- Stage-III almost the whole body is covered with or without angioedema and vasculitis
- Stage-IV (referral criteria) urticaria with angioedema associated with difficulty in
- Breathing, hypotension, abdominal pain, vomiting etc.

Line of Treatment

Step-1. Normalisation of the altered Uyir thathukkal

Step-2. Internal medicine

Step-3 External medicine

Step-4 Special therapy

Step-1.Normalization of altered Uyir thathukkal

The altered Uyir thathukkal should be normalised by the following procedure.

Pitham will be normalized by Vomiting

Kapam will be normalized by Nasiyam and Anjanam

Vatham will be normalised by Purgation

Step-2. Internal medicine

Level -1 : The level-1 contain the following form of medicine

1. Chooranam
2. Mathirai
3. Kasayam
4. Karkam

Level -2 : The level-2 contain the following form of medicine

Parpam

Level- 3 : The level-3 contain the following form of medicine

Chenthuram

Level- 4 : The level-4 contain the following form of medicine

1. Mezhuku
2. Pathangam
3. Chunnam

Step -3 External medicines

Step-3 contain the following form of medicine

1. Thylam
2. Vennai
3. Pochu

Step 4 special therapy

Iyamam and Niyamam

Karpa Asanam

Santhi asanam
Virutchasanam
Makrasanam
Sarvangasanam
Utthanapathasanam

Pranayamam

Natichuthi pranayamam
Kabalapathy
Seethalapathy and seethari

Meditation

Treatment for different stage of diseases:

- Stage-1 of disease – chooses the suitable medicine from step- 1, step -2(level-1), step- 3 and step-4
- Stage-2 of disease – choose the suitable medicine from step- 2(level- 1 and level- 2), step -3 and step-4
- Stage-3 of disease – choose the suitable medicine from step- 2(level- 1, level-3 or Level-4), step -3 and step-4
- Stage-4 of disease – referral criteria

Approximate cost for different stage of treatment

Stage -1

Cost for step- 1 – Rs.1200

Cost for step- 2 – Rs.10

Cost for step -3 – Rs.25

Cost for step - 4 – Rs.300

Total cost for stage-1 treatment/day= Rs.1535

Total cost for stage-1 treatment/month= Rs.2550

Stage-2

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 17

Cost for step -3 – Rs.25

Cost for step - 4 – Rs.300

Total cost for stage-2 treatment/day= Rs.1542

Total cost for stage-2 treatment/month= Rs.2760

Stage- 3

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 15

Cost for step -3 – Rs.25

Cost for step - 4 – Rs.300

Total cost for stage-3 treatment/day= Rs.1540

Total cost for stage-3 treatment/month= Rs.2700

Stage – 4:

The patient should be referred to higher speciality centre.

Approximate cost for investigation

1. Skin prick test – Rs.3500
2. Serum allergen-specific Ig E test - Rs.850
3. Full blood count – Rs.15
4. Thyroid antibody test – Rs.50
5. Thyroid profile- T3 & T4 –Rs. 200
TSH-Rs. 200
6. Skin biopsy – Rs.400
7. Motion test for ova cyst – Rs.15
8. Urine routine – Rs.50

Investigation in Siddha system:

Neer kuri and Nei kuri, Malakuri and Manikkadai nool- Rs.50

Diet regimen:

The following foods should be avoided

1. Salt, Pungent and Sour should be restricted
2. Millet, Maize, Bitter guard, Bingil, fish, dry fish, Egg, chicken, Kaarrarisi.
3. Artificial food colours
4. Additives, Alcohol, Narcotic drugs.
5. Using soaps and Detergents
6. Non- vegetarian foods

Prevention:

1. The patient is advised to take oil bath once in week
- 2, Purgation should be given once in 4 months
3. Vomiting should induced once in 6 months
4. Nasiyam should be given once in 45 days
5. Anjanam should be applied once in 3 days
6. Strictly avoid day sleep

KANN THINAYU (ALLERGIC CONJUNCTIVITIS)

Introduction

In Siddha medicine the diseases were classified in to 4448, in which the eye diseases are 96 types. The Kann thinayu is one of them which is characterised by itching, irritation, redness of eye, burning sensation, watery discharge and blurred vision which can be correlated with allergic conjunctivitis of modern science.

Definition:

Conjunctivitis means inflammation of the conjunctiva. The conjunctiva is the thin skin that covers the white part of the eyes and inside of the eyelids.

Aetiology:

Allergy means that the immune system overreacts to something to which it has become sensitive. Symptoms of increased immune activity include redness, wateriness and itching. These are part of the body's defense mechanism to things it sees as foreign and harmful. Causes include the following:

Seasonal conjunctivitis due to pollens and moulds

Seasonal conjunctivitis occurs at the same time each year. Most cases are due to pollen and occur in the hay fever season. Grass pollens tend to cause symptoms in early summer, usually from April through to July in the UK. Tree pollens may cause symptoms as early as February or March or as late as September depending on when the tree species involved shed their pollen. Various other pollens and moulds may cause symptoms later in the summer.

Perennial conjunctivitis

This is a conjunctivitis that persists throughout the year. This is most commonly due to an allergy to house dust mite. House dust mite is a tiny insect-like creature that lives in every home. It mainly lives in bedrooms and mattresses, as part of the dust. People with perennial conjunctivitis usually also have perennial allergic rhinitis which causes symptoms such as sneezing and a runny nose. Symptoms tend to be worse each morning when you first wake up.

Allergies to animals

Coming into contact with some animals can cause allergic conjunctivitis. This is usually due to allergy to fur or hair.

Giant papillary conjunctivitis

This is uncommon. It is an inflammation of the conjunctiva lining the upper eyelid. It occurs in some people who have a small object on the eye - most commonly, a contact lens

Causes for eye diseases mentioned in Siddha literature:

- Taken of heavy weight in head
- Sun exposure
- Not taken oil bath regularly
- Taken of bath in impure water
- Excessive use of narcotic drugs
- Anger
- Waking in barefoot

Clinical feature:

- The eyes are usually itchy and gritty
- The eyes water more than usual but do not become too gluey or sticky
- The skin on the inside of the eyelids looks red and sore
- The white of the eye look red or pink
- Burning sensation may occur, although the eyes are not usually painful and look
- The eyelids tend to swell
- Vision is not affected
- In severe causes the conjunctiva under the upper eye lids may swell lumpy

Complication:

Complication is rare but contact dermatitis and giant papillary conjunctivitis occasionally causes inflammation and ulceration of cornea. Some permanent loss of vision may occur if there are untreated.

Pathogenesis on the basis of Thirithosam:

Deranged Pitham(Vitiated Pitham) by internal and external causative factor will join with Kapam and produce the disease in the skin

Paraukal kaal of Vatham is also affected by vitiated Pitham and produce the diseases.

Pirasaka pitham of Pitham and Avalampakam of Kapam are also affected.

Udal thathukkal affected by the Kaanakai are Saram, Senneer, and Oon.

Investigation

1. Skin prick testing
2. Serum allergen-specific IgE testing
3. Full blood count.

Sign and symptoms are staged from I to IV for treatment purpose**Stage-1**

- The eyes are usually itchy and gritty
- The eyes water more than usual but do not become too gluey or sticky
- The skin on the inside of the eyelids looks red and sore
- The white of the eye look red or pink

Stage-2

1. Symptoms of stage 1 +
2. Burning sensation may occur, although the eyes are not usually painful and look The eyelids tend to swell

Stage-3

1. Symptoms of stage 1 and stage 2 +
2. In severe causes the conjunctiva under the upper eye lids may swell lumpy
3. Pain and purulent discharge due to secondary infection and contact Dermatoconjunctivitis

Stage-4 (Referral criteria)

1. Severe stage of conjunctivitis and

2. Ulceration of cornea

Treatment

Step-1. Normalisation of the altered Uyir thathukkal

Step-2. Internal medicine

Step-3 External medicine

Step-4 Special therapy

Step-1. Normalization of altered Uyirthatthukal

The altered Uyirthatthukal should be normalised by the following procedure.

Pitham will be normalized by vomiting

Kapam will be normalized by Nasiyam and Anjanam

Vatham will be normalised by Purgation

Step -2. Internal medicine

Level-1 The level-1 contain the following form of medicine

Chooranam

Lekiyam

Nei

Mathirai

Level -2 The level-2 contain the following form of medicine

Parpam

Level- 3 The level-3 contain the following form of medicine

Chenthuram

Level- 4 The level-4 contain the following form of medicine

1. Mezhuku

2. Pathangam

3. Chunnam

Step 3 External medicine

Step-3 contain the following form of medicine

1. Thylam for oil bath

2. Anjanam

3. Pattikattal

4. Kalikkam(Eye drops)

5. Kann Kazhuval(Eye wash)

Step4 Special therapy

Pranayamam

Meditation

Treatment for different stage of diseases:

- Stage-1 of disease – chooses the suitable medicine from step- 1, step -2(level-1), step- 3 and step-4
- Stage-2 of disease – choose the suitable medicine from step- 2(level- 1 and level- 2), step -3 and step-4
- Stage-3 of disease – choose the suitable medicine from step- 2(level- 1, level-3 or Level-4), step -3 and step-4

- Stage-4 of disease – referral criteria

Approximate cost for different stage of treatment:

Stage -1

Cost for step- 1 – Rs.1200
 Cost for step- 2 – Rs.20
 Cost for step -3 – Rs. 50
 Cost for step - 4 – Rs.300
 Total cost for stage-1 treatment/day= Rs.1570
 Total cost for stage-1 treatment/month= Rs.3600

Stage-2

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)
 Cost for step- 2 – Rs. 25
 Cost for step -3 – Rs.50
 Cost for step - 4 – Rs.300
 Total cost for stage-2 treatment/day= Rs.1575
 Total cost for stage-2 treatment/month= Rs.3750

Stage- 3

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1or step-2)
 Cost for step- 2 – Rs. 25
 Cost for step -3 – Rs.50
 Cost for step - 4 – Rs.300
 Total cost for stage-3 treatment/day= Rs.1575
 Total cost for stage-3 treatment/month= Rs.3750

Stage – 4

The patient should be referred to higher speciality centre

Approximate cost for investigation:

1. Skin prick test – Rs.3500
2. Serum allergen-specific IgE test - Rs.100
3. Full blood count – Rs.15

Investigation in Siddha system:

Neer kuri and nei kuri,malakuri and manikkadai nool- Rs.5

Diet regimen:

The following foods should be avoided

1. Salt, Pungent and Sour should be restricted
2. Millet, Maize, Bitter guard , Brinjal, fish, dry fish, Egg, chicken, kaarrarisi.
3. Artificial food colors
4. Additives, Alcohol, Narcotic drugs.
5. Using soaps and Detergents
6. Non- vegetarian foods

Prevention:

1. The patient is advised to take oil bath once in week
- 2, Purgation should be given once in 4 months
3. Vomiting should induced once in 6 months
4. Nasiyam should be given once in 45 days
5. Anjanam should be applied once in 3 days
6. Strictly avoid day sleep

KULIR ERUMAL (ALLERGIC COUGH)

Introduction

In Siddha medicine the Saint Yugi munivar was classified the Kaba diseases in to 21 types. The Erumal is one of them which are further subdivided in to 12 types. The Kulir Erumal is one type which can be correlated with allergic cough of modern science.

Definition:

The altered Iyam in the body by cold atmosphere cause redness in nose and throat, watering from nose, chest congestion and cough, sneezing, wheezing, difficulty in breathing, pain in neck, face, ear, sweating and sputum with expectoration.

Allergic Cough is a reflex caused by the stimulation of lining of the nose, throat, voice box or lungs and it is a normal defence mechanism. It is caused by abnormal sensitivity of our defence mechanism to normally harmless substances (allergens) such as dust, pollen and animal dander.

Aetiology:

1. Allergic cough is due to immediate hypersensitivity reaction in the lining of the nose, throat, voice box or lung. The antigen concerned in the seasonal form of the disorder are pollen from grasses, flowers, trees.

2. Allergen derived from house dust, fungal spores or animal dander. But similar symptoms can be caused by physical and chemical irritants-for example pungent odour or fumes, cold air, and dry atmospheres.

3. Allergic rhinitis, allergic dermatitis and allergic asthma

Clinical feature:

1. Coughing is the most common symptom of allergic cough most likely caused by

Allergic rhinitis

2. Post nasal drip is a common symptom of allergic cough. It is caused by inflamed

Sinuses.

3. Wheezing if the coughing is the result of allergic asthma, the cough accompanying with wheezing.

4. Other allergic symptoms such as sneezing, watery eyes, asthma, nasal congestion. In some cases hives and skin rashes may accompanied.

5. In some cases there is breathlessness and even cannot breathe may occur which is emergency one.

Pathogenesis on the basis of Thirithosam

The Kabam is altered by various causes. Then the altered Kabam affects the throat, nose, lungs, ear and head and also stimulate the Uthanan Vayu then produce the diseases

Sign and symptoms are staged from I to IV for treatment purpose

Stage 1

1. Cough
2. Post nasal drip
3. Sneezing, watery eyes, nasal congestion

Stage 2

1. Symptoms of stage 1 +
2. The cough accompanying with wheezing.
4. Other allergic symptoms like hives and skin rashes may accompanied

Stage 3

1. Symptoms of stage 1 and stage2 +
2. Cough with purulent sputum
3. Dysphasia
4. Depression
5. Long lasting persistent cough
6. Tiredness

Stage 4

1. Symptoms of stage 3 +
2. Difficulty in breathing

Line of Treatment

Step-1. Normalisation of the altered Uyir Thathukkal

Step-2. Internal medicine

Step-3 External medicine

Step-4 Special therapy

Step-1.Normalization of altered Uyirthathukal

The altered Uyirthathukal should be normalised by the following procedure.

Pitham will be normalized by vomiting

Kapam will be normalized by Nasiyam and Anjanam

Vatham will be normalised by Purgation

Step -2. Internal medicine

Level-1

The level-1 contain the following form of medicine

Chooranam

Lekiyam

Nei

Mathirai

Kasayam

Theeneer

Level- 2

The level-2 contain the following form of medicine

Parpam

Level -3

The level-3 contain the following form of medicine

Chenthuram

Level- 4

The level-4 contain the following form of medicine

1. Mezhuku
2. Pathangam
3. Chunnam

Step- 3 External medicine

Step-3 contain the following form of medicine

1. Thylam for oil bath
2. Patru(paste)
3. Pugai (Fumigation)
4. Vethu (Therapeutic inhalation)
5. Naasigaparanam (Nasal snuffing)

Step-4 Special therapy

Pranayamam

Meditation

Treatment for different stage of diseases:

1. Stage-1 of disease – chooses the suitable medicine from step- 1, step -2(level-1), step- 3 and step-4
2. Stage-2 of disease – choose the suitable medicine from step- 2(level- 1 and level- 2), step -3 and step-4
3. Stage-3 of disease – choose the suitable medicine from step- 2(level- 1, level-3 or Level-4), step -3 and step-4
4. Stage-4 of disease – referral criteria

Approximate cost for different stage of treatment:

Stage -1

Cost for step- 1 – Rs.1200

Cost for step- 2 – Rs.40

Cost for step -3 – Rs.2050

Cost for step - 4 – Rs.300

Total cost for stage-1 treatment/day= Rs.3590

Total cost for stage-1 treatment/month= Rs.64200

Stage-2

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 47

Cost for step -3 – Rs.2050

Cost for step - 4 – Rs.300

Total cost for stage-2 treatment/day= Rs. Rs.3597

Total cost for stage-2 treatment/month= Rs.64410

Stage- 3

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 45

Cost for step -3 – Rs.2050

Cost for step - 4 – Rs.300

Total cost for stage-3 treatment/day= Rs.3595

Total cost for stage-3 treatment/month= Rs.64350

Stage – 4

The patient should be referred to higher speciality centre

Approximate cost for investigation

1. Skin prick test – Rs.3500
2. Serum allergen-specific IgE test - Rs.100
3. Full blood count – Rs.15

Investigation in Siddha system:

Neer kuri and nei kuri, malakuri and manikkadai nool- Rs.50

Pathiyam(Diet regimen)

Add

Rice or kanji – hand pounded rice, double boiled rice, rice kanji, pepper soup.

Tender vegetables –athi(ficus racemosa), avarai(dolichos lablab), vazhai(musa paradisica) , kathari(solanum melangena), murungai(moringa oleifera) sundai(solanum torvum), manathkali(physalis minima)

Greens-karisali (Eclipta prostate), aru keerai (Amaranthus tristis), Siru keerai(Amaranthus campestris), Poonnaangani alternanthera sessilis), thoothuvalai (Solanum trilobatum), vallarai (Centella asiatica), Musumusukkai (Mukia maderaspatana), Murungai (Moringa oleifera), Manali keerai (Gisekia pharanaeceoides)

Dairy product

Cow's butter milk and ghee

Non-vegetarian diet:

Varappu nandu(farm crap), Dry fishes (Thitukkai (Trygon seption), Ayirai meen (loach)), Velladu(Capra hircus), Muyal(Rabbit)

Avoid

Chilled food, soft drinks, ice cream

Surai(Lagenaria sicerania), poosani (Cocurbita maxima), Peerku(luffa acutangula), Pudalai (Trichosanthesa cucumerina)

Advice

Smoking, alcoholic beverages.

Kitchen should have proper chimney and be well ventilated

Avoidance of open burning, use of water to suppress dust and wearing mask at work

Place in areas of dust generation are advised.

Adequate calories and protein rich diet.

Avoid allergic substances to particular person,

Prevention:

1. The patient is advised to take oil bath once in week
- 2, Purgation should be given once in 4 months
3. Vomiting should induced once in 6 months
4. Nasiyam should be given once in 45 days
5. Anjanam should be applied once in 3 days
6. Strictly avoid day sleep

NEER MOOKKADAIPPU (ALLERGIC RHINITIS)

Introduction:

In Siddha medicine the diseases were classified in to 4448, in which the Mookkdaippu noi are 9 types, the Neer mookadaippu is one of them which is characterised by nasal congestion, itching, irritation, watery discharge in the nose mild fever, headache, tiredness, body pain and cloudiness of sight which can be correlated with allergic rhinitis of modern science.

Definition;

This is a disorder in which there are episode of nasal congestion, watery nasal discharge and sneezing. It may be seasonal or perennial. It is duo to inflammatory reaction of nasal mucosa.

Aetiology:

Allergic rhinitis is due to immediate hypersensitivity reaction in the nasal mucosa. The antigens concerned in the seasonal form of the disorder are pollen from grasses, flowers, trees.

Perennial allergic rhinitis may be a specific reaction to antigen derived from house dust, fungal spores or animal dander. But similar symptoms can be caused by physical and chemical irritants-for example pungent odour or fumes including strong perfumes, cold air, and dry atmospheres. it is also cause vasomotor rhinitis.

Clinical feature:

1. Nasal congestion
2. Sneezing
3. Runny nose
4. Post nasal drip
5. Watery itchy eyes, this may be allergic pinkish
6. Itchy ear, nose and throat
7. Mild fever

Other symptoms that may take longer to appear include.

- Stuffy nose,
- Breathing through mouth
- Rubbing the nose
- Eyes become sensitive to light
- Feeling tired
- Not sleep well
- A long lasting cough
- Pressure in the ear
- Discomfort or pain in the face
- Dark circle or patches under your eyes

Pathogenesis on the basis of Thirithosam:

Deranged Pitham(Vitiated Pitham) by internal and external causative factor will join with Kapam and produce the disease in the nose

Melnokku kal is affected

Sign and symptoms are staged from I to IV for treatment purpose

Stage-1

1. Nasal congestion
2. Sneezing
3. Runny nose
4. Post nasal drip
5. Watery itchy eyes, this may be allergic pinkish
6. Itchy ear, nose and throat
7. Mild fever

Stage -2

1. Symptoms of stage 1 +
2. Stuffy nose,
3. Breathing through mouth
4. Rubbing the nose
4. Eyes become sensitive to light
5. Feeling tired
6. Not sleep well
7. A long lasting cough
8. Pressure in the ear
8. Discomfort or pain in the face

Stage-3

1. Symptoms of stage 1 and stage 2 +
2. Purulent discharge from nose
3. Dysphasia
4. Gummy secretion from nose
5. Depression

Stage- 4

1. Stage 3 +
2. Severe cough
3. Wheezing
4. Difficulty in breathing

Treatment

Step-1. Normalisation of the altered Uyir thathukkal

Step -2. Internal medicine

Step-3 External medicine

Step-4 Special therapy

Step-1.Normalization of altered Uyirthathukal

The altered uyirthathukal should be normalised by the following procedure.

Pitham will be normalized by vomiting

Kapam will be normalized by Nasiyam and Anjanam

Vatham will be normalised by Purgation

Step2. Internal medicine

Level-1

The level-1 contain the following form of medicine

Chooranam

Lekiyam

Nei

Mathirai

Kasayam

Theeneer

Level- 2

The level-2 contain the following form of medicine

Parpam

Level- 3

The level-3 contain the following form of medicine

Chenthuram

Level- 4

The level-4 contain the following form of medicine

1. Mezhuku

2. Pathangam

3. Chunnam

Step -3 External medicines

Step-3 contain the following form of medicine

1. Thylam for oil bath

2. Patru(Paste)

3. Pugai (Fumigation)

4. Vethu (Therapeutic inhalation)

5. Naasigaparanam (Nasal snuffing)

Step4 Special therapy

Pranayamam

Meditation

Treatment for different stage of diseases:

- Stage-1 of disease – chooses the suitable medicine from step- 1, step -2(level-1), step- 3 and step-4
- Stage-2 of disease – choose the suitable medicine from step- 2 (level- 1 and level-2), step -3 and step-4
- Stage-3 of disease – choose the suitable medicine from step- 2(level- 1, level-3 or Level-4), step -3 and step-4
- Stage-4 of disease – referral criteria

Approximate cost for different stage of treatment

Stage -1

Cost for step- 1 – Rs.1200

Cost for step- 2 – Rs.40

Cost for step -3 – Rs.2050

Cost for step - 4 – Rs.300

Total cost for stage-1 treatment/day= Rs.3590

Total cost for stage-1 treatment/month= Rs.64200

Stage-2

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 47

Cost for step -3 – Rs.2050

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Total cost for stage-2 treatment/day= Rs. Rs.3597

Total cost for stage-2 treatment/month= Rs.64410

Stage- 3

Cost for step- 1 – Rs.1200 (Not necessary if given in step-1)

Cost for step- 2 – Rs. 45

Cost for step -3 – Rs.2050

Cost for step - 4 – Rs.300

Total cost for stage-3 treatment/day= Rs.3595

Total cost for stage-3 treatment/month= Rs.64350

Stage – 4

The patient will be referred to higher speciality centre

Approximate cost investigation

1. Skin prick test – Rs.3500
2. Serum allergen-specific IgE test - Rs.100
3. Full blood count – Rs.15

Investigation in Siddha system:

Neer kuri and Nei kuri, Malakuri and Manikkadai nool- Rs.50

Pathiyam(diet regimen)

Add

Rice or kanji – hand pounded rice, double boiled rice, rice kanji, pepper soup.

Tender vegetables: Athi (Ficus racemosa), Avarai(Dolichos lablab), Vazhai(Musa paradisiaca), Kathari (Solanum melangena), Murungai(Moringa oleifera) Sundai (Solanum torvum), Manathkali(physalis minima)

Greens-karisali(*Eclipta prostate*), Aru keerai(*Amaranthus tristis*), Siru keerai (*Amaranthus campestris*), Poonnaangani *Alternanthera sessilis*), Thoothuvalai (*Solanum trilobatum*), Vallarai (*Centella asiatica*), Musumusukkai (*Mukia maderaspatana*), Murungai (*Moringa oleifera*), Manalikeerai (*Gisekia pharanaeceoides*)

Dairy product- cow's butter milk and ghee

Non-vegetarian diet- Varappu nandu (farm crap), Dry fishes - Thitukkai(Trygon seption), Ayirai meen (Loach)), Velladu(*Capra hircus*), Muyal(Rabbit)

Avoid

Chilled food, soft drinks, ice cream

Sura i(*Lagenaria sicerania*), Poosani(*cocurbita maxima*), Peerku (*luffa acutangula*), Pudalai (*Trichosanthesa cucumerina*)

Advice

- Avoid smoking, alcoholic beverages.
- Kitchen should have proper chimney and be well ventilated
- Avoidance of open burning, use of water to suppress dust and wearing mask at work
- Place in areas of dust generation are advised.
- Adequate calories and protein rich diet.
- Avoid allergic substances to particular person,

Prevention:

1. The patient is advised to take oil bath once in week
- 2, Purgation should be given once in 4 months
3. Vomiting should induced once in 6 months
4. Nasiyam should be given once in 45 days
5. Anjanam should be applied once in 3 days
6. Strictly avoid day sleep

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

I. Definition

COPD is characterised by airflow obstruction that is not fully reversible. The airflow obstruction does not change markedly over several months and is usually progressive in the long term. COPD is predominantly caused by smoking. Other factors, particularly occupational exposures, may also contribute to the development of COPD. Exacerbations often occur, where there is a rapid and sustained worsening of symptoms beyond normal day-to-day variations.

II. Introduction

The airflow obstruction is present because of a combination of airway and parenchymal damage. The damage is the result of chronic inflammation that differs from that seen in asthma and which is usually the result of tobacco smoke. Significant airflow obstruction may be present before the person is aware of it. COPD produces symptoms, disability and impaired quality of life which may respond to pharmacological and other therapies that have limited or no impact on the airflow obstruction. COPD is now the preferred term for the conditions in patients with airflow obstruction who were previously diagnosed as having chronic bronchitis or emphysema.

There is no cure for COPD. Current conventional treatment is aimed at relieving symptoms, preventing recurrent exacerbations, preserving optimal lung function and enhancing the quality of life. Smoking cessation is the only therapeutic intervention shown to reduce disease progression. Although the allopathic medicine management of COPD has been improved since the 1990s, the progress is slow. Unsatisfactory treatment outcomes from conventional drugs, and adverse effects associated with several classes of drugs, such as steroids and theophylline, contribute substantially to the increasing popularity of alternative medicine and, in particular, Siddha medicine.

III. Aetiology

- **Smoking** - Smoking is by far the biggest risk factor for COPD. If you smoke, stopping is the single most effective way to reduce your risk of developing the condition. If you already have COPD, stopping smoking can halt its progression and reduce your risk of dying from it.
- **Passive smoking** - Exposure to other people's smoke, especially in childhood, increases your risk of COPD. You should avoid exposure to tobacco smoke as much as possible.
- **Fumes and dust** - Exposure to certain types of dust and chemicals at work, including grains, isocyanates, cadmium and coal has been linked to the development of COPD. Even in people who do not smoke. The risk of COPD is higher if you breathe in dust or fumes in the workplace, and you also smoke.
- **Air pollution** - Some research suggests that air pollution may be an additional risk factor for COPD. However, at the moment it is not conclusive and research is continuing.
- **Cannabis smoking** - There is growing evidence that regularly smoking cannabis, both with and without tobacco, can cause symptoms typical of chronic bronchitis, breathlessness and lung function changes. This is similar to those seen in regular tobacco smokers.

IV. Clinical Description

Damage to the lungs caused by smoking will gradually build up, so you may not notice the symptoms of COPD at first. However, they can get worse over time. COPD does not usually become noticeable until after the age of 35. See your GP if you have the following symptoms:

- increasing breathlessness when exercising or moving around
- a persistent cough with phlegm that never seems to go away
- frequent chest infections, particularly in winter

If you have COPD, the airways of the lungs become inflamed and narrowed. As the air sacs get permanently damaged, it will become increasingly difficult to breathe in and out.

The symptoms of COPD are often worse in the winter, and it is common to have two or more flare-ups a year. A flare-up is when your symptoms are particularly bad.

VI. Pathogenesis on the basis of Thirithodam

The vitiated 'Pranvayu' combines with deranged 'Kapam' in the lungs causing obstruction in the 'moothu kuzhal'(Respiratory passage). Kabam increased from its stage and induce the uthanan. Hence respiratory passage and apparatus become edematous and obstruct the passage. This results in gasping and laboured breathing. This condition is known as 'COPD'

VII. Clinical Management for different stages of disease condition

- To suppress the increased vatham humour medicated *Ennai kuliyal* (oil bath) is the first choice of treatment
- To reduce the increased vatham humour the *viresanam* (purgation)
- To reduce the vitiated kabam , herbal steam bath can be advised
- The internal medicines can be administered in the form of *chooranam* , *mathirai*, *kudineer*, *parpam*, *Chenduram* and *karppam*
- The external therapies like *piranayamam* to be advised.
- Yogasanams such as *Padmaasanam*, *Sugaasanam*, *Salabaasanam*, *Dhanuraasanam*, *Halasanam*, *Patchimothasanam*, *sarvangasanam*, *mayuraasanam*, *artha achaendhrasanam*

Stage-I

With or without cough/Sputum. FEV1 / FVC<70%,. FEV1/ > 80% predicted
Advice on smoking cessation and reduction of exposures to other risk factors
Purgation
Internal medicines
External medicines; Oleation

Stage-II

With or without symptoms (Dyspnea, cough, sputum)
FEV1 / FVC < 70%. 50% < FEV1/ < 80% predicted

Advice on smoking cessation and reduction of exposures to other risk factors

Purgation
Internal medicines
External medicines; Oleation, Inhalational therapy

Stage-III

FEV1 / FVC < 70% 30% < FEV1 / < 50% predicted
With or without chronic symptoms, cough, sputum production.
Internal medicines
External medicines
Oleation, Inhalational therapy

Stage IV (Referral)

FEV1 / FVC <70% FEV1 / < 30% predicted, or presence of respiratory failure or right heart failure **Patient should be referred to the COPD clinic**

Dos

- Go for morning or evening walk, do yoga mainly 'Pranayama'
- Keep rooms well ventilated.
- Drink boiled water in plenty
- Avoidance from direct contact of cold air, allergens (house dust mite, pollen, animal fur)
- Quantify the exercise tolerance
- Reduced Mental status like disturbed sleep, emotion etc
- Patient has to measure his peak flow (reason) at work and at home to confirm this
- Prevent disease progression (smoking cessation)
- Alleviate breathlessness and other respiratory symptoms
- Improve exercise tolerance and daily activity
- Reduce frequency and severity of exacerbations
- Improve health status

Don't's

- Cold and damp places.
- Smoking, alcoholism, tobacco
- Perfumes, Agarbatti. Mosquito repellents
- Over exercise

DIET

PURPOSE:

This diet is indicated for individuals with COPD for the purpose of minimizing fatigue while eating, decreasing excess carbon dioxide production and improving overall client outcome.

2000 – 2500 KCAL Diet for COPD

FOOD GROUP	Servings	Serving Size	Kcal Range
Meat (lean), Poultry, Fish, Dry Beans, Eggs, & Nuts	6-7 ounces	1 oz. cooked meat or poultry; 1 egg; ¼ cup cooked dry beans or tofu; 1 TB. peanut butter	330-385 kcal
Grains Bread, Cereal, Rice, & Pasta (at least ½ of all grains should be whole grains)	6-8 servings	1 slice bread; ¾-1 cup ready-to-eat cereal; ½ cup cooked cereal, rice or pasta	480- 640 kcal

Vegetables (including dark green or deep yellow as a source of vitamin A at least every other day)	5-6 servings	1 cup raw leafy vegetables; ½ cup of other vegetables (raw or cooked); ½- ¾ cup vegetable juice	125-150 kcal
Fruits (at least 1 should be high in vitamin C)	4-5 servings	1 medium apple, banana, orange, pear; ½ cup chopped, cooked or canned fruit; ½- ¾ cup fruit juice	240-300 kcal
Milk, Yogurt, & Cheese (low-fat)	3 servings	1 cup milk or yogurt; 1 ½ oz. natural cheese; 2 oz. processed cheese	270 kcal
Fats & Oils	7 servings	1 tsp margarine, oil, butter, mayonnaise; 1 TB. regular salad dressing	315 kcal
Total Calories			2000- 2500 kcal

DIET PRINCIPLES:

The diet is tailored to each individual's caloric needs, eating habits, treatment goals, and presence of other medical conditions. The following should be considered for individuals with COPD: Adequate calories provided in less volume (e.g. smaller more frequent feedings) if the individual is easily fatigued while eating, sodium restriction for peripheral edema and adjustment of calories as needed to achieve desirable body weight (excess calories should be avoided). Diets with 40-55% of calories from carbohydrate are usually tolerated. Protein and fat may be the preferred calorie source for individuals with hypercapnea (provided COPD is not associated with heart disease), since less CO₂ is produced than with carbohydrate metabolism. Pulmonary formulas (high fat/low carbohydrate) are available for oral or tube feeding. Potential side effects of a high fat/low carbohydrate diet (e.g. decreased gastric emptying, increased gastrointestinal side effects and potential problems related to decreased carbohydrate intake) need to be considered.

Approximate Medical Expenses

Stage I:

For oilation bath	- Rs.600.00
For purgation	- Rs.400.00
For internal medicine	- Rs.1250.00
For Yogam and Piranayamam	- Rs. 500.00
For Investigation	- Rs. 800.00 (Complete blood count, ECG, X- ray, Sputum AFB, Spirometry)
Total	- Rs. 3550.00/month

Stage II

For oilation bath	- Rs. 600.00
For purgation	- Rs. 400.00
For internal medicine	- Rs. 2500.00
For Yogam and Piranayamam	- Rs. 500.00
For Investigation	- Rs. 800.00 (Complete blood count,

ECG, X- ray, Sputum AFB, Spirometry)

Total - **Rs.4800.00/month**

Stage III

For oilation bath - Rs.600.00

For internal medicine - Rs.4500.00

For Yogam and Piranayamam - Rs. 500.00

For Investigation - Rs. 800.00 (Complete blood count,
ECG, X- ray, Sputum AFB, Spirometry)
AFB, Spirometry)

Total - **Rs.6400.00/month**

OCCUPATIONAL LUNG DISEASE

INTRODUCTION

‘Occupational Lung Disease’ is a lung disease associated with a person’s occupation or job. Nowadays, continuous and prolonged exposure to certain pollutants, allergens and irritants in the working environment may be an important cause for the incidence of Occupational Lung Disease. This does not mean that only the coal miners are more prone to get this type of respiratory disease. For instance, working in a cement factory or garbage landfill sites may make a person to expose to hazardous chemicals, dusts, and fibers that may lead to a lifetime lung problems if not properly diagnosed and treated. Simply Occupational lung diseases are a broad group of diseases caused by the inhalation of dusts, chemicals, or proteins. Siddha System of Medicine deals this Occupational Lung Disease as one of the cause for “Erumal Noi”.

DEFINITION

In Erumal Noi, Kabam accumulates and causes inflammation in the nose, pharynx, trachea, lungs resulting in the production of phlegm in these structures. Cough (Erumal) is a protective mechanism to expel the phlegm from the above structures.

ETIOLOGY

The agents responsible for the incidence of Occupational Lung Disease are

1. Dust particles from wood, cereals, asbestos, silica, chalk, pesticides etc.,
2. Fumes during welding, smelting and fumes from industrial furnaces
3. Smoke from burning organic materials
4. Gases like ammonia, chlorine, carbon monoxide, sulphur di oxide
5. Vapours from paints, lacquers, perfumes, sprays

CLINICAL DESCRIPTION

The common symptoms of Occupational Lung Disease are

- coughing
- shortness of breath
- chest pain
- chest tightness
- abnormal breathing pattern

The symptoms of occupational lung diseases may be similar to other medical conditions or problems.

PATHOGENESIS (MUKKUTRAVERPADU)

- The Kabam is vitiated affecting nose, pharynx, trachea, lungs because of prolonged exposure.
- The vitiated kabam is heated and stimulate the Uthana Vayu (type of Vatham) resulting in the occurrence of cough.
- Depending upon the virulence of these affected humours, various symptoms like dyspnoea, abnormal breathing pattern are resulted.

CLINICAL MANAGEMENT FOR DIFFERENT STAGES OF DISEASE CONDITION:

Purgation – to alleviate the vitiated Kabam. The purgative medicine may be in the form of Thylam, Mathirai, Kulambu etc as prescribed by the Physician.

STAGE 1

Internal medicines

In the initial stages, when the symptoms are mild, the following internal and external medications are prescribed according to the Physician's directions. The medicines may be a combination of Chooranam, Mathirai, Kudineer, Parpam, Chenduram, Manappagu, Rasayanam, Nei, Legyam, Vadagam, Karuppu. These medicines are prescribed with the aim of regulating the vitiated kabam and to inhibit the abnormal Uthana Vayu activity. In addition to that, the medicines having the activity of Expectorant, Mucolytic, Immunomodulators are prescribed.

External medicines

The medicines in the form of Mathirai, Pasai, Thylam, Pugai to relieve the congestion in the respiratory tract are used.

Otradam with herbs having the activity of decongestant property are used.

STAGE II

Internal medicines

When there is chronic cough with purulent expectoration, breathing difficulty, the medicines in the form of Chooranam, Mathirai, Parpam, Chenduram Karuppu, which are having the activity of Expectorant, Mucolytic, Anti allergic, Anti Tussive are prescribed.

External medicines

The medicines in the form of Mathirai, Pasai, Thylam, Pugai, Patru to relieve the congestion in the respiratory tract are used.

Otradam with herbs having the activity of decongestant property are used.

Pranayamam is advised to practice to ease the breathing difficulty.

STAGE III

Internal medicines

When there is chronic cough with wheezing, the medicines in the form of Chooranam, Mathirai, Parpam, Chenduram Karuppu, which are having the activity of Expectorant, Mucolytic, Anti allergic, Anti Tussive are prescribed.

Special treatment combinations as prescribed in the Texts may be prescribed.

External medicines

The medicines in the form of Mathirai, Pasai, Thylam, Pugai, Patru to relieve the congestion in the respiratory tract are used.

Otradam with herbs having the activity of decongestant property are used.

Pranayamam is advised to practice to ease the breathing difficulty.

DIET REGIMEN

- Have frequent, small meals rather than taking three large meals

- Morning – 6.00 AM – 1 cup of Milk – 120 ml with pepper, turmeric powders and palm sugar candy(Pang karkandu)
- Breakfast – 8.00 AM - 4 Idlis (75 gms each)/4 Idiyappam(75 gms each)/1 cup of Rice Milk Porridge (250 gms) with Jeeragam, leaves of Solanum trilobatum(Thoothuvalai) and a small piece of galangal root.
- Forenoon – 11.00 AM – 1 cup of soup 120 ml made of Crab (Nandu)/ Solanum trilobatum(Thoothuvalai), Solanum xanthocarpum(Kandankathiri), Coleus amboinicus (Karpooravalli) etc with 1 or 2 gooseberries/2 or 3 pieces of oranges/apple
- Lunch – 1.00 PM - 1 cup of Rice (250gms) with Tender vegetables like brinjal, drumstick, kidney beans etc, along with rasam made of Crab (Nandu), Solanum trilobatum(Thoothuvalai), Solanum xanthocarpum(Kandankathiri), Coleus amboinicus (Karpooravalli) etc,
- Evening – 4.00 PM – 1 cup of Lemon juice/Orange Juice – 120 ml/1 cup of soup 120 ml made of Crab (Nandu)/ Solanum trilobatum(Thoothuvalai), Solanum xanthocarpum(Kandankathiri), Coleus amboinicus (Karpooravalli) etc
- Dinner – 7.00 PM – 4 Idiyappam(75 gms)/ 1 cup of Rice Milk Porridge (250 gms) with 5 – 10 gms of paste (Thuvaiyal) made of Solanum trilobatum(Thoothuvalai), Solanum xanthocarpum(Kandankathiri)
- Night – 8.00 PM – 1 cup of Milk (120 ml) mixed with pepper, turmeric powders and palm sugar candy at bed time.

DON'TS

- Smoking
- Alcoholic drinks.
- Exposure to dust, allergens, chemicals, gases, vapours etc.
- Living in densely populated, polluted inhabitants
- Taking citrus and tomato in the diet, hot, spicy and fatty foods, caffeinated and carbonated drinks, chocolate, mint.
- Taking food or liquids for 2-3 hours before bedtime
- Avoid bending forward at the waist.
- Avoid wearing tight fitting clothing.

DO'S

- Use face mask in working or living environment
- Do regular exercises daily.
- Regular practice of Pranayamam, Yogam
- Performing holy rituals like Homam, yagam periodically
- Living in a natural environment with green plantations, trees.
- Elevate the head of the bed 6-8 inches, by placing blocks under the legs of the head of the bed.

APPROXIMATE COST FOR PROCEDURES, MEDICINES ETC DURING TREATMENT AND POST TREATMENT

STAGE I

Medicine	- Rs.50 - 75/day - Rs.1500 - 2250/month
External Medication	- Rs. 500/sitting.
Investigations (first visit)	
Blood routine	- Rs.15
X-ray	- Rs.50

STAGE II

Admission charges (Non-refundable)- Rs.25/- at the time of admission.

Hospitalization charges - Rs.35/- per day

These charges are inclusive of routine basic investigations and routine procedures.

Medicine + Food in IPD - Rs.90/day + Rs.100/day = Rs.190/day

External Medication - Rs. 500/sitting.

STAGE III

Admission charges (Non-refundabl - Rs.25/- at the time of admission.

Hospitalization charges - Rs.35/- per day

These charges are inclusive of routine basic investigations and routine procedures.

Medicine + Food in IPD - Rs.120/day + Rs.100/day = Rs.220/day

- Rs.7650/month

External Medication - Rs. 500/sitting.

SANTHUVATHAM (ARTHRITIS)

INTRODUCTION:

Saint yougi the father of Siddha pathology paved the way for those who are engaged in literary and clinical research in Siddha system of medicine. Yougi's classification of the diseases is mainly based on humoral and regional pathology. Under the vatha disease classification he dealt with different types of neuro muscular skeletal disorders. One among them is joint related disorders designated as santhuvatham (arthritis) by Yougi. In the chapter of vatha diseases the aetiology, pathology, types, symptomatology, diagnosis, line of treatment and prognosis are very well explained. He has enumerated nearly fifteen types of arthritic conditions in his poems.

Since arthritic conditions need a long term medical management, it is the time for Siddha system of medicine to explore the possibility for patient friendly management i.e., cost effective, efficacious, easily available & applicable medications. Siddars followed a unique protocol to treat vatha diseases:

1. **Oleation** –medicated oil bath,

2. **Purgation**-tablet/medicated oil/kulambu

3. **Internal medication**-in the form of kudiner (decotion), chooranam (powder), mathirai (tablet), legium(confection), manapagu (syrp), parpam ,chendhuram(calyx), mezhugu (confection)etc., (from root, herb to metals)

4.a.**External medications**- Pattru(Poultice), Poochu(Application of oinment, oil, herbal leaf juices etc.), Ottradam(foementation), ennai kattu(Oil pooling).

b.**External therapies**-Thokkanam(Oil massage), Varmam (a unique pressure technique applied over vital energy points (Pranan) and its travelling pathway in the body, Yogam (Meditation), Pranayamam (breathing techniques) and Aasanam (Posture).

The signs and symptoms of some of the arthritic conditions explained by yougi may well be correlated with that of modern science, which are as follows:

1. THALATHAMBA VATHAM-	GOUT
2. CEGANA VATHAM-	CERVICAL SPONDYLOSIS
3. THANDAGA VATHAM-	LUMBAR SPONDYLOSIS
4. SANTHU VATHAM-	OSTEO ARTHRITIS
5. NARITHALAI VATHAM-	SUPPURATIVE ARTHRITIS
6. MALAITHAKAMBA VATHAM-	ENTROPATHIC ARTHRITIS

THALATHAMBAVATHAM (GOUT)

DEFINITION:

Thalam+Thambam+Vatham

Thalam means sole

Thambanam means contraction of all pores or passages

Vatham means movement/action (ref TVS dic)

It is a kind of rheumatism due to excessive intake of mustard, salt and tamarind in the food and it is expressed by:

- gradual increase of boring pain in the sole,
- parched condition of the body,
- fatigue,
- hard breathing,
- 5 Thirst.

AETIOLOGY:

As per Saint yougi,

1. Food:

Food: excessive intake of mustard, salt and tamarind rich food, meat, seafood.

Vegetables: Beans, peas, asperagus, lentils (purine rich vegetables)

Greens: Spinach

2. Beverages: Toddy, sweetened drinks.

3. Genetic:

In born error causing under excretion of malam (metabolic waste products-uric acid like) in urine

4. Seasonal variations (mid June to mid Dec) vitiates vatham.

THIRIDHOSA CONCEPT (PATHOGENESIS)

Excessive intake of nonvegetarian diet, diet rich in starch and proteins, alcohol abuse, consumption of sweetened drinks causes derangement of pitham humor (signs of inflammation) which in turn affects joints (site of kabam) as the result derangement of kabam occurs (stiffness, rigidityof the joints, fluid collection in the joints etc.,) lastly, deranged pitham & kabam causes vitiation of vatham (pain and restricted movement of the joints).

CLINICAL DESCRIPTION:

As per yougi,

1. Swelling&heaviness of the foot
2. pain in the affected joint of the foot. The nature of the pain is throbbing, crushing & excruciating.
3. The affected joint appears red, warm & tender.
4. Stiffness of the body
5. Dryness of the skin
6. Difficulty in breathing
7. Excessive thirst
8. Fatigue.

STAGES:

STAGE 1 :

Yougi's version:"ullankal kanakkavae kudainthu noenthu karuki kanum"

Inflammation of the meta tarsophalangeal joint at the base of the big toe,

Tender, hot, swollen, painful joint.

STAGE 2:

Yougi's version:"Varutheiyee vanakkam chatrilammal than

Valithume maennokki varutham kannum"

In addition to the signs and symptoms of stage 1,

Involvement of other joints (heels,knees,wrist and fingers) causing difficulty in movement.

STAGE 3:

Yougi's version: "*Karuthiyee mikakanathu ullankallai*"

"Charuthiyee chadam ularanthu maelmoochundaie

Thaagama udampu ularandhu thalaranthu kannum"

Hyperuricemia (uric acid level in blood >7 & 8.9mg/dl)

Hard, painless deposits of uric acid crystals-tophi

Extensive tophi leads to chronic arthritis (due to bone erosion)

Recurrent attack of acute inflammatory arthritis.

STAGE 4:

Referral when the uric acid level in the blood goes above 9mg/dl

Urate nephropathy

Uric acid stone formation in the kidney.

DO'S AND DON'T'S:

DO'S: Food includes:

Wheat & dairy products.

Tender brinjal, tender drumstick, lab lab bean.

Drumstick leaves, sessile leaves, black night shade, climbing brinjal, curry leaf.

Pomegranate, Apple, Dates, Palm, Country fig.

DON'T'S: Avoid:

Mustard, sesame oil, yellow pumpkin, country arrack, ground nut, coconut, mango, jack fruit, garlic, asofoetida, tobacco, bitter guard, sesbania leaves.

Foods of astringent, sour, salt taste & tamarind rich foods.

Beans, peas, asparagus, lentils, spinach.

Toddy, Sweetened drinks,

Cool temperature.

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoedita powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms
 Sambar (without kizhangugal)-150 ml
 Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
 Rasam(Garlic) - 100 ml
 Butter milk (Kariveppilai thallippu)- 100 ml
 Fruit salad -100gms

Evening (4 p.m)

Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF THALATHAMBA VATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 days)
L0 (One day)	Oleation - oil form Purgation - tablet/ mezhugu/ennai/ kuzhambu Grand total	Rs.500 Rs.400 Rs.900
L1	L0 + Internal medicine: Kudineer,choornam, tablet,legiyum,syrup External therapies: Patru Patti Investigations: Routine CBC RFT CRP	Rs.900 + Rs.1068.75 Rs.500 Rs.400 Rs.90 Rs.400 Rs.30

	X-RAY Grand total	Rs.30 Rs.3419
L2	LO+L1 + parpam, chendrum External therapies: Patru Patti Thuvalai Yogam Investigations: Routine CBC RFT CRP X-RAY Grand total	Rs.900 +Rs.2519 + Rs.71 Rs.500 Rs.400 Rs.600 Rs.500 Rs.90 Rs.400 Rs.30 Rs.30 Rs.6040
L3	L0+L1+L2 +Nei External therapies: Patru Patti Thuvalai Yogam Investigations: Routine CBC RFT CRP X-RAY Grand total	Rs.900+Rs.2519+Rs.4429 +Rs.330 Rs.500 Rs.400 Rs.600 Rs.500 Rs.90 Rs.400 Rs.30 Rs.30 Rs.10628

CEGANAVATHAM(CERVICAL SPONDYLOSIS)

DEFINITION:

A type of the vatha disease caused by vitiation of vatham due to increased pitham, decreased kabam as a result of life style modifications (food and deeds) and seasonal changes which affects the joints and produces a typical scorpion bite like neuralgic pain in the region below the neck, upper and lower back. The pain radiates to both shoulders and upper limbs interferes with the movements.

AETIOLOGY:

As per yougi,

- Consumption of bitter, astringent, pungent foods /spicy food.
- Eating previous day cooked food
- General debility due to starvation
- Intake of toddy
- Controlling excessive thirst
- Lifting heavy weight
- Irregular sleep pattern (day sleep)
- Seasonal variations (mid June to mid Dec) vitiates vatham.

THIRIDHOSA CONCEPT (PATHOGENESIS):

Life style changes pertaining to food habits and deeds, seasonal changes influences increase of pitham humor causes inflammation and degenerative changes in the site of kabam thathu i.e joints by deranging the kabam thathu i.e., lowers kabam causes stiffness & rigidity in the joints which in turn results in vitiation of vatham, which causes restricted movement of the joint.

CLINICAL DESCRIPTION:

As per yougi,

1. Pain below the neck and above the loin region,
2. Radiating pain in the shoulder and upper limb,
3. Tingling sensation and numbness of the upper limb,
4. Scorpion sting like pain,
5. Burning sensation of the eyes,
6. Heaviness of the body,
7. Constipation,
8. Giddiness,
9. Mental depression.

STAGES:

STAGE 1:

Pain below the neck and upper back,

Interfering little with routine work.

STAGE 2:

- Pain below the neck and upper back, radiating to the shoulders and upper limbs, the moderate pain interferes significantly with routine work.,
- Tingling sensation and numbness of the upperlimbs,
- Burning sensation of the eyes.

STAGE 3:

- Pain below the neck and upper back, radiating to the shoulders and upper limbs.
- Scorpion sting like pain. The pain will be severe, disabling & unable to perform routine work.
- constipation.
- Heaviness of the body.

STAGE 4:

Referral

- Frequent attack of giddiness, severe neck pain & rigidity.
- Not able to do his/her work and confined to bed.
- Development of progressive disability (cervical myelopathic symptoms....).

DO'S AND DON'T'S:

DO'S: Food includes:

- Tender brinjal, tender drumstick, lab lab bean.
- Drumstick leaves, sessile leaves, black night shade, climbing brinjal, curry leaf.
- Pomegranate, Apple, dates, palm, country fig.
- Goat's meat, prawn, fish.

DON'T'S: Avoid

- Mustard, sesame oil, yellow pumpkin, country arrack, ground nut, coconut, mango, jack fruit, garlic, asofoetida, tobacco, bitter guard, sesbania leaves.
- Consumption of bitter, astringent, pungent foods /spicy food..
- Eating previous day cooked food
- General debility due to starvation
- Intake of toddy
- Controlling excessive thirst
- Lifting heavy weight
- Irregular sleep pattern (day sleep)
- Seasonal variations (mid June to mid Dec) vitiates vatham.

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoedita powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms
Sambar (without kizhangugal)-150 ml
Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
Rasam(Garlic) - 100 ml
Butter milk (Kariveppilai thallippu)- 100 ml
Fruit salad -100gms

Evening (4 p.m)

Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF CEGANAVATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 days)
L0 (one day)	Oleation- oil form Purgation- tablet/ mezhugu/ennai/kuzhambu Grand total	Rs.500 Rs.400 Rs.900
L1	L0 + Internal medicine: Kudineer,choornam, tablet,legiyum,syrup External therapies: Thokkanam Varmam(1 sitting) Yogam Investigations: Routine CBC Serum calcium Bone density CRP	Rs.900 + Rs.537 Rs.400 Rs.300 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30

	X-ray Grand total	Rs.30 Rs.3212
L2	LO+L1+ parpam,Chendrum External therapies: Varmam(7sittings) Ennaikattu Thokkanam Poochu Pottanam Yogam Investigations: Routine CBC Serum calcium Bone density CRP CT-Scan(specific region) Grand total	Rs.900+Rs.2312 Rs.148 Rs.1750 Rs.400 Rs.400 Rs.500 Rs.700 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.200 Rs.8355
	L0+L1+L2 +Nei External therapies: Varmam(21sittings) Ennaikattu Thokkanam Poochu	Rs.900+Rs.2312+Rs.5143 +Rs.611 Rs.4500 Rs.400 Rs.400 Rs.500

SANTHU VATHAM (OSTEOARTHRITIS)

DEFINITION

Due to lifestyle modification and seasonal variations the joint is affected by increased pitham decreased kabham and vitiated vatham, which in turn produces pain and swelling, redness of the joint, lowgrade fever and crepitation leads to restricted movement.

AEITIOLOGY

➤ SEASONAL FACTORS

As per Yugi Vaithiya Chinthamani the Vatha diseases are precipitated in the months from Aani to Karthigai (June to December).Hence the seasonal factors are involved and facilitate the Vatha disease.In Mudhuvenil kalam (Aani,Aadi i.e Mid June,July, Mid August) the increased environmental heat increases the evaporation of water from the body which in turn reduces the Kabam and increases the Vatham thathu reasulting in the production of vali diseases

OTHER FACTORS:-

Vatha disease is caused due to the following factors:

1. Excesssive intake of tubers,
2. Excessive intake of chilled food
3. Wandering in chill air
4. Getting drenched in rain
5. Living in hill region
6. Excessive sexual Indulgence
7. Walking under the hot sun
8. Excessive intake of water and bitterguard.
9. Hereditary

PATHOGENESIS ON THE BASIS OF THE TRITHOSHA

Due to lifestyle modification (Food and deeds) and seasonal variations the increased pitham (Internal heat energy) affects the joints resulting in the reduction of kabham (Dryness of synovium) in turn causes loss of lubricants resulting in vitiation of vatham. That leads to lowgrade fever, pain, swelling, redness, crepitation and restricted movement of the joint.

CLINICAL DESCRIPTION

Azhal keel vayu is characterized by swelling of joints associated with severe pain and lowgrade fever. Since it is not quickly responding to medicine the long term medical care is said to be essential. As pitha increases, Kabha (Synovial fluid) in the joints decrease and hence dryness occur. so during flexion of joint crepitation occurs.

STAGES

Stage 1

Pain, Swelling, tenderness of joints

Stage 2:

- Pain, Swelling, tenderness of joints
- Difficulty in walking
- Joint Crepitation

Stage 3:

- Pain, Swelling, tenderness of joints
- Difficulty in walking
- Joint Crepitation
- Effusion & Stiffness in the joints
- Movement restriction

Stage 4:

Referral :

- Severe pain in the joints, Movement restriction.
- Not able to do his/her work and confined to bed.
- Development of progressive disability.

DO'S AND DON'T'S:**DO'S:Food includes:**

- *Tendor brinjal,tender drumstick,lalab bean.
- *Drumstick leaves,sessile leaves,black night shade,climbing brinjal,curry leaf.
- *Pomegranate,Apple,dates,palm,country fig.
- *Goat's meat,prawn,fish.

DON'T'S:Avoid:

- *Mustard,sesame oil,yellow pumpkin,country arrack,ground nut,coconut,mango,jack fruit,garlic,asfoetida,tobacco,bitter guard,sesbania leaves.
- * Consumption of bitter,astringent,pungent foods /spicy food..
- *Eating previous day cooked food
- *starvation
- *Intake of toddy
- *Controlling excessive thirst
- *Irregular sleep pattern (day sleep)
- *Seasonal variations (mid June to mid Dec) vitiates vatham.

DIETERY REGIMEN**Morning (6 a.m)**

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoedita powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms
 Sambar (without kizhangugal)-150 ml
 Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
 Rasam(Garlic) - 100 ml
 Butter milk (Kariveppilai thallippu)- 100 ml
 Fruit salad -100gms

Evening (4 p.m)

Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF SANTHU VATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 days)
L0 (one day)	Oleation- oil form Purgation- tablet/ mezhugu/ennai/kuzhambu Grand total	Rs.500 Rs.400 Rs.900
L1	L0 + Internal medicine: Kudineer,choornam, tablet,legiyum,syrup External therapies: Thokkanam Varmam(1sitting) Yogam Investigations: Routine CBC Serum calcium Bone density CRP X-ray Grand total	Rs.900 + Rs.537 Rs.400 Rs.300 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.30 Rs.3212
L2	LO+L1+ parpam,Chendrum External therapies: Varmam(7sittings) Ennaikattu Thokkanam Poochu Pottanam	Rs.900+Rs.2312+ Rs.148 Rs.1750 Rs.400 Rs.400 Rs.500 Rs.700

	Yogam Investigations: Routine CBC Serum calcium Bone density CRP CT-Scan(specific region) Grand total	Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.200 Rs.8355
L3	L0+L1+L2 +Nei External therapies: Varmam(21sittings) Ennaikattu Thokkanam Pochu Pottanam Yogam Investigations: Routine CBC Serum calcium Bone density CRP MRI(specific region) Grand total	Rs.900+Rs.2312+Rs.5143 +Rs.611 Rs.4500 Rs.400 Rs.400 Rs.500 Rs.700 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.3000 Rs.19,511

THANDAGAVATHAM (LUMBAR SPONDYLOSIS)

DEFINITION:

It denotes pain and stiffness in hip & pain radiating to the lower extremities associated with heaviness and numbness.

The term Thandagam refers to vertebral column with the spinalcord. The term also implies stiffness of the whole body,which is rigid and stiff like a rod.This condition is caused by vitiated vaayu as a result of prolonged sitting in a particular posture as practised in the first stage of yogam.

AETIOLOGY:

- Prolonged sitting as practised in the first stage of yogam.
- Consumption of bitter,astringent,pungent foods /spicy food.
- Eating previous day cooked food
- General debility due to starvation
- Intake of toddy
- Controlling excessive thirst
- lifting heavy weight
- Irregular sleep pattern (day sleep)
- Seasonal variations (mid June to mid Dec) vitiates vatham..

THIRIDHOSHA CONCEPT (PATHOGENESIS):

Tubers like potato,unripped banana,yogic posture,seasons, Consumption of bitter,astringent,pungent foods /spicy food.,restricted movements causes vitiation of vatha which inturn affects the vertebral column and causes thandagavatham.

CLINICAL DESCRIPTION:

- Low back pain increased with activity,
- Radiating pain from hip to both lower limbs,
- Paraspinal muscle spasm and tenderness,stiffness or limitation of motion,
- Painful spinal deformity with restricted movement.

STAGES:

STAGE 1:

Low back pain followed by prolonged sitting or standing.

STAGE 2:

Low back pain radiating to both lower limbs.

Pain interferes a little with routines,

STAGE 3:

Low back pain radiating to both lower limbs.

Difficulty in walking and sitting,

Pain interferes significantly with routine works.

STAGE 4: REFERRAL

Bladder incontinence,

Bedridden.

DO'S AND DON'T'S:

DO'S:FOOD INCLUDE

Tender brinjal, tender drumstick, ladyfinger.

Drumstick leaves, sessile leaves, black night shade, climbing brinjal, curry leaf.

Pomegranate, Apple, dates, palm, country fig.

Goat's meat, prawn, fish.

DON'T'S:AVOID

Avoid weight lifting, forward bending,

Prolonged sitting and standing,

Mustard, sesame oil, yellow pumpkin, country arrack, ground nut, coconut, mango, jack fruit, garlic, asofoetida, tobacco, bitter guard, sesbania leaves.

Consumption of bitter, astringent, pungent foods /spicy food..

Eating previous day cooked food

starvation

Intake of toddy

Excessive thirst

lifting heavy weight

Irregular sleep pattern (day sleep)

Seasonal variations (mid June to mid Dec) vitiate vatham.

DIETARY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoetida powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms

Sambar (without kizhangugal)-150 ml

Poriyal (Avarai pinju, Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
 Rasam(Garlic) - 100 ml
 Butter milk (Kariveppilai thallippu)- 100 ml
 Fruit salad -100gms

Evening (4 p.m)

Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai
 chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF THANDAGA VATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 days)
L0 (one day)	Oleation- oil form	Rs.500
	Purgation- tablet/ mezhuugu/ennai/kuzhambu	Rs.400
	Grand total	Rs.900
L1	L0 +	Rs.900 +
	Internal medicine:	Rs.537
	Kudineer,choornam, tablet,legiyum,syrup	
	External therapies:	
	Thokkanam	Rs.400
	Varmam(1sitting)	Rs.300
	Yogam	Rs.500
	Investigations:	
	Routine CBC	Rs.90
	Serum calcium	Rs.25
	Bone density	Rs.400
CRP	Rs.30	
X-ray	Rs.30	
	Grand total	Rs.3212

L2	LO+L1+ parpam,Chendrum External therapies: Varmam(7sittings) Ennaikattu Thokkanam Poochu Pottanam Yogam Investigations: Routine CBC Serum calcium Bone density CRP CT-Scan(specific region) Grand total	Rs.900+Rs.2312+ Rs.148 Rs.1750 Rs.400 Rs.400 Rs.500 Rs.700 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.200 Rs.8355
L3	L0+L1+L2 +Nei External therapies: Varmam(21sittings) Ennaikattu Thokkanam Poochu Pottanam Yogam Investigations: Routine CBC Serum calcium Bone density CRP MRI(specific region) Grand total	Rs.900+Rs.2312+Rs.5143 +Rs.611 Rs.4500 Rs.400 Rs.400 Rs.500 Rs.700 Rs.500 Rs.90 Rs.25 Rs.400 Rs.30 Rs.3000 Rs.19,511

NARITHALAI VATHAM (SUPPURATIVE ARTHRITIS)

DEFINITION:

*Narithalai means knee cap [ref.TVS dict,vol IV,part II,page:1539]

*It is an acute arthritis marked by inflammation of joints especially in knee and ankle,pain ,heat,redness and swelling due to infection.

(The common causative organisms are gonococci, pneumococci, staphylococci, streptococci,H.influenzae and gram-negative).Accumulation of morbid fluid which are followed by over growth of articular cartilages with destruction of the cartilages and progressive deformity by assuming the shape of a jackal's head and there by rendering the patient unable to walk.

*The knee becomes unusally large makes the patient difficult to fold or stretch the leg.

AETIOLOGY:

*Consumption of tubers,bitter,astringent.

*Eating previous day cooked food

*General debility due to starvation

*Intake of toddy

*Controlling excessive thirst

*Irregular sleep pattern (day sleep)

*Seasonal variations (mid June to mid Dec) vitiates vatham..

*Excess lust.

THIRITHOSHA CONCEPT (PATHOGENESIS):

Food and deeds leads to vitiation of vatham uniting with the pitham (blood) produces the inflammation of knee joint (site of kabam).

CLINICAL DESCRIPTION:

*Knee joint swelling,redness,pain and joint effusion,

*Difficulty to fold or stretch the leg,

*The inflammed knee joint assumes the shape of a jackal's head.

*Palpitation.

STAGES:

STAGE 1:

*Redness, swelling, pain in the knee joint,

*Able to walk to some extent (mono articular),

STAGE 2:

*Redness, swelling, pain in the knee joint,

*Difficulty to fold or stretch the leg,

*Palpitation.

*Pain significantly interferes with the routine work.

STAGE 3:

*Redness,swelling,pain in the larger joint of lower extremities such as knee,hip and ankle,shoulder and sterno clavicular joints (poly articular).

STAGE 4: REFERRAL

*Severe poly articular infection.

*Bed ridden condition.

DO'S AND DON'T'S:

DO'S:FOOD INCLUDES

*Tendor brinjal,tender drumstick,lalab bean.

*Drumstick leaves,sessile leaves,black night shade,climbing brinjal,curry leaf.

*Pomegranate,Apple,dates,palm,country fig.

*Goat's meat,prawn,fish.

DON'T'S:AVOID

*Mustard,sesame oil,yellow pumpkin,country arrack,ground nut,coconut,mango,jack fruit,garlic,asfoetida,tobacco,bitter guard,sesbania leaves.

* Consumption of tubers,bitter & astringent foods.

*Eating previous day cooked food

* starvation

*Intake of toddy

*Controlling excessive thirst

*lifying heavy weight

*Irregular sleep pattern (day sleep)

*Seasonal variations (mid June to mid Dec) vitiates vatham.

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoedita powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms

Sambar (without kizhangugal)-150 ml

Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms

Rasam(Garlic) - 100 ml

Butter milk (Kariveppilai thallippu)- 100 ml

Fruit salad -100gms
Evening (4 p.m)
 Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF NARITHALAIVATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 DAYS)
L0 (one day)	Oleation- oil form Purgation- tablet/ mezhugu/ennai/kuzhambu Grand total	Rs. 400 Rs.500 Rs.900
L1	L0 + Internal medicine: Kudineer,choornam, tablet,legiyum,syrup External therapies: Patru Thuvalai Yogam Investigations: Routine CBC LFT RFT Sputum conc.culture PUS AFB(Smear, culture) Pus culture for Gonococci Pus culture for anaerobic –bacteria Grand total	Rs.900+ Rs.513 Rs.500 Rs.600 Rs.500 Rs.90 Rs.220 Rs.400 Rs.50 Rs.50 Rs.50 Rs.50 Rs.3923
L2	LO+L1+ parpam,Chendroom External therapies: Patru Thuvalai Patti kattal Yogam Investigations: Routine CBC LFT RFT Sputum conc.culture PUS AFB(Smear, culture) Pus culture for Gonococci Pus culture for anaerobic –bacteria Grand total	Rs.900+Rs.3023+ Rs.147 Rs.500 Rs.600 Rs.400 Rs.500 Rs.90 Rs.220 Rs.400 Rs.50 Rs.50 Rs.50 Rs.50 Rs.6980

L3	L0+L1+L2+ mezhugu,nei	Rs.900+Rs.3023+Rs.4857 Rs.740
	External therapies:	
	Leech therapy	Rs.1000
	Blood letting	Rs.600
	Patru	Rs.500
	Thuvalai	Rs.600
	Patti kattal	Rs.400
	Yogam	Rs.500
	Investigations:	
	Routine CBC	Rs.90
	LFT	Rs.220
	RFT	Rs.400
	Sputum conc.culture	Rs.50
	PUS AFB(Smear ,culture)	Rs.50
	Pus culture for Gonococci	Rs.50
Pus culture for anaerobic –bacteria	Rs.50	
Grand total	Rs.14,030	

MALAIHAKAMBA VATHAM (ENTEROPATHIC ARTHROPATHY)

DEFINITION:

Malaithal means imbalance (ref:volV pg.739,tvs dict)

Kambam means tremor (ref:vol II pg.1111,tvs dict)

Enteropathic arthritis may occur as axial arthritis, peripheral arthritis or mixed. As axial arthritis, symptoms of back pain and stiffness like that of ankylosing spondylitis and may precede GI symptoms. As peripheral arthritis there is typically a pattern of pauciarticular (4 or fewer joints), and asymmetric arthritis.

AETIOLOGY:

- *Consumption of tubers, bitter, astringent.
- *Eating previous day cooked food
- *General debility due to starvation
- *Intake of toddy
- *Controlling excessive thirst
- *Irregular sleep pattern (day sleep)
- *Seasonal variations (mid June to mid Dec) vitiates vatham..

THIRIDHOSHA CONCEPT (PATHOGENESIS):

Food and deeds cause vitiation of vatham which in turn causes derangement of vayu of GI reflexes (uthanan), vayu of excretion (abanan), vayu of digestion (pranan), vayu of absorption (samanana) and the vayu of axial and peripheral movements (viyanana) affected resulting in malaithakamba vatham (enteropathic arthritis).

CLINICAL DESCRIPTION :

- *Swelling in the wrist joint,
- *Severe body pain,
- *Tremor in the hands and legs,
- *Numbness and rigidity below the hip region,
- *Dry and fissure in the lip (sign of dehydration)
- *Passing foul smelling flatus.

STAGES:

STAGE 1:

- *Swelling in the wrist joint,
- *Severe body pain.

STAGE 2:

- *Swelling in the wrist joint,
- *Severe body pain,

*Tremor in the hands and legs.

STAGE 3:

*Swelling in the wrist joint,

*Severe body pain,

*Tremor in the hands and legs,

*Numbness and rigidity below the hip region,

*Dry and fissured lip (sign of dehydration)

*Passing foul smelling flatus.

STAGE 4 : REFFERAL

* Worsening of GI symptoms.

*Progression of axial and peripheral arthritis.

DO'S AND DON'T'S:

DO'S:FOOD INCLUDES

*Tender brinjal,tender drumstick,lalab bean.

*Drumstick leaves, sessile leaves, black night shade, hog weed, climbing brinjal, curry leaf.

*Pomegranate, Apple, dates, palm, country fig.

*Goat's meat, prawn, fish.

DON'T'S:AVOID

*Mustard, sesame oil, yellow pumpkin, country arrack, ground nut, coconut, mango, jack fruit, garlic, asfoetida, tobacco, bitter guard, sesbania leaves.

* Consumption of tubers, bitter & astringent foods.

*Eating previous day cooked food

* starvation

*Intake of toddy

*Controlling excessive thirst

*lifting heavy weight

*Irregular sleep pattern (day sleep)

*Seasonal variations (mid June to mid Dec) vitiates vatham.

DIETARY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea/ 1 country egg with 10 ml gingelly oil/ 100 ml of butter milk with 100 mg Asafoetida powder.

Break fast(9 a.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Ulanthan kanji

Lunch(1 p.m)

Boiled rice -400 gms

Sambar (without kizhangugal)-150 ml

Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms

Rasam(Garlic) - 100 ml

Butter milk (Kariveppilai thallippu)- 100 ml

Fruit salad -100gms

Evening (4 p.m)

Navathaniya kanji/veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of dosai -5 Nos.

COSTING OF MALAITHAGAMBAVATHAM

LEVELS	FORM OF MEDICINES (Anti-vatha drugs)	COST (30 DAYS)
L0 (one day)	Oleation- oil form Purgation- tablet/ mezhugu/ennai/kuzhambu Grand total	Rs. 400 Rs.500 Rs.900
L1	L0 + Internal medicine: Kudineer,choornam, tablet,legiyum,syrup External therapies: Poochu Oinment Investigations: Routine CBC CRP LFT Fecal examination XRAY Grand total	Rs.900 + Rs.420 Rs.500 Rs.200 Rs.90 Rs.30 Rs.220 Rs.15 Rs.30 Rs.2405
L2	LO+L1+ Parpam,Chendroom External therapies: Poochu Oinment Investigations: Routine CBC CRP LFT Fecal examination XRAY Grand total	Rs.900+Rs.1225 +Rs.139 Rs.500 Rs.200 Rs.90 Rs.30 Rs.220 Rs.15 Rs.30 Rs.3349

L3	L0+L1+L2+ mezhu,nei	Rs.900+Rs.1225+Rs.2744
	External therapies:	Rs.466
	Poochu	Rs.500
	Oinment	Rs.200
	Investigations:	
	Routine CBC	Rs.90
	CRP	Rs.30
	LFT	Rs.220
	Fecal examination	Rs.15
	XRAY	Rs.30
Grand total	Rs.6420	

VALIPPU NOI (CONVULSION)

Synonyms: Eluppu Noi, Esivu Noi

Introduction:

In Siddha System of medicine, the diseases of human beings are classified into 4448 types on the basis of Mukkutram theory. In normal healthy condition, the three humours exist with the ratio of 1:1/2:1/4 respectively. According to Siddha theory the cause of any disease is mainly due to the alteration in the equilibrium of three humors ie. Vatham, Pitham and Kabam. In Yugi Vaithya Chinthamani, Yugi Munivar classified Valippu Noi is one among them.

Valippu noi is caused by abnormality of physical and mental status. It is a brain disorder in which a person has repeated seizures (convulsions) over time. Seizures are episodes of disturbed brain activity that cause changes in attention or behavior.

Definition:

The onset is sudden and the symptoms are upward movements of the eyeballs, muscle twitching, myoclonic spasm, throat blocking, tongue dryness and frothy excretion of the saliva and incontinence of urine and faeces the symptoms appears mentally disturbed, speechless and perspiration are also seen in that time.

Clinical Description:

- Giddiness before convulsion starts, flaccidity of extremities
- Fainting, tingling sensation in the distal part of the fingers or twitching of n the fingers, affective mental state, visual disturbances
- Movement loss, twitching of eyelids, loss of speech, tenderness all over the body, thirsty, over perspiration, dribbling of the saliva, insomnia

Etiology:

Sexual transmitted disease, walking long distance, anger, misbehaviour and worst character, including more sexual intercourse act, in appropriate to the climate and taking more chilled items.

Pathogenesis (Mukkutra theory)

Convulsion arise due to the nature of foods taken, abnormality and allergic reactions, which increases the Vali humour. the Vali increased and defects the Pitha and Kaba humours and make them to accompany it. Abana Vayu and other Vayus also get defected from their own state and cause convulsion.

Types:

Simple Partial Seizures: Mano Vali

STAGES

- The onset of involuntary movement of the contra-lateral.
- Followed abnormal movement of face
- Synchronous with the movements of hands

- Changes in somatic sensation, equilibrium, altering in hearing, olfaction or higher cortical function
- This type serve as a warning or aura

Complex Partial Seizure: Muyalagan Vali

- It begins with aura
- Sudden behavioral arrest of event
- The behavioral arrest is usually accompanied by automatism
- They typically confused
- Transition to full recovery of consciousness for seconds to hour

Grandmal Epilepsy: Kakkai Vali

- It begins without warnings
- Initial tonic contraction of muscles throughout the body
- Respiration impaired
- Bite of tongue
- After 10-20 minutes tonic to clonic stage muscle relaxation starts
- Unresponsiveness, muscular flaccidity, excessive salivation, subsequently complaints of headache, fatigue and muscle ache occur.

Status Epilepticus: Sura Vali

- Discrete seizures
- Merging seizures with waxing and waning amplitude and frequency of EEG
- Continuous ictal activity
- Continuous ictal discharges punctuated by low voltage flat periods
- Periodic epileptiform discharges on a flat background

Treatment

Line of Treatment

- Purgation
- Oleation
- Internal medicine
- External medicine

External therapy

- Varmam
- Pugai
- Ottradam

Rejuvenative medicine

Yogam

Karpam

Approximate cost for the management (1 day)

Purgation	Rs – 400 (One time)
Oleation:	Rs - 500
Internal Medicine:	Rs - 18
External Medicine:	Rs - 26
External Therapy:	Rs- 1300
Rejuvenative medicine:	
Yogam	Rs- 500
Grand Total:	Rs. 2744

REFERRAL CRITERIA:

- Uncontrollable symptoms,
- Chronic illness since several years

SUBJECT TO CHANGE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

- Regular exercises
- Karpa medicines
- Pranayamam

PATHIYAM(DIET)

Tender Vegetables:

Erumurai Vatiththa Kangu (double boiled rice), kaththari Pinchu (*Solanum melongena*), Avarai Pinchu (*dolichoslablab*), Aththippinchi (*ficus racemosa*), Mudakkarran (*Cardiospermum halicacabum*)

Greens:

Mudakkarran Keerai (*Cardio spermumhalicacabum*), Ponnakaanik Keerai (*Alternanthera sessilis*), Thoothuvealai Keerai (*Solanum trilobatum*), Mookkirattai Keerai (*Boerhaaviadiffusa*), Vealai Keerai (*Cleome viscosa*).

Dairy products:

Cow buttermilk

Non Vegetariayan Diet:

Vellattu Kari, Kaadai,

Avoid (Aagap Porutgal)

- Surai (*Lagenariasiceraria*), Poosunai (*Luffa acutangula*), Vellari (*Cucumissativus*), Pudalai (*Trichosanthes cucumerina*), Peercku (*Luffaacutangula*),

- Kaaramani(*Vignaunguiculata*), Ulunthu(*Vignamungo*), Kollu(*Macrotylomauniflorum*), Kadugu(*Brassiajuncea*)
- Sour, astringent tastes
- Sea foods except small prawn

Other Advice:

- Bed rest
- Regular exercise and Yogasanas
- Avoid chilled atmosphere, sleep on cold floor, live on high altitude

Investigation:

Blood chemistry

Blood sugar	Rs. 50
CBC (complete blood count)	Rs. 15
Kidney function tests	Rs. 400
Liver function tests	Rs. 220
Lumbar puncture (spinal tap)	Rs. 400
Tests for infectious diseases	
Head CT or MRI scan often done to find the cause and location of the problem in the brain.-	Rs. 3000

Total- Rs. 4085

AUTO-IMMUNE DISORDERS

VENPULLI-VITILIGO

DEFINITION:

Vitiligo is defined as a common dermatological disorder characterised by well-circumscribed, milky white cutaneous macules devoid of melanocytes.

ETIOLOGY:

Nutritional - Defects in copper, protein and vitamins in diet, digestive upsets like amoebiasis, helminthes, chronic diarrhea, dysentery etc.

Endocrines - Association with thyrotoxicosis and diabetes. Trophoneurosis and autoimmune imbalance-emotional stress and strain.

Infections and toxic products-Enteric fever, ill-health, focal sepsis.

Drugs and chemicals like quinines, guanafuracin, amyphenol, chlorthiazide, broadspectrum antibiotics, Betablaetus and chloroquin.

CLINICAL FEATURES:

Circumscribed depigmented patches frequently seen in hands, wrists, knees and around the mouth, nose, eyes, nipples, umblicus, anus.

Sharply defined depigmented patches surrounded by light brown hyperpigmentation.

Spotty dark pigment seen within the depigmented patches.

Depigmented scalp hair, hair loss and burning sensation.

MUKKUTRA VERUPAADU:

“Vaathamalaathu Meni Kedaathu “-Theran

The deranged vaatham is the predominant cause for the occurrence of venpulli. The deranged vaatham and pitham leads to the development of venpulli.

STAGES OF VITILIGO

1. Active (V1)

- ❖ New lesions developing
- ❖ Lesions increasing in size
- ❖ Border ill defined

2. Quiescent/Stable (V2)

- ❖ No new lesions developing
- ❖ Lesion stationary in size
- ❖ Border hyperpigmented and well defined

3. Improving(V3)

- ❖ Lesions decreasing in size
- ❖ No new lesions developing
- ❖ Border defined and signs of spontaneous repigmentation.

LINE OF TREATMENT

1. Purgation
2. Oleation:
3. Internal medicine
4. Karpam marunthu
5. External medicine
6. External therapy
7. Yogam

- Common to all Stages

REFERAL CRITERIA:

Referred to concerned department for further management.

1. Depigmented patches spreading all over the body.
2. Depigmentation of scalp hair.
3. Burn coloured skin patches.

PATHIYAM (DIET)

Adviced:

Tender Vegetables:

- ❖ KaththariPinchu(*solanum melongena*)
- ❖ AvaraiPinchu(*dolichos lablab*)
- ❖ Aththippinchu(*ficusracemosa*)
- ❖ Mullangi(*Rhaphanus sativus*)
- ❖ Pahal(*Memortica charantia*)
- ❖ Sambal poosani(*Benincasa hispida*)
- ❖ Thoothuvealai(*Solanum trilobatum*),

Greens:

- ❖ Sirukeerai (*Amaranthus tricolor*)
- ❖ PonnakaanikKeerai (*Alternanthera sessilis*),
- ❖ ThoothuvealaikKeerai (*Solanum trilobatum*),
- ❖ Keerai thandu (*Amaranthus gangeticus*)
- ❖ Agathi (*Sesbania grantiflora*)

Pulses:

- ❖ Thuvarai

Fruits:

- ❖ Maadhulai (*Punica granatum*),
- ❖ Pappali (*Carrica pappaya*),

- ❖ Naaval (*Syzygium cuminum*),
- ❖ Paareechu (*Foenix dactilifera*),
- ❖ Aththi (*Ficus racemosus*),
- ❖ Thirachai (*Vitis vinifera*),
- ❖ Kichilli pazham (*Citrus aurantium*),
- ❖ Nelli (*phyllanthus emblica*)

Rice:

- ❖ Hard pounded unpolished rice

Non-vegetarian:

- ❖ Maada pura (Dancing penguin),
- ❖ Mani pura (Dotted penguin),
- ❖ Ven pura (White dove),
- ❖ Ullan (Common snipe),
- ❖ Vellaadu (*Capra hircus*),
- ❖ Ayirai meen (Loach)

2.Avoid

- ❖ Sour, Pungent and Salty taste.
- ❖ Mustard seeds
- ❖ Verkadalai (*Arachis hypogea*),
- ❖ Kaaramani (*Vigna unguiculata*),
- ❖ Pataani (*Pisum sativum*),
- ❖ Mochai (*Lablab purpureus*)

PREVENTION:

1. Daily intake of greens, Sprouted pasipayaru (*Vigna radiata*)
Venthayam (*Trigonella foenum*)
2. Take inji karpam, Karisalai Karpam, Ponnakaani karpam
3. Advised pranayamam, Sooriya vanakkam daily.

Advice after completion of treatment::

1. Avoid alcoholic beverages
2. Change of occupation is advised if it is the causative factor.

ONE DAY DIET:

Early morning:

Chukkumalli coffee-150ml.

Breakfast:

Sprouted Bengal gram boiled-150gm

Idli -3
 Pudhina, karuveppillai chutney -20gm
 Aththi pazham-5

Lunch:

Karisalai/Ponnamkanni poriyal - 50gm
 Fresh vegetable salad -100gm
 Pomegranate juice 150 ml
 Naval pazham-5

Evening:

Aellurandai -5
 Black dates -5
 Aval with milk -100gm

Dinner:

Chappathi -2
 Chenna -100gm
 Dry grapes -15gm

COSTING OF TREATMENT (for 1 day)

STAGE-I

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1460

STAGE II

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1490

STAGE III

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.80
Karpam-	Rs.10

External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL	Rs.1510

INVESTIGATION:

1. Routine blood investigation- Rs.90
2. Liver function test- Rs.220
3. Renal function test- Rs.400

Thyroid profile test-

1. T3 - Rs.200
2. T4 - Rs.200
3. TSH - Rs.200
4. TPO - Rs.300

UTHIRAVAADHA SURONITHAM (RHEUMATOID ARTHRITIS)

DEINITION

Rheumatoid arthritis is a generalised disease affecting the connective tissues of the whole body with localized involvement of the musculo skeletal system.

ETIOLOGY:

Geographical:

RA has a world-wide distribution and affects 0.5-3% of the population. It is a significant cause of disability and mortality and carries a high socio-economic cost.

Age:

RA presents from early childhood to late old age. The most common age of onset is between 30 and 50 years.

Gender:

Women before the menopause are affected three times more often than men.

Familial:

The disease is familial but sporadic. In occasional families it affects several generations.

It is estimated to account for 60% of disease susceptibility.

HLA types:

There is strong association between susceptibility to RA and certain haplotypes. HLA-DR4, which occur in 50-75% of patients.

STAGE I

UTHIRAVAATHA SURONITHAM:

- Pain and swelling in all major joints and small joints.
- Loss of appetite, depression,
- Deranged pitham and elevated vayu leads to this condition.

STAGE II

PAITHIYAVAATHA SURONITHAM:

- Severe pain in all major and minor joints.
- Generalized weakness of both upper and lower limbs,
- small joints, cheek, forehead, fever, anaemia, depression.

Clinical features:

Rheumatoid arthritis is more common in women and occurs between 25 and 40 years of age. It is a chronic disease with periodic acute exacerbations and remissions. Morning stiffness is a very characteristic of Rheumatoid arthritis. Involves small joints of the hands and feet and later on spreading to the proximal joints like the knee, hip, elbow and shoulder.

Mukkuutra Verupadu (Pathogenesis):

The combined derangement of Vali and Azhal leads to the development of Uthiravaadha suronitham- Rheumatoid arthritis

LINE OF TREATMENT

1. Purgation
2. Oleation:
3. Internal medicine
4. Karpam marunthu
5. External medicine
6. External therapy

DIETERY REGIMEN

ADD:

Tender vegetables:

- ❖ Kathari(Solanum melangena),
- ❖ Avarai(Dolicus lablab),
- ❖ Pudalai(Trichosanthe cucumerina),
- ❖ Vellari(Cucumis sativus),
- ❖ Kovai(Coccina grandis),
- ❖ Murungai(Moringa oleifera),
- ❖ Athai(Ficus racemosa),
- ❖ Surai(Lagenaria sicerarie),
- ❖ Sundai (Solanum torvum),
- ❖ Mullangai (Rhaphanus sativus),
- ❖ Karunai kizhangu (Colocasia antiquarum)
- ❖ Pirandai(Cissus quadrangularis)

Greens:

- ❖ Musumusukai(Mukia maderaspatna),
- ❖ Ponnaangaani(Alternanthera sessils),
- ❖ Mookirattai (Boerhavia diffusa)
- ❖ Sirukeerai(Amaranthus tricolor)
- ❖ Manali keerai(Gisekia pharanaceoides)
- ❖ Puliyaari (Oxalis corniculata)

Pulses:

- ❖ Ulunthu (Vigna mungo)

Diary products:

- ❖ Cow's buttermilk.

Non-vegetarian diets

- ❖ Velladu(Capra hircus)
- ❖ Ayirai meen(Loach)
- ❖ Udumbu(Monitar lizard)
- ❖ Kaadai (Gallus sonne ralti)
- ❖ Kowthaari(Indian partridge)

AVOID

- ❖ Tubers except Karunai (Colocasia antiquorum), Ma porutkal(Carohydrate rich diets),Vazhai(tender fruit of Musa paradisiacal), Verkadalai(Arachis hypogea), Karamani(Vigna unguiculata), Pattani(Pisum sativam), Mochchai(Lablab purpureus).
- ❖ Astringent tastes.
- ❖ Sea Sour, foods expect small prawn.

Other advices:

- ❖ Rest for involved joint.
- ❖ Activities that involve excessive use of joint should be identified and avoided.
- ❖ Regular mild exercises and Yogasanam.
- ❖ To avoid chill weather, sleeping in bare floor,high altitude.

ONE DAY DIET:

Early morning:

Chukku malli coffee - 150ml

Breakfast :

Mudakkaruthan adai - 2(200gm)

Pirandai thuvayal - 25 gm

Lunch:

Veg salad - 50gm

Ponnamkanni poriyal - 50gm

Apple juice - 150 ml

Evening:

Ellurandai - 5

Ragi dosai - 2 (200gm)

Dinner:

Chappathi - 2

Chenna - 50gm

COSTING OF TREATMENT(for 1 day)

STAGE-I

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.20
External medicine-	Rs.10
External therapy	
Varmam-	Rs.1750(7 sitting)
Patru-	Rs.500(for specific region)
Pattikattal-	Rs.400
Yogam-	Rs.500
TOTAL –	Rs.4140

STAGE II

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.100
Karpam-	Rs.20
External medicine-	Rs.20
External therapy	
Varmam-	Rs.3000(for 14 sitting)
Leech therapy-	Rs.1000(for 1 sitting)
Patru-	Rs.500
Pattikattal-	Rs.400
Yogam-	Rs.500
TOTAL-	Rs.6440

Blood investigation

Routine blood investigation	-Rs.90
Liver function test	- Rs.220
Renal function test	- Rs.400
ASO titre	- Rs.250
CRP	- Rs.25
RA factor	- Rs.50
Anti CCP	- Rs.700
X-ray	-Rs.30

PUZHUVETTU(ALOPECIA AREATA)

DEFINITION

Alopecia areata is an immunologically mediated disease characterized by circumscribed regions of acute hair loss without surface scale or erythema.

ETIOLOGY:

The exact cause is unknown. The consensus of opinion is that alopecia areata is the result of physical or emotional stress in a sensitive individual. Some workers blame auto-immune mechanism, as by chemicals, drugs and infections.

CLINICAL FEATURES

Rapid shedding of hair shafts to form small, well circumscribed round or oval patches is the most common presentation of alopecia areata.

The hairless scalp is usually asymptomatic and appears normal only rarely does the patient notice tingling sensation or slight degree of erythema.

Patches of erythema are typically 3-5 cm in diameter

MUKKUTRA VERUPADU- PATHOGENESIS

“Vaathamallathu Meni Kedathu” -Theran

Deranged vaatham is the predominant cause for puzhuvettu.

Deranged vaatham and pitham leads to the development of the disease puzhuvettu.

STAGE -I

Rapid and complete loss of hair in one or more round or oval patches, usually on the scalp, bearded area, eye brows, eyelashes and less commonly on other hairy areas of the body.

STAGE II

Early in the course there may be sparing of gray hair and white hair are rarely affected sudden. Whitening of hair may represent widespread alopecia areata in a patient with salt and pepper hair.

STAGE -III

In about 10% of cases of alopecia areata especially in long standing cases with extreme involvement the nails develop uniform pits they may form transverse or longitudinal lines.

LINE OF TREATMENT

1. Purgation
2. Oleation:
3. Internal medicine
4. Karpam marunthu
5. External medicine
6. External therapy

PATHIYAM(DIET)

Tender Vegetables –

- ❖ Avarai (*Dolichos lablab*),
- ❖ Athi (*Ficus racemosa*)
- ❖ Murungai (*Moringa oleifera*)
- ❖ Vaazhaithandu (*Musa paradisiaca*),
- ❖ Mullangi (*Rhaphanus sativus*)

Greens:

- ❖ Pannai keerai (*Chemissoa albida*),
- ❖ Parattai keerai (*Evolvulus emarginatus*)
- ❖ Mullangi keerai (*Rhaphanus sativus*)
- ❖ Mudakaruthankeerai(*Cadiospermum helicacabam*)

Dairy products - Cow's buttermilk

AVOID:

- Avoid frequent intake of sour and hot tastes.
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoidum*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikaai(tender fruits of *Musa paradisiaca*),
- Paharkaai(*Momordica charantia*)
- Mango(*Mangifera indica*)
- Sakarai valli kizhangu (*Ipomoea batatus*)
- Seppakizhagu (*Calacasia esculanta*)
- Vellari(*Cucumis sativus*)
- Koththavarai(*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Koyya(*Psidium guajava*)
- Kathari(*Solanum melongena*)
- Vaankozhi kari(*Turkey*)

ONE DAY DIET:

Early morning:

Arugampul juice -100ml

Break fast :

Idli - 4

Pudhina chutney -50gm

Lunch:

Fresh veg salad -50gm
 Karisalai poriyal -50gm

Evening:

Nellithennural -5 pieces

Dinner:

Chappathi -2
 Chenna -50gm.

COSTING OF TREATMENT(for 1 day)**STAGE-I**

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1460

STAGE-II

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1460

STAGE-III

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1460

Blood investigation

Routine blood investigation-Rs.90

SYSTEMIC LUPUS ERYTHIMATOSUS (SLE)

DEFINITION

SLE is a multisystem disorder, primarily affects skin, joint and vascular system. The age of onset is usually between 16 and 42 years occurring more frequently in females (F:M::8:1)

ETIOLOGY:

There is unequivocal evidence for the presence of nautoantibodies directed against nuclear DNA and other tissue antigens.these autoantibodies form as a result of genetically determined immune imbalance;as a result, B-cells readily synthesize antibodies directed against tissue proteins altered by ultraviolet,viruses,drugs, and other unknown factors causing damage by formation of immune complex and cytotoxicity.

CRITERIA FOR DIAGNOSIS:

MALAR RASH:

Fixed erythema, flat or raised, over the malar eminences, tending to space the nasolabial folds.

DISCOID RASH ERYTHEMATOUS:

Erythematous raised patches with adherent keratotic scaling and follicular plugging ;atrophic scarring may occur in older lesions.

PHOTO SENSITIVITY:

Skin rash as a result of unusual reaction to sunlight, By patient history or physician observation.

ORAL ULCERS:

Oral or nasopharngal ulceration, usually painless, observed by a physician.

ARTHRITIS:

Non erosive arthritis involving two or more peripheral joints, characterized by tenderness, swelling or effusion.

SEROSITIS: PLEURITIS:

History of pleuritic pain or rub heard by a physician or evidence of pleural effusion.

PERICARDITIS:

Documented by ECG or evidence of pericardial effusion.

RENAL DISORDER:

- a. Persisitent proteinuria > 0.5 gm/ day
- b.cellular casts– may be red cells, heamoglobin, granular, tubular or mixed

NEUROLOGICAL DISORDER:

A. Seizure- Due to absence of offending drugs or known metabolic derangements E.g Uremia, ketoacidosis or electrolyte imbalance.

B. Psycosis

HEMATOLOGIC DISORDER:

- a. Hemolytic anemia
- b. Leucopenia <4000/ml
- c. Lymphopenia <1500 ml
- d. Thrombocytopenia <100000 ml

IMMUNOLOGIC DISORDER:

Anti-DNA –Antibody to native DNA

Anti-SM- present of antibody to SM nuclear antigen

ANTINUCLEAR ANTIBODY:

An abnormal titer antinuclear antibody by immunofluorescence.

CHIEF CUTANEOUS FEATURES:

- Butterfly rash
- Photo sensitivity
- Raynaud's phenomenon
- Non scarring alopecia short hairs in the frontal region are referred to as cupus hairs
- Urticarial vasculitis
- Mouth ulceration
- Bullous lesions
- Chronic discoid lesion
- Cutaneous vasculitis
- Others-Vasculopathy, periungal telangiectasia, leg ulcers, erythema multiforme, thrombophlebitis, peripheral gangrene.

According to Siddha system, deranged Vaatham and Pitham, combined with Kabham causes above condition.

Saaram, seneer, mamisam, enbu –deranged in this condition.

LINE OF TREATMENT

1. Purgation
2. Oleation:
3. Internal medicine
4. Karpam marunthu
5. External medicine
6. External therapy

PATHIYAM (DIET)

Advised:

Tender Vegetables:

- ❖ KaththariPinchu(solanum melongena)
- ❖ AvaraiPinchu(dolichos lablab)

- ❖ Aththippinchu(*ficusracemosa*)
- ❖ Mullangi(*Rhaphanus sativus*)
- ❖ Pahal(*Memortica charantia*)
- ❖ Sambal poosani(*Benincasa hispida*)
- ❖ Thoothuvealai(*Solanum trilobatum*),

Greens:

- ❖ Sirukeerai (*Amaranthus tricolor*)
- ❖ PonnakaanikKeerai (*Alternanthera sessilis*),
- ❖ ThoothuvealaikKeerai (*Solanum trilobatum*),
- ❖ Keerai thandu (*Amaranthus gangeticus*)
- ❖ Agathi (*Sesbania grantiflora*)

Pulses:

- ❖ Thuvarai

Fruits:

- Maadhulai (*Punica granatum*),
- Pappali (*Carrica pappaya*),
- Naaval (*Syzygium cuminum*),
- Paereechu (*Foenix dactilifera*),
- Aththi (*Ficus racemosus*),
- Thirachai (*Vitis vinifera*),
- Kichilli pazham (*Citrus aurantium*),
- Nelli (*phyllanthus emblica*)

Rice:

- ❖ Hard pounded unpolished rice

Non-vegetarian:

- ❖ Maada pura (Dancing penguin),
- ❖ Mani pura (Dotted penguin),
- ❖ Ven pura (White dove),
- ❖ Ullan (Common snipe),
- ❖ Vellaadu (*Capra hircus*),
- ❖ Ayirai meen (Loach)

2.Avoid

- ❖ Sour, Pungent and Salty taste.
- ❖ Mustard seeds
- ❖ Verkadalai (*Arachis hypogea*),
- ❖ Kaaramani (*Vigna unguiculata*),
- ❖ Pataani (*Pisum sativum*),
- ❖ Mochai (*Lablab purpureus*)

PREVENTION:

1. Daily intake of greens, sprouted pasipayaru(*Vigna radiata*) Fruits.

2. Take inji karpam, Karisalai karpam, Ponnakaani karpam
3. Advised pranayamam, Sooriya Vanakkam daily.

ONE DAY DIET

Early morning:

Arugampul juice -150ml

Breakfast:

Idli - 4
Mudakathan adai - 2
Pudhina chutney - 20gm

Lunch:

Ponnamkanni poriyal - 50gm
Veg salad - 20gm
Pirandai thuvayal - 20gm
Apple juice - 150ml

Evening:

Ragi dosai -2
Aval with milk - 25gm

Dinner:

Chappathi - 2
Chenna - 20gm

COST OF TREATMENT:(for one day)

Purgation-	Rs.400
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.20
External medicine-	Rs.10
External therapy	
Varmam-	Rs.1750(7 sitting)
Patru-	Rs.500(for specific region)
Pattikattal-	Rs.400
Yogam-	Rs.500
TOTAL -	Rs.4140

Blood Investigation:

Routine blood investigation-	Rs.90
Renal function test-	Rs.400
Liver function test-	Rs.220
ECG-	Rs.100
MRI Brain-	Rs.3000
Anti-DNA-	Rs.500
Anti-Sm-	Rs.500
Igm-	Rs.100
IgG-	Rs.100
ANA-	Rs.100
TOTAL -	Rs.5010

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

INTRODUCTION:

In Siddha system, the physiology of normal body activities is dealt in 96 Tathuvaṅkal (Philosophy).Maṅam (Mind), Puthi (Wisdom, Decision making), Muṅaiṅṅu (Accomplishment) Cittam(Determination) are directly responsible for mental well being. Vatham,Pitham and Kabam are the three humours which are the basic constitution of human body. Vitiation Pitham would affect Maṅam and leads to Mental illness

DEFINITION:

Attention deficit hyperactivity disorder (ADHD) is a condition in which a person has trouble paying attention and focusing on tasks, tends to act without thinking, and has trouble sitting still. Attention deficit hyperactivity disorder(ADHD) is a common condition that affects children and adolescents and can continue into adulthood for some.

CAUSES:

The exact cause of ADHD is not known, although researchers continue to study the brain for clues. They suspect that there are several factors that may contribute to the condition, including:

- Heredity
- Chemical imbalance: Imbalance of brain chemicals (neurotransmitters)
- Brain changes
- Brain Injury

CLINICAL DESCRIPTION:

Types of ADHD

- There are three different subtypes of ADHD, including:
- Combined ADHD (the most common subtype), which involves symptoms of both inattentiveness and hyperactivity/impulsivity
- Inattentive ADHD (previously known as ADD), which is marked by impaired attention and concentration
- Hyperactive-impulsive ADHD, which is marked by hyperactivity without inattentiveness

ATTENTION :

1. Inability to sustain attention on tasks or activities
2. Easily distracted by irrelevant stimuli and frequently interrupting ongoing tasks .
3. Inability to sustain attention on tasks or activities
4. Difficulty finishing schoolwork
5. Frequent shifts from one uncompleted activity to another
6. Procrastination
7. Disorganized work habits
8. Forgetfulness in daily activities (for example, missing appointments, forgetting to bring lunch)

HYPERACTIVITY :

- Fidget, squirming when seated
- Getting up frequently to walk or run around
- Running or climbing excessively
- Having difficulty playing quietly or engaging in quiet leisure activities
- Always being 'on the go'
- Talking excessively

IMPULSIVITY:

- Be very impatient
- Blurt out inappropriate comments,
- Show their emotions without restraint.
- Act without regard for consequences
- Interrupt conversations or others' activities.

ADULT ADHD:

- Chronic lateness and forgetfulness
- Anxiety
- Difficulty controlling anger
- Impulsiveness
- Substance abuse or addiction
- Mood swings
- Depression
- Relationship problems

TRETEMENT:**NORMALISATION OF ALTERED UYIRTHAATHUKKAL IN CHILDREN:****KUDINEER:****CHORANAM:****NEI****ILAGAM****PARPAM**

Medicines which has calming effect over the nervous system may be prescribed.

OLEATION

Oil bath may be advised twice a week with any of the following medicated oil.

DIET(PATHIYAM)**TENDER VEGETABLES**

Kaththari Pinchu(*solanum melongena*)

Avarai Pinchu(*Dolichos lablab*)

Aththi Pinchu(*Ficusracemosa*)

GREENS:

Mudakkarran Keerai(*Cardiospermumhalicacabum*)
Ponnakaani Keerai(*Alternantherasessilis*),
Thoothuvealai Keerai(*Solanumtrilobatum*),
Mookkirattai Keerai(*Boerhaaviadiffusa*),
Vealaik Keerai(*Cleome viscosa*),

PULSES:

Thuvarai Paruppu(*Gajanas gajan*)
Venthayam(*Trigonella foenum graecum*)

DAIRY PRODUCTS:

Cow's milk
Buttermilk
Curd
Ghee

YOGAM

Pranayamam-naadi suthi pranayamam
Savaasanam

Breakfast:

Sprouted Bengal gram boiled-150gm
Idli -3
Pudhina,karuveppillai chutney -20gm
Athi pazham-5

Lunch:

Karisalai/Ponnamkanni poriyal - 50gm
Fresh vegetable salad -100gm
Pomegranate juice 150 ml
Naval pazham-5

Evening:

Black dates -5
Aval with milk -100gm

Dinner:

Chappathi -2
Chenna -100gm
Dry grapes -15gm

TREATMENT COST (For 1 day)

Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1060

INVESTIGATION:

4. Routine blood investigation- Rs.90
5. Liver function test- Rs.220
6. Renal function test- Rs.400

ANXIETY NEUROSIS (MATHA NOI OR SERUKKU NOI)

INTRODUCTION:

Siddha system of medicine is an ancient, unique and codified indigenous system of medicine. This system was formulated and established by Siddhars who are the spiritual scientists of the ancient Tamil culture about more than several thousand years back. Siddha system of medicine classified the clinical variety of mental illness based on the symptomatology.

DEFINITION:

Neurosis is a class of functional mental disorders involving distress but neither delusions nor hallucinations, whereby behavior is not outside socially acceptable norms. It is also known as psychoneurosis or neurotic disorder, and thus those suffering from it are said to be neurotic.

ETIOLOGY:

- Chemical imbalance
- Family genetics
- Predisposing factor
- Consuming alcohol
- Prohibited drugs
- Person's thoughts, for instance
- Inflexible conviction in thoughts and ideas.

TYPES:

- Panic disorder with or without Agoraphobia
- Acute stress disorder
- Post-traumatic stress disorder
- Social phobia
- Specific phobias
- Obsessive compulsive disorder
- Generalized anxiety disorders
- Anxiety due to medical causes
- Substance induced anxiety disorders

CLINICAL DESCRIPTION:

- Excessive anxiety.
- Fear.
- Rapid heart rate.
- Hyperventilation.
- Muscle pain.
- Abdominal pain.
- Headache.
- Numbness and tingling .
- Low self esteem
- Irritability
- Obsessive thoughts
- Obsessive behaviors
- Dependency

- Perfectionism
- Chest pain
- Nausea
- Shortness of breath
- Heart palpitations
- Increase in blood pressure

SIDDHA TYPES -7

- Vali Mathanoi
- Azhal Mathanoi
- Iyya Mathanoi
- Mukkutra Mathanoi
- Kuruthi Mathanoi
- Nanju Mathanoi
- Madha udarkedu Mathanoi.

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

The unifying factor in Siddha psychiatry is the importance laid on the imbalance of three humours, especially are predominance of Azhal humour over the other two. In *madha noi* there is increased *udal thathukkal*.

STAGE-1

Specific phobias and **social anxiety disorders** are the commonest amongst all these types. Excessive, persistent and irrational fear of certain things or situations is termed as phobia.

- Excessive anxiety.
- Fear.
- Rapid heart rate.
- Hyperventilation.
- Muscle pain.
- Abdominal pain.
- Headache.
- Numbness and tingling .
- Low self esteem

Clinical management for different stages of disease condition:

Treatment:

Stage I

Normalisation of Altered Uyirthaathukkal

Vaanthi and Kazhicchal Marunthugal:

To neutralize the pitham vomiting will be advised.

Kudineer:

Chooranam:

Nei:

Ilagam

STAGE-2

Post Traumatic Stress Disorders and **Generalized Anxiety Disorders** are next commonest.

Generalized anxiety disorders:

- Restlessness
- Irritability
- Difficulty in concentrating
- Sleep disturbances (difficulty in falling asleep, frequent waking in the middle)
- Easy fatigue

Post Traumatic Stress Disorders:

Sleep disturbances, depression, feeling detached or numb (de realization), easy startling are commonly experienced. Often there are feelings of loss of pleasure or interest in previously enjoyable activities (anhedonia). Women appear to be at greater risk than men for developing PTSD after traumatic experiences.

- Obsessive thoughts
- Obsessive behaviors
- Dependency
- Perfectionism

TREATMENT:

NORMALISATION OF ALTERED UYIRTHAATHUKKAL

VAANTHI AND KAZHICCHAL MARUNTHUGAL:

To neutralize the pitham vomiting will be advised

Internal medicines

Kudineer:

Chooranam:

Nei:

Ilagam

Parpam:

Drugs which is indicated for pitham diseases may be advised

STAGE III

- Panic disorder with or without Agoraphobia
- Acute stress disorder
- Social phobia
- Obsessive compulsive disorder
- Anxiety due to medical causes
- Chest pain
- Nausea
- Shortness of breath

- Heart palpitations
- Increase in blood pressure

TREATEMENT:

NORMALISATION OF ALTERED UYIRTHAATHUKKAL

VAANTHI AND KAZHICCHAL MARUNTHUGAL:

To neutralize the pitham vomiting will be advised

Kudineer:

Chooranam:

Nei:

Ilagam

Parpam:

Chenthooram:

Drugs which is indicated for pitham diseases may be advised

OLEATION:

Oil bath may be advised twice a week with any of the following medicated oil.

PATHIYAM(DIET)

Tender vegetables:

- ErumuraiVatiththaKangh (**double boiled rice**) ,
- kaththariPinchu (*solanum melongena*)
- AvaraiPinchu (*Dolichos lablab*)
- Aththippinchi (*Ficusracemosa*)

Greens:

- MudakkarranKeerai (*Cardiospermumhalicacabum*)
- PonnakaanikKeerai (*Alternantherasessilis*),
- ThoothuvealaikKeerai (*Solanumtrilobatum*),
- MookkirattaiKeerai (*Boerhaaviadiffusa*),
- VealaikKeerai (*Cleome viscosa*),

Pulses:

- ThuvaraiParuppu
- Venthayam (*Trigonella foenum graecum*)

Dairy products:

- Cow milk
- Buttermilk
- Curd
- Ghee

ONE DAY DIET:**Early morning:**

Chukkumalli coffee-150ml.

Breakfast:

Sprouted Bengal gram boiled-150gm

Idli -3

Pudhina,karuveppillai chutney -20gm

Athi pazham-5

Lunch

Karisalai/Ponnamkanni poriyal - 50gm

Fresh vegetable salad -100gm

Pomegranate juice 150 ml

Naval pazham-5

Evening:

Black dates -5

Aval with milk -100gm

Dinner:

Chappathi -2

Chenna -100gm

Dry grapes -15gm

COSTING OF TREATMENT (for 1 day)**STAGE-I****TREATMENT COST (FOR 1 DAY)**

Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1060

STAGE II

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500

Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE III

Oleation-	Rs.500
Internal medicine-	Rs.80
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL	Rs.1110

INVESTIGATION:

- | | |
|---------------------------------|--------|
| 7. Routine blood investigation- | Rs.90 |
| 8. Liver function test- | Rs.220 |
| 9. Renal function test- | Rs.400 |

AUTISM

INTRODUCTION :

According to the modern science, Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees.

DEFINITION :

Autism is a disorder of neural development characterized by impaired social interaction, verbal and non-verbal communication, and by restricted and repetitive behavior

ETIOLOGY

Familial inheritance

Genetic Vulnerability

Environmental Factors (e.g. heavy metals such as mercury)

TYPES

It is classified in to following types

Autism or Autistic Disorder

A collection of developmental disorders in which a child engages in repetitive behaviours and has trouble communicating and connecting with others. It's usually diagnosed around age 2 or 3, although some signs show up earlier. The affected child become very excited when they saw new toys, new things.

Symptoms can be mild to severe and it can be accessed through CARS evaluation criteria. CARS is diagnostic assessment that rates children on various criteria ranging from normal to severe ,and yields a composite score ranging from non-autistic, moderately autistic or severely autistic. The scale is used to observe and subjectively rate fifteen items.

- Relationship with people
- Imitation
- Emotional response
- Body use
- Object use
- Adaptation to change
- Visual response
- Listening response
- Taste-smell-touch response and use
- Fear and nervousness
- Non-verbal communication
- Activity level
- Level and consistency of intellectual response
- General impressions

Childhood Autism Rating Scale

Each of the fifteen criteria listed above is rated with a score of:

- 1-normal for child age
- 2-mildly abnormal
- 3-moderately abnormal
- 4-severely abnormal

Midpoint scores of 1.5, 2.5 and 3.5 are also used.

Score Value

- 15-30 -Non autistic
- 30-37 -Mildly-Moderately autistic
- 38-60 -Severely autistic

Regressive Autistic Spectrum Disorder

Like autism, except that a child appears to develop normally until 18 to 24 months, then starts to regress. It occurs in about 20 to 30 percent of children with autism spectrum disorders.

Pervasive Developmental Disorder -- Not Otherwise Specified

A child has a few autistic traits but doesn't meet the full criteria for an autism diagnosis.

Asperger's Syndrome

A milder form of autism, usually diagnosed between ages 2 and 6, in which a child has good language skills and average to above-average intelligence but is socially awkward and engages in odd, repetitive behaviors.

Childhood Disintegrative Disorder (CDD)

A very rare disorder in which normally developing children lose motor, language, social, and potty skills around ages 2 to 4.

Rett Syndrome

An extremely rare disorder, similar to CDD, which occurs only in girls.

CLINICAL DESCRIPTION

Children with autism generally have problems in three crucial areas of development — social interaction, language and behavior. Children who are autistic may have repetitive, stereotyped body movements such as rocking, pacing, or hand flapping. They may have unusual responses to people, attachments to objects, resistance to change in their routines, or aggressive or self-injurious behavior. The persons with autism have additional medical conditions such as sleep disturbance, seizures and gastrointestinal (GI) distress

MUKKUTRAVERPADU(PATHOGENESIS)

Vitiated Vatha kutram along with affected Udhanan (upward movements in the body especially speech) causes this disease.

LINE OF TREATMENT

Purgation

To neutralise the vitiated vatham

Autism is treated with following internal and external medication

INTERNAL MEDICINE

Chooranam

Maathirai

Vadagam

Parpam

Chendooram

EXTERNAL MEDICINE

VARMAM

Certain varmam points the head and neck may be advised to get good prognosis along with medicines

OIL BATH

DO'S

- Let your child cope
- Celebrate your child
- Explain in advance
- Give your family the heads-up
- Designate a mellow room
- Mimic an outing without leaving your home
- Take the holiday spirit home

DONT'S

- Don't inadvertently teach a child to communicate with negative behavior
- Don't ask a question if you're not sure the child knows the answer
- Do avoid dependence on echoic or verbal prompting when appropriate
- Do avoid "incorrect" responding
- To avoid gluten and casein containing foods
- Gluten found in wheat, barley and rye and
- Casein found in milk and dairy products are removed from the child's daily food intake.
- Eat green leafy vegetables and fibre foods

ONE DAY DIET:

Early morning:

Chukkumalli coffee-150ml.

Breakfast:

Sprouted Bengal gram boiled-150gm

Idli -3

Pudhina,karuveppillai chutney -20gm

Athi pazham-5

Lunch:

Karisalai/Ponnamkanni poriyal - 50gm

Fresh vegetable salad -100gm

Pomegranate juice 150 ml

Naval pazham-5

Evening:

Black dates -5
Aval with milk -100gm

Dinner:

Chappathi -2
Chenna -100gm
Dry grapes -15gm

COSTING OF TREATMENT (for 1 day)

Oleation-	Rs.500
Internal medicine-	Rs.30
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL-	Rs. 1060

INVESTIGATION:

- Routine blood investigation- Rs.90
- Liver function test- Rs.220
- Renal function test- Rs.400

BRAMAI (ENDOGENOUS DEPRESSION)

INTRODUCTION

In siddha system the physiology of normal body activities is dealt in 96 Thathuvangal (Philosophy), Manam(Mind), Puthi (Wisdom, Desision making), Munaippu (Accomplishment), Citham (Determination) are directly responsible for mental well being. Vali, Azhal, Iyam are the three humours which are the basic constituents of the human body.Any derangement in vali or azhal or both would affect manam and leads to mental illness.

DEFENITION:

Endogenous depression is characterized by feelings of guilt and worthlessness and anhedonia.Anhedonia is the inability to derive pleasure from ones pleasurable activities such as exercise, hobbies or sex.

ETIOLOGY:

There is no apparent reason.It is believed that this kind of depression is caused by some chemical imbalance in the body.

Common causes are:

1. Genetics
2. An imbalance in the amount of neurotransmitters
3. A deficiency of certain nutrients (Vitamines like vitamine D and vitamine B12).

CLINICAL DESCRIPTION:

Experience of anhedonia along with feelings of

Hopelessness
Helplessness
Worthlessness
Guilt
Self hate
Fatigue or lack of energy
Irritability and difficulty concentrating
Social isolation
Insomnia or Hypersomnia(Excessive sleeping)
Changes in appetite with corresponding weight gain or loss
Suicidal thouts or behaviors
Hallucinations
Delusions

TYPES OF BRAMAI

1. VathaBramai
2. PithaBramai
3. KabaBramai

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS

The unifying factor in siddha psychiatry is the importance laid on the imbalance of three humours, especially are predominance of azhal humour over the other two.

TREATEMENT

STAGE 1

Experience of anhedonia along with feelings of

Hopelessness

Helplessness

Worthlessness

Guilt

Self hate

NORMALISATION OF ALTERED UYIRTHATHUKKAL VAANTHI AND KALICHAL MARUNTHUKAL.

KUDINEER(Decoction)

To neutralize the vitiated pitham

CHORANAM(Powdered medicine)

NEI(Medicinal Ghee)

ILAGAM(Electuary)

Drugs which neutralize the pitham and strengthens the nerves should be prescribed

OLEATION:

Oil bath may be advised twice a week

STAGE 2

- Fatigue or lack of energy
- Irritability and difficulty concentrating
- Social isolation
- Insomnia or Hypersomnia(Excessive sleeping)
- Changes in appetite with corresponding weight gain or loss
- Suicidal thoughts or behaviors

NORMALISATION OF ALTERED UYIRTHATHUKKAL VAANTHI AND KALICHAL MARUNTHUKAL.

KUDINEER

To neutralize the vitiated pitham

CHORANAM

NEI

ILAGAM

PARPAM

CHENTHOORAM

Drugs which neutralize the pitham and strengthens the nerves should be prescribed

OLEATION:

Oil bath may be advised twice a week.

STAGE 3

Hallucinations

Delusions

NORMALISATION OF ALTERED UYIRTHATHUKKAL

VAANTHI AND KALICHAL MARUNTHUKAL

KUDINEER

To neutralize the vitiated pitham

CHORANAM

NEI

ILAGAM

PARPAM

CHENTHOORAM

Drugs which neutralize the pitham and strengthens the nerves should be prescribed

OLEATION:

Oil bath may be advised twice a week

PATHIYAM(DIET)

Tender Vegetables

Irumurivadithakangi(Double boiled rice)

Katharipinchu(*Solanum melongena*)

Avaraipinchu(*Dolichos lablab*)

Athipinchu(*Ficus racemosa*)

GREENS

MudakkatranKeerai(*Cardiospermum h. elicacabum*)

PonnankaaniKeerai(*Alternanthera sessilis*)

ThuthuvelaiKeerai(*Solanum trilobatum*)

MookirattaiKeerai(*Boerhaavia diffusa*)

VelaiKeerai(*Cleome viscosa*)

PULSES

Thuvaraiparuppu (*Cajanus cajan*)

Venthayam(*Trigonella foenumgraecum*)

DAIRY PRODUCTS

Cow milk
Butter milk
Curd
Ghee

ONE DAY DIET:

Early morning:

Chukkumalli coffee-150ml.

Breakfast:

Sprouted Bengal gram boiled-150gm
Idli -3
Pudhina,karuveppillai chutney -20gm
Athi pazham-5

Lunch:

Karisalai/Ponnamkanni poriyal - 50gm
Fresh vegetable salad -100gm
Pomegranate juice 150 ml
Naval pazham-5

Evening:

Black dates -5
Aval with milk -100gm

Dinner:

Chappathi -2
Chenna -100gm
Dry grapes -15gm

COSTING OF TREATMENT (for 1st day)

STAGE-I

Purgation-	Rs.400
From 2nd Day onwards	
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE II

FOR 1st Day

Purgation-	Rs.400
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From 2nd Day onwards

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE III

For 1st Day

Purgation-	Rs.400
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From 2nd Day onwards

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

INVESTIGATION:

- 10. Routine blood investigation- Rs.90
- 11. Liver function test- Rs.220
- 12. Renal function test- Rs.400

NINAIVU KOLARU (MEMORY DISORDER)

INTRODUCTION:

It is one of the most important condition affecting both adult and old age persons characterized by defective memory.

DEFINITION:

Memory disorder is the result of damage to neuroanatomical structures that hinders the storage, retention and recollection of memories

ETIOLOGY:

- Damage to the brain (most commonly in the occipital or parietal lobes)
- Head injury
- Malnutrition
- Mental stress
- Lack of sleep
- Psychological illness
- Chronic alcoholism

CLINICAL DESCRIPTION:

Patients with this condition are able to recall events from every day of their lives

Agnosia

Agnosia is the inability to recognize certain objects, persons or sounds

Alzheimer's disease

Alzheimer's disease (AD) is a progressive, degenerative and fatal brain disease, in which cell to cell connections in the brain are lost.

Amnesia

Amnesia is an abnormal mental state in which memory and learning are affected out of all proportion to other cognitive functions in an otherwise alert and responsive patient.

Brain injury

Traumatic brain injury often occurs from damages to the brain caused by an outside force, and may lead to cases of amnesia depending on the severity of the injury

Dementia

Refer to a large class of disorders characterized by the progressive deterioration of thinking ability and memory as the brain becomes damaged. \

TREATMENT

Neutralization of vitiated Kabam and Vaatham.

CLINICAL MANEGMENT OF VARIOUS STAGES:

STAGE1: Forgetfulness of recently learned information

PURGATIVE MEDICINE:

- Proper selection of purgative medicine to purify the body and enhance the blood circulation to brain

CHLOORANAM (Medicinal powder)

MAATHIRAI (Tablet)

LEGIUM (Electuary)

NEI(Medicinal Ghee)

Preparation which improves the memory and neutralize the vitiated kabham and Vataham

EXTERNAL:

Oil bath to reduce the stress and anxiety, etc..,

STAGEII: Forgetfulness of important dates and events

PURGATIVE MEDICINE:

MAATHIRAI:

PARPAM:

CHENTHURAM:

EXTERNAL:

Oil Bath

STAGEIII: Asking same information repeatedly.

KARPAM:

NEI:

EXTERNAL:

Oil Bath

STAGEIV: Increased dependency on reminder notes or electronic device or family members for things they used to handle on their own.

NEI

PARPAM

KARPAM

NEI

DIET ADVICE:

- Green leafy vegetables
- Spinach
- sprouts
- tender vegetables

AVOID

- Junk foods
- chat items, snacks
- tinned foods

- non vegetarian diet

DO's

- meditation
- sun salutation
- wakeup early in the morning
- recollect the phrases
- write and memorize in easy ways
- oil bath
- good sleep

DON'TS

- stress
- alcohol, smoking
- daytime sleep
- watching television for longer duration

ONE DAY DIET:

Early morning:

Chukkumalli coffee-150ml.

Breakfast:

Sprouted Bengal gram boiled-150gm
Idli -3
Pudhina,karuveppillai chutney -20gm
Athi pazham-5

Lunch:

Karisalai/Ponnamkanni poriyal - 50gm
Fresh vegetable salad -100gm
Pomegranate juice 150 ml
Naval pazham-5

Evening:

Black dates -5
Aval with milk -100gm

Dinner:

Chappathi -2
Chenna -100gm
Dry grapes -15gm

COSTING OF TREATMENT (for 1st day)

STAGE-I

Purgation-	Rs.400
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From 2nd Day onwards

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500

Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE II

FOR 1st Day

Purgation-	Rs.400
------------	--------

From 2nd Day onwards

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE III

For 1st Day

Purgation-	Rs.400
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From 2nd Day onwards

Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

INVESTIGATION:

13. Routine blood investigation-	Rs.90
14. Liver function test-	Rs.220
15. Renal function test-	Rs.400

LEARNING DISORDER (KATRAL KOLARUGAL)

INTRODUCTION:

Learning disability refers to significant learning problems in an academic area.

Types of learning disabilities include reading disability (dyslexia), mathematics disability (dyscalculia) and writing disability (dysgraphia).

A group of disorders manifested by significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning or mathematical abilities.

AETIOLOGY:

Learning disorder occurs in most of the persons due to defect in brain's ability to receive and process information.

- Heredity – Learning disabilities often run in the family.
- Problems during pregnancy and birth
- Accidents after birth
- Malnutrition
- Toxic exposure

CLINICAL DESCRIPTION:

People with a learning disability have trouble in performing specific types of skills or completing tasks if left to figure things out by themselves or if taught in conventional ways.

2 Types

1- By stage of information processing

Learning disabilities fall into broad categories based on the four stages of information processing used in learning: input, integration, storage, and output

2- By function impaired :Reading disability (dyslexia), Mathematics disability (dyscalculia) and writing disability (dysgraphia).

CLINICAL MANEGMENT OF VARIOUS STAGES OF DIESEASED CONDITION:

Difficulty in understanding the sentence told to them

Difficulty in expressing their knowledge

Difficulty in performing certain tasks which is done in their day today life

Poor concentration

CHORANAM

MAATHIRAI

LEGIUM

KARPAM:

NEI:

PARPAM

CHENTHURAM

Drugs which mainly acting on Kabha and Pitha thatukkal to improve the learning qualities especially nerrine tonics should be advised

EXTERNAL

- (Oil Bath)

DIET ADVICE:

- Green leafy vegetables
- Spinach
- Sprouts
- Tender vegetables

AVOID

- Junk foods
- Chat items, snacks
- Tinned foods
- Non vegetarian diet

DO's

- meditation
- sun salutation
- wakeup early in the morning
- recollect the phrases
- write and memorize in easy ways
- oil bath
- good sleep

DON'TS

- stress
- alcohol, smoking
- daytime sleep
- watching television for longer duration

ONE DAY DIET:

Early morning:

Chukkumalli coffee-150 ml.

Breakfast:

Sprouted Bengal gram boiled-150gm

Idli -3

Pudhina,karuveppillai chutney -20gm

Athi pazham -5

Lunch:

Karisalai/Ponnamkanni poriyal – 50 gm

Fresh vegetable salad -100 gm

Pomegranate juice - 150 ml

Naval pazham -5

Evening:

Black dates -5
Aval with milk -100gm

Dinner:

Chappathi -2
Chenna -100 gm
Dry grapes -15 gm

COSTING OF TREATMENT (for 1st day)

STAGE-I

Purgation-	Rs.400
From 2nd Day onwards	
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE II

FOR 1st Day

Purgation-	Rs.400
From 2nd Day onwards	
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

STAGE III

For 1st Day

Purgation-	Rs.400
From 2nd Day onwards	
Oleation-	Rs.500
Internal medicine-	Rs.60
Karpam-	Rs.10
External medicine-	Rs.10
Yogam-	Rs.500
Nalanguma-	Rs.10
TOTAL -	Rs. 1090

INVESTIGATION:

- Routine blood investigation- Rs.90
- Liver function test- Rs.220
- Renal function test- Rs.400

NEURO MUSCULAR DISEASES

VATHAKARNAGAM (ATAXIA)

Siddha medicine is an Indian traditional system of medicine .According to Siddha, physical health of human body is maintained by the three basic vital forces i.e Uyir thathukkal (Humours) namely, Vaatham, Pitham, Kabam which are activated by the function of Panchabootham (Five basic elements). When the above said humours are affected by the life style modifications and food habits they become kutrams and causing for diseases. In Yugi Vaithya Chinthamani, Yugi munivar classified the Vatha diseases as 80 types. Under the vatha disease classification he dealt with different types of neuro muscular disorders.

The signs and symptoms of some of the neuro muscular diseases explained by yugi may be correlated with that of modern science ,which are as follows.

- 1) VATHAKARNAGAM (ATAXIA)
- 2) PRANALAYA VATHAM (MUSCULAR DYSTROPHY)
- 3) AAGUNI VATHAM (MYOPATHY)
- 4) NADUKKU VAATHAM (PARKINSONS DISEASE)
- 5) MOTOR NEURONE DISEASE

TREATMENT GUIDELINES FOR VATHAKARNAGAM (ATAXIA)

INTRODUCTION:

Vatham, Pitham and kapham are the three humors which are the constituents of the human body. In Yugi as per the text the signs and symptoms of Vathakarnagam may be correlated with the ataxia in modern science.

The great sage Yugi describes as Vathakarnagam consisting of Vatham getting increased in whole of the body, Poor coordination, unsteady walk and a tendency to stumble, Difficulty with fine motor tasks.

DEFINITION:

Vathakarnagam describes a lack of muscle control during voluntary movements, such as walking or picking up objects.

CLINICAL DESCRIPTION:

Stage: 1

Pain and constipation, sweating, Loss of appetite,Poor coordination, unsteady walk and a tendency to stumble, Difficulty with fine motor tasks, such as eating, writing or buttoning a shirt.

Stage: 2

Uncoordinated movements of trunk and limb, clumsiness, difficulty in walking, visual disturbance, headache.

Stage: 3

Change in speech, Involuntary back-and-forth eye movements (nystagmus), Difficulty swallowing.

ETIOLOGY:

High intake of sour taste. Excessive intake of bitter, pungent, and astringent taste foods, tubers, cold foods, sleep during day time.

Ataxia may be caused by genetics, viral infections, autoimmune disorders, or injury. In some cases, the cause is unknown.

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

Due to lifestyle modification, occupation, food and other habits lead to development of this disease by causing derangement of three humors. In vathakarnagam Vitiated Vatham associated with increased Azal and kabam leads to difficulty in walking, Change in speech, Involuntary back-and-forth eye movements, Difficulty swallowing.

LINE OF TREATMENT

Purgation

Oleation

Internal medicine

External medicine

External therapy

Thokkanam

Varmam

Rejuvenating therapy

Yogam

Karpam

APPROXIMATE COST FOR THE MANAGEMENT

STAGE 1:

Purgation:	RS. 400(Initial day)
Oleation	Rs. 34(per day) as per requirement
Internal medicine	Rs .9.5(per day)
External medicine:	Rs.7(per day)
Rejuvenative medicine:	Rs.5(per day)

STAGE: 2

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.6(per day)
External medicine:	Rs.12.5(per day)
External therapy	Rs.1100(per session) as per requirement
Rejuvenative medicine:	Rs.2(per day)

Yogam	Rs.500(per session) as per requirement
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STAGE 3:

Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.18(per day)
External medicine:	R.26(per day)
External therapy	Rs.300(per session) as per requirement
Rejuvenative medicine:	Rs .12.5(per day)
Yogam	Rs.500(per session) as per requirement

STAGE: 4

REFERRAL CRITERIA:

- Extreme rigidity and restricted movements
- Chronic illness since several years

NOTE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

INVESTIGATION:

CBC- Rs.15/-
Blood Sugar- Rs.50/-
Total Cholestrol-Rs.25/-
TGL-Rs.50/-
RFT- Rs.400/-
LFT- Rs.220/-
MRI- Rs.3000/-
Myoglobin-urine & blood-Rs.60
Electromyography (EMG) –Rs.750(CGHS)
Nerve Conduction Test - Rs.750(CGHS)
Lumbar Puncture – Rs.400
Muscle Biopsy- Rs.450(CGHS)

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea

Breakfast (9 a.m)

60 gms of Idlis – 5 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Pnoon(11 a.m)

200 ml of Navathaniya kanji

Lunch (1 p.m)

Boiled rice - 400 gms
Sambar (without kizhangugal) - 150 ml
Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
Rasam(Pepper & Garlic) - 100 ml
Butter milk (Kariveppilai thallippu)- 100 ml
Veg salad -100gms

Evening (4 p.m)

50 gms Mudakkatran Adai -1 No /veg.soup - 200 ml

Dinner (8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of ragi dosai -5 Nos.

DO'S:

PATHIYAM (DIET):

TENDER VEGETABLES:

KaththariPinchu(*Solanum melongena*)
AvaraiPinchu(*Solichos lablab*)
Aththippinchu(*Ficus racemosa*)

GREENS:

MudakkarruthanKeerai(*Cardiospermumhalicacabum*)
PonnakaanikKeerai(*Alternantherasessilis*)
ThoothuvealaikKeerai(*Solanumtrilobatum*)
MookkirattaiKeerai(*Boerhaaviadiffusa*)

PULSES:

ThuvaraiParuppu

DAIRY PRODUCTS:

Cow buttermilk

NON VEGITARIAYAN DIET:

Vellattu Kari, Kaadai.

DON'T'S:

AVOID (AAGAP PORUTGAL)

Surai(*Lagenariasiceraria*)
Poosunai(*Luffaacutangula*)
Peercku(*Luffaacutangula*),
Kaaramani(*Vignaunguiculata*)
Ulunthu(*Vignamungo*)
Sour, astringent tastes and Sea foods except small prawn

OTHER ADVICE:

Bed rest

Regular exercise and yogasanas

Avoid chilled atmosphere, sleep on cold floor, and live on high altitude.

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

Regular exercises

Karpa medicines

Pranayamam

NEURO MUSCULAR DISEASES

PRANALAYA VATHAM (MUSCULAR DYSTROPHY)

INTRODUCTION:

According to Siddha theory the root cause of any disease is alteration in the equilibrium of three humors ie. Vatham, Pitham and Kabam. In Yugi Vaithya Chinthamani, Yugi munivar classified the Vatha diseases as 80 types and “PRANALAYA VATHAM” is one among them. In Yugi as per the text the signs and symptoms of Pranalaya vatham may be correlated with the muscular dystrophy in modern science.

DEFINITION:

A group of progressive hereditary degenerative disease of skeletal muscle; Muscle disease that weakens the musculoskeletal system and hamper locomotion. Defect in muscle proteins death of muscle cells & tissues.

ETIOLOGY:

Excessive intake of bitter, pungent, and astringent taste foods, cold foods, sleep during day time, excessive weight, excess sexual intercourse are the causes for vatha diseases.

Changes in structural elements of the muscle cell-mainly in its membrane-altered messenger RNA generally inherited.

Mutation of dystropin gene/nutritional defects (no genetic history)

CLINICAL DESCRIPTION:

STAGE: 1

Loss of appetite, flatulence, indigestion, Headache, Sleeplessness, Body ache, malaise, paleness of body, Difficulty in walking.

STAGE: 2

Abdominal distension, constipation, Drooling, Poor balance, Drooping eyelids, Calf deformation, Difficulty in walking.

STAGE: 3.

Difficulty in speaking swallowing, nausea, drooling, and Muscle wasting, limited range of movements, frequent falls, inability to walk.

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

Changes in lifestyle, occupation, food and other habits lead to development of this Disease by causing derangement of three humors. In pranayala vatham Vitiated Azal(protein loss) associated with increased kabam and vatham(muscle wasting) leads to difficulty in walking,drooling,frequent falls.

LINE OF TREATMENT

Purgation

Oleation

Internal medicine

External medicine

External therapy
 Thokkanam
 Varmam
 Rejuvenative therapy
 Yogam
 Karpam

APPROXIMATE COST FOR THE MANAGEMENT

STAGE 1:

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs .12(per day)
External medicine:	Rs.7(per day)
External therapy	Rs.800(per session) as per requirement
Rejuvenating medicine:	Rs.5(per day)

STAGE: 2

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.6.5(per day)
External medicine:	Rs.10.5(per day)
External therapy	Rs.300(per session) as per requirement
Rejuvenating medicine:	Rs.12.50(per day)
YAGAM:	Rs.500(per session) as per requirement

STAGE 3:

Oleation	Rs.34(per day)) as per requirement
Internal medicine	Rs.16(per day)
External medicine:	Rs.25.50(per day)
External therapy	Rs.300(per session) as per requirement
Rejuvenative medicine:	Rs.5.5(per day)
YAGAM:	Rs.500(per session) as per requirement

STAGE: 4

REFERRAL CRITERIA:

Extreme rigidity and restricted movements
 Chronic illness since several years

NOTE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

INVESTIGATION:

CBC- Rs.15/-

Blood Sugar- Rs.50/-

TOTAL CHOLESTROL-Rs.25/-

TGL-Rs.50/-

RFT- Rs.400/-

LFT- Rs.220/-

THYROID FUNCTION TEST- Rs.400/-

MRI- Rs.3000/-

CT- Rs.750/-

CHEST X-RAY –Rs.30/-

ECG-Rs.50/-

ECHO-Rs.1000/-

MUSCLE BIOPSY-Rs.450/-

CPK –RS.25/-

NERVE-EMG-RS.750(CGHS)

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea

Break fast(9 a.m)

60 gms of Idlis – 5 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Navathaniya kanji

Lunch(1 p.m)

Boiled rice - 400 gms
Sambar (without kizhangugal) - 150 ml
Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
Rasam(Pepper & Garlic) - 100 ml
Butter milk (Kariveppilai thallippu)- 100 ml
Veg salad -100gms

Evening (4 p.m)

50 gms Mudakkatran Adai -1 No /veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of ragi dosai -5 Nos.

DO'S:

PATHIYAM (DIET):

TENDER VEGETABLES:

Erumurai Vatiththa Kanghi (double boiled rice)

Avarai Pinchu (Dolichos lablab)

Aththippinchi (Ficus racemosa)

GREENS:

Mudakkarran Keerai (*Cardiospermum halicacabum*)

Ponnakaanik Keerai (*Alternanthera sessilis*)

Mookkirattai Keerai (*Boerhaavia diffusa*)

PULSES:

Thuvarai Paruppu

DAIRY PRODUCTS:

Cow buttermilk

NON VEGITARIAYAN DIET:

Vellattu Kari

DON'T'S

AVOID (AAGAP PORUTGAL)

Surai (*Lagenaria siceraria*)

Poosunai (*Luffa acutangula*)

Peerkkku (*Luffa acutangula*),

Kaaramani (*Vigna unguiculata*)

Kollu (*Macrotyloma uniflorum*)

Kadugu (*Brassia juncea*)

Sour, astringent tastes

Sea foods except small prawn

OTHER ADVICE:

Bed rest

Excessive involve of joints should be avoided

Regular exercise and yogasanas

Avoid chilled atmosphere, sleep on cold floor, and live on high altitude

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

Regular exercises

Karpa medicines

Pranayamam

AAGUNI VATHAM (MYOPATHY)

SYNONYMS: Thasaivatham

INTRODUCTION:

In Yugi Vaithya Chinthamani, Yugi munivar classified the Vatha diseases as 80 types and “**AAGUNI VATHAM** ” is one among them. In Yugi as per the text the signs and symptoms of Aaguni Vatham may be correlated with the muscular dystrophy in modern science. Aaguni Vatham is a general term referring to any disease of muscles. Myopathies can be acquired or inherited, and can occur at birth or later in life.

DEFINITION:

Aaguni Vatham is a diseases of skeletal muscle which are not caused by nerve DisorderS. These diseases cause the skeletal or voluntary muscles to become weak.

ETIOLOGY:

Excessive intake of bitter, pungent, and astringent taste foods, cold foods, sleep during day time, excessive weight, excess sexual intercourse are the causes for vatha diseases.

Congenital or inherited

Idiopathic

Metabolic

Inflammatory

Endocrine

Drug-induced or toxic

CLINICAL DESCRIPTION:

STAGE: 1

Weakness in the muscles of the shoulderS, upper arms, thighs, and pelvis (proximal muscles), Walking and climbing stairS may be difficult, Fatigued doing very light physical activity, Difficulty in getting out of the bathtub, Shaving or combing the hair

STAGE 2

Weakness in the distal muscles of the hands and feet may be involved, Muscle wasting, Weak grasp, Handwriting problems, Walking difficulties (e.g., flapping gait).

STAGE: 3

Atrophy and hyporeflexia, Normal level of consciousness, Gottron papules in dermatomyositis, elbows and knees.

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

Changes in lifestyle, occupation, food and other habits lead to development of this disease by causing derangement of three humoRs. In Aagunivatham Vitiated

vatham associated with increased pitham and kabam leads to, malaise, fatigue, difficulty in walking, Symmetric proximal muscle weakness.

LINE OF TREATMENT

Purgation
 Oleation
 Internal medicine
 External medicine
 External therapy
 Thokkanam
 Varmam
 Rejuvenative medicine
 Yogam
 Karpam

APPROXIMATE COST FOR THE MANAGEMENT

STAGE 1:

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs .10.50(per day)
External medicine:	Rs.8.50(per day)
External therapy:	Rs.1000(per session) as per requirement
Rejuvenative medicine:	Rs.12(per day)

STAGE: 2

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.12(per day)
External medicine:	Rs.11(per day)
External therapy:	Rs.1300(per session) as per requirement
Rejuvenative medicine:	Rs.2 (per day)
YAGAM:	Rs.500(per session) as per requirement

STAGE 3:

Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.19(per day)
External medicine:	Rs.2.50(per day)
External therapy:	Rs.300(per session) as per requirement
Rejuvenative medicine:	Rs .12.50(per day)
YAGAM:	Rs.500 (per session) as per requirement

STAGE: 4**REFERRAL CRITERIA:**

Extreme rigidity and restricted movements

Chronic illness since several years

NOTE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

INVESTIGATION:

Blood Sugar- Rs.50/-

Total Cholesterol-Rs.25/-

TGL-Rs.50/-

RFT- Rs.400/-

LFT- Rs.220/-

Thyroid Function Test- Rs.400/-

MRI- Rs.3000/-

CT- Rs.750/-

CREATINE KINASE (CK) LEVELS WITH ISOENZYMES.-Rs.100/-

CALCIUM,-Rs25/-

MAGNESIUM-RS.25/-

DIETARY REGIMEN**Morning (6 a.m)**

100 ml of Chukku malli coffee (without milk)/ green tea

Break fast(9 a.m)

60 gms of Idlis – 5 Nos with 50 gms of Kothumalli, Karuveppilai, Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Navathaniya kanji

Lunch(1 p.m)

Boiled rice - 400 gms

Sambar (without kizhangugal) - 150 ml

Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms

Rasam(Pepper & Garlic) - 100 ml

Butter milk (Kariveppilai thallippu)- 100 ml

Veg salad -100gms

Evening (4 p.m)

50 gms Mudakkatran Adai -1 No /veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of ragi dosai -5 Nos.

DO'S:**PATHIYAM (DIET)****TENDER VEGETABLES:**

KaththariPinchu(*Solanum melongena*)

AvaraiPinchu(*Dolichos lablab*)

Aththippinchu(*Ficus racemosa*)

GREENS:

MudakkarruthanKeerai(*Cardiospermumhalicacabum*)

PonnakaanikKeerai(*Alternantherasessilis*)

ThoothuvealaikKeerai(*Solanumtrilobatum*)

MookkirattaiKeerai(*Boerhaaviadiffusa*)

VealaikKeerai(*Cleome viscosa*)

PULSES:

ThuvaraiParuppu

DAIRY PRODUCTS:

Cow buttermilk

NON VEGITARIAYAN DIET:

Vellattu Kari,Kaadai,Kouthaari,.Udumpu

DON'T'S**AVOID (AAGAP PORUTGAL)**

Surai(*Lagenariasiceraria*)

Poosunai(*Luffaacutangula*)

Vellari(*Cucumissativus*)

Pudalai(*Trichosanthescucumerina*)

Peercku(*Luffaacutangula*),

Sour, astringent tastes.

OTHER ADVICE:

Bed rest

Excessive involve of joints should be avoided.

Regular exercise and yogasanas.

Avoid chilled atmosphere, sleep on cold floor and live on high altitude.

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

Regular exercises

Kalpa medicines

Pranayama

NADUKKU VAATHAM (PARKINSONS DISEASE)

INTRODUCTION:

In Yugi Vaithya Chinthamani, Yugi munivar classified the Vatha diseases as 80 types and “Nadukku Vaatham ” is one among them. In Yugi as per the text the signs and symptoms of Nadukku Vaatham may be correlated with the ataxia in modern science. Nadukku Vaatham is a progressive disorder of the nervous system that affects the movement. It develops gradually, sometimes starting with a barely noticeable tremor in just one hand.

DEFINITION:

Nadukku Vaatham is a degenerative disorder of the central nervous system. In Nadukku Vaatham, certain nerve cells (neurons) in the brain gradually break down or die. The dopamine levels decrease, it causes abnormal brain activity.

CLINICAL DESCRIPTION:

STAGE – I

Loss of appetite, pain, Tremors in one limb

Changes in posture, locomotion, and facial expression.

Small Handwriting

Trouble sleeping

Constipation

STAGE: 2

Tremors on both sides of the body.

Slowing of body movements

Early impairment of equilibrium when walking or standing

Urinary incontinence & Constipation.

STAGE: 3

Rigidity

Bradykinesia

Cachectic stage (general reduction in vitality and strength of body and mind).

Inability to stand or walk

Swallowing difficulties (dysphagia)

Excessive production of saliva (drooling)

Depression

Anxiety

Insomnia

Mild cognitive impairment.

ETIOLOGY:

High intake of sour taste, Excessive intake of bitter, pungent, and astringent taste foods, cold foods and sleep during day time.

The cause of Nadukku Vaatham is unknown, but several factors appear to play a role, including, Environmental triggers. Exposure to certain toxins or environmental factors may increase the risk of later Nadukku Vaatham, but the risk is relatively small.

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

Changes in lifestyle, occupation, food and other habits lead to development of this disease by causing derangement of three humours. In Nadukku vaathm Vitiated vaatham associated with increased kabam and Azhal leads to Tremor, slowness of movement, postural instability, Difficulty with walking and balance.

TREATMENT: LINE OF TREATMENT

Purgation

Oleation

Internal medicine

External medicine

External therapy

Thokkanam

Varamam therapy

Rejuvenative medicine

Yogam

Karpam

APPROXIMATE COST FOR THE MANAGEMENT

STAGE – I

Purgation -	Rs -400(Initial day)
Oleation:	Rs-34(per day) as per requirement
Internal medicine:	Rs-18.5(per day)
External medicine:	Rs-7(per day)
External therapy:	
Thokkanam-	Rs-800(per session) as per requirement
Rejuvenative medicine:	
Yogam-	Rs-500(per session) as per requirement
Karpam-	Rs-2(per day)

STAGE – 2

Purgation	Rs -400(Initial day)
Oleation	Rs-34(per day) as per requirement
Internal medicine-	Rs-32.5(per day)

External medicine-	Rs-11(per day)
Varmam:	Rs-300(per session) as per requirement
Thokkanam:	Rs-800(per session) as per requirement
Rejuvenative medicine-	Rs-5(per day)
Yogam:	Rs.500 (per session) as per requirement

STAGE – 3

Oleation	Rs--34(per day) as per requirement
Internal medicine-	Rs-18.5(per day)
External medicine-	Rs-13(per day)
Varmam-	Rs-300 (per session) as per requirement
Rejuvenative medicine-	Rs-5.5(per day)

STAGE: 4

REFERRAL CRITERIA:

Extreme rigidity and restricted movements

Chronic illness since several years

NOTE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

INVESTIGATION:

CBC- Rs.15/-

Blood Sugar- Rs.50/-

Total Cholestrol-Rs.25/-

TGL-Rs.50/-

RFT- Rs.400/-

LFT- Rs.220/-

THYROID FUNCTION TEST- Rs.400/-

MRI- Rs.3000/-

CT- Rs.750/-

PET SCAN- Rs.15000

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea

Break fast(9 a.m)

60 gms of Idlis – 5 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Navathaniya kanji

Lunch(1 p.m)

Boiled rice - 400 gms
Sambar (without kizhangugal) - 150 ml
Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)- 150 gms
Rasam(Pepper & Garlic) - 100 ml
Butter milk (Kariveppilai thallippu)- 100 ml
Veg salad -100gms

Evening (4 p.m)

50 gms Mudakkatran Adai -1 No /veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of ragi dosai -5 Nos.

DO'S:

PATHIYAM (DIET):

TENDER VEGETABLES:

KaththariPinchu(*solanum melongena*)
AvaraiPinchu(*dolichos lablab*)
Aththippinchi(*ficusracemosa*)

GREENS:

MudakkarranKeerai(*Cardiospermumhalicacabum*)
PonnakaanikKeerai(*Alternantherasessilis*),
ThoothuvealaikKeerai(*Solanumtrilobatum*),

PULSES:

ThuvaraiParuppu

DAIRY PRODUCTS:

Cow buttermilk

NON VEGITARIAYAN DIET:

Vellattu Kari.

DON'T'S:

AVOID(AAGAP PORUTGAL)

Surai(*Lagenariasiceraria*)
Poosunai(*Luffaacutangula*),
Vellari(*Cucumissativus*),
Pudalai(*Trichosanthescucumerina*),Peercku(*Luffaacutangula*),
Ulunthu(*Vignamungo*),
Sour, astringent tastes

Sea foods except small prawn

OTHER ADVICE:

Bed rest

Excessive involve of joints should be avoided

Regular exercise and yogasanas

Avoid chilled atmosphere,sleep on cold floor, live on high altitude

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

Regular exercises

Karpa medicines

Pranayamam

MOTOR NEURONE DISEASE

SYNONYMS:

Amyotrophic lateral sclerosis (ALS)
Motor neuron disease (MND)
Lou Gehrig's disease

INTRODUCTION:

Siddha system of medicine is an ancient, unique and codified indigenous system of medicine. This system was formulated and established by Siddhars who are the spiritual scientists of the ancient Tamil culture about more than several thousand years back.

CASE DEFINITION:

ALS is a neuro degenerative disease with various causes. It is characterized by rapidly progressive weakness due to muscle atrophy and muscle spasticity, difficulty in speaking (dysarthria), swallowing (dysphagia), and breathing (dyspnea). ALS is the most common of the five motor neuron diseases.

ETIOLOGY:

The causes of MND are unknown, but worldwide research includes studies on:

- Viruses, toxins, genetic factors and immune factors
- Nerve growth factors and chemicals that control nerve cells and allow them to communicate with each other
- Growth, repair and ageing of motor neurons.

CLINICAL DESCRIPTION:

STAGE: 1

Difficulties picking up or holding objects

Weakness at the shoulder, making lifting the arm above the head

Difficult tripping up over a foot because of weakness at the ankle or hip

These symptoms are usually painless and may be accompanied by widespread twitching of the muscles (fasciculation) or muscle cramps

STAGE: 2

Muscle weakness

Muscle spasms

Pain

Difficulties speaking and swallowing

Saliva problems

Excessive yawning

Changes to mental abilities

STAGE: 3

Increasing body paralysis

Significant shortness of breath

PATHOGENESIS ON THE BASIS OF THE THIRITHODAMS:

Changes in lifestyle, occupation, food and other habits lead to development of this disease by causing derangement of three humors. In MND Vitiated vatham associated with increased pitham and kabam leads to, malaise, fatigue, difficulty in walking, muscle weakness, stiffness of affected muscle.

LINE OF TREATMENT:

Purgation

Oleation

Internal medicine

External medicine

External therapy

Varamam

Rejuvenating therapy

Yogam

Karpam

APPROXIMATE COST FOR THE MANAGEMENT (FOR ONE DAY)

STAGE 1:

Purgation:	Rs. 400(Initial day)
Oleation	Rs.34 (per day) as per requirement
Internal medicine	Rs.13.5(per day)
External medicine:	Rs.7.5(per day)
Rejuvenative medicine:	Rs.5(per day)
Yogam	Rs.500(per session) as per requirement

STAGE: 2

Purgation:	Rs.400(Initial day)
Oleation	Rs.34(per day) as per requirement
Internal medicine	Rs.11.5(per day)
External medicine:	Rs.8.5(per day)
External therapy	Rs.300(per session) as per requirement
Rejuvenative medicine:	R.6(per day)

STAGE 3:

Internal medicine	Rs.42.5(per day)
External medicine:	Rs.26(per day)
External therapy	Rs.300(per session) as per requirement
Rejuvenative medicine:	Rs .12.5(per day)

STAGE: 4

REFERRAL CRITERIA:

Extreme rigidity and restricted movements

Chronic illness since several years.

NOTE:

Choice of medicines, doses and duration may be altered to the condition of the patients and severity of the disease.

INVESTIGATION:

CBC- Rs15/-

Blood Sugar- Rs.50/-

Total Cholestrol-Rs .25/-

TGL-Rs.50/-

RFT- Rs.400/-

LFT- Rs.220/-

MRI- Rs.3000/-

Electromyography (EMG) –Rs.750(CGHS)

Nerve Conduction Test –Rs.750(CGHS)

Lumbar Puncture –Rs.400

Muscle Biopsy-Rs.450 (CGHS)

DIETERY REGIMEN

Morning (6 a.m)

100 ml of Chukku malli coffee (without milk)/ green tea

Break fast(9 a.m)

60 gms of Idlis – 5 Nos with 50 gms of Kothumalli, Karuveppillai,Pirandai chatney/300 gms of puttu/300 gms of Idiyappam.

Prenoon(11 a.m)

200 ml of Navathaniya kanji

Lunch(1 p.m)

Boiled rice	- 400 gms
Sambar (without kizhangugal)	- 150 ml
Poriyal (Avarai pinju. Katthari pinju, ladies finger, Vazhai thandu)-	150 gms
Rasam(Pepper & Garlic)	- 100 ml
Butter milk (Kariveppilai thallippu)-	100 ml
Veg salad	-100gms

Evening (4 p.m)

50 gms Mudakkatran Adai -1 No /veg.soup - 200 ml

Dinner(8 p.m)

60 gms of Idlis – 3 Nos with 50 gms of Kothumalli, Karuveppillai, Pirandai chatney/ 300 gms of puttu/ 300 gms of Idiyappam/ 60 gms of ragi dosai -5 Nos.

DO'S:

PATHIYAM (DIET):

TENDER VEGETABLES:

KaththariPinchu(*solanum melongena*)

AvaraiPinchu(*dolichos lablab*)

Aththippinchi(*ficusracemosa*)

GREENS:

MudakkarranKeerai(*Cardiospermumhalicacabum*)

PonnakaanikKeerai(*Alternantherasessilis*),

ThoothuvealaikKeerai(*Solanumtrilobatum*),

PULSES:

ThuvaraiParuppu

DAIRY PRODUCTS:

Cow buttermilk

NON VEGITARIAYAN DIET:

Vellattu Kari

DON'T'S:

AVOID(AAGAP PORUTGAL)

Surai(*Lagenariasiceraria*)

Poosunai(*Luffaacutangula*),

Vellari(*Cucumissativus*),

Pudalai(*Trichosanthescucumerina*),Peerkkku(*Luffaacutangula*),

Kaaramani(*Vignaanguiculata*),

Ulunthu(*Vignamungo*),

Kollu(*Macrotylomauniflorum*),

Kadugu(*Brassiajuncea*)

Sour, astringent tastes

Sea foods except small prawn

OTHER ADVICE:

Bed rest

Excessive involve of joints should be avoided

Regular exercise and yogasanas

Avoid chilled atmosphere,sleep on cold floor, live on high altitude

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

Regular exercises

Karpa medicines

Pranayamam

KALLADAIPPU (RENAL CALCULI)

INTRODUCTION

Urinary stones have plagued human's science the earlier records of civilization. A kidney stone is a hard mass developed from crystals that separate from urine and build up on the inner surfaces of the kidney. Urinary stone affects 10-12% of the population in industrialized countries. The average lifetime risk of stone formation has been reported in the range of 5-10%. A Predominance of men over women can be observed with an incidence peak between the fourth and fifth decade of life. Recurrent stone formation is a common part of the medical care of patients with stone disease. Calcium containing stones, especially calcium oxalate dihydrate and basic calcium phosphate are the most commonly occurring ones to an extent of 75-90% followed by magnesium ammonium phosphate (struvite) to an extent of 10-15%, uric acid 3-10% and cystine 0.5-1% (4-6).

Renal calculi are formed by deposits of poly crystallin aggregates composed of varied amounts of crystalloid and organic matrix. They can vary in size and may be found anywhere in urinary tract from the kidney to the bladder. Urinary stones have affected for centuries .

The clinical symptoms for kalladaipu may be correlated with that of renal calculi in modern science. It induces the symptoms like oliguria, urethral pain mimics a pain caused by an insertion of hot iron in the urethra, sweating all over the body. Anuria, agonizing pain, blood stained calculus stagnated in urethra.

Definition:

According to the text of siddh maruthuvam (pothu) ,

There is a gradual or suddenly obstruction to the flow of urine, pain with burning sensation in the urethral tract, low back pain, renal angle pain and sand like crystal deposit in urine.

ETIOLOGY:

As per yugi vaithiya Chinthamani,

1. Intake of turbid water
2. Food contaminated with stones, bones, hair and sand.
3. Intake of deteriorated food stuff and starch substances.
4. Eating flatulence producing food while indigestion
5. Mukkunam deranged by internal factors such as sexual perversion, anger, robbery.

CLINICAL DESCRIPTION:

According to the text of siddha maruthuvam(pothu),

1. Gradual or sudden obstruction to flow of urine
2. Unbearable pain (agonizing pain) in the penis
3. Excruciating pain and swelling is experienced at the tip of penis if the calculus attempt to expel
4. Colicky pain radiating from loin to groin, lower abdomen, urethra, genitalia.
5. Burning and scanty micturition.

SIDDHA TYPES:

1. Vaatha kalladaippu
2. Pitha kalladaippu
3. Slethuma kalladaippu
4. Thontha kalladaippu

PATHOGENESIS ON THE BASIS OF THIRITHODAM:

The imbalance in one's diet and fluid intake increases the azhal kutram. This raised azhal kutram dries up the body fluid and urine resulting in increased concentration of salts. This further affects the keezh nokkukaal. When the keezh nokkukaal is affected the urine will be obstructed within the urinary tract. This favors deposition of urinary salts to develop into calculi anywhere in the kidney or urinary tract.

CLINICAL MANAGEMENT FOR DIFFERENT STAGES OF DISEASE CONDITION:

STAGE-1

DIAGNOSIS

1. Loin to groin pain
2. Dysuria
3. Burning micturition
4. Oliguria
4. Stone size - microlith to 5mm without obstruction or with mild obstruction.

Line of treatment for STAGE-1

1. Purgation
2. Oleation
3. Internal medicines
4. External medicine

STAGE -2

DIAGNOSIS

1. Loin to groin pain
2. Dysuria
3. Burning micturition
4. Oliguria
5. Nausea & Vomiting
7. Stone size - Stone size - $\geq 5\text{mm}$ to $\leq 10\text{ mm}$ without obstruction or with mild obstruction

Line of treatment for STAGE-II

1. Purgation

2. **Oleation**
3. **Internal Medicines**
4. **External Medicine**

STAGE-3

DIAGNOSIS

1. Loin to groin pain
2. Dysuria
3. Burning micturition
4. Oliguria
5. Nausea & Vomiting
5. Fever
6. Unbearable pain (agonizing pain) in the penis
7. Stone size - ≥ 10 mm to ≤ 20 mm without obstruction or with mild obstruction

Line of treatment for STAGE-III

1. Purgation
2. Oleation
3. Internal medicines
4. External medicine

STAGE-4

Referral - Conditions

1. Acute renal colic
2. Severe nausea and vomiting
3. High grade fever
4. Chill
5. Oliguria /Anuria
6. Marked obstruction required immediate surgery
7. Stone size ≥ 10 mm causing Marked hydronephrosis

DIETARY ADVISES

DO'S:

1. Water intake 3-5 lit/day
2. Barely Kanji - 30 gm barley/day
3. Tender Coconut - 1/day
4. Plantain stems juice- 50ml once in 3 days

Vegetables:

1. Radish
2. Lab Lab
3. Cucumber
4. Carrot
5. Beetroot

Fruits:

1. Pineapple
2. Banana
3. Papaya
4. Lemon

5. Pomegranate

DIET RESTRICTIONS

DONT'S:

Vegetables

1. Cauliflower
2. Tomato
3. Spinach
4. Mushrooms
5. Cabbage
6. Dark Greens

Fruits

1. Grapes
2. Cherry
3. Straw Berry
4. Black berry

Other food

1. Ice-Cream
2. Chocolate
3. Tinned Cool drinks
4. Too much of salt & sugar
5. Non-vegetarian foods
6. Milk Products
7. Fast Food
8. Processed foods

DIET - CHART

Break fast:

Horse gram decoction 30 ml
Steamed foods like idly, Idiyappam
11.00 am- Tender coconut-1

Lunch:

Boiled rice, Raddish saambar
Plantain stem poriyal
Pomegranate -1
5.00PM- Plantain stem soup

Dinner:

Wheat germ Chappathi
Peanut kuruma
Parsley porridge -1 cup
Banana-1

3-4 liters of water intake (including fruit juice) /day

HABITS

DONT'S:

1. Alcohol
2. Coffee/tea
3. Smoking
4. Betel chewing
4. Supplementary Calcium
5. Control of Voiding of urine
6. Inadequate sleep (Must sleep 8 hours)

Approximate Cost for procedures, medicines etc during treatment and post treatment maintenance for prolonged medication if required.

Stage 1

Cost for procedures during treatment: 2,370/-

1. Lab investigations (before treatment): Rs. 1,185/-

Blood clinical chemistry: Rs. 820

Urine clinical chemistry: Rs. 185

X-Ray :Rs. 30

USG-KUB : Rs. 200

CT : Rs. 750

2. Lab investigations (after 45 days): Rs. 1,185/-

Blood clinical chemistry: Rs. 820

Urine clinical chemistry: Rs. 185

X-Ray : Rs. 30

USG-KUB : Rs. 200

CT : Rs. 750

Cost for Medicines during treatment: Rs.2, 360/-

1. Purgation: Rs.400/day (Initial)

2. Oleation: Rs.1, 200

3. Internal medicine: Rs.550

4. External medicine: Rs.210

Approximate Cost for Stage 1 during treatment: Rs.4, 730/-

Stage 2

Cost for procedures during treatment: 2,370/-

1. Lab investigations (before treatment): Rs. 1,185/-

Blood clinical chemistry: Rs. 820

Urine clinical chemistry: Rs. 185

X-Ray : Rs. 30

USG-KUB : Rs. 200

CT : Rs. 750

2. Lab investigations (after 45 days): Rs. 1,185/-

Blood clinical chemistry: Rs. 820

Urine clinical chemistry: Rs. 185
X-Ray : Rs. 30
USG-KUB : Rs. 200
CT : Rs. 750

Cost for Medicines during treatment: Rs.2, 600/-

1. Purgation: Rs.400/day
2. Oleation: Rs.1, 200
3. Internal medicine: Rs.790
4. External medicine: Rs.210

Approximate Cost for Stage 2 during treatment: Rs.4, 970/-

Stage 3

Cost for procedures during treatment: 2,370/-

1. Lab investigations (before treatment): Rs. 1,185/-
Blood clinical chemistry : Rs. 820
Urine clinical chemistry : Rs. 185
X-Ray : Rs. 30
USG-KUB : Rs. 200
CT : Rs. 750
2. Lab investigations (after 45 days): Rs. 1,185/-

Blood clinical chemistry: Rs. 820
Urine clinical chemistry: Rs. 185
X-Ray : Rs. 30
USG-KUB : Rs. 200
CT : Rs. 750

Cost for Medicines during treatment: Rs.2, 700/-

1. Purgation: Rs.400/day
2. Oleation: Rs.1, 200
3. Internal medicine: Rs.890
4. External medicine: Rs.210

Approximate Cost for Stage 3 during treatment: Rs.5, 070/-

Approximate Cost for post treatment maintenance (procedures, medicines etc) for prolonged medication if required.

Cost for post treatment maintenance:

Depends upon the stages (stage 3 to stage 2 or stage 2 to stage 1) of the disease the above said cost for each stage can be taken for account.

KARUPPAI NAARTHASAI KATTI (UTERINE FIBROIDS)

INTRODUCTION:

Uterine fibroids are very common non-cancerous (benign) growths that develop in the muscular wall of the uterus. They can range in size from very tiny (a quarter of an inch) to larger than a cantaloupe. Occasionally, they can cause the uterus to grow to the size of a five-month pregnancy. In most cases, there is more than one fibroid in the uterus. While fibroids do not always cause symptoms, their size and location can lead to problems for some women, including pain and heavy bleeding.

DEFINITION:

Uterine fibroids are noncancerous growths of the uterus that often appear during childbearing years.

AETIOLOGY

The causes are still unclear, but probable causes can be:

- ❖ Genetic changes.
- ❖ Hormonal changes.
- ❖ Role of polypeptide growth factors

CLINICAL DESCRIPTION

The prevalence of Fibroid is highest in between 35 to 40 years. These are more common in nulliparous. Most of the cases are Asymptomatic but the below are some of the symptoms that could arise.

- ❖ Menstrual abnormality: Menorrhagia , Metrorrhagia.
- ❖ Dysmenorrhoea
- ❖ Dyspareunia
- ❖ Infertility
- ❖ Pressure symptoms
- ❖ Recurrent pregnancy loss (miscarriage, preterm labour).
- ❖ Lower abdominal or pelvic pain
- ❖ Abdominal enlargement

SIDDHA TYPES

There are 3 types

1. VAYITRU PASAI-SAVIN KEELULLA NAARTHASAIKATTIGAL (Subperitoneal fibromyomas)
 - It grows from outer part of cervix and can reach until the peritoneum surrounding the uterine cavity.
 - It is otherwise noted as Pasai-savin keelula naarthasai kattigal (subserous fibromyoma)
2. THASAI IDAPPATTA NAAR THASAI KATTIGAL (Interstitial fibromyomas)
 - It grows from the wall of the uterus and the growth is restricted inside the wall itself.
 - The growth does not penetrate internal part of uterus or external part of uterus.

3. PASAI CHAVIN KEEL PADALATHU NAARTHASAI KATTIGAL
(Submucous fibromyomas)

- It grows from the wall of uterus and penetrates into the uterus. It can make the wall of the uterus a very thin layer

Fibroid is the commonest benign tumour of uterus. Tumour site is important than size. A small submucous fibroid may produce more symptoms than a big subserous fibroid.

STAGE I (Intramural fibroid)

Mostly Asymptomatic- 75%

Sometimes lower abdominal pain.

Functional pain scale 1&2

Menorrhagia

STAGE II (Subserous fibroid)

Lower abdominal pain.

Functional pain scale 3

Abdominal enlargement

Pressure symptoms – It produce constipation, dysuria.

Dyspareunia

STAGE III (Submucous fibroid)

Functional pain scale 4

Menorrhagia, Metrorrhagia

Sub fertility

STAGE IV (Referral)

Functional pain scale 5

Persistent menorrhagia leads to anaemia

Recurrent pregnancy loss (miscarriage, preterm labour)

Loss of libido

Severe intraperitoneal haemorrhage

Line of treatment

- Purgation (Initial)
- Oleation (Initial)
- Internal medicine (For one day)
- Karpa marundhu (For one day)
- External medicine (For one day)
- Yogam (Per session)

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
TVS Colour Doppler	Rs 300
MRI- More accurate than USG	Rs 3000
Laparoscopy (If uterine size is less than 12 weeks)	Rs 500
HSG (To detect submucous fibroid in unexplained infertility)	Rs 200

APPROXIMATE COST FOR THE MANAGEMENT

STAGE I

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 11
Karpa marunthu	Rs 12
External medicine	Rs 5
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 14
Karpa marunthu	Rs 36
External medicine	Rs 9
Yogam	Rs 500

STAGE III

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 123
Karpa marunthu	Rs 24
External medicine	Rs 10
Yogam	Rs 500

DIETERY REGIMEN

ADD

- ❖ Hand powdered rice
- ❖ Kuruvai rice
- ❖ Manisambha rice
- ❖ Kalludai sambha rice
- ❖ manakathai rices
- ❖ Valuzhuvai arisi pittu(Celastrus paniculatus)

Tender vegetables:

- ❖ Athi(Ficus racemosus),
- ❖ Kathari(Solanum melangena),
- ❖ Avarai(Dolicus lablab),
- ❖ Pudalai(Trichosanthe cucumerina),
- ❖ Vellari(Cucumis sativus),
- ❖ Kovai(Coccina grandis),
- ❖ Murungai(Moringa oleifera),
- ❖ Vaazhai poo (Moringa oleifera),
- ❖ Surai(Lagenaria sicerarie),
- ❖ Sundai (Solanum torvum),
- ❖ Mullangai (Rhaphanus sativus),
- ❖ Karunai kizhangu (Colocasia antiquarum)
- ❖ Pirandai(Cissus quadrangularis)

Greens:

- ❖ Musumusukai(Mukia maderaspatna),
- ❖ Ponnaangaani(Alternanthera sessils),
- ❖ Mulaikeerai (Amaranthus blitum)
- ❖ Sirukeerai(Amaranthus tricolor)
- ❖ Pasalai keerai(Portulaca quadrifida)
- ❖ Pannai keerai (Celocia argentea)
- ❖ Parattai keerai (Ipomea reniformus)
- ❖ Puliyaari (Oxalis corniculata)
- ❖ Paruppu keerIai (Portulaca oleracea)
- ❖ Keerai thandu (Amaranthu gangeticus)

Fruits:

- ❖ Aruneli(Phyllanthus acidus)
- ❖ Mthulai(Punica granatum)
- ❖ Sev vaazhaipazham, Vel vaazhaipazham, Rasthaali, Malai vaazhaipazham(Fruit of Musa paradisiacal)
- ❖ Naaval (Syzygium cumini)
- ❖ Thratchai (Vitis vinifera)
- ❖ Athi (Ficus racemosa)

Pulses:

- ❖ Ulunthu (Vigna mungo)

Dairy products:

- ❖ Cow's milk and buttermilk.

Non-vegetarian diets

- ❖ Velladu(Capra hircus)
- ❖ Ayirai meen(Loach)
- ❖ Kaadai
- ❖ Kowthaari

AVOID

- ❖ Hot sour and salted foods
- ❖ Sarkarai valli kizhangu(Ipomoea batatud)
- ❖ Seppakizhangu(Colocasia esculanta)
- ❖ Kothavarai(Cyamopsis teragonoloba)
- ❖ Kollu (Macrotyloma uniflorum)

Do's

- Have a stress free life, comfortable sleep.
- Maintain a well-balanced diet and nutrition diet.
- Advise to do pranayama,soorya vanakkam

Don'ts

- Avoid - oral contraception pills
- Avoid - constipation
- Avoid - indigestion
- Avoid - Hot sour and salted foods

SOOTHAGAVALI (PRIMARY DYSMENORRHOEA)

INTRODUCTION:

Soothagavali is a medical condition of pain during menstruation that interferes with daily activities. Although it's normal for most women to have mild abdominal cramps on the first day or two of their period, about 10% of women experience severe pain.

DEFINITION:

It is painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities.

SIDDHA TYPES

- ❖ **Aga Soothagavali (Irugi surungalvali)**
- ❖ **Pura Soothagavali (Sanchidha Soothagavali)**

AGA SOOTHAGA VALI (IRUGI SURUNGALVALI)-PRIMARY DYSMENORRHOEA

AETIOLOGY

There is no identifiable pelvic pathology. The mechanism of initiation of uterine pain in this is difficult to establish. But the following are too often related.

- Psychosomatic factor
- Abnormal anatomical and functional aspect of uterus
- Role of Vasopressin and prostaglandin

CLINICAL DESCRIPTION

- The Pain begins few hours before or just with the onset of menstruation. Severity of pain lasts for few hours and may extends to 24 hours but seldom persist beyond 48 hrs.
- The pain is spasmodic and confined to lower abdomen, may radiate to back and medial aspect of thighs.
- Systemic discomfort like Nausea, vomiting, fatigue, diarrhoea and headache may be associated. It may be accompanied by vasomotor changes causing pallor, cold sweats and occasional fainting.

MUKKUTRA VERUPADU (PATHOGENESIS)

The deranged Vatham has become the predominant cause for the occurrence of Soothagavali

- The deranged Vatham has deranged the Azhal and Iyam

FUNCTIONAL PAIN SCALE

Score	Activity profile
0	No pain
1	Tolerable and pain does not prevent any activities
2	Tolerable and pain prevents some activities
3	Intolerable and pain does not prevent use of telephone, TV viewing and reading

4	Intolerable and pain prevents use of telephone, TV viewing and reading
5	Intolerable and pain prevents verbal communication

Depending upon the functional pain scale it has been classified into four stages

STAGE I

Pain is tolerable and the pain doesn't prevent any activities or prevent some activities. But it is associated with nausea.

STAGE II

Intolerable pain that doesn't prevent TV watching, mobile phone using, and newspaper reading. It is associated with nausea, vomiting, head ache and diarrhoea.

STAGE III

Intolerable pain that prevents TV watching, mobile phone using, and newspaper reading. It is associated with nausea, vomiting, head ache and diarrhoea. It may be associated with pallor, cold sweats.

STAGE IV (Referral)

Intolerable pain that prevents verbal communication.

Severe vomiting

Pallor, cold sweats and occasional fainting.

Line of treatment

- Purgation (Initial)
- Oleation (Initial)
- Internal medicine (For one day)
- Karpa marundhu (For one day)
- External medicine (For one day)
- Yogam (Per session)

Line of treatment common for all stages

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
Ultrasonogram	Rs 200
Hormonal assays	Rs 1250

APPROXIMATE COST FOR THE MANAGEMENT OF AGA SOOTHAGAVALI

STAGE I

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 7
Karpa marunthu	Rs 12
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 11

Karpa marunthu	Rs 12
External medicine	Rs 13
Yogam	Rs 500

STAGE III

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 54
Karpa marunthu	Rs 24
External medicine	Rs 13
Yogam	Rs 500

PURA SOOTHAGAVALI (SANCHIDHA SOOTHAGAVALI) – SECONDARY DYSMENORRHOEA

ETIOLOGY

There are symptoms of associated pelvic pathology. The pain may be related to increasing tension in pelvic tissues due to premenstrual pelvic congestion or increased vascularity in the pelvic organs.

- Pelvic endometriosis
- Adenomyosis
- Uterine Fibroid
- Chronic pelvic infection

CLINICAL DESCRIPTION

- The pain appears 10 days prior to the period and relieves with the start of bleeding.
- The pain is dull situated in the back and in front without any radiation
- The onset and duration of the pain depends on the pathology producing the pain

MUKKUTRA VERUPADU (PATHOGENESIS)

The deranged Vatham has become the predominant cause for the occurrence of Soothagavali

The deranged Vatham has deranged the Azhal and Iyam

PURA SOOTHAGAVALI (Secondary dysmenorrhoea)

Secondary dysmenorrhoea due to fibroid:

Fibroid is the commonest benign tumour of uterus. Tumour site is important than size. A small submucous fibroid may produce more symptoms than a big subserous fibroid.

STAGE I (Intramural fibroid)

Mostly Asymptomatic- 75%
 Sometimes lower abdominal pain.
 Functional pain scale 1&2
 Menorrhagia

STAGE II (Subserous fibroid)

Lower abdominal pain.
 Functional pain scale 3
 Abdominal enlargement
 Pressure symptoms – It produce constipation, dysuria.

Dyspareunia

STAGE III (Submucous fibroid)

Functional pain scale 4

Menorrhagia, Metrorrhagia

Sub fertility

STAGE IV (Referral)

Functional pain scale 5

Persistent menorrhagia leads to anaemia

Recurrent pregnancy loss (miscarriage, preterm labour)

Loss of libido

Severe intraperitoneal haemorrhage

Line of treatment

- Purgation (Initial)
- Oleation (Initial)
- Internal medicine (For one day)
- Karpa marundhu (For one day)
- External medicine (For one day)
- Yogam (Per session)

Line of treatment common for all stages

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
TVS Colour Doppler	Rs 300
MRI- More accurate than USG	Rs 3000
Laparoscopy (If uterine size is less than 12 weeks)	Rs 500
HSG (To detect submucous fibroid in unexplained infertility)	Rs 200

APPROXIMATE COST FOR THE MANAGEMENT

STAGE I

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 11
Karpa marunthu	Rs 12
External medicine	Rs 5
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 14
Karpa marunthu	Rs 36
External medicine	Rs 9
Yogam	Rs 500

STAGE III

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 123
Karpa marunthu	Rs 24
External medicine	Rs 10

Yogam	Rs 500
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ADENOMYOSIS

Adenomyosis is a condition where there is ingrowth of the endometrium directly into the myometrium.

STAGE I

Mild increased menstrual bleeding than normal bleeding

Functional pain scale 1&2

STAGE II

Moderate increased menstrual bleeding than normal bleeding

Functional pain scale 3

STAGE III

Excessive menstrual bleeding

Dyspareunia and frequency of urination

Functional pain scale 4

STAGE IV (Referral)

Uncontrollable menstrual bleeding

Functional pain scale 5

Loss of libido

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
TVS Colour Doppler	Rs 300
MRI	Rs 3000

Line of treatment

- Purgation (Initial)
- Oleation (Initial)
- Internal medicine (For one day)
- Karpa marundhu (For one day)
- External medicine (For one day)
- Yogam (Per session)

Line of treatment common for all stages

APPROXIMATE COST FOR THE MANAGEMENT

STAGE I

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 16
Karpa marunthu	Rs 4
External medicine	Rs 10
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 24
Karpa marunthu	Rs 10
External medicine	Rs 9
Yogam	Rs 500

STAGE III

Purgation	Rs 400
-----------	--------

Oleation	Rs 500
Internal medicine	Rs 35
Karpa marunthu	Rs 12
External medicine	Rs 10
Yogam	Rs 500

PELVIC INFLAMMATORY DISEASE:

It is a spectrum of infection and inflammation of the upper genital tract organs typically involving the endometrium, fallopian tubes, ovaries, pelvic peritoneum and surrounding structures.

STAGE I

Bilateral lower abdominal pain and pelvic pain which is dull in nature
 Fever, lassitude, head ache
 Abnormal vaginal discharge which becomes purulent and or copious

STAGE II

Bilateral lower abdominal pain and pelvic pain which is dull in nature
 Fever, lassitude, head ache
 Abnormal vaginal discharge which becomes purulent and or copious
 Irregular and excessive vaginal bleeding
 Nausea and vomiting

STAGE III

Irregular and excessive vaginal bleeding
 Nausea and vomiting
 Dyspareunia

STAGE IV (Referral)

Temp > 39° c or 40° c
 Uncontrollable vaginal discharge
 Excessive vaginal bleeding
 Loss of libido
 Functional pain scale 5

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
Microbiological swabs (Endocervical, urinary, vaginal)	Rs 75
Inflammatory markers – CRP	Rs 25
Diagnostic Serological assays for syphilis	Rs 100
Laparoscopy	Rs 500

Line of treatment

- Purgation (Initial)
- Oleation (Initial)
- Internal medicine (For one day)
- Karpa marundhu (For one day)
- External medicine (For one day)
- Yogam (Per session)

Line of treatment common for all stages

APPROXIMATE COST FOR THE MANAGEMENT

STAGE I

Purgation	Rs 400
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Oleation	Rs 500
Internal medicine	Rs 8
Karpa marunthu	Rs 4
External medicine	Rs 10
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 16
Karpa marunthu	Rs 10
External medicine	Rs 9
Yogam	Rs 500

STAGE III

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 14
Karpa marunthu	Rs 12
External medicine	Rs 13
Yogam	Rs 500

ENDOMETRIOSIS

The presence of functioning endometrium in sites other than uterine mucosa is called Endometriosis. Depth of penetration is more related to symptoms rather than spread.

American Fertility Scoring system of endometriosis (revised)

	Endometriosis	<1 cm	1-3 cm	>3 cm
Peritoneum	Superficial	1	2	4
	Deep	2	4	6
Ovary	R Superficial	1	2	4
	Deep	4	16	20
	L Superficial	1	2	4
	Deep	4	16	20
	Posterior Cul-de-sac Obliteration	Partial 4	Complete 40	
Ovary	Adhesions	<1/3 Enclosure	1/3 – 2/3 Enclosure	>2/3 Enclosure
	R Filmy	1	2	4
	Dense	4	8	16
	L Filmy	1	2	4
	Dense	4	8	16
Tube	R Filmy	1	2	4
	Dense	4*	8*	16
	L Filmy	1	2	4
	Dense	4*	8*	16

* If the fimbriated end of the fallopian tube is completely enclosed, change the point assignment to 16

Stage I -1 to 5, Stage II 6-15, Stage III 16-40, Stage IV > 40

STAGE I

- Scoring 1- 5
- Lower abdominal pain
- Pelvic pain
- Low back pain
- Dysmenorrhoea – pain scale 1&2

STAGE II

- Scoring 6- 15
- Lower abdominal pain
- Dysmenorrhoea – pain scale 3
- Menstrual irregularity (Menorrhagia, Polymenorrhoea)

STAGE III

- Scoring 16-40
- Lower abdominal pain
- Dysmenorrhoea – pain scale 4
- Menstrual irregularity (Menorrhagia, Polymenorrhoea)
- Dyspareunia

STAGE IV (Referral)

- Scoring >40
- Lower abdominal pain
- Dysmenorrhoea – pain scale 5
- Menstrual irregularity (Menorrhagia, Polymenorrhoea)
- Dyspareunia
- Sub fertility.

INVESTIGATION

Routine blood investigation (CBC+Bl.Sugar+Total cholesterol)	Rs 90
Liver Function test	Rs 220
Renal Function test	Rs 400
TVS Colour Doppler	Rs 300
MRI	Rs 3000
Laparoscopy	Rs 500
CA-125	Rs 500
Hormonal Assay	Rs 1250

APPROXIMATE COST FOR THE MANAGEMENT

STAGE I

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 19
Karpa marunthu	Rs 10
External medicine	Rs 5
Yogam	Rs 500

STAGE II

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 19

Karpa marunthu	Rs 24
External medicine	Rs 9
Yogam	Rs 500

STAGE III

Purgation	Rs 400
Oleation	Rs 500
Internal medicine	Rs 82
Karpa marunthu	Rs 12
External medicine	Rs 10
Yogam	Rs 500

DIETERY REGIMEN

ADD

- ❖ Hand powdered rice
- ❖ Kuruvai rice
- ❖ Manisambha rice
- ❖ Kalludai sambha rice
- ❖ manakathai rices

Tender vegetables:

- ❖ Athi(*Ficus racemosus*),
- ❖ Kathari(*Solanum melangena*),
- ❖ Avarai(*Dolicus lablab*),
- ❖ Pudalai(*Trichosanthe cucumerina*),
- ❖ Vellari(*Cucumis sativus*),
- ❖ Kovai(*Coccina grandis*),
- ❖ Murungai(*Moringa oleifera*),
- ❖ Vaazhai poo (*Moringa oleifera*),
- ❖ Surai(*Lagenaria sicerarie*),
- ❖ Sundai (*Solanum torvum*),
- ❖ Mullangai (*Rhaphanus sativus*),
- ❖ Karunai kizhangu (*Colocasia antiquarum*)
- ❖ Pirandai(*Cissus quadrangularis*)

Greens:

- ❖ Musumusukai(*Mukia maderaspatna*),
- ❖ Ponnaangaani(*Alternanthera sessils*),
- ❖ Mulaikeerai (*Amaranthus blitum*)
- ❖ Sirukeerai(*Amaranthus tricolor*)
- ❖ Pasalai keerai(*Portulaca quadrifida*)
- ❖ Puliyaari (*Oxalis corniculata*)
- ❖ Paruppu keerIai (*Portulaca oleracea*)
- ❖ Keerai thandu (*Amaranthu gangeticus*)

Fruits:

- ❖ Aruneli(*Phyllanthus acidus*)
- ❖ Mathulai(*Punica granatum*)
- ❖ Sev vaazhaipazham, Rasthaali, Malai vaazhaipazham(Fruit of *Musa paradisiacal*)
- ❖ Naaval (*Syzygium cumini*)

- ❖ Thratchai (*Vitis vinifera*)
- ❖ Athi (*Ficus racemosa*)

Pulses:

- ❖ Ulunthu (*Vigna mungo*)

Dairy products:

- ❖ Cow's milk and buttermilk.

Non-vegetarian diets

- ❖ Velladu(*Capra hircus*)
- ❖ Ayirai meen(Loach)
- ❖ Kaadai
- ❖ Kowthaari

AVOID

- ❖ Hot, sour and salted foods
- ❖ Sarkarai vallli kizhangu(*Ipomoea batatud*)
- ❖ Seppakizhangu(*Colacasia esculanta*)
- ❖ Kothavarai(*Cyamopsis teragonoloba*)
- ❖ Kollu (*Macrotyloma uniflorum*)

Do's

- ❖ Take well balanced diet
- ❖ Do pranayama
- ❖ Do soorya vanakkam
- ❖ Have stress free life
- ❖ Take comfortable sleep.
- ❖ Take lots of vigno mungo in food to strengthen the pelvic muscles.

Don'ts

- Avoid - oral contraception pills
- Avoid - constipation
- Avoid - indigestion
- Avoid - Hot sour and salted foods

KUDIVERI NOI (ALCOHOLISM)

INTRODUCTION

Of all addictions, it is the addiction to alcohol that remains most prevalent. Perhaps, it is because alcohol is the most commonly used drug due to its easy availability. The clinical entity “**KUDIVERI NOI**” can be correlated with the Alcoholism and its related adverse effects .

Synonym: Mathathiyam, Mathuval varunoi

- The prevalence of alcoholism in India varies from 7% to 75% in Gujarat and Arunachal Pradesh respectively(Vivek Benegal, 2005)
- Number of drinkers in India increased from 1 in 300 to 1 in 20 in past 20yrs.
- Average age of alcohol consumption in India has fallen by 9 years from 28 to 19 years (NIMHANS Study)
- 3rd major life threatening problem after cardiac diseases and cancer
- It is responsible for 50% of all homicides 25% of all suicides 50 -75% of road side accidents
- It reduces life expectancy by about 10 yrs & Male female ratio is 2:1 to 3:1.

DEFINITION

As per Siddha science, is Confusion of mental status and disorientation of speech due to excessive intake of toddy ,arrack and wine.

CLINICAL DESCRIPTION

Increased urge for taking alcohol, loss of appetite, sleeplessness, burning sensation in epigastric region, altered bowel habits, tremors of the hands and mental depression.

Alcohol intoxication can be classified into four stages characterized by behavioral manifestations which depend upon blood alcohol level

I stage:

- Characterized by sense of well being, warmth, increase of self confidence and lack of self control.
- An excitement of sexual desire is evident.
- Improves digestion of food.

II stage:

- Attention and concentration impaired, learning and retention become faulty
- Usually manifest with excitable, irritable and self depreciating features.
- Sleepfulness.

III stage:

- Sleeplessness
- The subjects may disclose secrets at this point
- Quarrelsome tendency

IV stage:

- This stage marked by a depression of most bodily functions.
- Staggering gait with postural abnormalities
- Finally stage of stupor or coma prevails, which is characterized by rapid pulse and breathing, cold body.
- Sometimes fatal.

MUKKUTRA VERUPADU(PATHOGENESIS)

- The deranged Pitham is the predominant cause for the said condition.
- The deranged Pitham combining with other humors leads to the development of corresponding symptoms.
 - I stage : Azhal
 - II stage : Azhal Vali
 - III & IV stage: Mukkutram.
- Keezhnokku kaal gets affected leading to symptoms like Diarrhoea or Constipation, Maelnokku kaal gets affected leading to symptoms like Vomitting, Difficulty in breathing etc and affected Paravukaal leads to symptoms like tremors, perspiration etc.

MEDICAL TREATMENT that incorporates de addiction of alcohol may generally consists of the following

1. Detoxification
2. Preventing the relapse
3. Repairing the damage

STAGE I

A. STEP FOR DETOXIFICATION:

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc

B. DRUG FOR PREVENTING THE RELAPSE:

Drugs like Sugarcane juice, Grape juice, Decoction of Hedyotis corymbosa (Linn.) Lann etc

C. REPAIRING THE DAMAGE

1. KUDINEER – DECOCTION

Containing hepatoprotective herbs like (Hedyotis corymbosa (Linn.) Lam, (Tinospora cordifolia.Miers)

2. Chooranam
3. Parpam

C. External:

Head bath with cold water.

STAGE II

A. STEP FOR DETOXIFICATION:

A. STEP FOR DETOXIFICATION:

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc

B. DRUG FOR PREVENTING THE RELAPSE:

Sugarcane juice, Grape juice, Decoction of Hedyotis corymbosa (Linn.) Lann etc

C. REPAIRING THE DAMAGE

KUDINEER

a. Dry ginger, Adathoda vasica, Andrographis paniculata, Neem bark, Coriander seeds etc

MEDICATED GHEE

Medicated ghee made from Quail meat, Pepper, Cumin seeds -5ml (twice a day)

C. External:

Head bath with oils having refrigerant action such as Ulunthu thylam Etc.

III STAGE

A. STEP FOR DETOXIFICATION:

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc

B. DRUG FOR PREVENTING THE RELAPSE:

Sugarcane juice, Grape juice, Decoction of Hedyotis corymbosa (Linn.) Lann etc

C. REPAIRING THE DAMAGE

Fresh juice like Ginger juice along with dry ginger powder, Long pepper powder etc can be prescribed

2. Mutton soup

D. External:

Head bath with Sitramuti thylam or Arakku thylam or Chukku thylam followed by lukewarm water.

IV STAGE:

As patient may be in a collapsed state, treatment for delirium to be undertaken.

Tablets

Parpam/Chenduram

Other medicines for Kudiveri noi:

In addition internal medicines that treat deranged Azhal (Pitham) can be prescribed

Medicated ghee

Parpam

Kukkil vennai
Powder

Diet:

Food substances that neutralizes the Azhal – Pitham has to be included

Rice varieties:

Manakkathai arisi
Kuruvai arisi
Kaararisi

Tender vegetables:

Solanum melongena.L
Moringa oleifera.Lam
Ficus racemosa.L.
Luffa acutangula (Linn) Roxb.
Trichosanthes cucumerina.Linn.
Oxalis corniculata. Linn.
Allium cepa.
Vigna mungo. L
Cajanus cajan . L
Vigna radiate.L
Trigonella foenum – graecum. L
Coriandrum sativum.
Foeniculum vulgare
Milk
Curd
Butter milk

Others

Thiamine rich foods (Quail meat, Asparagus, Sunflower seeds etc)
Antioxidant rich foods like Carrots, Peppers, Gooseberry etc
Protein rich foods like Egg white, Soybeans, Lentils etc
EFA rich foods like Whole grain foods, Olive oils, Egg, Almonds, Dark green leafy vegetables like broccoli, spinach etc
Multivitamin rich food like Orange juice, Banana, Honey, Pomegranate juice etc

To avoid

Caffeine items
Spicy oily food
Sweets like chocolate

In case of chronic liver disease the following line of treatment can be followed

In order to balance the deranged Azhal .

- i. Emesis
- ii. Purgation

Fresh leaf juice of plants like *Acalypha indica* along with rock salt can be prescribed to induce emesis as well as purgation.

Internal medicines:

Decoctions

Chooranam
Parpam
Chenduram
Medicated ghee

Diet regimen:

Easy digestible food like double boiled rice porridges, tender vegetables of

Solanum melongena.L
Moringa oleifera.Lam
Ficus racemosa.L.
Luffa acutangula (Linn) Roxb.
Trichosanthes cucumerina.Linn.
Oxalis corniculata. Linn.
Allium cepa.
Soup varieties
Quail soup
Crab soup
- added with pepper, ginger, coriandrum etc to induce the appetite.

Early morning (6.00am)

5 ml of Gingerjuice + 5 ml of honey.

Breakfast (8.00am)

1 cup of Millet porridge/ Oat porridge/ Wheat porridge/ Idly 3 nos/Dosai 1 no

Pre noon (11.00am)

Cumin seeds added Lemon juice 1 cup/ Sugarcane juice 100ml

Lunch(1.00pm)

1 cup of steamed rice / 1 cup of Kichidi (Clean rice cooked with green dhal) with Sambar/Rasam to use only palmolein/Sesame/Soyabean oil/Olive oil,1 cup boiled vegetables or 1 boiled egg white ,1 cup of skimmed butter milk

Evening(4.00pm)

1 cup of pomegranate juice/ Orange juice/Amla juice/Fruit salad made of Papaya, Guava, Apple, Banana.

Malted Ragi/Wheat payasam

Evening (6 pm)

Veg: Vegetable soup (Tomato, Braccoli, Moringa leaves, Garlic)

Non veg: Quail soup, Crab soup.

Dinner (8.00pm)

Slices of bread 2-4/ Cereal flakes with milk (Corn/Wheat/Rice)/ 2-3 chappathis with vegetable gravy.

A cup of milk

Yoga recommended:

Surya Namaskaram
Pranayamam – Meditation techniques.

Savasana

Others

Psychotherapy
Behaviour therapy

BUDGET

I STAGE:

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc\

- Rs.50/-

Sugarcane juice, Cumin seeds

- Rs.40/-

Kudineer

Containing hepatoprotective herbs like (Hedyotis corymbosa(Linn.) Lam), (Tinospora cordifolia.Miers)

2. Chooranam

3. Parpam

- Rs.30/-

I stage – Rs. 120/ day

II stage:

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc- Rs.50/-

Sugarcane juice, Cumin seeds

- Rs.40/-

KUDINEER

a. Dry ginger, Adathoda vasica, Andrographis paniculata, Neem bark,

Coriander seeds etc

- Rs. 50/-

MEDICATED GHEE

Medicated ghee made from

Quail meat, Nutmeg

- Rs. 5/-

II stage Total: Rs 145/day -

III stage

Fresh juice like Ginger juice along with dry ginger powder, Long pepper powder etc can be prescribed - Rs. 25/-

Drug in form of Surasam which consists of the detoxifying ingredients like Jamoon juice, Honey, Ginger juice, Lemon juice etc

- Rs.50/-

Sugarcane juice, Cumin seeds

- Rs.40/-

III stage: Rs. 115/-

Chronic liver disease: If treated with a combination of chooranam, parpam, tablet, syrup, oil and medicated ghee.

App.rate: Rs.70/-

External application

Ulunthu thylam / 100ml– Rs. 26/-

Arakku thylam / 100ml – Rs 113/-

Thappalam technique : Rs. 500/-

1. ROUTINE INVESTIGATION

BLOOD

- Hb (gm/dl) - Rs. 25
- ESR(mm/hr)- Rs. 15
- Blood glucose(mg/dl): (Fasting)-
: (Post – prandial)- Rs.50

2. SPECIFIC INVESTGATIONS

Liver Function Tests

- Serum Alkaline phosphate (u/l)
- SGOT (u/l)
- SGPT (u/l)
- Serum total bilirubin (mg/dl)
- Serum Direct bilirubin (mg/dl)
- Serum Indirect bilirubin (mg/dl)
- Serum Total Protein (g/dl)
- Serum Albumin(g/dl)
- Serum Globulin(g/dl) -Rs: 220/-

Lipid Profile

- Serum cholesterol(mg/dl)- - Rs. 25/-
- HDL cholesterol(mg/dl)-
- LDL cholesterol(mg/dl)-
- VLDL cholesterol(mg/dl)-
- Serum triglycerides (mg/dl) - Rs.50/-

Renal Function Test

- Urea
- Creatinine
- Uric acid - Rs. 400/-

Urine

- Urine sugar (F)&(PP) - Rs. 10/-
- Albumin - Rs. 10/-
- Deposits
- BS BP
- Urobilinogen -Rs.50/-
- Ketone -Rs 50/-

1. USG ABDOMEN AND PELVIS

Rs. 200/-

2. Liver biopsy

Rs. 250/-

OTHER MARKERS:

Gammaglutamyl transferase

Serum Carbohydrate deficient transferin.

Routine: Rs. 1355/-

Disease specific: Rs. 705/-

KALANJAGAPADAI (PSORIASIS)

DEFINITION :

It denotes well defined erythematous rounded plaques covered with silvery scales which have a tendency for the extensor surface and scalp.

ETIOLOGY :

Hereditary
Respiratory diseases
Psychosomatic disorders
Shock
Seasonal changes
Before puberty
After menopause

CLINICAL FEATURES :

1. Erythematous, sharply demarcated papules and rounded plaques, covered by silvery scales.
2. Coin shaped plaques predominantly in elbows, knees and scalp.
3. Swelling of terminal interphalangeal joints , onycholysis.
4. Thimble pitting and ridging of the nails
6. Droplet shaped , small and scaly lesions most commonly in children nails .
5. Red , shiny , symmetrical patches in natal cleft
6. Petechial haemorrhage on scratching .
7. In later stage :

Scales present in knee and elbow.

Thickening of the skin with fissuring in palms and soles.

Peeling of copious scales all over the body

Coin shaped lesion with sterile pustules.

Lesions are circular or elongated.

Lesions occur in umbilical, submammary and axillary folds in females with oozing

1/4th of the psoriatic patient will have pitting on nails

7% of patients will suffer from Psoriatic arthritis.

Line of Treatment

Step 1

- Kazhichal maruthuvam
- Meganatha thylum 8- 30 ml with milk (50) at early morning
- Karudan kizhangu thylum – 16 ml. with milk (50) at early morning

- kalarchi thylum 8- 16 ml. with milk (50) at early morning

Step II;internal medicine

Chooranam

- Parangi pattai chooranam 1- 2gm twice a day with honey
- Thiripala chooranam 1- 2gmtwice a day with honey
- Sivanar vembu chooranam 1- 2gmtwice a day with milk
- Seenthil chooranam 1- 2gmtwice a day with ghee
- Thalishathi chooranam 1- 2gmtwice a day with honey
- Tirikaduku chooranam 1- 2gmtwice a day with hot water
- Karisalai chooranam 1- 2gmtwice a day with honey

Nei

- Brahmi nei 10 -15 ml at morning
- Senkottai nei 5-10 ml twice aday
- Venpoosani nei 5-10 ml twice aday

Ilagam;

Mahavallathy Ilagam- 3g twice a day

Vilvathy Ilagam 5- 10g twice a day

Nellikai Ilagam 5-10g twice a day

Thylum;

Vetpalai thylum 5-10 drops twice a day with milk

Rasayanam;

Gandaga rasayanam -1.3 -2 g twice a day

Parangi rasayanam 5g twice a day

Maathirai;

Maha vasantha kusumahara maathirai 1-2 twice a day

Kusta kaja kuligai 1-2 twice a day

Parpam;

Muthuchippi Parpam 200- 400 mg twice a day with milk

Sangu Parpam 100-300 mg twice a day with ghee

Palagarai parpam 65-130mgtwice a day with milk

Gandaga Parpam 35 mgtwice a day with milk

Muthu Parpam 30-60mg twice a day with ghee

Pavala parpam100-200 mgtwice a day with milk

Chendooram;

Ayachendooram-60-130mg

Ayakantha chendooram-65-130mg
Kalameganarayana chendooram-50-100mg
Sivanar amirtham-100-200mg
Gowri-130mg
Parangipattai pathangam-100-200mg
Rasaganthi mezhugu-500mg
Nanthi mezhugu-100-500g
Kanthaga mezhugu-260-390mg

STEP;3

EXTERNAL MEDICATION

Neer & Poochu

Wash the lesions with thiripalakudineer or Arasampattai kudineer and apply any of the followingsuitable medicated oil.

Arugan thylam

Vetpalai thylam

Pungan thylamkarappan thylam.

OLEATION

Kaiyaan thylam

Nellikai thylam

REFERRAL CRITERIA

Pitting and riding of the nail.

Extreme rigidity and restricted movement of the joint.

Lesion spread all over the body.

PATHIYAM

ADD

Tender vegetables

Greens

Dairy products

AVOID

Avoid frequent intake of sour and hot taste

Solam, Kambu, Varagu, Paharkaai, Mango,

Vazhaikaai, Vellari, Kollu, Koyya, Kathari, Vaankozhi kari. Seppakizhangu

ADVISE ON COMPLETION OF TREATMENT AND PREVENTION;

Advised to follow Iyama/Niyamas.

Do Pranayamam and sooriya vanakkam.

Avoid allergic foods mentioned under pathiyam

Take karpa medicine

Avoid tobacco and alcoholic beverages