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COMBINED EFFICACY OF GANDHAGA PARPAM (INTERNAL DRUG) AND VIDA MUTTI THAILAM (EXTERNAL) FOR THE DISEASE THANDAGA VATHAM (LUMBAR SPONDYLOSIS)

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ABSTRACT Siddha system of medicine, one of the traditional systems belongs to South India. This system has a basic principle that 3 humors i.e Vali, azhal and iyyam. The derangments of these humors causing the diseases. The total No. of diseases according to this system is 4448. Thandaga vatham is one of disease, which occurred due to derangement of Vali.

Aim: To evaluate the clinical efficacy of "Gandhaga parpam" (Internal) and "Vidamutti thailam" (External) in the treatment of "Thandaga vatham" (Lumbar spondylosis) for the reduction of pain and associated symptoms in 40 patients as open clinical trial.

Results: The treatment results with pain reduced in 24 cases (60%), mild pain in 5 cases (12.5%), moderate pain 8 cases (20%), and severe pain persist in 3 cases (7.5%). The restriction of movements reduced in 21 cases (52.5%), mild restriction found in 17 cases (42.5%). Out of the 40 cases, Good improvement was observed in 24 patients (60 %), Moderate improvement in 8 patients (20 %), Mild improvement in 5 patients (12.5 %) and no improvement was observed in 3 cases (7.5%).

Conclusion: Gandhaga parpam and Vidamutti thailam is having efficacy in the treatment of Thandagavatham(Lumbar spondylosis) came to know from the above results.

KEYWORDS : Gandhaga parpam, Thandagavatham, pain assessment, Restriction of movements.

INTRODUCTION:

According to Siddha system of medicine, all the objects in this world either living or non-living and the entire universe are made up of a combination of the three types of thodams (Vali, Azhal and Iyyam) which are comprised of five universal elements (Panchabootham) namely, Earth, water, fire, air and space. In Siddha System of medicine, the diseases of human beings classified into 4448 types based on three humoral theories. In Yugi Vaithiya Chinthamani, Yugi munivar classified the Vatha diseases as 80 types and Thandaga vatham is one among them [1]. Relate the symptoms of Thandaga vatham mentioned in the text, Yugi vaithiya chinthamani are to Lumbar spondylosis in modern science.

BACKGROUND:

Lumbar spondylosis is a degenerative disorder of the lumbar spine characterized clinically by an insidious onset of pain, stiffness and osteophyte formation [2]. Around 60 -80% of the world's population experience low back pain. Lumbar spondylosis causes various health problems ranging from back pain to neurological issues. It is also one among the predominant occupational problems affecting people so it is a major concern of the physician to alleviate the sufferings. In recent research, it found that, Sulphur has anti-oxidant, anti - inflammatory and analgesic properties and necessary for the strength and formation new of connective tissue and bone cartilage[3,4]

Marutham pattai (Terminalia arjuna -One of the ingredients in Gandhaga parpam) has anti-inflammatory and anti-oxidant properties. The bark of Arjuna tree contains Tannins, Calcium salts, magnesium salts and glucoside[5,6,7,8].

Vida mutti thailam (external drug) mentioned in Agasthiyar Attavanai Vagadam, indicated for vali diseases to evaluate their efficacy in treating **"**Thandaga Vatham**"** (Lumbar Spondylosis) [9]

MATERIAL AND METHODS:

Primary Objective:

To evaluate the clinical efficacy of "Gandhaga parpam" (Internal) and "Vidamutti thailam" (External) in the treatment of "Thandaga vatham" (Lumbar spondylosis) for the reduction of pain and Increasing the range of movements.

A pilot study about Thandaga vatham Clinical trial carried out in the OPD and IPD of the Sirappu Maruthuvam department, National Institute of Siddha, Tambaram sanatorium, Chennai.

Study Period: 48 Days
Sample Size: 40 patients [20 OP + 20 IP]

Internal medicine:

Gandhaga Parpam[10]

Dosage:	2 to 3 kundri (120-180mg) twice a day
Adjuvant:	Honey
Duration:	48 days (As per text, treatment is given initially for 7 days and the patients are advised to continue until the manifestations of the disease are controlled).

External medicine:

Vidamutti Thailam
Dosage: Q.S (for external application)

Source of trial medicine:

The required drugs for preparation of Gandhaga Parpam **(**Internal) and Vidamutti Thailam (External**)** will be purchased from a well-reputed country shop and the purchased drugs authenticated by the faculty members in charge of Gunapadam laboratory at National Institute of Siddha.

Drug storage:

The trial drug Gandhaga Parpam (Internal) is stored in a glass jar and Vidamutti Thailam (External) is stored in clean and dry narrow mouthed bottles.

Dispensing:

Out-Patients were asked to visit the hospital once in 7 days. For Out-Patients the drugs were given for 48 days and the clinical assessment was done on 0th day, 8th day, 15th day, 22th day, 29th day, 36th day, 43th day and 49th day.

Treatment Procedure:

The 40 cases of Thandaga vatham were diagnosed clinically 20 cases teated as outpatient and 20 cases of them admitted in Ayothidoss Pandithar Hospital attached to National Institute of siddha. The clinical trial of Gandhaga Parpam (Internal) and Vidamutti Thailam (External) given for 48days with diet restriction.

Patients reporting with symptoms of inclusion criteria subjected to screening test and documented using screening proforma.

Inclusion criteria:

- Age: 20-55 yrs
- Sex: Both male and female
- Pain in lumbar region
- Radiating pain to buttocks and lower limbs
- Diffuse tenderness in lumbar region with limitation of movements
- Stiffness of lumbar spine
- Exacerbation of pain on movements
- Pain increased on forward bending
- Paraesthesia and sensory loss on affected area
- Patients who are willing to undergo radiological investigation and give blood samples for laboratory investigations.
- Patient willing to sign the informed consent stating that he/she will conscientiously stick to the treatment during 48days but can opt out of the trial of his/her own conscious discretion.

Exclusion criteria:

- Cardiac disease
- Hypertension
- Diabetes mellitus
- Use of narcotic drugs
- Pregnancy and lactation
- History of trauma
- Spina bifida
- Osteomyelitis
- Ankylosing spondylitis
- Tuberculosis of spine
- Patient with any other serious illness

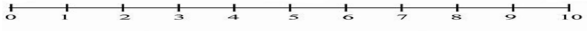
Withdrawal criteria:

- Intolerance to the drug and development of adverse reactions during drug trial.
- Poor patient compliance and defaulters.
- Patient turned unwilling to continue in the course of clinical trial.
- Occurrence of any adverse reaction.

Improvement assessed by following assessments
1. Pain assessment scale
2. Restricted movement assessment scale

Universal pain assessment scale:

Pic:1



0 : No Pain
1-3 : Mild pain
4-6 : Moderate pain
7-10 : Severe pain

Restricted movement assessment scale:

Gradation of Movements

GRADE I - Fit for all activities. Can do their work without support
GRADE II - Mild restriction of movements, occasional numbness
GRADE III - Moderate restriction of movements, stiffness and numbness.
GRADE IV - Bed ridden / confined to chair.

RESULTS AND DISCUSSION

The clinical trial of Gandhaga Parpam (Internal) and Vidamutti Thailam (External) given for 48days with diet restriction. Before and after treatment the assessment list below.

Outcome Measures

Table 1. Pain assessment scale

Pain assessment	BEFORE TREATMENT		AFTER TREATMENT	
	Number of patients	Percentage %	Number of patients	Percentage %
No pain 0	-	-	24	60
Mild (1-3)	8	20	5	12.5
Moderate (4-6)	19	47.5	8	20
Severe (7-10)	13	32.5	3	7.5
Total	40	100	40	100

OBSERVATION:

Among the 40 cases, after the treatment the pain was reduced in 24 cases (60%), mild pain was present in 5 cases (12.5%), moderate pain was present in 8 cases (20%), severe pain was present in 3 cases (7.5%).

Table 2: Restricted Movement Assessment Scale

GRADING	BEFORE TREATMENT		AFTER TREATMENT	
	Number of patients	Percentage %	Number of patients	Percentage %
Grade I	5	12.5	21	52.5
Grade II	16	40	17	42.5
Grade III	19	47.5	2	5
Grade IV	-	-	-	-
Total	40	100	40	100

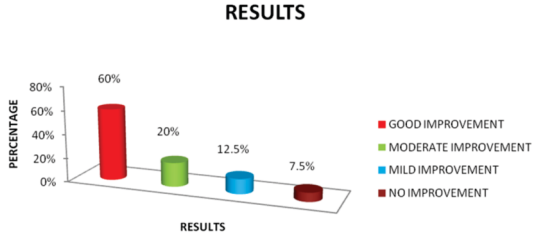
Observation:

After the treatment among 40 patient's restriction was reduced in 21 cases (52.5%), mild restriction was found in 17 cases (42.5%), moderate restriction was found in 2 cases (5%).

Table:3 Overall Results After Treatment

RESULT	NUMBER OF PATIENTS	PERCENTAGE %
Good improvement	24	60
Moderate improvement	8	20
Mild improvement	5	12.5
No improvement	3	7.5
Total	40	100

Pic1



Observation:

Out of the 40 cases Good improvement was observed in 24 patients (60 %), Moderate improvement in 8 patients (20 %), Mild improvement in 5 patients (12.5 %) and no improvement was observed in 3 cases (7.5%).

CONCLUSION:

The trial drug has shown Good improvement in 24 patients (60%), Moderate improvement in 8 patients (20%), Mild improvement in 5 patients (12.5%), No improvement in 3 patients (7.5%). The mean pain score before treatment is 5.5, after treatment it is reduced to 1.88. Hence, this study reveals Varmam treatment along with trial medicines is to be very effective in the treatment of Thandaga vatham.

Hence, the trial drugs found to be very safe and effective in treating Thandaga vatham.

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CONFLICT OF INTEREST:
The author declares no conflict of interest

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