



ORIGINAL RESEARCH PAPER

Siddha

THE COMBINATION OF SIDDHA PURIFICATION THERAPIES ALONG WITH SIDDHAR YOGAM IN THE MANAGEMENT OF THANDAGAVATHAM (LUMBAR SPONDYLOSIS) - A CASE REPORT

KEY WORDS:

Thandagavatham, Lumbar spondylosis, Siddhar Yogam, Purification therapy.

Ranadev B*	PG Scholar, Department of Siddhar Yoga Maruthuvam. *Corresponding Author
Mahalakshmi V	HOD & Associate professor, Department of Siddhar Yoga Maruthuvam, National Institute of Siddha, Chennai-47.
Muthukumar N J	HOD, Professor and My Guide, Department of Varma Maruthuvam, National Institute of Siddha, Chennai-47.

ABSTRACT

Lumbar spondylosis is a degenerative disorder of the lumbar spine characterized clinically by an insidious onset of pain and stiffness and radiologically by osteophyte formation. Vathaa disease is classified into 80 types. *Thandagavatham* is one of them. It may be correlated with Lumbar Spondylosis in modern science. Siddha is a comprehensive system of medicine that emphasizes the body, mind and spirit to restore the innate harmony of the individual. It contains various therapies like *varmam*, *yogam*, purification therapies and external therapies. Purification therapies are fasting, purgation, enema, *nasiyam* and etc. It helps us to detoxify the body and retain energy and restore it. *Yogam* is one of the parts of the Siddha system of medicine. Yoga helps in increasing flexibility, muscle strength and body tone. A male patient at the age of 42 reported at the National Institute of Siddha, Chennai with chief complaints of pain in the lumbar region, radiating to both lower limbs, numbness in both legs, and difficulty walking and standing for 3 months. While pain aggravates during prolonged walking and standing. After the treatment of purification therapies along with Siddhar *yogam* therapy for 48 days, the symptoms were reduced. This study demonstrates that the improvement is seen in the Numeric Pain Rating Scale (NPRS). This result shows that a combination of purification therapies along with Siddhar *yogam* therapy is very effective in the management of *Thandagavatham*.

INTRODUCTION:

Lumbar spondylosis is a degenerative disorder of the lumbar spine characterized clinically by an insidious onset of pain and stiffness and radiologically by osteophyte formation. According to the pathology of lumbar spondylosis, degeneration begins in the intervertebral joints. This is followed by a reduction in the disc space and marginal osteophyte formation. Degenerative changes develop in the posterior facet joints^[1].

Back pain is common in the second decade, disk disease and disk herniation in the third or fourth decade^[2].

According to the classical Siddha text, *Yugi Vaithiya Chinthamani* 800^[3], *Vathaa* disease is classified into 80 types. *Thandagavatham* is one among them. It may be correlated with Lumbar Spondylosis in modern science.

Siddha is a comprehensive system of medicine that emphasizes the body, mind and spirit to restore the innate harmony of the individual. In the Siddha system, treatment is aimed at restoring balance to the mind-body system. It contains various therapies like *varmam*, *yogam*, purification therapies and external therapies. Purification therapies are fasting, purgation, enema, *nasiyam* and etc. It helps us to detoxify the body and retain energy and restore it.

Yogam is one of the parts of the Siddha system of medicine, many Siddhars have dealt in detail with *Yogam*. Among them, Siddhar *Thirumoolar* elaborates on the '*Attanga Yogam*'^[4] i.e *Iyamam, Niyamam, Asanam, Pranayamam, Prathiyakaram, Dharanai, Dhyanam* and *Samadhi*.

Practicing yoga asanas or poses helps control an individual's mind, body, and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxed. Yoga also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. So, an attempt was made to evaluate the effectiveness of purification therapies along with *Siddhar yogam* therapy in the management of *Thandagavatham*.

CASE REPORT:

A male patient at the age of 42 reported at the Ayothidoss

Pandithar hospital, National Institute of Siddha, Chennai with the chief complaints of pain in the lumbar region, radiating to both lower limbs, numbness in both legs, difficulty walking and standing for 3 months. While pain aggravates during prolonged walking and standing.

Sleep – Affected (due to the pain)
Bowel – Normal
Bladder – Normal

PERSONAL HISTORY:

Diet: Mixed Diet.
Occupation: Farmer
No H/O: Alcohol/Smoking

COMORBID CONDITIONS:

He did not have a known case of Diabetes, Hypertension, Thyroid, trauma and any other serious illness.

CLINICAL ASSESSMENT:

GENERAL EXAMINATION:

Pulse rate: 74/min
Heart rate: 72/min
Respiratory rate: 18/min
Blood pressure: 120/70 mmHg
Pallor: Nil
Jaundice: Nil
Cyanosis: Nil
Lymphadenopathy: Nil
Pedal edema: Nil
Clubbing: Nil
Jugular venous pulsation: Not visible

SIDDHA EXAMINATION:

Body constitution: *Vatham*
Gunam: *Rasogunam*
Naadi: *Vathampitham*

CLINICAL EXAMINATION: (LUMBAR REGION)

Inspection:

No Swelling

Palpation:

- Tenderness present in the lumbosacral region and

- paraspinal muscles of the lumbar region
- Local heat is present over the L3, L4 and L5 regions.

Movements:

1. Flexion - Painful
2. Extension - Painful
3. Left lateral flexion – Painful
4. Right lateral flexion – Painful
5. Rotation - Painful

Special Test:

1. Straight leg raising test – Positive
2. Bragard test – Positive
3. Lasegue test- Positive
4. Femoral nerve stretch test - Negative

OTHER INVESTIGATION:

X-ray of Lumbar (AP and Lateral view) – Degenerative changes in the L3, L4, and L5 regions.

TREATMENT:

SIDDHA PURIFICATION THERAPIES

1. FASTING – 1st day

2. OIL BATH – 2nd day

Used oil: *Arakku thylam* (OPD Medicine of NIS)

3. PURGATION – 3rd day

Used medicine: *Agasthiyar kuzhambu* 130 mg (In the early morning with ginger juice)

4. ENEMA – For three days (4th, 5th, 6th day)

Used Drugs: Castor oil – 100 ml, Milk – 200 ml and Honey – 300 ml

5. SIDDHARYOGAM THERAPY – For 48 days

CONDUCT OF THE STUDY:

Before starting the treatment, the patient was clinically examined and diagnosed as *Thandagavatham* (Lumbar spondylosis). On the first day, he was advised to follow the fasting procedure for detoxification. On the second day, an Oil bath was taken by *Arakku thylam* for deranged *Pitham*. On the third day, purgation will be given with *Agasthiyar kuzhambu* 130 mg with a mixture of ginger juice in the early morning on an empty stomach for balance in deranged humour. After that, the enema procedure was started and continued for 3 days.

And then, Siddhar yogam therapy was started and continued for 48 days. Before starting Yogam, patients were advised to follow the *Iyamam*, *Niyamam*. Patients were advised to practice *Asanam* on an empty stomach after the evacuation of urine and bowel for 30-45 minutes every morning. *Asanam* was taught to the patients under my guidance for each visit. During this treatment period, the patient was advised to rest and follow the diet.

FASTING PROCEDURE:

On the first day, the patient was advised to take only liquid foods^[5]. This allows the gut to rest, restores the healthy functioning of the systems, calms the body and flushes away harmful toxins.

OIL BATH PROCEDURE:

On the second day, in the early morning, gently apply and massage the *Arakku thylam* on the head and leave it for 20-30 minutes. And then bath with lukewarm water^[5].

Do's after oil bath:

- Take rest on that day
- Take easily digestible food
- Dry the hair in the sunlight for few minutes

Don't after oil bath:

Avoid the strong sun, Coldwater, heavy work and non-

vegetarian foods.

Don't sleep during day time

PURGATION PROCEDURE:

On the third day, purgation was given with *Agasthiyar kuzhambu* 130 mg along with ginger juice in the early morning on empty stomach. After the complete evacuation of the bowel take 1 glass of buttermilk^[6].

Do's after purgation:

- Take rest on that day
- Take easily digestible food
- Take buttermilk.

Don't after purgation:

- Avoid spicy food.
- Avoid junk and heavy foods.

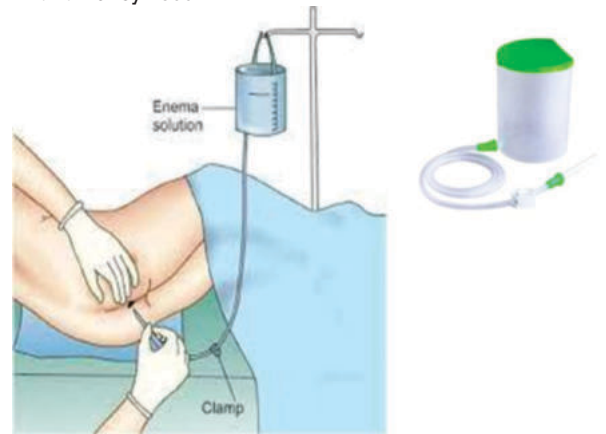
ENEMA PROCEDURE:

Patient position: Left lateral position

Physician position: Standing position

Instrument used: Enema kit

Ingredients used in enema kit: Castor oil – 100 ml, Milk – 200 ml and Honey – 300 ml^[6]



Before starting the procedure, wash the hand, put on clean gloves and sterilize the enema kit. Mix the ingredients (castor oil, milk and honey) and heat mildly. Assemble the enema pot by inserting the pipe into the pot. The best place to take enema is in a separate room with an attached restroom facility. Wash out the enema pot a couple of times and pour 300 to 500 ml of luke water in enema pot. Check enema kit works properly. And apply the coconut oil to the tip of the pipe for lubricating. Close the clamp and fill the ingredients in the enema pot. It must be mild luke. Ask the patient to lie in a left lateral position. Gently relax the muscles in the gluteal region by the palm and relax the patient. Place the enema pot on the highest point, it needs to be higher than the patient. Take a deep breath, and insert the tip of the pipe into the anal region slowly. Hold the tip of the pipe with one hand, it prevents falls out or inserting into the rectum. And slowly open the clamp, and the medicated solution flows into the rectum. Let it completely empty inside her intestine. Then pull out the pipe from the anal region and ask the patient to lie for a few minutes. Go to the toilet as usual to empty the bowels.

Do's after purgation:

- Take rest on that day
- Take easily digestible food
- Take buttermilk.

Don't after purgation:

- Avoid spicy food.
- Avoid junk and heavy foods.

- This procedure was repeated for 3 days.

SIDDHARYOGAM THERAPY^[7,8]:

- Advised to follow *Iyamam* and *Niyamam*

- Loosening kiriyas - 10 minutes
- Asthikasanam - 2 minutes
- Jadaraparivarthini - 2 minutes
- Pujakasanam - 2 minutes
- Bhavanamuktasanam - 2 minutes
- Marjariasana - 2 minutes
- Savasanam - 4 minutes
- Thirumoolar Pranayamam - 4 minutes
- Dhiyanam - 4 minutes

INFORMED CONSENT:

Written consent was obtained from the patients before starting the treatment.

RESULTS:

BEFORE AND AFTER TREATMENT:

CLINICAL EXAMINATION OF THE LUMBAR REGION		
CLINICAL EXAMINATION	BEFORE TREATMENT	AFTER TREATMENT
INSPECTION	No swelling	No swelling
PALPATION	Tenderness present in the Lumbar region Local heat is present over the affected areas.	No tenderness and local heat
MOVEMENTS	1. Flexion – Painful 2. Extension - Painful 3. Left lateral flexion – Painful 4. Right lateral flexion – Painful 5. Rotation - Painful	1. Flexion - Normal 2. Extension - Normal 3. Left lateral flexion – Normal Right lateral flexion – Normal 4. flexion – Normal 5. Rotation - Normal
SPECIAL TESTS	1. Straight leg raising test – Positive 2. Bragard test – Positive 3. Lasegue test – Positive 4. FNS Test - Negative	1. Straight leg raising test – Negative 2. Bragard test – Negative 3. Lasegue test - Negative 3. FNS Test - Negative
HEALTH ASSESSMENT QUESTIONNAIRE:		
	BEFORE TREATMENT	AFTER TREATMENT
Pain	Pain in the lumbar region and radiating to both lower limbs	Mild lumbosacral region pain and no radiating pain
Nature of pain	Severe	Mild
Aggravating factor – Movements	Yes	Occasionally
Tenderness	Present	Absent
Restriction of movements	Partial	No

OUTCOME MEASURES:

The outcome was assessed by using the Numeric Pain Rating Scale (NPRS)

OUTCOME NUMERIC PAIN RATING SCALE (Score)	BEFORE TREATMENT	AFTER TREATMENT
	9 (Severe-Grade III)	3(Mild-Grade I)

DISCUSSION AND CONCLUSION:

Before Treatment, a male patient at the age of 42 reported at the National Institute of Siddha, Chennai with the chief complaints of pain in the lumbar region, radiating to both lower limbs, numbness in both legs, and difficulty walking and standing for 3 months. While pain aggravates during prolonged walking and standing. Before starting the treatment, the patient was clinically examined and diagnosed as *Thandagavatham* (Lumbar spondylosis).

After the treatment of purification therapies along with Siddhar yogam therapy, the symptoms were reduced (Mild pain in the lumbosacral region and no radiating to both lower limbs, no tenderness and no numbness). During this period of treatment, the patient was advised to follow the specific dietary regimens and take rest. This study demonstrates that the improvement is seen in the Numeric Pain Rating Scale (NPRS).

This result shows that a combination of purification therapies along with Siddhar yogam therapy is very effective in the management of *Thandagavatham*. However further work with a large number of samples should be carried out towards finding the ideal response.

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CONFLICTS OF INTEREST: Nil

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