

THE CLINICAL EFFICACY OF AVARAI ULUNTHU PATRU IN THE MANAGEMENT OF THANDAGAVATHAM – A CASE SERIES

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ABSTRACT

Siddha system is the foremost of all medical systems in the world. External therapies is a feather in the cap of siddha medical system. The 32 types of external therapies are as important as internal medicines in the management of various diseases and patru is among them. According to Therayar, patru is the method of applying fine powder or crude drugs grinded with an appropriate liquid as a semi solid poultice. Patru is widely used to treat muscular strain, arthritis, and few surgical conditions like haemorrhoids, abscesses etc. Patru application is mainly absorbed through the transcellular routes of the skin layers and

reduces inflammation. Diseases frequently affecting the spinal cord such as lumbar spondylosis, osteoporosis, spondylolisthesis can be correlated with *thangavatham* in siddha system. The treatment of arthritis is big challenge to the health care professionals. This study is aimed to test the effect of Avarai ulunthu patru in the management of pain in *thandagavatham* patients. Patients admitted in the IPD of National institute of siddha were included in the study based on the inclusion and exclusion criteria. The subjects were advised to apply patru for once in a day at an interval of 5 -15 days depending on the illness of the patient. The outcome of the study was assessed using universal pain scale. Overall the patients had pain reduction at a faster rate and improvement in the quality of life.

KEYWORDS: *Avarai ulunthu patru, thandagavatham*, pain management.

INTRODUCTION

Siddha medicine has a history of 2000 years, siddha external therapies is one of the main pillars. Patru is one of the external therapy mentioned for instant remedy. Avarai ulunthu patru, a special type of poultice is developed based on the literary evidence of Pulippiani-500 text in National Institute of Siddha which employs the herbal application of *Cassia auriculata* (Aavarai) leaves and black gram as main ingredients. Both the ingredients avarai (*Cassia auriculata*) and ulunthu (*Vigna mungo*) have anti-inflammatory and analgesic activity which claims its therapeutic action. Hence this study has been carried out as an objective to evaluate the effect of avarai ulunthu patru in low back pain.

AIM

To evaluate the clinical efficacy of Avarai ulunthu patru in the pain management of *Thandaga Vatham*.

MATERIALS AND METHOD

PREPARATION OF AVARAI ULUNTHU PATRU

Dried leaves of Aavarai (*Cassia auriculata*) and Ulunthu (*Vigna mungo*) is powdered. 10gms of avarai leaf powder is added to 20gms of Ulunthu (*Vigna mungo*) and mixed with enough water or egg white to make a thick paste that can be easily applied. A quantity sufficient is made to cover the affected area. The subjects were advised to apply patru for once in a day at an interval of 5 -15 days depending on the illness of the patient.

CLINICAL ASSESSMENT

35 clinically diagnosed patients of *thandagavatham*, hospitalized in Sirappu maruthuvam IPD of NIS from March 2017 to June 2018 were selected. A special clinical proforma was prepared and findings were recorded for proper assessment. The patients were internally given siddha medicines for the management of pain.

INCLUSION CRITERIA

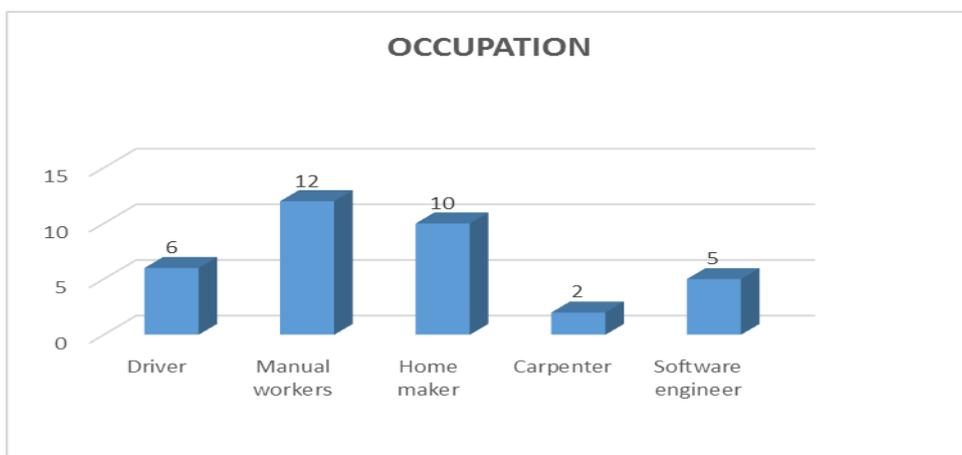
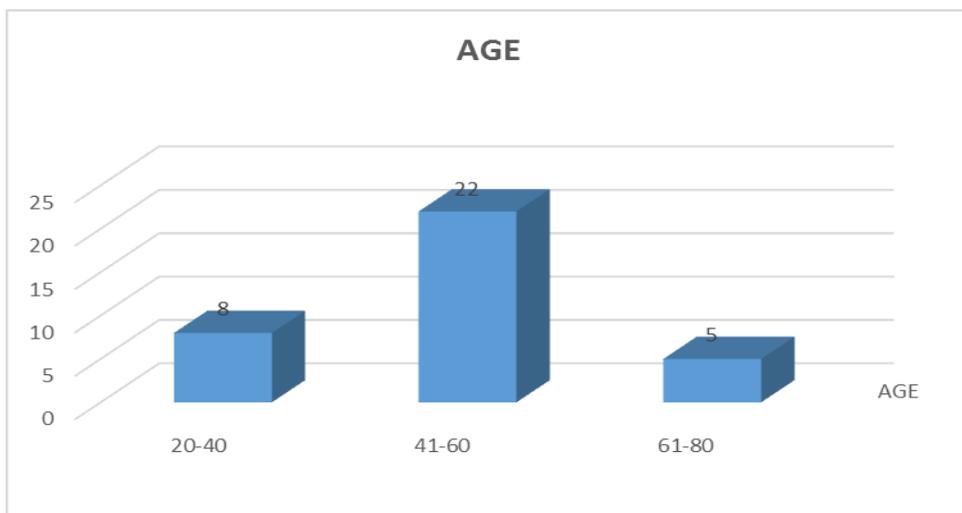
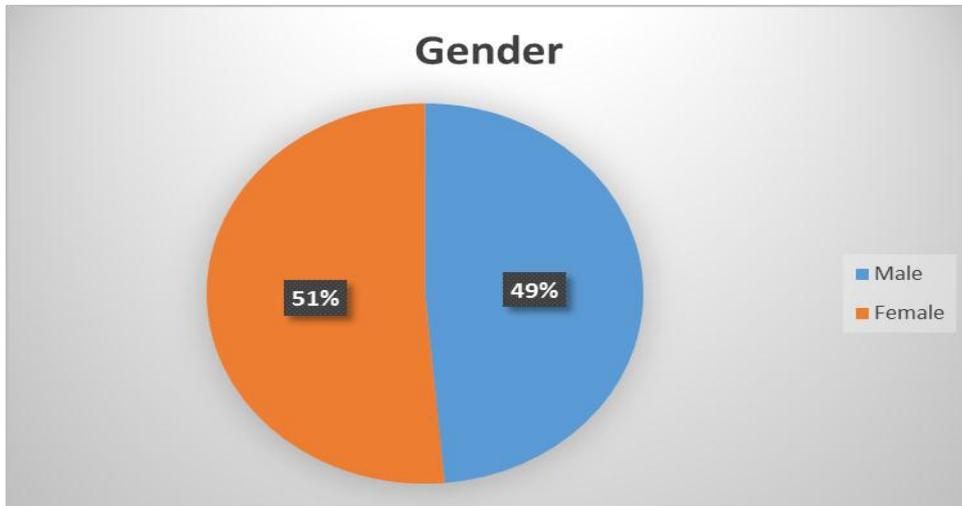
- Individuals between age group 20-75years of both genders having clinical features of *thandagavatham* in siddha classics.

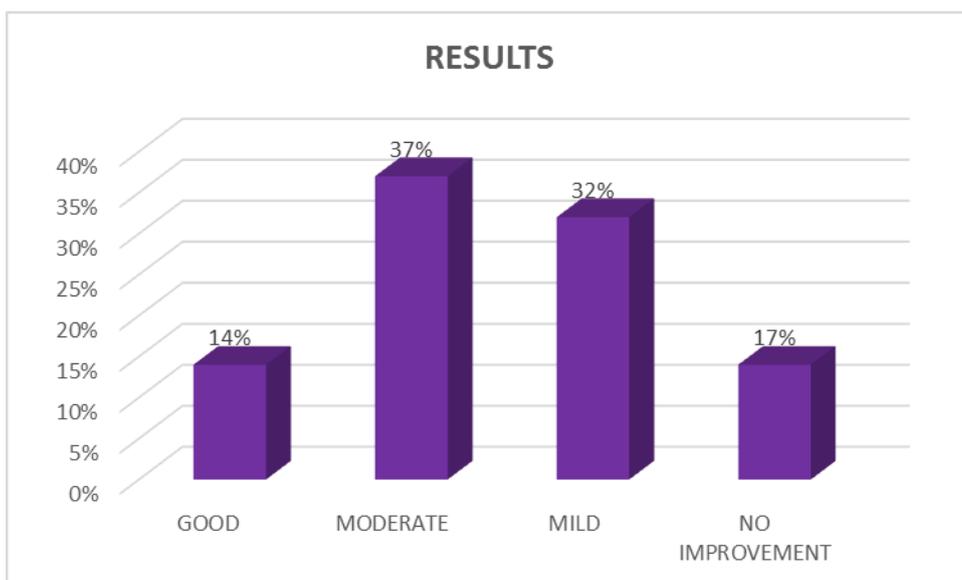
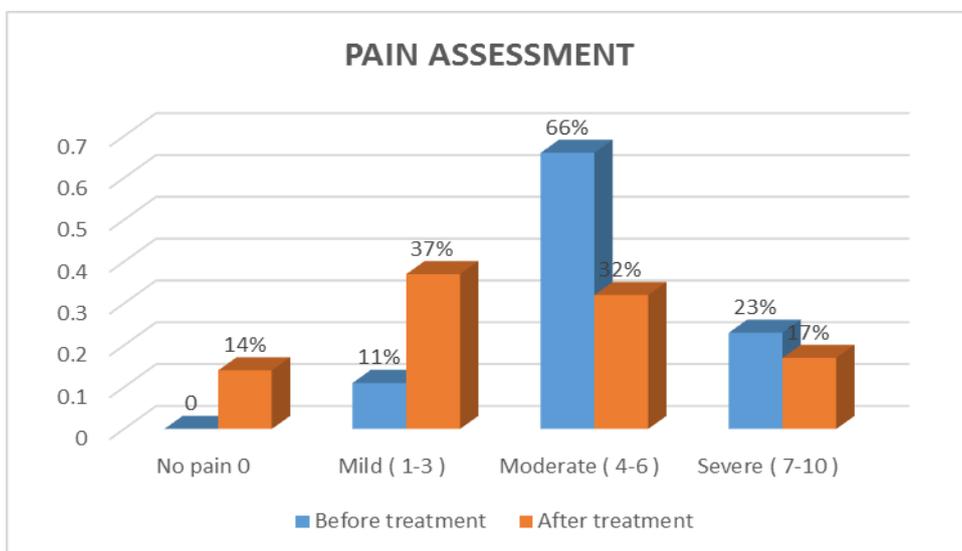
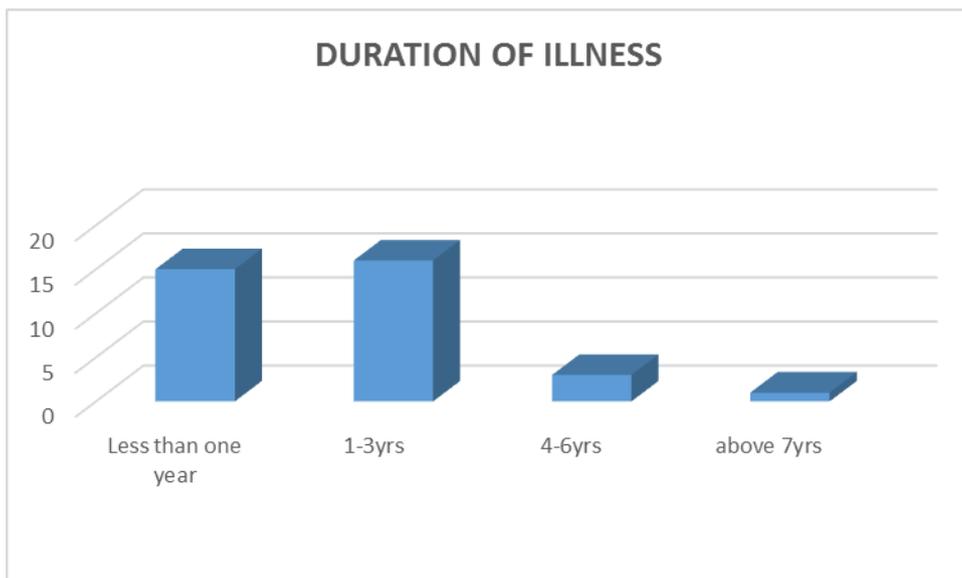
EXCLUSION CRITERIA

- Patients below 20years and above 75years of age.

- Patients suffering with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, infective arthritis, systemic lupus erythematosus.
- Post -surgical cases.

RESULTS





PAIN ASSESSMENT	BEFORE TREATMENT		AFTER TREATMENT	
	Number of patients	Percentage %	Number of patients	Percentage
No pain 0	-	-	5	14%
Mild (1-3)	4	11%	13	37%
Moderate (4-6)	23	66%	11	32%
Severe (7-10)	8	23%	6	17%

DISCUSSION

Among the 35 patients selected, the disease was found to be common in both sex. This study shows that the highest age distribution of *thandagavatham* is between 40-60 years of age. Household work (34.2%) and manual workers (28.5%) accounts for the highest number of cases. More weight bearing, improper posture of spine, laxity of lumbar vertebral column during delivery also produces the impact. Among 35 cases, 15 cases were affected by the disease for less than one year, 16 cases were affected for the past 1-3 years, 3 cases for the past 4-6years, 1 case for the past 7years.

Pain usually is the major complaint of patients with problems of the lumbar region, thus making pain evaluation a fundamental requisite in the outcome assessment in spinal problems. Good improvement was observed in 14%, Moderate improvement in 37%, Mild improvement 32% and no improvement was observed in 17% cases.

CONCLUSION

The study results showed promising changes. As *Avarai uluthu patru* showed effective pain management, so along with other treatment modalities it will be helpful in treating *Thandagavatham* in a much better way.

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