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**EFFICACY OF SIDDHA MEDICINE AND VARMAM THERAPY IN PAKKA VATHAM (HEMIPLEGIA) - A SINGLE CASE STUDY**

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# ABSTRACT



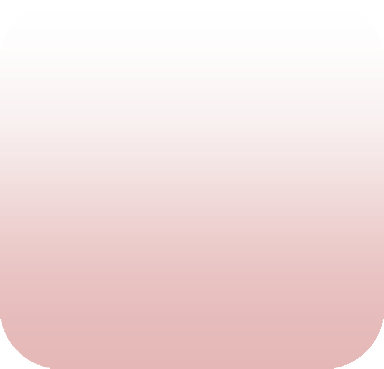
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Siddha system of medicine is the most primitive medical system. This system has a vast range of external therapies for health management. Varmam one of the branches of siddha system helps human society in curing the disease. Varmam means vital life force in the body. In Yugi vaithiya chintamani, Yugi munivar classified the vatham disease as 80 types and “Pakka vatham” is one among them. In Yugi as per the text, the signs and symptoms of pakkavaatham may be correlated with Hemiplegia in modern science. Several converging lines of contemporary evidence suggest that weakness presents a more serious compromise to movement function in post stroke Hemiplegia than spasticity. This review examines the clinical and functional phenomena



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of weakness in post stroke Hemiplegia, currently available evidence identifying physiologic substrates contributing to weakness, and reports of early investigations involving high- resistance training targeted at improving strength and the transfer of strength to improvements in functional capacity.

**KEYWORDS:** Pakka vatham, Hemiplegia, Varmam, Siddha medicine.

# INTRODUCTION

The word „Plegia‟ means weakness so severe that it is nearly complete. ‟Hemi‟ implies one side of the body. Hemiplegia means complete paralysis of one half of the body, including one arm and leg. It is otherwise known as pakka vatham. Any disease or injury in the motor

centers of the brain can cause Hemiplegia. It is caused about 56.9 per 100000 people. Here wearegoing to explainaboutthetreatmentundergone by a hemiplegicpatientinourcollege.

# ETIOLOGY

* Stroke.
* CNS Infection –Meningitis, Encephalitis.
* Demyelination-Multiple sclerosis, Post infection.
* Trauma.
* Hemiplegic migraine.
* TODD‟S paralysis.

# CLASSIFICATION

Classification of gait and postural patterns in spastic Hemiplegia and spastic diplegia are presented. The classifications are used as a biochemical basis, linking spasticity, musculoskeletalpathology in thelowerlimbs, andappropriateintervention strategies.

# FUNCTIONAL

It helps in planning treatment and rehabilitation.

**CLASS I:** No limitation of activity.

**CLASS II:** Slight to moderate limitation of activity. CLASSIII: Moderate to severe limitation of activity. CLASSIV: No purposeful physical activity.

# SIGNS AND SYMPTOMS

It may vary patient depending on etiology and pathology, Depending on the patient history. Other impairments though can a first seem completely non-related to the limb weakness but are, in fact, a direct result of the damage to the affected side of the brain.

# COMMON SYMPTOMS

Generally speaking, symptoms may include;

* Muscle stiffness or weakness on one half of the body.
* Favoring one side of thebody.
* Keeping one hand fisted.
* Difficultybalancingandwalking.
* Lack of fine motor skills.
* Development delays, especially with motor skills.

# PAKKA VATHAM IN SIDDHA TEXT

According to the „Theran maruthuvam bharatham”text. Vatham is a generativeenergy.In Hemiplegiacasesregenerationanddevelopmentofnervecellsis affected. Hence it is comes under vatham diseases.

“Unmaiya udambellam vayu vagi Uyargindra naadiyathu asaivu mindri Kanmaiyaik kayame thinile yeari Kasakiye yzhinthume valithuk kanum Panmayaip pakkathi lishuvu mundaip

Paarithup panaikaiyum kalum konum Venmaya udampengum viyarvi kanum Melivu pakkavathathin vivaranth thanae”

-Yugimuni Vaithiya Chintamani.

# VARMAM

Varmam is a siddha science that aims to fulfill the cultural, spiritual and medical needs of humanity. Life energy circulates human body in three forms like vatham, pitham, kabam. The dwelling or resting places of life energy are called varmam points. When we stimulate the varmam points with appropriate pressure, it produces a clear therapeutic efficacy.

# MATERIALS AND METHODS

The Pakka vatham patient reported in the RVS Siddha medical college and Hospital with the C/o Difficultyinusing the Right Hand

-Difficulty in holding the things using Right hand

-Difficulty in speech

* GradeIinclinicalassessment

The patient is not able to

* Lift thehand
* Say Namaste
* Pray to God
* Holdwaterbottle
* Draw in note books etc.

He was given with periodical Varmam therapy along with siddha medicines.

# TREATMENT PLAN

* Internal medicine to be given as nervine tonic and tone up the affectedgroup muscles.
* Medicatedoilsto beappliedasexternalmedicine withThokkanamtherapy.
* Varmamstimulationgiveninselectedpoints to channelizethevitalenergy.

# INTERNAL MEDICINE

* Amukkura Tablets 1 - B.D withhoney.
* Anda Thylam - Applied over the tongue the regulate and stimulate the speech.

# EXTERNAL MEDICINE

* Ulunthu oil.
* Vidamuttioil( applyfor Thokkanam)

# VARMAM POINTS STIMULATED

1. Kondaikolli
2. Mudichi varmam
3. Kakkatti kalam
4. Asthikenthari
5. Chippi varmam
6. Manjadi and kai chulukki varmam
7. Pidari varmam
8. Ottu varmam

The points were stimulated one session per weekly twice for 5 months.

# CLINICAL ASSESSMENT

* The patient reported at our college was previously diagnosed as Pakka vatham with help modern diagnostic parameters.
* Clinical assessment was made before and after treatment by asking the patient to do activities like lifting the hand, saying Namaste, praying to God, clapping both hands holding the pencils, holding water bottle, drawing in note books etc.

# CLINICAL ASSESSMENT

By following MRC criteria for Grading of Muscles power. Patient prognoses were noted.

MRC Criteria (out of 5). 1- Complete paralysis.

1. Flicker of contraction.
2. Movement if gravity excluded. 4- Movement against Gravity.

5- Moderate Power against resistance. 6- Normal.

# RESULTS AND OBSERVATIONS

|  |  |  |  |
| --- | --- | --- | --- |
| **S.no** | **Name**  **/Age/Sex** | **Beforetreatment**  **clinical assessment** | **After treatment**  **clinical assessment** |
| 1. | xxxx/ 50/Male | C/o Difficulty in using the Rt. Hand  -Difficulty in holding the things using Right hand  - Grade I in clinical assessment  The patient not able to   * Lift thehand * Say Namaste * Pray to God * Hold to pencil * Holdwaterbottle * Draw in note books etc | Pt. ask to use   * Rt. Hand. * Holding object * *Grade4*   *The patientableto*   * *Liftthehand* * *SayNamaste* * *PraytoGod* * *Holdwater*   *- bottle* |

**DISCUSSION AND SUMMARY**

The Patient showed marked improvement in using the hands. In prognosis the assessment with the clinical conditions the power and the tone of the muscles of the arm of the patient were improved from Grade 1 to Grade 4 and are still continuing the treatment The combined treatment of Siddha medicine and Varmam therapeutic techniques showed good results.

# CONCLUSION

It is concluded that the treatment for Pakka vatham with Siddha Classical medicine combined with Varmam therapeutic technique is good in improving the quality of life of the patient.

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