

THE EFFICACY OF SIDDHA MEDICINE WITH VARMAM THERAPY IN ERB'S PALSY CHILDREN – A CASE SERIES

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INTRODUCTION

The Siddha system of medicine is one of the ancient traditional systems of medicine, which is practiced mainly in the Southern part of India especially in Tamil Nadu and also in Tamil speaking countries like Srilanka, Malasiya and Singapore. The speciality of Kuzhandhai Maruthuvam is the part and parcel of Siddha System which deals with Pediatric ailments.

Erbs Palsy or Erb-Duchenne palsy is a pediatric problem with an incidence of 0.6 to 4.6 per 1000 live birth. In general, a figure of 1:1000 live births is considered as an average. It occurs in macrosomic infants and children born by breech presentation. Faulty application of forceps during labour, trauma etc., are also important factors for this

obstetric palsy. It is characterized by paralysis and atrophy of the deltoid, biceps and triceps, brachii muscles and marked parathesia in the arm.

Erb's Palsy is characterized by loss of sensation in the arm, paralysis and atrophy of the deltoid. Further arms hang by the side and cannot be extended. Forearm is extended and pronated and elbow flexion is lost. There may be difficulty in supination and pronation of the forearm.

The present day treatment modalities available for them are very expensive and are not quite sufficient to provide the expected improvement. As a result, the people have turned back to the traditional system of medicine for a better prognosis. Siddha system of medicine

approaches the spastic children with oral nervine tonics, anti vatha drugs along with Thokkkanam (Physical Manipulation techniques – massage therapy) and varmam therapy (Tactile stimulation of viral energy points in the body).

The holistic approach of Siddha system may be of very useful in improving the quality of life of these spastic children.

Erb's Palsy condition however is described in classical varmam texts as varma paathippu due to injuries and if correct treatment methodology is applied can be corrected.

"Sarmaana Iththalathin Kaayam Etraal

Kai Thimirndhu Marathupoi Viralgai Ellam

Yelmayai Palantru Kunnalaagi Kaisoopi

Sippi Cheppu Varandu Pogum" (Varma Sootcham).

The above verse in varma sootcham verse 1324 mention that if choodi varmam is injured or affected, it will result in numbness of the hand weakness or paralysis of the hand and atrophy of muscles of the hand.

CHOODI VARMAM

AS per Varma sootcham (1322-1323) choodi varmam is located above the Chippi chuzhi varmam.

"Kaaramaai kudivarmam uraikka kelu

Puramudhugil kaichippi naduve aagum

Neraaga kaluthodum mudhugellodum

Pujaminaikkum kattu naan inge....

..... undu

Kooraana viralgaiye pidikkum naalam

Kurippaga kuthuvarmam kaanthaari thodarndha thaalam

Naalamellam valuvaana kattaagi elumbi

Sellum vanmaiellam idamidhuve varmamaachu."

Choodi varmam runs along kuthu varmam and kaanthaari varmam, it connects and vitalises the neck, shoulder joints and fingers.

AIM AND OBJECTIVES

❖ To ensure the efficacy of the Siddha medicines with Varmam therapy in Erb's palsy

children.

- ❖ To observe the efficacy of Varmam treatment along with regular Siddha medicine in Erb's Palsy children.

MATERIAL AND METHODS

The children reported in the NIS Hospital with the complaints of the arm hang by the side and is rotated medially, difficulty in using the arm to hold or lift the things were selected for this study. All are treated with periodical Varmam therapy along with Siddha medicines. The prognosis of the children are analyzed. All the Erb's Palsy children who were admitted during the period between Aug. 2013 to Aug. 2014 were included in this study. About 10 children were admitted for the treatment at NIS hospital.

They belonged to both sexes and were between 9 month child to 5 years of age.

TREATMENT PLAN

- ❖ Internal medicine to be given as nervine tonic and tone up the affected group muscles.
- ❖ Medicated oils to be applied as external medicine with Thokkanam therapy.
- ❖ Varmam stimulation given in selected points to channelize the vital energy.

INTERNAL MEDICINE

- ❖ Amukkura Tablets 1 - B.D with honey.
- ❖ Urai Mathirai pill 1- B.D with honey.

EXTERNAL MEDICINE

- ❖ Ulunthu oil.
- ❖ Vidamutti oil (apply for Thokkanam).

VARMAM POINTS STIMULATED

1. Kondaikolli.
2. Mudichi varm.
3. Kakkatti kalam.
4. Asthikanthari.
5. Chippi varmam.
6. Manjadi and kai chulukki varmam.

The points were stimulated one session per weekly up to 1 year or as required and the cooperating cases were followed up for 6 months.

CLINICAL ASSEMENT

- ❖ All ten children reported at NIS OPD were previously diagnosed as Erb's Palsy with help modern diagnostic parameters.
- ❖ Clinical assessment was made before and after treatment by asking the children to do activities like lifting the hand, saying namaste, praying to God, clapping both hands, holding the toys and pencils, Holding water bottle, Scribbling / Drawing in note books etc.,

By following MRC criteria for Grading of Muscles power, Patient's prognosis were noted.

MRC Criteria (out of 5)

1. Complete paralysis.
2. Flicker of contraction.
3. Movement if gravity excluded.
4. Movement against Gravity.
5. Moderate Power against resistance.

RESULTS AND OBSERVATIONS

Sl.no	Name /Age/ Sex	<i>Before treatment clinical Assessment</i>	<i>After treatment clinical assessment</i>
1.	Baby. Adithi, 9 month Fch	<i>C/o Difficulty in using the Rt. Hand.</i> <i>-Difficulty in holding the things Using Rt. Hand</i> <i>-Grade I in clinical assessment</i> <i>The patient is not able to.</i> <i>- Lift the hand</i> <i>- Say Namaste</i> <i>- Pray to God</i> <i>- Hold the toys</i> <i>- Hold water bottle</i> <i>- Draw in note books etc</i>	<i>Pt. ask to use</i> <i>- Rt. Hand</i> <i>- Holding object</i> <i>- Grade 4</i> <i>The patient able to</i> <i>- Lif the hand</i> <i>- Say Namaste</i> <i>- Pray to God</i> <i>- Hold to toys</i> <i>- Hold water bottle</i>
2`	Saitharika 2½ FCH	<i>C/o Difficulty in using the Rt. Hand</i> <i>-Difficulty in holding thethings Using Rt. hand</i> <i>-Grade I in clinical assessment</i> <i>The patientisnot able to</i> <i>- Lift the hand</i> <i>- Say Namaste</i> <i>- Pray to God</i> <i>- Hold the toys</i> <i>- Hold water bottle</i> <i>- Draw in note books etc</i>	<i>Pt. ask to use</i> <i>- Rt. Hand.</i> <i>- Holding object</i> <i>- Grade 4</i> <i>The patient able to</i> <i>- Lift the hand</i> <i>- Say Namaste</i> <i>- Pray to God</i> <i>- Hold to toys</i> <i>Hold water bottle</i>

3	Dharaneeshwaran 2MCH	C/o Difficulty in using the Lt. Hand -Difficulty in holding the things using Lt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle - Draw in note books etc.	Pt. ask to use - Lt. Hand - Holding object - Grade 4 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle
4	Latha 6FCH	C/o Difficulty in using the Rt. Hand -Difficulty in holding the things Using Rt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle - Draw in note books etc	Pt. ask to use - Rt. Hand. - Holding object - Grade 3 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle
5	Saipriya 2FC	C/o Difficulty in using the Rt. Hand -Difficulty in holding the things Using Rt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle - Draw in note books etc	Pt. ask to use - Rt. Hand - Holding object - Grade 3 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle
6	E/ 1¼ yrs FCH Baby. S. Dharshini 1¼ yrs 18/08/2013	C/o Difficult in using the Lt. hand Difficulty in holding the things using Lt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Draw in note books	Pt. ask to use - Lt. Hand. - Holding object - Grade 4 The Patient is able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle
7	Rahul 3FCH	C/o Difficult in using the Lt. hand - Grade I in clinical assessment Elavarasan - Lift the hand - Say Namaste - Pray to God - Hold the toys - Draw in note books	Pt. ask to use - Lt. Hand. - Holding object - Grade 3 The Patient is able to - Lift the hand - Say Namaste

			<ul style="list-style-type: none"> - Pray to God - Hold the toys - Hold water bottle
8	Dhanalakshmi 5FCH	C/o Difficulty in using the Rt. Hand -Difficulty in holding the things Using Rt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle - Draw in note books etc	Pt. ask to use - Rt. Hand. - Holding object - Grade 3 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold to toys - Hold water bottle
9	Meena 4FCH	C/o Difficulty in using the Rt. Hand -Difficulty in holding the things Using Rt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys` - Hold water bottle - Draw in note books etc.	Pt. ask to use - Rt. Hand. - Holding object - Grade 4 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold to toys - Hold water bottle
10	Priya 1FCH	C/o Difficulty in using the Rt. Hand -Difficulty in holding the things Using Rt. hand -Grade I in clinical assessment The patient is not able to - Lift the hand - Say Namaste - Pray to God - Hold the toys - Hold water bottle - Draw in note books etc	Pt. ask to use - Rt. Hand. - Holding object - Grade 3 The patient is able to - Lift the hand - Say Namaste - Pray to God - Hold to toys - Hold water bottle

DISCUSSION AND SUMMARY

All the ten patients showed marked improvement in using their hands. The assessment with the clinical conditions, the power and the tone of the muscles of the arm of the children were improved from Grade 1 to Grade 3 or 4 and are still continuing the treatment.

All the patients who have attended the varmam treatment in NIS OPD and IPD that they are unwilling to undergo the surgical correction procedure owing to either invasiveness or prohibitive expenditure.

The combined treatment of Siddha medicine and Varmam therapeutic techniques showed good results.

CONCLUSION

It is concluded that the treatment for Erb's Palsy with Siddha Classical medicine combined with Varmam therapeutic technique is good in improving the quality of life of the children

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