

EFFECTIVENESS OF SIDDHA MEDICINE ON IDIOPATHIC URTICARIA (*KAANAKADI*) - A CASE REPORT

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ABSTRACT

Siddha system of medicine is one of the ancient systems of medicine practised among Tamil speaking community. The medicine in this system prepared from raw drug from herbals, mineral, metals and animal products. Chronic idiopathic urticaria (CIU) is defined as the occurrence of daily or almost daily, wheals and itching for at least 6 weeks, with no obvious cause. It is a major affliction causing severe disability. The present report deals with a case of CIU diagnosed as '*Kaanakadi*' according to Siddha System of medicine. Efficacy of treatment was calculated by using 'The chronic urticaria quality of life questionnaire (CU-Q2oL)' and 'Urticaria activity score (UAS 7)'.

Total three assessments were done, before treatment, after Purgation therapy and after one month of purgation therapy. Purgation therapy is done followed by internal Siddha medicines. There was complete relief in signs & symptoms of CIU, on both scales CU-Q2oL and UAS 7 immediately after Purgation therapy but the relief was not sustained for long time. Recurrence occurred after one month of Purgation therapy due to non-following of dietary protocol, lifestyle changes which are advised to the patient. It seems that purificatory procedures) followed by internal medicines along with diet plan and life style changes are essential for the complete recovery and also to prevent the recurrences in chronic urticaria patients.

KEYWORDS: Chronic idiopathic urticaria, Siddha medicine, *Kaanakadi*, Purgation therapy, life style.

INTRODUCTION

Siddha system of medicine is the primary system of all system of medicine and is originated and practised in southern India particularly in Tamilnadu. It is also called Tamil Maruthuvam because it evolved along with Tamils' culture. Siddha medicines are known for its efficacy and safety. The reason for popularity of the Siddha system is attributed to its effective with minimal side effect. Siddhars, the founder of Siddha system possessed yoga siddhi powers (supernatural powers). They have left their imprints in many disciplines like medicine, alchemy, philosophy, yogam, and varmam. Urticaria (hives or nettle rash) is characterized by a red, raised, itchy rash resulting from vasodilation, increased blood flow and increased vascular permeability. Wheals can vary in size from a few millimeters to hand sized lesions which may be single or numerous. Angioedema (tissue swelling) is the result of a local increase in vascular permeability, often notable in the face, oropharynx and genitalia. Wheals and angioedema often coexist but either can occur separately. CIU (Chronic Idiopathic Urticaria) is defined as the occurrence of daily or almost daily, wheals and itching for at least 6 weeks, with no obvious cause. It is a major affliction causing severe disability to a degree equal to that experienced by sufferers from triple coronary artery disease². The prevalence of CU in the general population has been estimated to range from 0.5% to 5%³. CU (Chronic Urticaria) is characterized by capricious course and a demoralizing response to treatments. There are no guaranteed means of controlling attacks. CU remains a major problem in terms of etiology, investigation and management. It may cause considerable distress and may last for years. CIU is a frequent problem where response to treatment is often disappointing. Many pharmacological and non-pharmacological interventions are available, but none is accepted universally. For sustained relief patients seek the help of Siddha physician for various allergic disorders. CU and other allergic conditions can be correlated with the diseases explained in Siddha Medicine texts. The present report deals with a case of CU came for Siddha treatment. Written informed consent was obtained from the patient for the publication of present case report.

CASE DESCRIPTION

A 34 year old female patient, came to our National Institute of Siddha, Ayothidass Pandithar Hospital, Tambaram Sanatorium, Chennai, Tamil Nadu, India. with the Chief complaints of,

itching all over the body especially on palms, soles and face, swelling of face, lips and pedal edema, acidity, constipation, indigestion and sleeplessness due to severe pruritis with three months history. Patient was unable to do her regular activities due to severe itching. Itching increases during night time and early morning hours. The condition was gradually worsening since last three months and the onset was insidious. Patient took allopathic consultation and treatment but didn't get sustained relief. Patient was non-smoker and non-alcoholic. No family member has suffered with atopy or urticaria or any other relevant disease. At the time of examination, patient had severe pruritis on palms, legs, head and face. Pink to red colored skin lesions were observed all over the body especially on face and both upper, lower limbs; the lesions were big (more than one centimeter in diameter), transient, had pale centre and last less than 24 hours. Angioedema was noticed on face and limbs. Urticaria was not induced by heat, cold, sunlight or pressure. The condition was progressive, recurrent and creating anxiety to the patient. AEC (Absolute eosinophil count) was elevated (678 / cu mm). SGPT (Serum glutamic pyruvic transaminase) levels found increased (58 U / L). Serum cholesterol (238 mg / dl) and serum LDL (low density lipoproteins) (147.8mg / dl) levels were found elevated. Total IgE (immuno globulin E) levels were found normal (75.1 IU / ml). All other hematological and biochemical investigation reports were within normal limits.

Personal History

Occupation: House wife

Religion: Hindu

Marital status: Married

Not a known case of: Diabetic /Hypertension/Bronchial Asthma/Thyroid dysfunction

Family History-There is no family history.

No Previous medication history of other diseases.

Diagnosis, Assessment & Treatment

Patient was diagnosed as having 'Chronic Idiopathic Urticaria' and according to Siddha Medicine; diagnosis of '*Kaanakadi*' is made. To measure the efficacy of treatment two scales were used; 'The chronic urticaria quality of life questionnaire (CU-Q2oL)' and 'Urticaria activity score (UAS 7)'. Total two assessments were carried out before starting Siddha treatment and after 6 weeks completion of Siddha treatment based on the scoring of CU-Q2oL and UAS 7. The CU-Q2oL is an instrument that was specifically developed to assess quality of life in patients with CIU. It is a self-administered 23 item questionnaire, where

patients have to indicate, on a like scale with multiple options (1: not at all; 5: very much), how much they have been troubled by each problem, with higher scores indicating worse quality of life 6. The UAS is a CIU specific patient-reported measure. It is based on the assessment of key CIU symptoms: number of wheals and intensity of itch. Patients with CIU are advised to document 24 hour self-evaluation scores. Daily UAS scores are summed over 7 consecutive days to create the UAS 7, with higher scores indicating greater disease severity 6. The main objectives of the treatment were, to withdraw from allopathic medicines and to maintain the patient on Siddha medication, to prevent recurrences, avoidance of precipitating factors, management of underlying disease / condition or any other associated pathology and reassurance. Bedhi Maruththuvam (purgation therapy) is done followed by Siddha internal medicines (Table 1).

MATERIAL AND METHOD

Method

Centre of study	OPD of Sirappu Maruthuvam Department, National Institute of Siddha, Ayothidass pandithar Hospital, Tambaram Sanatorium, Chennai, Tamil Nadu, India.
Study Type:	Simple random single case study
Treatment protocol	1.Normalization of Altered <i>uyirthathukal</i> 2.Internal Medicine 3.External Medicine

Table 1: Treatment summary.

S. No.	Name of Treatment	Name of the Medicine	Does and times of medicines	Anupanam
1	Kazhichal Maruthuvam (Purgation therapy)	Agasthiyar Kuzhambu	200mg O.D at Early morning (Day 1)	Hot water
2	Oil bath (Oleation therapy)	Arakku thylam	Take oil bath twice in a week	Bath with Hot water
3	Internal Medicine	Tablet. Elathy Chooranam	2TDS after food	Honey (5ml)
4.	Internal Medicine	Tablet. Palagarai parpam	2TDS after food	Milk (50ml)
5.	Internal Medicine	Tablet. Gandagam mathirai	2 B.D after food	Milk (50ml)
6.	Internal Medicine	Seenthil Chooranam	2 gram B.D after food	Palm jaggery
7.	External Medicine	Arugan thylam	Local Application TDS	-

All medicines are prescribed for 5days. A Patient asked to come for 5days once for follow-up. After the treatment of 1 month she got to relieve from symptoms.

DISCUSSION

In Siddha system of medicine, all skin diseases are explained under the umbrella of 'kuttam' (skin diseases). Besides this, some allergic conditions which are not explained under kuttam are mentioned separately such as, *Kaanakadi*. Various forms of urticaria and angioedema, having similar symptomatology can be correlated as *Kaanakadi*. Allergic manifestations are mentioned under the concept of Siddha. *Kaanakadi* is a vatham predominant condition. Present case was diagnosed as '*Kaanakadi*' and treatment planned accordingly. There was good improvement noticed immediately after Purgation therapy (*Kazhichal*) in subjective signs & symptoms and also in biochemical parameters. AEC got reduced from 678 /cu mm to 185 /cu mm, S.G.P.T (ALT) levels got reduced from 58 U/L to 38 U/L, hemoglobin improved from 12.1 gm% to 14.3%, serum cholesterol got reduced from 238mg/dl to 210 mg/dl, serum LDL got reduced from 147.8mg/dl to 126.4 mg/dl and serum.

Triglycerides reduced from 175 mg/dl to 133 mg/dl, immediately after Purgation therapy (*Kazhichal maruthuvam*). Pruritis and swelling totally disappeared and good relief noticed in acidity, constipation and in sleeplessness immediately after Purgation therapy (*Kazhichal maruthuvam*). Before starting treatment (14.05.2017), total score on CU-Q2oL was 96, it is reduced to '0' immediately after virechana (25.05.2017) and after one month of purgation therapy (*kazhichal maruthuvam*) the score was 32. The score of UAS7, before treatment (14.05.2017) was 41, it is reduced to '0' immediately after purgation therapy (*kazhichal maruthuvam*) (25.05.2017) and after one month of purgation therapy (*kazhichal maruthuvam*) the score was 32. The severity of urticaria was 'intense' before purgation therapy (*kazhichal maruthuvam*), which came to 'none' category immediately after purgation therapy (*kazhichal maruthuvam*) but after one month of purgation therapy (*kazhichal maruthuvam*) (follow up) the severity category of urticaria came to 'moderate' on UAS scale. These results indicates that immediately after purgation therapy (*kazhichal maruthuvam*), the patient got complete (100%) relief in signs and symptoms but the relief was not sustained during follow up period (after one month of purgation therapy (*kazhichal maruthuvam*)). After the treatment the patient got 100% relief in all signs and symptoms. Tablet. *Elathy chooranam*, Tablet *Palagarai parpam*, Tablet *Gandagam*, *Seenthil chooranam* and *Arugan thylam* external application are prescribed regular OPD visits. Patient has informed that, during follow up period she has consumed non vegetarian food items, dairy products, cold water and spent most of the time in air conditioned room (which are contra indicated to the patient). She has not followed the diet protocol and do's & don'ts during follow up period which might be the

reason for the aggravation of signs and symptoms one month after purgation therapy (*kazhichal maruthuvam*). Along with internal medication and external medication pathyam and apathyam (diet protocol suitable to the patient and disease) are also very important in the management of disease according to Siddha system of medicine. In present case, even though the patient got tremendous improvement by purgation therapy (*kazhichal maruthuvam*) the relief is not sustained due to non observance of strict dietary protocol and code of conduct. It seems that internal medicines along with diet plan and life style changes are essential for the complete recovery and to prevent the recurrences in chronic urticaria patients.

CONCLUSION

The siddha medicine diagnosis of *Kaanakadi* is made for chronic idiopathic urticaria in present case. Purgation therapy is very effective in providing immediate relief in the signs & symptoms of CIU. Following strict dietary protocol along with internal medicines and life style changes are essential to prevent the recurrences and also to get the sustained relief after undergoing medicines. Present study finding can't be generalized, further long term follow up studies on large sample are required to substantiate the above claims.

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