

**SIDDHA MANAGEMENT OF CHOLELITHIASIS (PITHAPAI KAL) –
A CASE REPORT****Sangeetha M. K.^{1*}, Rajakumar K.² and Uthrapathi S.³**^{1,2}Siddha Physician, Dr. Rajkumar's Siddha Clinic, Chennai.³Lecturer, Department of Varmam Pura & Sirappu Maruthuvam, Sivaraj Siddha Medical College, Salem.Article Received on
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Chennai.**ABSTRACT**

Cholelithiasis is defined as gallstones. Obesity, sedentary life style, hereditary, intake of oral contraceptive pills in female are the main causes for cholelithiasis. Mostly it is asymptomatic but in some cases it has colic pain, pain present at right hypochondriac region, occurs in two hours after meals. The pain may be radiated into the angle of the scapula or shoulder and symptoms such as nausea, vomiting will be present. In siddha system of medicine, the symptoms of cholelithiasis are compared with 'pithapaikal'. This case report revealed that the Siddha formulations Keelanelli mathirai, Karisalai Karpam and Karkaraichi mathirai have therapeutic effect in the management of

Cholelithiasis.

KEYWORDS: Pithapaikkal, Cholelthiasis, Case report, Keelanelli mathirai, Karisalai Karpam and Karkaraichi mathirai.

INTRODUCTION

Gallstones are classified into two types, one is cholesterol stones, are made up by crystalline cholesterol monohydrate and another one is pigment stones.^[1] Most of these gallstones being silent or asymptomatic. In India 6.12% of population adults affect gallstones, women are most affected then men. The ratio of men and women is 1:3, the causes of gallstone formation are obesity, sedentary life style, hereditary, intake of oral contraceptive pills in female.^[2] It characterized by colic pain, pain present at right epigastric region, it occurs in two hours after meals, pain radiated into the angle of the scapula or shoulder, nausea, vomiting and positive in murphy sign. The complication of gallstones are acute cholecystitis, acute biliary

pancreatitis, acute cholangitis, acute calculus cholecystitis, biliary enteric fistula, & gallstone ileus, choledocholithiasis, cholestatic jaundice, cholesterosis & gallbladder polyps.^[3] Proved analgesics, drug dissolution therapy, percutaneous drainage, laparoscopy & day case surgeries are the treatment of gall stones in modern medicine.^[4] According to *siddha* literature gallstone known as *pithapaikal*.^[5] Siddha medicine has the lot of literature evidence for these condition rather than clinical studies. This case study analysis the treatment of gallstone under siddha treatment by scientifically.

Patient information

A 32 years old female visited Dr. Rajkumar's Siddha clinic, Chennai-47 with complaints of acute abdominal pain particularly over the epigastric and right hypochondriac region for 1 day. She also had a present medical history of loss of appetite, indigestion, belching, abdominal bloating, constipation & epigastric distress. The patient has been examined carefully, on examination the pain and tenderness felt at right epigastric region, the vitals are normal in range. Abdominal and pelvis MRI has been advised to the patient, has been reported as mild calculus cholecystitis with multiple tiny calculus of varying size within gallbladder on 15/03/2020.

Table 1: Interventions.

Sl. No	Medicine	Dose	Mode of usage	Time of usage	Adjuvant
1	Keelanelli Mathirai	2 tablets	Internal	Twice a day	Hot water
2	Karisalai Karpam	2 tablets	Internal	Twice a day	Hot water
3	Karkaraichi Mathirai	2 tablets	Internal	Twice a day	Hot water

Keelanelli Mathirai (Medisiddh pharma private limited), Karisalai Karpam & Karkaraichi mathirai (SKM Siddha & Ayurveda company, Erode) were prescribed 2 tablets each, twice a day for 60 days.

RESULTS

After the treatment period of 60 days, the symptoms of acute abdominal pain particularly over the epigastric and right hypochondriac region had been resolved. Patient has normal appetite, vital are normal. Blood parameters didn't show any abnormality and Ultrasonogram showed that "No calculus seen in gallbladder". No adverse drug reaction was observed during the treatment period.

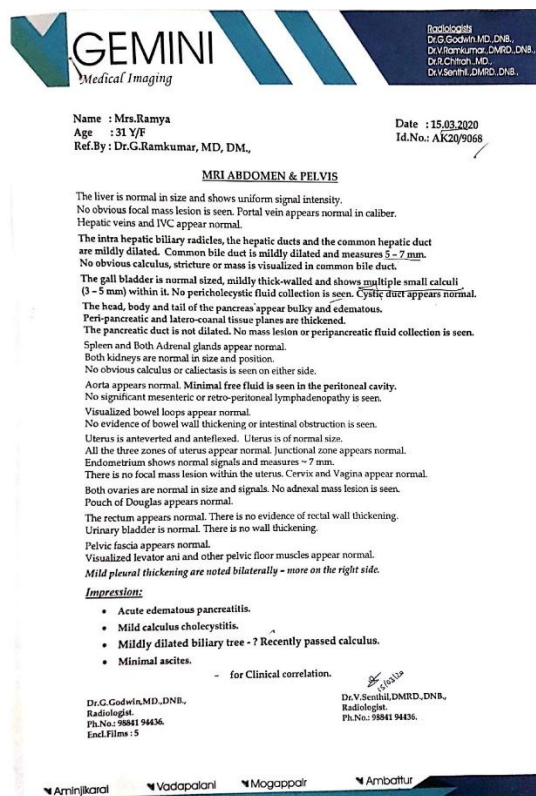


Figure 1: Before treatment.

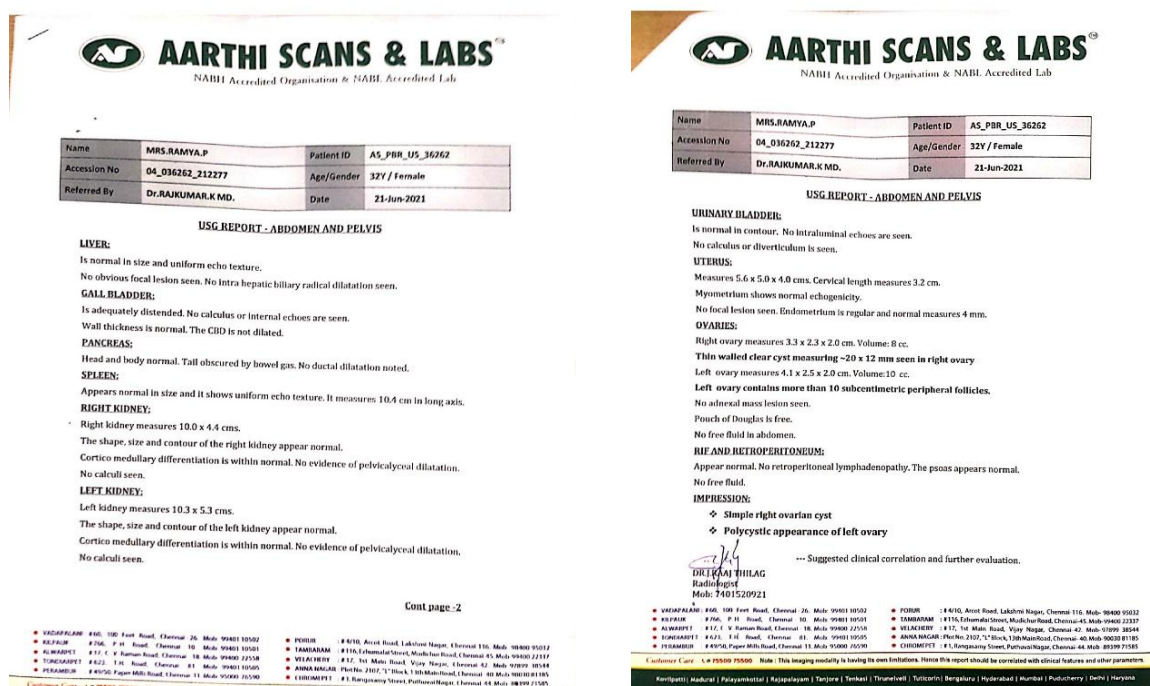


Figure 2: After treatment.

DISCUSSION

Keelanelli (*Phyllanthus niruri*) is the main ingredient in Keelanelli mathirai, possess hepatoprotective, analgesic, anti-inflammatory, anti-urolithiatic activity. In traditionally

keelanelli used for gallstones.^[6] Diacylglycerol acyltransferase (DGAT) is a key enzyme of biosynthesis in the final step of the glycerol phosphate pathway. The triglycerides synthesized in excess causes various symptoms such as type II diabetes mellitus, hypertriglyceridemia, and obesity. The active polyacetylene constituents from the stem of *Eclipta prostrata* was tested for the inhibition of the DGAT enzyme.^[7] *Eclipta prostrata* (Karisalai) is the main ingredient of karisalai karpam. *Terminalia chebula* named as Kadukkai in tamil has hepato protective activity, the main ingredient in karkarachi mathirai.^[8]

CONCLUSION

Based on the results of the present study, Keelanelli mathirai, Karisalai Karpam and Karkaraichi mathirai reduced clinical symptoms of cholelithiasis and it reduced the gall stones which were shown by ultrasonogram. More clinical trials need to be conducted to evaluate the effectiveness of these Siddha formulations.

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