

Attitude towards Nilavembu kudineer among patients attending outpatient department of Government Siddha Medical College, Tirunelveli.

Merish S, Essakkyandian G², Rajarajeswari A³

¹PG Scholar, Department of Gunapadam, ²Lecturer, Department of Gunapadam, ³Lecturer Grade II, Research methodology and medical biostatistics, Government Siddha Medical college, Palayamkottai, Tirunelveli, India.

ABSTRACT

Background

Nilavembu Kudineer is a poly herbal decoction, which is used by many of the peoples over the state of Tamilnadu and tamil speaking area over India. The people from age between 15 to higher groups were consuming most prevalently for prophylactic and therapeutic purposes.

Method

A cross sectional study on 114 participants regarding the *nilavembu Kudineer* consumption and their attitudes were collected through pre-defined questionnaire at outpatient department of Government Siddha Medical College, Palayamkottai. Subjects were recruited based on random sampling and study data were analysed through SPSS version 23.

Results

The attitude towards *nilavembu kudineer* was tabulated and almost 60% of visitors consuming *nilavembu kudineer*. Nearly 93% of participant hasn't felt any drastic events and suggesting this *nilvembu kudineer* to their neighbours.

Conclusion

This study paves the way forward to do further more cohort study on participants regarding this most recommendable drug.

Keywords

Nilavembu Kudineer, Siddha Kudineer, Siddha Kudineer, herbal decoction

Corresponding author

Merish S

PG Scholar,

Department of Gunapadam
drmerishjesus@gmail.com

INTRODUCTION

The use of Traditional or Herbal medicines continues to expand globally, in parallel to an increasing acceptance of herbal remedies by consumers. Despite the fact that herbal remedies are not classified as drugs by the US Food and Drug Administration, the 1994 Dietary supplement health and education act allows manufacturers to make claims regarding the benefits on the use of these products. Complementary and alternative medicine (CAM) has been defined by the Cochrane Collaboration as “a broad domain of healing resources that encompasses all health systems, modalities and practices and their accompanying theories and beliefs, other than those intrinsic to the politically dominant health system of a particular society or culture in a given historical period”. Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, therapies, and products that are not presently considered to be part of conventional medicine. It has been estimated that the U.S. public spent

between \$36 billion and \$47 billion on CAM therapies in 1997. Of this amount, between \$12.2 billion and \$19.6 billion was paid out-of-pocket for the services of professional CAM health care providers such as chiropractors, acupuncturists, and massage therapists.

Recently integrative medicine approach recently came forward with the optimism of providing an affordable and practical solution to the global healthcare crisis, especially in developing countries like India. The success of the new, ‘integrative’, approach will lie in its capability to identify the respective values, beliefs, fundamentals, practices, strengths, and weaknesses of all the systems.

The state government has endorsed the use of Nilavembu Kudineer for fever management, including dengue, as well as for the prevention of unknown fevers. This helps the community to cope the people of Tamilnadu and consumers to take it more. Nilavembu Kudineer is a herbal drug comprising nine ingredients and the nine are in equal quantity. The primary component of the nilavembu kudineer is nilavembu (*andrographis paniculata*)—is a

small plant that is said to have antipyretic, anti-inflammatory and anti-analgesic properties and several other health benefits. In Siddha medicine, the drug nilavembu kudineer was prescribed for all types of fevers and also for body aches which includes arthritis.

The Government Siddha Medical College and Hospitals of Chennai and Tirunelveli has providing nilavembu kudineer for a long period and open to all public to consume. The demand for the nilavembu kudineer is raising day by day because of its effectiveness and therapeutic benefits. Even industries in Tamilnadu like The Tamil Nadu Medicinal Plant Farms and Herbal Medicine Corporation Limited (TAMPCOL) and IMPCOPS has also selling the medicine for the benefit of public. The Ingredients of equal parts are Nilavembu (*Andrographis paniculata*), Vilamiccam ver (*Vetiveria zizanioides*), Cantanam (*Santalum album*), Vettiver (*Vetiveria zizanioides*), Cukku (*Zingiber officinale*), Peyputtal (*Trichosanthes cucumerina*), Koraik kilanku (*Cyperus rotandus*), Milaku (*Piper nigrum*), Parpatakam (*Mollugo cerviana*) were used. The objective of this study is to

understand the attitude towards the consumption of nilavembu Kudineer and status of socio-demographic patterns.

SUBJECTS AND METHODS

Study Design

A cross sectional study on 114 participants regarding the *nilavembu Kudineer* consumption and their attitudes were collected through pre-defined questionnaire at outpatient department of Government Siddha Medical College, Palayamkottai. Subjects were recruited based on random sampling and study data were analysed through SPSS version 23.

Study Population

Patients attending in Out Patient Department (OPD) at Govt. Siddha Medical College Hospital, Palayamkottai, Tirunelveli.

Study Area

This study was conducted at OPD of Govt. Siddha Medical College Hospital, Palayamkottai, Tirunelveli which lies in the middle of the Tirunelveli city.

Study Period

The duration of the study was four months and conducted from Jun to Sep, 2018.

Sample size

The sample size of the study population was selected based on the sample size chart defined by World Health Organization. The sample size has calculated through the hospital prevalence consumption of Nilavembu Kudineer. Ever day more than 500 Participant were using. We have to cover one half of the participants. So fixed the margin of error as 40-50% and Confidence interval as 95%. Concluded the sample size as 114.

Inclusion Criteria : Informed consent and voluntary participant for interview. Patient attending at OPD of Hospital

Exclusion Criteria : Patients below 18 years of age, Patient who are mentally disturbed, Patients not cooperating.

RESULTS AND DISCUSSION

The age group between 19 to 65years was participated in this study. The 19-25 year of age group were 11%, up to 35 years of age are 9%, up to 45% of ages are 22%, 46-55years of age were 30% and 29% were above the age group of 55years. Overall 38% of female and 62% of male were participated in this study.

Table 1. Age group of participants

Age group	Frequency	%
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Below 25 (19-25)	12	10.5
26-35	10	8.8
36-45	25	21.9
46-55	34	29.8
Above 55 years	33	28.9
Total	114	100.0

Perception of income level is about 45% of participants were sufficient and 30% of participants were partially sufficient and remaining 25% of participants were not sufficient with the income level (table 2). Almost all the income level group of population are using this drug nilavembu kudineer. 86% of participants are married and 14% of participants are single. The awareness level among the married participants is higher in this case. 61% of participant is from the joint family and 40% are from the nuclear family.

Table 2. Perception of income level

Perception of income level	Percentage
Sufficient	45%

Partially sufficient 30%

Not sufficient 25%

2% has completed the post graduation, 33% of participants has completed their college education, 25% completed their high school education, 24% completed primary school education, 12% has dropped out by primary school education, 4% has no formal education.

Table 3. Attitude of nilavembu kudineer consumption among participants.

Attitude responsiveness	Yes	No
Using Nilavembu Kudineer in Past 1 Year	100	0
Will you believe nilavembu kudineer will prevent fever?	89	11
Taking NV Kudineer after the doctors instruction?	83	17
Suggesting nilavembu Kudineer to your surroundings	92	8
Have you felt any side effects in previous	4	96

All of the study participant are used the nilavembu kudineer in their past usage around 1 year. 89% of participants were believed that nilavembu kudineer was preventing fever and related illness and 11% apposed the claim.

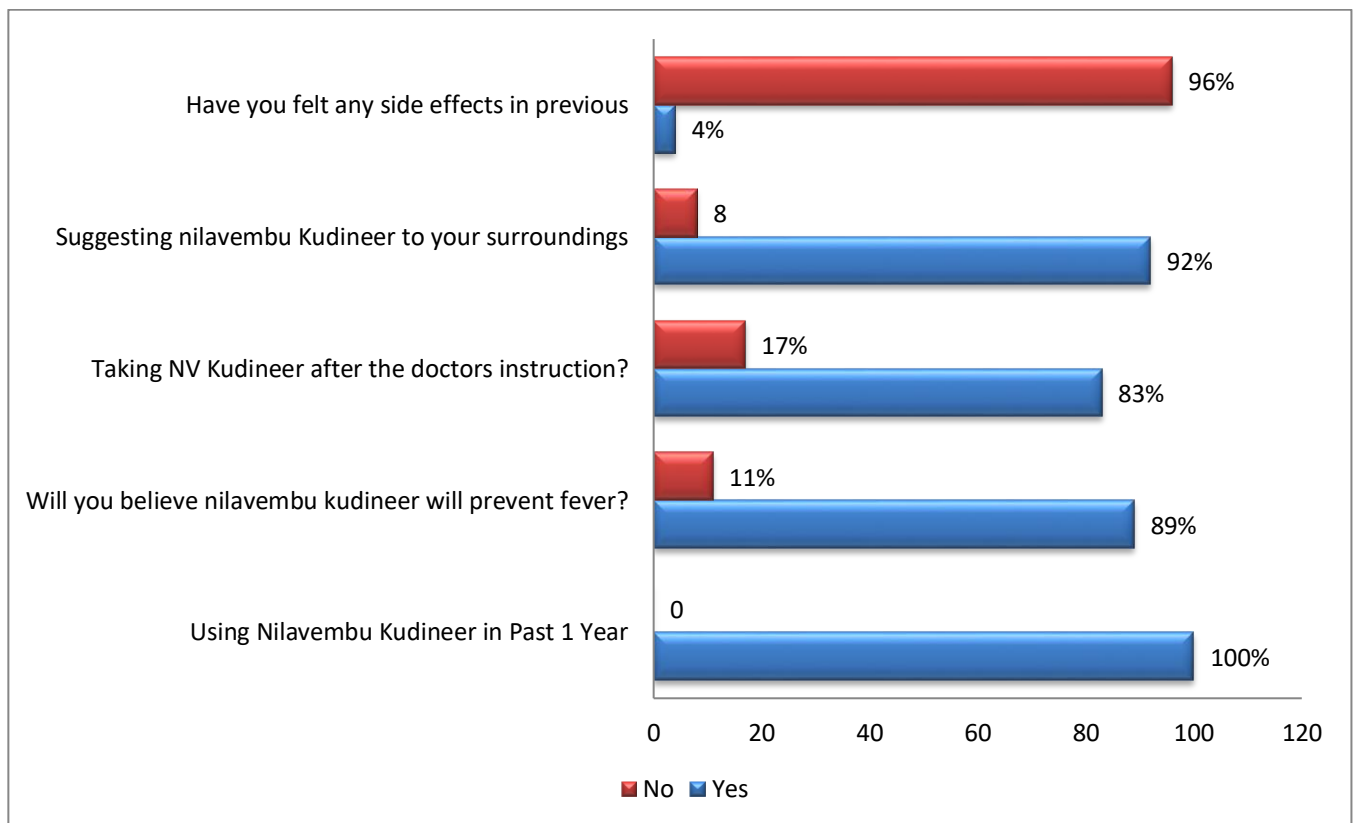
83% of populating consuming nilavembu kudineer after the prescribing doctors instructions and remaining 17% were not. The attitude on suggesting nilavembu kudineer to the neighbours, 92% had replied yes and accepting the concept of suggestion because of its therapeutic nature. 96% of participant hasn't felt any adverse effect due to this drug and 4% has nausea, vomiting and burning sensation of stomach. Based on the question, will you ask for awareness camp and distribution, nearly 107 participants has replied as positive and 7 participants were opposed.

Table. 3 Relationship between education status and awareness callings.

		Status of education1		Total
		illiterate	literate	
Call us for	no	2	5	7

awareness	yes	43	64	107
Total		45	69	114

Figure 1. Attitude response towards *nilavembu kudineer* consuming participants



CONCLUSION

The attitude towards nilavembu kudineer was tabulated and almost 60% of visitors consuming *nilavembu kudineer*. Nearly 93% of participant hasn't felt any drastic events and suggesting this nilvembu kudineer to their neighbours. This study paves the way forward to do further more cohort study on participants regarding this most recommendable drug. Still people of educated were enquiring regarding the research data of Nilvembu

kudineer and we are supposed at the level to provide and to develop huge data for the welfare of the public.

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