



Case study on Management of “Vatha Noi” - Traditional view

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ABSTRACT

Sri Lanka is a country of rich heritage, one of which is its indigenous system of Medicine, which has been practiced by the people since time immemorial. Most of the indigenous medical practitioners in the island were treating many patients daily. Maximum number of patients was attended by trained practitioners. Therefore this study was carried out to explore the traditional management methods for “Vatha noi” of particular traditional physician and this was an observational case study report. The study was conducted at own clinic of traditional practitioner. The information was collected from a patient. The selected patient was 63 year old lady presented with severe pain and swelling in her both knee joints for 2 years and back pain for 7 months. After the proper history and examination, the diagnosis arrived by the physician as a type of “Vatha noi” and the drug was given by the traditional practitioner and the patient was instructed about the application method of the drug and follows up / next visit to the hospital. The patient was clearly examined in every visit and measurements were obtained. After 40 days of drug giving, the patient was showed a marked reduction of swelling in the both knee joints and significant improvement in the knee and back pain also. Thus it can be concluded that, the *Kurunthoddiver thailum* and fomentation (*Oththu*) are very effective in Management of “Vatha Noi” in Traditional view.

Keywords:

Vatha Noikal, Kurunthoddiver thailum, fomentation, Oththu.

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INTRODUCTION

Traditional medicine comprises knowledge systems that developed over generations within various societies before the era of modern system of medicine. Traditional ways of healing illnesses originating in ancient societies are called complementary medicine today. The World Health Organization (WHO) defines traditional medicine as: "The health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral-based medicines, spiritual therapies, manual techniques and exercises, applied singularly or in combination to treat, diagnose and prevent illnesses or maintain well-being." The Siddha science is the oldest traditional treatment system generated from Tamil culture.

The Siddha flourished in the period of Indus Valley civilization. The word Siddha *vaiithiyam* comes from Tamil word. Most of the practicing Siddha medical practitioners are traditionally trained, usually in families and by gurus (teachers). When the guru is a martial arts teacher, he is also known as an *aashaan*. They make a diagnosis after a patient's visit and set about to refer to their manuscripts for the appropriate remedies, which a true blue physician compounds by himself or herself, from thousands of herbal and herbo-mineral resources. Thus, the objective of this study is to explore the traditional management methods for "Vathanoi" of particular traditional physician. There were number of traditional practitioners treating this condition in island wide, among them one traditional practitioner was selected randomly and the study was conducted at his own clinic.

METHODOLOGY

This was an observational case study report. The study was conducted at own clinic of traditional practitioner. Patient who was selected for this study has selected randomly. Written consent was obtained from both traditional practitioner and the patient to conduct this study.

63 year old lady presented with severe pain and swelling in her both knee joints for 2 years and back pain for 7 months. After the proper history and examination, the diagnosed arrived by the physician as a type of "Vathanoi" and the drug was given by the traditional practitioner and the patient was instructed about the application method of the drug and follows up / next visit to the hospital. He was prescribed the *Kurunthoddiver thailum* and *Oththu* (fomentation) for external use for 40 days.

Kurunthoddi ver thailum consist of 43 ingredients and it can be used for different purposes depend on the stage of the oil. Anyhow commonly it prescribed for all types of *Vatha-Noikal*. After the application of oil he was prescribed an *oththu* for reduce the swelling and pain in the joints.

The fomentation (*Oththu*) contains *Thompai* seed, *Kodda thenkaay*, *Muththaamanakku ilia*, *Adadaathodai ilia*, *Adadaathodai ilia*, *Nochchi ilia*, *Thennam poo*, *Eallu* and *Manchal*.

Preparatory method of drug and its usage:- *Kurunthoddiver thailum*:-

Kurunthoddiver – 500g

Group 1: Ingredients- Each 10gm to be taken

Meathaa
Maameathaa
Ealakkaay
Kaadduzhunthuver
Kaaddupayirver
Vethaarumanjastti
Kaakoli
Seerakaakoli
Narumpasai
Sathakuppai
Kadukkaay
Thaantrikkaay
Nellimulli
Santhanam
Nannaari
Kostam
Athimathuram
Keerappaalai
Thanneerviddaankizhanku
Amukkaraakizhanku
Vasampu
Akilkaddai
Mookkaraddai
Venthayam
Inthuppu
Seerakam
Rishavakam
Kiranthithakaram
Ilavankappaddai
Ilavankappaththiri

Group 2: Ingredients- Each 10gm to be taken

Kothumai
Nerunchi
Kandankaththari
Mullukkaththari
Eianthaikoddai
Kollu
Orilai
Moovilai
Vilvamver
Munnaiver
Peru vaakaiver
Kumizhver
Paathiriver

Table 1: Pain scoring scheme

0	No Pain
1	Mild pain bearable in nature, comes occasionally
2	Moderate pain, but no difficulty in walking
3	Moderate pain, but slight difficulty in walking due to pain
4	Severe difficulty in walking, disturb sleep due to severe pain

Table 2: Swelling grading scheme

0	Absent	No Swelling
1	Mild	Less than 10% circumference of affected joint
2	Moderate	More than 10% circumference of affected joint
3	Severe	More than 20% circumference of affected joint

Table 3: Pain on joint movements

0	No Pain
1	Pain without wincing of face
2	Pain with wincing of face
3	Prevent complete flexion
4	Does not allow passive movements

Symptoms were assessed and graded as per the above tables

**Figure I: Knee Joints - Before treatment****Figure III: Knee Joints - After treatment**

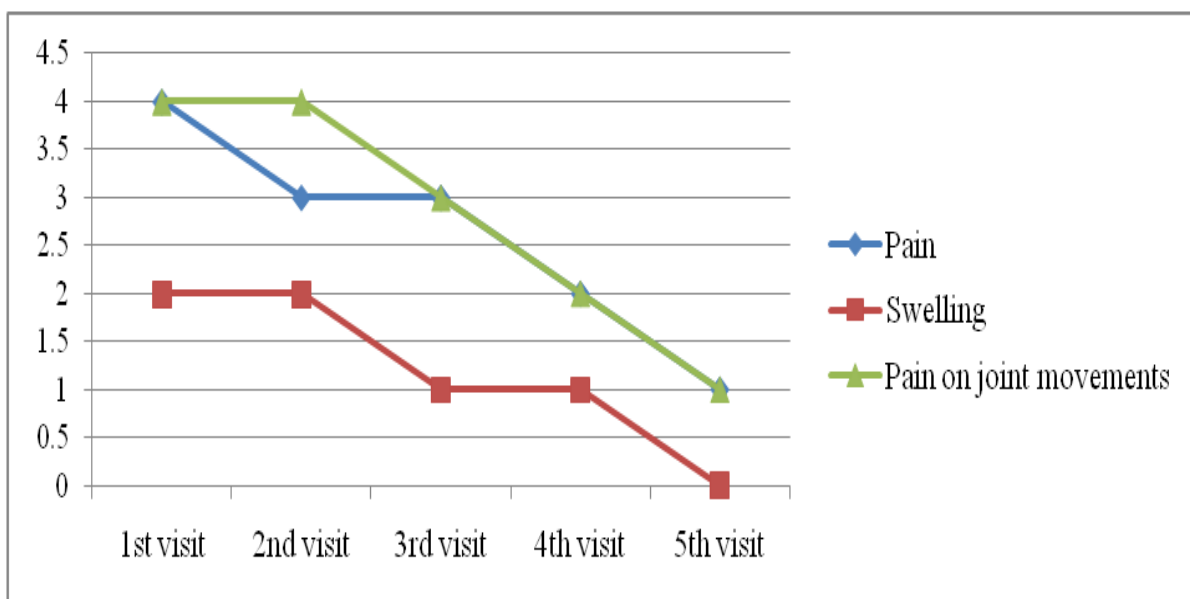
Figure II: X-ray of her knee joints



Table 4: Clinical manifestation

Sign and symptoms	Visits				
	1 st (1 st day)	2 nd (8 th day)	3 rd (15 th day)	4 th (22 nd day)	5 th (30 th day)
Pain	4	3	3	2	1
Swelling	2	2	1	1	0
Pain on joint movements	4	4	3	2	1

Chart I: Clinical manifestation



The above chart indicates that the all three clinical manifestations were reduced gradually and after the completion of treatment (after 30 days) the patient had mild pain in both knee joints but bearable in nature. It indicates that the external application of *Kurunthoddiver thailum* along with *Oththu* (fomentation) is a very good treatment method in relieving pain and swelling in the joints.

CONCLUSION

From this case report, it has become clear that the *Kurunthoddiver thailum* and *Oththu* (fomentation) has a very crucial and effective role in the management of “*Vatha Noi*” in Traditional view. The case showed significant reduction in pain, swelling and pain on joint movements was noted after the completion of his one month of traditional management methods. This indicates that the application of *Kurunthoddiverthailum* along with *Oththu* (fomentation) has a very good action on the treatment of *Vatha noi*. But the study with the large sample size must be done to get more accurate conclusions.

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CONFLICT OF INTEREST : None declared

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