

# EFFECT OF SIDDHA MEDICINE ADHIMADHURAM SOMBU PAAL KASHAYAM IN THE TREATMENT OF OTRAITHALAIVALI (MIGRAINE) - A CASE REPORT

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## ABSTRACT

Migraine is not the same as the usual kind of headaches that most people have every now and then. A migraine attack starts suddenly with severe pain on only one side of your head. The pain is much worse than a normal headache and usually accompanied by other symptoms like nausea or vomiting. People usually describe the pain as pulsating, throbbing or pounding. It often gets worse during physical activity or even if you move a little. In siddha it can be compared with Ottraithalaivali. A 55 years male was reported in SriHari Siddha Clinic with the complaints of one sided headache since 10 days associated with nausea. Other associated symptom was vomiting on and off and sleeplessness. The patient was diagnosed as Migraine. A combination of *Adhimadhuram* 5gms, *Sombu* 5gms is mixed with 200 ml of cow's milk. The decoction for about 60 ml is made by reducing the 200ml of milk mixed with the two ingredients. Finally jaggery is added to taste and given to patient for twice a day after food for 1 week. There was a significant response in a single dose and got cured completely in a week without such relapse in one year.

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## KEYWORDS

Siddha, *Adhimadhuram*, *Sombu*

## INTRODUCTION

Siddha is one of the oldest and the unique traditional system of medicine followed in southern parts of Tamilnadu. This civilization dates back to 12,000 years B.C<sup>1</sup>. The treatment in this system of medicine is based on balancing three humours (*Vadam*, *Pitham* and *Kabam*) and seven *thathus* like *saaram* (digestive fluid), *seneer* (blood), *oon* (muscle), *kozhuppu* (fat), *Enbu* (bone), *Moolai* (bone marrow) and *sukkila* (semen).

Migraines are typically associated with moderate to severe headaches that only affect one side of the head. People usually describe the pain as pulsating, throbbing or pounding. It often gets worse during physical activity or even if you move a little. The headaches may be accompanied by nausea or vomiting<sup>2</sup>.

In Siddha it is correlated to *Otraithalaivali* where the three humours gets imbalanced which is manifested with the symptoms of severe headache associated with nausea and vomiting. In modern medicine, usually the treatment is analgesics<sup>3</sup>. Although analgesics are used to control disease flares and were once acceptable as a maintenance drug, still the prognosis of the disease is very poor.

By looking into these limitations in the treatment and prognosis a single case of Migraine was observed by using *Athimadhuram Sombu Paal Kashayam* to analyze its effect in the management of disease<sup>4</sup>.

## Patient Information

A 55 years old Male came to Srihari Siddha Clinic, Ammapet, Salem on 17/7/2018 with the complaint of severe headache on one side since 10 days associated with nausea, vomiting on and off and sleeplessness. In his past history he had same complaints since childhood from the age of 10 years on and off. He was under allopathy medication where he was given analgesics. He is not a diabetic and hypertensive. He is a vegan and in his personal history he is not habituated to smoking and alcohol. In family history he is married and has three children.

## Clinical Assessment

In General examination the patient's conjunctiva was in red colour and his Vital signs was normal with Pulse-74/min, Temperature-98.4F, Respiration rate-18/min, Blood pressure-130/80 mmHg and wt-62kg. His CVS and RS signs were also normal. He has good appetite and has no history of any surgery. The patient's bowel habits were also good.

According to Siddha the patient's constitution is *Vadha* type and his *naadi* is *Pithavadham*. He was diagnosed as *Otraithalaivali* (Migraine) and the drug was chosen to alleviate the aggravated *Pitham*. Based on the clinical presentation the patient was diagnosed as case of *Otraithalaivali* excluding the differential diagnosis like *Suryavartham* and *Chandiravartham* where the patients'

headache varies upon the timings of sun and moon.

### Therapeutic Intervention

The Medicine was advised for 1 week twice a day after food.

**Table 1. Ingredients of therapeutic Medicine**

Ingredients	Quantity
Adhimadhuram ( <i>Glycyrrhiza glabra</i> )	5gms
Sombu ( <i>Foeniculum vulgare</i> )	5gms
Cow's milk	200ml
Jaggery	Quantity sufficient - to taste

By using the above ingredients decoction is made by reducing the milk from 200ml to 60 ml. Finally jaggery is added to taste. The ingredients were procured from the reputed Siddha Medicine store in Salem. After a single dose of *Adhimadhuram Sombu Paal Kashayam* the patient was relieved with the severe headache and the associated symptoms got reduced in a period of one week.

### Follow Up and Outcomes

The patient was on follow up for a period of one year without a single episode of relapse. The patient felt mentally free and was able to do day to day activities in a pleasant manner.

### DISCUSSION

Based on Siddha the patient was diagnosed as a case of *Otraithalaivali*. The special feature of Siddha medicine lies on the humours (*Vadam Pitham* and *Kabam*) hence the choice of medicine was with the ingredients which balance the humour. Here in this patient according to the pattern of *Naadi* as *Pithavadham* the drug of choice was made as *Adhimadhuram Sombu Paal Kashayam* which alleviates the vitiated *Pitham* and hence the patient got cured from the symptoms like one sided headache associated with nausea and vomiting, in a simple manner of treatment. Many review papers are cited for *Adhimadhuram (Glycyrrhiza glabra)* and *Sombu (Foeniculum vulgare)* which shows its ethno pharmacology, chemical constituents and medicinal uses<sup>5,6</sup>.

### CONCLUSION

Based on the clinical signs and symptoms *Otraithalaivali* was correlated with Migraine. In this study *Adhimadhuram Sombu Paal Kashayam* was found to be safe and effective in the treatment of *Otraithalaivali*.

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## CONFLICT OF INTEREST

None declared.

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