



A Case study of Thandagavatham (lumbo sacral strain) with Siddha Medicine along with Siddhar Yoga therapy

*Sugasini P¹, Muthukumar NJ², Periyasami D³

¹* PG Scholar, Department of Siddhar Yoga Maruthuvam, ²Professor & HOD, Department of Sirappu Maruthuvam, ³Lecturer, Department of Sirappu Maruthuvam, National Institute of Siddha, Chennai.

ABSTRACT

The ancient Siddha system of medicine is not only a medicine but a life science of wellness. Siddhars not only contributed medicine but also knowledge of eternity alchemy and yogic living. Siddhars attained longevity by *Attanga yogam*. Asanam is the part of *Attanga yogam*, which have both preventive and curative property in the management of various disorders. Lumbo sacral strain is one of the most common problem in middle age group. Which occurs due to sedentary lifestyle, weight lifting, prolonged sitting and driving. More number patients suffering from low back pain. on the basic high prevalence of low back pain and also in National Institute of Siddha considerable number of cases *Thandagavatham* reported daily. with this background the author has chosen *Thandagavatham* (Lumbo sacral strain) with Yogam therapy.

Keywords:

Siddha medicine, *Siddhar Yogam Therapy*, *Thandagavatham*, Low back strain

Address for correspondence:

Sugasini P
PG Scholar

CODEN : IJRPHR

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-Non Commercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

For reprints contact: publisher@ijrphr.com

To access this article online

Website : <http://www.ijrphr.com/>

DOI : 10.121/ijrphr/03.0304.499

Quick response code



INTRODUCTION

Siddha system was bestowed by the great Siddhars, after attaining spiritual knowledge through physical perfection and spiritual salvation, explained by saint *Yugi*. according to Siddha system of medicine, health is defined as the state of physical, psychological, social and spiritual, components of human being. Siddha system denotes all the objects in this world either living or non living are composed of five elements (Panchabootham), namely, *Mann, Neer, Thee, Kattru, Aahayam*, any changes in the universe will reflect in human body, the physical body is maintained by three vital force (humors) namely *Vatham, Pitham, Kabam*. When the above humours, get affected by the life style activities or modification they become Kutrams, which turns cause the diseases. *Yugi munnivar* classified the Vatha disease as 80 types *Thandagavatham* is one among them the symptoms of *Thandagavatham* are low back ache, pricking pain, stiffness, lumbo sacral muscle spasm, Lumbar Sacral strain is characterized by non radiating low back pain associated with a mechanical stress or creating an abnormal position that puts the muscle beyond its limit. Lumbar strain is the cause of low back pain in 70% of cases, and is most common between age 20 and 50 Most common cause for repetitive or heavy lifting, prolonged abnormal position of the trunk (rotated, flexed, hyper extended), poor body mechanics or ergonomics, core weakness, and tight/weak hip girdle musculature.

MATERIALS AND METHODS

Inclusion criteria:

Age : 20-60 years

Sex: Male and Female

Patients having the symptoms of

- Pain around the lumbo sacral region
- Lumbo sacral muscle spasm
- Pain associated with activities, and generally relieved with rest
- Pain that worsens when bending, stretching, coughing, or sneezing
- Stiffness in the low back region

Exclusion criteria:

- Patient suffering with Spina bifida, Osteomyelitis, Pott's spine, Trauma, Ankylosing spondylitis
- Serious systemic illness
- Congenital anomalies of spin
- Post-surgical cases.

Treatment Protocol

STUDY TYPE:	Comparative clinical trial
STUDY PLACE	Department of Siddhar Yoga marutuvam,,National Institute of Siddha & Ayothidass Pandithar Hospital, Chennai-47
SAMPLE SIZE	20
STUDY PERIOD	2months
INTERNAL MEDICINE	Amukkura chooranam - 2 BD with lukewarm water
GROUP I	10 (Medicine along with Siddhar Yogam)
GROUP II	10 (Medicine)

Advised yogam

Iyamam, Niyamam -

Advised

S.No	Siddhar Yogam	Duration
1	Loosening kriyas	10 minutes
2	Asthigasanam	2 minutes
3	Sadaraparivarthini	1minute
4	Bujangasanam,	1 minute
5	Sethubanthasanam	2 minutes
6.	Bhavanamuthasanam	1minute
7.	Savasnam	2minutes
6	Thirumoolar's Pranayamam	5 minutes
7	Prathiyakaram (Controlling the sense)	3minutes

Conduct of the study

20 patients were selected in NIS Siddhar yogam OPD. 10 patients were treated with Siddhar Yogam along with *Amukkura chooranam* and 10 patients were treated with *Amukkura chooranam* only. Before starting the treatment, purgation with *Agasthiyar Kuzhambu* -130mg at early morning in empty stomach with ginger juice was given for balancing the deranged *Uyirathu* and advised to take rest on next day. The *Amukkura chooranam* was given for 45 days .Before starting Yogam patient advice to follow the *Iyamam, Niyamam*. Patients were advised to practice Asanam in empty stomach after evacuation of urine and motion for 30-45 minutes every morning. Asanam were taught to the patients.

Under my guidance, the patients were asked to do the recommended pattern of asanam at NIS *yogam* hall on every visit.

RESULTS

GROUP I (YOGAM ALONG WITH MEDICINE)

PAIN ASSESSMENT	BEFORE TREATMENT		AFTER TREATMENT	
	Number of patients	Percentage	Number of patients	Percentage
No pain 0	-	-	8	80%
Mild (1-3)	2	20%	2	20%
Moderate (4-6)	7	70%	-	-
Severe (7-10)	1	10%	-	-

GROUP II (YOGAM ALONG WITH MEDICINE)

PAIN ASSESSMENT	BEFORE TREATMENT		AFTER TREATMENT	
	Number of patients	Percentage	Number of patients	Percentage
No pain 0	-	-	4	40%
Mild (1-3)	3	30%	2	20%
Moderate (4-6)	7	70%	4	40%
Severe (7-10)	-	-	-	-

DISCUSSION

Among the 20 patients 41% were male and 59% of female. Patients were belonged to different age groups from 20-60. In this study highest incidence was seen in the age between 30-40 years. Occupation of the patients is an important cause for Lumbo sacral strain .This study reveals out of 20 cases, 50% of patients were IT professional, 30% of patients were Drivers, 15% of patients were Farmers,5% patients were tailor.

Universal pain scale In group I before treatment shows mild pain 20%, moderate pain 70%, severe pain 10%,Group II mild pain 30%, moderate pain 70%, .

After treatment group I before treatment shows no pain80% mild pain 20%, Group II no pain 40% mild pain 20%, moderate pain 40%,.

CONSLUSION

The two group patient were assessed by universal pain scale. The group I have noticed significant improvement than group II. Hence the results reveals that Siddhar Yogam therapy is an effective and safe intervention for lumbo sacral strain .

CONFLICT OF INTEREST: None declared

SOURCE OF FUNDING: Nil

REFERENCES

1. Kuppasamy Muthaliyar, Siddhar Pothu Maruthuvam, 4 th Edition, Pub: Directorate of Indian Medicines and Homeopathy, Chennai, Tamilnadu, 2010..
2. Dr. J.R Krishnamoorthy ,Siddha maruthuvam Vol.3 Ci-rappiyal ,1st edition, Tamil Valarchi kazhakam
3. T.V.Sambasivapillai,Tamil , English Dictionary of Medicine, Chemistry, Botany,Allied Science,Vol ,I.
4. Deyo RA, Weinstein JN. Low back pain. *N Engl J Med*. 2001;344:363-370
5. Borenstein DG, Wiesel SW, Boden SD. *Low Back and Neck Pain: Comprehensive Diagnosis and Management*, 3rd ed. Philadelphia PA : Elsevier; 2004.:229-241
6. Textbook of orthopedics and traumatology , Prof. Ma-yilvahanan Natarajan, 6th Edition.