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**Case Study**



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**The Effect of Siddha Medicine and External Therapy in  
the Management of Siravatham (Spastic Cerebral Palsy) -  
A Case Series.**

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**Abstract**

The Siddha System of Medicine (Traditional Tamil System of medicine), which has been prevalent in the ancient Tamil land, is the foremost of all other medical systems in the world. Most of these therapies are aimed at maintaining a healthy balance of three humours Vatham, Pitham and Kabam. Cerebral palsy is the most common physical and mental disability in childhood. Cerebral palsy is a non progressive neuromuscular disorder of cerebral origin. Often, symptoms include poor coordination, stiff muscles, weak muscles, and tremors. We can improve the quality of life to the disabled children by treating spasticity (Muscle tone) in CP children. In National Institute of Siddha, Kuzhandhai Maruthuvam department IPD for Spastic Cerebral palsy diagnosed child were given Amukara chooranam [1] well known as nervine tonic given internally and Laguvidamutti thylam[2] for massage and followed by 0-30-90 days interval and scored was measured by MAS Scale[3]. Finally it can be concluded that Amukkara chooranam along with Laguvidamutti thylam massage has a definitive action as well as clinically efficacy on spasticity in cerebral palsy child in contrast to that seen in regular OPD treatment.

**Keywords:** Cerebral palsy (Siravatham), Spascity, Amukkara chooranam, Laguvidamutti thylam, MAS scale.

**Introduction**

“Special children” is an umberla term used to classify conditions caused by neuronal damage. Developmental disabilities is one of the causes upsetting the harmony of families. The proportion of disabled children in developing countries is generally higher than in developed countries, it is estimated that 6 to 10% of children in India are disabled. The prevalence of cerebral palsy is estimated to be 1.5-3 per 1000 live births, Around 8,000 to 10,000 babies

and infants are diagnosed per year with Cerebral Palsy. About all, spastic cerebral palsy are common in children and its range is 61%. There are many physical disabilities can affect children. But cerebral palsy is the most commonest. Cerebral palsy is a persistent but not unchanging disorder of movement and posture due to a defect or lesion of the developing brain [4]. The purpose of this research work is to develop recommendations on “best practices” related

primarily to the evaluate Siddha methodologies and Medicines [5]. Different treatment modalities can improve the quality of life to the disabled children and these can include Siddha bio pharma products included Amukkara chooranam as internal medicine, Laguvidamutti thylam for thokkanam (Massage) as external, all of which have been used in the Siddha system of medicine for many centuries either singly or in various combination. In order to limit this issue, efforts were undertaken to study the result of the use of a combination of these therapy[5].

In Kuzhanthai maruthuvam OPD & IPD of NIS, majority of cases (60%) are reporting with Cerebral palsy (Siravatham) [6]. Kuzhandhai Maruthuvam department IPD for spastic cerebral palsy diagnosed child were given Amukkara chooranam wellknown as nervine tonic given internally and Laguvidamutti thylam for massage and followed by every 0-30-90 days interval and spasticity was scored by MAS Scale.

### Methods

The present study was a prospective, open label, non-randomized, outpatient and inpatient based, single centered drug trial conducted in the department of Kuzhanthai Maruthuvam (Paediatric), National institute of Siddha, Chennai. More than 10 children reporting with symptoms of cerebral palsy were screened during the study period. Children of either sex between the age group of 2 to 7 years, who were diagnosed as spastic cerebral palsy, were include in

this study. The total sample size was 5. Other type of cerebral palsies were excluded from the study. Parents of the children those who enrolled were informed about the study, trial drug, possible outcomes and the objectives of the study in the language and terms understandable to them. Signed the informed consent obtained. In National Institute of Siddha, Kuzhandhai Maruthuvam department IPD for spastic cerebral palsy diagnosed child were given Amukkara chooranam well known as nervine tonic given internally and Laguvidamutti thylam for massage and followed by every 0-30-90 days interval and spasticity was scored by MAS Scale.

### Results

10 CP children were screened with age ranges from 2 years to 7 years.

5 children those meeting the inclusion criteria were included in this study and given treatment for 90 days. All the patients were treated with Siddha internal medicine (Amukkara chooranam), external therapy Laguvidamutti thylam. The outcome of this external therapy procedure obtained by comparing the before and after treatment clinical assessment scoring. Clinical assessment were recorded on 0<sup>th</sup> day and followed by every 30th days by using MAS.

The results was observed that all the 5 patients had improvement in spasticity and gait.

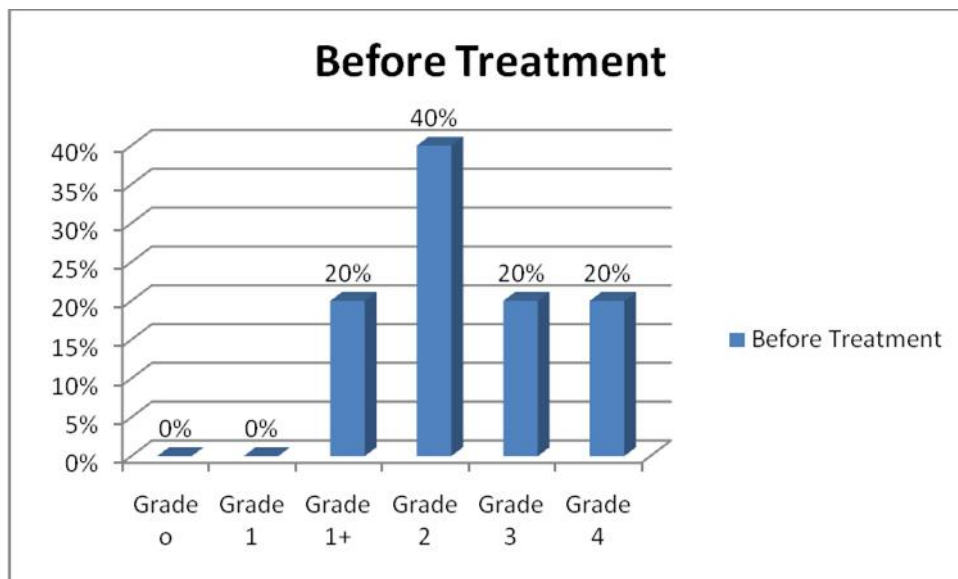


Figure 1

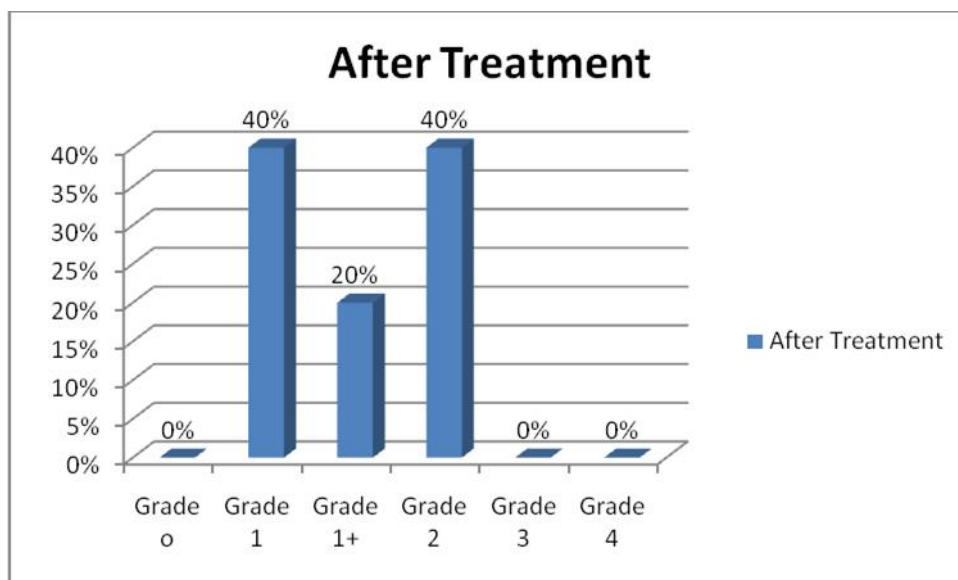


Figure 2

Among 5 patients, at the end of the study on 90<sup>th</sup> day, out of 2 patients (who scored grade 3, 4 in MAS scale) the spasticity reduced in 2 patients (grade 2 Or 1+). 3 patients showed improvements (grade 2 to grade 1+ or 1).

### Discussion

In Siddha literature CP is under the Vadha disease therefore, the therapeutic management is considered to be internal medicine, (Thokkanam) massage [5]. Amukkara chooranam is used to calm the mind, relieve weakness and nervous exhaustion, memory enhancing, and promote healthy sleep [7].

Massage with Laguvidamutti thylam which soothe the sensory nerve endings, they produce a hyperemic effect causing the arterioles dilate in musculature, and reduce stiffness. Massage is considered to enhance muscle relaxation, [8] Reduce muscle tension and soreness, [9] and post-sequently, improve performance [10]. Massage is also thought to provide a soothing, sedative, invigorating feeling and can give the comfort.

Among 5 patients, at the end of the study on 90<sup>th</sup> day, out of 2 patients (who scored grade 3, 4 in MAS scale) the spasticity reduced in 2 patients (grade 2 Or 1+). 3 patients showed improvements (grade 2 to grade 1+ or 1).

### Conclusion

Finally it can be concluded that Amukkara chooranam along with Laguvidamutti thylam massage has a definitive action as well as clinically efficacy on spasticity in cerebral palsy child in contrast to that seen in regular IPD treatment. Thus, Siddha protocol of management can provide some benefit by giving possible improvement in the present condition and minimize the disability of those innocent children and improve their quality of life and give active and self supporting happy life.

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