SASTHRIC SIDDHA FORMULATION OF ULUNTHU THYLAM THOKKANAM FOR THE MANAGEMENT OF SIRAVATHAM (CEREBRAL PALSY) IN CHILDREN - A SCIENTIFIC APPRAISAL

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ABSTRACT:

Siddha system of Medicine, one among the ancient traditional medical systems of India, has been practiced for 2000 years and above. The specialty Kuzhandhai Maruthuvam is the part and parcel of siddha system which deals with pediatric ailments. Cerebral palsy is a non progressive neuromuscular disorder of cerebral origin. Often, symptoms include poor coordination, stiff muscles, weak muscles, and tremors \[1\]. There may be problems with sensation, vision, hearing, swallowing, and speaking disorder. The prevalence of cerebral palsy is estimated to be 1.5-3 per 1000 live births, the proportion of disabled children estimated that 6 to 10% of in India. Different treatment can improve the quality of life to the disabled children and these includes reduced spasticity (muscle tone) in CP children. Thokkanam or marthanam is a method of manipulation and mobilization used in problems of joints and muscles. Manipulation is a hands on procedure used to restore normal movement by loosening joints and stretching tight muscles. Ulunthu thylam bath is also useful for tonsillitis and deafness in children. The Black gram oil acts as the best muscle relaxant and reduces joint stress. It acts as an antispasmodic, increasing the elasticity and nerve strengthening activity. So Ulunthu thylam thokkanam is recommended for the therapeutic management in CP Children.

Keyword: Siddha, Siravatham(Cerebral palsy), Ulunthu thylam, Thokkanam

INTRODUCTION

Siddha is the ancient traditional medical system of India that has been practiced for 2000 years before. Siddha system of medicine is vast ocean of internal and external medicines. Puramarunthugal/External medicine includes certain forms of drugs and also certain applications. It is also classified into 32 categories. In several instances only the External therapy without any drug is sufficient and these procedures are already systematized. Most of these therapies are aimed at maintaining a healthy balance of three humours Vatham, Pitham and Kabam. Although drug therapy may not completely correct the factors associated with childhood disability, evidence does show that it helps manage problems. Cerebral palsy is the most common physical and mental disability in childhood. Cerebral palsy (CP) is defined as a non-progressive neuromotor disorder of cerebral origin \[1\]. It includes heterogeneous clinical states of clinical states of variable aetiology and severity ranging from minor incapacitation to total handicap. The prevalence of cerebral palsy is estimated to be 1.5-3 per
1000 live births, The proportion of disabled children estimated that 6 to 10% of in India. Oral medications used to reduce spasticity may produce adverse effects such as drowsiness, sedation, fatigue and cognitive decline etc. The available treatment methods are also highly expensive. So there is a need for alternative therapy for the better management of CP. Thokkanam signifies a group of therapeutic procedures, usually done with hands on the body in 9 different ways, with or without the application of medicated oil. Therayar says that thokkanam\(^2\) strengthens blood, flesh and skin, improves sleep and relaxes the whole body. It also regulates nerve functions, improves blood circulation, enhances immunity and removes excess tissues. In this way, Ulunthu thylam, an excellent medicine in Siddha system of medicine, mentioned in Theryar thyla varga churukkam\(^3\), is used in the treatment of Cerebral palsy.

**Materials and methods**

**Preparation of Ulunthu Thylam**\(^3\)

**Ingredients**

- **Vigna mungo**: 1.5 L
- **Water**: 6 L
- **Goat’s milk**: 1.5 L
- **Gingely oil**: 1.5 L
- **Mucuna pruriens** seeds: 4gm
- **Anethum graveolens**: 4gm
- **Alpinia galanga**: 4gm
- **Zingiber officinale**: 4gm
- **Piper nigrum**: 4gm
- **Piper longum**: 4gm
- **Wrightia tictoria** bark: 4gm
- **Glycyrrhiza glabra**: 4gm
- **Rock salt**: 4gm
- **Acorus calamus**: 4gm

**Procedure:**

*Vigna mungo* seeds are taken in a vessel containing 6 L of water, boiled till reduces to 1.5 L and filtered. Then all the ingredients except gingely oil and goat’s milk are powdered and grinded with goat’s milk. Now all are mixed, boiled till it attains required consistency and taken in a container. Finally this Thailam should be kept inside paddy (Thaaniya pudam) hoarse for 10 days.

**Indications**

This thylam is applied externally for the treatment of Sirakkambam, Karakkambam, Nadukkam, Vatha diseases, Nervous disorders, Deafness and Tonsils.
Medicinal Properties of Ingredients of Ulunthu Thylam

Table 1

<table>
<thead>
<tr>
<th>Botanical Name</th>
<th>Tamil Name</th>
<th>Active Principle</th>
<th>Medicinal Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vigna mungo</td>
<td>Ulunthu</td>
<td>r-amino butyric acid</td>
<td>Nervine tonic</td>
</tr>
<tr>
<td>Mucuna pruriens</td>
<td>Poonakkali vidai</td>
<td>mucunine</td>
<td>Antispasmodic, Nervine tonic</td>
</tr>
<tr>
<td>Anethum graveolens</td>
<td>Sathakuppi</td>
<td>phellandrene, limonene</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Alpinia galangal</td>
<td>Paeraratthai</td>
<td>Galango, isoflavanoid</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Zingiber officinale</td>
<td>Chukku</td>
<td>zingiberene</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Piper nigrum</td>
<td>Milagu</td>
<td>Piperine</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Piper longum</td>
<td>Thippili</td>
<td>Piperlonguminine, piperine</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Wrightia tinctoria</td>
<td>Vetpaalai</td>
<td>wrightial, indigotin</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Glycyrrhiza glabra</td>
<td>Athimathuram</td>
<td>Liquirtin, coumarin</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Acorus calamus</td>
<td>Vasambu</td>
<td>Saponins, flavonoids</td>
<td>Antispasmodic</td>
</tr>
<tr>
<td>Sodium chloride</td>
<td>Indhuppu</td>
<td>Iron, calcium, sodium, potassium and magnesium</td>
<td>Laxative</td>
</tr>
</tbody>
</table>

Discussion

A phytotherapeutic approach to modern drug discovery and development can provide many valuable drugs from Siddha medicinal plants. Search for pure phytochemicals as drugs is very good time consuming and expensive one. Numerous plants and polyherbal formulations are used for the treatment of Siravatham (Cerebral palsy) diseases. External massage therapy with medicinal oils is gaining importance now days because of its effective results. In
ulunthu thylam, with exception of gingely oil and goat’s milk 11 ingredients are present. Among the 11 ingredients, 9 ingredients have Antispasmodic property, 2 ingredients have Nervine tonic, 1 ingredient has laxative property. As spasticity is an important phenomenon of CP therapeutic approach concentrates on reducing spasticity. In this way, Ulunthu thylam can give fruitful results in the treatment of CP.

Table 2

CONCLUSIONS

Cerebral palsy is a chronic motor disability affecting substantial paediatric population. Various literatures show that Siddha treatment with Thokkanam can give good prognosis in the management of Cerebral palsy. However, more scientific studies required which will help Physicians to give best 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.

Acknowledgement

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