

Varma Treatment for Bronchial Asthma along with Siddha Medicine - A Single Case Study

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1. Abstract

Background: The treatment of siddha medicine is very effective and controlling the bronchial asthma. especially *Thippilirasayanam* along with stimulation of varma points.

Case Summary: A 21 years female reported with the complaints of bronchial asthma does not controlled by inhaler. During her childhood she has been diagnosed with bronchial asthma

Discussion: The patient had severe bronchial asthma during her childhood due to increased eosinophil counts. *ThippiliRasayanam* along with varma points stimulation for 21 days is very effective.

Key words

Dyspnoea, *Thippilirasayanam*, Varma points

2. Introduction

3. Bronchial Asthma

Asthma is a chronic inflammatory airway disorder with acute exacerbations that currently affects approximately 14 million-15 million children and adults in the United States. In which many cells and cellular elements play a role. The chronic inflammation is associated with airway hyperresponsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing, particularly at night and in the episodes.

According to siddha medicine the Nature of the disease does not fall under any particular type and the exact cause is not known. It produces chest pain as if the chest is constricted. There will be

breathlessness with difficulty in inspiration as well as expiration. The expiratory noise will sound like musical instruments such as flute, lute, and veena. Further, even if attempt is made naturally for expectorating the sputum from the chest ,it does not come out.

3a.Genesis of the disease

It is considered that the disease may develop due to the following factors:

The body strength is reduced because of unwanted foods and acts .In such condition the disease develops when food which can aggravate the activity of kapham are taken or by other act which aggravates the same.

It may also develop as a result of allergy due to grass, plantage, rice, raggi.

By smelling some foul smelling substances which are not good to the body.

3b.Other factors in the genesis of the disease

Sputum: If the sputum is found excessive in quantity ,light weight and foamy, it is considered that the disease developed due to *kaphakutram*.

If the sputum is black in color, hard and with smell of flesh ,it will denotes *kaphakutram*.

If it is found white like pus and mixed with yellow color, it will denote *pithakutram*.

3c .factors affecting the disease

Eating foods which will induce excessive kapham.

Exposure to chill air.

Living in the mountains.

Walking in the dew.

4.Pathophysiology

In addition ,the *kaphakutram* get deranged and in association with *pithakutram* produced in inflammation of the throat, nose, palate and lungs, resulting in secretions of mucus and fever occurs.

The *udhananvayu* which rises from the chest (*anaagatham*) will also become aggressive.

Some authors opine that the disease develops due to *vathakutram* .It is considered that their opinion may be true as there is block in the passage of *vatha* through respiratory organ.

As already stated above, the ancient physicians have opined that the disease mainly develops due to *kaphakutram*. It is considered that this opinion is also true as the phlegm blocks the lumen of respiratory tract and prevents the entry of air.

5. Description of the Case Study

5a. Present complaints

A young girl of 21 years old patient came to Sitharaa Siddha Clinic with the complaint of breathlessness, and cough. She had a history of wheezing cough, recurrent ENT infection.

5b. Past complaints

The patient had history of breathlessness, allergic rhinitis, cough with expectoration. The patient had history of prolonged inhaler usage. Now, she feels wheezing not controlled by modern medicine.

6 CASE PRESENTATION

6a. History of present illness:

A 21-year-old female presents with the chief complaint of difficulty in breathing on exertion, cough. In the last 6 months the patient had complaints from breathlessness. She is complaining from allergic rhinitis symptoms such as runny, blocked itchy nose, and snoring at sleep. She reports that she was seen for similar symptoms previously. At that time she was diagnosed with bronchial asthma treated with short course duration of bronchodilators and antibiotics. This management reduced the symptoms and gradually worsened over six months. She is negative for fever, night sweats, palpitations, chest pain, nausea, abdominal pain and bleeding. Sometimes she had a complaint of constipation.

6b. Social history

She is unmarried and studying B.COM final year. She travelled to college via bus daily.

6c. Allergies

No known medicine, food, environmental allergy.

6d. Physical examination

1. Height : 152 cm.

2. Weight	:	42Kg.
3. BMI	:	18.2 (Weight Kg/ Height m ²)
3. Temperature	:	98.6 (°F)
4. Pulse rate	:	74 /min.
5. Respiratory rate	:	20 /min.
6. Blood pressure	:	120/90 mmHg
7. Heart rate	:	76 /min.
8. Pallor	:	mildly present
9. Jaundice	:	Absent
10. Cyanosis	:	Absent
11. Clubbing	:	Absent
12. Jugular vein pulsation	:	Absent
13. Pedal oedema	:	Absent
14. Lymphadenopathy	:	Absent

6e.systemic examination

Respiratory system	:	Heard mild wheezing sound on lower scapular region on both sides .
Cardiovascular system	:	She has a regular rate and rhythm.
Gastrointestinal	:	Bowel sounds Normal.

7. Diagnosis

Based on the above observations ,it was concluded that the patient was suffering from "IraippuNoi"(Bronchial Asthma).

8. Siddha Management and Outcomes

8a.Line of treatment:

As per siddha basic principles the main cause of the disease is Iyyam . on examination the wheeze sound present at the lower scapular region on both sides. According to siddha system *saaram*, *saeneer* were affected and *Naadi* was found as "*VathaIyyam*".

ViresenathalvathamThaazhum

vamanathal pitham thazhaum

Anjana/naasiyathalkabhamthaazhum.

Nasiyam: AnuThylum

TABLE:1 Internal Therapy

NAME OF THE TREATMENT	MEDICINENAME	DOSAGE	TIMES OF THE PATIENT	ANUPANAM
Nasiyam	<i>AnuThylum</i>	2 drops	One time per day	-
Oleation Therapy (Oil bath)	<i>ChukkuThylum</i>	Qs	Twice a week	-
Internal medicine	<i>ThippiliRasayanam</i>	2grams	Twice a day	-
Internal medicine	<i>Thalisadhichooranam</i>	2 grams	Twice a day	Honey
ExternalApplication	<i>Karpoorathithylum</i>	Qs	-	-

TABLE:2 External Therapy

VARMAM	LOCATION	FUNCTION
Thummi /Thivalaivarmam	Pit of the neck	Strengthens the lungs
Naer/Kumbuvarmam	One finger to the left of the mid line.	Regulates the lung function
Vilanguvarmam	Pit on the chest, below the collar bone	Regulates breathing.

	,where the collar bone meets the shoulder bone.	
Adappakalam (Paduvarmam)	13 fingers from nervarmam to right and left side on the flanks.	To control bronchial asthma.

Therapeutic schedule

The Above varmam points stimulates 1 time /day for 7 days.

Dietary Advice given to the patient:

The patient should avoid the foods which are allergic to him and she should taken the food items which are easily digestible. Foods which can aggravate the *kapha* in the body should be avoided. Advice the patient to do pranayamam regularly. It improves the quality of breathing.

Discussion

A 21 year old female girl with chief complaints of difficulty in breathing on exertion, cough. In the past 6 months the patient had complaints from breathlessness. She is complaining from allergic rhinitis symptoms such as runny, blocked itchy nose, and snoring at sleep. *Iraippunoi* due *toseetham* increased in our body, so we have to suggest the medicine those are all *vaepaviriyam* content, along with external therapy applied. All medicines prescribed for one week .The patient was asked to come for weekly once .Day by day the symptoms was reduced After 40 days treatment, she got relieved from breathlessness,, cough, snoring at sleep. patient feel satisfied .

Conclusion:

This case study shows significant role for allergens and developing a management plan for each patient. Diagnostic tools and symptoms of the patient show bronchial asthma and also have the history regular course of treatment taken from allopathic hospital. Siddha and varma therapy reduce the asthma exacerbations. Usually she visit their doctor monthly twice after visiting our clinic and apply the varma therapy and take the internal medicine that was reduced the visiting their doctor regularly. In this study, it has been observed that the varmam therapy has decreased the symptoms of bronchial asthma along with internal medicine .Hence it may be concluded that varmam therapy play a vital role in the management of this disease

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