

EVALUATION OF THERAPEUTIC EFFICACY OF SIDDHA POLYHERBAL FORMULATION SIRUTHEKKU KUZHI THAILAM ON KAKKAI VALIPPU (EPILEPSY) AT NATIONAL INSTITUTE OF SIDDHA, CHENNAI-47

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ABSTRACT

This was a pilot study of 7 patients with epilepsy (Generalized tonic clonic seizures), diagnosed clinically. The purpose of this work was to evaluate the therapeutic efficacy of Siddha polyherbal formulation Siruthekkuzhi Thailam for Kakkai Valippu [Epilepsy]. The study was carried out in patients of Kakkai Valippu (Epilepsy) attending inpatient/outpatient department of Sirappu Maruthuvam at National Institute of Siddha, Chennai. Among the several cases of epilepsy reported in our hospital, 7 patients who have taken treatment regularly and reported for assessment at right time were analysed and the results are presented. The medicine was prepared by subjecting the ingredients to a very high temperature and pressure, the extract thus obtained is given to patient in a dose of 4 ml twice a day for a period of 48 days. The outcome is mainly aimed to reduce the frequency of seizures. There was a significant improvement in reduction of number of seizure episodes after treatment.

Keywords: Kakkai Valippu, Seizures, Valippu, Siruthekkuzhi Thailam, Siddha

INTRODUCTION

A house to house survey on 25000 persons in central Travancore gave the prevalence rate as 5/1000 persons whereas the International League Against Epilepsy gives the incidence as 50-100/100000 population.^[1] In recent systematic reviews, the lifetime prevalence of active epilepsy varied from 1.5 to 14 per 1000 in Asia and nearly 500,000 get added annually ^[2]. In about 70% of cases of epilepsy, no cause can be determined even after extensive investigations. In the remaining group, the aetiology varies and is multifactorial depending upon the age of onset and the type of epilepsy. ^[3]

The contribution of Siddhars to Siddha literature with its boundless therapeutics and wonderful pharmaceutical medicine preparations is acclaimed par excellence even in this 20th century owing to remarkable results. The Siddha treatment is not only curative but also preventive taking care of the external body with its internal being -- the soul.^[4] According to T.V Sambasivam Pillai Dictionary, Kakkai Valippu is defined as "a disease of central nervous system characterised by uttering a strangled scream, loss of consciousness, white froths collecting on the lips and other distressing features of a dying person" ^[5]. In Agasthiyar Vaidhya Chinthamani the symptoms of kakkai valippu include giddiness followed by a fall with huge cry, syncope and involuntary movements of both legs and arms ^[6]. In Sarabendrar Vadha Roga Sigichai the symptoms are as follows--- tremors in both arms and legs followed by syncope, involuntary rotation of eye balls ^[7]

Stone carvings found in Babylon, contained a detailed description of Epilepsy (500 or 700 BC). In Bible, Chapter 9, Verse 17 to 27, epilepsy was described as "JESUS drove out the evil spirits from a young man who had attacks since childhood". There is a famous quote about Epilepsy "The Holy Sickness (Epilepsy) could have a double meaning -- both the cause and the cure were known only to GODS!!" Until the end of the last century, there was not a single effective form of treatment to cure epilepsy completely. Hence the investigator has proposed a study with the Siddha polyherbal formulation Siruthekkuzhi Thailam for Kakkai Valippu [Epilepsy].

MATERIALS AND METHODS

Study design

Case Series study

Study place

Ayothidoss Pandithar Hospital, National Institute of Siddha, Chennai-47.

Study period

1 year (July 2010 to July 2011)

Sample size

7 Patients

Treatment duration

48 days (One Mandalam)

Internal medicine

Siruthekkuzhi Thailam

(Reference: Uyir Kaakum Siddha Maruthuvam Enum Athmarakshamirdham)

Dosage: 4 ml (twice a day), after food

Duration: 48 Days

Standard operating procedure for preparation of Siruthekkuzhi Thailam:

Source of trial medicine

The required drugs for preparation of Siruthekkuzhi Thailam was purchased from a well reputed drug shop and were authenticated by the faculty members of Medicinal Botany department at National Institute of Siddha.

Siruthekkuzhi Thailam

Ingredients

- ❖ Thalispatri (Abies spectabilis(D.Don) Mirb.) - 35 Grams
- ❖ Sirunagapoo (Mesua nagassarium(Burm.f.)Kosterm.) - 35 Grams
- ❖ Siruthekkuzhi (Clerodendrum serratum(Linn)Moon.) - 35 Grams
- ❖ Karunjeeragam (Nigella sativa.Linn) - 35 Grams
- ❖ Kadugurogini (Picrorhiza scrophulariiflora Pennell) - 35 Grams
- ❖ Kadugu (Brassica juncea,Czern&Coss.) - 35 Grams
- ❖ Omum (Carum copticum Benth & Hook.f.) - 35 Grams
- ❖ Devadaram (Cedrus deodara (Roxb.ex D.Don) G.Don - 35 Grams

- ❖ Aanai Thippili (*Scindapus officinalis*, Schott.) - 35 Grams
- ❖ Adhividayam (*Aconitum heterophyllum* Wall-ex Royle) - 35 Grams

After a study period of 1 year the reports of the patients were analysed and the results and observations are detailed as follows:

Method of Preparation

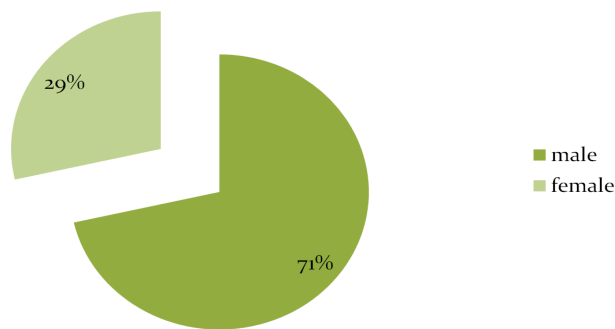
All the above mentioned drugs are put into a device called Kuzhi Thaila Karuvi and the thailam was extracted under very high temperature and pressure.^[8]

DISCUSSION

Among the several cases of epilepsy reported in our hospital, 7 patients who have taken treatment regularly and reported for assessment at right time were analysed and the results are presented.

The patients were treated with Siruthekku Kuzhi Thailam in a dosage of 4 ml twice a day for 48 days. Before commencement of treatment patients were given purgation with Agasthiyar Kuzhmbu 130 mgs in the early morning in empty stomach to bring down the deranged Mukkutram. At the end of the study it was found that the trial drug Siruthekku Kuzhi Thailam is effective in reducing the frequency and intensity of the seizures.

SEX DISTRIBUTION



Among the 7 patients reported 29% were females and the remaining 71% males.

Details of Participants in the Study

OP number/IP number	Name	Age	Sex	Date of initial enrolment for the study	End date of the study	Frequency of seizures before treatment	Frequency of seizures after treatment
IP 3289	Ms. Srinivasan	16	M	12/11/2010	30/12/2010	7/48 days	4/48 days
IP 2581	Mrs.r.sumathy	37	F	11/01/2011	3/2/2011	5/48 days	3/48 days
OP Q 9478	Ms. Santhana laksmi	20	F	3/12/2010	20/1/2011	2/48 days	1/48 days
OP B 52598	Mr. Sridhar	30	M	7/2/2011	27/3/2011	2/48 days	1/48 days
OP B 27887	Mr. Mahesh	22	M	29/9/2010	16/10/2010	3/48 days	2/48 days
OP B 26458	Mr.Kaniappan	28	M	18/9/2011	8/11/2011	4/48 days	2/48 days
OP B 87954	Mr.Gopal	26	M	25/7/2011	13/10/2011	2/48 days	1/48 days

Frequency

A considerable reduction in the frequency of seizure was also noted in these participants. The diagram below shows the prognosis:

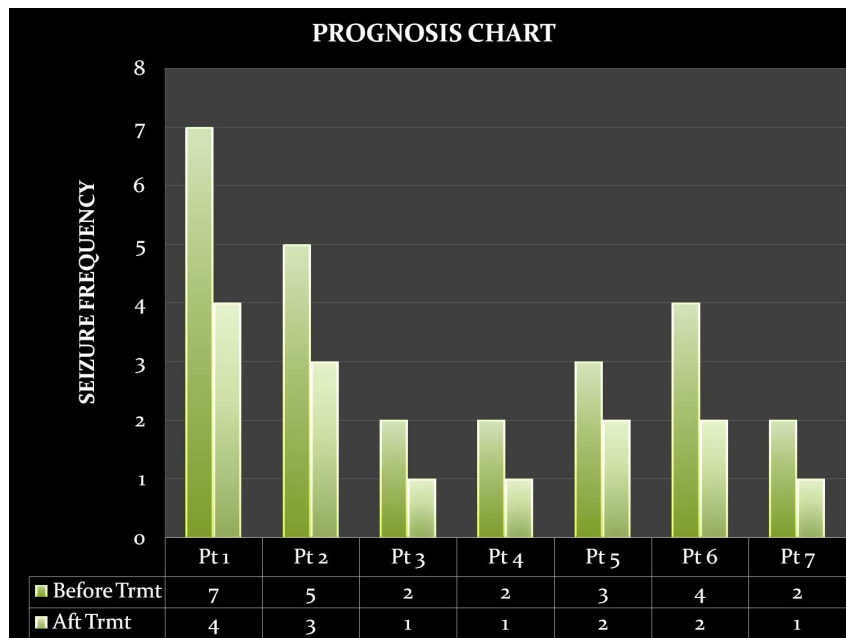


Fig. 1: Pragnosis

Statistical Analysis

All collected data were entered into computer using MS Excel software. The data entry was cross-checked manually with CRF. The

data was analysed using SPSS version 18.0 software. The probability value 0.05 was taken as significant level. Paired 't' test was employed to determine the frequency of seizures before and after treatment.

Mean ± Standard deviation of Frequency of seizures - before and after treatment

FREQUENCY – before treatment	3.571 ±1.9023	t = 8.040, p <0.004
FREQUENCY – after treatment	2.000 ±1.1547	Significant

The average frequency of seizures at the start of treatment and after the treatment was 3.571 and 2.000 respectively.

CONCLUSION

The above 48-day study results showed significant reduction in the frequency of seizures during the course of treatment, suggesting that long term and daily administration of the drug could be safely resorted to for better results in the treatment of Epilepsy. Moreover the treatment is cost effective when compared to other conventional methods of treatment of Epilepsy. No complications were observed during the course of the study. All the patients responded to the drug

well and were very comfortable, and the frequency of seizures was reduced. A further study with adequate sample of patients and follow up period would throw more light on the efficacy of the medicine.

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