

## THE COMBINED EFFECT OF SIDDHA MEDICINES IN THE TREATMENT OF NAAKKU PUTRU NOI (SQUAMOUS CELL CARCINOMA OF THE TONGUE)

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### ABSTRACT

Worldwide most commonly observed cancer in human being is Oral cancer ranking sixth place and more than three lakhs people are annually affected. Oral cancer mainly involves the tissues of the tongue and Most common oral cancer is squamous cell carcinoma. The symptoms of tongue cancer are described in "Siddhar Aruvai Maruthuvam" text book. The symptoms mentioned in Siddha system are almost equivalent to symptoms described in modern medicine. India has world's highest incidence of oral cancer accounting 86 per cent of the global cases. Use of Tobacco and alcohol consumption are found to be source for more than 90 per cent of the oral cancer. The increasing incidences of cancer cases in the OPD & IPD of Ayothidass Pandithar Hospital at National Institute of Siddha is due to the increasing awareness of effect of Siddha medicine in the treatment of cancer. This paper focuses on one such OPD case that has been treated from 2005 onwards. This presentation on clinical profile, prognosis and outcome of the patient will throw more light on devising the siddha system of clinical management in tongue cancer.

**Keywords:** Siddha medicine, Naakkuputru, oral cancer

### INTRODUCTION

Incidence of Malignancy is found to be increasing in the developed world and is one of the major threats to human health. Cancer is the second cause for the mortality of human being in developed countries. In India, the incidence of oral cancer is 12.6 per 100000 populations [1]. On analysis, the incidence reveals that the disease affected the person aged above 40 implies as the age advances the immunity diminishes and making the person most vulnerable for oral cancer. Aging also increased the chances for the cells turning from benign to malignant tumor cells [2]. The use of Siddha medicines in the management of cancer is steadily increasing in the recent years. There are several reasons for this, including the fact that there is no cure for cancer and most traditional medicines have been used for decades, they are often assumed to be safe and efficacious. In this case report the Rasagandhimezhugu, Senkottainai and other supportive drugs like anti oxidants have been found to work well and increased the patients life span.

### Case report

A 53-year married male Patient's care is taken for the present study who initially had the complaints of developing small white plaque like painless lesion over the left anterior 2/3rd of the tongue. After 3-4 months the lesion started ulcerating with development of severe nerve pain. Then the patient underwent treatment at a private hospital in Chennai. The patient was diagnosed as squamous cell carcinoma Gr II-III NG high case. After the confirmation of malignancy, he was referred to cancer institute (W.I.A), Chennai and had been given irradiation therapy with irridium during the period 17.08.2005 to 03.02.2006 (6 months.). After 7 months of radiation therapy, the patient came to National Institute of Siddha (NIS) OPD on 23.09.2007 with the complaints of severe ulceration with pain over the left anterior 2/3rd of the tongue, buccal mucosa and gums, benumbed feel over the tongue and left facial region, throat pain, difficulty to speak and swallow, general tiredness and diminished voice. Since then, he is being given treatment at NIS. From 29.03.2008 onwards (for the past 4 years) the patient is taking continuous treatment under my supervision. The patient is a smoker for the past 30 years (at the age of 15 to 45 years). Patient was a tobacco chewer for one year (since the age of 50 years). On general examination the patient's general condition was normal, weight- 85

kg, height-160 cm. Patient was afebrile with a heart rate of 76/min, Respiratory rate of 19/min and Blood pressure of 130/80 mm Hg. There was no Pallor, icterus, Cyanosis, Clubbing Pedal oedema, lymphadenopathy. On examination, Small white plaques followed by severe sore on the left anterior 2/3 of the tongue and gums. Ulcers were irregular in out line, the tooth extraction sockets were fails to heal, No induration, No bleeding, No ear ache. Pain and difficulty presented on chewing, swallowing, speaking, moving the jaw and tongue. Investigations revealed that Hb-13.3 gms/dl, total leucocyte count-7,400 cells/cu mm (56% polymorphs, 40% lymphocytes, 4% eosinophills) total red blood cells count 4.5 million cells/cu mm, ESR 2-4 mm/hr, LFT, RFT, serum calcium and phosphorous were normal throughout the treatment days. Of late, he is also diagnosed type-II Diabetes on routine investigation and treatment also given for the diabetes. On 27.11.2010 the random blood glucose observed was 409 mg/dl. After 3 months of treatment, on 18.2.2011 the random blood sugar is 207mg/dl. The patient is undergoing treatment with Rasagandi mezhugu -2 capsules (500 mg) and Senkottai nei 5 ml twice a day in an alternative manner (each 48 days respectively), Amukkara chooranam-2 tablets (1 gm), Kukkil parpam- 2 tablets (200 mg) twice a day with hot water. Nilavemu Kudineer-30 ml BD, Nellikkai leghium, 5 gm BD, and madulai manappagu - 10 ml BD.

From 11.12.2010, after elevation of blood sugar level, the patient is additionally treated with Mathumega chooranam -2 tablets (1gm), Tripalachooranam -2 tablets(1gm), and Marutham pattai chooranam 1 gm thrice a day with hot water are given as anti diabetic drugs [3]. The nellikkai legium and madulai manappagu were stopped.

### RESULT

No weight loss during treatment. General tiredness reduced. Throat pain reduced. Numbness over the tongue and left half of the face reduced. Pain absence on chewing, swallowing, speaking, moving the jaw and tongue. Severe constant pain reduced. Ulceration healed and controlled. Ulcers reduced in number and were small and circumscribed. Blood sugar level also reduced. Haematological, hepatic and renal parameters are found to be normal. The above improvements in the general condition observed in the patient after six months of treatment at NIS. 5 year survival rate in oral cancer [5].

Gender	All Stages	Localized	Regional	Distant
Overall	60.0	82.8	51.8	27.8
Male	58.3	82.4	51.6	26.1
Female	63.4	83.4	52.6	32.1

**CONCLUSION**

The patient came to NIS for treatment after being diagnosed with oral squamous cell carcinoma of the tongue, which carries only 50% 5-years survival rate. Patient came to NIS OPD 5 years ago with the symptoms of indolent oral ulceration both due to squamous cell carcinoma and irradiation treatment for the same. Patient is being given treatment with Rasaganthi mezhugu, Senkottai nei and supportive drugs like antioxidants. Now, over the period of 5 years treatment the ulcers have been healed remarkably and the spreading of ulcers has been effectively controlled with the above treatment. Instead of usual gradual progression of the disease there had been gradual obvious regression. Since the general condition continues to be good, with the hepatic, haematological and renal parameters being normal and the patient also has crossed the 5-years survival rate. No recurrence has been observed till date. Studies have been also done in proving the anti-cancer and hepato-protective action of *Semecarpus anacardium* nut(marking nut) extract against aflatoxin B<sub>1</sub>, (AFB<sub>1</sub>) stimulated hepato-carcinoma in rats and establishing its protective role on deranged cell membrane in AFB<sub>1</sub> stimulated hepato-carcinoma [4]. As per siddha text, Rasagandhi Mezhugu is indicated for all type of cancer especially buccal cancer (kannapputru) and this drug has been used traditionally in practice as best anti-cancer drug with promising results. It is concluded that the above treatment is also found to

be effective in the treatment of squamous cell carcinoma of the tongue.

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