

A cross-sectional study on etiopathology and clinical findings of *Mulangaal vaadham* among the inward patients in Siddha Teaching Hospital, Kaithady, Jaffna

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Abstract

Mulangaal vaadham (Knee Osteoarthritis) is one of the *Vaadha* disease. Pain, swelling and stiffness in knee joint are the important clinical features of this disease. This research was aimed to study about etiopathology and clinical findings of *Mulangaal vaadham* among the inward patients in Siddha Teaching Hospital, Kaithady, Jaffna. This was a hospital-based Descriptive Cross-Sectional Study. It was conducted among the thirty inward patients who were diagnosed with *Mulangaal vaadham* by Siddha physicians in Siddha Teaching Hospital, Kaithady, Jaffna. Data were collected by using Interviewer structured Questionnaire. Examination was done and recorded in the case record sheet. Collected data were processed and analyzed by using MS Excel. According to the study, 97% of the patients were above the age 50 and 77% of them were females. Obese and overweight were the causes of *Mulangaal vaadham* in 67% of the patients; prolonged standing and excessive walking were in 37% of the patients. Based on the results, 100% of the patients had pain in the knee joint. Joint stiffness and difficulty in walking were present in 87% of the patients. Identified signs were crepitus in 100% of the patients, tenderness in 83% of the patients, swelling and heat in 73% of the patients. Prolonged standing and walking increase the pain in all the patients. Cold climates and foods like bitter-gourd, pumpkin, plantain and long beans aggravates pain in 83% of patients. *Vaadha-Pitta naadi* was predominant in 77% of patients in morning and 93% in the afternoon and evening. Therefore, these findings show that *Mulangaal vaadham* may be caused due

to vitiated *Vaadham* which is produced by *Thaathu sheenam* (Degenerative changes in bones of knee joint). However, similar studies should be conducted with higher number of the patients in future to make a firm conclusion.

Keywords: *Mulangaal vaadham*, Siddha Medicine, Siddha Teaching Hospital

Introduction

Siddha Medicine is one of the ancient traditional systems of medicine. It was formulated by Siddhars. According to Siddha philosophy, both the universe and human are constructed by five elements called *Panchaboodhas*. The three humors called *Vaadha*, *Pitta* and *Kapha* are formed by the combination of *Panchaboodhas*. Ratio between *Vaadha*, *Pitta* and *Kapha* in healthy individuals is 1: ½: ¼. Diet patterns, behaviours and the environmental factors play an important role in the maintenance of the equilibrium between these three humors. Derangements in this equilibrium results in diseases. Based on the derangements in normal equilibrium, diseases are classified into *Vaadha*, *Pitta* and *Kapha* in Siddha medicine.^{1,2,4}

Vaadha is the humor which is formed by the combination of *Aahayam* (space) and *Kaatru* (air). *Vaadha* diseases are produced due to improper diet patterns, behaviours and environmental factors which increase the *Vaadha dhosham* such as excessive intake of dry, cold and light foods, starvation, sleeplessness, excessive exercise and suppression of stool, urine and hunger.¹ There are 80 *Vaadha* diseases in Siddha medicine.^{1,2,7} Among

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