

**CHAPTER 44**

**THE MANAGEMENT OF RHEUMATOID ARTHRITIS PATIENT AT RURAL  
SIDDHA HOSPITAL, KODIKAMAM, JAFFNA, SRILANKA**

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**Abstract**

The Rheumatoid arthritis is a chronic, systemic inflammatory disorder that mainly attacks the joints. It also affects several tissues and organs such as lungs, pleura, pericardium, heart, and sclera. This produces an inflammatory sinovitis that often progresses to the destruction of the articular cartilage and ankylosis of the joints. About 1% of the world's population is affected by rheumatoid arthritis. Women are affected three times more often than men. Onset is most frequent between the ages of 40 and 50 but people of any age can be affected. In siddha medicine the same clinical symptoms are described under the Vali Azhal keel vayu. This is an observational case study and it was conducted at Rural Siddha Hospital, Kodikamam, Jaffna. The permission for this study from the MOIC, Rural Siddha Hospital, Kodikamam, Jaffna. Patient consent was taken for this study in written form to take necessary photographs. One female known Rheumatoid arthritis patient was selected and she was treated three weeks in the ward. Siddha and Ayurvedic drugs only were given internally and externally. More over the dietary regiments also were advised. Before and after the treatment the progresses of the disease were recorded as photograph and on BHT. The Rheumatoid factor was 46IU/L after the treatment while it was 185IU/L Before treatment. The pain and swelling of Right knee joint were markedly decreased after the treatment and the degree of swelling and pain were estimated in certain conditions. There for according this clinical observation we can recommend this treatment method as an efficient method for management of rheumatoid arthritis patients.

**Keywords:** Rheumatoid arthritis, Management

**Introduction**

The term Rheumatoid arthritis is derived from the greek word "Rheumatos" which means following. About 1% of the world's population is affected by rheumatoid arthritis. Women are affected three times more often than men. Rheumatoid arthritis is an auto immune disease that results in a chronic systemic inflammatory disorder that may affect many tissues and organs but principally attacks flexible joints. It can be disabling and painful conditions which can lead to substantial loss of functioning and mobility if not adequately treated. The process involves an inflammatory response of the capsule around the joints secondary to swelling of synovial cells, excess synovial fluids and the development of the fibrous tissues in the synovium. The pathology of the disease processes often lead to the destruction of the articular cartilage and ankylosis of the joints. Rheumatoid arthritis can also produce diffuse inflammation in the lungs, the membrane around the heart, the membrane of lungs and sclera and also nodular lesions most common in subcutaneous tissue. Although the case of Rheumatoid arthritis is known, auto immunity disease. It is a clinical diagnosis made on the basis of symptoms, physical examination, radiographs and labs. In indigenious systems especially in Siddha medicine the same symptoms of Rheumatoid arthritis are described under "Vali Azhal keel vayu". This comes under the Vatharogam. The line of treatment also recommended for Vatharogam.

## Objective

To study the efficacy of treatment for Rheumatoid arthritis in indigenous system

## Case study before treatment

- Name-Mrs.xxx
- Age-46y
- Sex-female
- Address-Kodikamam
- Date of admission-9.9.2017
- Date of discharged-27.9.2017
- Complaint- Known as Rheumatoid Arthritis for 5y
- Affected joints-both inter phalangeal joints
  - Left elbow joint
  - Right knee joint
- Investigations-ESR-94(1<sup>st</sup> hour)(before treatment)  
Rumatoid Factor-185IU/L(before treatment)

## Methodology

It was an observational case study done in Rural siddha hospital, Kodikamam. The permission for this study from the MOIC, Rural Siddha Hospital, Kodikamam, Jaffna. Patient consent was taken for this study on written. The data were collected from only one patient and details were recorded on BHT. The symptoms observed before and after the treatment were taken as photographs with consent of the patient. The suitable investigations were also done. The progressive of the disease were observed and recorded.

## On examination

### a) General examination

- Appearance-lean
- Weight-62kg
- Height-158cm
- Temperature-37<sup>o</sup>c
- Urine output-4/2- D/N
- Bowel opening-onca a day
- BP-120/82mmHg
- Pulse-78b/min
- Heart sounds- S1,S2 sounds are well heard
- Lungs- clear
- FBS-101mg/dl

### b) Systemic examination

#### Locomotor system

Affected joints	Redness		Pain		Swelling		stiffness	
	right	Left	right	left	right	left	right	left
<b>Interphalangeal joints</b>	Nil	Nil	+++	++	++	++	+++	+++
<b>Elbow joint</b>	Nil	Nil	-	+++	-	+++	-	++
<b>Knee joint</b>	Nil	Nil	++++	+	++++	+	++++	+

**Line of treatment**

**a) Shodanam**

**Sneham** -The Narayana oil was applied for the swallowed joints and Nerkundiyaithi oil was applied for other painful joints.

**Swetham** -Stream bath was done for three days continuously

**Virechanam** -sivankulikai P<sub>2</sub> Given in early morning with lemon+betel juice

**b) Samanam** -

**Decoction** -Thirikadukaathy decoction 30ml bd. Before meal

**Arista / Ashavam** -Punarnawa aristam 10 ml bd Before meal

Aswaganda aristam 10 ml bd Before meal

**Choornam** -Amukkara choornam ½ tea spoonful tds After meal

Mudaku choornam ½ tea spoonful tds After meal

**Legiyam** -vellai venkaya lekiyam ½ teaspoonful bd After meal

**Kulikai** - Yogaraaja kukulu P<sub>2</sub> bd After meal

vellai venkaya kulikai P<sub>2</sub> bd After meal

**Anupanam of all internal medicine is ulli+venthayam+mudakothan -decoction**

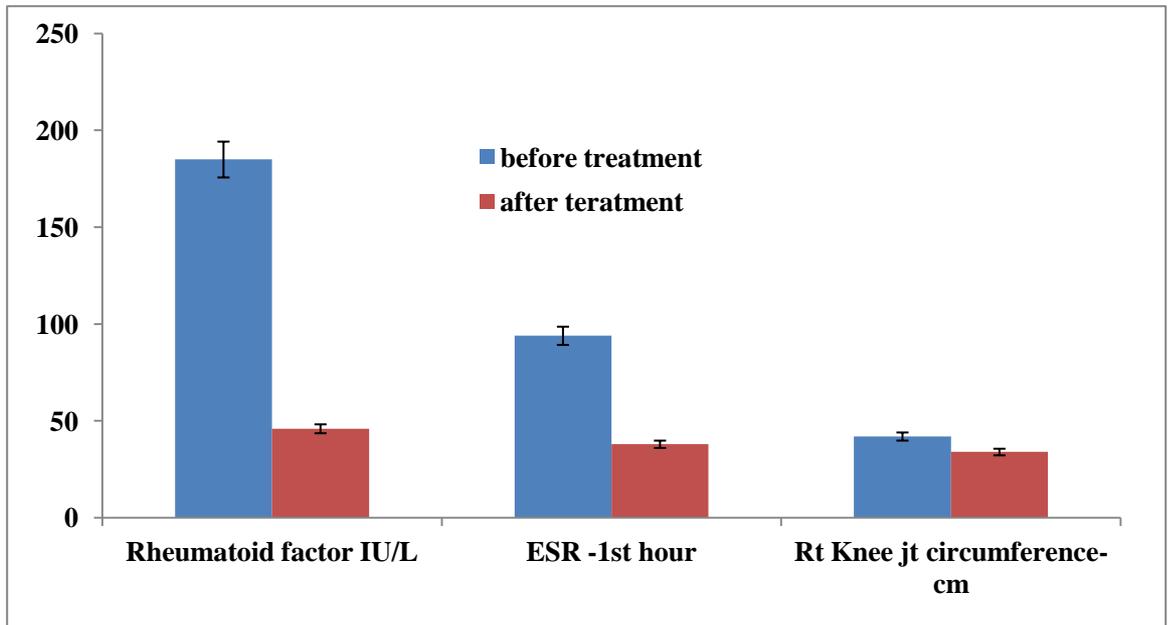
**External application** -Thaalankai oil – slightly heated then applied

Leaves of Pavatai, Nochche, Amanakku, and Vaathamadakki- are cut into small pieces- Made a pottani- then put into stem - then applied to all affected joints

After two weeks of admission the pain on joints was subsided considerably. The stiffness of the joint especially on the right knee was presented slightly but in other joints it was decreased after the treatment. The joint swelling was decreased markedly and its measurement was recorded.

**Results**

Factors	Before treatment	Aftertreatment
Rheumatoid factor	185IU/L	46IU/L
ESR	94-1 <sup>st</sup> hour	38-1 <sup>st</sup> hour
Rt-Knee jt	42cm	34cm
Flexion of the Rt Knee	Nil	Semi flexion -70°
Flexion of the Lt Elbow	Semi flexion	Complete flexion
State of the patient	Difficult to walk	Feels better



### Conclusion

Almost within three weeks the major symptoms of rheumatoid arthritis was subsided. This record shows the effectiveness of indigenous medicine for the management of Rheumatoid arthritis. Therefore I can recommended this line of treatment to control the symptoms of Rheumatoid arthritis in indigenous system. To confirm we have to go to extended clinical research on the above treatment system.

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