

ID-060-PP

A Review of Gunma Rogam in Indigenous Medicine

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Gunma Rogam is a problem affecting most of the population due to the irregular dietary and stressful life. This is one of the non communicable disease. Gunma Rogam is a pain or knot or tumor or ulcer in the abdomen caused by personal habits and mental makeup. Aim of this research is identify othertnames, definitions, causes, pathogenesis, types and clinical features. 13 literatures related to Gunma Rogam were selected from the library of unit of siddha medicine. All the data were collected tabulated and analyzed. Other names were identified for the disease as Gulmam, Vayitrupun, Jeeranapun, Vayitrupuralal, Vayitrupuralaludon nothal. 80%(5) literatures mentioned that Gunma Rogam is caused by indigestable foods, gas forming foods and emotional imbalance. Only 15%(2) literatures mentioned that the pathogenesis of Gunma Rogam as “வாதபந்தமிலாது குன்மம் வராது”. 8 types of Gunma Rogam is mentioned in 100% all the literatures. Loss of appitite, burning sensation in abdomen, abdominal distention, pain in the abdomen, nausea and vomiting are mentioned in 75% of literatures as clinical features of Gunma Rogam. Based on the review of the Gunma Rogam is classified under the vatha disease. Therefore the pain in the stomach, abdominal distention, nausea, vomiting are main clinical features. Then it will affect the pithadosha.

Key Words: Gunma Rogam, Review, Indigenous Medicine