THE CEYLON MEDICAL JOURNAL

Established 1887

The Official Publication of the
Sri Lanka Medical Association
Volume 63, Supplement 1 July 2018
Quarterly ISSN 0009–0875

Sri Lanka Medical Association

131st Anniversary International Medical Congress

26th-29th July 2018

Hotel Galadari, Colombo, Sri Lanka

Special Supplement of the
Ceylon Medical Journal
Volume 63, Supplement 1, July 2018

Conclusion: Quadricep angle and tibial torsion on both affected and non-affected sides of knee OA patients were higher than in the control group. Quadricep angle and tibial torsion of the affected side was higher than non-affected side of knee OA patients. There was no significant difference of the left and right quadricep angle and tibial torsion of the control group.

OP048

Efficacy of Siddha formulation (Amukkirai Chooranam with Thalangai Ennai) in the treatment of knee osteoarthritis assessed by Womac score: Open clinical trial

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Introduction and Objectives: Knee Osteoarthritis (KOA) is the most common form of degenerative arthritis throughout the world and is mostly an environmental disease that results from man made problems than just a genetic one.This trial focused on determining the efficacy of selected siddha formulations in the treatment of KOA assessed by WOMAC Score.

Methods: An open clinical trial was conducted based on ACR classification. 125 KOA subjects of both genders, aged ≥40 years were randomly selected at Ayurveda Hospitals in Jaffna District from January 2013 to August 2014. Subjects received Siddha formulation {1g of Amukkirai Chooranam (2 capsules / twice a day) with Thalangai ennai (Oil application)} over 40 days. There were four interventions and two follow-up arms. The modified version of WOMAC questionnaire for Indian use was used to assess the self-reported pain, stiffness and physical functions in the symptomatic KOA. Data were analyzed by SPSS version 17. This study was registered at SLCTR (No: SLCTR/ 2012/ 009).

Results: There were 86 (66.8%) females and 39 (31.2%) males with a mean age of 56.95±8.79 (mean ± SD) years. Out of subjects with KOA, 78 (72.4%) had unilateral, 47 (37.6%) had bilateral and 66 (52.85%) had duration of KOA more than 1year. Overall, there were highly significant differences (P=0.000) observed in the WOMAC score of pain, stiffness and physical functions between baseline and end of treatment as well as end of the 2nd follow-up

Conclusion: The siddha clinical trial results show a significant improvement observed in the symptoms of KOA.

OP049

Relationship of hip joint range of motion to curve type and curve severity in conservatively managed adolescents with idiopathic structural scoliosis

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Introduction and Objectives: Adolescent idiopathic scoliosis (AIS) affects range of motion (ROM) of hip joint and normal gait parameters. The objective of this study was to determine the relationship of hip joint ROM to curve type and curve severity in conservatively managed AIS patients, as previous studies have not been done.

Methods: This cross sectional study included 75 AIS patients who presented to the scoliosis clinic at Rehabilitation Hospital Ragama and Rheumatology clinic at NHSL. Hip ROM was measured using a goniometer. AP radiographs, Cobb angle and Adam's forward bending test were used to assess curve type and severity. Lenke classification was used for curve type. Curve severity was categorized as mild, moderate and severe based on Cobb angle. One way ANOVA, Chi-square and independent-t-test were used to analyse data at 0.05 significance level, using SPSS version 22.0.

Results: The commonest curve type was Lenke type 1(44%). Curve severity was mild, moderate and severe in 33.3%, 46.7% and 20% respectively. Curve type had no effect on severity of the disease ($p>0.05$). Frontal and sagittal plane hip ROMs were significantly reduced in AIS patients compared to normal subjects ($p<0.05$). Effect of curve type was significant only on flexion ROM ($p<0.05$). Abduction ROM was less in convex side of the major curve($p<0.05$).