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EFFICACY OF NILAVAKAI CHOORNAM AND KARAPAN ENNAI IN VATHA-KARAPPAN NOI

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Karappan is one of the sama roga. Vathakarappan is one of them. The aim of the researcher is to assess the efficacy of these two drugs on curing the Vathakarappanmoi. This is a quasi experimental observational clinical study. This study was carried out in the Free Siddha Ayurvedic Dispensaries functioning under Jaffna Municipal Council. Necessary permission was sought from the Commissioner of Municipal Council and the Chief Medical Officer. Through interrogation and physical examination, if the patients with two or more of the sign and symptoms such as swelling in hands and legs, bursting wounds, discharge from the wounds, dryness, itching were selected for study. The 48 patients were suffered from Vathakarappan between the ages of 20-70 in both sexes were identified during my study period and describe the study details to them and also their consent was got. Their medical history was collected through questionnaire prepared with specific objectives. The identified patients were treated only with Nilavakai Choornam 2g bd/ac with hot water with 42 days for internal use and KarappanEnnai apply on the affected area both morning and evening for external application. Those medicines are prepared in the Municipal Council Pharmacy. The patient was asked to come for 7 times at the rate one in 6 days and changes in the disease and progress of sign and symptoms were recorded in the case record. This study results most of the patients 9 (18.75%) are in the age group of 61-70. Out of 48 patients 20 (42%) patients had family history of Vathakarappan among the first degree relatives. Others had not family history. In 48 patients 17% of the patients had affected by interrelated diseases. 16 (33.33%) patients were affected by their habits. 10 (62.5%) patients were affected by their diet and 6 (37.5%) by their occupation. Out of 48 patients 35 (73%) patients were identified in the Dhakalinayanam 13 (27%) in Utharayanam. Out of 48 patients 30 (62.5%) are coming from Neidhal, 18 (37.5) are from Marutham. 58.3 % of the patients had complete cure. 25% of the patients had moderate 10.41% had mild improvement & 6.25% had not any improvement. Mild, moderate improvement patients were treated for further period and not improved patients were referred to the further management. This study concludes if the patients affected by Vathakarappan when given Nilavakai Choornam for internal use and KarappanEnnai for external application, had better results.

Keywords FAD, Karappan Ennai, Municipal Council, Nilavakai Choornam, Vathakarappan