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An overview on Pithapaikal traditional Siddha Formulation.

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Abstract

In ancient siddha terms pithapaikal is a solid crystal deposit that forms in gallbladder which is a pear shaped organ that stores bile salts until they are needed to help digest fatty foods. About 10-15% of the adult western population will develop gallstones, with between 1% & 4% year developing symptoms. This review focuses on the problems that gallstones cause & their optimal treatment based on current evidence.

Keywords: pithapaikal, crampypain, jaundice, azhal kutram, herbs.

Introduction

Gallstones occur when there is an imbalance in the chemical constituents of bile that results in precipitation of one or more of the components why this occurs is unclear, although certain risk factors are known.

Gallstones are seen in all age groups but the incidence increases with age. The old adage fat & fertile, female & forty tells only part of the story oestrogen does cause more cholesterol to be excreted into the bile & obesity (body mass index >30) is a risk factor. Other risk factor include pregnancy, rapid weight loss (such as after obesity surgery) parental nutrition, loss of the bile salts (terminal ileitis or after ileal resection) & diabetes via the metabolic syndrome.

General / Common Signs and Symptoms of the disease/condition

Gall Stone disease may be thought of as having the following four stages;

1. Lithogenic state, in which conditions favor gallstone formation.
2. Asymptomatic gallstones

3. Asymptomatic gallstones, characterized episodes of biliary colic.
4. Complicated cholelithiasis.

Symptoms & Complication results from effects occurring within the gall bladder or from stones that escape the gall bladder to lodge in the CBD.

Co-morbid conditions:

- Chronic disease, ideal resection or other disease of item decrease bile salt reabsorption & increase the risk of gall stone formation.
- Other illness on states that predispose to the gall stone formation include burns, use of total parenteral nutrition, paralysis, ICU care & major trauma.
- This is due in general to decreased eternal stimulation of the gall bladder with resultant biliary stasis & stone formation.

Primary Kutram affected:

The above disease is associated with AzhalKutram.

Secondary Kutram affected:

Vali kutram and Iya Kutram are affected as secondary kutram.

Confirmation of Diagnosis:

- Imaging modalities that may be useful include the following.
- Abdominal radiography – used primarily to exclude other causes of abdominal pain (eg: Intestinal obstruction).
- Ultrasonography – The procedure of choice in suspected gall bladder or biliary disease.
- Endoscopic Ultrasonography (EUS)- An accurate & relatively noninvasive means of identifying stones in the distal CBD.

Line of treatment:

Purgation:

They work by stimulating the secretion of bile from the gall bladder. And activating “samanavayu”, the linear moving vata that governs peristalsis.

- Sanjeevi Mathirai (100mg). - 1-2 with leaf juice of ilai kalli (20ml) at the early morning
- marukaarai Chooranam - 250 - 500mg. with hotwater (50ml.) at early morning .
- Kousigar Kulambu - 125- 500 mg. with castor oil (10-15 ml) and goat 's Urine (10-15ml)
- Castro oil is also commonly used as a purgative, although it has healing effect when taken internally.
- Purgatives are typically bitter in taste.
- Strong purgative herbs & oils are best taken with carminative herbs like ginger or fennel to ease any discomfort that may cause.

Certain Laxative herbs used in gallbladder stones:

Bulking & Moistening laxatives :
Shatavari, Prunes, Castor oil, Flax seed

Strong Laxatives or Purgatives:

Croton oil , Epsom salt, senna.

Emesis and other pretreatment procedures:

Acalypha indica, whole plant decoction 15 ml can be given to reduce pitha(azhal)kutram.. in PITHAPAIKAL disease noted.

Line of Treatment / Treatment Plan:

- Internal medicines.
- Give diet regimen
- Medicated oil bath advised
- Rejuvenation with karpamarunthu and karpayogam may be advised.

Internal medicines:

Kudineer:

- Pithasurakudineer - 30-60 ml. twice a day.
- NilavembuKudineer- 40-80 ml. twice a day.
- Thratchathykudineer - 40-80 ml. twice a day.
- Pidangunaarikudineer - 40-80 ml. twice a day.
- NerunjiKudineer- 40-80 ml. twice a day.

Karkam:

- Keezhanellikarkam- 5-10 gr. With goat milk (50 ml) at early morning.
- Karisalaikarkam -5-10 gr. With goat milk (50 ml) at early morning.
- Avuri ilia karkam -5-10 gr. With goat milk (50 ml) at early morning.
- Aavarai ilia karkam -5-10 gr. With goat milk (50 ml) at early morning.
- Seenthilkarkam -5-10 gr. With goat milk (50 ml) at early morning.

Chooranam:

- Thiripalachooranam -1-2 g. twice/thrice a day with honey (5ml).
- Thratchahychooranam -1-2 g. twice/thrice a day with honey (5ml).
- SeeragaChooranam -1-2 g. twice/thrice a day with honey (5ml).
- ThalishathyChooranam -1-2 g. twice/thrice a day with honey (5ml).
- Elathy Chooranam -1-2 g. twice/thrice a day with honey (5ml).

Manapagu:

- Maadhulaimanapagu - 15 ml twice a day with water (50 ml).
- Thurunjimanapagu - 15 ml twice a day with water (50 ml).
- Nannarimanapagu - 15 ml twice a day with water (50 ml).

Maathirai:

Saanthasanthirodhaya Maathirai - 1-2 twice a day with honey (5 ml).

Chendooram:

- Ayachendooram - 130 mg. twice a day with palmjaggery (5g).
- Ayakanthachendooram - 130 mg. twice a day with palmjaggery (5g).
- Annabedhichendooram -65- 130 mg. twice a day with palmjaggery (5g).
- Annabedhichendooram - 65-130 mg. twice a day with palmjaggery (5g).
- Aarumugachendooram - 30-65 mg. twice a day with palmjaggery (5g).

Parpam:

- Muthu parpam - 30-60 mg. twice a day with water (50ml).
- Sanguparpam - 100-300 mg. twice a day with water (50ml).
- Kungiliyarpam - 100-300 mg. twice a day with water (50ml).
- Muthuchippiparpam - 200-400 mg. twice a day with water (50ml).
- Silasathuparpam - 125-400 mg. twice a day with water (50ml).

Karpam:

- Ayasambirakarpam -5-15 twice a day.
- Bhavanakadukaai 500g - 2 before and after food chewable twice a day.

Conclusion

Herbal formulation are better alternative natural remedies to prevent various disease. They are safe, simple effective, self administrative source of treatment many people rely on traditional medicine , plants derived drugs, products for their primary health care. It is concluded that the combination of this siddha herbal treatment is effective in the management of pithapaikal.

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