



# NANDHA SIDDHA BULLETIN

an Exclusive Newsletter of Hospital and Academic Information

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## A Review on Gunapadam - Seminar



One day national seminar on Gunapadam-The Kaleidoscope of Siddha Medicine was organized with the collaboration of Siddha Regional Research Institute (Central council for Research in Siddha), Ministry of AYUSH, Govt. of India, Puducherry on 18th December 2021. This was organized as the pre siddha day event on account of 5th siddha day. The seminar was inaugurated by Prof. Dr.K. Kanakavalli, Director General, CCRS, Chennai. The Book entitled “Research methodology and Medical Statistics” by Dr.R.Siva Shankar, Department of Noi anuga vidhi, NSMCH was also released. There were four sessions under four different topics. As a part of the seminar, teachers and students organized “SIDDHA EXPO 2021” by exhibiting more than 100 medicinal plants, display of over 80 traditional paddy varieties, presentation of about 50 traditional foods, display of more than 100 seeds, demonstration and exhibition of equipment and paraphernalia in Gunapadam department of Siddha medicine.



The seminar exposed the current developments in the field of indigenous traditional system of Siddha medicine and how that can be explored through global forums. It was a grant success by the support of Ministry of AYUSH, CCRS- Chennai and SRRI- Puducherry.

## Psoriasis and its Management

Psoriasis is a complex, chronic, non – contagious, autoimmune, multifactorial inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis with an increase in the epidermal cell turn over rate.

**Causes :** Environmental, genetic and immunological factors play an important role. Psoriasis seems to run in families. About one out of three people have a relative with psoriasis. About 10% of people are born with genes that make them likely to get psoriasis.

**Psoriasis Triggers :** Many people who are predisposed to psoriasis may be free of symptoms for years until the disease is triggered by some environmental factor. Common psoriasis trigger include

- i. Infections such as strep throat or skin infections.
- ii. Weather especially cold, dry conditions.
- iii. Injury to the skin such as cut or scrape, a bug bite or a severe sun burn.
- iv. Stress.
- v. Heavy alcohol consumption.
- vi. Smoking and exposure to second hand smoke.
- vii. Certain medications including lithium, high blood pressure medication and antimalarial drugs.
- viii. Rapid withdrawal of oral or systemic corticosteroids.

### Types of Psoriasis

- ✧ Plaque Psoriasis
- ✧ Nail Psoriasis
- ✧ Guttate Psoriasis
- ✧ Inverse Psoriasis
- ✧ Pustular Psoriasis
- ✧ Erythrodermic Psoriasis
- ✧ Psoriatic Arthritis



### Symptoms

Psoriasis signs and symptoms can vary from person to person. Common signs and symptoms include :

- ✧ Red patches of skin covered with thick, silvery scales.
- ✧ Small scaling spots (commonly seen in children).
- ✧ Rashes, dryness, fissures, itching, burning or soreness.
- ✧ Dry cracked skin that may bleed or itch.
- ✧ Thickened, pitted are ridged nails with discoloration.
- ✧ Swollen and stiff joints.

**Clinical Features :** The disease most commonly manifests on the skin of the elbows, knees, scalp, lumbosacral areas, legs, soles of the feet, face, palm, intergluteal clefts and glans penis. In upto 30% of patients, the joints are also affected. Most types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or even going into remission.

**A Case Study :** A 50 years old male presents to the out - patient department of Nandha Siddha Medical College and Hospital complaining of a pruritic rash on the right foot since 2010. The physical exam shows erythematous plaque with silvery scales consistent with psoriasis. The patients have no other systemic illness. He was under medication for 42 days.

**Treatment and Management :** The patient was treated in out – patient department by oral administration of medicine and external application of oil.

1. Vetpalai thylam 5 drops is mixed with 50ml milk and taken in empty stomach in morning and evening.
2. Parangipattai chooranam 1gm, Gandhaga parpam 100mg is mixed with milk and taken after meals twice daily.
3. Vetpalai thylam and pungan thylam is used for external application.
4. Kalanjagapadai kalimbu is also used for external application.
5. Pranayamam and yogasanas were instructed

Counselling on the management of psoriasis was initiated.

**Result :** The use of above mentioned drugs in three weeks showed 50% reduction of itching and pigmentation. Continuation of the medicine for 6 weeks results in the disappearance of patches.

The patient is advised to continue medicine for one more month even after the disappearance of the symptom. There is no reoccurrence till date.

**Conclusion :** The above mentioned medicines have given an effective cure to psoriasis.

## Embracive Approach of Diabetic Foot Care

Diabetes is one of the non – communicable and group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time. Due to changes in lifestyle, incidence of diabetes and its complications have been increased. Diabetic foot is a common complication of diabetes.

Diabetic foot ulcer is a skin sore with full thickness skin loss on the foot due to neuropathic and vascular complications in patients with type 1 or type 2 diabetes mellitus. It has an annual incidence of 2 – 6%.

### Risk factors for developing a diabetic foot ulcer includes

- ❖ Type 2 diabetes being more common than type 1.
- ❖ Duration of diabetes of at least 10 years.
- ❖ Poor diabetic control and high HbA1C.
- ❖ A past history of diabetic foot ulcer.
- ❖ It has increased risk for “Tissue damage” and result in morbidity and amputation.
- ❖ The studies have indicated that diabetic patients have up to 25% lifetime risk of developing a foot ulcer.

According to the text “**The Siddha formulary of India**”, Mathan thylam a herbomineral formulation is widely used for healing suppurative wound and healing in diabetic ulcer. It was prepared in our teaching pharmacy and it was evidently proved that the drug was sensitive against the tested MRSA strains. The preliminary preclinical analysis of the drug “Mathan thylam” revealed the presence of elements having antimicrobial effect.

### Case Study

A 58 years old female came with chief complaints of periwound edema, blackish discoloration and pus formation in the distal part of the left great toe since 2 1/2 years. She had a known history of diabetes mellitus for the past 15 years with regular allopathic anti diabetic medication orally. At the time of treatment, ulcer was cleaned and dressed with “Mathan thylam” externally on alternate days for 1 month in the outpatient department of our Nandha Siddha Medical College and Hospital, Erode. After 1 month, the wound healed completely and she came back to her normal routine.



## Medical Camps

NSMCH conducted more than 40 free medical camps and awareness programme on behalf of Azadi ka Amrit mahotsav, an initiative by the Ministry of Ayush, Govt. of India.



## Academic Achievement

The Tamil Nadu Dr. M.G.R. Medical University conducted first professional examination in which M.Vijayasree of II BSMS secured First Rank.

## Outreach Activities

### BSI

A visit to Botanical Survey of India, southern region, Coimbatore was organised on 3rd December, 2021. The scientist gave away the hands on training programme on preparation and preservation of herbarium sheets.



### A Trip to Ooty

On 5th December 2021, our I and II year students were taken to Ooty for a two days trip. The tour gave the students a refreshing, adventurous and learning experience.



### Surya Namaskar Programme

As a part of Azadi ka Amrit Mahotsav celebration, on behalf of Holy Makar Sankranti festival, Based on the guidance of Ministry of AYUSH, we had conducted Mass Surya Namaskar Programme in our Indian Medicine Campus on January 12<sup>th</sup> 2022. And also Virtual Surya Namaskar Programme was conducted on January 14<sup>th</sup>, 2022 through Google meet.



### Pongal Celebration

On 12.1.2022, Pongal festival was celebrated in a splendid manner. Students exhibited our true tradition and culture.

### Chennimalai trip

A trip was arranged to Chennimalai on 4.2.2022 for plant identification and collection of rare medicinal herbs. Students collected about 40 medicinal plants in the trip and preserved them as herbarium specimens.



### Batch day 2022

"TROIZEANZ" (2020-21) batch of NSMCH celebrated First Batch day on 3.3.2022. Students organised cultural events which exhibited their talents.

### Womens Day

International Women's day was celebrated on 9th March 2022. Ms. Masutha Begam, Inspector of Police, Perundurai was invited as Chief Guest, who highlighted the importance of Women-The Epitome of Wealth and power

### Achievements

- ❖ Our students won Rs.10,000/-Cash prize for culturals in 5<sup>th</sup> Siddha day pre-event.
- ❖ B.Keerthiga, K.Yogeshwari and Vignesh Kishore won Rs. 1500/- cash prize in Quiz competition conducted by R.V.S Siddha Medical College and Hospital, Coimbatore.
- ❖ National Institute of Siddha, Chennai conducted painting competition in which 4 of our students won cash prize of Rs. 500/- each.

