



SIDDHA MANAGEMENT OF NASIYAM TO ATHITHOOKAM (SECONDARY HYPERSOMNIA): A CASE REPORT

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ABSTRACT

Introduction: Siddha system is the traditional system of medicine, It deals with human body by three humours which builds seven body constitutions. Any variation of these three humours leads to disease. In Siddha system athithookam is one of the kabha disorder, According to Sambasivampillai dictionary Athithookam is related to Hypersomnia. Hypersomnia is characterised by either excessive time spent sleeping or excessive day time sleepiness drowsiness, difficulty to co-ordination to work. *Athithookam* is developed by vitiated of kabha humour. **Material and methods:** A 74 years married male patient who was admitted in the IPD of *Sirappu Maruthuvam* Department of National Institute of Siddha, has complaints of excessive day time sleep, feels

laziness, tiredness on every time for past 12 years. These symptoms are correlated with secondary hypersomnia which under the kabha disorder. *Thulasi (Ocimum santum)* is one of the herbal to cure kabha disorder. So, *Thulasi Saaru Nasiyam* (TSN) administered on alternative days for 30 days along with Siddha medication. **Result:** To reduced the symptoms of athithookam (secondary hypersomnia) without any complication during nasiyam treatment and the progressiveness was assessed by ESS. **Conclusion:** Excessive daytime sleepiness is

highly impact on work, day to day activities and also family life. In Siddha, Therapeutic strategies of Thulasi Saaru Nasiyam which can improved quantity and quality in who suffered by EDS.

KEYWORDS: Athithookam, Secondary hypersomnia, Thulasi Saaru Nasiyam, Epworth Sleep Scale.

INTRODUCTION

Siddha system is the traditional system of medicine. It deals with human body by three humours which builds seven body constitutions. The three humours are Vaatham, Pitham, Kabham. Any variations of these three humours leads to disease. In siddha system athithookam is one of the kabha disorder,^[1] According to Mr. Sambasivampillai dictionary Athithookam is related to Hypersomnia.^[2] Hypersomnia, also commonly referred to as excessive day time sleepiness (EDS), is defined as “the inability to stay awake and alert during the major waking episodes of the day, resulting in unintended lapses into drowsiness or sleep”.^[3] Hypersomnia can be primary (of central/brain origin), or it can be secondary to any of numerous medical conditions.

It caused by physical disturbances (e.g: depression, anxiety, manic disorder), shift of REM sleep, Alcohol abuse or withdrawal, withdrawal or continue use of seductive/hypnotics, Respiratory distress, Chronic renal failure, Thyrotoxicosis, Tumour and complication of cranial surgery.^[4] In siddha text athithookkam classify under the kabha disorder.^[5] Nasiyam is one of the 32 type of external therapy which is used to kabha disorder mostly.^[6] In this article we will see effective of nasiyam for athithookam.

MATERIALS AND METHODS

Case Presentation

A 74 years married male patient who was admitted in the IPD of Sirappu Maruthuvam Department of National Institute of Siddha, had the complaints of excessive daytime sleepiness (EDS) as uncontrolled excessive day time sleep, feels laziness, difficulty to concentrate in work, poor activeness, tiredness on every time for past 12 years. He had no problems with his sleep until surgery for the brain tumour (Haemangioma pericytoma) 12 years before, when he began to experience excessive daytime fatigue. There was no family history of hypersomnia. There was no history of major depressive disorder, endocrine disorder, musculoskeletal disorder (eg: rheumatoid arthritis, fibromyalgia), viral and bacterial

infections, pulmonary diseases, obesity. He had the past history of surgery for the brain tumour (Haemangioma pericytoma) before 12 years. There was no prior history of SHT, DM, TB, Seizure, Thyroidal disorder, meningitis. There was no personal history of alcoholism, smoking, drug abuse.

Examination

On Examination

On physical examination the patient appeared sleepy and yawned several times during the interview. He was of average height and weight and lean in build. Body temperature was 98.6° F. There was no clinical evidence of any neurological deficit. Presence of decreased energy and tiredness, speech that is soft in quality with a decreased rate of production and an increased latency of answers, might indicate excessive tiredness. mild cognitive changes in the domains of attention, Concentration and short term memory are occasionally present. No evidence of nystagmus, dysarthria, generalized hyperreflexia.

DIAGNOSIS

He had secondary hypersomnia that's diagnosed by his symptoms and medical history and physical examination test for alertness (ESS, Sleep diary).

Siddha Management and Outcome

Line of Treatment

Neutralize the Trithodam

To Re-organize the three humours we have to give oil bath with Ulundhu thylam on 1st day.

Healing Treatment

Symptomatic treatment provide with Siddha medicines of thiripala chooranam and muthuchippi parpam tablets.

Treatment of External Therapy

Thulasi (*Ocimum santum*) is one of the herbal to cure kabha disorder. So, this patient treated with *Thulasi Saaru* for alternative days on 30 days (Sunday, Tuesday, Thursday) on the kabha kalam (2 times per day of morning and evening).

Pretreatment Procedures

Preparation of the Thulasi saaru (Basil juice)

Heat up the vessel with water and allowed water to simmer. Basil (*Ocimum santum*) leaves placed on the lid of simmering water bath. Steam passing through the lid hole shows that leaves are cooked and ready. Then grinded the leaves and squeezed the juice in the thin fabric.

Preparation of the Patient

After evacuation of the bowel and bladder the patient's vital signs were checked that was normal.

On Treatment Procedures

1. In the supine position of the patient with his head was bent backwards for about 45 degrees on the massage table.
2. Face and neck of the patient are massaged by lukewarm coconut oil and then mild fomentation with hot towel.
3. Basil leaves juice was taken in a dropper and then 4 drops allowed to each nostril one after the other.

After administration of the drop advised to patient took deep inhalation of each nostril one after the other for the medicated drop reach the deep inside of the nose.

Post Treatment Procedures

Observation of the patient

Following the administration of the TSN closely observed the patient to assess the proper effect of the medication and also observed the contraindications that results were feeling of lightness in the head, clarity of sense organs (proper effect) and not seen of nausea, vomiting, heaviness of head, itching, head ache (contraindications) etc.,

After observation the patient may rest for 20 minutes then allowed to bath with hot water.

DIETARY MODIFICATION

Advised to avoid non-veg foods, Brinjal, Tamarind, millet, coolant type of foods. Advised to take green vegetables and leafy vegetables.^[7]

DISCUSSION AND RESULT

In this study describes about Thulasi (*Ocimum sanctum*) saaru nasiyam more effective along with tripalachoornam, muthuchippi parpam tablets to reduced the symptoms of athithookam (secondary hypersomnia), the progressiveness was assessed by Epworth Sleepiness Scale. In scientific studies: *Ocimum sanctum* have shown to possess prevent radiation-induced DNA damage, chemopreventive, radioprotective properties.^[8] *Ocimum sanctum*'s important phytochemical of eugenol possesses anticancer activity against various type of cancers and also have antiproliferative activity, anti-inflammatory.^[9] Tablets of thiripala chooranam (T.TPC) and muthuchippi parpam (T.MCP) has activity of anticancer, anti-inflammatory. T.TPC, T.MCP and thulasi are good regulation of kabam humour. So TSN along with T.TPC, T.MCP may help on reduced symptoms of secondary hypersomnia caused by complication of brain tumour. At the time of treatment the patient won't felt any complication. He was follow-up for one year after that he had no recurrent and relapsing symptoms of secondary hypersomnia. This study lead, further clinical trials can be planned and executed to validate the treatment for Athithookam (secondary hypersomnia).

Table 1: Treatment Summary.

S. No	Name of the treatment	Name of the medicines	Dose & time of medicine	Adjuvent
1	Oil bath (Oleation therapy)	Ulundhu thylam	Day 1	Bath with hot water
2	Internal medines (From 2 nd day to 30 th day)	i) T.Thiripala chooranam ii) T.Muthuchippi Parpam	Three times per day/ after food	Melted Ghee
3	External therapy	Thulasi Saru Nasiyam	Alternative days on kabam kalam	-

Table 2: Progress of treatment.

Treatment of Days	Method of Treatment	ESS*
First day	Oil bath	3 (High chance of dozing)
Second day onwards	Internal medicines	3(High chance of dozing)
Second day onwards Alternative days	External therapy	3(High chance of dozing)
After 7 days	No improvement	3(High chance of dozing)
After 14 days of treatment	Uncontrolled Excessive day time sleeping, feels laziness, difficulty to concentrate in work, tiredness 35% reduced and poor activeness 15% reduced.	3(High chance of dozing)
After 30 days of treatment	Uncontrolled excessive day time sleep, feels laziness, difficulty to concentrate in work, poor activeness, tiredness were 70% reduced	2 (Moderate chance of dozing)



Figure - I.

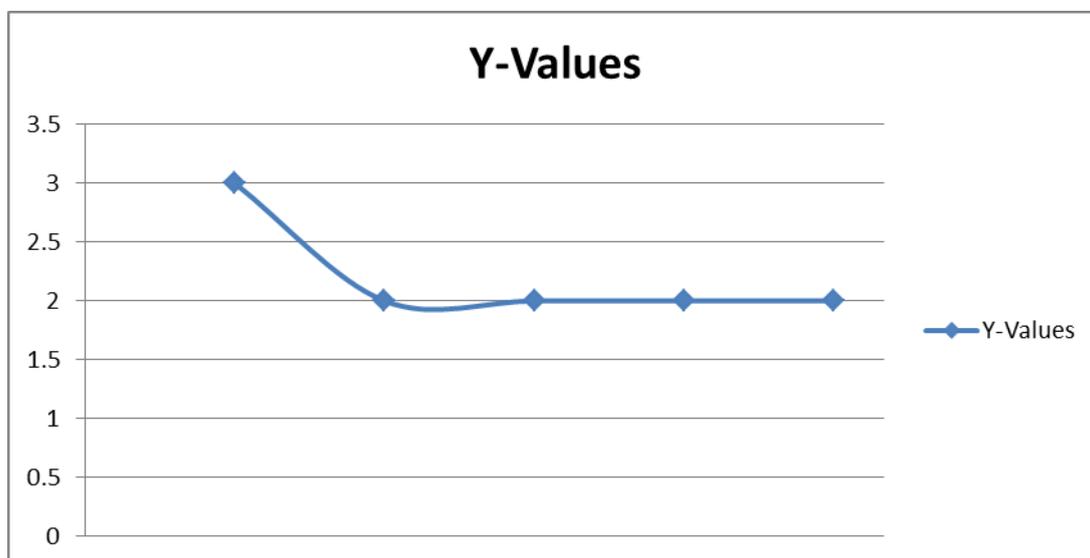


Figure I: *ESS – Epworth Sleepiness Scale.

X – Days

Y – Epworth Sleepiness Scale

Before treatment ESS: 3

After treatment ESS: 2

CONCLUSION

Excessive daytime sleepiness is highly impact on work, day to day activities and also family life. In Siddha, Therapeutic strategies of Thulasi Saaru Nasiyam which can improved quantity and quality in who suffered by EDS.

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