

Management of Thookaminmai (Insomnia) through Pidithal Murai Thokkanam (Massage Manipulation) with Laguvidamuti Thailam, a Siddha Medicine – A Case Report

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Abstract: Thookaminmai (insomnia) is a sleep disorder affecting many people all around the world of all ages. 71 years old male visited the Department of Pura Maruthuvam of Government Siddha medical college, Palayamkottai with complaints of difficulty falling asleep, problem waking up too early over the period of past 1 year. He has complaints of pain present in both knee, intentional tremor for past 1 year and taking medicines for it. Insomnia Severity Index Scale (ISI) has been used as a standard tool to measure the status of sleep. Diagnosed as Thookaminmai (insomnia) and Pidithal murai Thokkanam with Laguvidamuti thailam has been advised for 15 days. On ninth day of giving Pidithal murai Thokkanam his sleep got to normal without any disturbances and case is followed for a month. Insomnia Severity Index Scale was used before and after giving Pidithal murai Thokkanam with Laguvidamuti thailam for sleeplessness. Pidithal murai Thokkanam with Laguvidamuti thailam could improve the quality of sleep and treat Thookaminmai (Insomnia). Further large-scale studies of Pidithal murai Thokkanam with Laguvidamuti Thailam for Insomnia can be led.

Keywords: siddha medicine, insomnia, pidithal murai thokkanam, laguvidamuti thailam.

1. Introduction

Thookaminmai (Insomnia) is an emerging problem affecting many people around the world. There are several types of sleep disorders known. The ASDC (Association for Sleep Disorders Centre) has done a lot of work in classifying the various sleep disorders and their classification has been adapted for use both by DSM-IV-TR and ICD-10. The sleep disorders are known as non-organic sleep disorders in ICD-10.

Insomnia means one or more of the following:

- Difficulty in initiating sleep (going-off to sleep).
- Difficulty in maintaining sleep (remaining asleep).

In siddha System of medicine sleep is defined as one of the fourteen vital reflexes of the body. Thookaminmai (Insomnia) may also be called as Nithiraipankam. According to siddha text Padartha Guna Sinthamani, if there is no quality sleep then it causes tiredness of the senses, fear, indigestion and many other diseases.

2. Methodology

A. Patient Information

A case of 71 years old male from Tirunelveli, working as a coolie visited the Department of Pura Maruthuvam of Government Siddha medical college, Palayamkottai with complaints of difficulty falling asleep, problem waking up too early over the period of past 1 year. He has pain present in both knee joints and intentional tremor for past 1 year and taking medicines for it. He has no history of Diabetes mellitus, Hypertension, Asthma and Cardiac problems.

His Food habit was normal. His appetite was normal. He weighed 74 kilograms. He has no significant family history. There is no psychological problem history. He was then admitted in IP Department of Pura Maruthuvam of Government Siddha Medical College and Hospital, Palayamkottai.

B. Clinical Findings

The Siddha diagnostic tool envagai thervu which includes Naadi (pulse), Sparisam (palpation), Na (tongue examination), Niram (colour of the body), Mozhi (speech), Vizhi (eye examination), Malam (stool examination) and Moothiram (urine examination) were recorded. His Naadi (pulse) according to siddha method was Vaathapitham. His blood pressure was 110/80 mm Hg. His Respiratory rate was 19/ minute. His Heart rate was 68/ minute. His Pulse rate was 70/ minute.

C. Laboratory Findings

Routine haematology and Biochemical tests were carried out. The results were completely normal. His haemoglobin was 14.5 g/dl. His Urea level was 18 mg/dl. His creatinine level was 0.9 mg/dl. His random sugar level was 118 mg/dl. All the laboratory tests carried out were normal.

D. Therapeutic Intervention

Pidithal murai Thokkanam with Laguvidamuti Thailam was given for 15 days. He is provided with normal Indian diet in IP

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Table 1
External medicine: Laguvidamuti thailam content

S. No.	Drug	Botanical Name
1	Etti	Strychnos nux vomica
2	Aayilpattai	Chukrasia tabularis
3	Vellaipoondu	Allium sativum
4	Gingely oil	Sesamum indicum
5	Goat's milk	

E. Assessment Tool

Before the therapeutic intervention, the participant was subjected to Insomnia Severity Index (ISI) Scale, which indicates the Severity of Insomnia (composed of 7 standardized questions) to measure the Sleep Quality. Each question carries 0-4 score (a scale of 0,1,2,3 and 4) and the final summarized scoring could be ranging between 0-28 score followed by the insomnia severity has been categorized as mentioned in table 2.

Table 2

Score	Severity of Insomnia
0-7	No Clinical Insomnia
8-14	Subthreshold Insomnia
15-21	Clinical Insomnia (Moderate Severity)
22-28	Clinical Insomnia (Severe)

F. Outcome and Follow-up

The Severity of Thookaminmai (Insomnia) was assessed by Insomnia Severity Index Scale before and after the therapeutic intervention. The score was 21/28 before the therapeutic intervention and it reduced to 7/28 after the therapeutic intervention after one month. His quality of sleep becomes normal. Then he was discharged from the hospital. He was then asked to visit the hospital after one week. After one week he was satisfied with his sleep quality, it was good as it was during the date of discharge. He was then asked to visit the hospital only if he has problem of insomnia in the future.

Table 3
Insomnia severity index scale

Time	Score	Percentage
Before Treatment	21/28	75
After Treatment	7/28	25

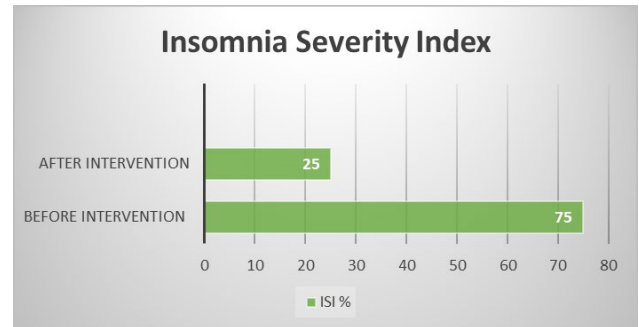


Fig. 1. Insomnia severity index

3. Conclusion

The Pidithal murai Thokkanam with Laguvidamuti Thailam could improve the quality of sleep and treat Thookaminmai (Insomnia). Pidithal murai Thokkanam with Laguvidamuti Thailam also reduces the associate problems of Insomnia like stress. Further large-scale studies of Pidithal murai Thokkanam for Insomnia can be led.

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