



Case Study

EFFICACY OF CHUNDAI VATRAL CHOORNAM A SIDDHA POLY HERBAL FORMULATION IN TREATING TENSION TYPE OF HEADACHE (TTH) -A CASE REPORT

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ABSTRACT

Siddha system is an ancient system of medicine which is popularly practised around south India particularly in Tamilnadu. Siddhars were considered as the pioneer of Siddha system, this system of medicine mainly encompasses for a healthy life for human beings. Among the broad spectrum of treatment aspects in Siddha system Siddhars classify the forms of internal medicines into 32 types which are all unique by its preparations. *Choornam* is one of the forms of internal medicine which can be used as single as well as poly herbal formulations. In this case report a poly-herbal formulation in Siddha system was used to treat tension type of headache (TTH). A 30 years old male patient visited out-patient department of Ayothidoss Pandither Hospital in National Institute of Siddha, Chennai. Patient reported with the complaints of episodic and chronic headache which is band like around the head, the intensity becomes mild to moderate, pain increased during working hours for past 2 years. Patient advised to follow the internal medicine *Chundai vatral choornam* it relieves the TTH immediately when he got those symptoms.

KEYWORDS: Siddha herbal formulation, *Chundai vatral choornam*, TTH, Headache.

INTRODUCTION

Tension type of headache (TTH) is a form of primary headache syndrome its prevalence ranges to 69% when comparing to other types primary headache [1]. About 1.4 billion people (20.8% of total population) are affected by Tension Headache, in which women found to be more commonly affected than men (23% to 18%) [2]. It is characterized by bilateral headache which is band like in sensation, intensity is moderate to severe, aggravates while straining the eye. TTH is mostly experienced by the people who were working under jobs related to mental stress. Pain produced during the episodes of headache will make the patient worse until the relief of the pain. The name TTH itself explains that it is produced during nervous tension. Often related to stress, responds to behavioural approaches and relaxation [3]. In this case report patient treated with poly herbal formulation and followed over for 7 months. International headache society criteria very helpful in diagnosing tension type of headache [4]. Siddhars handled many procedures for preparation of medicines among

which *Mooligai prayogam* [5] is one of the method which involves treating the ailments by using herbal preparations. In this case report the patient treated with Siddha poly herbal formulation for tension type of headache. TTH do not having any biomarker to diagnosis it is completely diagnosed by clinical symptoms.

Criteria of Diagnosis

The diagnosis of Tension Type Headache is through symptoms only.

Characteristics of Tension Type Headache [6]

- Duration: 30 min to 7 days
- Bilateral (bifrontal)
- Pressing or Tightening (non pulsating) band like
- Mild to Moderate intensity
- Do not aggravate by routine physical activity.

Based on the diagnostic criteria the patient diagnosed as Tension type of headache and planned to treat with Siddha multi drug herbal formulation.

Table 1: Composition of the herbal formulation Chundai vatral choornam^[7]

S.No.	Tamil name	Botanical name	Used part	Previously done pharmacological activity results
1.	<i>Chundai vatral</i>	<i>Solanum torvum</i>	Dried fruit	Anti inflammatory ^[8] Analgesic ^[8]
2.	<i>Karuveppilai</i>	<i>Muraya koenigii</i>	Leaves	Anti inflammatory ^[9,10] Analgesic ^[9,10]
3.	<i>Maamparupu</i>	<i>Manginifera indica</i>	Seeds	Anti inflammatory ^[11]
4.	<i>Omam</i>	<i>Trachyspermum ammi</i>	Seeds	Anti inflammatory ^[12] Analgesic ^[12]
5.	<i>Nellivatral</i>	<i>Emblica officinalis</i>	Seeds	Anti inflammatory ^[13]
6.	<i>Maadhulai odu</i>	<i>Punica granatum</i>	Skin (Ectoderm)	Anti inflammatory ^[14] Analgesic ^[14]
7.	<i>Vendhayam</i>	<i>Trigonella foenum graecum</i>	Seeds	Anti inflammatory ^[15] Analgesic ^[15]

Pharmacological studies such as Anti inflammatory and analgesic activity has already done in all the ingredients of *Chundai vatral choornam*. It reveals that this Siddha formulation *Chundai vatral choornam* having the tendency to reduce the symptoms of TTH.

Case Presentation

A 30 years old male, software engineer visited (April 12 2018) the Out Patient department of Ayothidoss Pandither Hospital in National Institute of Siddha, Chennai. Registered in OPD with the registration number K21961 and reported with the complaints of episodic and chronic headache which is band like around the head, the intensity becomes mild to moderate, pain increased during working hours, there is no any complaints of nausea/vomiting. And he was not experienced and photophobia/phonophobia. The pain became worse on long time system work he usually returned to home with headache episodic in nature at least twice in 15 days for past 2 years. For those complaints he consulted his family physician and he was advised to follow conservative management with other system of medications since 2 years, even though he did not relieved from the pain completely.

His Personal history revealed that the patient was under mixed diet, and frequency of micturition 5–6 times per day, regular bowel habits and the patient did not had any addictions. There was no genetic linkage of the disease also observed in the family history of the patient. The general examination of the patient showed normal conjunctiva and in the nails, vitals being pulse rate of 80/min, HR of 82/min, respiratory rate of 21/min, blood pressure of 120/80mmof Hg, and body weight of 98kg. Based on the clinical presentation, the patient was diagnosed as a case of tension type of headache. The patient's haematological investigation reveals that he was haemo-dynamically stable.

Table 2: Envagai thervual (Eight fold system of clinical assessments)

S.No	Siddha diagnostic parameters	Findings
1.	Naa (Tongue)	
	(a) <i>Maa padinthiruthal</i> (coated)	Normal
	(b) <i>Niram</i> (colour)	No discolouration
	(c) <i>Suvai</i> (taste sensation)	No any abnormal taste sensation observed during aggravation of headache.
	(d) <i>Vedippu</i> (fissure)	Absent
	(e) <i>Vaineerooral</i> (salivation)	Normal
2.	Niram (Complexion)	
	(a) Examination of complexion	<i>Vathakapha thegi</i>
3.	Mozhi (Voice)	
	(a) Examination of voice	High pitched voice
4.	Vizhi (Eyes)	
	(a) <i>Niram</i> (Discolouration)	No any discolouration
	(b) <i>Kanneer</i> (tears)	Normal
	(c) <i>Erichal</i> (Burning sensation)	Absent
	(d) <i>Peelaiseruthal</i> (Mucus excrements)	Normal

5.		Malam (Stools)	
	(a)	<i>Niram</i> (colour)	Normal
	(b)	<i>Sikkal</i> (Constipation)	Present (on & off)
	(C)	<i>Siruthal</i> (Poorly formed stools)	Absent
	(d)	<i>Kalichal</i> (Loose watery stools)	Absent
6.		Moothiram (Urine)	
	(A)	<i>Nee Kuri</i> (Physical characteristics)	
	(a)	<i>Niram</i> (colour)	Pale yellow
	(b)	<i>Manam</i> (Odour)	Ammonical
	(c)	<i>Edai</i> (Specific gravity)	Normal(1.025)
	(d)	<i>Alavu</i> (Volume)	Normal(1.2-1.5 lt/day)
	(e)	<i>Nurai</i> (froth)	Not present, Clear
	(f)	<i>Enjal</i> (deposits)	Not present
	(B)	<i>Nei Kuri</i> (Oil spreading sign)	
		Spreading pattern	<i>Vatha pitham</i> (fastly spread and irregular in shape)
7.		Sparisam (Touch)	
	(a)	<i>Veppam</i> (Warmth)	Moderate
	(b)	<i>Thoduvali</i> (Tenderness)	Absent
8.		Naadi (Pulse Reading)	
		<i>Naadi nadai</i> (pulse play)	<i>Pitha vatham</i>

Siddha eight fold system of clinical assessment is very useful to determine the vitiated humours. It plays a vital role in drug selection for the treatment of illness.

Then the patient was treated with *Siddha* poly herbal formulation *Chundai vatrak chooram*, the medicines was procured from OPD dispensary NIS, Chennai. Patient was advised to follow the medication 2-5gm twice a day along with hot water regularly and review for 5days once. On the first week of follow up patient satisfied in taking the medication and used to take regularly for three months. Then the patient follow the medication irregularly only during the hour of increased pain even though he got immediate relief after took the herbal formulation.

The patient was on follow-up till 7 months, without any modern medications. Throughout the follow up the patient got complete cure from headache.

DISCUSSION

Headache is one of the major problem experienced by many people which cannot depend on any particular age group and it do not having any biomarkers to find out. Chronic and episodic headache should be treated properly because patients facing this type of headache unable to concentrate in their own works. According to *Siddha* concept deranged *Vadha* humour in the place of *Kapham* (i.e. head) which leads to tension type of head ache. The headache got aggravated by doing

activities which is responsible of vitiated *Vadham* humour will produce the headache. In this case report the tension type of headache is treated with *Siddha* poly herbal formulation shows drastic effect in relieving the symptoms completely.

Probable mode of action

According to *Siddha* literature Vitiated *vatham* is the main cause of the tension type of headache. In the poly herbal formulation *Chundai vatrak (Solanum torvum)*, *Karuvepillai (Murraya koenigii)* and *Omam (Trachyspermum ammi)* posses the hot potency. The hot potent drugs are having the tendency to normalize the vitiated *Vatham*. In this case report it has been proven that this formulation completely cures the tension type of headache.

CONCLUSION

From the above case report it is concluded that *Siddha* poly herbal formulation is safety and effective to treat the tension type of headache it must be thoroughly investigated and monitored precisely.

Declaration of patient consent

The authors of this case report declared that they have obtained patient consent before starting the treatment. The informed consent along with their clinical information given by the patient was reported in the journal. Patients name, initials or any other unusual information which not related to this study will not published in the journal to ensure the patient's anonymity, however, the complete anonymity cannot be fully guaranteed.

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