



Integrative health care for siddha system in chronic pain management

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Abstract

Chronic pain is one of the most common and costly health problems in many countries, where more than half of adults suffer from this condition. Patients with Chronic pain are often dissatisfied with only standard medical care. Integrative health care utilizes the best therapeutic options from conventional western medicine as well as holistic practices known as complementary therapies and healing practice. In our country, for effective and consistent relief without dampening, move well fortunately to Siddha system of medicine especially *Yoga, Varma, Thokkanam* therapies for the condition related to musculoskeletal chronic pain. So appropriate use of both conventional and alternative methods facilitates the body's innate healing response. Effective interventions that are natural and less invasive should be used whenever possible. Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically. Because Good medicine is based in good science. It is inquiry-driven and open to new paradigms. It is our hope that with rigorous research, patients will have more evidence-based therapeutic options to manage chronic pain safely and effectively. Integrative medicine will become the standard for pain management. Our goal is to provide the partnership and resource need to reduce optimize chronic pain and well being. There's promising evidence that some complementary approaches may be helpful for some of these types of pain, but the evidence is insufficient to clearly establish their effectiveness.

Keywords: Integrative healthcare, Thokkanam, Varma, Yoga, Siddha system

Introduction

Integrative pain management is a multidimensional approach to chronic pain. It starts with a therapeutic relationship that combines the top interventional medical treatments with the best of behavioral therapies

and allows the natural process and wisdom of ancient healing.

The Goal of Integrative Pain Management

To alleviate or decrease pain.
To increase function.

To improve the Quality of Life.

Pharmacological Intervention Non-Opioids

Adjuvant
Anxiolytics
Corticosteroids
Anti-epileptics
Tricyclic Antidepressants
Lidocaine Patch

Interventional Pain Management

Devoted to the diagnosis and treatment of pain related disorders, principally with the application of interventional techniques in managing sub-acute, chronic, persistent, and intractable pain, independently or in conjunction with other modalities treatments.

Interventional Techniques for modern medicine

Epidural Steroid Injections
Facet Steroid Injections
Lysis of Adhesions
Radio Frequency Ablation
Sacroiliac Joint Injections
Somatic Nerve Blocks
Sympathetic Blocks
Spinal Cord Stimulation
Intrathecal Pump Delivery System
Trigger Point Injections

Goals to Integrative Pain Management Interventions

Adequately control pain utilizing medical interventions:

Interventional Procedures

Medications that control pain without side effects
Increase patients functional status

Focus on decreasing pain and stress while improving: function, mood, sleep, relationships with others, active participation in daily roles.

Patient Outcomes Integrative Pain Management Practice

Improved quality of life
Improved Psychological Symptoms: stress, anxiety, comfort, support.
Alters perception of pain and fatigue
Most patients and families considersiddha system of Medicine to be an effectiveintegrative approach to Pain Management.
Improved satisfaction with healthcare.
Improved satisfaction with physician referringpatient to Integrative Pain Management.

Most Commonly Used Therapies for Pain Management in siddha system of medicine

Yoga
Thokkanam
Varmam
Otradam

Yoga

In the yoga tradition mind body wellness is attained through the yogas of purifying ones thoughts and emotions ,mindfulness ,breath awareness, posture ,concentration, meditation the purification of thoughts and emotions is accomplished through the five yamas,the five observances or niyamas. Mindfulness can be attained through the practice of posture or asanas done with self awareness and deep observation of all states of body and mind examples:

Varmam

The six foot human body divided into five regions for the purpose of treatment of impact at nerve centres.the region is upper part of neck.from the bottom of the neck to the navel is second region .from the navel down to the anus is the third region. The two bands together makes the fourth region .and the two legs combined is the fifth region

The are 108 important life centres(varmas) ,they are 12 paduvarmams and 96 thoduvarmams, that spread along all the five regions.
Pain relief varmas

OTRADAM(FOMENTATION)

Crush some bala root leaves and bark ,make a small bundle with a piece of cloth. Boil some gingelly oil in a pan, dip that bundle in it and give Otradam at a bearable heat

Example

Take equal quantity of *Astercantha longifolia* (neer mulli), heat leaved moon seed (amithavalli), Onion, Square stalked vine(pirandai) and crush them. Place crushed drugs in a piece of cloth and crush and make a small cloth bundle (kizhi). Dip the bundle in hot gingelly oil and give otradam to the affected parts.

The pain will be disappear

THOKKANAM

Thokkanathi nalirathan thol oonivaigalukku
Mikku savukkiyansa meeranumpo meikkathiga
Puttiyurakkam punarchi yivaikalukku

Patta alaichalurum paar

Types of thokkanam

- 1.thattuthal
- 2.irukkal
- 3.pitithal
- 4.murukkal
- 5.kaikattal
- 6.aluthal
- 7.eluthal
- 8.mallathal
- 9.asaithal

Conclusion

Working with psychologic and body tension is an important aspect of the management of chronic pain. Reducing stress and creating an improved sense of psychologic well being may be important in managing such pain as using treatments that work directly on the pain. integrative therapies are excellent relief for chronic pain

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