

# Efficacy of *Mudakku Churanam* an indigenous drug, in the management of *Azhal Keelvayu* (Osteoarthritis of the knee joint)

V. Paheerathan

Unit of Siddha Medicine, Trincomalee Campus  
Eastern University, Sri Lanka

In Sri Lanka it is estimated that approximately four out of 100 people are affected by *Azhal Keelvayu* (Osteoarthritis). According to Siddha system of medicine diseases are said to be the result of derangement of one or two or all the three humours (*Vali*, *Azhal*, and *Iyam*). Accumulation of *Valli kutram* in *poruthu* (Joints) is said to be *Keelvayu*. One of the leading causes of illness among aged people is *Azhal Keelvayu*. The signs and symptoms of *Osteoarthritis* is simulate the symptoms described in *Azhal Keelvayu* in Siddha. The purpose of the present study was to evaluate the effectiveness of *Mudakku Churanam* in reliving the symptoms of *Azhal Keelvayu* (Osteoarthritis). Seventy (70) patients, Over 35 years who complained pain and swelling in the knee joint, Crepitus in the movement of joint, Movement of the Knee joint restricted were included in this study.

A verbally informed consent was obtained from all patients. This drug is administrated in the form of powder to the patients by researcher for this study. 70 patients attended to the Free Ayurvedic Dispensaries, Municipal council were informed about the study drug its effects, follow up visits in the trial and overall plan of the study. Through clinical examination and symptomatic evaluation was carried out and the details were noted down in the case record form. The patients were advised to take 1 g of *Mudakku Churanam* thrice a day for 40 days. All the patients were followed up every five days till the end of treatment and symptomatic evolution and clinical examination was done, along the recording the occurrence of any adverse events. The results showed that the improvements in Pain, tenderness, swelling were statistically significant in the patients. (The reduction in joint circumference in the patients were statistically significant (Paired 't' test).

It can be concluded that the *Mudakku Churanam* has got the curative potential to reduce the aggravated *vatha* which can be evidenced from the pronounced clinical trials. This kind of finding can be exploited in the successful treatment of *Azhal Keelvayu* with *Mudakku Churanam*.

**Keywords-** *Azhal Keelvayu*, *Mudakku Churanam*