

The Assessment of the Curing effect of Mathumeha Chooranam on those Affected by Mathumeka Disease

Dr(Mrs)T.Kumutharanjan

* Senior Lecturer Gr.I, Unit of Siddha Medicine, University of Jaffna

Abstract- The disease Mathumeham is called by different names; Neerilivu, Salarogam, Mihuneer, Vehumooththiram, Inippuneer, Mehaneer, Theanneer and diabetes. On the international basis this had affected many people. At the beginning only the rich became victims to this disease but now it affects both the rich and the poor.

In books; “ Siddha Maruthuvam, Yuki vaidya Sinthamani, Pararajasekaram the following symptoms are cited for this disease, excessive excretion of urine, collection of ants and flies in places where a person passes urine, loss of physical strength exhaustion of body, dry mouth etc. Further in the same books the following have been quoted as the causes of this disease.

1. Consumption of more and more sweet foods.
2. Lack of physical exercise
3. Increase in body weight
4. Heredity

The symptoms of the disease as quoted are

1. Excessive hunger
2. Thirst

In Siddha Pharmacopia (Dr.P.Ramanathan, page 38) Mathumeka Chooranam with hot water is recommended as a medicine for it.

90 patients whose blood had a glucose level of 120 – 180 mg/dl (FBS test was made) both males and female between the ages of 40 – 70 years who attended the pre Ayurvedic medical clinics conducted in Vadamarachchi South and West Pradesha saba were selected for the study. In the selected 90 patients were given 1 teaspoonful Mathumeka Chooranam with hot water was given both morning and evening for 50 days. The patients were instructed about dietary restrictions and also not to use any other drugs. The treatment was given in 2010 June to 2010 November. The collected data were statically were recorded and analysis made, according to the analysis 80% of the patients who observed all diet restrictions, the FBS was seen reduced to 70 to 80 mg/dl. It was seen reduced to 40 to 50 mg/dl to 60% of dose to drug but ignored the diet restriction. It was seen reduced to 20 to 30 mg/dl to 50% who observed diet restriction only.

Signs and symptoms of Mathumeha noi are almost similar to Diabetes Mellitus. Hence we can use this medicine in Diabetes mellitus without any adverse effect. This medicine is the best medicine for Mathumeha noi, because ingredients of this medicine are easily available, not expensive and non toxic.

Index Terms- Mathumeha noi, Diabetes Mellitus, Mathmega chooranam, FBS,Siddha medicine

I. INTRODUCTION

The disease Mathumeham is called by different names; Neerilivu, Salarogam, Mihuneer, Vehumooththiram, Inippuneer, Mehaneer, Theanneer and diabetes. On the international basis this had affected many people. At the beginning only the rich became victims to this disease but now it affects both the rich and the poor.

According to the recent statistics by the year 2030, the number affected by this disease will rise up to 366 million. In the year 2009, 40.9 million were suffering from diabetes in India and in China 39.8 million as per statistics available. Diabetes comes fourth in rank among the diseases that causes more deaths in the world. In Asia 45 million people are affected by diabetes. In Sri Lanka we do not have any devices to assess the actual number affected as in other countries. How ever according to the statistics collected in 2005; 14.2 males and 13.5 females were affected by this disease. According to W.H.O assessment 2 million people are affected by diabetes in Sri Lanka.

In books; “ Siddha Maruthuvam, Yuki vaidya Sinthamani the following symptoms are cited for this disease, excessive excretion of urine, collection of ants and flies in places where a person passes urine, loss of physical strength exhaustion of body dry mouth etc. Further in the same books the following have been quoted as the causes of this disease.

1. Consumption of more and more sweet foods.
2. Lack of physical exercise
3. Increase in body weight
4. Heredity

The symptoms of the disease as quoted are

1. Excessive hunger
2. Thirst

Though more food is taken to satisfy hunger, physical strength will not increase proportionately. Instead the body will grow weaker and weaker. The quantity of urine excreted will vary according to the water intake in addition there will be sleeplessness, mental disturbance, thick sweat, fatigue, sighs, unconsciousness, With these signs the disease will worsen. As this urine has the colour density and smell of honey it is called as “Theanneer”

As a result of the above causes, “Samanavayu”, “Ushanavayu”, “Abanavayu” which created will induce burns and cause this disease as said in Siddha Vaidyam and Yuki Sinthamany.

II. AIM OF THE STUDY

In the medical clinics functioning under Vadamaradchi South, west Pradesha sabhas and at Teaching hospital Kaithady it is found in the research that they are using “Mathumeka sooranam” to cure “Mathumeka”. The drug is prepared as the above clinics and distributed to others. All the herbs are easily available. They have no side effects. The researcher wish to point out that no one has made a research on this subject earlier.

III. USES OF THE RESEARCH

According to this research if this drug is found to be effective for Mathumeka Noi.

3.1. The patients will be able to benefit with less cost.

3.2. When more and more drugs are produced there will be added need for spices.

The farmers who produce these spices will also get an additional income.

3.3. The organizations producing these drugs can increase their output and distribute to other organizations as well.

IV. OBJECTIVE

4.1. General objective

4.2.1. The assessment of the effectiveness of the Mathumeka Chooranam for Mahumeha Noi.

4.2.2. To estimate the relationship between the glucose found in the blood of a person affected with this disease and the causes of the disease.

4.2.3. To find out the side effects of the drug

V. UTILITY

Mathumeka Chooranam is used to keep under control the Mathumeka Noi.

VI. METHODOLOGY

6.1. Kinds of Research
Supervision of Patients method
(Clinical study)

6.2. Place of Research
Free medical clinics functioning under Vadamaradchi South, West Pradesha sabas.

6.3. Population

90 patients male and female between the age of 40 – 70 were selected for study.

6.4. Inclusion criteria adopted for selection of patient.

6.4.1. Among the selected patients, 100 were selected whose blood had a glucose level of 120 – 200 mg/dl (FBS Test was made)

6.5. Exclusion criteria for the research

6.5.1. The patients who had (FBS Test) more than 200 mg/dl glucose those who were in fainted state, those who had more suffering, those who took Alopathy drugs and those include other diseases were excluded.

6.6. Drug for the Research

Mathumekachchooranam (Inner drug)

Ingredients

Tamil Name	Botanical Name	English Name	Quantity
Kadukkai	Terminalia Chebula	Chebolic Myrobalam	50 gram
Nellikai	Phyllanthus Emblica	Indian Gooseberry	50 gram
Karuveppilai	Murrayakeonigli	Curryleaf	50 gram
Sirukurinsa	Gymnemasylvestre	Small Indianipecacuanha	25 gram

Method of preparation

Removed the seeds of the Chebolic Myrobalam then all for Drugs Cleaned and Dried in shade, then powdered and sieved it through a fine cloth.

- i) Quantity of drug: 1 – 4 gram morning and evening after meals.
- ii) To take with hot water
- iii) Period 50 days.

6.7. Study procedure

90 patients were selected from among those who came for treatment. They were briefed about the research and their consent recorded. The medical history of the patient, raise of blood sugar, Urine test for sugar – these details are recorded in the special case record prepared by the researcher.

The 90 patients were divided into three groups and treated.

Group I: Mathumeka sooranam 1 tea spoons was given both morning and evening. Diet restrictions observed.

Group II : Same treatment repeated but diet restrictions not observed.

Group III: Only diet restrictions observed without drug treatment.

6.8. Permission for the Research

Generally the drugs supplied by the Siddha Teaching Hospital and by free Siddha Medical clinics functioning in the Jaffna District.

6.9. Continuous observation

The patient is asked to report once in 10 days for 05 times and progress of signs and symptoms recorded. Blood is also tested and recorded in the schedule below:

Symtoms	10 th day	20 th day	30 th day	40 th day	50 th day
Thirst Hungry Number of times urine excreted per day & night					
Blood	Blood sugar FBS				
Urine	Test colour				

VII. EXPERIMENT AND RESULT

Blood sugar was seen reduced to 70 – 80 mg/100dl to 80 % of those who took the drug and also observed diet restrictions. It was seen reduced to 40 – 50 mg/100dl to 60 % of those took the drug but ignored the diet restrictions. It was seen reduced to 20 – 30 mg/100 dl to 50 % who observed diet restrictions only. This proves that Mathumeka chooranam is the best medicine for those affect by Mathumeka Noi.

Note: Even the cholesterol level was also seen reduced.

REFERENCES

- [1] Dr.K.N.Kupusamy Mudadiyar - Siddha Maruththuvam (Special)
India Maruththuvam – Homeopathy
Madras 600 106
Page 485
- [2] Yuki Mamunivar - Yuki vaidya Sinthamany
India Maruththuvam – Homeopathy
Madras 600 106
- [3] I.Ponnaiappillai - Segarasasegaram vaidyam
- [4] Dr.P.Ramanathan - Siddha Pharmacopia
MD Siddha) Page 38

AUTHORS

First Author – Dr(Mrs)T.Kumutharanjan, Senior Lecturer Gr.I
Unit of Siddha Medicine, University of Jaffna