

**CLINICAL PILOT STUDY ON MANTHARAIVER KUDINEER FOR THE  
MANAGEMENT OF ATHITHOOLAM(OBESITY)**

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**ABSTRACT**

Siddha system of Medicine is one of the most ancient medical system in the world. Siddha system is the science which takes human and nature as part of closed system. Many diseases are emerging as a trend of lifestyle modifications due to stress, sedentary lifestyle and food habits. One among them is *obesity*, according to the National Family Health Survey-4 (NFHS-4) in Tamilnadu in the 15-49 years age group, 30.9% of women and 28.2% of men are obese. In siddha medicine, symptoms of *Athithoolam* is resembles as obesity. It is an abnormal accumulation of body fat, usually 20% or more over an individuals body weight. In siddha text many herbs or herbal formulation has been mentioned to treat the *athithoolam* (obesity). In this view the *Mantharaiver Kudineer* is also indicated for Athithoolam in the text *Gunapadam Mooligai Vaguppu*. The aim of the study was to evaluate the safety and efficacy of “*Mantharaiver Kudineer*” on *Athithoolam* (obesity). This study was conducted at the OPD of Ayothidoss Pandithar Hospital, National Institute of Siddha, Tambaram Sanatorium, Chennai-47 on 10 patients with Athithoolam (obesity) who were satisfied the inclusion criteria. The dose of the *Mantharaiver Kudineer* was 60 ml twice a day, before food for 3 months. Body mass index(BMI) was monitored on subsequent following visit at 1<sup>st</sup>, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 35<sup>th</sup>, 42, 49<sup>th</sup> 56<sup>th</sup> days respectively followed by data analysis was carried out. There was significant reduction in Body Mass Index(BMI). *Mantharaiver kudineer* is effective in treating the *Athithoolam*(obesity). This is a single herbal drug with considerable therapeutic efficacy with out any other side effects.

**KEYWORDS:** Athithoolam Obesity, Bauhinia purpurea, Mantharai, weight loss.

**INTRODUCTION**

Siddha system of medicine is an integrated part of Indian system which is very potent and unique in its own right, by providing healing of the body, mind and soul. Siddha system propounded by the Siddhars is an all inclusive versatile system which defines health as a perfect state of Physical, Psychological, and Social and Spiritual well being of an individual. Siddha medicine contributes much to the health care of human beings.

Obesity is when a person is carrying too much body fat their height and sex. A person is considered obese if he/she has a Body Mass Index(BMI) of 30 or greater. Today way of life is less physically active than it used to be. People travel on buses and cars rather than walking and many people work in office where they are sitting still for most of the day. This means that the calories they eat are not getting burnt off as energy. Instead the extra calories are stored as fat.

In 2008 the latest year with available figures nearly a quarter of adult (over 16 years of age). Amongst children 2-15 years of age one in six boys and one in seven girls were obese. The number of overweight and obese people is likely to increase. The foresight scientific report used to guide government policy has predicted that by 2025 nearly half of men and over third of women will be obese. Obesity can cause number of health problems such as type 2 diabetes and heart disease etc. So Emerging documents suggest many peoples are seeking for alternatives to conventional medicine including herbal medicine.

The drug MANTHARAIVER KUDINEER is indicated exclusively for OBESITY(Athithoolam). The reference taken from Gunapadam Mooligai Vaguppu shows that this medicine is very good for Athithoolam(Obesity). More over athithoolam is due to alteration of kabam humor. According to siddha philosophy “astringent (thuvarpi) reduced kabam” which means kabam humor

can be neutralized by administration of astrigent(thuvarpi seikai) medicine. Moreover it is also mentioned in our siddha literature to prescribe Mantharaiver kudineer preparations for obesity(athithoolam). So the trial drug MANTHARAIVER KUDINEER encourages us to carry out this study.

## OBJECTIVE

### Primary

To study the therapeutic efficacy of “MANTHARAI KUDINEER(Internal medicine) in the treatment of ATHITHOOLAM(obesity).

### Secondary

To study the associate factors related to the disease such as weight loss, reduced abdominal grith.

## MATERIALS AND METHODS

Ten (10) patients are selected from reporting at OPD of Ayothidass Pandithar Hospital (National institute of siddha) OP NO -2 Department of Gunapadam with symptoms of obesity, & BMI –above the normal level the patients will be screened and enrolled into the study based on the inclusion criteria and exclusion criteria.

### Inclusion Criteria

- Age: 18-60 years

- Lipid profile above the normal
- BMI –Above the normal level

### Exclusion Criteria

- Chronic kidney disease
- Pregnancy
- Presence of any serious illness

## 2. Treatment

### First day

Drug : Agasthiyar kulambu

Dosage : 200mg od, morning with Ginger juice -10ml

**Second day: Rest.**

**Third day: oil bath**

**Fourth day:**

**Drug 1:** Mantharaiver kudineer

Dosage: 60 ml bd, early Morning in empty stomach

### Method of preparation

5gm of Mantharaiver kudineer powder is mixed in 120 ml of water boil it and untill it becomes 60 ml. finally filter the decotion drink in an empty stomach.

Reference: Gunapadam mooligai vaguppu pg no.727

Duration: 3 months

Author: Dr. Murugesu mudaliyar



### Study Enrolment

Patient reporting at NIS, OPD with clinical features of obesity are chosen for enrolment based on the inclusion criteria. The patients who are enrolled are informed about the study trial drug, possible outcomes and the objectives of the study in their own language and terms understandable to them and the informed consent would be obtained from them in the consent form.

### Conduct of the Study

After the enrolment, the registration number will be assigned to each and every patients. On the first day Agasthiyar kulambu will be given for purgation, second day the patients will be in rest, third day the patients will subjected to take oil bath and the patient is advised to take the trial drug Mantharaiver kudineer from fourth day onwards. The patients will be asked to have a regular

treatment in the OP department once in 7 days. In every visit the clinical assessment will be recorded in the prescribed Proforma (form no:II). The laboratory investigation will be done before and after treatment and recorded in the prescribed format. At the end of the trial the patients will be advised to come for follow up for another 3 months for observation.

**Investigation**

**Haematological**

- Hb (gms/dl)
- Total RBC (million/cu.mm)
- Total WBC (cubic mm)
- Differential count : (%)

Polymorphs

Lymphocytes

Monocytes

Esinophils

Basophils

- ESR(mm/hr)-1/2 hour
- 1 hour

**Bio chemical**

- **Blood sugar level** - Fasting (mg/dl)
- Post prandial (mg/dl)
- **Lipid profile**
- **Urine**
- **Siddha parameter : Envagai thervugal**

**Outcome of Treatment**

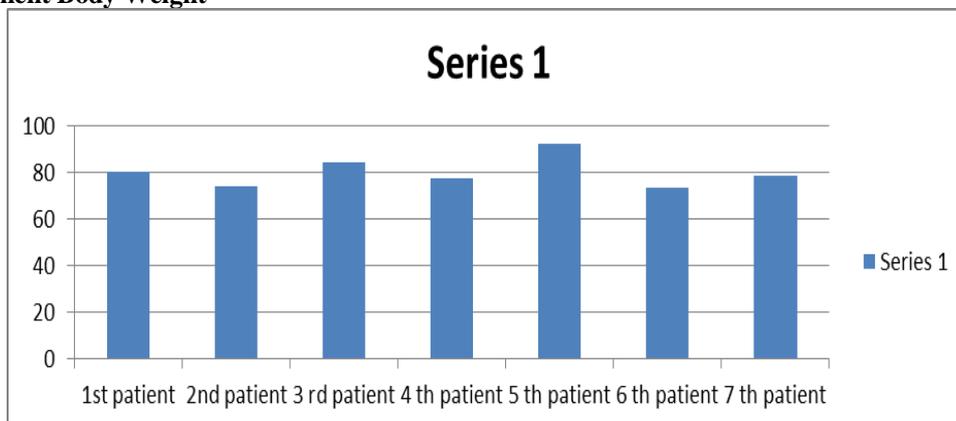
**Primary Outcome**

- ❖ Grade 1: Reduced body weight
- ❖ Grade 2: To achieve the normal BMI.

**RESULT**

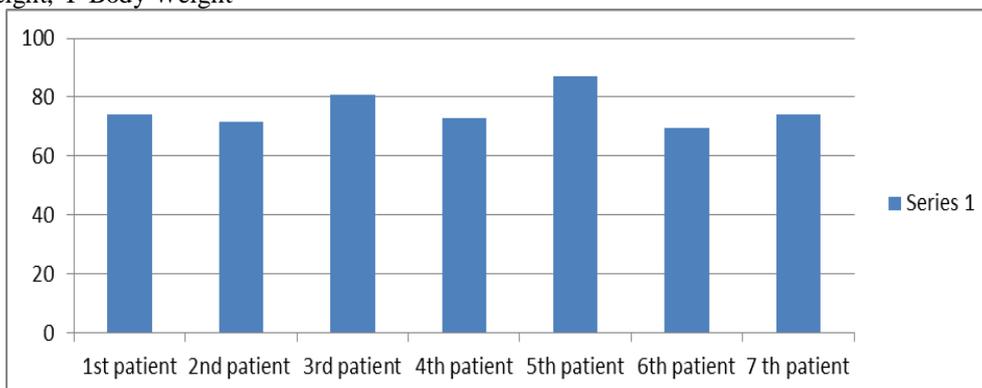
Name/ Age/sex	Op.Number	Before Treatment weight/BMI	After Treatment weight/BMI
Mrs.Jothilakshmi/35/female	I-8973	80.1/34.6	74/32
Mrs .B.Krishnaveni/42/F	I-10221	74.2/32.1	71.7/30.6
Miss.v.Revathi/23/Female	I-10223	84.3/28.8	80.8/27.6
Mrs.G.Usha/30/Female	I-16181	77.5/33.7	72.9/31.4
Mr.K.prakash/29/male	I-13585	92.2/28.1	87.2/26.6
Miss.Dharaniya/22/female	I-51960	73.5/30.9	69.6/29.3
Mrs.M.Juliet/30/Female	I-43284	78.9/29.8	74.2/27.9

**Before Treatment Body Weight**



**After Treatment Patient Body Weight**

X-Patient Weight, Y-Body Weight



### SUMMARY AND CONCLUSION

Ten patients were selected randomly from our department [gunapadam department] and their weight and BMI were recorded. They were advised to take 60 ml of mantharaiver kudineer morning and night of everyday before meals for 90 days continuously. After the observation period once again their weight and BMI were recorded.

### CONCLUSION

Out of ten selected patient, seven patient showed market improvement. Their weight has decreased upto our expectation Rest of the three cases shown only mild improvement and its still continuing the treatment and followup Based on the above results, it can be assumed that the drug *Mantharaiver kudineer* has validated the traditional claim and the present study leads to the further research in the way of isolation. The treatment with Mantharaiver kudineer found to be very effective in Athithoolam(obesity).

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