



CROSS SECTIONAL OBSERVATION STUDY ON TREATMENT STRATEGY FOLLOWED BY PHYSICIANS OF INDIAN SYSTEM OF TRADITIONAL MEDICINE (AYURVEDA, SIDDHA, UNANI AND HOMEOPATHY) IN TREATING PEPTIC ULCER DISEASE

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ABSTRACT

Peptic ulcer disease includes (PUD) which posed a major threat to the world's population over the past two centuries with a high morbidity and mortality. It is one of the most important and common disorders of the alimentary system occurring due to damages in mucus and sub- mucosal layers of the alimentary tract. There are many drugs that are used in the treatment of peptic ulcer. Until now, there is no one drug without a side effect or that gives 100% curative rate or complete cure. Nowadays, Indian system of traditional medicines is becoming a viable alternative treatment over the commercially available synthetic drugs on PU management/treatment. This is premised on its lower cost, perceived effectiveness, availability as well as little or no adverse effects. The main objective of the present study is to carry out the cross sectional observation analysis comprises of physicians from Ayurveda, Siddha, Unani and Homeopathy background subjected to prescription practice for treating peptic ulcer disease. Results of the study indicates that the preparations such as Sankha bhasma & indhukantha gritham 4/4(100%), Bhaskara lavana choo 2/4(50%) and Asta churna, pravala pisti, avipathikara churna, thiriphala churna ¼(25%) utilized on the order of priority treatment in ayurvedic system of medicine. Similarly, in unani medicines mufereh ahmedi 4/4(100%), rub-e-amla ¾ (75%), safoof-e-tabasheer 2/4(50%) and safoof-e-hazim & majoon-e-ushba ¼ (25%) utilized on the order of priority treatment. In homeopathy system nux vomica 4/4(100%), kali.bichromaticum & phosphorus ¾(75%), anacardium, lycopodium & carbo reg 2/4(50%) and geranium maculatum, symphytum, ARS.ACB, pulsatilla, sulphur ¼(25%) were been utilized. Where as in siddha system of medicines formulations such as sangu parpam & kavikal choo occupies ¾ (75%), elathy choo, uppu chenduram, anda legium & vilvathi legium occupies 2/4(50%) and thayirchundi choornam, annabedhi chenduram, pirandai uppu, jj kulambu, oma water with ¼(25%) of utilization towards treating PUD. In conclusion the present study provides overall view and drugs of choice of treatment among the Indian medicine practitioners from Ayurveda, Siddha, Unani and Homeopathy in treating PUD.

KEY WORDS: *Peptic ulcer disease, Observation analysis, Choice of treatment. Ayurveda, Siddha, Unani, Homeopathy*

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1. Introduction

Peptic ulcers develop as a result of imbalance between aggressive action of acid-pepsin secretion and maintenance of mucosal integrity [1]. Apart from excessive and secretion, NSAIDS induce gastric ulceration by inhibition of cytoprotective endogenous prostaglandins synthesis as well as increased production of leukotrienes, which may induce mucosal vasoconstrictions, thereby reducing local blood flow and enhancing mucosal injury [2,3].

Typical treatments for gastric ulcers are acid suppressant drugs, such as type-2 histamine receptor antagonists and proton pump inhibitors [4], but they have some adverse effects. Long-term use of acid suppressants can lead to gynecomastia, impotence, osteoporotic bone fracture, and deficiencies of iron and magnesium, as well as vitamin B12 hypergastrinemia after discontinuation [5-7]. Gastric ulcers frequently recur and the symptoms last for a long time therefore, there is a need for drugs that can be taken long-term with minimal side effects. Currently, the main therapy of gastric ulcers is to suppress acid secretion.

Treatment options include antacids, sucralfate, prostaglandins, muscarinic and histaminic antagonists and proton pump inhibitors. In addition, some of these treatments may cause side effects like hypersensitivity, arrhythmia, weakness, and hematopoietic disorders [8]. Therefore, search for natural active and better alternative for the treatment of peptic ulcer with fewer side effects is an emergency need. To overcome the drawbacks, many experimental investigations [9,10] have been undertaken to detect and develop ulcer healing agents by various plant origin compounds

Various medicinal plants were used traditionally in the treatment of peptic ulcer. Plants and phytomedicines exhibit their action by various mechanisms like antioxidant, cytoprotective or antisecretory actions [11]. Plants possessing active principles such as flavonoid, tannins, or terpenoids usually show antiulcer activity [12]. By considering the importance of various traditional or complementary alternative medical systems (CAM), we have reviewed the basic concepts and role of the five major CAM systems used in India i.e. AYUSH (Ayurveda, Yoga, Unani, Siddha and Homeopathy) and their use in the field of

dentistry. The possible role of Ayurveda and Homeopathy systems in management of oral diseases have been already published [13,14]. In the current article we have tried to explore the role of Unani system of medicine.

2. Materials and Methods

2.1. Study design

Cross sectional observation study comprises of 20 physicians (4 in each Ayurveda, Siddha, Unani and Homeopathy) subjected to prescription practice for treatment of peptic ulcer disease at Arignar Anna Government Hospital of Indian medicine, Chennai, Tamil Nadu, India. Study conducted with the prior approval and permission from the concerned authority. The physicians were selected randomly and also explained about the objective of the study and purpose of the questionnaires (14 questions). Data were dealt with the high level of anonymity and confidentiality.

2.2. Questioner Pattern

The questionnaire was divided accordingly to cover the entire spectrum of treatment towards peptic ulcer diseases followed in each indian system of traditional medicines such as Ayurveda, Siddha, Unani and Homeopathy

3. Results

3.1. Male/Female gender ratio among the physicians subjected for the questioner

Results of the present study shows the male female ratio involved in the study based on that 35% male and 65% female physicians were involved. As shown in Figure 1.

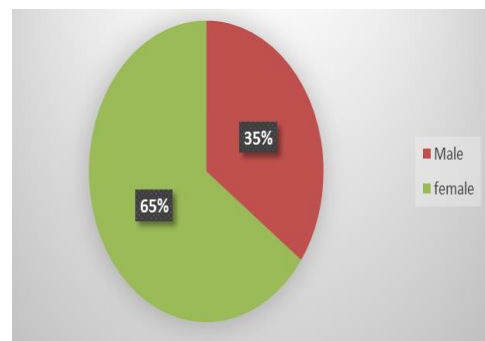


Figure 1: Male/Female gender ratio among the physicians subjected for the questioner

3.2. Demography on prescription followed in Ayurveda for treating PUD

Results of the present study indicates that following ayurvedha 1.Sankha bhasma & indhukantha gritham 4/4(100%), 2.Bhaskara lavana choo 2/4(50%) and 3.

Asta churna, pravala pisti, avipathikara churna, thiriphala churna ¼(25%) utilized on the order of priority treatment towards PUD. As shown in Figure 2.

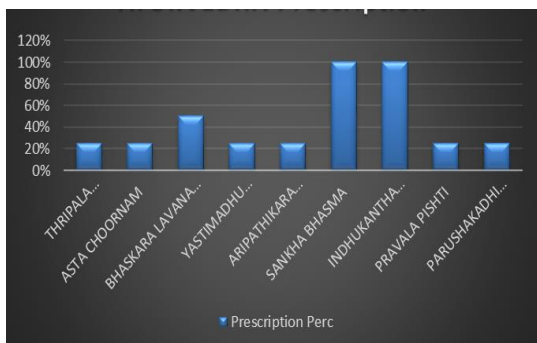


Figure 2: Demography on prescription followed in Ayurveda for treating PUD

3.3. Demography on prescription followed in Unani for treating PUD

Results of the present study indicates that following unani medicines 1. Mufereh ahmedi 4/4(100%), 2. Rub-e-amla ¾ (75%), 3. safoof-e-tabasheer 2/4(50%) and 4. safoof-e-hazim & majoon-e-ushba ¼ (25%) utilized on the order of priority treatment towards PUD. As shown in Figure 3.

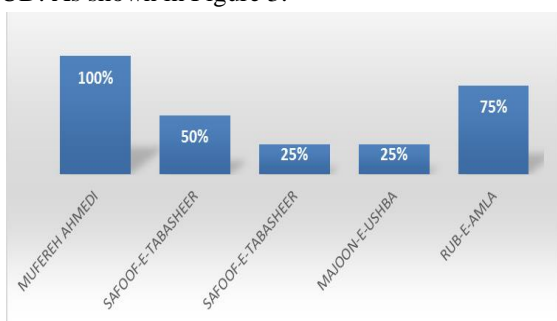


Figure 3: Demography on prescription followed in Unani for treating PUD

3.4. Demography on prescription followed in Homeopathy for treating PUD

Results of the present study indicates that following homeopathy medicines such as 1. Nux vomica 4/4(100%), 2. kali.bichromaticum & phosphorus ¾(75%), 3. Anacardium, lycopodium & carbo reg 2/4(50%) and 4. Geranium maculatum, symphytum, ARS.ACB, pulsatilla, sulphur ¼(25%) utilized on the order of priority treatment towards PUD. As shown in Figure 4.

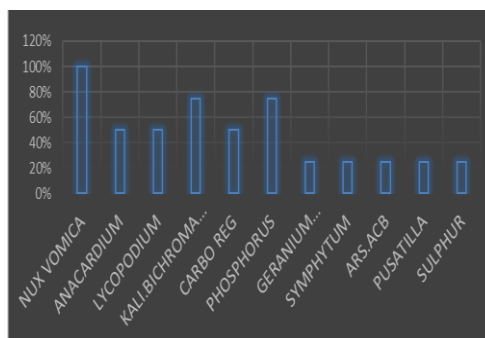


Figure 4: Demography on prescription followed in Homeopathy for treating PUD

3.5. Demography on prescription followed in Siddha for treating PUD

Results of the present study indicates that among siddha formulations sangu parpam & kavikal choo occupies ¾ (75%) followed by this Elathy choo, uppu chenduram, anda legium & vilvathi legium occupies 2/4(50%) and lastly Thayirchundi choornam, annabedhi chenduram, pirandai uppu, jj kulambu, oma water with ¼(25%) of utilization towards treating PUD. As shown in Figure 5.

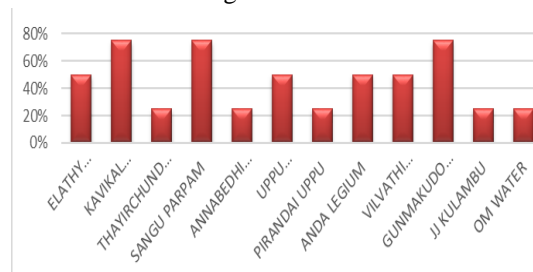


Figure 5: Demography on prescription followed in Siddha for treating PUD

3.6. Average treatment duration followed AYUSH for treating PUD

Results of the present study indicates that average duration of the treatment in which 45% depends upon the disease condition and remaining 10% reported with two to three months. As shown in Figure 6.

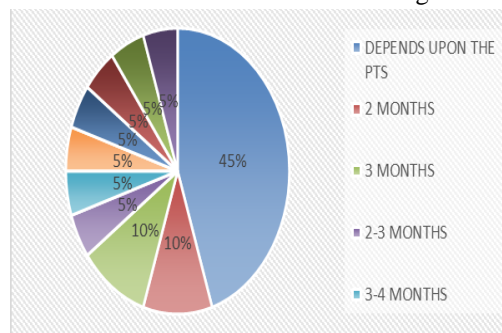


Figure 6: Average treatment duration followed AYUSH for treating PUD

3.7. Details on Adverse reaction reported if any

Results of the present study indicates that 95% AYUSH treatment towards PUD has no adverse reaction. As shown in Figure 7.

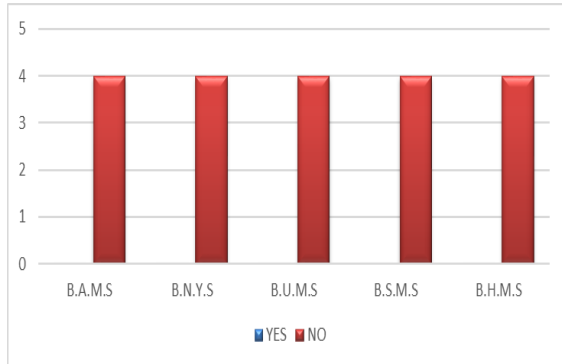


Figure 7: Details on Adverse reaction reported if any

3.8. Degree freedom allowed for patients to follow other system of medicine

From the result analysis of the present investigation it was observed that 95% of the physicians allow their patients to follow alternative system of medicine in case of emergency or any inconvenience. As shown in Figure 8.

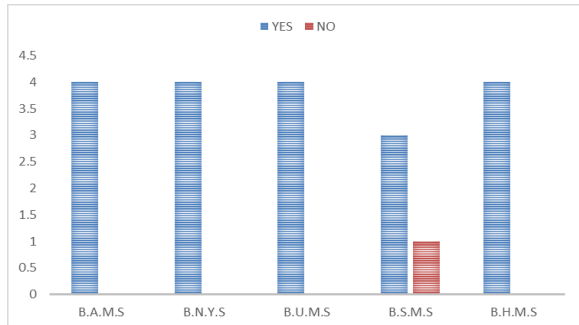


Figure 8: Degree freedom allowed for patients to follow other system of medicine

4. Discussion

Ayurveda is the ancient Indian system of health-care and longevity. It involves a holistic view of man, his health and illness. Ayurvedic treatment is aimed at patient as an organic whole and treatment consists of salubrious use of drugs, diets and certain practices [15]. Currently, Ayurveda is widely practiced in the Hindustan peninsula (India and the neighboring countries) and in recent years, has attracted much attention in economically developed countries such as those in Europe and in the United States and Japan [16]. Results of the present study indicates that following ayurvedha 1.Sankha bhasma & indhukantha gritham 4/4(100%), 2.Bhaskara lavana choo 2/4(50%)

and 3. Asta churna, pravala pisti, avipathikara churna, thiriphala churna ¼(25%) utilized on the order of priority treatment towards PUD.

Unani system of medicine is a great healing art as well as science. It treats a person as a whole not as a group of individual parts. It is aimed at treating body, mind and soul. This system is based on hippocratic theory of four humors viz. blood, phlegm, yellow bile and black bile [17]. The World Health Organization (WHO) has recognized the Unani System of Medicine (USM) as an alternative system to cater the health care needs of human population. present study indicates that following unani medicines 1.Mufereh ahmedi 4/4(100%), 2. Rub-e-amlam ¾ (75%), 3.safoof-e-tabasheer 2/4(50%) and 4.safoof-e-hazim & majoon-e-ushba ¼ (25%) utilized on the order of priority treatment towards PUD.

Indigenous systems of medicine in India has been long playing its vital role in serving the public health in various parts of India and in recent times, all over the world. Siddha system is one of the six recognized streams of Indian systems of medicine. It is well received among the masses of South India. Siddha medicine formulations are mostly polyherbal, but may also include metals, chemicals, and/or animal products [18]. Results of the present study indicates that among siddha formulations sangu parpam & kavikal choo occupies ¾ (75%) followed by this Elathy choo, uppu chenduram, anda legium & vilvathi legium occupies 2/4(50%) and lastly Thayirchundi choornam, annabedhi chenduram, pirandai uppu, jj kulambu, oma water with ¼(25%) of utilization towards treating PUD.

Homeopathy enjoys growing popularity with the lay population, but it is viewed with skepticism by academia and is still excluded from medical guidelines. Homeopathy is based on two main principals [19-21]. According to the ‘like cures like’ principle, patients with particular signs and symptoms can be helped by a homeopathic remedy that produces these signs and symptoms in healthy individuals. Results of the present study indicates that following homeopathy medicines such as 1. Nux vomica 4/4(100%), 2. kali.bichromaticum & phosphorus ¾(75%), 3. Anacardium, lycopodium & carbo reg 2/4(50%) and 4. Geranium maculatum, symphytum, ARS.ACB, pulsatilla, sulphur ¼(25%) utilized on the order of priority treatment towards PUD.

5. Conclusion

Peptic ulcer disease includes both gastric and duodenal ulcers which posed a major threat to the world's population over the past two centuries with a high morbidity and mortality. The evolution of knowledge regarding etiopathogenesis of peptic acid disease from acid-driven disease to an infectious disease has opened up this topic for various studies to find the best possible options for management of this disease. In conclusion the present study provides overall view and drugs of choice of treatment among the Indian medicine practitioners from Ayurveda, Siddha, Unani and Homeopathy in treating PUD. It's a real-time breakthrough data for budding physicians and researchers who are involved in identifying right medicine for treating PUD.

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