



# SKM VAIDHYA AMIRTHAM

News Letter of SKM in Siddha, Ayurveda and Unani

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## Ayurvedic solution for **CERVICAL SPONDYLOSIS**

Reduces Pain  
&  
stiffness of neck

Best medicine  
for  
frozen shoulder

Effective for  
Shoulder  
Pain



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### Why should we eat fruits in summer season?

It is important to ensure that your system stays hydrated in the summer, Eating summer fruits is one of the easiest ways to do this. Summer fruits provide an instant boost of energy and helps to reduce tiredness and fatigue, which is something many of us experience during the summer season.



Articles are invited in Siddha, Ayurveda and Unani fields about clinical experience, rare medicinal preparations, successful treatments, Herbal informations and AYUSH Foods for our "SKM Vaidhya Amirtham" News letter which has around 10000 copies of circulation.

Please send your Articles/Suggestions to:

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## COMBINED APPROACH OF AYURVEDA AND SIDDHA MEDICATION IN PSORIASIS

### Introduction:

Psoriasis is a common skin condition that speeds up the life cycle of skin cells. It causes cells to build up rapidly on the surface of the skin. The extra skin cells form scales and red patches that are itchy and sometimes painful.

Psoriasis is a chronic disease that often comes and goes. In psoriasis, the life cycle of your skin cells greatly accelerates, leading to a buildup of dead cells on the surface of the epidermis. The least common type of psoriasis, erythrodermic psoriasis can cover your entire body with a red, peeling rash that can itch or burn intensely. Most types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or even going into complete remission (1).

### Case Study:

Patient with age 55 year, Hindu by religion, Presented with well demarcated, raised, red scaly, silvery patches on chest, back, Scalp, both legs and hands. He complained of itching all over the body and on scraping, white powder like substances were produced and This left bleeding surface, having cracks in skin which bled quite often, especially on the back of thigh. On history, patient reported having complaints for 20 years and was diagnosed with psoriasis by allopathic physician. Since 20 years he has been taking allopathy, ayurvedic and homoeopathy treatment from various practioners of delhi. No medication gave him complete relief or sufficient effect. His blood investigations viz: LFT, KFT ,CBC was within normal limits. We started with oral Avipattikara chooranam for 3 days. After that we started Pancatikta guggulu ghrutham 5 gm two times daily along with Vetpalai thailam for local and internal use along with Gulgulu thikthakam kashayam. Patient reported 40-50% relief in symptoms within 15 days, but itching and scaling continued to occur. After 15 days, along with the said treatment we add DermooWIN tab two times daily and Alerwin tab one tab two times daily. After 15 days of said treatment patient got 70-80% relief. We continue the same treatment for next 15 days, After that patient got 90-95% relief in the symptoms. Now itching, Scaling are absent, bleeding has stopped and patches subside after leaving a black hyper pigmented area.

**Lifestyle modification :** During the treatment phase ,Patient was advised to follow strict dietary rules and life style changes according to the rules of ayurveda like dincharya ,ritucharya to prevent recurrence and to speed up the treatment .Pranayama ,yoga and meditation also help for speedy recovery and management of stress which is the key factor behind psoriasis.

### Treatment given:

**Vetpalai Tailam :** For Local Application twice daily + for Internal use 2 Drops with guggulu tiktam Kashyam 15 ml twice daily before food.

**Guggulu tiktam Kashyam :** 15 ml twice daily with equal amount of water before food.

**Panchtikta guggulu ghrita :** gm twice times daily after food.

**DermooWIN tab :** 2 tablets twice daily after food.

**Alerwin tab :** 1 tablet twice daily after food.



**Before Treatment**



**15 days after treatment**



**One month after treatment**

### Result/ Discussion:

The medicines show remarkable improvement after 15 days of treatment and the patient had been relieved from skin patches completely. The patient had started improving during treatments particularly from 3rd of external application of Vetpalai thailam and at end of 15 days' treatment.





## EFFECT OF PANCHAKARMA – NASYAM IN THE MANAGEMENT OF MANYASTHAMBAM – CERVICAL SPONDYLOSIS



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### Introduction:

Ayurveda is not merely a science but it is a science of life. Panchakarma is a unique modality of treatment in Ayurveda. The state of imbalance of three doshas [vata, pitta, kapha] in body, leads to vyadhi [Disease] and the measure adopted to bring back equilibrium is chikitsa [Treatment]. Panchakarma is shodana chikitsa [purification therapy], which involves the elimination of vitiated doshas in a complete manner, and thus recurrence of diseases is avoided. Nasyam is one of the important Panchakarma which is routinely practiced by Ayurvedic physician. It is used for prevention and treatment of various diseases. Nasya is the method in which various form of drugs like medicated oil, Churna will be made to pass through the Nasa Marga. Nasya is mainly useful in the diseases of supra clavicular region.

**Manyasthamba** – the word is composed of Manya – neck region and Sthamba – Stiffness or difficulty in mobility. According to Acharya Susruta, vitiated vata and kapha localised in 'Manya pradesh' – neck region, the 'Manya siras' – nerves of neck region leading to pain and stiffness of the neck.

### Common signs and symptoms:

Common signs and symptoms of cervical spondylosis are Neck pain or stiffness, nagging soreness in the neck, Muscle spasms, clicking, popping or grinding sound when move neck, Headaches, Dizziness etc.

### Pathophysiology:

According to Ayurveda, continuous ingestion of wrong food habits, night awakening doing heavy work, suppression of natural urges and all such causes leads to dhathu kshaya and vata prokopam, vata prakopa in kapha sthana, makes Sandhi Bandhana shithilata (Joint weakness), vitiated vata and kapha leads to pain and stiffness in greeva sandhi which end up in manya sthambam.

According to modern, the process of degeneration on the intervertebral discs, vertebral body and facet joints of the Cervical spine results in Cervical spondylosis. It is a most common progressive disorders in the aging Cervical spine.

### Clinical Experience:

Cervical spondylosis / neck pain condition is more prevalent case among both men and women. Due to wrong postural habits like prolonged mobile phone and laptop usage in improper posture, and activities involving more strain on neck and shoulder like weight lifting, two wheeler riding in bumpy roads, and improper timing in occupational life leads to increase in risks. Nearly 347 patients who visited SKM Chikitchaalaya Erode were observed in past one year. Patients include both men and women, aged between 30 to 60 years old with neck pain.

### Case Study:

47 years old Male has visited SKM Chikitchaalaya Erode with the major symptoms of neck pain since 6 months. Symptom associated with pain radiating to left shoulder and hand, Numbness from left shoulder to fingers, stiffness in left shoulder, sharp pin pointed pain in bilateral shoulder, mild vertigo and tinnitus often. On examination, Pain increases on neck movements like flexion, extension and rotation but the pain does not increase much on shoulder movements.

### MRI Cervical spine shows that:

- ❖ C3-C4 Block vertebra.
- ❖ Disc dessication with posterior and left posterolateral disc protrusion at C5 – C6 level, indenting the thecal sac, narrowing spinal canal and left neural foramina, impinging on exiting nerve roots on left side.
- ❖ Disc dessication with Disc bulge at C6- C7 level.





Patient is hypertensive and under allopathic medication for past 2 years. No illness in family history. Appetite is less and sleep disturbed due to pain. Urination and bowel movements are normal. The predominant dosa is vata kapham. He was advised to stay in SKM chikichalaya in – patient hospital for 10 days to get panchakarma therapy.

#### Treatment given:

**Prasaranyadi kashayam** – 15 ml twice a day with warm water before food.  
**Ksheerabala 101 tailam capsule** - 2 capsules twice a day with kashayam before food.  
**Shadharana tablet** - 2 tablets twice a day with warm water after food.  
**Manyawin capsule** - 1 capsules thrice a day with warm water after food.  
**Avipathikkara chooranam** – 3 gm with warm water at night after food.

#### Patient - rated symptom severity

(1)-VERY MILD / (2) -MILD / (3) -MODERATE /  
(4) -MODERATELY SEVERE / (5) –SEVERE

SYMPTOMS	DURING ADMISSION	DURING DISCHARGE
NECK PAIN	5	2
RADIATING PAIN TO LEFT HAND	5	1
NUMBNESS (+)	5	1
STIFFNESS	5	0
TINNITUS	3	0
VERTIGO	3	0
O/E – NECK	-	-
FLEXION	5	1
EXTENSION	5	1
LATERAL BENDING	2	0
ROTATION	4	1



#### Panchakarma therapy given for 10 days:

##### Phase 1 – for 1 day:

- Udhwarthanam.
- Swedanam.
- Nasyam – ksheerabala 101 avarthi tailam

##### Phase 2 – for 3 days:

- Nasyam – ksheerabala 101 avarthi tailam.
- Abhyangam with Karpasasthyadi tailam.
- Choorna pinda Swedanam.

##### Phase 3 – for 3 days:

- Nasyam – ksheerabala 101 avarthi tailam.
- Jambeera pinda Swedanam.
- Greevavasthi with karpasasthyadi tailam and sahacharadi tailam.

##### Phase 4 – for 3 days:

- Nasyam – ksheerabala 101 avarthi tailam.
- Patra pinda Swedanam.
- Greevapichu with karpasasthyadi and sahacharadi tailam

#### Discussion:

At first patient is advised to take internal medications for two weeks in OP. After two weeks, patient is advised to stay in SKM chikitchaalaya erode for panchakarma therapy along with mild yoga therapy. Symptoms mildly reduced 20% with internal medicines. So decided to proceed with the panchakarma therapy. As Nasyam is the best choice of localised panchakarma therapy for urdhva jathru vikara – disease above the shoulder, Nasyam is done with Ksheerabala 101 avarthi tailam for entire course of therapy. After the first phase of therapy like nasyam, udhwarthanam all the neck muscles like trapezius, levator scapula, supra spinatus, splenius capitus and splenius cervicis along with deltoid muscles are relaxed. After the second phase of treatment like abhyangam and churna pinda swedam, stiffness in the neck region majorly reduced. After the third phase of treatment like jambeera pinda Swedanam and greeva vasthi with karpasasthyadi and sahacharadi tailam , pain which is the major symptom of this condition reduced. After the final phase of treatment like patra pinda Swedanam and greeva pichu with karpasasthyadi and sahacharadi tailam , cervical movements like flexion, extension, lateral bending and rotation are more comfortable

In Ayurveda charaka samhitha siddhi sthana, vasthi is termed as 'ARDHA CHIKITSA' – half of the treatment for any vata predominant diseases. So matra vasthi / anuvasana vasthi is chosen as the last phase of panchakarma therapy. Matra vasthi is given with sahacharadi tailam for 3 days on 80 ml, 100 ml, 120 ml doses. Major symptoms reduced almost more than 70 % as expected after all panchakarma therapy along with internal medications.

#### Conclusions:

'Nasa hi Siraso Dwaram' which means nasa - nose is described as the gateway of Shirah – head, being a Chikitsa Siddhanta – treatment principle is proved beyond doubts for all times and its utility and applicability is proved.

The following conclusions are drawn on the basis of observations made in the clinical study of manyasthambam management with panchakarma therapy. Manyasthambam / neck pain / cervical spondylosis is commonly seen in society as a prominent problem. Strenuous physical work, old age and direct abhigata - injury are the predisposing factors in the manifestation of the disease. Nasyam is the best localised panchakarma therapy for katigraham, which is helpful in reducing the pain and relieves discomforts.





## POMEGRANATE PEEL - AN EXCEPTIONAL THERAPEUTIC PLATFORM



The world population is using plants for their various needs in terms of shelter, clothing, food, flavorings, fragrances and as medicines. Pomegranate is fruit which belongs to the Lythraceae family. It is known as *Punica granatum* scientifically. The ancient Egypt regarded the fruit as a symbol of prosperity and ambition. It is a most common fruit available in India and all over the world. The fruit Pulp is rich in antioxidants and is used in the culinary field worldwide. Whereas the peel is thrown out. The Pomegranate peel is considered as nutritionally superior than the pulp, It is a rich source of phenolics, tannins, flavonoids, saponins, terpenoids, glycosides and phlobaphenins. The extract of the peel has found to possess wide applications in the food industry due to its nutritional superiority and hence it can be used for medical purposes. In particular, the peel is the richest source of the tannin called punicalagin, which is the largest phytochemical discovered up to date. The punicalagin is a powerful antioxidant and holds three times more antioxidant activity than red wine and green tea.



Hyperuricemia is a biochemical abnormality which is clinically marked by overproduction or under excretion of uric acid leading to elevated serum uric level beyond 6-7 mg/dL. Purine is a biochemical present in all living beings, which on metabolism produces uric acid. The metabolism is catalyzed by an enzyme called xanthine oxidase, which also creates certain health defects in human (eg.oxidative stress). The causative factors of hyperuricemia are multiple such as the endogenous and exogenous, the dietary and lifestyle factors being the most common. In current scenario in the digital world, stress and poor eating habits are the commonly heard terms. The increased purine intake, lack of water consumption, lack of sleep, decreased urination, sedentary life style and other metabolic disorders such as diabetes, obesity, hypertension and Cardiovascular disease all together triggers to shoot up the blood uric acid levels.

Multiple treatment options are available its compliance rate is 18-26%. Certain research has reported that the drugs used for treatment creates certain side effects and a bit expensive too. Poor management of the condition leads to multiple consequences which may result in recurrent hospital admission and disability. It's evidences suggests that the peel holds xanthine oxidase inhibition activity. This property aids its utilization in the clinical management of hyperuricemia. Generally, the peel can be dried under sun or shade, powdered and stored in an airtight container. Later it can be added in foods while cooking or else one tablespoon of the powder can be added in boiling water and drunk. This can be effective option and creates no side effects and also delivers other health benefits such as anti-oxidant, anti-inflammatory, anti-tumor, anti-carcinogenic, hypotensive, lowering the risk of heart disease, osteoarthritis and other oxidative damage in humans.

## ALL INDIA AYURVEDA VIDYAPEETH

Our company has participated in All India Ayurveda Congress Meet held in Uttar Pradesh on March 26, 2022. Following the title of National Seminar on Ayurvedic Approach in the Management of HRIDROG.







## SKM CHIKITCHAALAYA

### PATIENT TALKS

This is the backbone and I feel pleased and satisfied with all the therapist's kind of treatment and wholehearted effort. They helped me solve all my queries, making me understand more about the procedure and feel much better.

**Arun Kumar K, Erode.**

Highly appreciate all the staff of this hospital for their excellent work and approach. Doctors has supervised my treatment and done well. All therapists, cleaning staff and supporting staffs are very helpful and supportive.

**Sasikala T, Gobi.**

I was here for my IBS and constipation problem. The overall treatment was good. The room I stayed was clean and well maintained. The staffs and doctors are amicable. I felt very comfortable and pleased about the way it was maintained.

**Kumaresan M, Trichy**

## Dr. L. MAHADEVAN IYER VISIT

Eminent Ayurvedic legend Dr. L. Mahadevan Iyer – Director of Dr.Y. Mahadeva Iyer's Sri Sarada Ayurvedic Hospital, Derisanamcope Kanyakumari Dist. Advisor of SKM Siddha and Ayurvedic Company India Private limited– Visited SKM Siddha and Ayurvedic Manufacturing unit, with his family.



He provide guidelines for keeping the quality of medicines and improving the efficacy. He discussed with our Chairman Padma Shri SKM. Maeilanandhan, Managing Director SKM Shree Shivkumar, Joint Managing Director Kumutavalli Shivkumar, Executive Director SK Sharath Ram, for making new generation of ayurvedic products and services.



He visited the SKM Chikitchalaya and Inpatient Hospital, Erode and made discussion with practicing doctors.

## INAUGURATION OF NEW RETAIL OUTLET IN DELHI NCR

The SKM Siddha and Ayurveda company has started a new Retail outlet in Ghaziabad (UP) for our SKM, Herbodaya and Tuya products in which all the Siddha & Ayurveda health care and personal care product are available. New outlet has been inaugurated by Dr. Madan Gopal Vajpayee on 4<sup>th</sup> April 2022.



Address: No.: 1407, Sector 3, Vasundhara, Ghaziabad, Uttarpradesh - 201 012. Cell: 97616 12692





Effective  
**Ayurvedic formula**  
for all types of **Fever**



- Relieves all types of viral fever.
- Best for body pain due to fever.
- Protects from infections and allergies.
- Very effective for Headache.

Solves  
**White Discharge Problems...**



- Effectively treats leucorrhoea.
- Corrects dysuria.
- Promotes general urinary tract health.

## WHITEWIN CAPSULES

### for white discharge



Leucorrhoea is a both physiological and pathological condition where women experience whitish, yellowish and sometimes in greenish colour discharge from the vagina. It also occurs when a woman affected with stress, excessive body heat, oestrogen imbalance and is also common in pregnancy.

Nowadays 25 percentage of women affected with this gynaecological complaint all over the world. It is generally defined as white fluid discharged from female genital. The abnormal leucorrhoea may be whitish, yellowish, reddish and greenish in colour due to the pathological causes like fungal, bacterial viral infections and along with the inflammatory conditions in vagina or cervix.(1)

SKM WHITEWIN capsule controls the white discharge even the patients in various pathological conditions. WHITEWIN majorly contains with Shilajith, Coral and mukta basmas and it was processed with the Ceiba pentandra stem juice and Securinega virosa fruit juices one by one. Also it controls dysuria and Promotes general urinary tract health. SKM advocate one or two capsule with milk or water twice a day after food for 15 days.

We addressed many of the leucorrhoeal cases presented to their physician reported history of whitish, vaginal discharge associated with itching. They also complained of lower abdominal pain. Based on our clinical case reports WHITEWIN decreased the symptoms like discharge and pain within 20 days of administration.

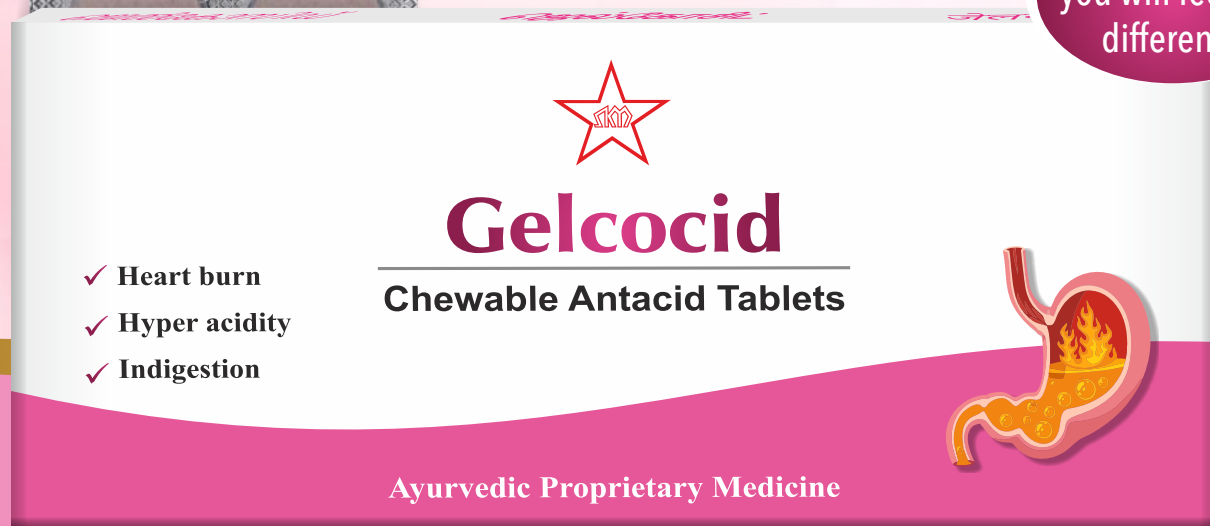


(1) Ref: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7905126/Vaginal discharge: evaluation and management in primary care](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7905126/Vaginal%20discharge%3A%20evaluation%20and%20management%20in%20primary%20care)

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**Hyper acidity &  
heart burn...**



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- ☎ Provides long-lasting relief from acidity. ☎ Controls flatulence & Dyspepsia.
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Non habitual formula | Authentic ayurvedic medicine | Best palatable remedy

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