

Don't consume **poor quality** nilavembu powder, say siddha doctors

The growing demand for '**nilavembu kashayam/kudineer**', an herbal mix believed to cure **dengue fever**, has made siddha practitioners in the city to issue a word of caution to patients to ensure that they do not buy the powder from roadside shops. They say that since such products do not contain all the core ingredients, they do not help in preventing dengue. They also say that patients should consume the '**nilavembu kudineer**' only after consulting siddha physicians.

The change in climatic conditions over the past few years led to incidences of people contracting dengue fever. Later, it was found that 'nilavembu kudineer', a siddha medicine helps in preventing the fever. Due to this, people started queuing up in siddha clinics in all government hospitals and primary health centres. The decoction was made available for two hours during the mornings in all 110 centres across Tamilnadu.

Lately, many people began preparing it in their homes by using nilavembu powder that is sold in shops. However, doctors expressed concern about the quality of the powder. They say that 'nilavembu' powder should contain minimum herbs like 'pei kudal', 'sandal', 'parpadagam', 'sukku', 'milagu' and 'vettiver'.kaduku rohine But some of the manufacturers avoid adding sukku (dry ginger), milagu (pepper),kaduku rohine and sandal due to its cost.

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Introduction

Dengue is considered to be one of the most anthropod borne human viral infection. Aedes aegypti is the vector that spread dengue fever. In Asian region, most of the deaths of children is due to the dengue haemorrhagic fever . Dengue viruses is belong to flaviviridae family. Dengue has four serotypes such as DNEV-1, DENV-2, DEVN-3, DEVN-4 which is mapped after the antibodies produced by the body after infection.

Epidemiology

Eventhough the infectious diseases are controlled due to sophisticated drug invention, the vector borne disease is still being a threat to the global health issues. Particularly Dengue leads the developing countries to public health challenge and put economic burden over them. Today about 2.5 billion people, or 40% of the world's population, live in areas where there is a risk of dengue transmission see WHO/Impact of Dengue. Dengue is endemic in at least 100 countries in Asia, the Pacific, the Americas, Africa, and the Caribbean. TheWorld Health Organization

(WHO) estimates that 50 to 100 million infections occur yearly, including 500,000 DHF cases and 22,000 deaths, mostly among children.

Transmission of the Dengue Virus

Dengue is transmitted between people by the mosquitoes *Aedes aegypti* and *Aedes albopictus*, which are found throughout the world. Insects that transmit disease are vectors. Symptoms of infection usually begin 4 - 7 days after the mosquito bite and typically last 3 - 10 days. In order for transmission to occur the mosquito must feed on a person during a 5- day period when large amounts of virus are in the blood; this period usually begins a little before the person become symptomatic. Some people never have significant symptoms but can still infect mosquitoes. After entering the mosquito in the blood meal, the virus will require an additional 8-12 days incubation before it can then be transmitted to another human. The mosquito remains infected for the remainder of its life, which might be days or a few weeks.

Recovering from illness

Febrile Phase:

- Fever with head ache
- Fever - "biphasic pattern"
- Muscle and Joint pain
- Generalized maculopapular rash
- Abdominal discomfort - Abdominal pain, Nausea, Vomiting and diarrhea
- Hemorrhagic rash
- Clinically, the platelet count will drop until after the patient's temperature is normal.

Critical Phase:

- High fever
- Thrombocytopenia (<100,000 platelets per mm³)
- Hematocrit - more than 20%
- Encephalitic occurrences

Dengue shock syndrome

- Weak speedy pulse
- Narrow pulse pressure (Less than 20 mm of Hg)
- Cold clammy skin and restlessness

Dengue shock syndrome as it is an emergency should be hospitalized immediately.

Dengue in Siddhs

Siddha system of Medicine groups all types of pyrexia as single disease known as Suram. It includes the vector borne diseases like Malaria, Dengue. Among them Siddha equates the Dengue to Pitha Suram. Sura Vadagam, a Old Siddha text describes the symptoms of Pitha suram as fever with dryness of mouth, red coloured urine (hematuria), nausea, vomiting, anorexia, bitter sensation in tongue, ulceration in mouth, myalgia, dysentery, yellowish discoloration of sclera (jaundice), increased thirst, fever followed by chills at some time. Siddha Maruthuvam, another Siddha text describes the symptoms as are increased sleep, red coloured feaces and urine, dysentery, vomiting, bitter sensation in tongue, coma, symptoms of altered sensorium, increased thirst.

Siddha literature, 'Agastiyar sura nool 300' describes that the 'Pitha suram' can causes bleeding correlates the haemorroge in dengue fever.

The symptoms described by the above mentioned texts correlates with the definition of Dengue Fever by WHO (Dengue: Guidelines for diagnosis, treatment, prevention and control edition2009, Dengue haemorrhagic fever: diagnosis, treatment, prevention and control. 2nd edition. Geneva: World Health Organization. 1997)

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A Combination of Nilavembu Kudineer/kashayam and Adathodai Manapagu in the management of dengue fever

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Subject Area:

Life Sciences

Abstract:

In the present scenario Siddha system of medicine plays a vital role to combat against viral infections such as Dengue fever. It is an acute febrile illness caused by arthropod borne virus, the global prevalence of which has grown dramatically in recent decades. A large proportion of population who need hospitalization for this febrile ailment are mostly in paediatric age groups. Hence there is a need to explore effective Siddha formulations for its management. This pilot study is a descriptive clinical documentation of a set of Siddha formulations Nilvembu Kudineer (NVK) and Adathodai Manapagu (ADM) administered in twenty cases for a scheduled period of seven days. This documentation reveals that the scheduled intervention has a notable role in achieving satisfactory symptomatic relief and significant improvement in laboratory results. Further it is assured for safety in usage and no adverse effects were noted.

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Nilavembu Kudineer/kashaya Choornam Treatment For Dengue Fever

Dengue fever also known as breakbone fever is an infectious tropical disease caused by the dengue virus. Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash that is similar to measles. In a small proportion of cases the disease develops into the life-threatening dengue hemorrhagic fever, resulting in bleeding, low

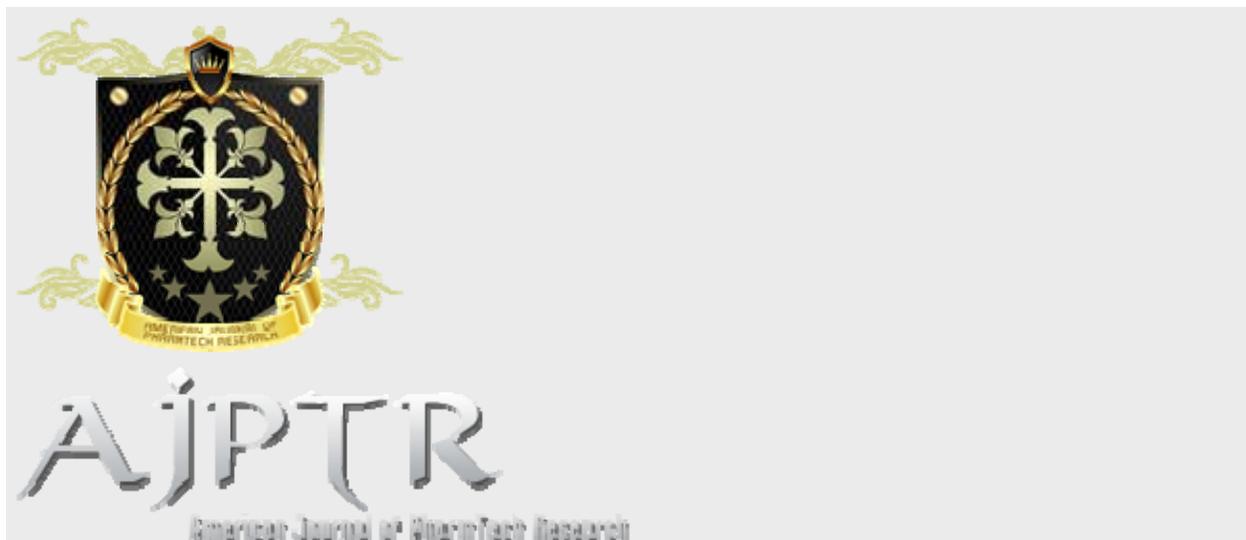
levels of blood platelets and blood plasma leakage, or into dengue shock syndrome, where dangerously low blood pressure occurs.

Dengue is transmitted by several species of mosquito within the genus *Aedes*, principally *A.aegypti*. The virus has four different types; infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others.

NilavembuKashayam (Anti-Pyretic)	Fever, malarial fever and fevers with shivering.	Take 30 to 60 ml of decoction twice daily internally.
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Nilavembu Kashayam/Kudineer Choornam is effective for all types of fever like malarial fever, chikungunya, Dengue Fever and fevers with shivering. Recently Government of Tamilnadu announced that, Nilavembu Kashaya Choornam is the best medicine for Dengue Fever.

Dosage: Take 30ml (for Children) and 60ml (for Adults) of decoction twice daily internally.



A review on Ethnopharmacological aspects of a Siddha drug Nilavembu Kudineer

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ABSTRACT

Siddha physicians prescribe many drugs to bring around several viral infections such as swine flu, chikungunya and dengue nowadays. The poly herbal decoction *Nilavembu Kudineer* (NVK) is a familiar one in this series. This drug is administered for all age groups and observed by nil adverse effects. Even Tamil speaking people are well known of this drug irrespective of their literacy, knowledge about medicine etc. Many researchers rivet over this drug because of its rescuing nature from various microbial infections. Here, an attempt has been made to summarize the explored ethno pharmacological activities of the ingredients in order to strengthen the scientific facts favoring this drug. This will put a step ahead in the field of research for further studies.

Keywords: Siddha, *Nilavembu*, Dengue

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