

Effect of Modified Traditional Medicine Formulation-16 (*Apunyein-Thway-Hsei*) in The Treatment of *Rajonivruti*(Menopausal Syndrome)

Moh Moh Aung (2014)

ABSTRACT

Menopausal symptoms have been considered as a major health problem in women with long term consequences. The chance of occurrence is expected to be increasing due to the average age has steadily increased in the last century all over the world. According to Traditional Medicine, menopause is caused by aggravated *vata dosha* entering the *shukradhatu* of the *artavavahasrota* (female reproductive system), resulting menopausal syndrome. The present study was taken up with the objective of evaluating the efficacy of Modified TMF-16 in the treatment of *Rajonivruti* (menopausal syndrome) and the association between serum FSH level and *prakriti* (constitution). It is a quasi-experimental study done in Mandalay Traditional Medicine Teaching Hospital over one year period (from July 2013 to August 2014). Total 33 patients with *Rajonivruti* were included. The serum FSH levels of study population were analyzed and *prakriti* were determined by questionnaires. Data were analyzed using SPSS software version 21 and improvement of symptoms score were compared using Pair Sample T-test and One Way ANOVA. P value was <0.05 considered as significant. There were 33 patients with *Rajonivruti*. The mean age of patients was 52.15 ± 3.44 years (range 46-62). Most presenting symptom was night sweating that was severe in 96.9% of cases. It was found that 52% of study population was *pitta prakriti*, 30% was *vata prakriti* and 18% was *kapha prakriti*. Serum FSH level was associated with the severity of menopausal symptoms in *vata prakriti* ($p=0.003$). It was highly significant in improvement ($p<0.0001$) of menopausal symptoms by treating with Modified TMF-16. Therefore, muscle and joint pain was not significant ($p=0.023$) in this study. There was no association between *Rajonivruti* and age, marital status and physical status (BMI). Modified TMF-16 was significantly effective ($p<0.0001$) on *Rajonivruti* (Menopausal symptoms) and serum FSH level was associated with the severity of menopausal symptoms in *vata prakriti* ($p=0.003$).

Effect of Medicated Oil of *Alpinagalanga*(L) Willd. *Nasya Karma* in Patients with *KaphajaShira Shula* W.S.R. to Chronic Sinusitis

NaingKeeMyu Mang¹, KyiKyi Oo¹, Win Myint¹, Than Ohn¹, MaungMaung Thet¹,
TheimKyaw², SanSan Htay⁴, Kyaw Oo³

1. University of Traditional Medicine, Mandalay
2. Department of Traditional Medicine, Nay Pyi Taw
3. Department of Medical Research (Pyin-Oo-Lwin Branch)
4. University of Medicine, Mandalay.

ABSTRACT

KaphajaShira Shula in Traditional Medicine has been correlated with chronic sinusitis according to literatures. Chronic sinusitis is a common disease worldwide, particularly in places with high levels of atmospheric pollution. In pathological concept of traditional medicine, *KaphajaShira Shula* occurs due to the vitiation of *Kapha* and *VataDosha* and *KaphaDosha* is predominant in this condition of *KaphajaShira Shula*. The present study was conducted to evaluate the effect of medicated oil of *Alpinagalanga* (L) Willd. *Nasya Karma* on patients with *KaphajaShira Shula* W.S.R. to chronic sinusitis after obtaining informed consent from OPD and IPD in 100 bedded Traditional Medicine Teaching Hospital (TMTH). Thirty three cases presenting with the clinical presentation of *KhaphajaShira Shula* patients were selected and studied by hospital based Quasi-clinical study design from 1st September 2013 to 31st October 2014. Radiological assessments (Sinus X-ray) before and after treatment were carried out and the registered patients were prescribed for oral administration in tablet form 2 gm of the same ratio of combination of TMF-23 and TMF-24 with lukewarm water three times per day after meal for 24 days. The duration of the study was taken 24 days and every 8th day was the rest day in this study. The results obtained from this study were analyzed and compared with the serial effects of the clinical presentation at day 0 with day 8, day 16 and day 24 with the *one sample t-test* by using SPSS software version 20. In the serial effect of the therapy according to the clinical presentations of patients with *KaphajaShira Shula* in mean percentage, this study proved that headache (43.41%), heaviness of head (63.77%), nasal discharge (47.71%), nasal obstruction (49.38%), impaired sense of smell (36.53%) were statistically highly significant relief after treatment with this medicated oil *Nasya Karma* by $p < 0.000$, and facial pain (23.08%) and post nasal discharge (10.43%) were statistically significant relief after treatment by $p < 0.001$ and $p < 0.04$ respectively. The overall serial effect was moderate improvement after treatment at day 24 and statistically highly significant by $p < 0.000$. The findings obtained from this study could be proved that the medicated oil of *A. galanga* (L) Willd. *Nasya Karma* is effective in the management of the patients with *KaphajaShira Shula* W.S.R. to chronic sinusitis. In addition, it is believed that this medicated oil has heterogenous properties of *Khapha* and *Vata* as well as *Vayu* and *Apo Mahabhutain* concept of traditional medicine.

**Effect of Myanmar Traditional Therapy in patients with *Arisa*
(Haemorrhoids)**

KhinYatanarHlaing*, Win Naing*, Ni NiZaw*, AungKyaw Min*,
Hla Moe**

University of Traditional Medicine*, University of Medicine (Mandalay) **

ABSTRACT

Arisa (Hemorrhoids) pertains to a disease occurring in guda (anorectal region) and it is torturing to the patients. It may create hindrance or suppression on ano-rectal passage. Many people suffer from haemorrhoids which can be uncomfortable and sometimes painful. Various modalities of treatment for Arisa have good outcome. Among them, the purpose of this study was undertaken to investigate the effect of Myanmar Traditional Therapy in patients with Arisa (haemorrhoids). Myanmar Traditional Therapy for Arisa (haemorrhoids) means that it is conservative treatment and non-invasive treatment, including TMF -12 and TMF -27 orally, TMF -49 ointment based cream was used for anal application and modified Anumupanhsei: was used for anal phanhteihsei. Modified Anumupanhsei: was prepared by adding 6 times of potassium Aluminiumsulphate (Kjauk chin) to the original Anumupanhsei:. Forty one cases with haemorrhoids patients were studied by hospital based quasi experimental study design in Ulcer and Sore Therapy Ward of Traditional Medicine Teaching Hospital, Mandalay from 1st September 2013 to 31st October 2014. The study was conducted by history taking, physical examination and intervention of Myanmar Traditional Therapy on haemorrhoids patients for 28 days. The changes of signs and symptoms of haemorrhoids were assessed at day 7, at day 14, at day 21 and at day 28. It was found that the serial effect of Myanmar Traditional Therapy on haemorrhoids patients was statistically significant at day 7 ($p < 0.000$), at day 14 ($p < 0.000$), at day 21 ($p < 0.000$) and at day 28 ($p < 0.000$) respectively. The percent improvement of signs and symptoms score after treatment was 73% (marked improvement) with ($p = 0.000$). Therefore, Myanmar Traditional Therapy was highly significant effective in haemorrhoids patients. Besides, according to Traditional Medicine concept, Myanmar Traditional Therapy has the effect that relief on Arisa/haemorrhoids caused by heat and excessive internal pathavi.

Effect of Myanmar Massotherapy in the management on patients with *pakshaghata* (hemiplegia)

Su Mon Khaing, Hla Moe, Than Ohn, Maung Maung Thet, Ni Ni Zaw, Kyaw Oo

ABSTRACT

This present study was aimed to find out the effect of Myanmar Massotherapy in the management on patients with *pakshaghata* (hemiplegia) admitted to physical medicine ward, Traditional Medicine Teaching Hospital, Mandalay. Study design of this study was hospital based clinical trial carried out from September 2013 to August 2014. Medicines used in this study were produced from Myanmar Traditional Medicine Factory, Mandalay. In the present study, 62 cases with *pakshaghata* were studied for the effect of Myanmar Massotherapy. Myanmar massotherapy is kneading or pressing on the pressure points by using tip of finger, digital ball of the thumb, palm and heel of the hand. The duration of treatment taken for this study was 48 days for each patient. The effectiveness of Myanmar Massotherapy was measured with assessments of grading for power and gait, finger movement, wrist drop, foot drop, abduction, flexion, external rotation and internal rotation of shoulder joint, flexion, abduction, adduction and extension of hip joint, sitting from lying down, standing from sitting, flexion of elbow joint, flexion of knee joint, dorsiflexion and plantar flexion of ankle joint, toe movement, simple shoulder test and simple hip test on day 0, 16, 32, 48. Statistical analysis on paired t-test and one way ANOVA method was done by using SPSS statistics (version 20). It was evidenced that mean effect on *pakshaghata* was statistically significance ($p = 0.000$). Therefore, there was statistically significant for the treatment of *pakshaghata* by Myanmar Massotherapy. In the present study, the mean value of signs and symptoms of *pakshaghata* in day 0 was 76.56 and that of day 48 was 34.81 and p value was .000. The mean score of signs and symptoms of *pakshaghata* was significantly decreased in this study. Myanmar Massotherapy used in this study was cost effective, easily available and less side effect. The results of this study suggested that Myanmar Massotherapy can be treated to get better outcomes in rehabilitation of *pakshaghata*. Therefore, the *pakshaghata* can be treated by Myanmar Massotherapy used in this study.

EFFECT OF *HSEI-WEIK-ZA* IN PATIENTS WITH *VATARAKTA* WITH SPECIAL REFERENCE TO GOUTY ARTHRITIS

Thandar Soe*, Maung Maung Thet*, Thin Thin Toe*, Win Naing*, Cho Yi Myint**,
Thein Zaw Linn***,

*University of Traditional Medicine, Mandalay

**University of Pharmacy, Mandalay

***Research and Development Division, Nay Pyi Taw

Abstract:

Vatarakta is a heterogeneous disorder that results in the deposition of uric acid salts and crystals in and around joints and soft tissues. *Vatarakta* comes under the purview of Gouty Arthritis. Various modalities of treatment for *Vatarakta* have good outcome. Also in Myanmar, Myanmar traditional medicine practitioners have been using *Hsei-Weik-Za* (HWZ) for the patients with *Vatarakta* since several years. The HWZ has property to reduce vitiated *kapha dosha* and *medas dosha* which are the major causative factors of *Vatarakta*. To study the “Effect of *Hsei-Weik-Za* in patients with *Vatarakta* with special reference to Gouty Arthritis”. According to the source of data, 44 patients suffering from *Vatarakta* with signs & symptoms and hyperuricaemia were selected from Out Patient Department of (100) bedded Traditional Medicine Teaching Hospital, Mandalay. Hospital based Quasiexperimental study of 44 patients with Simple Random Sampling Method (patients were subjected to *Hsei-Weik-Za* three times per day with warm water in an interval of 28 days) was undertaken. Therapeutic effect was observed using the subjective and the objective criteria which were graded and analyzed statistically. Moderate to marked improvement of the symptoms of *Vatarakta* was observed in this study. But overall response was significantly more in total symptoms score (marked improvement 75%) with p value was 0.000 but uric acid level from day 0 to day 14 (moderate remission 67%) when compared to from day 14 to day 28 (mild remission 33%) with p value was 0.008. Therefore, *Hsei-Weik-Za* is found to be more effective in the management of *Vatarakta* with signs and symptoms than hyperuricaemic *Vatarakta*.

EFFECT OF MYANMAR MASSOTHERAPY IN THE MANAGEMENT OF NECK PAIN DUE TO SANDHIGATA VATA

Wint Theingi, Thein Zaw Linn, Yin Yin Thi, Win Myint, Maung Maung Thet

University of Traditional Medicine

ABSTRACT

The present study entitled “Effect of Myanmar massotherapy in the management of neck pain due to *sandhigata vata*” aims to undertake the conceptual and scientific study of neck pain due to *sandhigata vata* by providing Myanmar massotherapy. Neck pain due to *sandhigata vata* is not only a common condition noticed by many individuals in their daily life but also common clinical problem in traditional medicine. The objective of this study is to study the effect of Myanmar massotherapy in the management of neck pain due to *sandhigata vata*. The design of this study is hospital based quasi-experimental study. The study period was started from 1st September 2013 to 31st August 2014. Total 44 subjects after obtaining informed consent from IPD and OPD in 100 bedded Traditional Medicine Teaching Hospital (TMTH), Mandalay were selected according to signs and symptoms who were diagnosed as neck pain due to *sandhigata vata*. Radiological assessment (X-ray of cervical region) was carried out in patients where necessary to ascertain the diagnosis as well as differential diagnosis. Registered patients of neck pain were prescribed for oral administration of TMF-24 in tablet form-(2g) three times per day with lukewarm water after meal for 24 days. The subjects were performed detailed procedure of therapeutic massage. The Myanmar massotherapy treatment was given for three consecutive days, and every 4th day was kept rest. This schedule was repeated for six times. The assessment of signs and symptoms were done on day 0, day 12 and day 24. Data resulting on signs and symptoms of neck pain due to *sandhigata vata* was done with paired sample t-test, one way ANOVA test by using SPSS software version 20. Effect of Myanmar massotherapy according to signs and symptoms are relief from pain 93.1% ($p<0.000$), radiation of pain 47 % ($p<0.000$), tenderness 54% ($p<0.000$), headache 49.6% ($p<0.000$), flexion 60.6% ($p<0.000$), extension 65.1% ($p<0.000$), left bending 66.3% ($p<0.000$), right bending 67.5% ($p<0.000$), left rotation 63% ($p<0.000$) and right rotation 63.2% ($p<0.000$). Out of 44 patients after completion of treatment 4 (9.1%) patients were cured, 36 (81.8%) patients were marked improvement, 4 (9.1%) patients were reported as mild improvement. None of the patient was found unchanged. According to One-Sample Statistics, percent improvement after day 12 was 47.41% ($p<0.000$). Percent improvement between day 12 and day 24 was 36.04% ($p<0.000$). The overall effect of Myanmar massotherapy on neck pain patients was 66.95% ($p<0.000$) after day 24. Based on the finding results, it can be stated that there is serial improvement by providing Myanmar massotherapy in the management of neck pain due to *sandhigata vata*.