

# 3<sup>rd</sup> International Conference and Exhibition on **Traditional & Alternative Medicine** August 03-05, 2015 Birmingham, UK

## **An analysis on the effect of pattru-topical application with Kaatu seeragam (*Vernonia anthelmintica willd*) in the treatment of Karappan (atopic dermatitis) - A single case study**

**C Mary Sharmila, A Faridha and S Yamini Priyadharsini**  
Government Siddha Medical College, India

**Introduction:** *Vernonia anthelmintica willd* (kaattu seeragam) is a common herb found in India. Its medicinal properties to act on the skin have been hailed in the traditional system of Siddha Medicine. Myriad studies stand testimonial to the anti-inflammatory and anti-microbial activities of *Vernonia anthelmintica willd* (kaattu seeragam). It is also a promising commercial and industrial crop.

**Objective:** A single case study to analyze the proficiency of *Vernonia anthelmintica* (kaattu seeragam) as pattru in the treatment of karappan (atopic dermatitis).

**Methodology:** *Vernonia anthelmintica willd* (kaattu seeragam) seeds grounded with lemon juice can be used as pattru in the management of skin diseases, as indicated in siddha Materia Medica. To confirm the theory, a single case study was attempted with application of kaattu seeragam as pattru for karappan (atopic dermatitis). The vigor of the drug was monitored using the SCORAD score for atopic dermatitis. A patient with karappan (chronic atopic dermatitis) for more than 20 years was chosen. The patient had severe atopic dermatitis with the SCORAD score of 55.7. The kaatu seeraga (*Vernonia anthelmintica willd*) pattru was topically applied for 10 days and changes were observed.

**Result:** Significant change in the SCORAD score was observed which indicates a dramatic decline, from a severity score of 55.7 to a moderate score of 29.5 in a period of 10 days.

**Conclusion:** Kaatu seeragam (*Vernonia anthelmintica willd*) pattru can be effectively implied in the management of karappan (atopic dermatitis), proving the context of the medicinal property of the drug, for treating skin disease as quoted in Siddha Materia Medica.

[cmsharmi23@yahoo.com](mailto:cmsharmi23@yahoo.com)

**Notes:**