

An open clinical evaluation of selected siddha regimen in expediting the management of covid-19 –a randomized controlled study

S.M. Chitra

Government Siddha Medical College, India

Introduction: The corona virus disease 2019 (COVID-19), an acute respiratory disease, caused by a novel corona virus (SARS-CoV-2, previously known as 2019-nCoV), obtained worldwide attention. The World Health Organization (WHO) officially declared the Covid-19 epidemic as a public health emergency of international concern. In this review, we explored the potential siddha strategies for covid – 19 infections. Aim and objectives: To evaluate the additional benefits of siddha drugs Vasantha kusumakaram mathirai, Thippili rasayanam, Adathodai manapagu and Kabasura kudineer compared to the allopathic standard treatment alone in COVID-19 asymptomatic, mild – moderate cases.

Materials and Methods: The present study was an open label Two arm - randomized controlled interventional clinical study. Group I patients were assigned to Siddha add on treatment whereas Group II patients were assigned to standard treatment alone. The patients recruited for the study were Covid 19 RT-PCR +ve patients declared by Tamil Nadu Government and admitted in IPD (in patient ward) at Omandurar Government Medical College Hospital. The sample size was 100 for each group.

Result: Among the gender distribution observed in Siddha add on Group and standard Group 71, 69 were males and 29, 31 were females respectively. The mean age of patients was observed as 42.98 in Siddha add on Group and 45.68 in standard Group. The average number of days taken for reduction of symptoms after the treatment was 3.21 in Siddha add on Group and 5.13 in standard Group (n=100) and the Siddha add on Group showed significant results ($P<0.001$) when compared with standard Group. The real – time polymerase chain reaction (RT-PCR) investigation turned negative for 78.33% in Siddha add on Group and 33.33% in standard Group patients after 11-14 days duration of treatment. Similarly, the before and after Computed tomography (CT) chest, Ground glass opacities covid pattern lung involvement percentage showed highly significant reduction ($P<0.0001$) in Siddha add on Group, when compared with standard Group, which showed significant reduction ($P<0.001$) for the same. In addition, Neutrophil Lymphocyte Ratio (NLR) ratio, showed significant reduction ($P<0.01$) when analyzed by Wilcoxon signed rank test in Siddha add on Group. Renal and Liver parameter test were carried out for 25 patients in Siddha add on Group as posttest. They were observed within the normal limits.

Conclusion: Finally, it was concluded that Siddha add on treatment Group showed accelerated recovery for Covid - 19 patients compared to standard treatment Group. The synergistic effect of Siddha add on with standard treatment gave more promising results in the current study of Covid -19.

17th International Conference on

Frontiers in Alternative & Traditional Medicine

May 16-17, 2022 | Webinar

Biography

Dr. Chitra working as a Faculty since 2011. At present, I am pursuing my PhD at The Tamil Nadu Dr. MGR Medical University, Guindy, and Chennai. I joined Tamil Nadu Government service on 2000. I had worked at clinical settings for 10 years in various Government settings and presently working on academic side nearly 12 years. For postgraduate students, I am guiding in their thesis. Published 17 papers as now.

Received – February 26, 2022, **Accepted** – March 1, 2022, **Published** – May 19, 2022
