

VATHA DISEASES - MARUTHUVAM

6-DAY CME MODULE

Session No.	Topic	Modules	Duration
1.	Mega Soolai Theory session	Definition of Soolai, classification of 15 varieties of (Lancinating pain) soolai, concept of agasthyar vaidhya kaandam-600, Yoogi vaidhya chinthamani and agasthiyar Gunavagada thirattu related to causes of mega soolai, , signs and symptoms of mega sollai, narithalaivatham as per yoogi vaidhya chinthamani, 23 varieties of soolai with the reference of aathmarakshamirtham, comparison of mega soolai, sukkila pramegsoolai and granthi soolai with gonococcal arthritis and syphilitic arthritis, types, signs and symptoms of gonococcal arthritis, differential diagnosis of gonococcal arthritis, three stages in syphilis, four different form of syphilis, line of treatment, treatment with preparation, external medicine.	1 ½ hour
2.	Pakkavatham Theory session	Definition of pakkavatham and patchavatham with yougi's verses , definition of stroke, hemiplegia, etiology of hemiplegia , clinical classification of stroke, 3 types of transient ischaemic attack, examination of hemiplegic patient and the findings using modern parameters of testing of cranial nerves, line of treatment for pakka vatham, internal medicines including mezhugu, chenduram, parpam, mathirai, legium, kudineer, external medicine, diet regimen and advises special medicines for pakkavatham, special treatment for pakka vatham due to various etiologies like mathumegam, (Diabetes mellitus) Mega noi (Syphilis) thamaraga noi (IHD) kudipazhakkam (alcoholism)	1 ½ hour

3.	Clinical session	12 cranial nerve examination on hemiplegic patient, motor nerve system examination, nutrition, power, tone, reflexes of muscles, sensory nerve examination, tests for cerebellar co-ordination.	1 ½ hour
4.	Thandaga vatham Theory session	Diseases frequently affect the spinal cord, comparison of thandaga vatham with lumbar spondylosis , ankylosing spondylosis and osteoporosis , definition, clinical features, causes incidence and prevention of lumbar spondylosis and ankylosing spondylitis, various x-ray findings related to osteoporosis.,Identification of some herbs in curing osteoporosis and bone fracture with scientifically proved evidence.	1 ½ hour
5.	Clinical session	Demonstration of inspection – attitude, muscle spasm, muscle wasting of lower limbs, palpation-tenderness muscle spasm, muscle wasting, local heat, movements lumbar-rotation, flexion, extension, lateral bending (lt & Rt). Neurological examination – sensation, bone, power, muscle wasting, autonomic nervous system – bladder, bowel. Reflexes-ankle jerk, knee jerk, abdominal reflex, planter reflex.	1 ½ hour
6.	Nadukku vatham Theory session	Definition of tremor, affects of tremor, causes of tremor, comparison of nadukku vatham with utharavatham, pani kamba vatham, anga salana vatham according to dictionary of Dr.T.V.sambasivampillai. Diagnosis of nadukkuvatham, importance of khanda chenduram in treating nadukku vatham.	1 ½ hour
7.	Clinical session	Case demonstration on nadukku vatham patient , general examination, tests for cerebellar signs, co-ordination	1 ½ hour
8.	Vali azhal keel vayu Theory	Definitions of vali azhal keel vayu from saba bati kaiyedu, suitable nomenclature for various poly arthritis coined by yugi muniver (Uthiravatha suronitham, paithya vatha	1 ½ hour

	session	suronitham, saithya vatha suronitham) Description of uthiravatha suronitham by yugi, definition of rheumatoid arthritis, causes of rheumatoid arthritis, signs and symptoms of deformity, skin rheumatoid nodule, extra articular features of RA, x-ray of the hand in rheumatoid arthritis , blood tests, RF in other illness, new serological test, other blood tests, rheumatoid arthritis classification criteria, criteria in clinical practice, differential diagnosis, treatment, prognosis, gold therapy-modern concept, thangaparpam elemental composition, other siddha cold preparation , mortality.	
9.	Clinical session	Case presentation on rheumatoid arthritis patient, general examination, demonstration of various deformities, rheumatoid nodules,	1 ½ hour
10.	Cagana vatham Theory session	Definition of spondylosis, spondylitis, anatomy of common vertebra, cervical vertebra, curvature of cervical spine, cervical spine movement, formation of brachial plexus, brachial plexus function and nerve (segment) motor deficit(S) sensory defecits, disk aging, factors, testing conservative treatment, cervical spine pathologies. Herniated nuclear pulposus, spinal stenosis causes including injury and accidents, growing older, every day life, symptoms, screening tests, treatment., differential diagnosis, prevention, diet, lifestyle, asanas traction techniques, contra indication of traction, precaution of traction, cervical traction positioning, effects of cervical traction, effectiveness of cervical traction cervical treatment set up, cervical collar, varmam related to cervical spine injuries, cervical thokkanam method.	1 ½ hour
11.	Clinical session	Explanation of 16 types of thokkanam method for cagana vatham, cervical traction method on caganavatham patient.	1 ½ hour

12	Azhal keel vayu Theory session	Siddha classification of keelvayu. modern classification of osteo arthritis, causes, pathology of azhal keel vayu, signs and symptoms of azhal keel vayu, examinations of the joints with findings by inspection, Palpation, fluctuation test, grating sensation, treatment guidelines-virachanam, siddha medicines internal and external.	1 ½ hour
13	Clinical session	Examination of knee joint, Inspection- attitude, knee joints swelling , skin over the knee joints, muscle wasting, deformity (Genu varum) Palpation: Tenderness, crepitation, warmth. Movements – pain onset, early morning, stiffness, nature of pains, aggravating factor, relieving factor, tenderness, restrictions fully, partial, no.	1 ½ hour
14.	Clinical approach to Asteo arthritis Theory session	Normal joint, definition of poly, oligo, mono arthritis, assessment of joint pain and distribution of pain, articular and extra articular problem, type of pain inflammatory , mechanical, associated feature, duration and onset physical signs , site and distribution of pain in RA , OA , sero-ve , differential diagnosis patterns of Arthritis, investigations, synovial fluid characteristics, synovial fluid analysis. Introduction about OA, risk factors associated with OA, pathophysiology, classification, secondary causes of OA , The warning sign of OA clinical features of OA , characteristic deformities, x-ray and radiologic Criteria. Kellegreen and Lawrence scale for OA, differential diagnosis, management guidelines, treatment approach to OA, Prevention and treatment ,non pharmacological therapy.	1 ½ hour

15.	Clinical session	Examination of osteo arthritis patient by using modern parameters.	1 ½ hour
16.	Vali keel vayu	Signs of vali keel vayu from sababathi kaiyedu, premonitoring symptoms, clinical features, alternation of three humours, naadi nadai, treatment with purgatives, internal medicines, external medicines, special medicine for vali keel vayu, forms of arthritis, complaints of arthritis, introduction of acute rheumatic fever, epidemiology, pathogenesis, factors, clinical features including heart, joint involvements, chorea, subcutaneous nodules, erythema marginatum, other features evidence of a preceding group of a streptococcal infection , jones criteria, WHO criteria for the diagnosis of rheumatic fever and rheumatic heart disease, recommended tests in cases of possible acute rheumatic fever, tests for alternative diagnosis depending on clinical features.	1 ½ hour
17.	Clinical session	Case discussion on acute rheumatic fever patient, general examination, application and examination of findings in acute rheumatic fever	1 ½ hour
18.	lay vali keel vayu Theory session	Symptoms of iya vali keel vayu from sababathi kaiyedu, alteration of three humours in iya vali keel vayu, General treatment, external therapy, special medicine, comparison with gonococcal arthritis, Forms of gonococcal arthritis, pathophysiology, host factors for disseminated infection, characteristics of the gonococcus associated with disseminated gonococcal infection, frequency united states, frequency – international, mortality, morbidity, clinical history bacteremic form. Septic arthritis form, complications, differential diagnosis, signs and tests, prevention	1 ½ hour
19.	Clinical	Demonstration of general examination of joints, joint	1 ½ hour

	session	examination on gonococcal arthritis.	
20	Rheumatoid arthritis Theory session	Prevalence and factors for RA, auto immune diseases and their management through siddha system of medicine, primary focus of discussion is on immunomodulatory drugs from siddha systems, drugs for rheumatoid arthritis from siddha system, siddha system of medicine for various auto immune diseases.	1 ½ hour
21.	Modern investigations in arthritis Theory session	Indications for investigating arthritis, lab markers, complete hemogram ,synovial fluid test. CRP, high values of RA factor anti CCP antibodies, anti nuclear antibody, causes of positive ANA. Radiography, radioisotope study , CT MRI, Immunologic tests.	1 ½ hour
22.	Clinical session	General examination of skeleto muscular system in different type of arthritis, using modern parameters for diagnosis.	1 ½ hour
	Pre and post training assessment	Assessment and feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session / day and put them in sealed envelops	1 hour
Total			34 hours

Total sessions – 22 (Twenty two)

Total Duration – 6 (Six) days