

Series of case studies on the efficacy of traditional treatment modality in the management of Carpal Tunnel Syndrome

Pramodani MPN, Wickramarachchi WJ

Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

Abstract

Carpal Tunnel Syndrome or median neuropathy at the wrist is a disabling condition present in 3.8% of the general population. The condition is characterized by the compression of median nerve at the wrist leading to paresthesia, numbness, pain and muscle weakness in the hand. Treatment in allopathic medicine includes the use of anti-inflammatory drugs, diuretics and surgery which may lead to persistence of symptoms for prolonged period or the recurrence of the symptoms. Therefore, it requires some therapy which can cure the syndrome with minimum intervention; Ayurvedic principles and management play a vital role in the treatment of Carpal Tunnel Syndrome. Thirty patients with Carpal Tunnel Syndrome were selected randomly irrespective of their age, gender, chronicity, occupation etc. and treated with *Nikadi Taila Abhyanga*, *Nikadi Patra Pottali Sweda* followed by application of *Siyabaladi Lepa* mentioned in traditional medicine, daily for a period of one month. The assessment was carried out on the basis of relief found in the cardinal signs and symptoms of the disease adopting Likert scale, depending upon their severity. The clinical trial showed remarkable reduction of pain, numbness and tingling sensation which were found to have p value of < 0.05 which was statistically significant. Therefore, it can be concluded that the selected treatment modality is effective and safe in the management of Carpal Tunnel Syndrome.

Keywords: Carpal Tunnel Syndrome, median neuropathy, *Siyabaladi Lepa*

Corresponding E-mail: pramodani@ayu.lk