

Study on the efficacy of *Peenisathilam* on patients suffering from *Peenisa noi* at Vadamradchy south west piradesha sabha, Jaffna

Kumutharanjan T^{1*}

Peenisa noi is characterized by redness of nostrils, sneezing, reddish eye and secretion, running nose, pain in the forehead and heaviness of head. This *noi* usually occurs due to allergy influenced by environmental changes and food. The objective of the study is to know the efficacy of *Peenisa thailam* in clinical patients suffering from *peenisa noi*. It is a quasi experimental study conducted at free Siddha Ayurvedic clinics functioning in the Vadamradchy South West Piradesa Sabbha, Jaffna. Hundred patients both males and females between the age of 10 -70 yrs were selected. Patients reporting with the signs of nose block, sneezing, ear block, headache, and running nose were selected for this study. These patients were advised to restrict non allergic food as a precaution. Patients with secretion of blood from the nose, wound in the nose, polyps, and nasal block due to other diseases were excluded in this study. Among the medical preparations *peenisa thailam* was selected to study its efficacy against *peenisa noi*. The side effects of this *thailam* were also observed during the study. The *peenisa thailam* consists of *Allium cepa*, *Zingiber officinale*, *Piper nigrum*, *Piper longum*, *Nigella sativa*, *Myristica fragrans*, *Cuminum cyminum*, and *Ferula asafetida* based on a recommendation of Navinna Drug Corporation, Colombo. Fifty patients were treated with *peenisa thailam* at the rate of 5ml per day for a period of 50 days on the top of the scalp and remaining were treated with equal amount of heated gingilly oil as control. Patients were observed at weekends on signs and symptoms such as sneezing, secretion in the eyes, running nose, pain in the head and phlegm continuously. Symptoms such as running nose and secretion of eye were gradually disappeared among 90% of patients at the end of two weeks. Other signs such as pain in the head, heaviness of head and phlegm were recorded in 60% of patients until 5th week and these were disappeared gradually during 6 -7 weeks. But no significant changes were observed in heaviness of head and pain in the head in 10% of patients using *peenisa thailam*. There was no improvement in those who used heated gingili oil for *peenisa noi*. The results reveal that *peenisa thailam* is the best healer of *peenisa noi* and it ensured no any adverse effects among the users in the study area in Jaffna.

Key words : *Peenisa noi*, *Peenisa thailam*, Allergy, Siddha maruththuvam

1. e-mail: tkumutharanjan@yahoo.com