

STUDY ON THE EFFICACY OF HOT COMPRESSION.

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1. Abstract

Theoretically, we learn each component's potential and effectiveness in gSo wa rig pa text, listed ingredients are good for the persons who are suffering from joint ach, gout, rheumatism if it is practiced in the form of external therapy. Among the eight groups of medicines, particular proposal falls under the category of plant medicine. It requires herbal plants such as *Genda-patra*, *Khen-kar*, *Che-tsha*, *E-mong*, *Soob-ka* which are available in high altitude such as Lingzhi, Laya, Bumthang Lunana etc. *Tab-seng*, *Ga-cha* which are available at low altitude especially Trongsa and gelephu. It also requires other ingredient such as *yeast* and locally produced *brew (Ara)*. Grinded medicines are bound in to a piece of cloth *Chingloom (Hot Compression)* and get heated with wine and water stream for 50°C to 60°C. Maintain the moderate temperature and keep on the pain area for 10-15 minutes.

2. Introduction

Bhutan is also called as *Menjong*, meaning “The valley of medicinal herbs”. According to the medicinal Buddha, “everything on the earth is a medicine” it comprises of eight groups such as earth, rock, water, plants, trees, animals, minerals and precious jewel, (gold, silver)

As a trainee we study about all the medicines that are available everywhere on the earth and it is noticed that those medicines are not implemented practically. So, in order to bring those effective medicines in to the practical base, I would like to discover **Efficacy Hot compression** by using ten different herbal medicines which are available in our country. It has the potential to control gout, rheumatism arthritis and cure joint pain. Hence, for the development of national traditional medicine service and for the wellbeing of the people of Bhutan, I have decided to carry out the research.

3 Objectives

To find the efficacy of the compound

a) Hypothesis

According to the medical text, above ten components have a potential to relieve (control) joint pain related to rheumatism arthritis and gout, so by grouping all the ten ingredients, I want to find its effectiveness.

b) Background

Buddha is so compassionate that he transforms himself in to medicine and reliefs the pain and suffering of the sentient beings. According to the medical text, it stated that there are thousands and thousands of diseases, from which 404 can be treated with different kind of medications using different types of medicinal herbs.

High potential and efficacy of the medicines are immeasurable but practicing theory in to practical is rare. Currently, there are few therapies in ITMS including herbal bath, gold needle, silver needle, steaming which is very beneficial to the patients.

We follow the traditional method. We don't have machines to test the blood; we don't have machines to test urine, pressure and other related problems thus, patients are treated traditionally.

Besides the above therapies, mentioned Hot Compression is going to be a very effective treatment to the mentioned disease.

4. What are Gout/ rheumatism / joint pain? Arthritis is mainly a disease of joint including wrist, knee, ankle but it can happen in other joints too. A joint is where two bones connect.

5. What causes Gout/ rheumatism / joint pain?

1. Heavy works
2. Wear and tear on the cartilage of the joints
3. Diet that imbalance the blood and serum in the joints
4. Too much oil in diet

6. Sign and Symptoms

1. Pain in the joints
2. Stiffness for a certain time in the morning
3. Swelling
4. Cracking sound from the effected joints/area
5. Deformed joints

6. Sweating

a) Essential Herbal Medicines are:



Family: Ranunculaceae

Gso-rigname: lche-tsha

Distribution: Ha, Thimphu and Mongar districts, Upper Mo Chu, Upper Bumthang Chu and Upper Kulong Chu.

Habitat: Damp clearings in Spruce, Hemlock and Fir forests, in alpine meadows and scrub.

Altitude: 2560 – 4570 m.

Part used: Aerial

Uses: Antiseptic, Antipyretic and heals wounds and pus.



Family: Ranunculaceae

Gso-rig name: Srub-kha

Distribution: Lingshi, Dagala and Bumthang.

Habitat: Streamside's and clearings in cool broad-leaved, evergreen oak, blue pine and hemlock forest and more rarely in alpine meadows.

Altitude: 1980 - 3960 m

Part used: Seed

Uses: Anticoagulant, used in dropsy and increases body temperature.

Name: Khenkar

Family: Compositae

Distribution: Lingshi, Dagala and Bumthang.

Habitat: Stony slope and sandy ground.

Altitude: 3600 - 4800 m

Part used: Aerial parts

Uses: Allays abscess, swelling of limbs



Family: Oleaceae
Name: Tabseng
Distribution: Trongsa and Zhemgang
Habitat: Forests and cultivated areas/inner dry valleys
Altitude: 1200-2700 m.
Part used: Bark
Uses: swelling of limbs, fractures



Name: Gacha
Habitat: Forests and cultivated areas/inner dry valleys
Altitude: 1200-2700 m.
Part used: root
Uses: swelling of joints,



Name: Genda- patra
Habitat: Lingzhi
Altitude: 3600 - 4800 m
Part used: Aerial parts
Uses: swelling of joints,



Name: E-mong
Distribution: Trongsa, Zhemgang and Thimphu area
Habitat: Forests and cultivated areas/inner dry valleys
Altitude: 1200-2700 m.
Part used: Aerial parts
Uses: swelling of limbs, fractures



Name: Bang-ma

Distribution: locally prepared.

Uses: swelling of limbs, fractures



Name: Ba-cha

Distribution: Market

Uses: swelling of limbs, fractures



Name: Yeast

Distribution: Market

Uses: swelling of limbs, fractures



7. How it is prepared

Ching-loom is prepared as per the procedure of Due-tsi nga-loom.

1. Chopping and drying

The above mentioned herbal drugs are then collected and chopped for drying process.



2. Powdering



Dried ingredient is measured before it is processed for grinding. Before, man force was required to



make the complete powder. One KG of ingredients almost took three to four

days to get be grinded in to a complete powder. But now a day, following the conventional method it is less time consuming, it only takes five minutes to grind four to five KG of ingredients.



3. Mixing method

| SI No | Name | Quantity | quantity | Ratio |
|-------|----------------------|----------|----------|-------|
| 1 | ཅེཤ། Chetsha | | 700 gm | 3 |
| 2 | རྩེ་མོང། E-mong | | 700 gm | |
| 3 | སུབ་ཀ། soob-ka | | 700 gm | |
| 4 | འཇམ་རྟ་ལྟ་ས། Khenkar | | 350 gm | |

| | | | | |
|--------------|---------------------------|----------|-------------------|---|
| 4 | གཏུ་པ་ཟླ། Genda- patra | | 350 gm | 2 |
| 5 | ཏུ་སེང། Tab-seng | | 350 gm | |
| 6 | གཱ་ཇ། Ga-cha | | 350 gm | |
| 7 | པ་ཇ། Ba-cha | | 350 gm | |
| 8 | བང་ཀམ། Bang-kam | | 350 gm | |
| 90 | ཡམ་ Yeast | | 180 gm | 1 |
| 99 | ཇ་ wine | | 2250 mililitrs | |
| Total | | 4 | 370 | |

4. Boiling

Mix 4 kilogram and 370gram of the grinded ingredient with 2250 liters of



wine and 1500 liters of water and make it similar to a mud like state, where it stays in its wet condition.. After that, the mixture is then put into the pot for boiling. Pour small amount of water to prevent it from getting burn while heating. Cover with lid and boil it for one hour, steer it every after 10 minutes to prevent from burning mixture



from the bottom of the pot. After an hour, take off from the oven and observe carefully the temperature may rise up to 70 to 80 degree, where it's not possible to add the catalyst. Wait till the temperature lower downs to 37 degree. Steer the boiled mixture to moderate the temperature.



5. Fermentation

When the mixture is at 37⁰C, powdered catalyst yeast must add at ratio of 3:2:1 (main 3, others2, catalyst 1)

The formula derived from the preparation of Herbal birth, (Duetsi Ngalum) stated if:

100kg of mixture require 4kg of catalyst, 4.5kg of mixture is X
 $100\text{kg} = 4\text{kg}$

$4.5\text{kg} = X$

$100X = 4.5\text{kg} \times 4\text{kg}$

$X = \frac{4.5 \times 4}{100} = 180\text{gm}$



100

Total it requires 180 gm of yeast as a catalyst.

After the addition of the yeast to the mixture, pack it in to the air proof plastic and keep it in the room temperature for 3 days and night. (72 hrs)

After 72 hours, it should be put in to the air tied container and should be kept for a minimum of one month for fermentation.



After a month, it gets fermented and is ready to use. So that it must be stored in the air tied container.



8. How Ching-loom is bounded.

Stored medicines must be bounded a ball like shaped in a piece of cloth call *ching-loom* in the time treatment.

8.1 Hot Compression, Large size

Take 36 square cm of cloth and bind 250gm of medicine in it.



Which is going to be used in larger joints like shoulder joints and blade, knee, abdomen and spine.

8.2 Hot Compression, Small size

Use 30 squares CM of cloth and 100mg of medicine to prepare the smaller *Ching-loom*. This small ching-loom is advised to use in smaller joint like toes, fingers, wrist, etc.

9. How to use.



Bounded medicine then need to get heated by the wine and water steam.



The heated medicine is then placed on the infected joints for 10 to 15 minutes.

Uses of Hot Compression, its size and location

The ching-loom is then categorized into two sizes, large and small. Larger one is used at area like waist, knee, neck, shoulder and shoulder blade and spine.





Smaller one is used in the area like:



Conclusion

Ching-loom is a simple external therapy, it is a compound of ten ingredient which is used in the joint pain related to rheumatism arthritis and gout; it works as a controller. Most probably the research will be started by end of June 2012.

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