



EFFECTIVENESS OF NULACHI OIL (HERBAL OIL) FROM THE PREVENTION OF BURNING SENSATION ON SOLE OF FOOT

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Abstract

Burning sensation on sole of foot (Paraesthesia) is a common disorder among adult over the age of 40 years. Currently available treatment option for this condition have certain limitation. In fact there was no traditional clinical trials in Kalmunai, Eastern Province of Sri Lanka for a long time but this oil is still in use. Furthermore, these drugs are unable to completely prevent recurrence, which is common troublesome clinical problem. This study was planned to evaluate the effectiveness of NULACHI OIL from the prevention of Burning sensation on sole of foot.

This study was observational, descriptive, and clinical trial, conducted among the patients of DAH, Sammanthurai for 5 months duration from January to May 2024, A total Number of 92 Patients of both sexes from the age of 40—60 years who were clinically diagnosed as suffering from Paraesthesia, willing to give consent from the patients were enrolled in the study. 22 patients denied participation in the study. All the enrolled patients underwent a thorough clinical examination. Patients were divided in two groups. Group-1 (Test Group- 50 Patients) NULACHI OIL used. Group-2 (Control Group-20 patients) NULACHI OIL was not used. Group-1 patients were advised to apply 20 ml of NULACHI OIL for both head and foot two times a day with gentle massage for three months. Group-2 control. Clinical assessment of reduction of symptoms were done successfully, for every two weeks for three months. The efficacy endpoints showed rapid clinical improvement and symptomatic control of paresthesia. There was no adverse reaction reported or observed.

A total 70 patients were enrolled in the study. There was a highly significant reduction of all symptoms of condition, majority of patients' experienced remarkable overall improvement. There were no clinical significant adverse reaction, either reported or observed, during the entire period of study and overall compliance to the treatment was excellent. It may be concluded that NULACHI OIL is effective and safe in the prevention of Burning sensation on sole of foot.

Keywords: NULACHI OIL, Burning sensation, Sole of foot, Paresthesia.

1. Introduction

Burning sensation on sole of foot (Paraesthesia) is also called Anal Vadam, Thimir Vadam, Suvadam and severe condition called Kaya Vadam by traditional Physician who are living in Kalmunai area. Paraesthesia is one of the common problem faced by adult Men and Women over 40 years of age, this problem can range from mild to severe and may be acute and chronic. According to Ayurveda this problem is due to imbalance of Pitta. According to Unani Medicine this problem is due to imbalance of Safra and rarely due to imbalance of Sauda.

Common cause of Burning sensation on sole of Foot is overuse, obesity, nerve damage, blood disorder, alcoholism, Vitamin B deficiency, gout, trauma, athlete's Foot, neuroma, peripheral Neuropathy, Diabetic Neuropathy, heat burn, compression of back nerve, contact dermatitis, Hyperlipidaemia, Insomnia, chronic stress, and increase Pitta matter in blood. Some dietary habits also aggravate this condition such as bitter cord (Pavakkai), Drumstick (Murunkai), Thirai, Manihot, Sunkan Fish and Chicken. In Unani Medicine, many drugs are described in the treatment of Burning Sensation on sole of Foot for oral as well as local use. By the traditional Physician,

particularly NULACHIYAR Family in Kalmunai area has been using NULACHI OIL by generation by generation in the Burning Sensation of Foot with effective treatment.

2. Objective

To evaluate the effectiveness of NULACHI OIL (Herbal Oil) in the treatment of Burning Sensation of Foot.

3. Methodology

3.1. Study design

This study was observational, descriptive, and clinical trials.

3.2. Duration of study

5 months from January to May 2024

3.3. Place of study

Study was conducted in the Out Patient Department of DAH, Sammanthurai, Kalmunai area, Eastern Province of Sri Lanka.

- ❖ Informed consent were obtained from patients before entering the study
- ❖ Sample size:-70
- ❖ Test Group (Group-1):-50
- ❖ Control Group (Group-2):-20
- ❖ All patients over 40 years with symptoms of
 - Redness
 - Swelling
 - Dull ache
 - Increase sensation of temperature
 - Tingling sensation
 - Sometime sweating

4. Investigation

- Physical Examination
- X-ray
- USS
- ANF Test
- Blood Test
- UFR

5. Intervention

- Group-1:- All patients were advised to apply 20ml of NULACHI OIL for both head and foot two times a day with gentle massage for three months.
- Group-2:- NULACHI OIL was not given
- Both Groups had been advised to take rest, elevate feet while resting, proper footwear, and cool water and used some kind of vitamins.
- Duration 3 months.

6. Outcome

- The outcome measures were assessed by relief of Symptoms.

- Patients monitored their symptoms such as Redness, Swelling, Dull ache, Increase of temperature and Tingling sensation on foot for whole three months and when they experienced symptoms they noted the severity.
- Patients in the Group-1 and Group-2 were assessed on day one before starting the treatment, and for two weeks, 4 weeks likewise for three months.

7. Results

- A total number of 92 patients were diagnosed to have Paraesthesia during the study period.
- 22 patients denied participation in the study, 70 patients were randomized in two groups to observe the effectiveness and safety of NULACHI OIL.
- In Group-1, 34 females and 16 males, In Group-2 12 females and 8 males.
- High prevalence age Group was 40—60 years.
- A total 50 patients were enrolled in Group-1 (Test Group) in the study. There was a highly significant reduction of all symptoms of Paraesthesia and majority of patients experienced remarkable overall improvement.
- There were no clinically significant adverse reaction either reported or observed.

8. Discussion

- In this study, more prevalence of disease was found among the females than males.
- High prevalence age group was 40—60 years, It was mentioned that as the age increases the overall prevalence of Thimir Vadam increases.
- This study demonstrate that the Thimir Vada, NULACHI OIL was more effective in relieving the symptoms of Paraesthesia.
- Normal range of laboratory Investigation indicated that the oil was safe
- I don't have any data analysis to prove this study statistically, but clinically the test group had significant response in reduction of all symptoms of Paraesthesia.
- As the drug has 11 types of Herbal plants from which preparation of oil by using Traditional knowledge and it has been used in the management of burning sensation on sole of foot is a miracle.
- Medicinal plants have been used in traditional treatment in various part of the world, especially in rural areas. Approximately 80% of the population in developing countries still use traditional medicine for their health care. The natural products derived from medicinal plants are known to produce biologically active compounds.
- The effect of study may be due to the properties possess by the 11 type of herbal drugs, and those have the action such as Analgesic, Anti-inflammatory, Soothing, Cooling, Nerve stimulation, strengthen muscle, Sedation, anodyne and Astringent.
- The patients were followed up for three months after completion of the trial of the disease to observe the recurrence. However, in test group no recurrence was found in those patients who got relieved completely from symptoms of Paraesthesia except in five cases.

9. Conclusion

- Within the limits of the present study, it can be concluded that the test drug (NULACHI IOL) are effective and safe in the management of mild to severe case of Paraesthesia without adverse effect.
- The effectiveness of test drug was assessed by reduction of symptoms of Paraesthesia, but not calculated statistically but clinically observed.

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Conflict of Interests

The authors declare that there is no conflict of interests regarding the publication of this paper.

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