

“EVALUATING CURCUMA ANGUSTIFOLIA MOTHER TINCTURE IN ALTERNATING GASTROINTESTINAL MOTILITY AMONG HEALTHY INDIVIDUALS-A PILOT STUDY”.

Amina Shiftha. M¹, Maria Dhivya², Claret mendonca³, Yusuf Jamil Qadri ⁴, Archana C Ingle⁵.

¹Internee, Alva's Homoeopathic Medical College, Mijar, Moodbidri.

^{2*}Assistant Professor and Research Coordinator, Department of Homoeopathic Pharmacy, Alva's Homoeopathic Medical College, Mijar, Moodbidri.

³Head of Department of Business and Administration, Alva's Institute of Engineering and Technology, Mijar, Moodbidri.

⁴Head of Department of Homoeopathic Pharmacy, Alva's Homoeopathic Medical college, Mijar, Moodbidri.

⁵Associate Professor, Department of Case Taking and Repertory, Alva's Homoeopathic Medical College, Mijar, Moodbidri

ABSTRACT

Gastrointestinal motility can influence the excretion of intestinal waste, which can be altered by various substances. Here in this study *Curcuma angustifolia* is investigated for its action on gastrointestinal motility. *Curcuma angustifolia* (east Indian Arrowroot) is used as an old fashioned remedy in treating diarrhoea. But no authentic literature is available in order to evaluate its efficacy in healthy individuals. And so, authors conducted this study in an attempt to evaluate the efficacy of *Curcuma angustifolia* mother tincture in altering the gastrointestinal motility among healthy individuals. 10 volunteers had been selected to conduct this study. The volunteers were selected on the basis of inclusion and exclusion criteria. Out of 10 volunteers 5 show alternation in gastrointestinal motility. Apart from this the drug presented with a different array of symptoms. Thus we can conclude that *Curcuma angustifolia* mother tincture has ability to influence gastrointestinal motility and also cause significant multisystemic physiological changes.

Keywords: *Curcuma angustifolia*, gastrointestinal motility, Healthy human proving.

1.Introduction

Gastrointestinal motility disorders are very common all over the world. It is due to a complex interplay of anatomic and neural functions. *Curcuma angustifolia* also known as East Indian arrowroot from family of Zingiberaceae. It is a nutritionally and medically important crop of tropical and subtropical India. Its usage in Ayurveda, Unani, Siddha has been reported. It is also incorporated in India and British pharmacopoeias. Rhizome pulp of *Curcuma angustifolia* is commonly known as Teekur kanda, which contains carbohydrate, and a source of commercial starch called 'tikhur'. Tikhur is traditionally used as a dietary aid for gastrointestinal disorders like colitis, diarrhea, dysentery and peptic ulcers because of soothing effect and also administered as a diuretic. Utilising the human pathogenic trail method of homoeopathy. Authors had evaluated the action of *Curcuma angustifolia* mother tincture, to alter the gastrointestinal motility among healthy individual along with its influence on other tissue through this pilot study.

2.MATERIALS AND METHODS

SOURCE MATERIALS:

Curcuma angustifolia mother tincture was prepared from the root of *Curcuma angustifolia* plant by the process of maceration in Department of Homeopathic Pharmacy, Alva's Homoeopathic Medical College.

METHODS:

Ethical committee clearance was obtained from institutional ethical committee prior to initiation of the work. The minimum of 10 volunteers were selected to conduct this study. Selection of volunteers was based on inclusion and exclusion criteria after obtaining informed consent. The *Curcuma angustifolia* mother tincture was administered in the form of water dose. i.e., 10 drops of the *Curcuma angustifolia* mother tincture. Were added to one cup of water and the volunteer was asked to consume this early morning on empty stomach. The volunteer was advised to consume only one dose and was under observation for a period of one month to notice any changes in the gastrointestinal motility and other pertaining symptoms.

The data this obtained was analyzed using George vitholkas grading system

3.RESULT AND ANALYSIS

Totality of symptoms

NO	Symptoms	V	1	2	3	4	5	6	7	8	9	Grading
1	Diarrhoea	4	+1	+3	+1	+2	NA	+1	+1	NA	NA	9
2	Excessive thirst	5	+1	+3	+1	+2	NA	+1	+1	NA	NA	9
3	Sleeplessness	5	+1	+3	+1	+2	NA	+1	+1	NA	NA	9
4	Pustular pimples on face	5	+1	+3	+1	+2	NA	+1	+1	NA	NA	9
5	Increased frequency of micturation	5	+1	+3	+1	+2	NA	+1	+1	NA	NA	9
6	Anger	2	+1	-	+1	-1	NA	-1	+1	NA	NA	1
7	Weakness	4	+1	-	+1	+2	NA	-1	+1	NA	NA	4
8	Toothache	2	+1	+3	+1	-1	NA	+1	0	NA	NA	6
9	Restlessness	2	+1	-	+1	-1	NA	-1	+1	NA	NA	1
10	Cheerful	1	+1	-	+1	+2	NA	-1	+1	NA	NA	4
11	Dry cough	1	+1	+3	+1	+2	NA	-1	+1	NA	NA	7
12	Sleepiness	3	+1	-	+1	+2	NA	-1	+1	NA	NA	4

13	Gurgling in stomach	1	+1	-	+1	+2	NA	-1	+1	NA	NA	5
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V= number of volunteers, number 1-9= George vitholkas Nine Item pathogenetic Index,

Grading:

Grade I - Diarrhoea, excessive thirst, pustular pimples on face, sleeplessness, increased frequency of micturation

Grade II - Dry Cough, Gurgling in stomach, Toothache

Grade III - Anger, weakness, sleepiness, restlessness, cheerful

Symptoms of *Curcuma angustifolia* mother tincture.

Number of volunteers:10

MIND - ANGER, irascibility

MIND - CHEERFUL, gay, happy

MIND - RESTLESSNESS, nervousness

FACE - **ERUPTION -pustules**

FACE - **ERUPTION - pimples**

TEETH - *PAIN - toothache in general*

STOMACH - **THIRST - extreme**

STOMACH - *GURGLING*

RECTUM - **DIARRHOEA**

BLADDER – **URINARY ORGANS – URINATION, -frequent**

COUGH - *DRY*

SLEEP- **SLEEPLESSNESS**

SLEEP – *SLEEPINESS* -

GENERALITIES - **WEAKNESS**

4. Discussion

Out of 10 provers 5 show alternation in the gastrointestinal motility. Out of 5 provers, 4 suffered from diarrhoea and 1 suffered rumbling sensation in the stomach. apart from this the drug presented with a different array of symptoms. Thus, *Curcuma angustifolia* mother tincture has ability to influence gastrointestinal motility and also produce physiological changes.

5. Conclusion

The author is conducting this study in an attempt to evaluate the efficacy of *Curcuma angustifolia* mother tincture in altering the gastrointestinal motility among healthy individuals by pilot study. Thus, we can conclude that *Curcuma angustifolia* mother tincture has ability to influence gastrointestinal motility and also produce multisystemic physiological changes. Further detailed drug proving is required to evaluate the action of *Curcuma angustifolia* mother tincture and other homeopathic potencies

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