



सत्यमेव जयते

वैद्य राजेश कोटेचा
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MESSAGE

Ministry of AYUSH is continuously working on propagation of Indian Traditional Health systems. Owing to the increasing response for AYUSH systems among the people, mainstreaming and standardizing the AYUSH treatment methods is quite inevitable for achieving Evidence Based practice in Traditional Medical System. Siddha system of Medicine which is one of the oldest systems of medicine practiced in Southern parts of India confined to Tamil Nadu and adjacent parts is largely therapeutic in nature and aims at providing individualistic treatment to people.

The National Institute of Siddha (NIS) has endeavored to publish this Siddha Standard Treatment Guidelines with the objective of standardizing the Siddha treatment aspects considering the contemporary need of patients and healthcare practices. These well-referenced guidelines deal with 100 diseases including Non-Communicable Diseases and various commonly reported diseases using Siddha principles.

These treatment guidelines which have been comprehensively developed by Faculty and Medical Officers of National Institute of Siddha and vetted by the External Siddha experts would facilitate the Practitioners, Academicians and research scholars to easily discover a well designed treatment protocol with collective information on every aspect of a Siddha treatment for treating a particular health concern.

I also hope that this book would be the basis for various regulatory authorities especially insurance sector. Moreover I congratulate the dedicated team of National Institute of Siddha headed by the Director Prof. Dr. N. J. Muthukumar for developing the Siddha Standard Treatment Guidelines which would play a major role in strengthening the system.

(Signature)

(Rajesh Kotecha)

New Delhi,
Dated: 26th July, 2019

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July 30th, 2019


Message

There has been a resurgence of popular interest in AYUSH healthcare services in recent years. Ministry of AYUSH is implementing various measures to strengthen the quality of AYUSH healthcare services, in which Siddha is also duly emphasized. The long term goal is that healthcare will lead to achieving the Sustained Development Goals.

The National Institute of Siddha (NIS), Chennai has undertaken the significant work of developing Siddha Standard Treatment Guidelines with inputs from experts for listing the relevant therapeutic drugs and clinical management in Siddha. The publication is intended to achieve the objective of improving the efficiency of clinical management of diseases by explaining the diagnostic aspects and the Siddha line of treatment, along with relevant literature evidences. I hope these Guidelines will become one of the standard references for practice and promotion of Siddha System of Medicine.

I complement the Director of NIS, Chennai, Prof. Dr. N. J. Muthukumar, for his strenuous effort and the hard work that he has put in into this project. I also acknowledge the contribution of various experts, faculty members and Medical Officers who were involved in developing this voluminous work.

I wish the NIS all success in all its endeavors.



(P N Ranjit Kumar)

वैद्य जयन्त यशवन्त देवपुजारी
अध्यक्ष
Vaidya Jayant Yeshwant Deopujari
PRESIDENT



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भारत सरकार, आयुष मंत्रालय, नई दिल्ली
CENTRAL COUNCIL OF INDIAN MEDICINE
Ministry of AYUSH, Government of India, New Delhi

DO No.20-1/2019/CCIM

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Message

I am pleased to know that the National Institute of Siddha is launching shortly the "Siddha Standard Treatment Guidelines" (STG) the Siddha Way of standardized treatment protocol for 100 diseases.

It is notable that the National Institute of Siddha has already published the Siddha STG few years ago and now coming up with an upgrade. The upcoming STG is included with a vast number of disease categories varying from respiratory ailments to toxic bites. It gives me immense pleasure when such documentations are done, as such initiatives pave way to the up gradation of clinical approaches scientifically which will surely benefit the system at large. I have witnessed that the National Institute of Siddha, being one among the premier institutions under the AYUSH umbrella, is always thriving to give the best quality in every aspect, let it be treatment; or education; or research. I have no doubt that this upcoming publication would be a new feather in NIS's crown. I wish the best to Dr.NJ Muthukumar, Director of NIS along with the team of faculties, students, scholars and all others who have involved and given their valuable contribution for the publication of "Siddha Standard Treatment Guidelines".

I hope and wish that the NIS will come up with many such valuable publications in the future too.

With best regards,

(Vaidya Jayant Yeshwant Deopujari)

President, CCIM

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National Institute of Siddha, Tambaram Sanatorium, Chennai has come out with a compendium of Treatment guidelines.

Siddha System of Medicine has a hoary past. The system is known to have been in existence in the long lost southern land of kumarikandam and therefore, can be dated to c.10000 B.C. Due to its antiquity that predates recorded history, the system is often associated with mythological stories.

The origin of the system is usually traced to the Lord Himself. The Almighty, in the form of Lord Shiva, is supposed to have imparted the knowledge of the Siddha system to Goddess Parvathi, who in turn, gave it to Nandikeswara. Nandikeswara was ordained to arrange for the system to be spread amidst mankind and so, he dutifully imparted the knowledge to Sage Agastya. Agastya imparted all the relevant information to his various disciples through whom the system spread across the globe.

The above-mentioned story on the genesis of the Siddha system should not be construed to distance the system from mankind. All these bits of information go to prove its historic value.

This compendium strikes significance in such a background.

Each disease is dealt with in detail. As a preamble to the treatment modalities, the presenting signs and symptoms and the pathogenesis of the disease are clearly explained. The treatment part clearly indicating both internal and external medicines is then given.

மிகினும் குறையினும் நோய்செய்யும் நூலோர்

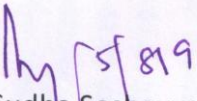
வளிமுதலா எண்ணிய முன்று observes Thiruvalluvar. Food plays an important role in the precipitation, control and prevention of diseases. In tune with this fact, advices on food have also been added. A small note on limitations in Siddha system with regard to the concerned disease found at the end of each protocol may help in interdisciplinary co-ordination.

The compendium covers a wide range of diseases.

The assortment and classification of diseases are done with care. The general outlay of the compendium is also good with typographical errors reduced almost to nil.

I extend my hearty congratulations to all those involved in the preparation of this compendium and wish that it fulfils the objective of its preparation.

All the very best


Sudha Seshayyan
Vice- Chancellor,

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GENERAL NOTE

1. This is the guidelines covering first set of diseases (100 diseases) on priority basis.
2. This compilation strictly adhere the Narcotic substance act and Wild life protection act of Govt. of India. Restricted availability – RET (Red Endangered and Threatened species) Biodiversity Act – for a strict compliance.
3. Among the treatment procedures/ medical formulations/ therapies prescribed/ internal and external medicines – which is to be prescribed to the patients depends on the Pakuthaavu (Strategy), severity of the condition, decision of the physician and availability of medicines.
4. There is also a large scope for integrative approach where Siddha medicines may positively influence for improvising the quality of life. –**added in Cancer, DM, HTN, Valippu, Thamaraga noi**

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HOW TO USE THIS BOOK

This book, comprehensive Siddha treatment protocol along with guidelines for selected diseases is intended to be a reference for the clinical aspects of the selected diseases. Each disease is dealt extensively with precise information on definition / description of the disease, symptoms, method of diagnosis, treatment, rejuvenation, dietary regimen and other advices.

UYIR THATHUKAL (BIO-ENERGETIC PRINCIPLE – THE LIFE FORCES):

Uyir thathukal (*Vatham*, *Pitham* and *Kabam*) are the life constituents of the human body. The *Vatham* is predominant below the umbilicus, the *Pitham* is predominant in abdomen and thorax region and the *Kabam* is predominant above the neck.

VATHAM (BIO-ENERGY MOVEMENT):

- One of the three humours/ principles of functional constitution of the body represent the elements (*Panchabootham*) air and space. *Vatham* is the principle kinetic energy in the body and it is responsible for motor and sensory activities. *Vatham* predominates in the region below umbilicus and based on its function it is classified into ten types. They are *Pranan*, *Abanan*, *Viyanan*, *Samanan*, *Udhanan*, *Naagan*, *Koorman*, *Kirugaran*, *Devathathan* and *Thananjeyan*.
- Roughness, dryness, lightness and mobility are certain attributes of *Vatham*. It also strengthens the five sensory organs, regulates respiration, maintain the functions of *Udal thathukkal* (physical constituents) and 14 *Vekengal* (physiological reflexes).

***Pranan* (Uyir vali - Life energy):**

- It originates from moolatharam. It is responsible for respiration and digestion.

***Abanan* (Keelnokkukaal – Downward energy):**

- Component of *Vatham* responsible for all downward/ caudal movements in the body like peristalsis. Responsible for absorption and assimilation of the essence, excretion of the urine and faeces, ejection of semen and expulsion of contents of the uterus, contracts and relaxes the sphincters.

***Viyanan* (Paravukaal – Centrifugal energy):**

- Component of *Vatham* that disseminates all over the body through 72,000 vessels and nerves causing voluntary and involuntary functions. It takes the nutrients to all parts of the body.

***Udhanan* (Maelnokkukaal – Upward energy):**

- Component of *Vatham* responsible for all upward or cephalic movements namely vomiting, hiccough, belching and cough. It is responsible for speech and stations the nutrients at appropriate region of the body. Thus helps in the digestion and assimilation of food.

***Samanan* (Nadukkal – Digestive energy/ Homeostatic energy):**

- It is one of the components of *Vatham* that balances other components. It is responsible for assimilation and balances six tastes, water, food etc.

***Naagan* (Intellectual energy):**

- It is responsible for higher intellectual functions, hearing, thinking, singing, piloerection and also for blinking and opening of the eyelids.

***Koorman* (Visual energy):**

- It starts from the mind and it is responsible for blinking of the eyelids, closure and opening of eyes, yawning and closure of the mouth. It gives strength and helps to visualize things and cause lacrimation.

***Kirugaran* (Secretory energy):**

- It lies in the tongue and responsible for nasal and salivary secretions. It induces

hunger; makes to concentrate on one thing. Sneezing and cough attributes to *Kirugaran*.

Devathathan (Tiresome energy):

- Laziness is attributed to *Devadaththan*. Occular movements and human passions are attributed to this *Vatham*. It resides either at the anus or at urinary orifice.

Thananjeyan (Intracranial energy):

- Functions from the nasal cavity and it are responsible for the bloating of the body after death. It leaves the body through the head on the third day of death.

PITHAM (BIO-ENERGY FIRE):

- One of the three humours/ principles of functional constitution of the body represent the element fire. *Pitham* is the principle of transformation energy and governs heat and metabolism in the body, and is concerned with the digestive, enzymatic and endocrine systems. It dominates the chest and abdominal area and exhibits itself in five forms. They are *Anarpitham*, *Ranjaga pitham*, *Saathaga pitham*, *Aalosaga pitham* and *Prasaga pitham*. It is eliminated from the body through sweat.

Anarpitham (Aakkanal - Gastric Juice):

- It lies between the stomach and the intestine and causes digestion and dries up moist ingested substances.

Ranjaga pitham (Vanna eri - Haemoglobin):

- This fire lies in the stomach and gives red colour to the chyle and produces blood. It improves blood.

Saathagam pitham (Aatralanki - Life energy):

- This fire is responsible for higher intellectual functions. It activates the body, mind and the intellect.

Prasaga pitham (Olloli thee - Bile):

- It gives colour, complexion and brightness to the skin.

Aalosaga pitham (Nokkazhal - Aqueous humour):

- It lies in the eyes and causes the faculty of vision. It helps to visualize things.

KABAM (BIO-ENERGY WATER):

- One of the three humours/ principles of functional constitution of the body represent the elements water and earth. *Kabam* is the principle of stabilizing energy and governs growth in the body and mind and is concerned with structure, stability, lubrication and fluid balance. It dominates the head and neck region and exhibits itself into five forms. They are *Avalambagam*, *Kilaetham*, *Pothagam*, *Tharpagam* and *Santhigam*. It is eliminated from the body through the urine.

Avalambagam (Ali Iyam- Serum):

- It lies in the lungs and helps in respiration. It causes firmness of the limbs.
- This is vital among all the types of *Kabam*, it controls the other form and maintains equilibrium.

Kilaethagam (Neerpi Iyam- Saliva):

- It lies in the stomach; it mixes the consumed food and water and promotes the digestive process.

Pothagam (Suvaikaan Iyam- Lymph):

- It lies in the tongue and helps to realize the taste of the consuming foods.

Tharpagam (Niraiyu Iyam- Cerebrospinal fluid):

- Sustaining in the head, gives refrigerant effect to cool the eyes and other sense organs.

Santhigam (Onri Iyam- Synovial fluid):

- Sustaining in the joints makes them move freely and easily.

SEVEN UDAL THATHUKAL (PHYSICAL CONSTITUENTS):

The human body is made of seven basic physical constituents. These constituents should be in harmony and normality. Any variation in them will lead to their functional deviations. The natural characters of the seven physical constituents are;

- **Saaram (Chyle)** - This gives mental and physical perseverance
- **Senneer (Blood)** - Imparts colour to the body, nourishes the body and is responsible for the ability and intellect of an individual.
- **Oon (Muscle)** - It gives shape to the body according to the physical activity and covers the bones.
- **Kozhuppu (Adipose tissue)** - It lubricates the joints and other parts of the body to function smoothly.
- **Enbu (Bone)** - Supports the frame and responsible for the posture and movements of the body.
- **Moolai (Bone marrow)** - It occupies the medulla of the bones and gives strength and softness to them.
- **Sukkilam / Suronitham** - It is responsible for reproduction.

ENVAGAI THERVU (EIGHT FOLD SYSTEM OF CLINICAL ASSESSMENT):

“நாடிப்பரிசம் நாநிறம் மொழிவிழி
மலம் முத்திரமிவை மருத்துவராபுதம்.”

- As per Siddha literature, *Envagai Thervu* are classified into
 - *Naadi* (Unique Siddha pulse reading method)
 - *Sparisam* (Examination of Touch / palpation)
 - *Naa* (Examination of Tongue)
 - *Niram* (Examination of Colour/ Complexion)
 - *Mozhi* (Examination of Speech)
 - *Vizhi* (Examination of Eye)
 - *Malam* (Examination of Stool)
 - *Moothiram*
 - *Neerkuri* (Urine examination)
 - *Neikuri* (Urine Sign – Oil Drop Test)

NAADI (Siddha pulse diagnosis):

- The force which is responsible for the life to stay/ sustain in the body is called *Naadi*, which is differentially perceptible over the radial artery and other nine important sites. A Siddha way of pulse examination with differential perception of three humors i.e., *Vali/ Vatham, Azhal/ Pitham, Iyyam/ kabam*.
- The unit of measuring the lateral and propulsive expansion of the arterial wall/ blood vessel, the perception of measurement which is equal to the volume of the wheat grain (to be considered as one part) differentially felt at the tip of the index finger as *Vali/ Vatham* (1), middle finger as *Azhal/ Pitham* (1/2) and the ring finger as *Iyyam/ Kabam* (1/4), one inch proximal to the wrist respectively is to be taken as normal ratio.
- The physician must be completely focused and experienced. According to scriptures, highly trained and experienced Siddha physicians with total control over their body, mind and soul can only feel and identify this exclusive, exceptional philosophy of *Naadi*.

Vali/ Vatha Naadi:

- One of the three pulses perceived by the index finger of the physician, indicating a healthy/ diseased condition of a patient related to *Vali/ Vatham*.

- Its pace resembles the gait of a hen, peacock, swan and koel.
- It is formed by the union of *Idakalai* and *Abanan*.

Azhal/ Pitha Naadi:

- One of the three pulses perceived by the middle finger of the physician, indicating a healthy/ diseased condition of a patient related to *Azhal/ Pitham*.
- Its pace resembles the gait of the tortoise and leech.
- It is formed by the union of *Pinkalai* and *Pranaan*.

Iyyam/ Kaba Naadi:

- One of the three pulses perceived by the ring finger of the physician, indicating a healthy/ diseased condition of a patient related to *Iyyam/ kaba Naadi*.
- Its pace resembles the gait of frog and snake.
- It is formed by the union of *Suzhumunai* and *Samanan*.

Thontha Naadi (Combinatory pulse):

- Collective vitiation of two of the three humours.

Saathiya Naadi (Pulsus curable):

- The pulse indicative of a disease which can be cured.

Assathiya Naadi (Pulsus intractable):

- The pulse indicative of a disease which is difficult to cure/ manage.

SPARISAM (Examination by Touch/ Palpation):

- Examining the patients by touch, in which warmth, chillness, perspiration, tenderness, swelling, numbness, sticky or clammy skin, skin fissure, thickening of hair, hair loss, goose flesh, boils, patches, ulcers, wasting or bulkiness of the muscles, any deformity in the body are assessed.

NAA (Examination of Tongue):

- The examination of oral cavity particularly tongue, in which secretion of saliva, colour, mucous discharge, its specific gravity, nature of speech etc., are examined. This include thick coated, denuded, drenched, dehydrated, glossy, smooth, rough, ulcerated, varied in colour (black, brown, red, pink, pale/whitish, yellow blood stained and blue), irregular edge, extra growth, changes in taste, tastelessness, altered sensation, loss of sensation, deviation in tongue, changes in teeth and gum, deviation of mouth, small or big in size, taste buds etc.,

NIRAM (Examination of Colour/ Complexion):

- Examination of the colour/ complexion of the skin and mucous membrane with reference to three humours.

MOZHI (Examination of Speech):

- Examination of voice to rule out any abnormalities i.e. changes in tone and different components of speech, such as respiratory sounds. This comprise of loud voice, hoarseness, low/soft, slurred speech, irrelevant speech, musical voice, absence of speech etc.,

VIZHI (Examination of Eye):

- Examination of the colour, vision and discharge of the eyes with reference to three humours. Changes of the eye are listed i.e., colour, ulceration, swelling, puffiness in eyelid, watering, visual changes, dryness, foreign bodies and pupillary changes.

MALAM (Examination of the Stool):

- Examining the stool by analyzing its colour, smell, consistency and froth. Also diarrhoea, constipation, with mucus, blood, worms and undigested material and occult blood are noted.

NEERKURI (Examination of Urine):

- An unique Siddha diagnostic procedure in examining the physical properties of

urine like colour, smell, specific gravity, froth and deposits.

NEIKURI (Urine Sign – Oil Drop Test):

- An unique Siddha diagnostic procedure in which a drop of gingelly oil is dripped on the surface of urine (of the patient) collected in a bowl made of glass or porcelain under the sunlight, and observing its mode of spread without any external disturbances.

TREATMENT PROCEDURES:

- Shelf life of the internal and external medication procured from other pharmaceuticals is followed as per the Drugs and Cosmetics (5th Amendment) rule, 2016, Gazette of India, Ministry of AYUSH.
- Shelf life of own Sastric preparations is followed as per Siddha classic text.

Kazhichal Maruthuvam (Purgation):

“அடர்நான்கு மதிக்கொருகாற் பேதியுறை நுகர்வோம்”

- *Kazhichal* is the procedure by which the vitiated *kutrams* are eliminated through the anal route. It is the treatment of choice for *Vali/ Vatham* predominant conditions.
- It is also used as a prophylactic treatment or for general well being
- It is recommended once in 4 months with prescribed medication with defined dosage and adjuvant at early morning.

Vamana Maruthuvam (Therapeutic Emesis)

“ஆறுதிங்கட் கொருதடவை வமனமருந் தயில்வோம்”

- *Vamanam* means to induce vomiting. It is a bio cleansing measure meant for the elimination of *Azhal kutram* accumulated in the upper gastro intestinal tract.
- It is also used as a prophylactic treatment or prophylaxis for general well being
- It is recommended once in 6 months with prescribed medication with defined dosage and adjuvant at early morning.

INTERNAL MEDICINE:

- There are 32 form of medicines administered orally to treat diseases. They are

“உள்மருந் துகரசஞ் சாறுகுடி நீர்கற்க
முக்களியடை போர்சாமம்
உயர்கூர ணம்பிட்டு வடகம் வெண் ணையநான்கி
னுயிர்மூன்று திங்களாகும்
விள்மணப் பாகுநெய் ரசாயண மிளகுநால்
மேவுமறு திங்களெண்ணெய்
விரலிடுமு யர்ந்தமாத் திரைகடுகு பக்குவம்
மிளிருதே னூறல்தீநீர்
கொள்ளாறு மோராண்டு மெழுகொடு குழம்பைந்து
கோப்பதங் கம்பத்தாகும்
குருதிபொடி யெழுபானொ டைந்தாண்டு நீறுகட்
டுருக்கு களங்குநானூ
றெள்ளிடாச் சுண்ணம்ஐந் நூறுகற் பஞ்சத்து
குருகுளிகை மிக்காயுளென்
றெவருமகிழ் சித்தர்முப் பத்திரண் டாகமருந்
திசைத்தவா யுள்ளனவரோ”.

1. Surasam (Decantent) :

- Medicinal juice processed by introducing the juice to a hot mud saucer / hot iron rod into the juice.
- Shelf life- 3 hours

2. Saaru (Juice) :

- They are extracts of leaves, flowers, fruits, roots, barks etc. obtained by grinding or crushing or obtained by adding some astringent substances.

- **Shelf life-** 3 hours

3. **Kudineer (Decoction):**

- These are decoctions prepared by mixing drugs in the specified quantity of water (4/8/16 parts to the quantity of raw drugs) and boiling it, till the water content is reduced to $\frac{1}{4}^{\text{th}}$ or $\frac{1}{8}^{\text{th}}$ or $\frac{1}{16}^{\text{th}}$ as mentioned. In some cases, some substances neither or nor directly added to the water but instead they are tied in a clean white cotton cloth and immersed in the water. The different medical decoctions are prepared at different concentration. The decoctions should be prepared freshly.

Adai Kudineer:

- This is a decoction made from substances like roots, barks, tubers, gums, leaves, flowers, fruits and seeds are added to water after powdering and soaking them well.

Shelf life:

- *Kudineer* - 3 hours
- *Kudineer chooranam* - 2 years

4. **Karkam (Herbal Paste):**

- These are paste obtained by grinding wet drug or adding water or decoction to the dry powders. The pestle and mortar should be cleaned and all the drugs added to it are properly mixed. Iron fillings used for grinding.
- **Shelf life-** 3 hours

5. **Utkali (Gruel):**

- This is so named because the inner contents are wet and paste like, while the outer surface is dry. This is prepared by using raw or boiled rice, fried and pounded into flour form, and made into paste by adding black gram and sufficient quantity of water. To this sugar or jaggery is added and cooked into gruel. Finally ghee to be added, to avoid stickiness.
- **Shelf life-** 3 hours

6. **Adai (Pan Cake):**

- Some herbs are added to rice flour and ground properly into paste and baked in hot oven after adding ghee.
- **Shelf life-** 3 hours

7. **Chooranam (Medicated Powder):**

- The dried raw drugs are purified separately, fried and made into fine powder. It is separately sieved in a fine cotton cloth and mixed according to the prescribed ratio, with or without adding jaggery or sugar.
- **Shelf life** - 2 years

Purification of Chooranam:

- The Chooranam prepared as mentioned above undergoes chooranam purification method by baking for few minutes under the vapour of milk and water mixed equally. Subsequently the chooranam is dried under sunlight and finely powdered again.

8. **Pittu (Steamed Medicinal Powder):**

- The drugs are cleaned and made into fine powder individually and then mixed in prescribed ratio. This medicinal preparation is processed by steaming moistened medicinal powder. Subsequently sugar or jaggery is added to it.
- **Shelf life-** 3 months

9. **Vadagam (Lozenges):**

- The raw drugs are made into fine powder separately, filtered in a cloth and mixed to homogeneity. Palm jaggery or jaggery is then added. An earthen pot is taken

and equal volume of cow's milk and water are poured into the pot. The mouth of the pot is covered with cloth. The drugs mixed as said above, are placed on it and covered with a mud pan. The pot is then heated until the milk is completely evaporated. Then the Pittu so formed is ground and rolled into prescribed doses.

- **Shelf life**

- Vadagam with herbal ingredients – 2 years

10. Vennai (Butter / Medicated Emulsion) :

- The required substances are taken in a prescribed quantity, powdered well and mixed twice its volume of ghee in an iron spoon and heated so that the raw drugs melt completely and mix with the ghee. This is poured into an earthen pot containing water and churned properly to obtain butter like substance.

- **Shelf life-** 3 months

11. Manapagu (Syrup):

- Some herbal drugs are made into decoction or juice separately, boiled by adding sugar or jaggery, till a sweet aromatic smell appears. Then powdered raw drugs are sprinkled over it.

- **Shelf life-** 3 years

12. Nei (Medicated Ghee) :

- Some juices/ paste/ decoction of herbs/ powdered tubers are added to cow's ghee and boiled till the drugs completely mix with the ghee.

- **Shelf life-** 2 years

13. Rasayanam (Dainties):

- To the chooranam, prepared by certain raw drugs, sugar and ghee are added in a specific proportion and mixed into a semi-solid form without subjecting into heat.

- **Shelf life -** 3 years

14. Ilagam (Electuary) :

- A medicine that are prepared by heating certain decoctions, juices and milk with the addition of sugar till a thick syrup consistency is reached, at that stage the specific drug powders and ghee is added, mixed uniformly. It is followed by adding honey when the mixture is cooled.

- **Shelf life-** 3 years

15. Ennai/ Nei/ Thylam (Medicated Oil) :

- The oils extracted from the seeds/ creepers/ barks and herbs are termed as Nei (Oil).

- **Shelf life-** 3 years

Different Medicinal Oils:

- There are twelve different kinds of oils based on the extraction process :

i. **Kothi nei (Oil obtained by boiling) :**

- Substances like castor seeds after frying and pounding mixed with water and to be boiled in a low flame.

ii. **Urukku nei (Oil obtained by melting) :**

- Melting the substances like butter or egg yolk.

iii. **Puda Nei (Calcination process):**

- *Semicarpus anacardium* or *Indigofera aspalathoides* are taken in a mud pot, which contains some pores in the bottom of vessel. The mouth of the vessel is to be covered with mud pan and sealing it of with cloth and clay. In the bottom, in correspondence to the pores a porcelin vessel is to be fixed to collect the oil to be drained from the vessel. Then the cow dung cakes are to be arranged above the level of this porcelin vessel and subject to Pudum. Oil will be extracted into the

- porcelain vessel due to heat made by pudum.
- iv. **Theeneer Nei (Distilled medicated oil):**
 - Medicated oil obtained by distillation method using incense materials like sandalwood, clove etc.
 - v. **Sooriya puda nei or Aadhava nei (Oil obtained by solar exposure):**
 - Along with sesame seeds, appropriate substances are added and ground well to become a paste and this medicinal paste is placed under sunlight and the oil that comes out is known as Sooriya puda nei.
 - vi. **Mann Nei (Earth oil):**
 - The oily substance that comes out from the damp free soil.
 - vii. **Mara Nei (Wood oil):**
 - The oily substance that comes out from the cutting portion of the tree.
 - viii. **Silai Nei (Rock oil / mountain oil):**
 - The oil that flows from high mountains.
 - ix. **Neer Nei (Oil obtained by soaking in water):**
 - The oil obtained by squeezing and soaking of certain drugs like secretions of Civet cat in water.
 - x. **Aavi Nei (Vapour oil):**
 - The process of condensing aromatic vapours emerging from frank incense when heated in a mud plate.
 - xi. **Sudar Nei (Flame oil) :**
 - The raw drugs like sulphur etc. are ground with the specified nei, applied over a piece of cloth, made into wicks, rolled and tied at the tip of a probe, burnt, flaming drops from it are collected in a porcelain vessel.
 - xii. **Pori nei / Iyandira Nei :**
 - The oil obtained by cold-pressed extraction method.

All the above mentioned twelve kinds of oils are administered by the following five methods.

- **Mudi Nei (Hair oil):**
Oil applied over the scalp.
 - **Kudi Nei (Internal oil):**
Oil used as internal medicine
 - **Pidi Nei (Massage oil):**
Oil used in thokkanam (Massage manipulation)
 - **Tholai Nei (Ostial oil):**
Oil used to instill in the orifices of the body.
 - **Silai Nei (Sinus oil):**
Oil used for all skin diseases, ulcers, fistula as an external application.
16. **Maathirai (Pills):**
 - The raw drugs are triturated with the juice of leaves or *kudineer*. They are rolled into different prescribed doses, dried and stored.
 - **Shelf life**
 - With herbal ingredients – 2 years
 - With herbal, mineral and animal products – 5 years
 - With mineral – 10 years
 17. **Kadugu (Filtrates):**
 - The raw drugs are added to oil and boiled till mustard like granules or sediments forms. The Kadugu is taken internally and the oil is used for external

applications.

- **Shelf life-** 1 year

18. Pakkuvam (Processed Medicine) :

- The drug to be processed is soaked in raw rice water or water. Subsequently soaked either in butter milk, lime juice (*Citrus limon*) or ginger juice (*Zingiber officinalis*) or some leaves juices and it is preserved for medical use.

- **Shelf life-** 1 year

19. Thaen Ural (Honey Infused Drug) :

- Ginger (*Zingiber officinalis*), Indian gooseberry (*Phyllanthus emblica*), or Gall - nut (*Quercus infectoris*) are first soaked in water and small pieces are made in it and it is subsequently soaked in honey.

- **Shelf life-** 1 year

20. Theeneer (Distilled Extracts) :

- This is the process in which drugs are boiled with water in special distillation pots. The vapour of the medicated water is cooled and collected. In the same process, salts are also used instead of drugs. They are also called as *Pugai Neer* or *Thiravagam* or *Sakthi neer*.

- **Shelf life** - 1 year

21. Mezhugu (Medicinal Wax):

- There are of two types.

i) Araippu Mezhugu (Prepared by Grinding):

- Certain mercurial compounds are ground separately or with other raw drugs by adding herbal juices or honey into a semi solid form

ii) Surukku Mezhugu (Prepared by heating oily substances):

- Mercurial drugs or *padanam* are slowly heated by adding oil substances or herbal juices and made into a semi solid form and ground well.

Shelf life period based on process:

- *Araippu mezhugu* - 5 years
- *Idippu mezhugu* with herbal ingredients - 3 years

22. Kuzhambu (Medicinal Semi – Solid Mixture)

- There are of two types.

I) Araippu Kuzhambu:

- Some drugs are ground well with oily substances and taken out into the semi - solid form

II) Erippu Kuzhambu:

- Juice of herbs is kept in a vessel and finely powdered raw drugs are added to it and heated.

Shelf life period based on process:

- *Araippu kuzhambu* - 5 years
- *Erippu kuzhambu* – 3 years

23. Pathangam (Sublimates) :

- Mercurial compounds are made into sublimation in specialized pots by keeping them in a small container called *Moosai*.

- **Shelf life:**

- Herbal based - 5 years
- Mercury based – 10 years

24. Chendooram (Calcined Red Oxide/ Sulphides) :

- Metallic substances or *padanam* are made into red colour powder by adding

decoctions, liquid of victory (*Ceyaneer*), acid etc. it is done by the process of burning/ drying/ grinding/ frying/ exposing to the sunlight.

- **Shelf life** - 75 years / 10 years

25. Neeru, Venneeru or Parpam (Calcinated Oxides):

- Metallic and organic substances are made into white powder by the process of burning/ frying / blowing, by adding juices/ liquid of victory / acids.
- *Pudam* is the process in which the drug is kept in shallow earthen plate covered by an identical plate. The mouth is closed by mud pasted cloth and kept in a pit and heated using the cow dung cakes.
- **Shelf life:**
 - 100 years (As per text)
 - Herbal ingredient - 2 years
 - Herbal, mineral and animal products – 10 years

26. Kattu (Non Combustible and Consolidated form of Combustible Inorganic Substance):

- Some *padanam* are made into solid, which never vaporize, melt or dissolve in water, by adding liquid of victory, acids, juices, breast milk or honey and binding them.
- The other process by which it is made solid is by grinding them by adding juices or milk, after they are made into *parpam* or *chenduram*.
- **Shelf life:**
 - 100 years (As per text)
 - Herbal, mineral and animal products – 10 years

27. Urukku (Solidification):

- Some metals or *padanam* after adding synergetic drugs or antagonistic drugs are kept in “*Moosai*” and blown using natural charcoal fire.
- **Shelf life-** 100 years

28. Kalangu (Amalgam) :

- Mercurial compounds are kept in *Pudams* after burning them with liquid of victory, acid and juices and blown till, they become beads, and then gold/ zinc are added to it.
- **Shelf life-** 100 years / 10 years

29. Chunnam (Calcinated Compounds) :

- Mercurial, arsenic compounds/ metallic salts or metals are ground, either individually or in combination, in a stone mortar by adding juices/ acids and dried. It is then kept in *Moosai*, blown and made into white powders.
- They become red when turmeric powder is added to it because of the presence of lime in it (Calcium).
- **Shelf life-** 500 years / 10 years

30. Karpam (Rejuvenating Drugs):

- This is a process in which leaves, herbs, root, salt and metals are consumed in a specific dose for a given period of time, along with the dietary regimen prescribed for it.
- **Shelf life:**
 - Herbal based – 2 years
 - Herbal, mineral based – 5 years
 - *Araippu karpam* – 3 years

31. Saththu (Quintessence) :

- Drugs like Iron powder, magnetic iron, Organic salts, *padanam* are ground well

with white yolk of an egg and kept in *moosai* and blown. Later mercury/ gold/ Sulphur are added to it, and made into *chendooram*.

- **Shelf life:**
 - Herbal based – 2 years
 - Mineral based – 10 years
 - Animal product based – 5 years

32. *Guru Guligai* (Reputed Pill) :

- The sublime mercury is made into beads.
- **Shelf life** - infinite

EXTERNAL MEDICINES / THERAPIES:

- In Siddha system there are 32 types of external therapies/ medicines explained by **Saint Theraiyar** in his text *Theraiyar Tharu*, and they are listed below.

“வெளிமருந் தேகட்டு பற்றொற்ற டம்பூச்சு
வேதுபொட் டணம்தொக்கணம்
மேன்புகைமை பொடிதிமிர்தல் கலிக்கநசி யமுதல்
மேவுநா சிகாபரணமும்
களிம்புச்சிலை நீர்வர்த்தி சுட்டிகைச லாகைபசை
களிபொடி முறிச்சல்கீறல்
காரமட்டை அறுவை கொம்புரிஞ் சல்கருதி
கண்டுவாங் குதல்பீச்சிவை
வெளிமருந்து முப்பத்தி ரண்டென்று கூறினார்
விண்ணுலவு சித்தராமால்
மேல்வர்த் தியும்பசை பீச்சுமை நசியமும்
மென்கலிக் கங்கனாராண்
டொளிவர்த்தி பொடியிநீர் நாசிகா பரணமிவை
யொருமுன்று திங்களாகும்
உயர்ச்சிலைக் களிம்பிவைக ளாறுதிங் களாகுமென்
றோதினா ராயு ளமரோ.”

- The duration of treatment depends upon the severity of the clinical condition.
- Application of medicine topically to treat/ manage diseases externally and it act as a powerful means to promote health equity, evidence of instance efficacy and safety, comparative cost effectiveness. The sources used in Siddha external therapies are almost made from plant sources like roots and leaves.

1. *Kattu* (Compress or Bandage):

- The application of medicine made of botanicals, organic and inorganic substances, etc., to the affected area and bandaging it.
- The application is made on the
 - Head - Delirium
 - Eye - Eye diseases
 - Palm, Sole - Peripheral Neuritis
 - Leg - Swelling of the leg and furunculosis
 - Groin - Scrotal swelling and for bubo.
- **Duration:** Once in a day at an interval of 3 - 7 days upto 3 - 7 kattu.
- **Removal :** 3 hours - 3 days
- **Shelf life :** 1 year

2. *Patru* (Semi - Solid Poultice)

- *Patru* is called as poultice, which is soft and moist in nature, obtained from plant extracts or grinding crude raw drugs with or without heating and applied as a thick paste over the affected region.
- **Duration:** Once in a day at an interval of 3 - 7 days.
- **Removal :** 3 hours - 3 days

3. Ottradam (Fomentation):

- It is the application of fomentation using pulses/ cereal/ husk/ lime/ brick powder/ leaves or salt.
- It may be defined as a method of rhythmic compression and relaxation of a hot or cold paste or cloth bags or vessels on the affected areas.
- *Ottradam* removes the wastes as toxins through the skin and balance *Mukkutram*. It is also dilating all body channels for cleansing.
- **Duration:** 15 – 30 minutes, twice a day, for 10 – 15 days.

4. Poochu (Liquid Poulitice):

- Synonym: *Thuvaalai*
- Poochu is the external application of leaf juices or oils, after gently heating them.
- It is a simple procedure adapted for balancing deranged humours
- **Duration:** 15 – 30 minutes, once in a day for 3 – 48 days.
- **Shelf life :** 3 years

5. Vedhu (Steam Therapy):

- Synonym: *Neeravi sigichai*, vapour inhalation, vapour bath, steam bath.
- A steam inhalation and steam application to either localized regions or the whole body.
- It is a simple procedure adapted for balancing deranged humours.
- It relieves hypersensitivity of hair follicles/ pricking pain/ organ spasm/ headache etc.,
- It relieves chronic *Vatha* diseases (neurological disorders) by inducing perspiration.

Duration:

- 10 – 15 minutes for steam bath
- 48 minutes for vapour induced sweating by covering blankets.
- 15 – 20 minutes for inhalation.

6. Pottanam (Bundle Application):

- Synonym: *Pottalam*, Medicated pouch, Bundle fomentation.
- It is defined as a method of medicated powders taken in a cloth bundle, tied well and applied on the affected areas or smelt or dipped in a liquid medicine and then applied on the affected areas. It may be use as post-*thokkanam* therapy.
- It is a simple procedure adapted for balancing increased humours.
- It relieves *Vatha diseases*.
- **Duration:** 15 minutes - 12 hours

7. Thokkanam (Massage Manipulation):

- Synonym : *Marthanam*
- A therapeutic manipulation and mobilization procedure usually done with hands in nine different ways with or without the application of medicated oil in five different postures (standing, sitting, walking, lying on side and supination).
- Nine methods of manipulation:
 - *Thatuthal* (Percussive strokes / Tapotement)
 - *Irukkal* (Vibrations)
 - *Pidiththal* (Deep stroking and picking up)
 - *Murukkal* (Wringing)
 - *Kai kattal* (Mobilization with impulse technique)
 - *Azhuththal* (Kneading)
 - *Izuththal* (Rolling and traction)
 - *Mallaththal* (Slump long sitting)

- *Asaiththal* (Shaking)

- The above methods are performed on the affected area or all over the body of the patient by using different kinds of forces called as *Mantham* (Mild force), *Mathimam* (Moderate force) and *Sandam* (Severe force) according to the applied pressure exerted by the physician or the therapist during massage depends upon the capability of the patient and also extend of the disease.
- Manipulation is hands on therapy used to restore normal health of muscle, joints, nerves and injured areas. It is employed for curative, palliative and preventive purposes.
- **Duration:** 30 – 60 minutes with an interval of 5 minutes in every 10 minutes

8. *Pugai* (Medicated Fumigation):

- *Pugai* is defined as a method of fumigation in which medicated fume is generated by burning the drugs directly or putting the drugs into the fire.
- It is given to the patient in the form of medicated fume using any plant parts like pepper (*Piper nigrum*), cumin (*Cuminum cyminum*), turmeric (*Curcuma longa*), sandalwood (*Santalum album*), neem bark or vegetable oils like castor oil, neem oil or aromatic substances like *sambirani* (*Boswellia serata*), *Kungiliyam* (*Shorea robusta*) or animal slough, horns, nails, few prepared medicines like *Vida kuzhambu*, *Agathiyar kuzhambu*, *Kowsigar kuzhambu*.
- **Duration:** 10 - 15 minutes for 7 days.

9. *Mai* (Medicated Eye Salve):

- Synonym : *Anjanam*
- *Mai* is defined as a soft external application mostly lined on the eyelashes in smaller quantity to treat eye diseases. Lining of eye lashes is usually performed by the specific probe namely *Nayana kole* / *Anjana kole*.
- *Mai* is prepared from a base of cow's ghee, castor oil or coconut oil with few familiar ingredients like *Karaisalai* (*Eclipta alba*), *Santhanam* (*Santalum album*), *Sirattai* (Coconut shell).
- **Duration:** 3 – 12 hours of retaining period
- **Shelf life** - 1 year

10. *Podi Thimirdhal* (Powder Massage):

- It is a method in which dry herbal powder is applied over the affected skin or all over the body then peeled out gently after sometime by rolling method.
- Dry powder massage helps to initiate sweating. The pores on the skin absorb the active principle of dry powder and simultaneously expel the stored fatty acids with sweat.
- For treating Obesity and infertility, horse gram flour or turmeric powder with or without camphor are used.
- **Duration:** 30 – 45 minutes, repeat the rubbing 3 – 4 times.

11. *Kalikkam* (Liquid Ophthalmic Application):

- It is defined as a method of ophthalmic liquid application (Eye drops).
- *Kalikkam* is prepared by crushing and extracting the liquid juice from fresh plant parts are packed in a cloth and soaked in a liquid and then the liquid juice is extracted and is instilled into eyes.
- *Kalikkam* is widely employed in unconscious patients during emergency medical care.
- **Duration:**
 - 30 to 45 minutes.
 - *Kalikkam* is first instilled into the left eye (medial eyelid) and then right

eye (medial eyelid) up to 1 – 5 drops

- **Shelf life-** 1 year

12. *Nasiyam* (Liquid Nasal Application):

- *Nasiyam* is a method of instilling liquid into both nostrils.
- Fresh plant juice (filtered)/ semisolid prepared medicines, dissolved in solution/ fatty oils are instilled into the nostril.
- **Duration:** 4 - 8 drops in each nostril with the duration of 30 – 45 minutes.
- **Shelf life-** 1 year

13. *Uthal* (Medicated Aerosol):

- *Uthal* is an air-based medicine blown into the ears or the affected openings and it may be performed towards septic wounds, ulceration in the anal canal using a blow pipe filled with medicine.
- The physician blow air after chewing few leaves or raw drugs toward the affected ear, eyes, etc.,
- **Duration:** 3 – 10 minutes
- **Shelf life :** 1 year

14. *Nasikaparanam* (Powder Nasal Application):

- Synonym: Nasal snuff / Nasal powder/ Aakkranam.
- It is defined as a method of application of dry nasal powder into nostrils.
- Dry raw drugs are crushed, finely powdered and filtered using a fine cloth.
- It is used according to the quick absorption of chemical molecules into the blood stream through the soft tissues in the mucous membrane of the sinus cavity.
- *Nasikaparanam* is considered better than *Nasiyam*.
- Care should be taken during administration.
- **Duration:** 1 – 2 minutes
- **Shelf life -** 1 year

15. *Kalimbu* (Ointment Application):

- Synonym: *Kuzhambu*
- Raw drugs like pashanas and astringents are powdered, ground with cow's butter into *kalimbu* and applied over wounds.
- It possesses wound healing and infection control properties, also works as an emollient. The astringent property of the *Kalimbu* arrest bleeding from deep wounds and heal the wounds early.
- **Duration:** 5 – 10 minutes
- **Shelf life-** 1 year

16. *Seelai* (Plaster Application):

- Synonym: *Patti kattal, Patti thunni, Ottum thunni, Salla or Plastery*
- It is defined as a method of smearing *padanam* drugs ground with appropriate oil substance on a sterile cloth to make a plaster.
- It is used to treat fracture, abscess, benign growth, warts, corns, swelling.
- **Duration:** 12 hours
- **Shelf life :** 1 year

17. *Neer* (Medicated Solution):

- *Neer* is defined as the method of soaking raw drugs in water and made into decoctions / *padanam* are greatly diluted and used to wash wounds.
- The solution possesses antiseptic and wound healing properties and are tincture in nature.

- **Shelf life-** 1 year

18. Varthi (Medicated Wick):

- Synonym: Medicated *thiri*/ medicated wick
- It is defined as a medicated plug in which the appropriate drugs are ground well and rolled as plug and used to be inserted into an opening.
- Medicated wick are generally anti-bacterial, anti-inflammatory and draining the exudates.
- **Duration:** 6 hours
- **Shelf life :** 1 year

19. Suttigai (Cautery Cauterization):

- It is defined as an exposing body/ part of body/ tissues using a hot instrument (hot metals, heated wood, sun rays, hot air).
- **Duration:** 2 – 5 seconds
- **Shelf life :** 2 year

20. Salaagai (Surgical Probing):

- It is defined as a probing therapy using a surgical probe to destruct and clean the deteriorated tissues.
- The probe is made with metal or glass with or without hole, 10 cm in length and weighs around 60 g, the probe is coiled by a thread except the tip.
- **Duration:** 10 – 30 seconds

21. Pasai (Embrocation Application):

- Synonym: *Lepam, Serva or mezhugu*
- *Pasai* is defined as the mixture of medicated powders with specific oil and melted honey bee wax.
- Paraffin wax is not generally used, because honey bee is better than paraffin wax.
- *Pasai* is used for the treatment of various ulcers and infectious diseases.
- It softens the skin, regularizes the local temperature and protects the skin.
- **Duration:** 5 - 10 minutes
- **Shelf life:** 1 year

22. Kali (Cataplasm Paste Application):

- *Kali* is defined as an application and covering of a specially prepared topical medicine made up of a rice flour or flour of any cereals or pulses.
- It is topically applied to treat Swelling, Abscess, Lymphadenitis etc.,
- *Kali* impacts the skin and helps to remove the waste.
- **Duration:** 3 - 6 hours

23. Podi (Medicated Dust or Powder Application):

- *Podi* is defined as a finely powdered raw drugs used to sprinkle on the affected areas. It is dusted over the chronic weeping or purulent wounds. (Sprinkle the powder/ mix the powder with oil mainly coconut oil or liquid and then apply).
- Medicated powder or healing dust powder is a compound of finely pulverized very small sized dry particles used to heal an ulcer. E.g. Boric acid
- **Duration:** 6 – 12 hours
- **Shelf life-** 3 months

24. Murichchal (Bone Resetting):

- It is the physical manipulation of resetting the fractured bone or dislocated joints, and bringing them to their normal position. It also includes the technique of breaking the mal-united bones and resetting again to reunite

properly.

- *Murichchal* is widely employed by traditional bone setters.
- **Duration:**
 - 6 - 12 hours.
 - Remove the dressing after 2 - 3 weeks.

25. Keeral (Incisions and Draining):

- Synonym: *Kudori maruthuvam*.
- It is defined as an incision and draining with a small incision done on the abscess and drain the exudates.
- It helps to remove accumulated pus, blood using a sharp probe (*Kombi*- 25 cm in length, brow in shape).
- Incision will be made only after the abscess softens and ready to discharge the pus.
- **Duration:** 6 – 12 hours

26. Kaaram (Chemical Cauterization):

- *Kaaram* is generally used to excise the unwanted growth or dermatophytes.
- *Kaaram* is defined as a method of inducing blisters or ulcers or dissolving the cutaneous tissue on the particular area where the unsightly warts or unwanted growth are present.
- It helps to destruct the tissue using a caustic and corrosive chemical (Latex, Sodium carbonate, salt, Alum)
- **Duration:** 5 – 15 minutes
- **Shelf life :** 2 year

27. Attaival (Leech Therapy):

- Leech therapy is a globally accepted bloodletting therapy.
- Leech therapy is the method of treating medicinal leech over the affected area to absorb the blood.
- Leeches should be maintained in healthy condition in animal houses.
- It is used to treat diseases like abscess, cyst, keloid, wound, varicose vein, Alopecia areata, etc.
- **Duration:** 10 – 15 minutes

28. Aruvai (Surgical Application):

- *Aruvai* or surgery is defined as a method of removing or repairing the affected organs by using surgical instruments.
- Steps involved in *Aruvai* maruthuvam:
 - Incision
 - Excision
 - Scrapping
 - Puncturing
 - Probing
 - Extraction
 - Blood letting
 - Suturing.
- It is carried out in wounds, abscess, removal of growth, swelling, hematoma, fistula in ano, etc.

29. Kombu Kattal (Bone Setting by Supporting):

- *Kombu kattal* is defined as the method of fixing wood/ steel/ hard rods over the bone fractures or dislocated joints as a support to ascertain immobilization and reunion.

- Traditional bone setters use coconut leaf sticks, bamboo sticks to manage fracture. The medicated paste is generally made from egg white, *ulunthu*, *kavikkal*, *Aloe vera juice*, *merugan juice* and few medicated oils.
- **Duration:** 30 minutes for 3/7/21 days.

30. *Urinjal* (Needle or Pipe Aspiration):

- *Urinjal* is defined as the method of aspiration by means of fine needle or suction by means of long probe to aspirate and excise the unwanted fluid in the mass or opening.
- It plays a vital role during surgical process to aspirate and drain the accumulated fluids such as pus and blood.
- Aspiration is done using piston or boom.
- **Duration:** 30 -45 minutes

31. *Kuruthi Vangal* (Instrumental Blood Letting):

- *Kuruthi vangal* is defined as the method of leaking and removing the excess blood in specific areas.
- Bloodletting may be done by venesection or skin incision or pricking by three angle needle or cut and scaring the blood rich areas.
- It helps to purify blood in skin diseases, acne, abscess, hemorrhoids, hypertension, psychiatric illness, headache, abdomen colic, swollen knees and lymphadenoma.
- **Duration:** 5 – 10 minutes

32. *Peetchu* (Douche Application):

- *Peetchu* is the method of insertion of liquid medicines to excrete or wash the internal organs using a piston or pipe. The instrument used to perform is called *peetchu karuvi*.
- The medicines used in *Peetchu* include decoctions, oil, honey dissolved water and salt dissolved water and few jelly substances.
- Anal *peetchu* expels fecal matter very shortly and easily and better than other methods. It is also helps in reducing weight and gives stamina without any contra indication.
- *Peetchu* is employed not only in anal enema, but it is beneficial in urethral, bladder and genital wash also.
- *Peetchu* is commonly performed in constipation, uterus prolapse, abdominal colic, white discharge and dysfunctional uterine bleeding.
- **Duration:** 15 - 30 minutes
- **Shelf life:** 2 year

SPECIAL THERAPIES:

GENERAL GUIDELINES FOR SIDDHAR YOGA MARUTHUVAM

Introduction

Siddhar Yoga Maruthuvam is one of the main branch of Siddha system of Medicine like *Vatham*, *Vaithiyam* and *Gnanam*. There are different types of *Yoga*, mentioned in Siddha literatures by many *Siddhars*, in which *Attanga Yogam* is one of them. Nowadays, *Attanga Yogam* is mainly used for treatment purpose. *Siddhar Yoga Maruthuvam* focuses on *Thirumoolar's Attanga yogam* namely *Iyamam*, *Niyamam*, *Asanam*, *Pranayamam*, *Prathiyagaram*, *Tharanai*, *Dhiyanam* and *Samadhi*.

- *Iyamam* -Good thoughts
- *Niyamam* - Good deeds
- *Asanam* – Posture
- *Pranayamam* - Regulating Breaths

- *Prathiyagaram* - Controlling the mind
- *Tharanai* - Concentration
- *Dhiyanam* - Thinking about one aspect
- *Samathi* - Attainment of heavenly stage

Saint *Thirumoolar*, mentioned about numerous *Asanams* but stresses only following *Asanams*. They are *Pathirasanam*, *Gomukhasanam*, *Padmasanam*, *Veerasanam*, *Simmasanam*, *Kukkutasanam*, *Sothirasanam*, *Yogasanam*, *Pranayamam*, and *Dhiyanam* are practiced to cure and prevent many diseases and also practised for general well-being.

Rules to be followed:

- According to Saint *Thirumoolar*, *Yogam* should be practiced early in the morning during which the *Pitham* humour is reduced and causing the body to be more relaxed.
- When *yogam* is practiced around midday *Vatham* is controlled, and in the evening *Kabham* is controlled.
- *Yoga* should be practiced in a well-ventilated calm and quiet atmosphere with a relaxed body and mind.
- Bath should be taken before and after practice, for relaxation of body and mind.
- A mattress, yoga mat, white cloth, sacret kusa grass, durrie or folded blankets should be used for the practice.
- *Yoga maruthuvam* should be done in an even surface with no ups and down.
- During *yoga* practice inhaling and exhaling air through mouth is not advisable and should be done only through the nostrils. Exhale while bending forward and inhale while bending backward.
- Eyes may be kept open while learning the *asanams*. Better to close them and concentrate while doing the *asanams* later on. Should concentrate on the movements for deriving total benefits with peaceful and happy mind.
- Maintain a erect /straight posture without bending/ slanting posture
- Occasional short periods of rest between the practices leads to long lasting effects for avoiding fatigue.
- Avoid stress, strain on muscles, eyes, ears and breathing patterns.
- Suitable *asanams* should be done without exceeding half of one's physical capacity.
- All *asanams* should be followed by a counter *asanams* to relax the stress and strain of the muscles, nerves and regulating the circulation on both sides of the body.
- *Yoga maruthuvam* should not be performed in state of exhaustion/ illness/ in a hurry/ in acute stress conditions.
- To achieve more benefits, clean and nourished food and fruits should be taken,
- Avoid *yoga* practices on the day while taking oil bath.
- In case of chronic diseases/ pain/ cardiac problems, a physician should monitor the *yoga* practices.
- *Siddha* Physician should be consulted before doing *yoga* practices during pregnancy and menstruation.
- *Yoga maruthuvam* can be practised by all age groups but children less than 5 years and old age should not practice vigorously.

Preparation of patients for *Siddhar Yoga Maruthuvam*:

- *Yoga* practice should be done on an empty stomach or done only after few hours of eating.
- Bladder and bowels should be evacuated before starting *yoga* practice.
- Light and comfortable cotton cloths are preferred to facilitate easy movement of the body.
- If the patients are in empty stomach or light food means they are advised to do *Yoga* or otherwise they are advised to come on next visit.
- Privacy of the male and female patient during therapy is maintained properly.
- *Yoga maruthuvam*, includes loosening *kiriyas*, *yogasanams*, *pranayamam* techniques and relaxation.

- In the first visit, loosening *kiriyas* are instructed to the patients and advised to continue the same procedure for minimum one week with the time duration of 20-30 minutes for every session.
- In the second visit the appropriate *Siddhar Yoga Maruthuvam* are given to the patients.

Post *Siddhar Yoga Maruthuvam* Instructions to Patients

- After practicing the *asanams*, wipe out the sweat and do gentle massage, bath must be taken half an hour later in clean water.
- Food should be taken after half an hour of practising *asanams*.
- Physical exercises like swimming, aerobics, walking should not be practised immediately before or after *asanams*.
- Smoking cigars, taking snuff, alcoholic beverages, intoxicated substances and non- vegetarian diet must be avoided during *yoga* practice.

Benefits:

- Rejuvenates both mind and body
- It can be practised at any age
- Helps to strengthen the internal organs and activates the glands
- Reduces excessive fat in muscles
- Increases blood circulation all over the body.
- Increases activeness, alertness and memory power
- It helps the skin to excrete the impurities and expels the body heat through sweat.
- Relieves constipation
- Improves good appetite
- Elongates breathing

Therapeutic Indications

- Obesity
- Osteoarthritis
- Periarthritis
- Constipation
- Gastrointestinal disorders
- Cervical spondylosis
- Lumbar spondylosis
- Male and female infertility
- Eye diseases
- Psychiatric disorders
- Asthma
- Hypertension
- Diabetes mellitus
- Hypo and Hyperthyroidism
- Insomnia
- Migraine
- Vertigo

Contraindications

- Fatigue
- Hyper pyrexia
- High risk pregnancy
- Immediately after post-surgical procedures
- Ligament tear

- Fractures

NOTE: Siddhar Yoga Maruthuvam can be advised to do under the supervision and GUIDANCE OF SIDDHA PHYSICIAN

GENERAL GUIDELINES FOR VARMAM MARUTHUVAM

1. Introduction

Varmam maruthuvam forms an important part of Siddha medicine. It is renowned for its role in instant remedy for Neuro-musculoskeletal diseases and for emergency management. This treatment aimed at regulating the vital energy of the body called '*Varmam*'.

Rules to be followed:

- *Varmam Maruthuvam* should only be done by *Siddha* Physician.
- Physician performing *VarmamMaruthuvam* should be free from sharp nails.
- Avoid approaching *Varmam* pressure points with nails & sharp metallic instruments.
- The better posture of the patient for *VarmamMaruthuvam* is sitting/ lying, so that physician will have the direct contact with patient's eye.
- *Varmam Maruthuvam* can be done twice a week; in case of severity of the disease, treatment can be recommended daily.
- *Varmam* pressure points will vary according to the patient's age, *thega ilakkanam*(Body Constitution/ Biotype) and severity of disease condition.
- Based on the severity and condition of the disease, the *Siddha* physician can prescribe the medicines along with *Varmam maruthuvam*.
- *Naadi* of the patient has to be analysed prior to *Varmam maruthuvam*.
- A male physician to male patient and a female physician to a female patient are preferable
- *Varmam maruthuvam* should not be done during severe systemic illness, semen ejaculation, uncontrolled passage of urine, stools, etc.,
- *Varmam* treatment is not advised for pregnant women. If needed, shall be decided by the *Varmam* expert.
- *Varmam* treatment is not advised for patients under the influence of alcohol, bitten by Snakes/ scorpion.
- For certain cases *Varmam thadaval* (*Varmam* massage technique) is executed along *Naadi* (energy streams) route using appropriate medicated oil.

Pre *Varmam Maruthuvam* Instructions to Patients

- *Varmam maruthuvam* should not be given immediately after meals, while sleeping and immediately awake from sleep.
- Privacy of the male and female patients during therapy should be maintained.

Post *Varmam Maruthuvam* Instructions to Patients

- Avoid oil massage immediately after *Varmam maruthuvam*

Therapeutic Indications

- Cervical spondylosis
- Cervical disc disease
- Lumbar spondylosis
- Lumbar disc disease
- Osteoarthritis
- Rheumatoid arthritis
- Ligament injuries
- Migraine

- Vertigo
- Autism spectrum disorder
- ADHD
- Cerebral palsy
- Down's syndrome
- Seizures and
- Other neurological diseases
- Male and female infertility
- Eye diseases
- Psychiatric disorders
- Asthma
- Hypertension
- Diabetes mellitus
- Hypo and Hyper Thyroidism
- Insomnia

Contraindications

- Avoid during pregnancy and menstruation
- Hyper pyrexia
- Inflammatory conditions
- Infectious diseases
- Open wound
- Contagious skin diseases and ulcers
- Avoid tuning of *Varmam* points on surgical scars for six months after surgery.

NOTE: *Varmam Maruthuvam* can be advised to do under the supervision and guidance of Siddha Physician

Therapeutic Diet during *Varmam Maruthuvam*:

- *Varma Kanji*
- *Thinai Arisi Kanji*
- *Saamai Arisi Kanji*
- *Karuppu Vaali Arisi Kanji*
- *Karun Chundai Arisi Kanji*
- *Karpinikku Kanji*

***Ichcha Paththiyam* during *Varmam Maruthuvam*:**

To be added:

- Brinjal (*Solanum melongena*)
- Lady's finger (*Abelmoschus esculentus*)
- Plantain (*Musa paradisiaca*)
- Drumstick (*Moringa oleifera*)
- Murungai leaves (*Moringa oleifera*)
- Mutton
- Wheat products
- In afternoon hours add *Seeragam* (*Cuminum cyminum*) water, rice cold water
- Bath with lukewarm water.

To be avoided:

- Coffee, Tea
- Curd
- Sour taste foods
- Tubers

- Cold water
- Oil foods
- Fish
- Egg
- Chicken
- Tobacco
- Alcohol
- Sexual intercourse

Kadum Paththiyamduring Varmam Maruthuvam:

- Rice along with fried *Murungai* leaves (*Moringa oleifera*)
- Add dry *Nethili* fish (*Stolephorus indicus*).

ENNAI MUZHUKKU (OLEATION):

- Oleation is the practice of massaging the head with medicated oils.
- It is recommended to give strength to five sense organs (*Panchaendriyanga*).
- Patients, elderly persons, children, and those who are taking oil bath should bath only in lukewarm water. Further depending upon the season, country and state of body health, water soaked with *Mangifera indica*, *Emblica officinalis* leaves or water mixed with aromatic powder or clear water may be used for bathing according to the circumstances.

1. Suitable time for taking Oil Bath:

- According to Saint *Theraiyar*, for a disease free living one should take oil bath
 - *Chitirai* and *vaikaasi* (Mid-April to Mid-June) - within 2 hours from sunrise
 - *Aani* and *aadi* (Mid-June to Mid-August)- within 3 hours and 12 minutes from sunrise
 - *Avani*, *purattasi*, *aippasi* and *karthigai* (Mid-August to Mid-December) - within 1 hour and 36 minutes from sunrise
 - *Margazhi* and *thai* (Mid-December to Mid-February) - within 48 minutes from sunrise.
 - *Maasi* and *panguni* (Mid-February to Mid-April) - within 1 hour and 12 minutes from sunrise.

3. Rules for Oleation:

- When liniments are applied on the body, three drops must be instilled into each ear and two drops into each nostril and in both eyes.
- Application of oil should start from the vertex of the head downwards to all parts of the body and gently rubbed well, without emission of heat.

4. Duration of Oil Bath:

- Twice a week
- It is recommended to take oil bath for Men and children only on Wednesday and Saturday.
- It is recommended to take oil bath for Women only on Tuesday and Friday.

5. Benefits of Oil Bath:

- By instilling oil into the ears - head disease will be managed
- By instilling oil into the eyes - ear diseases will be managed
- By rubbing oil on the soles - eye diseases will be managed
- By rubbing oil on the head - all diseases will be managed
- Oleation twice a week will prevent the diseases, all organs will become strong, there will be clear sense of functions, improvement of hair growth, besides giving strength to head, knee joint, sweet voice and prevention of head diseases.

- Relaxes the skeletal muscles
- Daily oleation is the best remedy for dryness of the skin, laziness, deranged three humours, *Kaba* diseases, ageusia, dental diseases besides giving strength and shiny complexion to the body.

6. Regimen on the Day of Oil-Bath:

- Substance which are antagonists to medicines, synergetic and which reduce physical strength temporarily may be avoided.

Food substance to be avoided	Food substances to be added
Crab (<i>Brachyura</i>)	Lablab Beans (<i>Lablab purpureus</i>)
Fish (<i>Cisco</i>)	Tender drumstick (<i>Moringa oleifera</i>)
Chicken (<i>Gallus gallus domesticus</i>)	Turkey berry (<i>Solanum torvum</i>)
Goat (mutton) (<i>Capra aegagrus hircus</i>)	Green gram (<i>Vigna radiate</i>)
Bitter gourd (<i>Momordica charantia</i>)	Black pepper (<i>Piper nigrum</i>)
Brinjal (<i>Solanum melangena</i>)	Nutmeg (<i>Myristica fragrans</i>)
Black gram (<i>Vigna mungo</i>)	Ridged gourd (<i>Luffa acutangula</i>)
Onion (<i>Allium cepa</i>)	Snake gourd (<i>Tichosanthes cucumerina</i>)
Pig (<i>Sus scrofa domesticus</i>)	Tender mango (<i>Mangifera indica</i>)
Wild cow (<i>Bos Taurus</i>)	Tender brinjal (<i>Solanum melongena</i>)
Mustard (<i>Brassica juncea</i>)	Meat of rabbit (<i>Oryctolagus cuniculus</i>)
Coconut (<i>Cocos nucifera</i>)	Lake fish (<i>Coregonus clupeaformis</i>)
Tamarind (<i>Tamarindus indica</i>)	Small fish
Milk	Cows ghee
Curd	Betel leaf and areca nut
Butter milk	Night shade (<i>Solanum nigrum</i>)
Tobacco (<i>Nicotiana tabacum</i>)	Brede embellage (<i>Alternanthera sessilis</i>)
Jaggery	Pigeon pea (<i>Cajanus cajan</i>)
Cold water	Indian gooseberry (<i>Phyllanthus emblica</i>)
Fruits	Red root amaranth (<i>Amaranthus blitum</i>)
Cluster bean (<i>Cyamopsis tetragonoloba</i>)	Asafoetida (<i>Ferula asafoetida</i>)
Horse gram (<i>Macrotyloma uniform</i>)	Curry leaf (<i>Murraya koenigii</i>)
Sesamum (<i>Sesamum indicum</i>)	Climbing brinjal (<i>Solanum trilobatum</i>)
Bengal gram (<i>Cicer arietinum</i>)	Scorpion fish (<i>Scorpaena guttata</i>)
Further, day sleep, sexual intercourse and exposure to Sun light, strong breeze are also to be avoided on the day of oil bath.	

PATHTHIYAM - DIETARY REGIMEN:

- Instructions/ advice regarding dietary habits, to be followed during intake of medicine.

***Apaththiyam* – Deviation from *Paththiyam*:**

- Partaking of food or drink considered unwholesome in particular complaints (also transgression of abstinence from sex) as a medical prescription.

***Agapaththiyam/ Utpaththiyam*:**

- Abstinence from sexual intercourse while under medical treatment.

***Marupaththiyam* (Redietary Regimen):**

- The subsequent course of diet after taking treatment (i.e) Total days of treatment has to be allowed after medication is over.

***Uppilla Paththiyam* (Salt free Diet):**

- Food devoid of salt as a regimen during and after treatment.

***Ichcha Paththiyam* (Abstinence of Sex and Paticular Diet's):**

- During medication, avoid foods that do not easily digestible, which cause flatulence and loss of appetite.

To be avoided:

- Mustard Seeds (*Brassica juncea*)
- Sesame oil (*Sesamum indicum*)
- White pumpkin (*Cucurbita pepo*)
- Palm wine (Palm toddy)
- Chana dal (*Cicer arietium*)
- Coconut (*Cocos nucifera*)
- Mango (*Mangifera indica*)
- Jack fruit (*Artocarpus heterophyllus*)
- Garlic (*Allium sativum*)
- Bitter gourd (*Momordica charantia*)
- Humming bird tree leaves (*Sesbania grandiflora*)
- Tobacco (*Nicotiana tabacum*)
- Alcohol
- Sexual intercourse

***Kadum Paththiyam*:**

- Rigid or strict diet is given in the following observations as per rules of diet.

To be added:

- Roasted salt in the earthen pot
- Tender drumstick (*Moringa oleifera*)
- Tender brinjal (*Solanum melongena*)
- Fried tamarind (*Tamarindus indica*)

***Migu Kadum Paththiyam*:**

- Cook rice without salt in new mud pot

To be avoided:

- Salt water
- Shadow of tamarind tree
- Ocean breeze
- Don't handle with brackish soil (*Uvar man*)

PHARMACOVIGILANCE:

- Any untoward events or adverse effects (like itching, thickening, rashes, nausea, vomiting and diarrhoea) occurred while undergoing treatment to be informed to consultant or nearest pharmacovigilance center.

GENERAL GUIDELINES FOR THOKKANAM (MASSAGE MANIPULATION)**Introduction:**

Thokkanam is one of the 32 types of external medicines mentioned in *Siddha* literature. It is the physical manipulation of the body usually done with or without oil application. In this technique, the physician uses his hands on the body of the patient in 9 different unique ways with or without using medicated oil with a curative or palliative point of view. The 9 different techniques in *thokkanam* which makes *Siddha* medicine unique in all aspect are,

1. *Thattal* or Patting technique
2. *Irukkal* or Tightening
3. *Pidithal* or Holding
4. *Murukkal* or Twisting
5. *Kattal* or Tying
6. *Azhuthal* or Pressing
7. *Izhuthal* or Pulling
8. *Mallathuthal* or Supinating
9. *Asaithal* or shaking

Therapeutic sources:

- Medicated oil and decoctions
- Ghee/ milk/ buttermilk/curd
- Dry powders

Specifications:

- The treatment room has following specifications
- 10×12 feet room
- Separate rooms for men and women
- Screen
- Geyser
- Stool for sitting
- Table for lying, measuring 7 feet (length)×2.75 feet (breath)× 3 feet (height) made up of *etti* tree (*Strychnos nux - vomica*) wood or fibre
- Wash basin
- Attached bathroom
- Floor mat
- Exhauster fan

Exclusion criteria:

- Children below 1 year
- Elder above 75 years if they fear about massage.
- Pregnant women
- Feeding mothers
- Women with profuse vaginal bleeding
- Post epileptic conditions
- Unconscious persons

Pre-Thokkanam procedure:

- The patient is examined thoroughly and after careful assessment it is decided if *Thokkanam* therapy is suitable to the disease or not.
- Assure whether the vitals are normal and explain the procedure to the patients.
- Patient is to be asked to empty their bowel and bladder before beginning the procedure

- Assure the patient is free from tobacco, smoke, and beverages like alcohol, coffee or tea.
- Ensure 4 hour's time gap between meals and *Thokkanam*.
- Ensure 1 hour time gap between water intake and *Thokkanam*.
- *Thokkanam* therapy should not be given immediately after meals/ while sleeping and immediately waking up from sleep.

***Thokkanam* procedure:**

- Apply medicated oil/ powder or gel all over the body or the affected areas.
- Assure the position of the patient is comfortable with therapist as well as physicians.
- Massage or manipulate the patient initially with mild pressure and then increase the force up to moderate and then return to mild pressure at the end of the massage.
- The volume of the pressure applied on the entire body or a particular diseased part should be altered according to the age, sex and weight and disease condition of the patient.
- Time taken for each patient usually 10 min to 1 hour according to disease condition.
- Different types of medicated oils are used for each case according to disease and body type.

Post *Thokkanam* procedure:

- After the *Thokkanam* the patient should take luke warm water bath and they may take their food after an hour of these treatment methods.
- During the *Thokkanam* treatment, the patient must avoid sleep in the day time.

Benefits of *Thokkanam*:

“தொக்கணத்தி னாலிரத்தந் தோல் ஊணிவைகட்டு
மிக்கு சவுக்கியஞ்ச மீரனும்போ – மெய்கதிக
புட்டியுறக்கம் புணர்ச்சி யிவைக்கதிக்கும்
பட்ட அலைச்சலுறும் பார்”

- Delays the aging process.
- Improves blood circulation and vitalizes the cells.
- Helps in pain relief.
- Relieves Indigestion, Constipation and Flatulence.
- Promotes deeper and better sleep.
- Helps to maintain normal blood pressure.
- Nourishes the whole body and promotes longevity.
- Restores *Vatham*, *Pitham* and *Kabam* in normal ratio
- Regulates *Vatha* humour.

Therapeutic Indications:

Normally *Thokkanam* is done for *Vatham* deranged diseases.

- Hemiplegia
- Paraplegia
- Monoplegia
- Myopathy
- Motor neuron disease
- Cerebral palsy
- Facial paralysis
- Parkinsonism

- Cervical spondylosis
- Osteoarthritis
- Lumbar spondylosis
- Wrist drop
- Foot drop
- Insomnia
- Anxiety disorder
- Stress and depression

Contraindications:

- Severe pain
- Myositis ossification
- Chronic fatigue
- Psychosis
- Umbilical hernia
- Hematoma
- Cardiac failure
- Thrombosis
- Pitting oedema
- Hyper tension

NOTE: *Thokkanam* can be advised to do under the supervision and guidance of *Siddha Physician*

GENERAL GUIDELINES FOR *ATTAI VIDAL* (LEECH THERAPY)

Introduction:

Attai vidalis one of the invasive therapy mentioned in *Siddha* system and is used for various clinical condition particularly for diseases which in need of bloodletting. The uniqueness of this treatment is painless, fast relief and more comfortable when compare to other invasive and bloodletting procedure. *Attai vidalis* mainly indicated for diseases which are arising from vitiation of *pitham* humour. *Attai vidalis* done by using the medicinal leeches with proper guidelines and protocol mentioned in *Siddha* literature.

Pre-operative procedure:

➤ Preparation of leeches:

The Moderate sized, dark brown leeches will be used. The Leech to be used will be purified with turmeric water and then with pure water.

➤ Preparation of the patients:

Patient should be given purgation therapy prior to the leech therapy. They are advised to take food before treatment and to take adequate sleep on prior day night. Before starting the treatments the vitals are checked.

Operative procedure:

- The area prepared for leech therapy should be cleaned by pure water and then the leeches are applied on that site.
- After bite and start to sucking the blood it should be covered with wet gauze.
- After sucking the blood, the leeches will be fell down spontaneously or removed by applying the turmeric powder in the mouth of leech.
- The leech biting sites should be cleaned and bandaged with *Aloe vera* pulp, dusted with turmeric powder.

Post -operative procedure:

➤ Care of the patient:

After the *Attai vidal* procedure, the patient's vitals should be checked and the patient will be shifted to post-operative care room. The bitted site should be examined for one hour and advised to take rest for that day and also instructed to contact the doctor if they have any other complaints.

➤ Care of leeches:

The leeches are induced to emit the blood by dusting the turmeric powder on the mouth, after complete emesis the leeches are allowed to swing in turmeric water and then shifted to normal water, then stored in labelled container.

Therapeutic Indications:

- Arthritis
- Arthrosis
- Contusion
- Dysmenorrhoea
- Eczema
- Keloid and post-operative plastic surgery
- Abscess
- Haemorrhoids
- Tennis elbow
- Peri arthritis
- Psoriasis
- Rheumatic diseases
- Specific eye diseases
- Alopecia

- Tendinitis and tendon injury
- Thrombosis
- Embolism
- Venous disease and varicose veins
- Vertebrogenic pain syndrome
- Chronic ulcer
- Traumatic ulcer
- Varicose ulcer
- Diabetic ulcer

Contraindications:

- Blood coagulation disorders
- Coronary artery disease
- Dengue

Complications:

- Local pain during treatment
- Local itching
- Hypotension
- Vasovagal attacks
- Blood loss
- Impaired wound healing
- Super infections and allergies
- Sepsis
- Transmission of infectious diseases
- Scarring

NOTE: *Attai vidal* can be advised to do under the supervision and guidance of **Siddha Physician**

GENERAL GUIDELINES FOR *SUTTIGAI* (CAUTERY CAUTERIZATION)

Introduction:

Suttigai is one of the invasive treatments in *Siddha* System which is indicated mainly for diseases which doesn't responds to medication and other invasive procedure. The *suttigai* treatment is offered in five different methods such as *Uloga suttigai* (Metal cauterization), *Mara suttigai* (wooden cauterization), *Man suttigai* (mud cauterization), *Kaal suttigai* (heated air cauterization), *Kanthi suttigai* (sun rays cauterization). It is offered for diseases which are arising from vitiated *Kabham* humour.

Specifications:

- Cotton rolls
- Artery forceps
- Spirit
- Mini gas stove
- Normal saline
- Scissor
- Gauze and Bandage roll
- Therapy table, Chair & wooden stool
- Mud pot
- Copper bottom vessel with holder
- Beta tine solution
- Tuber of turmeric
- *Aloe vera*

Pre-operative procedure:

Preparation of patients:

Before starting the treatment the vitals are checked and explain the procedure to the patient. The patient is being made to comfortable sitting or lying posture for proper and effective treatment.

Operative procedure:

Copper *Salagai* /turmeric tuber / Mud pot (covered with *notchi* leaves- *Vitex negundo*) is used for *suttigai*. The *suttigai* site is examined thoroughly and the proper spot are identified and marked with marker, then the area prepared for *suttigai* to be cleaned by spirit or betadine solution, after that the Copper *Salagai* /turmeric tuber / Mud pots heated in flame by using stove. Then the *suttigai* is done in marked area by using hot part of *salagai* /turmeric tuber / Mud pot for 2-5 seconds. Immediately after *suttigai*, the pulp of *Aloe vera* is to be applied for 3 days. In some diseases the burned area is bandaged with *Amukkura* poultice.

Post-operative procedure

After the procedure, the vitals are checked and the patient is shifted to post-operative care room, monitored for one hour and advised to take rest for that day. Also the patient is instructed to contact the doctor if they have any other complaints.

Therapeutic Indications

- Arthritis
- Abdominal colic
- Tennis elbow
- Tenosynovitis
- Warts
- Cutaneous corn
- Jaundice
- Anaemia
- Haemorrhoids

- Scrotal swelling
- Whooping cough
- Calcaneal spur

Complications:

- Dehydration
- Keloid
- Burn shock

Precautions:

- Keloid may develop.
- Care should be taken for sterile Copper *Salagai*

NOTE: *Suttigai* can be advised to do under the supervision and guidance of *Siddha Physician*

GENERAL GUIDELINES FOR NASIYAM (LIQUID NASAL APPLICATION)**Introduction:**

Nasiyam is a process in which the drug is administered through the nostril in liquid state. Generally *nasiyam* is performed in the evening time for *Vathadiseases*, noon time for *Pitha* diseases and morning time for *Kabha* diseases.

Therapeutic sources:

- Fresh plant parts like leaves/ stem/ tuber/ fruits or dried plant parts
- Fatty oil
- Dry powder / pill dissolved in mother's milk/ cow's urine/ animal blood
- Common salt/alum dissolved in water

Specifications:

- 10×10 feet room
- Separate room for men and women
- Screen
- Ventilator
- Movable lamp
- Exhauster fan
- Treatment chair

Exclusion criteria:

- Below 7 years
- Above 80 years
- Unconsciousness
- After oil bath

Operative procedure:

- Educate the patient about the procedure
- Use PPE and ensure hygiene for therapist and patient
- Ask the patient to sit in the *nasiyam* chair
- Physician must stand backside and gently move the head of the patient backward.
- Lift the nose tip upward using left middle finger.
- Close one nostril using index and ring finger.
- Instil 5- 10 drops (2-5 drops for patients below 18 years) of the drug with dropper/ soaked cotton using right hand.
- Repeat the same for other nostril.
- Ask the patient to spit the drops which reach the throat.
- Clean the outer opening of the nostril using dry sterile cloth.

Therapeutic Indications:

- Sinusitis
- Headache
- Nasal polyp
- Psychiatric illness
- Delirium
- Deranged *Kabham*
- Syncope
- Scorpion stings
- Red centipede venom
- Scrotal Swelling
- Cough
- Rhinitis

- Sneezing
- Hemi crania
- Nasal ulcers
- Rigor
- Tremors
- Fever
- Hiccup

Complications:

- CSF rhinorrhoea
- Itching
- Heaviness of head
- Excess salivation

Precautions:

- Before using liquid nasal application, make sure and take care that the patient is free from any ornaments attached with nose.

NOTE: *Nasiyam* can be advised to do under the supervision and guidance of *Siddha Physician*

GENERAL GUIDELINES FOR KARANOOL THERAPY (CHEMICAL CAUTERIZATION)

Introduction:

Karanool is a chemical cauterization and minimal invasive technique used in treating Ano rectal diseases in *Siddha* system of medicine. It is used to get rid of the non-viable tissues in the body and promote healing. In this technique, a specially prepared thread (*Karanool*) is used for treatment.

Therapeutic sources:

- Surgical linen thread
- Plant ash salt
 - Naayuruvi uppu – salt of *Achyranthes aspera*
 - Ellu sambal uppu – *Sesame indicum* plant ash salt
- Calotrophis/ Papaya/ Euphobia / Nirulifolia latex
- Turmeric powder

Pre- Operative Procedure:

- The physical examination of *Powthiram*/ perianal fistula essentially consists of ascertaining the external openings of the fistula through inspection and per rectal digital examination. This may be followed by imaging, if needed to complement the diagnosis.
- Complete blood routine and screening test which includes HIV, HBsAg, Anti HCV, VDRL, Mantoux, etc., to be performed and the patient is explained and informed about the condition, prognosis, proposed plan of *karanool* management, possible span of treatments, the extent of pain and discomfort during the primary procedure, slight discomfort during intervening periods of *karanool* change and thereafter during the follow-up thread changes.

Operative Procedure:

- The primary threading with *karanool* will be performed by *Siddha* physicians after making all the local preparations which includes lignocaine test dose and / or enema to clear the bowels.
- The procedure will be performed by gently negotiating the fibrous tract with an autoclaved specially designed metal probe.
- For a long fistulous tract (i.e., >5 cm), local anaesthesia may be used under the guidance of the anaesthetist.
- After the primary threading, the patient is made to rest for a while in the post-operative room and sent home giving necessary follow up instructions, after checking for the vitals and ascertaining the patient is stable to walk.

Post- Operative Procedure:

- Patient is advised to undergo sitz bath daily by using turmeric and *thripala chooranam* in Luke warm water every morning after passing stools.
- Advised to do dressing daily.
- Advised to report on every 8th day from the date of primary threading for changing or replacing the *karanool* thread with a new one through rail road technique.

Therapeutic Indications:

- Haemorrhoids
- Anal fistula
- Pilonidal Sinuses
- Warts
- Skin Tags

Contraindications:

- Tuberculous fistula
- Fistula in Crohn's disease
- Multiple fistula
- Cardiac diseases
- HIV, HBsAg and VDRL positive cases
- Bleeding diathesis as indicated by bleeding time, clotting time etc.,
- High anal fistula with supra levator extensions
- Elderly patients of more than 75 years of age.

Complication:

- Pain shock

NOTE: *Karanool* therapy should performed only by *Siddha* physician

GENERAL GUIDELINES FOR KAZHICHAL MARUTHUVAM (PURGATION)

Introduction:

“அடர்நான்கு மதிக்கொருகாற் பேதியுறை நுகர்வோம்”

- *Kazhichalmaruthuvam* is the procedure by which the vitiated *kutram*s are eliminated through the anal route. It is the treatment of choice for *Vali/ Vatham* predominant conditions.
- It is also used as a prophylactic treatment or for general wellbeing.
- It is recommended once in 4 months with prescribed medication with defined dosage and adjuvant at early morning.

Treatment procedure:

- The patient is advised to take purgative medicine early morning at 5-6 am in empty stomach.
- If bouts of purgation does not commence, ask the patient to drink hot water.
- Some patients have symptoms of nausea, profuse sweating and vomiting during this treatment.
- After the average number (5-6 times) of bowel evacuation, the patient is advised to intake butter milk/ lemon juice/ tea decoction/ fried cumin seeds *kudineer*.
- At the end of proper purgation, watery diarrhoea will be expelled out. This indicates that the purgation therapy has been successfully completed.
- After purgation, patient may have symptoms like tiredness, slimness, lightness of the body, tiredness of sense organs which is a good sign.
- If on the day of consuming the purgative drug, the patient responds poorly, he should be allowed to take food on that day and the purgative drugs can be administered again on the next day.

Dietary regimen during purgation:

- Milk, butter milk, rice porridge
- Double boiled porridge
- Luke warm water

Contraindications:

- Anal fissure
- Ano-rectal bleeding
- Colitis
- Hyperpyrexia
- Pregnancy
- Dehydration
- Renal failure
- Elderly patients of more than 70 years of age

Precautions:

- Avoid sleeping during day time of purgation therapy
- Should not take heavy meals before or during the procedure

GENERAL GUIDELINES FOR VAMANA MARUTHUVAM (THERAPEUTIC EMESIS)

Introduction:

“ஆறுதிங்கட் கொருதடவை வமனமருந் தமிழ்வேம்”

- *Vamanam maruthuvam* means to induce vomiting. It is a bio cleansing measure meant for the elimination of *Pitha kutram* accumulated in the upper gastro intestinal tract.
- It is also used as a prophylactic treatment or prophylaxis for general well being
- It is recommended once in 6 months with prescribed medication with defined dosage and adjuvant at early morning.

Treatment procedure:

- The patient is advised to take emetic medicine early morning at 5-6 am in empty stomach.
- The emetic drug induces instantaneous vomiting or vomiting within 15-20 min.
- If bouts of emesis does not commence, ask the patient to drink hot water.
- After the average number (3-4 times) of emesis, the patient is advised to intake lemon juice/ fried cumin seed *kudineer/ vasambu sutta kari* (burned *Acorus calamus*).

Dietary regimen during Therapeutic Emesis:

- Milk, butter milk, Rice porridge
- Double boil porridge
- Luke warm water
- Lemon juice

Contraindications:

- Hematemesis
- Hernia
- Rectal prolapse
- Pregnancy
- Dehydration
- Renal failure
- Elderly patients of more than 70 years of age

Precautions:

- Avoid sleeping during day time of purgation therapy
- Should not take heavy meals before or during the procedure

GENERAL GUIDELINES FOR *NEERKURI* (EXAMINATION OF URINE) & *NEIKURI* (URINE SIGN – OIL DROP TEST)

Introduction:

Urine examination is one of the eight fold examination mentioned by Saint *Theraiyar*. It is cost effective and non-invasive method which can be used as diagnosing tool to assess the prognosis.

Procedure:

Neerkuri (Examination of Urine)

- Collect the urine sample in a sterile glass/ porcelain bowl and examine the macroscopic characters of urine such as colour, odour, froth and deposits.

Neikuri (Urine Sign – Oil Drop Test)

- Collect the urine sample in a sterile glass/ porcelain bowl. Then instil a drop of gingelly oil using a stick over the surface of urine.
- The pattern of oil spread was keenly observed under sunlight for 0 and 5 min after oil drop. Then observe and record diagrammatically and inferences are to be noted.
- Distance between the bowl and oil stick is 3-4cm.
- Below 3cm the stick may inadvertently touch the bowl, and above 4cm the oil may be dispersed due to air or it may cause ripples over the surface of the urine sample interfering with the result of the examination.
- Further the test needs to perform within one and a half an hour from the collection of urine.

Shape of the Oil Drop and its Inference:

- **Vatham pattern** - Oil drop takes the shape of a snake, it indicates *Vatham humor*.
- **Pitham pattern**- spreads like a ring it indicates *Pitham humor*.
- **Kabham pattern**- Oil drop stands like a pearl it indicates *Kabham humor*. These spread patterns indicates normal physiological state.
- **Combined pattern** - There is a combined shape like a ring in a snake or snake in the ring, snake and a pearl or a pearl in the ring, it indicates combined derangement of humors.
- If the oil drop takes the shape of a sieve, it suggests *Kabham* diseases and requires immediate treatment.

GENERAL GUIDELINES FOR PATTINI (THERAPEUTIC FASTING)**Introduction:**

Langanam literally means *Pattini* (Therapeutic fasting) in *Siddha* system and has its own impact over individual's health as well as in maintaining disease free ecosystem. The verse "*Langanam Parama Aushatham*" states that *Pattini* has vast role in prevention and curing of entities like *Suram*, *Ammal*, *Sanni*, etc.,

In *Siddha* literature, the practice of fasting once in a fortnight or at least once in thirty days is good. On the day of fasting nothing should be taken except water. It is stated that conception of *Agathi keerai* (*Sesbania grandiflora*) and *venpoosani* (*Cucurbita pepo*), after the long fasting will nullify intense acidity, as they said to neutralise vitiated *pitham* humor.

***Pattini parikaram* (Therapeutic fasting methods in fever):**

- Three days of *pattini* for *Vatham* fever.
- Liquid drinks and a small quantity of food for *Pitham* fever
- Medicines and rice gruel for *Kabham* fever

Time Period of Therapeutic fasting:

- | | | |
|------------------------|---|---------|
| • <i>Vatham</i> Fever | - | 7 days |
| • <i>Pitham</i> Fever | - | 6 days |
| • <i>Kabham</i> Fever | - | 9 days |
| • Combined derangement | - | 10 days |
| • Delirium | - | 3 days |
| • Convulsions | - | 13 days |

Dietary regimen during Therapeutic fasting:

- Depending upon the nature of digestive power of the patient, easily digestible foods are recommended.
- **To be added** - *Lavanga pattai* (*Cinnamomum zeylanicum*), *thippili* (*Piper longum*), millet, panicum, Ragi, Rice.
- **To be avoided** - salt, tamarind, mustard seed and horse gram.

Contraindications:

- Diarrhoea
- Dysentery
- Tuberculosis
- Pregnancy
- Elderly people
- Children
- Alcoholics
- People under depression and aggression.

STANDARD SIDDHA TREATMENT PROTOCOL

Template

1.1. Definition:

Description of the disease

1.2. Synonym:

Synonyms employed in various *Siddha* text / literatures for this condition

1.3. Causes and influencing factors:

Associated Causes and influencing factors to be mentioned

1.4. Premonitory signs and symptoms:

Associated early sign or symptom which often indicate the onset of a disease

1.5. Common Signs and Symptoms:

Main clinical signs and symptoms of the disease

1.6. Co-morbid conditions:

Associated co-morbid conditions to be mentioned

1.7. Primary *Kutram* affected :

Kutram primarily affected in various stages of the disease. *Kutram* primarily affected when associated with Co-morbid conditions

1.8. Secondary *Kutram* affected:

Kutram secondarily affected in various stages of the disease. *Kutram* secondarily affected when associated with other Co-morbid conditions.

1.9. Siddha pathogenesis:**2. Investigations:****2.1. *Envagai thervu* (Eight fold system of clinical assessment)**

Specific investigations of *Siddha* in diagnosing the disease

2.2. Modern medical investigation :

Specific investigations of modern science in diagnosing the disease

3. Diagnosis:**3.1. Confirmation of Diagnosis:****3.2. Differential Diagnosis:**

Identical diagnosis in *Siddha* and modern science, how differs from the present diagnosis.

4. Treatment:**4.1. Purgation:**

Specific purgatives in prescribed dosage with vehicle in defined time, other intake procedures and precautionary measures according to the disease conditions

4.2. Emesis and other pretreatment procedures:

Emesis and other pretreatment procedures with vehicle, other intake procedures and precautionary measures according to the disease conditions

4.3. Line of Treatment / Treatment plan:

Step by step treatment plans (For the disease and associated Co-morbid conditions).

Different type of treatment plans according to various stages of the disease or severity of the disease considering the co-morbid conditions.

Treatments for the co-morbid conditions or drug of choice for Co-morbid conditions along with disease should be elaborated.

4.4. Internal medicines:

Selection of drugs of Plants, Animal origin, Metal minerals or Combination drugs on priority basis. Home remedies, Single herb usage also to be included.

Choice of drug and adjuvant for each and every internal drugs, Dosage, Time to be taken, precautions, break of medicines (Drug holiday if any).

4.5. External medicines:

Single or combination of external medicines based on disease condition (with or without internal medicine to be mentioned).

Therapy techniques, duration, number of procedures and other details should be mentioned.

4.6. Special Therapies:

Single or combination of special therapies like *Yoga, Varmam, Thokkanam* etc., based on disease condition (with or without internal medicine to be mentioned).

Therapy techniques, duration, number of procedures and other details should be mentioned.

4.7. Duration of Treatment:

Expected duration of treatment period for various conditions or stages of disease, (considering the duration of the disease along with other Co-morbid conditions)

4.8. Dietary advice:

List of diets to be taken / not to be taken

5. Others:

5.1. Complication of the Disease

Possible complications to be mentioned. Complications arise if any, how to be managed by *Siddha*.

5.2. Limitation in *Siddha* System and condition for referral:

Limitations in *Siddha* System and Conditions to be referred for other system of medicine etc., to be explained.

Iraippai Kudal Noigal
**(Gastro-Enterological
Disorders)**

AKKARAM IN CHILDREN (RECURRENT APHTHOUS STOMATITIS)

Definition:

- Recurrent aphthous stomatitis (canker sores or aphthous ulcers) is the presence of small, painful sores (ulcers) inside the mouth that typically begin in childhood and recur frequently.

Synonyms:

- *Accharam*
- *Vaaipun*
- *Naamul*
- *Na Naatram*

Siddha etiology:

“அச்சரமென் றொரு நோய்யுண் டக்கரமுமாகும்
அவை விளக்கு முள்ளாவிச் சூட்டானாவில்
நிச்சயமாய் வேக்காட்டைத் தந்து மாப்போல்
நீறு பூத்து துன்ப நிலைக்கச் செய்து
சச்சரவுண் டாக்கு மெனவன்றி

.....
மருத்துவர் களறியுமாறு லகிலன்றே” - பாலவாகடம் 271.

As per *Siddha Sirappu maruthuvam*, it is caused by

- Disorders of GIT (Diseases of stomach, intestines and rectum)
- Toxicity of caustic soda and drugs like mercury.

Causes and Influencing Factors

- Injury or irritation of the mouth lining
- Fungal or bacterial infections
- Irritating foods or chemicals, such as citrus fruit, toothpaste, or mouthwash
- Lack of certain vitamins, including vitamins B and C
- Weakened immune system

Premonitory signs and symptoms:

- Malaise
- Tiredness
- Sores (blisters and ulcers) in and around the mouth
- Swelling
- Sore throat
- Cervical lymph node enlargement

Common Signs and Symptoms:

- Ulceration in tongue and throat
- Chills
- Pallor tongue
- Sialorrhea
- Increased viscosity of saliva
- Headache
- Tachycardia

Co-Morbid Conditions:

- Gastrointestinal disorder

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It is explained by increased Pitham influenced by Kabam, affects uthanan, viyanan and samanana. In seven udalthathukal, saaram, senneer and oon get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Pithavatham
Sparisam	-	Warmth
Na	-	Reddish sores
Niram	-	Normal
Mozhi	-	Irritable crying
Vizhi	-	Normal
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	- Yellowish in colour, tamarind in odour
Neikuri	-	- Oil in urine spreads in the form of snake / ring

Modern Medical Investigations

- Complete Blood Count (CBC)
- Urine analysis

In Tertiary care hospital:

- Ferritin level
- Folate level
- Vitamin B12
- Biopsy from the site of lesion (occasionally)

Diagnosis**Confirmation of Diagnosis:**

- Confirmation of diagnosis made by clinical examination.

Differential Diagnosis:

- *Karappan* (Eczema)
- *Ammal* (Chicken pox)
- *Gunmam* (Gastric ulcer)
- *Meganoigal* (Venereal disease)
- *Rasa vekkaadu* (Drug induced)

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
 - Neer (Medicated Solution)
 - Patru (Semi-Solid Poultice)
 - Kalimbu (Ointment)
- Dietary advice

Day 1 - Kazhichal Maruthuvam (Purgation)

- Manthaennai - 1-5 ml with mother's milk/ milk, BD, before food.

Day 2 - Rest**Day 3 - First Line of Treatment**

- Maasikkaai chooranam - 500 mg – 1 gm with lukewarm water/ milk, BD, after food.

- Gungiliya parpam - 100-200mg with butter/ghee/tender coconut (*Cocos nucifera*), BD, after food.
- Athimathura nei - 2.5 – 5 ml with milk, BD, after food.

Kazhichal Maruthuvam (Purgation):

Purgation may be given by identifying the root cause of the disease. If Akkaram occurs due to derangement of Vatham or Pitham, then mild purgation is indicated

- Dhratchathy kudineer - 15-30 ml, BD, before food.

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine:

Maathirai

- Vasantha kusumakara maathirai (100 mg) - ½ - 1 pill with honey/ginger juice (*Zingiber officinalis*)/mothers milk, BD, after food (if fever present)
- Korosanai maathirai (130 mg) - ½ - 1 tab with honey / mother's milk, BD, after food (if fever present)
- Athimathura maathirai - 1-2 tabs with warm water, BD, after food

Parpam

- Silasathu parpam - 250-300 mg with butter/ghee, BD, after food.
- Padigaara parpam- 200-300 mg with ghee/ honey, BD, after food

External Medicines

Neer (Medicated Solution):

- Thiriphala chooranam for gargling
- Gargling with coconut milk

Kalimbu (Ointment application):

- Gungiliya vennai – Quantity sufficient

Patru (Semi Solid Poultice)

- Astringents like vengaram, padikaaram, kaichukatti, maasikkaai may be applied externally with honey
- Vengara mathu - SOS apply over the enlarged tonsils
- Poonduthen - SOS apply over the enlarged tonsils

Duration of Treatment:

- 7-10 days

Advices:

- Oil bath weekly twice
- Frequent breast feeding

To Be Added:

- Manathakkali keera (*Solanum nigrum*)
- Manathakkali keera along with coconut, as chewable
- Calcium and vitamin C rich food, for e.g., yogurt, milk, cottage cheese and orange juice.
- Drink plenty of fluids
- Liquid diet for at least 5 days
- Cereal porridge
- Vegetables soup made up of carrot (*Daucus carota*) , beans (*Phaseolus vulgaris*), spinach (*Spinacia oleracea*)
- Rice, dhal with ghee
- Boiled egg or steamed fish without oil

- Tomato (*Solanum lycopersicum*)
- Chew fennel seeds (*Foeniculum vulgare*) to prevent mouth ulcer

To Be Avoided:

- More oil and spices
- Hot beverages like tea, coffee
- Refined foods
- Tinned / packed food items
- Sour food items
- Fast fried foods
- Junk foods
- Curd, spices, pickles

Others:

Complication of the Disease:

- Mucositis
- Oral infection
 - Bacterial infection
 - Candidiasis
 - Viral infection
- Dysgeusia

Limitation in Siddha System and Condition for Referral:

- *Vippuruthi*
- *Theivu noi*
- Refer to a dentist where dental problems are considered the cause of ulceration (tooth damage, denture problems, etc).

GUNMAM (GASTRIC DISORDER/ PEPTIC ULCER)**Definition**

A disease that affects mind and body, characterized by indigestion, heartburn, vomiting, weakness, emaciation, depression and causing gaseous formation, usually associated with abdominal discomfort or abnormalities like dyspepsia. It leads to suicidal tendency in severe and chronic pain.

Synonyms

- *Gulmam*

Siddha etiology:

- Intake of excessive hot substances and substances which produce belching.
- Intake of dietary items which are mixed with sands, bran, stone and dust
- Drinking spring water, stagnant water and lime mixed water.
- Intake of excessive diets which will not be easily digested. Eg: coconut milk
- By getting angry, starvation and depression frequently.
- The disease caused for those who practice yoga by improper controlling of breath.

Causes and Influencing Factors:

- Stress
- Excessive and chronic alcohol consumption
- Smoking
- H.Pylori bacterial infection
- Weakened immune system
- Diabetes Mellitus
- Renal failure
- Bile reflux
- Influencing factors are high fat diet, high sodium diet

Premonitory signs and symptoms

- Anorexia
- Frequent and belching
- Regurgitation

Common Signs and Symptoms

- Severe pain with burning sensation in the epigastric region
- Heart burn
- Indigestion
- Abdominal discomfort
- Nausea and vomiting
- Flatulence with diarrhoea
- Bloody/ dark stools
- Headache
- Loss of body weight

Co-morbid Conditions

- Emaciation
- Depression

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham/ Kabam

Siddha Pathogenesis:

- It is explained by aggravation of Vatham and later affects Kabam and Pitham.

In seven udalthathukal, Saaram, Senneer, Oon, Kozhuppu get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vatham/ Pithavatham
Sparisam	-	Tenderness in epigastric region
Naa	-	Pallor/ Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal/ Pallor
Malam	-	Constipation/ diarrhea/ bloody stools
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations

- Complete blood count
- Complete urine analysis
- Ultrasound - whole abdomen
- Endoscopy
- ELISA test for Serum IgA and IgG antibodies to detect H.pylori

Diagnosis

Confirmation of Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Eraippai putru* (Carcinoma of the stomach)
- *Kudarpidippu noi* (Intestinal obstruction)
- Ulcerative colitis
- Cholelithiasis
- Acute Coronary Syndrome
- Pyloric stenosis

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)/ Vamana maruthuvam (Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation):

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam -15 -30 ml with lukewarm water at early morning in empty stomach

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Elathy chooranam - 1 – 2tabs with honey/ lukewarm water, BD after food.
- Vilavathy ilagam - 5 – 10gm with warm milk, BD after food.
- Sangu parpam - 100 – 200mg with warm milk/ ghee, BD after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal

maruthuvam:

- Vellai ennai - 15-30 ml with lukewarm water, at early morning in empty stomach for a day
- Merugulli thylam -10 -15 ml with lukewarm water at early morning in empty stomach
- Siddhathi ennai -10-15 ml with milk at early morning in empty stomach

Vamana maruthuvam (Therapeutic emesis):

- Sanjeevi maathirai (100 mg) - 1 - 2 pills with ilai kalli saaru (*Euphorbia ligularia*) and honey, OD, at early morning in empty stomach
- Vasambu kudineer – 10-15 ml, OD, at early morning in empty stomach

Internal Medicines:

Chooranam

- Kavikkal chooranam - 1 - 2 gm with honey/ luke warm water, BD, after food
- Seeraga chooranam - 1 -2 gm with honey/ luke warm water, TDS, after food
- Thaalisaathi chooranam - 1 -2 gm with honey/ luke warm water, TDS, after food
- Mayilragathy chooranam - 1 -2 gm with honey/ luke warm water, TDS, after food (with hiccup)
- Seenthil chooranam-1 -2 gm with honey/ luke warm water, TDS, after food
- Perungaya chooranam-1 -2 gm with honey/ luke warm water, TDS, after food
- Pirandai chooranam-1 - 2 gm with honey/ water, TDS, after food.
- Chukku chooranam -1 -2 gm with honey/ water, BD, after food (if there is indigestion)
- Kariveppelai chooranam -1 - 2 gm with honey/ water, TDS, after food
- Athimathura chooranam - 1-2 gm with milk, BD, after food

Manapagu

- Madhulai manapagu - 5 - 10 ml with lukewarm water, BD after food (for *Saththi gunmam*)
- Nannari manapagu - 5 - 10 ml with lukewarm water, BD after food (for *Eri gunmam*)
- Thurunji manapagu - 5 - 10 ml with lukewarm water, BD after food (for *Saththi gunmam*)
- Narrathai manapagu - 5 - 10 ml with lukewarm water, BD after food.
- Aththipazha manapagu- 10-15ml with water BD after food

Rasayanam

- Inji rasayanam - 2-3 gm with ghee, BD, after food.

Ilagam

- Anda ilagam - 5 – 10 gm with warm milk, BD, after food.
- Kesari ilagam - 5 - 10 gm, BD, after food.
- Amukkura ilagam - 5 – 10 gm with warm milk, BD, after food.
- Thetrankottai ilagam - 5 – 10 gm with warm milk, BD, after food.
- Venpoosani ilagam - 5 – 10 gm with warm milk, BD, after food.
- Nellikkai ilagam - 5 – 10 gm, BD, after food.
- Sarapangavilvathy ilagam - 5 – 10 gm with warm milk, BD, after food.

- Kumari ilagam - 5 - 10 gm with warm milk, BD, after food.

Maathirai

- Panchadeepakini chooranam - 1 – 2 tabs with honey/ water, BD, after food. (if indigestion is present)
- Dhratchathy chooranam - 1 -2 tabs with honey/ water, BD, after food.
- Amukkura chooranam - 1 – 2 tabs with honey/ water, BD, after food.
- Keelanelli chooranam - 1 – 2 tabs with honey/ water, BD, after food (with liver involvement)
- Thiriphala chooranam - 1 – 2 tabs with honey/ water, BD, after food.
- Soolai kudaram (100 mg) - 1 – 2 pills with honey, BD, after food.

Theeneer/ Thiravagam:

- Sombu theeneer -5 - 10 ml with lukewarm water, BD, after food.
- Oma theeneer -5 - 10 ml with lukewarm water, BD, after food.
- Sanga thiravagam -1 - 5 drops with sombu theeneer, BD, after food.

Mezhugu

- Gunmakudori mezhugu -250-500 mg with water/ palm jaggery, BD, after food.
- Navauppu mezhugu -100 – 200 mg with palm jaggery, OD, after food.
- Panchasootha mezhugu -100 – 200 mg with pirandai kudineer (*Cissus quadrangularis*), BD, after food.

Chendooram

- Uppu chendooram - 100 – 200 mg with honey, BD, after food
- Thamira chendooram - 50 – 100 mg with honey, BD, after food
- Padigapoongaavi chendooram - 200-400 mg with ghee, BD, after food
- Annabedhi chendooram - 100-200 mg with honey, BD, after food.

Parpam

- Panchalavana parpam- 100-200 mg, with ghee/ butter/ water, BD, after food
- Gungiliya parpam - 100 – 200 mg with water, BD, after food.
- Muthuchippi parpam - 100 – 200 mg with ghee, BD, after food.
- Silasathu parpam - 100 – 200 mg with water, BD, after food.

Karpam

- Bhavana kadukkai (500 mg) - 1 -2 tabs chewable, BD, after food.
- Thiriphala karpam (500 mg) - 1-2 tabs with Honey, BD, after food.

Special Therapies**Siddhar Yoga Maruthuvam**

- Sarvangasanam
- Padmasanam
- Suryanamaskaram
- Chakkrasanam
- Savasanam
- Pranayamam-Shetali

Varma maruthuvam:

- Pallavarmam
- Anna kaalam
- Vaayu kaalam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To be added

- Rice porridge
- Double boil porridge
- Coconut milk
- Black gram

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)

Greens:

- Manathakkalli (*Solanum nigrum*)
- Ponnaganni (*Alternanthera sessilis*)

Fruits:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus racemosa*)
- Koiya (*Psidium guajava*)
- Tharpoosanai (*Citrullus lanatus*)

Dairy products:

- Cow's milk and ghee
- Butter milk

To Be Avoided

- Alcohol
- Smoking
- Oily foods
- Spicy foods
- Tin foods and drinks
- Tea /coffee
- Dry fish
- Chicken (*Gallus gallus domesticus*)
- Sodium rich foods

Others

Complication of the Disease

- Gastric outlet obstruction
- Gastric perforation
- Hematemesis

Limitation in Siddha System and Condition for Referral

- Gastric perforation
- Intestinal bleeding (Hemosiderosis/ Malena)

KAZHICHAL (DIARRHOEA)

Definition

- *Kazhichal* is an acute specific disease due to the indigestion/ infection/ inflammation of the intestine, characterized by frequent watery mucus stools (more than 5 times) with gripping pain in the abdomen.

Synonyms:

- *Migukazhichal*
- *Athisaaram*
- *Neerbethi*
- *Mikubethi*
- *Perun kazhichal*

Siddha etiology:

“மானென்ற வயிற்றில் மந்தமிருக்கும் போது
மாப்பண்ட மதுரங்கள் மங்கை கோட்டி
ஊனென்ற மாமிசங்கள் வேகாப்பண்டம்
உண்டதாற் கிராணி வந்துற்பவிக்கும் கண்டாய்”

- யுகிசிந்தாமணி

“தானாக உண்டாகும் விதத்தைக் கேளாய்
தரணிதனிற் குளிர்ச்சியுடன் விடசத்துத்தானும்
தேனாக மிகுதீனி புசித்தாலும்
திரண்ட சனக்கூட்டத்தில் போவதாலும்
மானான சீதகரங் காணும்போதும்
மகத்தான இந்நோயுண்டா மென்று
கோணான நூல்தனிலே பெரியோர் சொன்னார்
கொற்றவனே யதினுடைய குணத்தைக் கேளே”

- அகத்தியர் குணவாகடம்

- Intake of food stuffs which are not easily digestible.
- Intake of excessive pungent and sour tasted food substances.
- Taking large amount of sweets, mutton and improperly cooked food substances.
- Drinking impure water like *sunaineer* and *karchunna neer*.
- Wandering in sun and exposure to cold air.
- Living in overcrowded areas.
- Suffering from *seetha suram*.

Causes and Influencing Factors:

- Acute diarrhoea:
 - Bacterial infections (*Salmonella* sp.)/ Viral infections (*Rota virus* or *Noro virus*)/ parasitic infection (*Giardia* sp.) of the bowel.
- Chronic diarrhoea:
 - Gluten intolerance (Celiac disease)
 - Lactose intolerance (Inability to properly digest lactose in dairy products)
 - Irritable bowel syndrome
 - Chronic bowel infection
 - Irritable bowel disease such as Crohns disease and ulcerative colitis
 - Hyperthyroidism
 - Chronic pancreatitis
 - Bowel cancer

Premonitory signs and symptoms

- Indigestion

- Nausea
- Belching
- Anorexia
- Abdominal distension
- Rumbling of the intestine

Common Signs and Symptoms

- Watery stools
- Hiccough
- Bowel irritation
- Spastic pain present in the abdomen
- Fatigue
- Excessive thirst
- Excessive salivation
- Dryness of the skin
- Chillness of the extremities
- Skin elasticity and sunken eyes.

Co-morbid Conditions

- Inflammatory bowel disease

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected

- Vatham

Siddha Pathogenesis

- It is explained by the aggravation of Pitham and then increases Vatham. All the seven udalthathukal get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pitham / Vathapitham / Kabapitham
Sparisam	-	Skin elasticity/ chillness/ dryness
Naa	-	Pallor /yellow / coated / dryness
Niram	-	Pallor /darkened
Mozhi	-	Low pitched
Vizhi	-	Sunken eyes/ pallor / dry
Malam	-	Pale/ yellow/ darkened or varied in colour/ froth / mucous/ watery stools with indigested contents
Moothiram		
Neerkuri	-	Yellow or reddish in colour, increased specific gravity, decreased froth with tamarind odour
Neikuri	-	Oil may spreads in the form of ring / pearl

Modern Medical Investigations

Haematology:

- Complete Blood Count (CBC)
- Serum Electrolytes

Stool examination:

- Microscopy and Culture test
- Ova and Parasite

In Tertiary care hospital:

- Sigmoidoscopy

- Colonoscopy
- Endoscopy
- Antigen test for Rotavirus
- Antigen test specific for parasites
- Food allergy test
- Lactose tolerance test

Diagnosis

Confirmation of Diagnosis

- Based on the clinical signs and symptoms and laboratory investigations.

Differential Diagnosis

- *Nina kazhichal*
- *Oozhi noi* (Cholera)
- *Kaduppu kazhichal*

Treatment

Line of treatment:

- Internal medicine
- Varmam maruthuvam
- Dietary advice

First Line of Treatment

- Thayirchundi chooranam -1 - 3gm with lukewarm water/Butter milk, BD after food for 3 days
- Madhulai manapagu - 10 - 15 ml with lukewarm water, TDS after food
- Oma theeneer – 15-30 ml with lukewarm water, BD after food.

Other Medicines:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine:

Kudineer:

- Madhulam pazhathol kudineer -30 - 60 ml, OD, before food for 3 days
- Athividaya kudineer -30 - 60 ml, OD, before food for 3 days
- Maramanjai kudineer- 30 - 60 ml, OD, before food for 3 days
- Thippiliyathi kudineer- 30 - 60 ml, OD, before food for 3 days

Chooranam:

- Chundaivatrul chooranam -1 - 3 gm with curd, BD, after food for 3 days
- Kariveppilai chooranam -1 - 3 gm with buttermilk, BD, after food for 3 days
- Kattuvaadhi chooranam -1 - 3 gm with lukewarm water, BD, after food for 3 days
- Madhulam verpattai chooranam - 500mg - 1 gm with buttermilk, BD, after food for 3 days
- Kombarakku chooranam – 500mg - 1 gm with lukewarm water, BD, after food for 3 days
- Kudasapaalaipattai chooranam - 1 -2 gm with honey/ milk, BD, after food

Vadagam:

- Pirandai vadagam-2 - 3 tabs, as chewable, BD, after food for 3 days
- Vazhaipoo vadagam-2 - 3 tabs, as chewable, BD, after food for 3 days
- Kariveppilai vadagam -2 - 3 tabs, as chewable BD, after food for 3 days

Manapagu:

- Thurunji manapagu- 5-10 ml, with lukewarm water, TDS after food.
- Kudasa manapagu- 5-10 ml, with lukewarm water, TDS after food.
- Vilva pazha manapagu - 5-10 ml, with lukewarm water, TDS after food
- Semparuthi manapagu -5-10 ml,with lukewarm water, TDS after food

Maathirai

- Saathikai maathirai (100 mg) - 1 – 2 pills with honey, BD, after food
- Padikaara maathirai (100 mg) - 1 – 2 pills with honey, BD, after food
- Kattuvathi kuligai (100 mg) - 1 – 2 pills with honey plantain flower juice, BD, after food.
- Maha vasantha kusumakaram maathirai (100 mg)- 1 – 2 pills with palm jaggery / honey, BD, after food
- Oozhi maathirai (100 mg) - 1 – 2 pills with honey/ banana flower juice, BD after food
- Kabada maathirai (100 mg) - 1 – 2 pills with honey/ banana flower juice, BD/TDS after food.

Kuzhambu:

- Jathi Jambeera kuzhambu – 30-50 mg, apply over the tongue, TDS after food (Indicated for maantha bedhi)

Chendooram:

- Padiga linga chendooram – 200-300 mg with ghee/ butter, BD after food
- Uppu chendooram- 100 - 200 mg with water, BD after food
- Naaga chendooram-100 - 200 mg with Thirikadugu chooranam and honey, BD after food
- Annabedhi chendooram-100 – 200 mg with honey, BD after food
- Kaadikaara chendooram- 100 – 200 mg with honey/ ginger Juice, BD after food
- Aya chendooram- 100 - 200 mg with honey, BD after food

Parpam:

- Nathai parpam - 200 – 400 mg with ghee /butter /butter milk, BD after food.
- Muthuchippi parpam - 200 – 400 mg ghee /butter milk, BD after food.
- Naaga parpam – 100 – 200 mg with ghee, BD after food.
- Anjuppu parpam- 100 -200 mg with water /butter, BD after food.
- Muthu parpam - 100 -200 mg with ghee/butter/ warm water, BD after food.
- Navaneetha parpam-100 -200 mg with ghee/butter/ warm water, BD after food.
- Naaga sangu parpam-100 -200 mg with ghee/butter/ warm water, BD after food.
- Aamaiottu parpam -100 – 200 mg with honey / Oma kudineer, BD after food.

Karpam:

- Bhavana kadukkai maathirai - 1-2 tabs, BD, as chewable, after food

External Medicines: -

Special Therapies:

Varma maruthuvam:

- Pallavarmam
- Anna kaalam
- Kizhimega varmam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices

- Follow sanitation measures like handwash.
- Clean the toilet with disinfectant after each bout of diarrhea.

To Be Added

- Drink plenty of boiled water after cooling
- Steamed vegetables.
- Rice based oral rehydration solution
- Whey water

Rice Porridge:

- Double boiled rice with buttermilk
- Arrow root porridge (*Maranta arundinacea*)
- Javvarisi porridge (Tapioca pearls - *Manihot esculenta crantz*).

Tender vegetables:

- Aththi (*Ficus racemosa*)
- Avarai (*Lablab purpureus*)
- Vendai (*Abelmoschus esculentus*)
- Vazhai poo (*Musa paradisiaca*)
- Murungai (*Moringa oleifera*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)

Greens:

- Puliyaarai (*Oxalis corniculata*)
- Thoothuvelai (*Solanum trilobatum*)

Pulses:

- Ulunthu (*Vigna mungo*)

Dairy Products:

- Butter milk

To Be Avoided:

- Hot and bitter tastes
- Fried foods
- Oil foods
- Avoid non-vegetarian foods
- Sarkaraivalli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Colocasia esculenta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Verkadalai (*Arachis hypogaea*)
- Kaaramani (*Vigna unguiculata*)
- Pattani (*Phaseolus lunatus*)
- Mochai (*Vicia faba*)

Others:

Complication of the Disease:

- Mild to severe dehydration
- Electrolyte imbalance
- Haemolytic uraemic syndrome
- Severe hemorrhage and Anemia
- Rectal prolapse

- Cutaneous hemorrhage
- Renal failure
- Pleurisy
- Toxic carditis

Limitation in Siddha System and Condition for Referral:

- Severe dehydration
- Cramps or spasmodic contraction of the limbs
- Bradycardia
- Anuria

MALAKATTU (CONSTIPATION)

Definition:

- A condition in which there is a difficulty in emptying the bowels, usually associated with hardened faeces.

Synonym:

- *Malabantham*

Causes and Influencing Factors

- Lack of exercise
- Irritable bowel syndrome
- Inadequate intake of fiber and fluids in the diet
- Ignoring the urge to defecate
- Diabetes mellitus
- Hypothyroidism
- Pregnancy
- Drugs like antacids, anticholinergics, antidepressants, calcium channel blockers, narcotics, nonsteroidal anti-inflammatory drugs, psychotropics, sympathomimetics

Premonitory signs and symptoms:

- Bloated abdomen
- Indigestion
- Nausea
- Dyspepsia

Common Signs and Symptoms

- Difficulty in passing stools
- Headache
- Pain in both knee joints
- Anorexia
- Incomplete evacuation of stool
- Occasionally low grade fever

Co-morbid conditions:

- Anal fissure
- Haemorrhoids
- Tenesmus
- Arthritis
- Skin diseases
- Structural abnormalities such as colonic strictures, colonic masses, Anorectal disorders, Intersusception (*Kudal vatham*)
- Neurogenic conditions

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by increased Vatham altered with Pitham, affects abanan and viyanan. In seven udalthathukal Saaram get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi - Pithavatham/ Vathapitham

Sparisam	-	Dryness/ Warmth
Naa	-	Dryness/ coated
Niram	-	Dark/ pallor
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal
Malam	-	Constipation / dark coloured stools
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Thyroid Function Test
- USG – Complete abdomen

In Tertiary care hospital:

- Sigmoidoscopy

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations.

Differential Diagnosis:

- *Kudal pidippu/Anaagam* (Intussusception)
- *Kudal putru* (Colon Cancer)
- *Kudal Irakkam* (Abdominal Hernia)

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
 - Patru (Semisolid Poultice)
 - Peechu (Douche)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Meganatha kuligai- 1-2 pills with lukewarm water, OD, at early morning in empty stomach

Day 2- Rest

Day 3- First Line of Treatment:

- Nilavaagai chooranam – 1-2gm with lukewarm water, BD, after food
- Moola kudori thylam – 5-10 ml with lukewarm water, HS, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Vellai ennai-10-15ml with lukewarm water at early morning in empty stomach for 1 – 3 days.
- Kalarchi ennai-8 -15ml with lukewarm water at early morning in empty stomach for 3-5 days.
- Murukkan vithai maathirai (100 mg) -1-2 pills with lukewarm water/ palm

jaggery/ tender coconut water (*Cocos nucifera*) / milk/ ghee at bed time

Internal Medicines:

Kudineer:

- Dhrratchathy kudineer – 30-60 ml, BD, Before food

Chooranam:

- Thiriphala chooranam – 1-3 gm with honey/ ghee/ water, BD/TDS, after food
- Asai chooranam – 1-2 gm with lukewarm water, BD. after food for 40 days.
- Pancha deepakini chooranam – 1-2 gm with ghee/ honey, BD/TDS, after food.
- Sivathai chooranam – 2-5 gm with honey/ palm jaggery, BD, after food.

Nei:

- Kadukkai nei – 5- 10 ml with warm milk, BD, after food

Ilagam:

- Karunai ilagam – 5-10 gm with warm milk, BD, after food.
- Thetran ilagam - 5-10 gm with warm milk, BD, after food.
- Narrathai ilagam – 5-10 gm with warm milk, BD, after food.
- Kadukkai ilagam – 5-10 gm with warm milk, BD, after food.
- Inji ilagam – 6-12 gm with warm milk, BD, after food.

Maathirai:

- Bhavana kadukkai maathirai (500 mg) – 1-2 tabs, as chewable, BD, before/after food.
- Kungumapoo maathirai (50 mg) – 1-2 pills with honey, BD, after food.
- Jalotharamani maathirai (200 mg) – 1-2 pills with honey/ milk/ lukewarm water, BD, after food.
- Santha santhirothaiya maathirai (200 mg) – 1-2 pills with honey/ betel leaf (*Piper betel*) juice, BD, after food.

Parpam:

- Naaga parpam – 100-200 mg with butter/ ghee/ karunai ilagam/ thetran ilagam, BD, after food
- Pavala parpam – 100-200 mg with ghee/ butter/ lukewarm water/ milk, BD, after food

External Medicines:

Patru (Semisolid Poultice):

- Umathai samolam (*Datura metal*) and ellaraisi (*Elettaria cardamomom*) are boiled and ground into a poultice and applied over the abdomen.

Peechu (Douche):

- Induppu (Rock salt) and honey is ground well and applicated into anal area.

Special Therapies:

Siddhar Yoga Maruthuvam

- Halasanam
- Pavanamuthasanam
- Malasanam
- Navasanam
- Janusirasasanam
- Pathahasthasanam
- Yogamudra

Varma maruthuvam:

- Patchinemam varmam
- Palla varmam

- Anna kaalam
- Moothira kaalam
- Poigai kaalam

Duration of Treatment:

- 7 days-1 month
- Depends upon the severity of the disease conditions

Advices:

- Regular walking and exercise (30-60 min)
- Avoid sedentary lifestyle
- Drink plenty of lukewarm water in early morning

To Be Added:

- High fibre diet
- Flax seeds (*Linum usitatissimum*)

Rice:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Javvarisi kanji (Tapioca pearls - *Manihot esculenta crantz*)

Vegetables:

- Aththi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Vendai (*Hibiscus esculentus*)
- Vaazhai poo (*Musa paradisiaca*)
- Murungai (*Moringa oleifera*)
- Vellari (*Cucumis sativus*)
- Pudalai (*Tricosanthes cucumerina*)
- Sunadi (*Solanum torvum*)

Fruits:

- Vazhai (*Musa paradisiaca*),
- Drygrapes (*Vitis vinifera*)

Dairy products:

- Cow'smilk
- Ghee

Greens:

- Pasalai (*Portulaca quadrifida*)
- Venthayam (*Trigonellum foenum-graecum*)
- Murungai (*Moringa oleifera*)

Tubers:

Tubers are not recommended for constipation except

- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Senai Kizhangu (*Colocasia esculenta*)

To Be Avoided:

- Smoking and alcohol
- Excessive carbohydrates rich foods like tubers (except karunai and senai), black gram, ground nut, peas.
- Prolong sitting posture
- Spicy food
- Hot and sour tastes in diet.
- Constipating foods like cheese, unripe fruits

Others:

Complication of the Disease:

- Hemorrhoids
- Anal fissures
- Rectal prolapse

Limitation in Siddha System and Condition for Referral:

- Colonic stricture
- Colonic mass
- Intersusception
- Colon cancer

PITHAPAIKAL (CHOLELITHIASIS)

Definition:

- Pithapaikal is a solid mass of cholesterol, bile salts and pigments accumulation, in different size in gall bladder due to high level of fat and bile.

Synonyms:

Mayugappai kal

Causes and Influencing Factors:

- An inflammation in the inner wall of Gall bladder causes capillary dilatation, which reuptakes the bilirubin from the bile and the cholesterol molecules are liberated and become as mass. This results in the formation of Gall stones.
- These chemical imbalances cause tiny crystals to develop in the bile.
- These can gradually grow (often over many years) into solid stones that can be as small as a grain of sand or as large as a pebble.
- Influencing factors are women who underwent high dose estrogen therapy, weight loss surgery and certain diseases like cirrhosis, obstetric cholestasis, crohn's disease, IBS.
- Cholesterol stones:
 - Obesity
 - Diabetes mellitus
 - Cystic fibrosis
 - Intrahepatic familial cholestasis
- Bile pigment stones:
 - Alcoholic liver disease
 - Chronic hemolysis
 - Older age group

Premonitory signs and symptoms:

- Pain in the mid or upper right quadrant of the abdomen – On and off
- Flatus
- Nausea and vomiting.
- Low grade fever or chills if infected.

Common Signs and Symptoms:

- Episodes of pain begin suddenly, become intense within 15 min to 1 hour. Remain at a steady intense for upto 12 hours, and then gradually disappear over 30 – 90 min.
- Biliary colic - Referred pain in the right shoulder
- Dyspepsia
- Asymptomatic gallstones, characterized by episodes of biliary colic.

Co-morbid Conditions:

- Steatorrhoea
- Malabsorption syndrome

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham
- Kabam

Siddha Pathogenesis:

- It is explained by deranged Pitham along with Vatham. In seven udalthathukal saaram and senneer gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pitham / Pithavatham
Sparisam	-	Warmth/ sweating
Naa	-	Pallor/ dryness/ coated /fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Yellow / pale/ clay hard stools Moothiram:
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of ring.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum Amylase
- Serum Lipase
- USG - Abdomen and pelvis

In Tertiary care hospital:

- CT -Abdomen

Diagnosis:

Confirmation of Diagnosis:

- Clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Kalleeral katti*
- Acute pancreatitis
- Appendicitis
- Bile duct strictures
- Bile duct tumors
- Cholangio carcinoma
- Gall bladder cancer
- Gall bladder polyp
- Pancreatic cancer
- Peptic ulcer disease

Treatment:

Line of Treatment:

- Vamana maruthuvam (Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- Dietary advice

Day 1 – Vamana maruthuvam (Therapeutic emesis)

- Sanjeevi maathirai (100 mg) - 1-2 pills with leaf juice of ilai kalli (*Euphorbia ligularia*), OD, at early morning in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Mavilangapattai kudineer -30-60 ml, BD, before food
- Keezhanelli karkam- 5-10 gm with goat milk, OD (early morning) in empty stomach.

- Madhulai manapagu - 8-15 ml with lukewarm water, BD, after food (if there is vomiting.)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis)

- Marukaarai chooranam - 250-500 mg, with lukewarm water, OD, at early morning in empty stomach.

Internal Medicines:

Kudineer:

- Sirupeelai kudineer -30-60 ml, BD, before food

Karkam:

- Seenthil karkam -5-10 gm with goat milk, OD (early morning) in empty stomach.
- Avuri ilai karkam -5-10 gm with goat milk, OD (early morning) in empty stomach.

Chooranam:

- Dhratchathy chooranam -1-2 gm with honey /lukewarm water, BD/TDS, after food,
- Seeraga chooranam - 1-2 gm with honey/water, BD/TDS,after food for 40 days
- Elathy chooranam -1-2 gm with honey, BD/TDS, after food (if there is gastritis)
- Nathaichoori chooranam-2-3 gm with honey, BD, after food (if there is obesity)
- Seenthil chooranam -1-2 gm with ghee, BD/TDS, after food

Manapagu:

- Thurunji manapagu - 8-15 ml with lukewarm water, BD, after food (if there is vomiting)
- Nannari manapagu- 8-15 ml with lukewarm water, BD, after food

Maathirai:

- Santha santhirodhaya maathirai (200 mg)-1-2 pills with honey, BD, after food.
- Jalotharimani (200 mg) -1-2 pills with water/honey/milk, BD, after food.
- Kalludai kudori (200 mg) - 1-2 pills with cucumber juice – *Cucumis sativus* (morning), nerunjil kudineer (evening), BD, after food.

Mezhugu

- Navauppu mezhugu -100 – 200 mg with palm jaggery, OD, after food.
- Panchasootha mezhugu -100 – 200 mg with palm jaggery, BD, after food.

Chendooram:

- Urukku chendooram -200-300 mg with butter/ ghee/ honey /garlic juice (*Allium sativum*)/ sugarcane juice, BD, after food.
- Ayakantha chendooram -100-200 mg with honey/ ghee/ panchadeepakini chooranam, BD, after food
- Vedi annabedhi chendooram -100-200 mg with honey, BD, after food.
- Jalamanjari -130-260 mg with tender coconut (*Cocos nucifera*) water/ lemon juice (*Citrus limon*) / lukewarm water/ karisalai kudineer / keezhanelli kudineer, BD, after food.

Parpam:

- Silasathu parpam -200-400 mg with butter/ghee, BD, after food.
- Aarathara Parpam -100-200 mg, BD, after food
- Viraal meen thalaikal parpam -100-200 mg with nerunjil kudineer/ sirupeelai

kudineer, BD, after food.

- Karasoda sathu parpam -100-200 mg with honey, BD, after food
- Gungiliya parpam - 200-500 mg with butter/ ghee/ tender coconut water (*Cocos nucifera*), BD, after food.

Chunnam:

- Vediuppu chunnam -100-200 mg with sirupeelai kudineer/ neermuli kudineer, milk, tender coconut (*Cocos nucifera*) water/ raddish (*Raphanus sativus*) juice, BD, after food.

Karpam:

- Bhavana kadukaai (500 mg) -1-2 tabs, as chewable, TDS, after food for 48 days.

External Medicines:

Ennai muzhukku (Oleation):

Oil bath may be advised twice a week with any of the following medicated oil.

- Keezhanelli thylam- Quantity sufficient
- Seeraga thylam- Quantity sufficient
- Nannari thylam- Quantity sufficient
- Vettiver thylam- Quantity sufficient
- Karisalai thylam- Quantity sufficient
- Santhanathy thylam- Quantity sufficient

Special therapies:

N/A

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Water intake 3-5 litre /day
- Tender coconut water – 100 ml /day
- Plantain juice- 50 ml once in 3 days
- Weight reduction is advised

To Be Added

Kanji or Rice:

- Barley rice kanji
- Double boiled rice kanji
- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakathai rice.

Vegetables:

- Radish (*Raphanus sativus*)
- Avarai (*Lablab purpureus*)
- Cucumber (*Cucumis sativus*)
- Bottleguard (*Lagenaria siceraria*)
- Carrot (*Daucus carota*)
- Beetroot (*Beta vulgaris*)

Fruits:

- Pineapple (*Illicium verum*)
- Banana (*Musa paradisiaca*)
- Papaya (*Carica papaya*)
- Lemon (*Citrus limon*)

- Pomegranate (*Punica granatum*)

To Be Avoided

- Alcohol consumption
- Coffee/ tea consumption
- Smoking
- Betel chewing (*Piper betel*)
- Supplementary calcium intake
- Control of voiding of urine
- Inadequate sleep (Must sleep 8 hours)

Vegetables:

- Cauliflower (*Brassica oleracea var.botrytis*)
- Tomato (*Solanum lycopersicum*)
- Spinach (*Spinacia oleracea*)
- Mushrooms (*Agaricus bisporus*)
- Cabbage (*Brassicca oleracea var. capitata*)
- Greens

Fruits:

- Grapes (*Vitis vinifera*)
- Cherry (*Prunu savium*)
- Straw berry (*Fragaria ananassa*)
- Black berry (*Rubus fruticosus*)

Other food:

- Ice cream
- Chocolate
- Tinned cool drinks
- Too much of salt & sugar
- Non-vegetarian foods
- Milk products
- Fast food and processed foods
- Oily and spicy foods
- Egg
- Ghee

Others:

Complication of the Disease:

- Cholecystitis
- Choledocholithiasis
- Gall stone pancreatitis
- Cholangitis

Limitation in Siddha System and Condition for Referral:

- Chronic cholicystitis
- Obstruction of the common bile duct.
- Gall stone pancreatitis

SERIYAMAI (INDIGESTION)

Definition:

- It is a disease characterised by the improper function of digestion and absorption of food in the alimentary tract.

Synonyms:

- *Aseeranam*

Siddha etiology:

- Intake of foods like fats, fish, meat and greens which are not easily digestible.
- Intake of old foods and carbohydrates, fermentation occurs in the stomach; this reduces the appetite and causes indigestion
- Intake of foods at improper times
- Insomnia, anxiety, excessive desire, fear and anger may also cause indigestion.

Causes and Influencing Factors:

- Drinking excessive alcoholic beverages, coffee or drinks containing caffeine, carbonated or fizzy drinks
- Eating fast or too much during a meal, spicy, fatty or greasy foods, foods that contain a lot of acid, such as tomatoes, tomato products, and oranges
- Feeling stressed
- Smoking
- Some medicines can cause indigestion, such as nonsteroidal anti-inflammatory drugs and certain antibiotics
- Health problems and digestive tract diseases and conditions can cause indigestion, including
 - Acid reflux (GER and GERD)
 - Anxiety or depression
 - Gallbladder inflammation
 - Gastritis
 - Gastroparesis
 - Helicobacter pylori (H. Pylori) infection
 - Irritable bowel syndrome
 - Lactose intolerance
 - Peptic ulcer disease
 - Stomach cancer
- Problems in the first part of small intestine, including inflammation and being overly sensitive to stomach acids
- Infection by microorganisms such as H. pylori, Salmonella, Escherichia coli (E. coli), Campylo bacter, giardia or norovirus
- Psychological problems especially anxiety

Premonitory signs and symptoms:

- Flatulence
- Abdominal pain
- Colly wobbles (Stomach ache)
- Frequent/ Sour belching
- Acid reflux
- Hiccup

Common Signs and Symptoms:

- Regurgitation of food
- Excessive thirst

- Vomiting
- Diarrhoea
- Pain in the lower abdomen

Co-morbid Conditions:

- *Maantham*
- *Gunmam*

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by aggravation of Vatham which influences Pitham / Kabam. Of all the seven udalthathukal, saaram, senneer and kozhuppu get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pithavatham/ Vathapitham
Sparisam	-	Tenderness in the abdomen/ distended abdomen
Naa	-	Pallor/ coated
Niram	-	Pallor
Mozhi	-	Low / high pitched / normal
Vizhi	-	Normal
Malam	-	Normal / hard/

constipation Moothiram:

Neerkuri – Yellowish in colour, tamarind odour

Neikkuri - Oil may spreads in the form of ring/ pearl.

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Barium swallow X ray

In Tertiary care hospital:

- USG
- Endoscopy

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Gunmam (Acid Peptic Disease)*
- *Gunma kazhichal*

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Asta chooranam - 1-2 gm with honey, BD, after food
- Inji rasayanam - 3- 6 gm with water, BD, after food.
- Oma theeneer - 15-30 ml, with lukewarm water, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu -100- 130 mg with ginger juice (*Zingiber officinalis*), OD, at early morning in empty stomach.
- Sanjeevi maathirai (100-200 mg) - 1 or 2 pills with honey, OD, at early morning in empty stomach.

Internal Medicines:

Chooranam:

- Panchadeepakini chooranam -1-2 gm with ghee, BD/TDS, after food.
- Thirikadugu chooranam - 1-2 gm with honey, BD,after food
- Seeraga chooranam -1-2 gm with water, BD, after food for 40 days.
- Perungaya chooranam -1-2 gm with warm water,BD,after food
- Pirandai chooranam -1-2 gm with warm water,BD,after food
- Kariveppelai chooranam -1-2 gm with warm water,BD,after food
- Elathy chooranam -1-2 gm with honey/water, BD, after food.
- Dhratchathy chooranam -1-2 gm with honey, BD, after food.
- Amukkara chooranam -1-2 gm with, honey/milk, BD, after food.
- Keezhanelli chooranam -1-2 gm with, honey, BD, after food
- Thiriphala chooranam -1-2 gm with honey/water, BD/TDS, after food.
- Thaalisaathy chooranam -1-2 gm with honey/thalisapathiri kudineer, BD, after food.
- Mayilragathy chooranam -1-2 gm with honey, BD, after food.
- Thayirchundi chooranam -1-2 gm with warm water,BD,after food
- Chundaivatral chooranam -1-2 gm with buffalo curd, BD, after food.
- Inji chooranam -1-2 gm with warm water, BD,after food-

Vadagam:

- Inji vadagam (1 gm) -1-2 tabs, as chewable, BD/TDS,after food
- Kariveppillai vadagam (1 gm)-1-2 tabs, as chewable, BD/TDS,after food-

Manapagu:

- Madhulai manapagu -5-10 ml with water, BD, after food.
- Nannari manapagu -8-15 ml, with lukewarm water, BD/TDS, after food.
- Thurunji manapagu -5 - 10 ml with water, BD/TDS, after food.
- Narathai manapagu -5 -10 ml with water, BD, after food.

Ilagam:

- Anda ilagam -5-10 gm with warm milk, BD, after food.
- Amukkura ilagam -5-10 gm with warm milk,BD,after food
- Inji ilagam -6-12 gm with, milk, BD,after food
- Nellikkai ilagam -5-10 gm, BD, after food.
- Sarapangavilvathy ilagam -6-12 gm with milk, BD,after food for 45 days
- Kumar ilagam -3-6 gm with milk, after food, after food.

Theeneer/ Thiravagam:

- Sombu theeneer -30-60 ml with lukewarm water, BD, after food.
- Sanga thiravagam -1- 5 drops with sombu theeneer, BD, after food.

Mezhugu:

- Gunmakudori mezhugu -250-500 mg with water, BD, after food.
- Navauppu mezhugu -100-200 mg with palm jaggery, OD (morning), after food.

Parpam:

- Sangu parpam -100-200 mg with milk/ghee/butter, BD/TDS, after food.
- Gungiliya parpam -200-500 mg with ghee/ tender coconut water (*Cocos nucifera*)/ butter, BD, after food.
- Muthuchippi parpam -200-400 mg with ghee/ butter, BD, after food.
- Silasathu parpam -200-400 mg with butter/ ghee, BD, after food.

Karpam:

- Bhavana kadukkai (500 mg)-1-2 tabs, as chewable, BD, after food.

External Medicine: --

Special Therapies:

Siddhar Yoga Maruthuvam:

- Sarvangasanam
- Padmasanam
- Suryanamaskaram
- Savasanam
- Chakkrasanam
- Dhanurasanam

Varmam Maruthuvam:

- Pachinai varmam
- Anna kaalam
- Agatharai varmam
- Piratharai varmam
- Mudichu varmam
- Palla varmam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Rice porridge
- Double boiled porridge
- Tender coconut water (*Cocos nucifera*)
- Tender vegetables

Greens:

- Manathakkalli (*Solanum nigrum*)
- Ponnaganni (*Alternanthera sessilis*)
- Black gram (*Vigna mungo*)

Dairy products:

- Cow's milk
- Ghee

To Be Avoided:

- Alcohol
- Smoking
- Oil foods
- Spicy foods

- Sweet taste foods
- Tin and processed foods

Others:

Complication of the Disease:

- Hematemesis

Limitation in Siddha System and Condition for Referral:

- Kanaya thabitham

Kalleeral, Maneeral Noigal **(Hepatosplenic Diseases)**

KALLEERAL NOI (CIRRHOSIS OF LIVER)

Definition

- It is a condition of destruction of hepatic cells in which the liver may enlarge with reduction in their functions, disruption of hepatic architecture, over growth of fibrous tissue characterised by irreversible scarring.

Synonyms

- *Valappaateeral noi*
- *Kalmaandham*

Siddha etiology:

- Intake of excessive and allergic foods
- Excessive intake of toddy, arrack and other alcoholic beverages
- Sexually transmitted disease
- Fever
- In children due to intolerance of food and milk.

Causes and Influencing Factors:

- Chronic alcoholic consumption
- Non alcoholic fatty liver disease
- Repeated or chronic viral hepatitis (A, B and C)
- Auto immune hepatitis
- Metabolic diseases like Alpha - 1 - Antitrypsin deficiency, Galactosemia
- Inherited (genetic) disorders like Wilson's disease, Hemochromatosis
- Primary biliary cirrhosis
- Primary sclerosing cholangitis
- Cryptogenic causes
- Prolonged medications such as acetaminophen, some antidepressants, some antibiotics, etc,

Premonitory signs and symptoms

- Anorexia
- Ageusia
- Bilious vomiting in the morning hours
- Fatigue
- Indigestion

Common Signs and Symptoms

- Intense itching
- Abdominal distention
- Pallor of skin
- Hepatomegaly
- Weight loss
- Yellowish discolouration of conjunctiva and skin
- Bruising and bleeding easily
- Edema in lower limbs
- Confusion, difficulties thinking, memory loss, personality changes or sleep disorders
- Atrophy of the upper and lower limbs

Co-morbid conditions

- *Kamalai* (Jaundice)
- *Paandu* (Anaemia)
- *Oothal* (Anasarca)

- *Peruvaiyuru* (Ascitis)
- Infection (Pneumonia/ UTI)

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham and Kabam

Siddha Pathogenesis

- It is explained by increased Pitham which influences Vatham and Kabam, mainly affects abanan, uthanan, viyanan and samanana. In udalthathukal saaram and senneer get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi - Pithavatham

Sparisam - Warmth

Examination of liver: Hard/ shrunken, Tenderness in Right hypochondriac region, hepatomegaly with Irregular margin

Naa - Yellow / coated

Niram - Pallor yellow

Mozhi - Low pitched

Vizhi - Yellowish discolourisation

Malam - Yellow/ Pale, constipation altered with diarrhea

Moothiram

Neerkuri - Yellow / red, decreased output

Neikuri - Oil may spreads in the form of ring / pearl

Modern Medical Investigations:

- Complete Blood Count (CBC),
- Liver Function Test
- Ultrasound- Whole Abdomen
- Doppler studies

In Tertiary care hospital:

- Anti Mitochondrial Antibody (AMA)
- Peripheral Antineutrophil cytoplasmic antibody (P-ANCA).
- Computerized tomography (CT)
- Magnetic Resonance Cholangio Pancreatography (MRCP).
- Endoscopic Retrograde Cholangio Pancreatography (ERCP).
- Liver biopsy

Diagnosis

Confirmation of Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Siruneeraga noi*
- *Paandu* (Anaemia)
- Idiopathic portal hypertension
- Nodular regenerative hyperplasia

Treatment

Line of Treatment

- Vamana maruthuvam (Therapeutic emesis)
- Internal medicine

- External medicine
 - Patru (Semi solid poultice)
- Siddhar Yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 - Vamana maruthuvam (Therapeutic emesis):

- The vitiated Pitham is to be neutralized by vamana maruthuvam (Vomiting)
- Marukkarai seed chooranam or kadugu chooranam (2-5 gram) with unripe papaya (*Carica papaya*) juice (5-10 ml) at early morning in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Sara konrai kudineer - 30 – 60 ml at early morning in empty stomach for 2 – 3 days.
- Keezhanelli maathirai (500 mg) - 1 - 2 tabs with butter milk BD/TDS, after food.
- Santha Santhrothya maathirai (100 mg) - 1 -2 pills with honey, BD after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis)

- Sanjeevi maathirai -1-2 pills with lukewarm water, at early morning in empty stomach.
- Sarakonrai kudineer -30 – 60 ml at early morning in empty stomach.
- Keezhanelli kudineer -30 – 60 ml at early morning in empty stomach.

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhumbu – 100-200 mg with lemon (*Citrus limon*) juice / white onion (*Allium cepa*) juice at early morning in empty stomach.

Internal Medicines

Saaru:

- Adathodai leaf juice - 10-20 drops with honey, BD after food.

Kudineer

- Mandurathi adai kudineer - 60-80 ml, BD after food for 48 days
- Nerunjil kudineer - 60 -80 ml, BD after food.
- Kadukkai kudineer- 60 -80 ml, BD after food
- Mandurathi kudineer -30 – 60 ml, BD after food for 48 days
- Pidangunari kudineer-30 – 60 ml, BD after food for 48 days
- Paavattai ver kudineer - 40-80 ml, BD after food for 48 days
- Mookirattai ver Kudineer - 40-80 ml, BD after food for 48 days
- Sodakku thakkali kudineer – 30-60 ml, BD after food for 48 days

Karkam

- Mutherukkansevi karkam- 5- 10 gm with lukewarm water, OD at early morning
- Sivanar vembu karkam - 5- 10 gm with lukewarm water, OD at early morning
- Sarakondrai karkam - 5- 10 gm with lukewarm water, OD at early morning (if there is chronic constipation)
- Keezhanelli karkam - 5-10 gm, OD at early morning for 48 days
- Karisallai karkam - 5-10 gm, OD at early morning for 48 days

Chooranam:

- Mandura chooranam- 100– 200 mg with honey and thirikadugu chooranam, BD after food.

- Nilavagai chooranam- 1 - 2 gm with lukewarm water, BD/TDS after food (if constipation is present.)
- Panchalavana chooranam- 1 - 2 gm with lukewarm water, BD/TDS after food (to neutralize electrolyte imbalance)
- Elathy chooranam- 1 - 2 gm with lukewarm water, BD/TDS after food (if there is gastric irritation.)
- Dhratchathy chooranam- 1 - 2 gm with lukewarm water, BD/TDS after food

Manapagu:

- Thuringi manapagu-15 – 30 ml with water, BD after food if vomiting is present
- Nannari manapagu -15 -30 ml with water, BD after food if vomiting is present

Nei:

- Vallarai nei - 5 – 10 ml with lukewarm water, BD after food

Maathirai:

- Elathy maathirai (500 mg) -1 – 2 tabs with butter milk, BD after food
- Karisalai maathirai (500 mg) -1 – 2 tabs with butter milk, BD after food
- Panchadeepagini maathirai (500 mg) -1 – 2 tabs with butter milk, BD after food
- Nannari maathirai (500 mg) -1 – 2 tabs with honey, BD after food
- Maha elathy maathirai (500 mg)- 1 – 2 tabs with honey, BD after food
- Maha vasantha kusumakaram maathirai (100mg)- 1 – 2 pills with honey, BD after food

Kuzhambu

- Lavana kuzhambu -100 – 200 mg with palm jaggery, BD after food.
- Narathangai kuzhambu -100 – 200 mg with palm jaggery, BD after food (if there is vomiting).
- Vilvathy kuzhambu-100 – 200 mg with palm jaggery, BD after food.

Chendooram

- Vedi annabedhi chendooram – 100-200 mg with honey , BD after food

Parpam

- Kariyuppu parpam- 65-130 mg with oma ilagam, BD after food.
- Silasathu Parpam -100 – 200 mg with ghee / butter, BD after food.

Karpam:

- Karisalai karpam (500 mg) - 1 – 2 tabs with luke warm water, BD after food

External Medicines:

Patru (Semi Solid Poultice):

- Sarakkondrai puli patru - Quantity sufficient

Special Therapies

Siddhar Yoga Maruthuvam:

- Padmasanam
- Arai machendhrasanam
- Halasanam
- Pavanamuthrasanam
- Pathahastasanam
- Dhanurasanam
- Yogamudra

Varma maruthuvam:

- Adappa kaalam

- Kaareral varmam

Duration of Treatment

- Depends upon the severity of the disease condition

Advices

To Be Added

- Easily digestible foods should be taken such as rice gruel /double boiled rice gruel
- Tender brinjal (*Solanum melongena*)
- Unripe papaya (*Carica papaya*)
- Tender drumstick (*Moringa oleifera*)
- Tender beans (*Phaseolus vulgaris*)
- Cucumber (*Cucumis sativus*)
- Bottle guard (*Lagenaria siceraria*)
- Green spinach (*Spinacia deracea*)
- Paruppukeerai (*Portulaca oleracea*)
- Karuveppilai (*Murraiya koenigii*)
- Fruit juices

To Be Avoided

- Oil, fat and spicy foods
- High carbohydrate and protein diet
- Salt and sour taste
- Non-vegetarian foods
- Alcohol and tobacco

Others

Complication of the Disease

- Portal hypertension
- Hepatic encephalopathy
- Ascites
- Gastrointestinal bleeding - Oesophagal varices
- Malabsorption and malnutrition
- Liver carcinoma
- Liver failure

Limitation in Siddha System and Condition for Referral

- If there is continuous elevation of lab parameters even after the treatment given
- Abdominal distention with anuria.
- Patient develops complication like gastric paresis, hepato renal syndrome.
- Haematemesis due to oesophagal varices.

KAMALAI (JAUNDICE)

Definition

- Jaundice is characterised by the yellowish discoloration of skin, mucous membrane, body fluids, eyes and tongue. It is usually detectable clinically, when the plasma bilirubin exceeds above 3 mg/dl.

Synonyms

- *Pithu noi*
- *Manjal kaamalai*
- *Kaamala*

Siddha etiology:

- Performing activities that aggravates *Pitha* humour and increased intake of foods
- *Pitham* gets affected due to above factors and impure the blood, which leads to accumulation of bilious fluid in blood, skin, conjunctiva and tongue.

Causes and Influencing Factors:

- Acute inflammation of the liver
- Inflammation of the bile duct
- Obstruction of the bile duct
- Alcoholic liver disease
- Haemolytic anaemia
- Gilbert's syndrome
- Cholestasis

Premonitory signs and symptoms

- Excessive salivation
- Nausea and vomiting
- Bitterness of tongue
- Anorexia
- Fatigue
- Constipation

Common Signs and Symptoms

- Yellowish discoloration of conjunctiva, nail buds, face, skin and urine
- Occasionally fever may present
- Abdominal pain
- Pale stools
- Dark urine
- Weight loss
- Paleness of sole, hand, face, eyes and body
- Dryness of body
- Shivering
- Dyspnea
- Wrinkling of the skin (frog's skin)
- Pruritus (Late sign)

Co-morbid Conditions

- *Paandu* (Anaemia)
- *Kalleeral noi* (Hepatic disorders)
- *Peruvayiru* (Ascites)
- *Sobai* (Dropsy)
- *Oothal* (Anasarca)

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Kabam/ Vatham

Siddha Pathogenesis

- It is explained by increased Pitham that influences Kabam, affect uthanan, viyanan and samanana. In seven udalthathukal saaram, sennear and oon get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Pithakabam/ Pithavatham/ Kabapitham
Sparisam	-	Warmth / dryness / wrinkled / tenderness in the right hypochondrium
Naa	-	Pallor / yellowish/ greenish yellow
Niram	-	Yellowish/ greenish yellow/ pallor
Mozhi	-	Low pitched/ slurred speech
Vizhi	-	Yellowish discoloration
Malam	-	Pale/ dark

Moothiram:

Neerkuri	-	Yellow/ reddish/ saffron color tinged with black
Neikuri	-	Oil may spreads in the form of ring/ pearl.

Modern Medical Investigations

- Complete Blood Count (CBC)
- Peripheral smear
- Liver function test
- Renal function test
- Serum electrolytes
- Prothrombin time
- Gamma-Glutamyl Transferase (γ GT)
- HBsAg
- Anti-HCV
- USG-Whole Abdomen

Urine Examination:

- Albumin
- Sugar
- Deposit
- Bile salts
- Bile pigments
- Urobilinogen

In Tertiary care hospital:

- CT scan- Whole Abdomen

Diagnosis

Confirmation of Diagnosis

- The disease confirmed by clinical symptoms and laboratory findings

Differential Diagnosis

- *Paandu* (Anaemia)
- *Sobai* (Dropsy)
- *Kalleeral noi* (Cirrhosis of liver)
- Carotenemia

- Quinacrine ingestion

Line of Treatment

- Vamana maruthuvam (Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Nasiyam (Nasal Liquid Application)
 - Suttigai (Cautery cauterization)
- Dietary advice

Day 1 - Vamana maruthuvam (Therapeutic emesis):

- Vitiated Pitham to be neutralised by therapeutic emesis.
- Marukkarai chooranam- 100 - 500 mg with lukewarm water at early morning in empty stomach

Day 2 - Ennai muzhukku (Oleation)

- Keezhanelli thylam - Quantity Sufficient (For Ext.use only)

Day 3 - Rest

Day 4 - First Line of Treatment:

- Pidangunari kudineer - 60 – 80 ml, BD, before food.
- Keezhanelli karkam - 5 – 10 gm with butter milk at early morning, BD before food.
- Santha santhrodhaya maathirai (100 mg) -1- 2 pills with honey, BD after food.

Other Medication:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis):

- Sanjeevi maathirai (100 mg) - 1- 2 pills with Ilai kalli (*Euphorbia ligularia*) leaf juice at early morning in empty stomach.
- Koushigar kuzhambu- 100 - 200mg with castor oil at early morning in empty stomach

Note:

This procedure should not be recommended, if the patient is already suffering with vomiting. The following medicines are to be recommended to arrest vomiting.

- Jathi jambeera kuzhambu - 100- 200 mg with palm jaggery/ castor oil, TDS after food
- Elathy chooranam - 2 -4 gm with honey, BD/TDS after food,
- Vediannabedhi chendooram - 100 - 200mg with honey, BD after food
- Sangu parpam - 100-200 mg with milk, BD after food
- Madhulai manapagu - 5 - 10 ml with lukewarm water, BD after food

Kazhichal maruthuvam (Purgation):

- Vellai ennai -15-30 ml with lukewarm water at early morning in empty stomach
- Meganatha kuligai -1-2 pills with ginger juice (*Zingiber officinalis*) at early morning in empty stomach
- Sivathai ver kudineer – 15-30 ml, at early morning in empty stomach

Internal Medicines:

Kudineer:

- Mandurathi kudineer - 60 -80 ml, BD, before food.

- Dhratchathy kudineer - 60 – 80 ml, BD, before food.
- Pithasura kudineer -60 – 80 ml, BD, before food.
- Nilavembu kudineer - 60 – 80 ml, BD, before food.
- Paavattai ver kudineer - 60-80 ml, BD, after food

Karkam:

- Karisalai karkam- 5 – 10 gm with milk at early morning, BD before food.
- Avuri ilai karkam- 5 – 10 gm with milk at early morning, BD before food.
- Mutherukkansevi karkam- 5 – 10 gm with lukewarm water at early morning, BD before food.
- Sivanar vembu karkam- 5 – 10 gm with lukewarm water, OD at early morning before food.
- Sarakondrai karkam- 5 – 10 gm with lukewarm water, OD at early morning before food.
- Seenthil karkam- 5 – 10 gm with lukewarm water, OD at early morning before food.
- Kadukkai karkam- 5 – 10 gm with lukewarm water, OD at early morning before food
- Amukkara ilai karkam – 5-10 gm, OD at early morning before food

Chooranam:

- Keezhanelli chooranam- 1 - 2 gm with water, BD/TDS, after food.
- Thiriphala chooranam- 1 - 2 gm with water, BD/TDS, after food
- Karisalai chooranam-1 - 2 gm with water, BD/TDS, after food
- Mandurathi chooranam- 1 - 2 gm with water, BD/TDS, after food.
- Elathy chooranam - 2 -4 gm with honey, BD/TDS after food.
- Nilavagai chooranam- 1 - 2 gm with water, BD/TDS after food.
- Panchalavana chooranam- 1 - 2 gm with water, BD/TDS after food.
- Dhratchathy chooranam- 2 -3 gm with honey, BD/TDS after food.

Manapagu:

- Madhulai manapagu -15 - 30 ml with water, BD after food (if there is vomiting and nausea)
- Narathai manapagu -15 - 30 ml with water, BD after food (if there is vomiting and nausea)
- Thuringi manapagu -15 - 30 ml with water, BD after food (if there is vomiting and nausea)
- Nannari manapagu -15 - 30 ml with water, BD after food (if there is fatigue)

Ilagam: (In convalescent period)

- Seeragathi ilagam- 5 -10 gm with milk, BD after food.
- Nellikkai ilagam - 5 – 10 gm, BD after food
- Venpoosani ilagam - 5 – 10 gm with milk, BD after food
- Mahavilvathy ilagam- 5 – 10 gm with milk, BD after food
- Kesari ilagam - 3-5 gm BD after food

Maathirai:

- Keezhanelli maathirai (500 mg) - 2 - 4 tabs with buttermilk, TDS after food.
- Amirathathi maathirai (100 mg) - 1– 2 pills with honey, BD after food
- Nannari maathirai (500 mg) - 1– 2 pills with honey, BD after food
- Maha elathy maathirai (100 mg) - 1 -2 pills with honey/ milk, BD after food
- Maha vasantha kusumakaram maathirai (100 mg) - 1– 2 pills with honey, BD

after food

Kuzhambu:

- Lavana kuzhambu -100 – 200 mg with palm jaggery, BD after food.
- Narathangai kuzhambu-100 – 200 mg with palm jaggery, BD after food.
- Vilvathy kuzhambu-100 – 200 mg with palm jaggery, BD, after food.

Chendooram:

- Vedi annabedhi chendooram- 100-200 mg with honey, BD, after food
- Logamandooram -65-100 mg with honey, BD, after food

Parpam:

- Sangu parpam-100-200 mg with milk, BD, after food
- Silasathu parpam-100-200 mg with milk, BD, after food
- Pavala parpam-100-200 mg with milk, BD, after food

Karpam:

- Ayabhringaraja karpam- 100-200 mg with honey/ tender coconut water (*Cocos nucifera*)/ palm jaggery, BD, after food for 48 days.
- Ayajambeera karpam - one piece (1/4 of lemon), BD after food
- Ponnangaani karpam - 2 - 3gm, BD, after food for 48 days
- Bhavana kadukkai - 1-2 tabs, BD, chewable after food.
- Kadukkai chooranam -1-2 gm with lukewarm water, BD, for 48 days.

External Medicines:

Nasiyam (Nasal Liquid Application):

- Leaf juice of sathicharanai (*Trianthema decandra*) - 2 - 3 drops once in a day in each nostrils

Suttigai (Cautery cauterization):

- Uloga suttigai (Metal Cauterization)

Special Therapies: --

Duration of Treatment

- Depends upon the severity of disease conditions.

Advices

To Be Added

- Rice Porridge
- Buttermilk
- Tender coconut water, sugarcane juice

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Aththi (*Ficus racemosa*)
- Vendai (*Hibiscus esculentus*)

Greens:

- Manathakali (*Solanum nigrum*)
- Ponnangani (*Alternanthera sessilis*)
- Karisalai (*Eclipta prostrata*)
- Puliyarai (*Oxalis corniculata*)
- Kovai (*Coccinia grandis*)
- Ponmusuttai (*Rivea ornata*)
- Surai (*Lagenaria sicerarie*)

- Keerai thandu (*Amaranthus gangeticus*)
- Paruppukeerai (*Portulaca oleracea*)
- Karuveppilai (*Murraiya koenigii*)

Pulse:

- Ulundhu (*Vigna munga*)
- Paasipayaru (*Vigna radiata*).

Dairy products:

- Cow's milk
- Goat milk
- Butter milk

To Be Avoided

- Oily foods
- Salt and sour taste foods
- Spicy food, fats and non vegetarian diet
- Alcohol and tobacco

Others

Complication of the Disease

- Infections
- Cardiac and respiratory disturbance
- Portal hypertension
- Liver failure
- Intra Hepatic obstruction
- Pancreatitis
- Renal failure

Limitation in Siddha System and Condition for Referral

- Obstructive jaundice

MANNEERAL NOI (SPLENOMEGALY)

Definition:

- It is characterized by the abnormal enlargement of spleen due to various causes.

Synonyms:

- *Idappaateeral Noi*
- *Peeleega Noi*

Siddha etiology:

- Intake of non-palatable foods
- Intake of foods that impure the blood.
- Jumping/ dancing/ singing/ swimming immediately after taking heavy food
- Intake of fatty substances like ghee/ milk/ oily food immediately after taking food
- Sleeping immediately after taking foods
- Frequent intake of purgative medicines
- Also in fever and anaemia

Causes and Influencing Factors:

- Viral, bacterial, parasitic (Malaria) infections
- Hodgkin disease
- Leukemia
- Heart failure
- Cirrhosis of liver
- Tumour in the spleen or from other organs that have spread to the spleen
- Inflammatory diseases like lupus or rheumatoid arthritis

Premonitory Signs and Symptoms:

- Indigestion
- Flatulence
- Abdominal distention with fluid
- Hiccough
- Pain in the left upper quadrant of abdomen and radiate to the shoulder blade

Common Signs and Symptoms:

- Fatigue
- Anorexia
- Nausea
- Vomiting
- Diarrhoea
- Intermittent fever
- Edema of the upper and lower limbs
- Pallor
- Thrombocytopenia

Co-morbid Conditions:

- *Paandu* (Anemia)
- *Kaamalai* (Jaundice)
- *Oothal noi* (Dropsy)

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham
- Kabam

Siddha Pathogenesis

- It is explained by increased Pitham which influences Vatham and Kabam, affects abanan, uthanan, viyanan and samanana. In seven udalthathukal, saaram and senneer get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Pithavatham
Sparisam	-	Warmth/ hardness/ dullness in left hypochondrium
Naa	-	Yellow/ coated
Niram	-	Pale yellow
Mozhi	-	Low pitched
Vizhi	-	Yellow
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Yellowish / dark in colour
Neikuri	-	Oil may spreads in the form of ring/ pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- USG - whole abdomen

In Tertiary care hospital:

- Gamma Glutamyl transpeptidase
- Computed Tomography
- Magnetic Resonance Cholangio Pancreatography(MRCP)
- Endoscopic Retrograde Cholangio Pancreatography(ERCP)
- Anti-mitochondrial antibody (AMA)
- Peripheral Anti neutrophil Cytoplasmic Antibody (P-ANCA)
- Doppler studies for whole abdomen

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Kalleeral noi* (Hepatomegaly)
- *Siruneeraga noi* (Renal diseases)
- *Paandu* (Anaemia)

Treatment:**Line of Treatment:**

- Vamana maruthuvam (Therapeutic emesis)
- Internal medicine
 - Patru (Semi-Solid Poulrice)
- Dietary advice

Day 1 – Vamana maruthuvam (Therapeutic emesis)

- Sarakkonrai decoction – 10-15 ml at early morning in empty stomach

Day 2 – Rest

Day 3 – First Line of Treatment:

- Mandurathi kudineer -30- 60 ml, BD, before food.
- Keezhanelli maathirai - 1-2 tabs with butter/ buttermilk, TDS, after food.
- Santha santhrodhaya maathirai (100 mg) -1-2 pills with honey/ beetle leaf (*Piper betel*) juice, BD, after food.
- Sarakondrai puli patru (*Cassia fistula*)- Quantity sufficient (For ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 130-200 mg with lemon juice (*Citrus limon*), at early morning in empty stomach for a day.
- Visha kuzhambu - 100-200 mg with water, at early morning in empty stomach.

Vamana Maruthuvam (Therapeutic Emesis):

- The juice of unripe papaya (*Carica papaya*) -15-30 ml is triturated with a small quantity of mustard (*Brassica nigra*) or marukkarai nut (*Randia dumetorum*) with lukewarm water, early morning in empty stomach
- Marukkarai chooranam - 100-500 mg with lukewarm water, early morning in empty stomach

Internal Medicines:**Kudineer:**

- Pidangunari kudineer - 30-60 ml, BD, before food.
- Keezhanelli Kudineer - 30-60 ml, BD, before food.

Chooranam:

- Amukkara chooranam – 1-2 gm with honey/ milk, BD/TDS, after food
- Panchadeepakini chooranam – 1-2 gm with honey / ghee, BD/TDS, after food.
- Thiriphala chooranam – 1-3 gm with honey/ ghee/ water, BD/TDS, after food.
- Elathy chooranam – 1-2 gm with honey/ milk/ water, BD, after food.
- Asai chooranam – 1-2 gm with honey / water, BD, after food
- Dhratchathy chooranam – 1-2 gm with honey, BD, after food
- Karisalai chooranam – 1-2 gm with honey / water, BD, after food

Theeneer/ Thiravagam:

- Sanga thiravagam – 1-5 drops with sombu theeneer/ water, BD, after food
- Sanjeevi theeneer - 1-5 drops with lukewarm water, BD, after food

Mezhugu:

- Kumatti mezhugu – 200-500 mg with palm jaggery, OD (morning) after food for 3-5 days.

Chendooram:

- Annabedi chendooram– 100-200 mg with honey, BD, after food.

Parpam:

- Silasathu parpam – 200-400 mg with butter/ ghee, BD, after food.
- Nandukkal parpam – 200-400 mg with water/ tender coconut water (*Cocos nucifera*)/ raddish juice (*Raphanus sativus*)/ neermulli decoction (*Hygrophila auriculata*)/ sirupeellai juice (*Aerva lanata*), BD, after food.
- Gaantha parpam - 35-100 mg with honey / water, BD, after food

Chunnam:-

- Vedyuppu chunnam - 100-200 mg with milk/ neermulli decoction (*Hygrophila auriculata*)/ tender coconut water (*Cocos nucifera*) / raddish juice (*Raphanus sativus*), BD after food.

Karpam:

- Bhavanakadukkai maathirai (500 mg) – 1-2 tabs with honey/ lukewarm water, BD after food
- Karisalai karpa maathirai (500 mg)- 1-2 tabs with honey/ lukewarm water, BD after food
- Surai karpa kudineer - 15 - 30 ml, BD, for 48 days.
- Kadukkai karpam - 2-5 gm with water, OD (evening), before food

External Medicine:

Patru (Semi solid poultice):

- Erraeval sinni patru (*Rheum emodi*)

Special Therapies: N/A

Duration of Treatment:

- Depends upon the severity of the disease conditions

Advices:

To Be Added:

- Easily digestable foods should be taken such as rice gruel or double boiled rice gruel
- Tender brinjal (*Solanum melongena*)
- Tender drumstick (*Moringa oleifera*)
- Tender beans (*Phaseolus vulgaris*)
- Cucumber (*Cucumis sativus*)
- Bottle guard (*Lagenaria siceraria*)
- Green spinach (*Spinacia oleracea*)
- Unripe papaya (*Carica papaya*)
- Pomegranate (*Punica granatum*)
- Dates (*Phoenix dactylifera*)

To Be Avoided:

- Oil foods
- Salt and sour taste foods
- Spicy foods and fatty products
- Non-vegetarian diets
- Alcohol
- Tobacco (*Nicotiana tabacum*)

Others:

Complication of the Disease:

- Splenic rupture
- Severe hemolytic Anemia
- Acute myeloid leukemia
- Ascites

Limitation in Siddha System and Condition for Referral:

- Infiltrative - Such as in sarcoidosis and some neoplasms
- Neoplastic - Such as in chronic lymphocytic leukemia and the lymphomas

PERUVAYIRU (ASCITES)

Definition:

- Peruvayiru is a condition in which the size of the abdomen will gradually enlarge day by day with accumulation of fluid in the peritoneal cavity, internal organs such as liver, spleen and tumour in the abdomen leads to peritonitis (condition like Tuberculosis and Cirrhosis of liver).

Synonyms:

- *Perumpandi*
- *Magodharam*

Siddha etiology:

- Intake of foods that contains husk, stone, sand, flower and thorn
- Intake of spring water, contaminated water, beetle floated water, toad occupied water, toddy and arrack frequently
- Intake of intoxicated foods
- Venereal diseases
- Toxicity of copper and arsenic substances due to over dosage
- Indigestion

Causes and Influencing Factors:

- Liver diseases
- Heart failure
- Renal failure
- Pancreatitis
- Tuberculosis
- Cancer
- Ascites tends to occur in long-standing (chronic) rather than in short-lived (acute) liver disorders. It is most commonly results from portal hypertension usually occurs from cirrhosis/ viral hepatitis
- Fluid retention by the kidneys
- Alterations in various hormone and chemicals that regulate body fluids

Premonitory signs and symptoms:

- Excessive salivation
- Sensation of bitterness in mouth
- Anorexia
- Indigestion
- Nausea
- Vomiting
- Fatigue
- Abdomen enlarged gradually towards umbilicus and the distention extended upto the chest
- Frequent diarrhea occurs and sometimes there may be constipation, bilious vomiting and gradual atrophy of muscles of upper and lower limbs.

Common Signs and Symptoms:

- Dullness of face with prominent appearance of facial bones, dryness, shrinkage of eyes, cheeks and lips.
- Body may become pale
- Oliguria
- Dyspnea

- Skin over the abdomen may shrink and appear shiny.
- Blood vessels may become engorged and appear like creepers with blue colour with gradual distention of the abdomen.
- Giddiness
- Palpitation
- Pedal oedema

Late Sign:

- Scrotal oedema
- Umbilical Hernia
- Inguinal Hernia

Primary Kutram Affected:

- Vatham/ Pitham

Secondary Kutram Affected:

- Pitham/ Kabam

Siddha Pathogenesis:

- It is explained by increased Vatham and Pitham that affects Uthanan, samanana, viyanana and abanan. In seven udalthathukal saaram, senneer, oon, kozhuppu gets affected. In later stage all the seven Udal thathukal gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	- Vatham/ Vathapitham
Sparisam umbilicus	- Shifting dullness/ fluid thrill present in abdomen/ eversion of
Naa	- Pallor / coated
Niram	- Pallor/ shiny/ dryness
Mozhi	- Low pitched
Vizhi	- Pallor / yellow
Malam	- Normal/ constipation
Moothiram	
Neerkuri	- Decreased urine output
Neikuri	- Oil may spreads in the form of pearl /ring.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- USG – whole abdomen
- Electrolytes
- Prothrombin time
- Doppler studies

In Tertiary care hospital:

- Serum –ascites albumin gradient (SAAG)
- Microscopic and culture of ascitic fluid
- Ascitic fluid cytology
- Abdominal paracentesis and analysis of ascitic fluid
- Computed Tomography (CT)
- Diagnostic laparoscopy

Diagnosis:

Confirmation of Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- Hepatorenal syndrome
- Alcoholic hepatitis
- Cirrhosis of liver
- Cancer (peritoneal carcinomatosis, massive liver metastases, etc)
- Pancreatitis
- Nephrotic syndrome
- Tuberculosis peritonitis
- Portal hypertension
- Budd-chiari syndrome
- Hepatic congestion
- Post operative lymphatic leak
- Myxedema.

Treatment:

- During treatment, it is mandatory to maintain electrolyte level. Excessive diuretics may disturb the potassium depletion, so it is necessary to be cautious while prescribing diuretics.

Line of Treatment:

- Internal medicine
- External medicine
- Patru (Semi solid Poultice)
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Mandoorathi adai kudineer -30- 60 ml, BD, before food.
- Keezhanelli maathirai -1-2 tabs, with butter milk, TDS, after food.
- Nava uppu mezhugu -100-200 mg with palm jaggery, OD (morning), after food, for 3-5 days.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu- 100-200 mg with ginger juice (*Zingiber officinalis*), OD, at early morning in empty stomach.
- Jalotharimani maathirai (200 mg) – 1-2 pills with water, OD, at early morning in empty stomach.
- Siddhathi ennai-10-15 ml with rice cold water/sombu theeneer OD, at early morning in empty stomach, for 1-3 days.

Internal Medicines:

Kudineer:

- Neermulli kudineer - 30-60 ml, BD, before food.
- Sangan ver adai kudineer – 30-60 ml, BD, before food

Maathirai:

- Kakkatan maathirai (100 mg)-1-2 tabs with Oma kudineer/ chukku kudineer, BD, after food.

- Kalludaikudori maathirai (200 mg) -1-2 pills with Cucumber seed (*Cucumis sativus*) decoction/ nerunjil kudineer, BD, after food.
- Kodaa soori maathirai- 1-2 pills with honey/milk, BD, after food

Mezhugu:

- Kumatti mezhugu -200-500 mg with palm jaggery/ sugarcane jaggery, OD (morning), after food for 3-5 days.

Kuzhambu:

- Navachaara kuzhambu - 130 mg with palm jaggery, BD , after food

Chendooram:

- Gaandha chendooram -130-260 mg with honey, BD, after food, for 48 days.
- Logamandooram -100-200 mg with honey/ ghee along with Neermulikudineer, BD, after food.
- Vanga parpam -100-200 mg with butter/ghee/honey, BD, after food.

Parpam:

- Ayanaaga parpam -65-130 mg with palm toddy/ coconut toddy, BD, after food.
- Navachaara parpam -100-130 mg with honey, BD, after food.

Chunnam:

- Vedyuppu chunnam-100-200 mg with tender coconut water (*Cocos nucifera*)/ Neermuli kudineer/ Sirupeelai kudineer/ mullangi kudineer, BD, after food.

Karpam:

- Bhavana kadukkai maathirai (500 mg) – 1-2 tabs, as chewable, TDS, after food, for 48 days (if there is anaemia).

Others:

- Soorathu kadukkai (*Terminalia chebula*) is flattened and soaked in the cow's urine (168 ml) for whole night, then filtered and taken internally around 5AM.
- Ginger juice (*Zingiber officinalis*) – 21 ml, taken internally around 6AM.
- Vedyuppu chendooram – 130 mg, Navacharam – 1.3 g, Ayaveera chendooram – 250 mg, Logamanduram – 130 mg are taken and mixed together with honey, along Neermulli kudineer, given internally around 7:30 AM and 6 PM.
- The ginger juice (*Zingiber officinalis*) given in morning, gradually increased day to day in dose by 21 ml, until it reach 168 ml, and it will be continued till the disease is completely cured.

External Medicines:

Patru (Semi solid Poultice):

- The above said medicines in others are triturated along with water and applied topically.
- Sarakkondrai puli (*Cassia fistula*), Vedyuppu (*Potassium nitrate*), Rat droppings and Kadugurohini (*Picorrhiza scrophulariiflora*) are taken and titrated well is applied topically.
- Equal amount of
 - Manjal (*Curcuma longa*)
 - Sambirani (*Styrax benzoin*)
 - Chukku (*Zingiber officinale*)

- Omam (*Trchyspermum ammi*)
- Vediuppu (Potassium nitrate)
- Kariabolam (*Aloe vera* latex) and
- Elipuzhukkai (Rat droppings) are dried and powdered. It is mixed with warm water or tamarind juice and applied on the abdomen to treat ascities.

Special Therapies:

Varmam Maruthuvam:

- Moothira kaalam
- Eeral varmam

Duration of treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Diets which produce diuresis and laxatives.

Gruel:

- Barley (*Hordeum vulgare*)
- Nerpori (Parched rice)
- Manakathai rice
- Senguravai rice.
- Double boiled rice

Seeds:

- Cucumber (*Cucumis sativus*)
- Bottle gourd (*Lagenaria siceraria*)

Fruits:

- Mulampazham (*Cucumis melo*)
- Watermelon (*Citrullus lanatus*)

Any of the following greens can be given after gentle frying,

- Mullu keerai (*Amaranthus spinosus*)
- Kuppai keerai (*Amaranthus gangeticus*)
- Raddish leaves (*Raphanus sativus*)
- Thalik keerai (*Ipomoea sepiaria*)
- Sogi keerai (*Foeniculam valgare*)
- Mana thakkali (*Solanum nigrum*)
- Seemai kaasini (*Hibiscus sabdariffa*).

Vegetables:

- Raddish (*Raphanus sativus*)
- Lady's finger (*Abelmoschus esculenta*)
- Brinjal (*Solanum melongena*)
- Peypirkku (*Luffa acutangula*)
- Snake gourd (*Trichosanthes cucumerina*)
- Drumstick (*Moringa oleifera*)

To Be Avoided:

- Alcohol intake.
- Dietary sodium restriction (less than 2000 mg/day)
- Fluid restriction only if serum sodium <120 mEq/L or symptomatic hyponatremia.

Others:

Complication of the Disease:

- Spontaneous Bacterial peritonitis (SBP).
- Hydrothorax
- Gastro –oesophageal reflux.
- Respiratory distress and atelectasis due to elevation of diaphragm
- Inguinal/ umbilical/ femoral hernia.
- Scrotal oedema.
- Collection of fluid in the pleural sac
- Mesenteric venous thrombosis
- Functional renal failure.

Limitation in Siddha System and Condition for Referral:

- Respiratory distress
- Hepato renal syndrome
- Bacterial peritonitis
- Azotemia
- Local signs or symptoms of peritonitis like abdominal pain or tenderness, vomiting, diarrhea, paralytic lieus.
- Systemic signs or symptoms of infection-fever.
- Hypotension, leukocytosis, acidosis, hypothermia.
- Hepatic encephalopathy.
- Hyponatremia
- Hepatic failure
- Renal failure

Puppusa Noigal **(Respiratory Diseases)**

ELAIPPU NOI (PULMONARY TUBERCULOSIS)

Definition:

- Pulmonary tuberculosis (PT) is a chronic bacterial infectious disease caused by *Mycobacterium tuberculosis*. There are two kinds of tuberculosis infection- Latent TB and Active TB.
- Latent TB - The bacteria remain in the body in an inactive state. They cause no symptoms and are not contagious, but they can become active
- Active TB - The bacteria do cause symptoms and can be transmitted to others.

Synonyms:

- *Arasa noi*
- *Kaba Noi*
- *Sayam*
- *Eelai Noi*
- *Rajayashma*
- *Yashma*
- *Susasai*
- *Saya pitham*

Siddha etiology:

- Frequent starvation
- Stay awake at night
- Working hard beyond capacity
- Suffering from chronic illnesses
- Poverty
- Imprisonment
- Intake of non-nutritious food
- Living in poor ventilated houses
- In general, the disease caused by activities that leads to body weakness

Causes and Influencing Factors:

- *Mycobacterium tuberculosis*

Risk factors:

- Infection with HIV
- Diabetes mellitus
- Low body weight
- Leukemia/ Hodgkin's disease
- Silicosis
- Corticosteroids
- Tobacco smoking
- Alcoholism

Premonitory Signs and Symptoms:

- Cough
- Evening rise of temperature
- Loss of appetite
- Loss of weight
- Emaciation

Common Signs and Symptoms:

- Headache
- Tiredness
- Low grade fever

- Night sweats
- Haemoptysis
- Cough – Dry & Productive
- Muroid / mucopurulent / purulent / blood tinged sputum
- Breathlessness
- Clubbing

Co-Morbid Condition

- Diabetes mellitus
- Human immunodeficiency virus (HIV) infection
- Obstructive airway disease (OADs)

Primary Kutram Affected

- Kabam

Secondary Kutram Affected

- Vatham
- Pitham

Siddha Pathogenesis:

- It is explained by the aggravation of Kabam associated with Pitham, affects pranana, uthana, viyana, samana and kirukara. All the seven udalthathukal get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham / Kabapitham
Sparisam	-	Warmth/ chills
Naa	-	Pallor / redness/ majenda tongue/ beefy red
Niram	-	Pallor
Mozhi	-	Hoarse voice/ low pitched
Vizhi	-	Pallor / cloudy vision/ diminished
Malam	-	Loose stool/ constipation
Moothiram		
Neerkuri	-	Clear and frothy urine/ small deposits in urine
Neikkuri	-	Oil speards in the form of pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Sputum examination for AFB
- AFB Sputum culture
- Chest X-ray – PA view
- Spirometry

In tertiary care hospital:

- Tuberculin skin test
- Fibre optic bronchoscopy
- IGRA TB blood test (Interferon Gamma Release Assay)
- Molecular tests for TB
- HRCT chest

Diagnosis:

Confirmation of Diagnosis:

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Bacterial pneumonia
- Bronchogenic carcinoma
- Lung abscess
- Bronchial asthma
- Sarcoidosis
- Pneumoconiosis

Treatment:

- Kazhichal maruthuvam (Purgation)/ Vamana maruthuvam (Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Dietary advice

First Line of Treatment:

- Kabasuram kudineer - 30 – 60 ml , BD, after food
- Seenthil chooranam - 1 – 2 gm with ghee, BD, after food
- Vasantha kusumakara maathirai (100 mg) - 1 - 2 pills, with honey, BD, after food
- Adathodai manapagu – 5-10 ml with lukewarm water ,BD, after food
- Chukku thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic emesis)

- Marukarai kudineer - 15- 30 ml, OD, at early morning in empty stomach
- Marukarai nei - 10-15 ml, OD, at early morning in empty stomach

Vamanam and Kazhichal Maruthuvam (Therapeutic Emesis and Purgation)

- Nilavarai nei - 10-15 ml ,OD, at early morning in empty stomach
- Korosanai karuppu - 100-200 mg with Koththamali kudineer (Decoction of *Coriander sativum*), OD at early morning in empty stomach

Kazhichal Maruthuvam (Purgation)

- Mantha ennai - 10-15 ml with lukewarm water, OD, at early morning in empty stomach
- Kazharchi thylam - 5 - 10 drops with lukewarm water, OD, at early morning in empty stomach.
- Sanjeevi maathirai (100 mg) - 1- 2 pills with milk, OD, at early morning in empty stomach.

Internal Medicines:

Kudineer:

- Adathodai Kudineer - 30 – 60 ml , BD, after food
- Notchi Kudineer - 30 – 60 ml , BD, after food
- Nilavembu Kudineer – 30 – 60 ml , BD, after food

Chooranam:

- Thaalisaathy chooranam - 1-2 gm with honey, BD, after food
- Thirikadugu chooranam - 1-2 gm with honey, TDS, after food
- Elathy chooranam - 1-2 gm with honey, BD, after food

- Amukkara chooranam - 1-2 gm with honey, TDS, after food
- Dhratchathy chooranam - 1-2 gm with honey, TDS, after food
- Panchadeepakini chooranam - 1-2 gm with honey, TDS, after food
- Nilavagai chooranam - 1-2 gm with honey, BD, after food

Vadagam:

- Impooral vadagam - 1 – 2 tabs, BD, chewable after food
- Gandhaga vadagam - 1 – 2 tabs, BD, chewable after food

Nei:

- Thaneervittan nei - 5 - 10 ml with warm milk, BD, after food
- Thoothuvelai nei - 5 - 10 ml with warm milk, BD, after food
- Senkottai nei - 5 - 10 drops with warm milk, BD, after food
- Vallarai nei - 5 - 10 ml with warm milk, BD, after food
- Adathodai nei - 5 - 10 ml with warm milk, BD, after food
- Nathai nei - 5 - 10 ml with warm milk, BD, after food
- Udumpu nei - 5 - 10 ml with warm milk, BD, after food
- Muyal nei - 5 - 10 ml with warm milk, BD, after food

Rasayanam:

- Thippili rasayanam - 3 -6 gm with Thamira chendooram, BD, for 45 days.

Ilagam:

- Kandankathiri ilagam - 5 - 10 gm with warm milk, BD, after food
- Impooral ilagam - 5 - 10 gm with warm milk, BD, after food
- Vilwathy ilagam - 5 - 10 gm with warm milk, BD, after food
- Thetrankottai ilagam - 5 - 10 gm with warm milk, BD, after food
- Nellikaai ilagam - 5 - 10 gm, BD, after food
- Venpoosani ilagam - 5 - 10 gm with warm milk, BD, after food
- Inji ilagam - 5 - 10 gm with warm milk, BD, after food
- Sarapangavilwathy ilagam - 5 - 10 gm with warm milk, BD, after food

Maathirai:

- Mahavasanthakusumakaramaathirai (100 mg) - 1 - 2 pills, with honey, BD, after food
- Swasakudorimaathirai (100 mg) - 1 - 2 pills with honey/ Thalipathiri kudineer, BD, after food
- Korosanaimaathirai (100 mg) - 1 - 2 pills, with honey, BD, after food
- Brahmanantha bairavam maathirai (100 mg) - 1 - 2 pills, with honey, BD, after food
- Pachaikarpoora maathirai (100 mg) 1 - 2 pills, with honey, BD, after food
- Thirithodamaathirai (100 mg) 1 - 2 pills, with honey, BD, after food

Theeneer:

- Nandu theeneer - 5 -10 ml with luke warm water, BD, after food
- Oma theeneer - 5 -10 ml with luke warm water, BD, after food
- Sombu theeneer - 5 -10 ml with luke warm water, BD, after food

Mezhugu:

- Vaan mezhugu - 50-100 mg with palm jaggery, BD, after food
- Panchasootha mezhugu - 50 – 100 mg with palm jaggery, BD, after food

Chendooram:

- Arumuga chendooram - 100 - 200 mg with Thrikadugu chooranam and honey, BD after food
- Ayakantha chendooram - 100 - 200 mg with honey , BD, after food
- Aya chendooram - 100 - 200 mg with honey , BD, after food
- Suyamaakini chendooram - 100 - 200 mg with honey , BD, after food
- Shayakulanthaga chendooram-100 - 200 mg with Thrikadugu chooranam and honey, BD, after food
- Poorana chandhirodaya chendooram –50-100 mg with Karpoorathy chooranam / Vetrilai juice (*Piper betle*), BD, after food
- Gowrichinthamani chendooram -100 - 200 mg with honey, BD, after food.
- Kalamega narayana chendooram -30-130 mg with honey, BD, after food.
- Thalaga chendooram -30 - 65 mg with honey, BD, after food

Karuppu

- Kasthuri karuppu - 100 - 200 mg with honey , BD, after food
- Thalaga karuppu - 20-50 mg with honey , BD, after food
- Sivanar amirtham -100 - 200 mg with honey , BD, after food

Parpam:

- Muthu parpam - 100 – 200 mg with Kammaru vetrillai juice (*Piper betle*) , BD, after food
- Pavala parpam - 100 – 200 mg , with honey , BD, after food
- Muthuchippi parpam - 100 – 200 mg with ghee, BD, after food
- Thalaga parpam - 30-65 mg with palm jaggery, BD, after food for 10 days
- Naaga parpam - 100 – 200 mg with palm jaggery, BD, after food
- Gandhaga parpam - 100 -200 mg with palm jaggery/ghee , BD, after food
- Velli parpam - 65-130 mg with Thippili chooranam , BD, after food
- Thambira parpam - 50-100 mg with ghee, BD, after food

External Medicines

Poochu (Liquid/ Oil Poultice):

- Karpoorathy thylam - Quantity sufficient
- Karisalai thylam - Quantity sufficient
- Lagu santhanathi thylam - Quantity sufficient

Ennai muzhukku (Oleation):

- Kumari Thylam- Quantity sufficient
- Arakku Thylam- Quantity sufficient
- Karisalai Thylam- Quantity sufficient
- Milagu Thylam- Quantity sufficient
- Mahasanthanathi Thylam- Quantity sufficient
- Notchi Thylam- Quantity sufficient

Special Therapy:

Siddhar Yoga Maruthuvam

- Halasanam
- Padmasanam
- Dhanurasanam
- Savasanam

Duration of Treatment

- Depending upon the severity of the disease condition

Advices

- Take oil bath twice a week.
- Do pranayamam regularly without kumbagam
- Avoid oily and spicy food
- Cover the mouth while coughing/ sneezing

To Be Added

- Fruits
- Mutton and vegetable soups
- Dairy products like butter, ghee and butter milk.
- Crab (*Brachyura*)
- Nathai (*Pila globosa*)
- Muyal (*Oryctolagus cuniculus*)
- Udumbu (*Varanus bengalensis*)
- Green leafy vegetables like Murungai (*Moringa oleifera*), Musummusukai (*Mukia maderaspatana*), Thoothuvalai (*Solanum trilobatum*).
- Nuts like munthiri (*Anacardium occidentale*)
- Dried grapes (*Vitis vinifera*).

To be avoided:

- Alcohol and smoking.
- Carbonated drinks
- Excessive intake of tea and coffee
- Tobacco and tobacco products
- Spices and salts.

Others

Complication of the Disease:

- Tubercular arthritis
- Meningitis
- Pleural effusion
- Pneumothorax
- Emphyema
- Pulmonary fibrosis
- Pleuropulmonary fibrosis
- Bronchiectasis

Limitation in Siddha System and Condition for Referral

- Supporting treatment or complementary therapy may be administered in all cases.

ERAIPPU NOI (BRONCHIAL ASTHMA)**Definition**

- Bronchial asthma is a chronic inflammatory disease of the respiratory tract which is characterized by bronchial hyper reactivity and respiratory obstruction.

Synonyms

- *Iluppu noi*
- *Swasakasam*

Siddha etiology:

- Unhealthy food habits, Excessive intake of *Kabham* promoting diet, inhaling irritable smelling substances, various fumes and pollens of grains, rice and finger millet, excessive smoking, more intake of cold drinks, excessive non-vegetarian diet, starvation, sexual perversion, grief, aggressive behaviour, inhabiting in damp atmosphere for long duration and anaemia due to toxic substances

Causes and Influencing Factors:

- Genetics
- H/O viral infections
- Hygiene hypothesis
- Early allergen exposure
- Influencing factors are respiratory illnesses like flu and pneumonia, increased exercise, allergens (animal dander, dust mites, pollens), extreme weather conditions, emotions (shouting, laughing, crying), smoking, food additives, perfume and fragrances, acid reflux.

Premonitory signs and symptoms

- Rhinorrhoea
- Sneezing
- Chest discomfort
- Flatulence
- Sweating

Common Signs and Symptoms

- Breathlessness
- Wheezing with unproductive cough
- When the sputum is expelled by cough, the symptoms are relieved, otherwise dyspnoea will be severe
- Chillness of the limbs
- Protrusion of eye balls

Co-morbid Conditions

- Allergic Rhinitis
- Rhinosinusitis
- Gastro oesophageal reflux disease
- Obstructive Sleep apnea

Primary Kutram Affected:

- *Kabam*

Secondary Kutram Affected:

- *Vatham*
- *Pitham*

Siddha Pathogenesis:

- It is explained by increased *Kabam* (Avalambagam) which leads to increased

Vatham (Pranan, Udhanan, Viyanan, Samanan and kirukaran) or Pitham (Analpitham, Ranjagapitham, Sathagapitham). In seven udalthathukal saaram and senneer gets affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabam /Vathakabam
Sparisam	-	Chillness / Clammy
Naa	-	Pallor /Cyanosis
Niram	-	Pallor / Red /pink
Mozhi	-	Low pitched / Rhonchi or wheeze sounds heard in auscultation of chest.
Vizhi	-	Pallor / Normal
Malam	-	Normal/constipation
Moothiram		
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikuri	-	Oil may spreads in the form of pearl.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- C- reactive protein (CRP)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum IgE Level
- Sputum for AFB
- Urine analysis
- Pulmonary Function Test (PFT)
- ECG
- Chest X Ray

In Tertiary Care Hospital:

- Skin Hypersensitivity test
- Pulse oximetry
- Spirometry

Diagnosis

Confirmation of Diagnosis

- Based on Clinical symptoms and Laboratory investigations

Differential Diagnosis:

- *Kasam* (Chronic bronchitis)
- *Elaippu erumal* (Pulmonary tuberculosis)
- *Mookaiddaippu* (Sinusitis)
- *Kural kammal* (Hoarseness of voice)
- Interstitial lung disease
- Bronchiectasis
- Bronchial stenosis
- Eosinophilic pneumonia
- Tropical eosinophilia
- Cardiac asthma

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)

- Internal medicine
- External medicine
 - Vedhu (Steaming)
 - Otradam (Fomentation)
- Ennai muzhukku (Oleation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Mantha ennai - 8-15 ml at early morning in empty stomach for a day

Day 2- Rest

Day 3- First Line of Treatment:

- Adathodai kudineer- 30 – 60 ml BD after food.
- Swasakudori maathirai (100 mg) - 1 – 2 pills with Thalipathiri kudineer, BD after food.
- Pavala parpam - 100 -200 mg with Thoothuvelai juice (*Solanum trilobatum*), BD after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Meganatha kuligai (100 mg) - 1 -2 pills with lukewarm water at early morning in empty stomach for a day
- Agathiyar kuzhambu - 65- 130 mg with kadukaai (*Terminalia chebula*) kudineer at early morning in empty stomach for a day
- Lavangathi maathirai (100 mg) - 1 - 2 pills with lukewarm water at early morning in empty stomach for a day
- Koushigar kuzhambu - 125- 500 mg with bark juice of Usilam (*Albizia odoratissima*) at early morning in empty stomach for a day
- sanjeevi maathirai – 1-2 pills with uthamani saaru (*Pergularia daemia*), OD, at early morning in empty stomach

Internal Medicines

Kudineer:

- Arathai kudineer - 30 – 60 ml, BD before food
- Kabasura kudineer - 30 – 60 ml, BD before food

Chooranam:

- Thaalisaathi chooranam - 1 - 2 gm with honey, BD after food
- Thirikadugu chooranam - 1 - 2 gm with honey, BD after food
- Dhratchathy chooranam - 1 - 2 gm with palm jaggery, BD after food
- Seenthil chooranam - 1-2 gm with ghee, BD after food.
- Nilavaagai chooranam – 1- 2 gm with lukewarm water, BD after food.
- Chundaivatral chooranam - 1 -2 gm with lukewarm water, BD after food.

Vadagam:

- Thaalisaathi vadagam (500 mg) -1-2 tabs, TDS after food, as chewable

Manapagu

- Adathodai manapagu -8 - 15 ml with water, BD after food.

Nei:

- Adathodai nei - 5 - 10 ml with warm milk, TDS after food.
- Thoothuvalai nei - 5-10 ml with lukewarm water/ warm milk, BD after food.
- Vallarai nei - 5 - 10 ml with lukewarm water/ warm milk, BD after food.
- Senkottai nei - 10 -15 drops with warm milk, BD after food.

Rasayanam:

- Thippili rasayanam - 3 -6 gm with Thamira chendooram, BD for 45 days.

Ilagam:

- Nellikaai ilagam - 5 - 10 gm, BD after food.
- Vilvathy ilagam- 5-10 gm with warm milk, BD after food.

Maathirai:

- Maha vasantha kusumakaram (100mg) - 1 -2 pills withThippilli chooranam, BD after food.
- Vasantha kusumakara maathirai (100 mg) - 1- 2 pills with honey, BD after food.
- Pachai karpooora maathirai (100mg) -1-2 pills with ginger juice (*Zingiber officinalis*), BD after food.
- Karuppu vishnu chakkara maathirai (100 mg) - 1-2 pills with ginger juice (*Zingiber officinalis*), BD after food for 48 days.

Theeneer:

- Sombu theeneer -30 - 60ml with lukewarm water, BD after food.

Mezhugu:

- Sitranda mezhugu -100-250 mg with honey, BD after food.
- Vaan mezhugu -50 -100 mg with palm jaggery, BD after food for 5 days.

Pathangam

- Linga pathangam - 30 -60 mg with palm jaggery, BD after food.
- Parangipattai pathangam -250 -500 mg with palm jaggery, BD after food.

Chendooram:

- Gowri chinthamani chendooram - 65 - 130 mg with Thirikadugu chooranam and honey, BD after food.
- Sivanaramirtham - 100 -200 mg with honey, BD after food.
- Kasthuri karuppu - 60 - 130 mg with honey, BD after food.
- Thalaga karuppu -20-50 mg with honey/ Thalispapathri chooranam, BD/TDS after food.
- Linga chendooram -30 -65 mg with honey, BD after food.
- Chanda maarutha chendooram - 65 -130 mg with honey, BD after food.
- Thanga chendooram -32 -65 mg with honey, BD after food.

Parpam:

- Muthu parpam - 30 - 60 mg with Kammaruvetrilai juice (*Piper betle*), BD after food.
- Muthuchippi parpam - 200 -400 mg with ghee, BD after food.
- Sangu parpam - 100 - 300 mg with ghee, BD after food.
- Palagarai parpam - 65 -130 mg with milk, BD after food.
- Sirungi parpam - 100 - 300 mg with ghee, BD after food.
- Sitranda parpam - 65 mg with Kadaga rohini (*Picrorhiza scrophulariiflora*) and Milagaranai (*Toddalia asiatica*) decoction, BD

after food.

Karpam:

- Bhavana kadukkai (500 mg) - 1-2 tabs, BD as chewable, before/ after food.

External Medicines:

Ottradam

(Fomentation):

- Hot fomentation
- Bran-fomentation

Vedhu (Steaming):

- Notchi leaves vedhu (*Vitex negundo*)

Ennai muzhukku (Oleation):

Oil bath may be advised twice a week with one of the medicated oil.

- Chukku thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient

Special therapies:

Siddhar Yoga Maruthuvam

- Pranayamam
- Machasanam
- Thirigonasam
- Bhujangasanam
- Chakkarasanam
- Halasanam
- Dhanurasanam
- Mahamuthirai
- Savasanam

Varma maruthuvam:

- Vilangu varmam
- Adappa kaalam
- Ullankaalvellai varmam

Duration of Treatment

- Depending upon the severity of the disease condition

Advices

- Evening meal should preferably be finished before sunset (or) atleast 3 hours before bed time.

To be added:

- Garlic (*Allium sativum*)
- Onion (*Allium cepa*)
- Ginger (*Zingiber officinale*)
- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)
- Sprouted seeds and grains
- Sundai (*Solanum torvum*)
- Nellikai (*Phyllanthus emblica*)

Greens

- Manathakkali (*Solanum nigrum*)
- Ponnanganni (*Alternanthera sessilis*)
- Thoothuvalai (*Solanum trilobatum*)

- Pirandai (*Cissus quadrangularis*)
- Mookirattai (*Boerhavia diffusa*)
- Kalyana murungai (*Erythrina variegata*)
- Musumusukkai (*Mukia maderaspatana*)
- Arukeerai (*Amaranthus tristis*)

Non Vegeterian Diet

- Crab (*Brachyura*)
- Turkey (*Meleagris gallopavo*)
- Rabbit (*Oryctolagus cuniculus*)
- White rat
- Ayirai meen (*Cobitis taenia*)
- Velladu (*Capra aegagrus hircus*)

To Be Avoided:

- Fried foods
- Refrigerated foods, all refined and processed foods
- Allergic foods
- Milk products
- Cool drinks, ice creams, chocolates, sweets
- Alcoholic beverages
- Condiments (pickles), sauces
- Citrus fruits like lemon (*Citrus limon*), Orange (*Citrus sinensis*).
- Chill weather, polluted area and dust.
- Smoking and snuff, stress and emotion, cycling, mountain biking, running, weight lifting.

Others

Complication of the Disease

- Pneumothorax
- Cystic Fibrosis
- Subcutaneous Emphysema
- Chronic Cor-Pulmonale
- Pneumo Pericardium
- Allergic Bronchopulmonary Mycosis
- Myocardial infarction
- Atelectasis
- Lactic acidosis
- Rib fracture due to distressing cough
- Retarded growth in children (Corticosteroids)

Limitation in Siddha System and Condition for Referral

- Status Asthmaticus

ERUMAL (UPPER RESPIRATORY TRACT INFECTION)**Definition:**

- Cough is a most frequent symptom of respiratory disease. It is caused by stimulation of sensory nerves in the mucosa of the pharynx, larynx and bronchi.

Synonyms

- *Kaasam*
- *Eelai*

Siddha etiology:

- Excessive exposure to chill air and sunlight, intake of too cold/ hot foods, talking and singing loudly, exposure to dust particles/ sand/ limestone/ fuller's earth/ smoke, intake of excessive bitter food substances and obstruction in respiratory tract/ the food particles enters into respiratory tract accidentally.

Causes and Influencing Factors:

- Common causes of short term cough include
 - URTI that affects the windpipe or sinuses (eg: cold, flu, laryngitis, sinusitis, whooping cough).
 - LRTI that affects the lungs or lower airways (eg: Acute bronchitis, Pneumonia)
- Allergic rhinitis or hay fever
- Persistent cough caused by long term respiratory tract infection such as Chronic bronchitis, Asthma, Bronchiectasis, COPD, Post nasal drip, GERD.
- Tuberculosis
- Lung cancer
- Medications - ACE inhibitor
- Influencing factors such as
 - Pollens
 - Dust particles
 - Extreme cold exposure
 - Heart failure

Premonitory signs and symptoms

- Redness and burning sensation in the throat
- Sore throat
- Hoarseness of voice
- Rhinitis

Common Signs and Symptoms

- Cough
- Redness of eyes
- Fever
- Heaviness of the head
- Anosmia (Loss of smell)
- Fatigue
- Otitis media
- Phlegm
- Haemoptysis

Co-morbid Conditions

- Fever
- Dyspnoea

Primary Kutram Affected

- Kabam

Secondary Kutram Affected

- Vatham
- Pitham

Siddha Pathogenesis:

- This can be explained by deranged Kabam influences Vatham, mainly affects udanan, viyanan, abanan and kirukaran. Among the seven udalthathukal, saaram and senneer are affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Kabam/ Vathakabam
Sparisam	-	Chillness / clammy / pain in throat /tenderness
Naa	-	Normal/ pallor /cyanosis
Niram	-	Pallor / red / pink
Mozhi	-	Low pitched
Vizhi	-	Normal/ pallor
Malam	-	Pale/ loose stools
Moothiram		
Neerkuri	-	Straw coloured urine
Neikuri	-	Oil may spreads in the form of pearl.

Modern Medical Investigations

- Complete Blood Count (CBC)
- Sputum for AFB
- Chest X-Ray- PA view

In Tertiary care hospital:

- Spirometry

Diagnosis:**Confirmation of diagnosis**

- Based on clinical symptoms and laboratory findings.

Differential Diagnosis

- *Eraippu Erumal* (Bronchial Asthma)
- *Ellaippu erumal* (Pulmonary tuberculosis)
- Pneumonia
- Bronchitis
- Bronchiectasis
- Pulmonary edema

Treatment**Line of Treatment**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Patru(Semi solid poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Vedhu (Steaming)
 - Nasiyam (Liquid nasal application)
- Siddhar yoga maruthuvam
- Varmam maruthuvam

➤ Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Sanjeevi maathirai – 1-2 pills with uthamani saaru (*Pergularia daemia*), OD, at early morning in empty stomach

Day 2 – First Line of Treatment:

- Arathai kudineer - 60 - 80 ml, BD, before food.
- Vasantha kusumakara maathirai (100 mg) – 1- 2 pills with honey, BD, after food.
- Thaalisaathi vadagam -1-2 tabs as chewable, TDS, after food.
- Adathodai manapagu -15- 30 ml with lukewarm water, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Nasiyam (Liquid Nasal Application):

- Thulasi saaru (Juice of *Ocimum sanctum*) – 1-2 drops in each nostril, monthly once

Kazhichal maruthuvam (Purgation):

- Vellai ennai -15-30 ml with lukewarm water at early morning in empty stomach
- Meganatha kuligai - 1-2 pills with ginger juice (*Zingiber officinalis*) at early morning in empty stomach
- Mantha ennai - 8-15 ml at early morning in empty stomach for a day
- Korosanai karuppu - 100-200 mg with Kotthamali kudineer (Decoction of *Coriander sativum*), OD at early morning in empty stomach

Internal Medicines:**Kudineer**

- Adathodai kudineer - 60 -80 ml, BD, before food.
- Kabasura kudineer -60 - 80 ml, BD, before food.

Chooranam:

- Thaalisaathi chooranam - 1 - 2 gm with honey, BD, after food for a week (if sore throat present)
- Thirikadugu chooranam - 1 - 2 gm with honey, BD, after food for a week (if nasal obstruction is present)
- Impooral chooranam -1-2 gm with honey, BD, after food.
- Mayilragathy chooranam - 1 -2 gm with honey, BD, after food (if vomiting is present)
- Karpoorathy chooranam - 1 - 2 gm with honey, BD, after food (if excess mucous is present)

Nei:

- Thoothuvalai nei -10 - 15 ml with lukewarm water, BD, after food.
- Adathodai nei - 5- 10 ml with chukku kudineer, TDS, after food.

Rasayanam:

- Thippili rasayanam – 3 - 6 gm with 100 mg of Thamira chendooram, BD after food for 45 days.

Ilagam

- Kandakathiri ilagam -5 -10 gm with milk, BD, after food

- Karisalai ilagam - 5 - 10 gm with milk, BD, after food

Maathirai

- Swasa kudori maathirai (100 mg) - 1-2 pills with lukewarm water/ Thalispapthri kudineer, BD, after food (in *eraippu erumal*)
- Vasantha kusumakara maathirai (100 mg) - 1– 2 pills with honey, BD, after food (in severe bronchial infection and broncho dilation)
- Impural maathirai -1 - 2 tabs with honey, BD, after food (if haemoptysis is present).
- Pachaikarpooora maathirai (100 mg) -1-2 pills with ginger juice (*Zingiber officinalis*), BD, after food.
- Karuppuvishnu chakkara maathirai (100 mg) - 1 - 2 pills with honey, BD, after food (if tropical eosinophilia is present)

Chendooram:

- Gowri chinthamani chendooram -100 -200 mg with honey / Thirikadugu chooranam, BD after food.
- Shyakulanthaka chendooram - 50 -100mg with honey/ Thirikadugu chooranam, BD, after food for 10 days (in Tuberculosis)
- Poorana chandhirodaya -100 - 200mg with honey/ karpoorathy chooranam/ betel leaf juice (*Piper betle*) , BD after food
- Kasthuri karuppu - 50 -100 mg with honey/ginger juice (*Zingiber officinalis*)/ kandankathiri ilagam, BD/TDS after food.
- Sivanar amirtham – 100-200 mg with honey/ ginger juice (*Zingiber officinalis*), BD/TDS after food (in *eraipu erumal*)
- Thalaga karuppu - 20-50 mg with honey/ ghee/ Thalispapthri kudineer BD/TDS after food (in *eraipu erumal*)

Parpam:

- Muthuchippi parpam - 200 - 400 mg with ghee, BD, after food.
- Palagarai parpam – 100-200 mg with milk, BD, after food.
- Pavala parpam – 100 - 200 mg with ghee/ butter/ Thoothuvalai juice (*Solanum trilobatum*)/ kandankathiri ilagam, BD after food.
- Muthu parpam -100 -200 mg with thumbai saaru (*Leucas aspera*) and honey, BD, after food (In chronic cough)
- Thalaga parpam – 100-130 mg with thumbai saaru (*Leucas aspera*) and honey, BD, after food (In chronic cough)

External Medicines:**Patru (Semisolid Poulitice):**

- Nerkoovai maathirai - 1-2 tabs mixed with luke warm water and apply over forehead

Poochu (Liquid/ Oil Poulitice):

- Karpoorathy thylam- Quantity sufficient

Vedhu (Steam Therapy)

- Notchi leaves (*Vitex negundo*)
- Thumbai leaves (*Leucas aspera*)
- Thulasi leaves (*Ocimum sanctum*)

Nasiya maruthuvam (Liquid nasal application):

- Thumbai saaru (Juice of *Leucas aspera*) - 1-2 drops in each nostril

Special Therapies**Siddhar Yoga Maruthuvam:**

- Pranayamam
- Machasanam
- Thirigonasam
- Bhujangasanam
- Chakkarasanam
- Halasanam
- Paschimothasanam
- Sarvangaasanam
- Savaasanam

Varma maruthuvam:

- Pidari varmam
- Valai mutintha varmam
- Sumai varmam
- Pakka kazhuththu natukku varmam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices

To Be Added:

Greens:

- Manathakkali (*Solanum nigrum*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Kalyanamurungai (*Erythrina variegata*)
- Musumusukkai (*Mukia maderaspatana*)

Add sufficiently in diet

- Garlic (*Allium sativum*)
- Onion (*Allium cepa*)
- Ginger (*Zingiber officinale*)
- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)

Non vegetarian diet:

- Crab (*Brachyura*)
- Turkey (*Meleagris gallopavo*)
- Rabbit (*Oryctolagus cuniculus*)
- White rat (*Rattus norvegicus*)
- Ayirai meen (*Cobitis taenia*)
- Velladu (*Capra aegagrus hircus*)

To Be Avoided:

- Fried Foods
- Refrigerated Foods, all refined & processed Foods
- Allergic foods.
- Cool Drinks, ice creams, chocolates, Sweets
- Citrus Fruits like lemon, orange.
- Chill weather, polluted area and dust.
- Smoking

Others

Complication of the Disease

- COPD

- Chronic bronchitis.
- Atelectasis
- Pulmonary tuberculosis.

Limitation in Siddha System and Condition for Referral

- Pulmonary tuberculosis
- Acute respiratory distress syndrome

***Iruthaya Noigal/ Iruthaya
Kuzhaliya Noigal***
(Cardio Vascular Diseases)

ATHI KURUTHI AZHUTHAM (HYPERTENSION)

Definition:

- Systemic hypertension is the persistent rise of basal blood pressure above the arbitrary level of 140/ 90 mm Hg recorded on three or more successive occasions. Chronic high blood pressure can stealthily cause blood vessel changes in the back of the eye (retina), abnormal thickening of heart muscle, renal failure and brain damage.

Synonyms

- *Ratha kodhippu*
- *Ratha choodu*
- *Ratha azhutham*

Siddha etiology:

“வேர்வை யதனாலே மேலாகுத் தாதுக்களில்
ஆர்ஹப் பீத்தமதன் வீரன் - சார்வாகிப்
பின்னர்ப் பெருகி பொருந்துன்ப மீத்துடலில்
மண்ணுவதே யாமென்னல் மான்பு”

“அன்றியுளம் வாட்டம் யருவருப்புத் தொண்டை
துன்னுள் புண்போறல் தன் கண்முதல் - மன்னுமுறுப்
பெருகுஞ்செம்மை மஞ்சளேற்ற பச்சையொன்றிவற்றில்
தங்குதலு மாமென்று சாற்று”.

- கையேழுத்துப்பிரதி

- Excessive exposure to sunlight, excessive intake of salt, spicy and sour food item, excessive indulgence in sexual activity and also when yoga for controlling five senses is not properly practiced, increases *Pitham*.

Causes and Influencing Factors:

- Conditions that can cause high blood pressure include
 - Renal disease
 - Diabetes mellitus
 - Long-term renal infections
 - Obstructive sleep apnoea
 - Glomerulonephritis
 - Narrowing of the arteries supplying the kidneys
 - Hormone imbalance
 - Systemic lupus erythematosus (SLE)
 - Scleroderma
- Certain medications - contraceptive pills, steroids, NSAIDs, cocaine and amphetamines, Selective Serotonin Reuptake Inhibitors (SSRIs) antidepressants
- Influencing factors like age, family history of high blood pressure, high amount of sodium intake, lack of exercise, being overweight, excessive intake of alcohol, smoking, long-term sleep deprivation.

Premonitory signs and symptoms

- Head ache in occipital region
- Dizziness
- Palpitation

Common Signs and Symptoms

- Dyspnea
- Easy fatigability and weakness
- Pallor
- Perspiration

- Chest pain
- Vertigo
- Visual disturbances
- Haematuria

Co-morbid Conditions

- Coronary artery disease
- Congestive cardiac failure
- Renal diseases
- Diabetes mellitus
- Dyslipidemia

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham
- Kabam

Siddha Pathogenesis

- It is explained by increased Pitham that influences Kabam and Vatham, mainly affects pranan, abanan, viyanan, uthanan and samanana. In seven udalthathukal saaram, senneer, oon and kozhuppu get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Pithavatham/ Vathapitham
Sparisam	-	Warmth/ excessive sweating
Naa	-	Dryness
Niram	-	Normal/ pallor
Mozhi	-	Normal/ slurred speech
Vizhi	-	Normal/ redness
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Dark yellow / frothy
Neikuri	-	Oil may spreads in the form of ring/ pearl

Modern Medical Investigations:

- 24 hrs ambulatory BP recording
- Recording of BP at regular interval (both at rest and after activity)
- Complete Blood Count (CBC)
- Renal Function Test (RFT)
- Lipid Profile
- X – Ray chest
- USG- KUB

In tertiary care hospitals:

- Echocardiogram:-
 - Two-dimensional echocardiography
 - Doppler echocardiography
 - Transoesophageal echocardiography.
- Renal angiography

Diagnosis

Confirmation of Diagnosis

The American Heart Association recommends the following ranges for healthy adults:

Category	Systolic	Diastolic
Normal	Less than 120	Less than 80
Pre hypertension	120-139	80-89
High blood pressure stage 1 (hypertension)	140-159	90-99
High blood pressure stage 2 (hypertension)	160 or higher	100 or higher
Hypertensive crisis	higher than 180	higher than 110

Differential Diagnosis

- Congestive cardiac failure
- Chronic renal disease
- Anxiety disorders
- Hyperthyroidism

Treatment**Line of Treatment**

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Thaarai (Head Flow) Treatment
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 - Ennai muzhukku (Oleation)

- Vitiated Pitham to be neutralized
- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 2 – First Line of Treatment:

- Venthamarai kudineer - 60-80 ml, BD, after food
- Asai chooranam - 1-2 gm with lukewarm water, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis):

- Sanjeevi maathirai (100 mg) - 1 – 2 pills with milk at early morning in empty stomach.

Internal Medicines**Kudineer:**

- Maruthampattai kudineer – 60-80 ml, BD, after food
- Nerunjil kudineer - 60 - 80 ml, BD, before food.
- Adathodai kudineer - 60 - 80 ml, BD, before food.
- Thiratchai kudineer - 60 - 80 ml, BD, before food.

Chooranam:

- Dhratchathy chooranam - 1-2 gm with honey, BD, after food.
- Elathy chooranam - 1-2 gm with lukewarm water, BD, after food.
- Venthamarai chooranam - 1-2 gm with lukewarm water, BD, after food.
- Keezhanelli chooranam - 1-2 gm with buttermilk/ butter, TDS, after food.
- Sarpagantha chooranam - 1-2 gm with lukewarm water, BD, after food

Manapagu

- Thurunchi manapagu -10-15 ml with water, BD, after food (if there is vomiting).
- Nannari manapagu -10-15 ml with water, BD, after food (if there is vomiting).
- Madhulai manapagu - 10-15 ml with water, BD, after food (if there is vomiting).

Rasayanam:

- Inji rasayanam -3-6 gm with milk, BD, after food.
- Parangi rasayanam-3-6 gm with milk, BD, after food for 40 days.

Ilagam:

- Kesari ilagam -3-5 gm, BD, after food.

Maathirai:

- Kasthuri maathirai- 1-2 pills with honey, BD, after food

Chendooram

- Vediannabedhi chendooram- 100 – 200 mg with honey, BD, after food (if there is renal involvement).
- Aya chendooram -100-200 mg with honey, BD, after food (if anaemia is present).

Parpam

- Silasathu parpam -200-400 mg with water/ ghee/ butter, BD, after food.
- Sangu parpam- 100 - 300 mg with ghee, BD, after food.
- Muthuchippi parpam - 200-400 mg with ghee/ butter, BD, after food.

Karpam:

Pothu Karpam:

- Katrazhai karpam - 3-5 gm BD, after food for 48 days
- Ponnaganni karpam- 2-3 gm with ghee, BD, after food for 48 days
- Kaiyan karpam - 1-2 gm with tender coconut water (*Cocos nucifera*) for a month and with honey for a month

Sirappu Karpam:

- Kadukkai karpam- 1-2 gm with lukewarm water, OD, (evening) for 48 days.
- Vilva pazham / elai karpam - 1-2 gm with lukewarm water, BD, after food for 48 days
- Elumicham pazha karpam - one piece, OD (afternoon) for 48 days
- Orithal thamaarai karpam - 2-3 gm with milk, BD, after food for 48 days

External Medicines:

Ennai muzhukku (Oleation):

- Santhanathy thylam - Quantity sufficient
- Kaiyan thylam - Quantity sufficient
- Seeraga thylam - Quantity sufficient
- Keezhanelli thylam - Quantity sufficient
- Thiriphala thylam - Quantity sufficient
- Chitramutti thylam - Quantity sufficient

Special Therapies:

Thaarai (Head Flow) Treatment:

Oils used:-

- Chitramutti madakku thylam - Quantity sufficient
- Nellikaa thylam - Quantity sufficient

Siddhar Yoga Maruthuvam

- Pranayamam (without kumbagam)
- Singasanam
- Bhujangasanam
- Savasanam
- Dhyanam

Varma maruthuvam:

- Puruva varmam
- Kaikavuli varmam
- Moothira kaalam
- Ulkuththu Varmam
- Dhatchinai Kaalam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To Be Added

- Sleep rhythm - 6 to 7 hours / day
- Meditation and Pranayamam

Rice/ kanji:

- Double boiled rice
- Javvarisi kanji (Tapioca pearls - *Manihot esculenta crantz*)
- Pori kanji
- Barley kanji (*Hordeum vulgare*)
- Manakkathai
- Karunkuruvai (Black rice)

Tender vegetables:

- Atthi (*Ficus racemosa*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vazhai (*Musa paradisiaca*)
- Vendai (*Abelmoschus esculentus*)
- Murungai (*Moringa oleifera*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Pirandai (*Cissus quandrangularis*)

Greens:

- Puliyaarai (*Oxalis corniculata*)
- Thoothuvelai (*Solanum trilobatum*)
- Manathakkali (*Solanum nigrum*)
- Ponnanganni (*Alternanthera polygonoides*)
- Karisalankanni (*Eclipta prostrata*)
- Sukkan (*Rumex vesicarius*)
- Pasalaikeerai (*Portulaca quadrifida*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

Spices:

- Seeragam (*Cuminum cyminum*)
- Vendhayam (*Trigonella foenum-graecum*)
- Poondum (*Allium sativum*)
- Dry ginger (*Zingiber officinalis*)

Dairy products:

- Cow's buttermilk

To Be Avoided:

- Excessive fried food and oil foods
- Excessive hot, sour and salt taste
- Dairy products like butter, ghee
- Non vegetarian diet except fish
- Sarkaraivalli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Colacasia esculenta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Verkadalai (*Arachis hypogaea*)
- Kaaramani (*Vigna unguiculata*)
- Pattani (*Phaseolus lunatus*)
- Mochai (*Vicia faba*)
- Smoking and alcohol intake
- Stress

Others

Complication of the Disease

- Heart failure
- Myocardial infarction
- Chronic kidney disease
- Stroke

Limitation in Siddha System and Condition for Referral

- Uncontrolled systemic hypertension
- Secondary hypertension

THAMARAGA NOI (MYOCARDIAL INFARCTION)

Definition:

- Myocardial infarction is due to the formation of occlusive thrombus at the site of rupture or erosion of an atheromatous plaque in coronary artery.
- The thrombus often undergoes spontaneous lysis over the course of the next few days, although by this time irreversible myocardial damage may occur.

Synonyms:

- *Ruthra rogham*
- *Maarbu noi*

Siddha etiology:

- Due to excessive intake of *Vatha* induced foods, misbehaviour and sexually transmitted disease, *Vatham* gets increased that's results in excessive activity of *Udhana vayu* and *Viyana vayu* which produce the disease.
- It may be congenital and also associated with other *Vatha* diseases.

Causes and Influencing Factors

- Diabetes mellitus
- Hypertension
- Coronary artery disease
- Smoking
- Obesity
- Lack of exercise
- Hyperlipidaemia
- Vitamin B-12, D, C deficiency
- History of Pre eclampsia
- Illicit drug use
- Stress

Premonitory signs and symptoms:

- Pressure/ tightness in the chest
- Pain in the chest, back, jaw and other areas of the upper body that lasts more than a few minutes
- Dyspnea on exertion

Common Signs and Symptoms

- Sweating
- Nausea/ vomiting
- Cough
- Anxiety
- Dizziness
- Tachycardia
- Edema
- Disoriented speech
- Cyanosis of face and lips

Co-Morbid Conditions:

- Diabetes mellitus
- Hypertension
- Rheumatic heart disease (RHD)
- Bronchial asthma
- Obesity

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by increased Vatham and Kabam which decreases the Pitham, affects abanan and pranana. In seven Udalthathukal saram and senneer get affected

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabam/ Vathakabam/ Vathapitham/ Pithavatham
Sparisam	-	Cold
Naa	-	Dryness/ cyanosis
Niram	-	Pallor/ cyanosis
Mozhi	-	Disoriented speech
Vizhi	-	Pallor
Malam	-	Diarrhea/ constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/ ring/ pearl

Modern Medical Investigations

- ECG - Continuous ECG monitoring
- Complete Blood Count (CBC)
- ASO Titre
- CRP
- Ambulatory chest X-ray
- Urine routine

In tertiary care hospital:

- ECHO
- Vitamin B-12, C and D
- Homocysteine
- Coronary angiography
- Exercise stress test
- Cardiac enzyme markers- CK (CPK), Troponin, CK-MB, LDH, Myoglobin, ALT, AST

Diagnosis

Confirmation of Diagnosis

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Vatha kunmam/ Soolai kunmam* (Acid peptic disease)
- *Ilaippu* (Pulmonary tuberculosis)
- *Iyya Iraippu* (Status asthmaticus)
- *Vali keel vaayu* (Rheumatic heart disease)

Treatment :

Line of Treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Patru (Semi Solid Poulitice)

- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Ennai muzhukku (Oleation)

- Arakku thylam - Quantity sufficient (For Ext.use only)

Day 2 - First Line of Treatment:

- Maruthampattai chooranam - 3-5 gm with lukewarm water, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal maruthuvam (Purgation):

- Vellai ennai - 15-30 ml with lukewarm water, OD, at early morning in empty stomach for a day
- Kazharchi thylam - 8-15 ml with lukewarm water, at early morning in empty stomach for 3-5 days

Internal Medicines

Kudineer

- Thamaraga kudineer -30-60 ml, BD, before food
- Neermulli kudineer -30-60 ml, BD, before food

Chooranam

- Venthamarai chooranam - 3-5 gm with lukewarm water, BD, after food.
- Maruthampattai chooranam -3-5 gm with lukewarm water, BD, after food.
- Amukkara chooranam -2-3 gm with honey/ lukewarm water, BD/TDS, after food.
- Dhratchathy chooranam-2-3 gm with honey/ lukewarm water, BD/TDS, after food
- Seenthil chooranam -2-3 gm with honey/ water, BD/TDS, after food
- Elathy chooranam -2-3 gm with honey/ lukewarm water, BD/TDS, after food
- Asai chooram -2-3 gm with water, BD/TDS, after food
- Panchadeepakini chooranam-2-3 gm with honey/ lukewarm water, BD/TDS, after food
- Karpoorathi chooranam- 2-3 gm with honey, BD, after food

Maathirai

- Kasthuri maathirai - 1-2 pills with honey, BD, after food.
- Korosanai maathirai -1-2 pills with honey, BD, after food.
- Vasantha kusumakara maathirai -1-2 pills with honey, BD, after food.
- Poorana chandhirodaya maathirai - 1-2 pills with honey BD, after food.

Chendooram

- Kalameganarayana chendooram - 30-130 mg with thippilli chooranam and honey, BD, after food for 45 days
- Ekku chendooram - 100-200 mg with poondu saaru (juice of *Allium cepa*), BD, after food

Parpam

- Aya naaga parpam -50-100 mg with water, BD after food.
- Muthu parpam - 50-100 mg with water, BD after food.
- Sirungi parpam - 200 – 400 mg with ghee, BD after food.
- Pavala parpam - 100-200 mg with water /milk, BD after food.
- Kaariya parpam – 100-200 mg with vasambu kudineer (*Acorus calamus*), BD, after food
- Uppu parpam – 200-500 mg with Inji saaru (juice of *Zingiber officinalis*), BD,

after food

External Medicine

Patru (Semi solid poultice):

- Man kombu (horns of deer- cervidae)
- Chukku (*Zingiber officinalis*)
- Semmaram (*Sequoia sempervirens*)
- Thuvaram paruppu (*Cajanas cajan*)
- Mochai kottai (*Lablab purpureus*)

The above ingredients are made into paste and applied over the chest.

Ennai muzhukku (Oleation):

- Seeraga thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam

- Tadasanam
- Virikshasanam
- Uthithahastapadasanam
- Trikonasanam
- Veerabhadrasanam
- Ukatasanam
- Marjariasanam
- Adhomuhasanasanam
- Bhujangasanam
- Dhanurasanam
- Sethu bandhasanam
- Savasanam
- Pranayamam

Varma maruthuvam:

- Thivalai kaalam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To Be Added

- Regular exercises for atleast 30 minutes.
- Walking for 30 - 45 minutes

Omega-3 fatty acids rich foods

- Flaxseeds (*Linum usitatissimum*)
- Walnuts (*Juglans regia*)
- Salmon fish (*Salmo salar*)
- Tuna fish (*Katsuwonus pelamis*)
- Mackerel (*Rastrelliger kanagurta*)
- Sardines (*Sardina pilchardus*)

Tender vegetables:

- Aththi (*Ficus racemosa*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vazhai (*Musa paradisiaca*)
- Vendai (*Abelmoschus esculentus*)
- Murungai (*Moringa oleifera*)

- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Puliyaarai (*Oxalis corniculata*)
- Thoothuvelai (*Solanum trilobatum*)
- Manathakkali (*Solanum nigrum*)
- Ponnanganni (*Alternanthera polygonoides*)
- Karisalankanni (*Eclipta prostrata*)
- Sukkan (*Rumex vesicarius*)
- Pasalaikeerai (*Portulaca quadrifida*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

Spices:

- Seeragam (*Cuminum cyminum*)
- Vendhayam (*Trigonella foenum-graecum*)
- Poondur (*Allium cepa*)
- Dry ginger (*Zingiber officinalis*)

To Be Avoided

- Oily foods, fry items, tubers
- Hot and spicy foods
- Coconut (*Cocos nucifera*)
- Ground nut (*Arachis hypogaea*)
- Milk and milk products.
- High glycemic index foods (rice, corn, sugar, white bread, white pasta)
- Non vegetarian diet.
- Artificial sweeteners, cokes, etc,
- Processed foods
- Smoking
- Alcohol
- Stress
- Late night sleep

Complication of the Disease:

- Cardiogenic shock
- Psychological problems and depression
- Mitral valve dysfunction
- Aneurysms
- Cardiac rupture
- Cor pulmonale leading to cardiopulmonary arrest
- Multiple organ failure
- Sudden death

Limitation in Siddha System and Condition for Referral:

- Acute myocardial infarction
- Exclusive Siddha drug treatment may not be possible in all cases.

- Supporting or complementary treatment may administer in most cases along with allopathic medications.

Siruneeraga Noigal **(Urologic Diseases)**

KALLADAIPPU (RENAL CALCULI)

Definition

- It is defined as an obstruction within the kidney or urinary tract by formation of stone, characterized by low back ache, radiating pain from low back to the groin, haematuria and chillness of the extremities. Urinary stones are classified according to the chemical composition such as calcium based stones, cysteine stones, struvite stones, uric acid stones.

Synonym

- Achamari*

Siddha etiology:

“கலங்கினதோர் தண்ணீர்தான் குடித்தபேர்க்கும்
கல்லெலும்பு மயிர்மண் தான் கலந்தன்னத்தில்
அலங்கினதோரள்ள கலந்தருந்தலாலும்
அழுகலோடு மூத்த பண்ட மருந்தலாலும்
மலங்கினதோர் மாப்பண்ட மருந்தலாலும்
மந்தத்தில் வாய்வான பதார்த்தந்தன்னை
துலங்கினதோர் ருசிதன்னிற் சுவைத்தலாலும்
சுருக்காய்க் கல்லடைப்பு வந்து தோன்றுந்தானே

தேளிந்ததோர் கல்லடைப்பு உற்பத்தி கேளாய்
சிறிது நாட்டெங்கிய மேகந்தன்னில்
தளிந்தோர் சலப்பையிலுதிரத் தோய்ந்து
சந்த சத்தாகவே பருத்துக் கொள்ளும்
வளிந்ததோர் வாத பித்த கோபித்தக்கால்
வந்து பெரு கல்லாய் நீர்வழியடைத்து
நளிந்ததோர் நாலுவிதத் கல்லடைப்பு
நண்பான வரலாறு நாட்டக் கேளே”

- யுகி வைத்திய சிந்தாமணி

- According to Saint Yugi, the patient, who suffering from chronic mega noi, the semen stagnates in the urinary tract for a long time, leading to the obstruction of the tract. This condition results in the deposition of urine constituents and formation of stones in the urinary tract. In meanwhile, due to the increased *Vatham* and *Pitham*, the small stones become large in size and obstruct the urinary passage. The formation of urinary stones is also attributed to the drinking contaminated, hard water, consuming food adulterated with sand and small stones, contaminated food, starchy food and unhealthy food habits etc.

Causes and Influencing Factors:

- Inadequate water intake
- Excessive intake of calcium, oxalates, uric acid and phosphorus containing foods
- Overweight/ obesity
- Consumption of high protein/ high sodium/ high sugar diet
- Influencing factors are Diabetes mellitus, hyperparathyroidism, certain genetic diseases such as medullary sponge kidney and renal tubular acidosis
- Medications– certain antibiotics like Ciprofloxacin and sulpha drugs

Premonitory signs and symptoms

- Low back pain
- Nausea and Vomiting
- Burning micturation

Common Signs and Symptoms

- Gradual or sudden obstruction in urine flow

- Unbearable pain (agonizing pain) in the penis
- Excruciating pain and swelling is experienced at the tip of penis if the calculus attempt being to expel.
- Colicky pain radiating from loin to groin, lower abdomen, urethra and genitalia.
- Burning and scanty micturition.
- Haematuria

Co-morbid Conditions

- Urinary tract infection
- Chronic Kidney Disease (CKD)
- Hypertension

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham

Siddha Pathogenesis

- This can be explained by deranged Vatham/ Pitham/ Kabam which influences mainly abanan, viyanan. Among the seven udalthathukal, saaram to oon is affected. In some condition, kozhuppu get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Pitham/ Vathapitham
Sparisam	-	Tenderness in the renal angle, loin to groin pain
Naa	-	Normal/ coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
constipation Moothiram	-	
Neerkuri	-	Decreased, frothy urine with crystals and sometime with blood
Neikkuri-		Oil may spread in the form of ring/ pearl

Modern Medical Investigations

- Complete Blood Count (CBC)
- Serum calcium
- Serum phosphorus
- Serum uric acid
- Serum electrolyte levels
- Renal function tests
- BUN-Creatinine ratio
- Complete urine analysis
- 24 hrs urine collection
- Stone analysis
- USG –KUB

In tertiary care hospitals:

- CT- KUB
- MRI - whole Abdomen

Diagnosis**Confirmation of Diagnosis**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Naangool thabitham* (Appendicitis)
- *Karuppai kattigal* (Tumors of the uterus)
- *Neerkiricharam* (Urinary tract infection)
- Acute pyelonephritis
- Acute renal failure
- Acute appendicitis
- Cystitis
- Urethral obstruction

Treatment**Line of treatment:**

- Internal medicine
- External medicine
 - Patru (Semi solid poultice)
 - Otradam (Fomentation)
- Dietary advice

First Line of Treatment

- Nerunjil kudineer - 60-80 ml, BD before food
- Keezhanelli chooranam - 2- 3 tabs, with honey / lukewarm water, BD after food
- Nandukkal parpam -200 -400 mg with radish juice (*Raphanus sativus*)/tender coconut water (*Cocos nucifera*), BD after food.

Other Mediations:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines**Kudineer**

- Nilavembu kudineer - 30-60 ml, BD, before food
- Sirupeelai kudineer - 60 - 80 ml, BD, before food
- Maavilingappattai kudineer- 60 - 80 ml, BD, before food

Chooranam

- Megarajanka chooranam - 1-2 gm with radish juice (*Raphanus sativus*) / tender coconut water (*Cocos nucifera*), BD after food.
- Amirthathi chooranam -1-2 gm with radish juice (*Raphanus sativus*)/ tender coconut water (*Cocos nucifera*), BD after food.

Maathirai

- Kalludai kudori (100 mg) - 1 -2 pills with Cucumber juice (*Cucumis sativus*) / Neerunjil kudineer, BD, after food.
- Jalotharamani (100 mg) - 1-2 pills with lukewarm water/ honey / milk, BD, after food.

Theeneer/ Thiravagam

- Vediuppu thiravagam - 1 -2 drops with lukewarm water, BD, after food.
- Sanga thiravagam -1-5 drops with lukewarm water/ Sombu theeneer, BD, after food (Caution: Some may get gastric irritation).

Mezhugu

- Sindhu vallathi mezhugu - 100-200 mg with radish juice (*Raphanus sativus*), BD, after food.

Chendooram

- Jalamanjari chendooram - 100 -200 mg with lime juice / lukewarm water/ tender coconut water (*Cocos nucifera*), BD, after food.
- Vediuppu chendooram - 100 -200 mg with radish juice (*Raphanus sativus*)/ tender coconut water (*Cocos nucifera*), BD, after food.
- Vedi annabedhi chendooram – 100-200 mg with honey , BD after food
- Rasa chendooram - 65 - 130 mg with honey, BD, after food
- Velli chendooram -30-65 mg with vadhuma nei, BD, after food

Parpam

- Silasathu parpam -200 - 400 mg with ghee, BD, after food.
- Sangu parpam - 100 - 300 mg with ghee, BD after food.
- Palagarai parpam - 65 -130 mg with milk, BD after food.
- Aarathara parpam -100 -200 mg with radish juice (*Raphanus sativus*) / tender coconut water (*Cocos nucifera*), BD, after food.
- Viraalmeen thalaikal parpam -100 -200 mg with radish juice (*Raphanus sativus*) / tender coconut water (*Cocos nucifera*), BD, after food.
- Vengaara parpam - 100-200 mg with water, BD, after food
- Gungiliya parpam - 300-500 mg with tender coconut water, BD, after food

Chunnam

- Vediuppu chunnam - 100-200 mg with radish juice (*Raphanus sativus*), BD, after food.

External Medicine:**Patru (Semi solid poultice):**

- Sarakondrai (*Cassia fistula*) puli patru – Quantity sufficient

Ottradam (Fomentation):

- Hot water fomentation in the hypogastric region for acute retention of urine

Special Therapies: N/A**Duration of Treatment**

- Depends upon the stone size, location and clinical condition

Advices:**To Be Added:**

- Water intake, 3-5 litres/day

Kanji or Rice:

- Barley rice kanji (*Hordeum vulgare*)
- Double boiled rice kanji
- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakathai rices.

Vegetables:

- Unripe Papaya (*Carica papaya*)
- Ranakalli (*Bryophyllum pinnatum*)
- Mullangi (*Raphanus sativus*)
- Avarai (*Lablab purpureus*)
- Vendai (*Abelmoschus esculentus*)
- Cucumber (*Cucumis sativus*)

- Bottle curd–Surraikai (*Lagenaria siceraria*)
- Carrot (*Daucus carota*)
- Beetroot (*Beta vulgaris*)
- Plantain stems juice (*Musa paradisiaca*)
- Tender coconut water – 100 ml /day

Greens:

- Siru keera (*Amaranthus giganticus*)
- Pasalai keera (*Portulaca quadrifida*)
- Thalika keera (*Ipomoea sepiaria*)
- Keera thandu (*Amaranthus gangeticus*)
- Seema kaasini (*Hibiscus sabdariffa*)

Fruits:

- Pineapple (*Ananas comosus*)
- Banana (*Musa paradisiaca*)
- Lemon (*Citrus limon*)
- Pomegranate (*Punica granatum*)

TO BE AVOIDED

- Oxalate containing foods:
 - Cocoa
 - Nuts
 - Pepper (*Piper nigrum*)
- Meat, fish, poultry
- Alcohol consumption
- Coffee/ tea consumption
- Smoking
- Betel chewing (*Piper betel*)
- Supplementary calcium intake
- Control of voiding of urine
- Inadequate sleep (Must sleep for 8 hours)

Vegetables:

- Cauliflower (*Brassica eloracea var.botrytis*)
- Tomato (*Solanum lycopersicum*)
- Spinach (*Spinacia oleracea*)
- Mushroom (*Agaricus bisporus*)
- Cabbage (*Brassica oleracea var.capitata*)

Fruits:

- Grapes (*Vitis vinifera*)
- Cherry (*Prunus avium*)
- Straw berry (*Fragaria ananassa*)
- Black berry (*Rubus fruticosus*)

Other food:

- Ice-cream
- Chocolate
- Tinned cool drinks
- Too much of salt and sugar
- Non-vegetarian foods
- Milk products
- Fast food

- Processed foods

Others:

Complication of the Disease:

- Obstruction of the ureter (acute unilateral obstructive uropathy)
- Hydronephrosis
- Renal failure
- Nephrotic syndrome

Limitation in Siddha System and Condition for Referral:

- High-grade fever with chill/ rigor
- Excruciating pain
- Complete obstruction in the ureter.
- Severe hydronephrosis
- Stone size exceeding 14 mm
- Staghorn calculi

MOOTHIRAKIRICHARAM (URINARY TRACT INFECTION)

Definition:

- A urinary tract infection (UTI) is an infection of urinary system mainly in the lower urinary tract (bladder and urethra).
- It is characterized by decreased urine output, pricking pain in urethra, burning, painful micturition and dripping of urine.

Synonyms:

- *Neerarugal*
- *Mechu vatham*
- *Neerkattu*
- *Neerchurukku*
- *Neerkirichaaram*

Siddha etiology:

“நவிலவே நாரியரைத் துரோகம் பண்ணி
நடுவிலே கைவிட்டு நழுவி னோர்க்கு
குவிலவே குழந்தைகள்தான் பசித்திடுக்கக்
கூடவேவைத் துண்ணாக்கொ டுமையோர்க்கு
தவிலவே மூத்திரமாங்கிரிச்சம் வந்து
கலக்கு மென்றுமாமுனி வர்கரு தினாரே”
- யுகி வைத்திய சிந்தாமணி - 736

கருதிதய மாப்பண்டங் குதித்து உண்ணல்
காலங்கள் மாறியேமி கப்பொசித்தல்
பருதியே பகல் தனிலேஸ் திரிசங் கித்தல்
பகல்த னிலே பால்கொள்ளல் பகலுறங்கல்
நிருதியே நிசிதன்னிற் சயனஞ் செய்தல்
நித்தையாம் லாகிரிகள் நிரம்ப வுண்ணல்
வருதியே அக்கினியில் சஞ்ச ரித்தல்
மகத்தான கிரிச்சரத்தின் மருவு வாதர”
- யுகி வைத்திய சிந்தாமணி - 737

- Taking excessive carbohydrates.
- Taking excessive food at irregular times.
- Having sex at day time.
- Taking milk in the day time.
- Sleeping in the day time and late time.
- Excessive chewing tobacco like products.
- Working in a hot place

According to Agathiyar guna vagadam,

“பாரடா மூத்திரக் குண்டிக்காயின்
பதிவான மூத்திரப்பை நீர்த்தாரை தானும்
ஏடா ஏதேற்கேனும் வியாதி காணில்
இதமான கருப்பினியில் மூத்திரப்பை தானும்
வாரடா கருப்பையை அமுத்தலாலும்
வளமான மூத்திரப்பை கெடுதலாலும்
கூறடா மூலத்தின் அழலையாலும்
கொற்றன இந்நோய் வருகும் பாதர”.
- பாடல் 265

“வருகுமடா சீரணத்தின் தொழில்தான் கெட்டு
வுளமாக அதிக உணத்தினாலே யப்பா
மருவியே இன்னோய்தான் வருகும் வேளை
மானிடர்க்கு அடிக்கடி தான் சிறுநீர் காணும்
திருகியே அதையடக்க முடியா தப்பா
திரேகத்தில் பிரயாசை மிகவே காட்டும்

குறுகியே முத்திரந்தான் இறங்கும் பாரு”.
- பிஐஐ 266

- Renal disorder
- Bladder & urethral disorders
- In pregnancy (bladder is compressed by gravid uterus)
- During digestive disorders.
- All the above causes frequency of micturition and scanty micturition

Causes and Influencing Factors:

- Bacterial infection (Escherichia coli, Klebsiella and proteus spp.,)
- Inadequate intake of fluids
- Purposely holding urine for long periods of time
- Spinal cord injuries or other nerve damage that makes the bladder difficult to empty regularly and completely
- Diabetes mellitus
- Renal calculi
- Sick cell anaemia
- Pregnancy
- Frequent intercourse
- Use of catheters

Premonitory signs and symptoms:

- Fever
- Nausea and vomiting
- Burning micturition

Common Signs and Symptoms

- Frequent or intense urge to urinate
- Urine could be dark and cloudy or have traces of blood with fleshy odour
- Pricking pain in urethra
- Dysuria
- Malaise
- Chills
- Urinary incontinence

Late sign:

- Pyuria, hematuria, spermaturia.
- Suprapubic tenderness

Co-morbid Conditions:

- Prostatitis in elderly persons
- Renal calculi

Primary Kutram Affected:

- Pitham/ Vatham

Secondary Kutram Affected:

- Vatham/ Kabam

Siddha Pathogenesis:

- It may be explained by increased Vatham/ Pitham. The seven udalthathukal Saaram, Senneer, Oon gets affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi - Vathapitham
Sparisa

m	-	Suprapubic tenderness
Naa	-	Pallor/ coated /dryness/ bitter / sour
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Dryness/ irritated
Malam	-	Semisolid/ loose stools
Moothiram	-	
Neerkuri	-	Yellow, redness/ cloudy, thick urine, tamarind/ fleshy/ unpleasant odour
Neikuri	-	Oil may spreads in the form of sieve/ ring / pearl shape

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Renal Function Test (RFT)
- Ultrasound – KUB

In Tertiary care hospital:

- Intravenous urogram (IVU)
- Cystoscopy
- Urine culture and sensitivity of MSU or urine obtained from suprapubic aspiration
- Microscopic examination of urine for white cells, red cells and casts
- Micturiting cysto-urethrography (MCU)

Diagnosis:**Confirmation of Diagnosis:**

- The characteristics clinical features.
- Demonstration of the significant growth of organisms in an MSU (Midstream urine)

Differential Diagnosis:

- *Kalladaippu* (Urolithiasis)
- *Vellai noi* (Leucorrhoea)
- Vulvovaginitis
- Pelvic inflammatory disease
- Interstitial cystitis
- Asymptomatic bacteriuria
- Bacterial vaginosis /cervicitis
- Epididymis
- Benign prostatic hypertrophy
- Prostatitis
- Pyelonephritis
- Urethral cancer

Treatment:**Line of Treatment:**

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Neer (Medicated solution)
- Dietary advice

Day 1 – Ennai muzhukku (Oleation):

- Arakku thylam – Quantity sufficient (For Ext.use only)

Day 2 – First Line of Treatment:

- Nerunjil kudineer - 30-60 ml, BD, before food
- Seenthil sarkarai - 1-2 gm with honey/ lukewarm water, BD, after food
- Thaneervittan nei - 10-15 ml with warm milk, BD, after food
- Padigaara neer - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Vellai ennai - 10-16 ml with lukewarm water, at early morning in empty stomach for a day
- Meganatha ennai - 15-30 ml with lukewarm water, at early morning in empty stomach for a day.

Internal Medicine:

Saaru:

- Vazhai thandu saaru - 15-30 ml, BD, after food.
- Mullangi saaru - 15-30 ml, BD, after food

Kudineer:

- Neermulli kudineer - 30-60 ml, BD, before food.
- Sirupeelai kudineer - 30-60 ml, BD, before food.
- Nannari kudineer - 30-60 ml, BD, before food.
- Mandoorathy adai kudineer - 30-60 ml, BD, before food.

Karkam:

- Avarai karkam – 5-10 gm with milk, BD, after food

Chooranam:

- Elathy chooranam - 1-2 gm with honey/ warm milk, BD, after food.
- Seeraga chooranam - 1-2 gm with lukewarm water, BD, after food.
- Orithazh thamarai chooranam - 1-2 gm with lukewarm water, BD, after food.
- Nannari chooranam - 1-2 gm with lukewarm water, BD, after food.
- Sirupeelai chooranam - 1-2 gm with lukewarm water, BD, after food.
- Amirthathi chooranam - 1-2 gm with lukewarm water, BD, after food.

Nei:

- Brahmi nei - 10-15 ml, with warm milk, BD, after food
- Senkottai nei - 10-15 drops with warm milk, BD, after food
- Venpoosani nei - 8-16 ml with warm milk, BD, after food
- Vallarai nei - 8-16 ml with warm milk, BD, after food

Ilagam:

- Sathavari ilagam- 5-10 gm with warm milk, BD, after food.
- Venpoosani ilagam - 5-10 gm with warm milk, BD, after food.
- Vilwathy ilagam - 5-10 gm with warm milk, BD, after food.

Maathirai:

- Karisalai karpam maathirai - 1-2 tabs, with lukewarm water, BD, after food.
- Kalkaraichi maathirai - 1-2 tabs, with lukewarm water, BD, after food
- Maha elathy maathirai (50mg) - 1-2 tabs with tender coconut water/ milk and palm jaggery/ honey/ lemon juice for 45 days.

Mezhugu:

- Nandhi mezhugu - 65-130 mg with palm jaggery, BD, after food.

- Rasa mezhugu - 100-200 mg with palm jaggery, BD, after food for 3 – 5 days
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food or 40 days.
- Idivallathy mezhugu - 250 -500 mg with palm jaggery, BD, after food.

Chendooram:

- Gowri chinthamani - 100-200 mg with aavarai kuzhi thylam, BD, after food for 40 days.
- Panchamirtha chendooram - 65-130 mg with ghee/ butter, BD, after food.

Parpam:

- Silasathu parpam - 125-325 mg with ghee, BD, after food.
- Gungiliya parpam - 200-500 mg with ghee/ butter/ tender coconut water (*Cocos nucifera*), BD, after food
- Nandukkal parpam - 200 - 400 mg with tender coconut water (*Cocos nucifera*), BD, after food.
- Padikara parpam - 100-300 mg with neermulli (*Hygrophila auriculata*) juice, BD, after food.
- Vengaara parpam -200-300 mg with butter/ ghee/ tender coconut water (*Cocos nucifera*) water, BD, after food.
- Muthu parpam - 30-60 mg with butter, BD, after food.
- Pavala parpam - 100-200 mg with milk, BD, after food.
- Gandhaga parpam - 35-60 mg with honey, BD, after food.
- Velli parpam - 65-130 mg with buttermilk, BD, after food.
- Rasa parpam - 32- 60 mg with milk, BD, after food.
- Naaga parpam - 100-130 mg with velvelai (*Acacia leucophloea*) juice, BD, after food.

External Medicines:

Ennai muzhukku (Oleation)

- Kaiyan thylam – Quantity sufficient
- Vetiveer thylam – Quantity sufficient
- Mahasanthana thylam – Quantity sufficient
- Ponaangaani thylam – Quantity sufficient

Special Therapies: NA

Duration of Treatment:

- Depending upon the severity of disease condition

Advices:

To Be Added:

- Drink plenty of water
- Tender vegetables:
 - Drumstick (*Moringa oleifera*)
 - Country beans (*Phaseolus vulgaris*)
 - Cucumber (*Cucumis sativus*)
 - Radish (*Raphanus sativus*)
 - Bottle gourd (*Lagenaria siceraria*)
 - Pumpkin (*Cucurbita pepo*)
 - Banana stem (*Musa paradisiaca*)
 - Unripe papaya (*Carica papaya*)

- Green spinach (*Spinacia oleracea*)
- Buttermilk
- Sugar cane juice (*Saccharum officinarum*)
- Tender coconut water (*Cocos nucifera*)
- Barley water (*Hordeum vulgare*)
- Annakaadi (rice vinegar)
- Rice porridge
- Oil bath weekly twice

To Be Avoided:

- Alcohol
- Coffee
- Non vegetarian diet
- Spicy substances like chilli
- Sexual indulgence

Others:

Complication of the Disease:

- Urinary obstruction
- Cystitis
- Balanitis
- Renal failure
- Recurrent infection

Limitation in Siddha System and Condition for Referral:

- Hematuria
- Spermaturia
- Renal dysfunction

PIRUKKA NOI (RENAL DISEASE)

Definition:

- Renal disease is defined as a heterogeneous group of disorders affecting kidney structure and function, with increased risk for developing complications in other organ systems as well as mortality.

Acute Renal Disease:

- It is the sudden loss of renal function that occurs when high levels of waste products of the body's metabolism accumulate in the blood which can cause serious complications.

Chronic Renal Disease:

- It is a gradual development of permanent renal disease that worsens over months to years. It refers to all 5 stages of renal damage from very mild damage in stage 1 to complete renal failure in stage 5.

Synonym:

- *Siruneeraga noi*

Causes and Influencing Factors:

➤ **Acute Renal Disease:**

- Dehydration
- Serious infection/ sepsis
- Injury/ trauma
- Renal stone

➤ **Chronic Renal Disease:**

- Type 1 and Type 2 Diabetes mellitus
- Hypertension
- Glomerulonephritis
- Interstitial nephritis
- Systemic Lupus Erythematosus (SLE)
- Polycystic kidney disease
- Cardiac diseases
- Smoking
- Obesity
- Prolonged obstruction of the urinary tract
- Vesicoureteral reflux
- Pyelonephritis
- Chronic usage of analgesics and other medications

Premonitory signs and symptoms:

- Dry skin
- Itching or numbness
- Headache
- Increased /decreased urination
- Loss of appetite
- Nausea
- Vomiting
- Lassitude

Common signs and symptoms:

- Weight loss
- Sleeping disturbance
- Lack of concentration

- Nocturia
- Swelling in ankles and feet
- Puffiness around the eyes
- Muscle twitches and cramps
- Proteinuria
- Peripheral neuropathy
- Breathlessness on exertion.
- Chest pain due to pericarditis
- Elevated blood pressure

Co-Morbid Conditions

- Diabetes mellitus
- Hypertension
- Cardio vascular diseases

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam
- Pitham

Siddha Pathogenesis:

- It is explained by deranged Vatham along with Kabam, affects abanan, viyanan, uthanan and samanana. In seven udalthathukal saaram, senneer, oon, kozhuppu gets affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathakabam/ Pithavatham/ Vathapitham
Sparisam	-	Dryness / itching / numbness
Naa	-	Dryness / coated
Niram	-	Dark
Mozhi	-	Normal/ low pitched
Vizhi	-	Pallor
Malam	-	Constipation

Moothiram :

Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spread in the form of snake/ pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- Renal Function Test (RFT)
- Serum Electrolytes and acid- base balance
- Urine routine
- USG-KUB

In tertiary care hospital:

- Glomerular filtration rate
- Renal biopsy

Diagnosis

Confirmation of Diagnosis

- Based on clinical symptoms and laboratory investigation

Differential Diagnosis

- *Paandu* (Anaemia)
- *Sobai* (Dropsy)
- *Kalleeral noi*

Treatment:

Line of Treatment:

- Internal medicine
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Mookirattai and poonaimesai kudineer - 30 – 40 ml, BD, before food
- Thiriphala chooranam - 1 – 3 gm, with ghee/ honey/ lukewarm water, BD/ TDS, after food
- Nandukkal parpam -200 – 400 mg with lukewarm water/ radish juice(*Raphanus sativus*) / Sirupeelai kudineer (*Aerva lanata*), BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines

Kudineer

- Nerunjil kudineer - 30 – 60 ml, BD, before food
- Sirupeelai kudineer -30 – 60 ml, BD, before food

Nei:

- Thaneervittan nei – 5 – 10 ml, with warm milk, OD (morning), after food.

Maathirai:

- Jalotharimani- (100 mg) – 1 – 2 pills with lukewarm water/ honey/ milk, BD, after food.

Parpam:

- Padigaara parpam – 200 – 300 mg with Ghee/ butter/ Neermulli kudineer (*Hygrophila auriculata*)/ Sirupeelai kudineer(*Aerva lanata*) / Nerunjil kudineer (*Tribulus terrestris*),BD, after food
- Vengaara parpam– 200 – 300 mg with butter/ ghee/ tender coconut water, BD, after food

Chunnam:

- Vedyuppu chunnam - 100 -200 mg with radish juice/ Neermulli kudineer, BD, after food (for retention of urine)

Special therapies:

Varma maruthuvam:

- Patchinemam varmam
- Adappa kaalam
- Valampuri kaalam
- Idampuri kaalam

Duration of Treatment:

- Depends upon the severity of the disease condition

Advices:

- Weight reduction
- Maintain blood pressure and blood sugar at normal levels
- Protein and salt restricted diet

To Be Added:

- Low protein foods like bread, fruits, vegetables, rice
- Unsaturated fat like olive oil, peanut oil, corn oil
- **Fresh vegetables:**
 - Garlic (*Allium sativum*)
 - Onion (*Allium cepa*)
 - Cabbage (*Brassicca oleracea* var. *capitata*)
 - Cauliflower (*Brassica oleracea* var. *botrytis*)
 - Radish (*Raphanus sativus*)
 - Lettuce (*Lactuca sativa*)
- **Fruits:**
 - Apple (*Malus domestica*)
 - Pineapple (*Ananas comosus*)
 - Red grapes (*Vitis vinifera*)

To Be Avoided:

- Smoking
- Excessive water intake
- Pickled foods
- Canned vegetables
- Processed meats
- Limit high-sodium condiments like soy sauce, ketchup.
- Phosphorus rich foods (milk, pudding, yogurt, soya milk, processed cheese ,eggs, cola drinks)
- Limit potassium rich foods like bananas, oranges, nuts, avacados, and potatoes
- Analgesics
- Excessive amount of sugar, salt content food and caffeine containing beverages

Others

Complication of the Disease

- Pericarditis
- Life threatening infections
- Metabolic acidosis/ Renal shutdown/ Coma/ Death
- Cardiovascular disorders
- Uremia

Limitation in Siddha System and Condition for Referral

- Exclusive *Siddha* drug treatment may not be possible to be initiated in all cases.
- Supporting or complementary treatment may administer in most cases.
- Renal shut down, stage 3, stage 4, stage 5 chronic kidney disease requires renal replacement therapy.

Magalir Noigal **(Gynecological Diseases)**

KADAI POOPPU KOLARU (POST- MENOPAUSAL SYNDROME)**Definition:**

- Menopause is defined retrospectively as the time of the final menstrual period, followed by 12 months of amenorrhea. Post-menopause describes the period following the final menses. The group of symptoms followed in this stage is known as Post-menopausal syndrome.

Causes and Influencing Factors:

- Natural decline of reproductive hormones
- Early or premature menopause due to
 - Hysterectomy
 - Chemotherapy and radiation therapy
 - Primary ovarian insufficiency
 - Turner's syndrome
 - Thyroid dysfunction
 - Oophorectomy

Premonitory signs and symptoms:

- Absence of menstruation
- Infrequent, irregularly timed episodes of bleeding
- Hot flashes
- Disturbed sleep
- Vaginal dryness

Common signs and symptoms:

- Night sweats
- Urinary tract infections
- Cystitis
- Emotional changes
- Problem in focusing and learning
- Increased visceral fat
- Hair loss (thinning hair)
- Breast atrophy
- Osteoporosis

Co-morbid Condition:

- Cardiovascular risk
- Postmenopausal depression

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis:

- It is explained by increased Vatham like Viyanan and santhigam (degeneration, dryness) influences Pitham. In seven udalthathukkal, Saaram, Senneer, Oon, Kozhuppu and Moolai get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Pithavatham/ Vathapitham
Sparisam	-	Cold

Naa	-	Pallor
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Normal/ constipation
Moothiram-		
Neerkuri	-	Dark in colour
Neikuri	-	Oil may spreads in the form of bird/betel/leaf/pearl/fish/fast dispersal.

Modern Medical Investigations:

- Hormone profile:
 - FSH
 - Oestrogen
 - LH
 - Thyroid profile
 - AMH
- Lipid profile
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Ultrasonography

Confirmation of Diagnosis:

- Confirmation of diagnosis by
 - Cessation of menstrual cycle for 12 months.
 - Swab vagina to determine its PH levels. Its alkalinity
 - Elevated FSH level

Differential Diagnosis:

- Thyroid disorder
- Carcinoid syndrome

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Siddhathi ennai - 10-15 ml with rice cold water, OD, at early morning in empty stomach

Day 2 – Rest

Day 3 - First Line of Treatment

- Thanneervittan nei - 10 -15 ml, with warm milk, OD, at morning after food
- Venpoosani ilagam - 5 - 10 gm with warm milk, BD, after food.
- Seenthil chooranam - 1 - 2 gm with lukewarm water, BD, after food

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazichal Maruthuvam (Purgation):

- Agathiyar kuzhambu - 100-130 mg with Naavalpattai saaru (bark juice of *Syzygium cumini*), OD, at early morning in empty stomach

Internal Medicines**Kudineer:**

- Asokampattai kudineer - 80 - 100 ml, BD, before food.

Chooranam:

- Dhratchathy chooranam - 1 - 2 gm with honey, BD, after food.
- Nilakadambu chooranam - 1 - 2 gm with lukewarm water, BD, after food.
- Parangipattai chooranam - 1 - 2 gm with warm milk, BD, after food.
- Inji chooranam - 1 - 2 gm with water, BD, after food.
- Amukkara chooranam - 1 - 2 gm with ghee, BD, after food.
- Karisalai chooranam - 1 - 2 gm with honey, TDS, after food.

Manapagu:

- Thurunchi manapagu - 5-10 ml, with lukewarm water, BD, after food
- Madhulai manapagu - 5-10 ml, with lukewarm water, BD, after food

Nei:

- Brahmi nei - 10 -15 ml with warm milk, OD, after food.
- Senkottai nei- 10-15 drops with warm milk, BD, after food
- Venpoosani nei- 10-15 ml with warm milk, BD, after food

Rasayanam:

- Gandhaga rasayanam - 1-3 gm with sugar/ghee, BD, after food.

Ilagam:

- Vilvathy Ilagam - 5 - 10 gm with warm milk, BD, after food for 45 days.
- Nellikaai Ilagam - 5 - 10 gm, BD, after food.
- Impooral Ilagam - 5-10 gm with warm milk, BD, after food.
- Karisalai Ilagam - 3-6 gm with warm milk, BD, after food.
- Kumari Ilagam - 5 - 10 gm with warm milk, BD, after food.
- Thaneervitaan Ilagam- 5 - 10 gm with warm milk, BD, after food.

Ennai

- Malaivemvathy thylam - 8-15 ml with rice cold water for first 3 days of menstruation.

Maathirai:

- Mahavasantham kusumakaram (100 mg) - 1-2 pills with leaf juice of Kaiyan (*Eclipta Prostrata*), BD, after food.

Mezhugu

- Gunma kudori mezhugu- 500 mg-1gm with honey, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food
- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food
- Gandhi mezhugu - 200-500 mg with honey, BD, after food.
- Rasa mezhugu - 200-500 mg with palm jaggery, BD, after food
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food.
- Idivallathy mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days

Chendooram

- Vediannabedhi chendooram - 100 -200 mg with honey, BD, after food.
- Kallupu chendooram - 488 mg with honey, BD, after food.

- Arumuga chendooram - 100-200 mg with Thirikaduku chooranam and honey, BD, after food.
- Ayakantha chendooram - 100-200 mg with honey, BD, after food.
- Pattu karuppu - 50-100 mg with honey, BD, after food.
- Gowrichinthamani chendooram - 100-200 mg with honey, BD, after food for 40 days.
- Aya chendooram - 100-200 mg with honey, BD, after food.
- Thamira chendooram - 30 - 45 mg with Thirikaduku chooranam and honey, BD, after food
- Kalameganarayana chendooram - 30-130 mg with leave juice of Nilavagai (*Cassia senna*), BD, after food.
- Thalaga chendooram - 30 - 65 mg with honey, BD, after food.

Parpam

- Gungiliya parpam - 200-500 mg with butter/ ghee/ tender coconut water (*Cocos nucifera*), BD, after food.
- Muthu parpam - 50-100 mg with ghee, BD, after food
- Muthuchippi parpam - 200 - 400 mg with butter, BD, after food
- Palagarai parpam - 100-200 mg with ghee/ butter, BD, after food.
- Sangu parpam - 100-200 mg with ghee/ butter, BD after food.

Kuzhambu:

- Kumatti kuzhambu - 100- 130 mg with palm jaggery for first 3 days of menstruation.

External Medicines

Ennai muzhukku (Oleation):

Oil bath may be advised twice a week with any of the following medicated oil.

- Nelli thylam - Quantity sufficient
- Vettiver thylam- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam

- Pranayamam
- Sarvaangaasanam
- Yogamuthirai
- Halasanam
- Pavanamuthasanam
- Machasanam
- Pachimothasanam
- Janusirasasanam
- Pathahasthasanam
- Dhanurasanam
- Bhujangasanam
- Uthanapathasanam
- Savasanam

Varmam Maruthuvam

- Anna kaalam
- Punalkaalam
- Pallavarmam
- Kargasoothiram
- Kumbamudichu

- Andi kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

Rice or kanji:

- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakathai rices.

Tender vegetables:

- Aththi (*Ficus racemosa*)
- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Peerku (*Luffa acutangula*)
- Vellari (*Cucumis sativus*)
- Kovai (*Coccinia grandis*)
- Murungai (*Moringa oleifera*)
- Musumusukai (*Mukia maderaspatna*)
- Surai (*Lagenaria siceraria*)

Greens:

- Ponnangaani (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus tricolor*)
- Pasalaikeerai (*Portulaca quadrifida*)
- Puliyarai (*Oxalis corniculata*)
- Murungai (*Moringa oleifera*)
- Ponmusutai (*Rivea ornata*)
- Vallaari (*Centella asiatica*)
- Manathakaali (*Solanum nigrum*)
- Surai (*Lagenaria siceraria*)
- Kodipasalai (*Basella alba*)
- Agathi (*Sesbania grandiflora*)
- Keeraithandu (*Amaranthus gangeticus*)

Fruits:

- Kichilipazham (*Citrus aurantium*)
- Nelli (*Phyllanthus emblica*)
- Vazhai (*Musa paradisiaca*)
- Tomato (*Solanum lycopersicum*)
- Aththi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*).

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasiparu (*Vigna radiata*).

Dairy product:

- Cow's buttermilk
- Ghee

Non-vegetarian diets:

- Ayirai mean (*Loach*)

To Be Avoided:

- Hot and sour tastes.
- Sarkaraivalli-kizhangu (*Ipomoea batatus*)
- Seppankizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*).

Others

Complication of the Disease:

- Cardiovascular disease
- Osteoporosis
- Cognitive function
- Urinary incontinence
- Breast cancer
- Obesity

Limitation in Siddha System and Condition for Referral:

- Dyspnoea
- Palpitation
- Bilateral pitting oedema of the feet

KARUPPAI KATTI (FIBROID UTERUS)

Definition:

- Fibroids are generally benign. They are muscular tumours that grow in the wall of the uterus.

Synonyms:

- *Maravai katti*
- *Karuppaithasai katti*
- *Karuppainarthasai katti*
- *Karuppaithasaivan kazhalai.*

Siddha etiology:

According to the text, *Dhanvanthiri Vaithiyam* (1st part),

“வஞ்சனை தன்னினாலும் மருந்தீடு தன்னினாலும்
மொஞ்சிடு சரீரவேட்கை யறுதிசெய் தண்டிப்பாலும்
அஞ்சலாம் பிள்ளைப் பேறிலடங்கிய இரத்தத்தாலும்
மிஞ்சிய வாயுவாலுங் கருப்பநோய் மேவுமென்னே”.

- Diseases and food poisoning.
- Retention of lochia.
- Increased *Vayu* produces uterine disorders

Causes and Influencing Factors

- Genetic
- Hormonal imbalance
- Other growth factors (eg: Insulin like growth factor)
- Influencing factors are pregnancy, family history of fibroids, obesity.

Premonitory signs and symptoms

- Menorrhagia/ polymenorrhoea/ metrorrhagia
- Dysmenorrhoea
- Feeling of fullness in the pelvic area
- Frequent urination
- Pain/ tenderness
- Vaginal discharge.

Common Signs and Symptoms

- Infertility
- Recurrent abortion
- Low back ache
- Dyspareunia
- Bulky uterus

Co-Morbid Condition

- Uterine cancer
- Ovarian cancer
- Obesity
- Diabetes Mellitus
- Polycystic ovary syndrome
- Hypertension

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Vatham
- Pitham

Siddha Pathogenesis

- It is explained by deranged Kabam along with Vatham. In seven udalthathukal Saaram, sennear, oon get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham/ Vathakabam / Pithavatham
Sparisam	-	Hardness with or without pain in lower abdomen
Naa	-	Dryness/ coated/ fissured
Niram	-	Pallor
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal
Malam	-	Yellow stools
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Ultra sound- pelvis

In Tertiary care hospitals:

- Sonohysteroscopy
- Magnetic resonance imaging
- Laproscopy
- Endometrial biopsy

Confirmation of Diagnosis:

Karuppai katti is confirmed by

- History of menstrual cycles
- Results of pelvic examination
- Results of Ultrasonography

Differential Diagnosis:

- *Karuppai thabitham*
- *Sinaipai katti*
- *Koobaga thabitha kazhalai*
- *Sool*

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Fomentation (Otradam)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation):

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu – 100 – 200 mg with bark juice of Naval (*Syzygium cumini*) and goat's milk, OD, at early morning in empty stomach.

Day 2- Rest

Day 3- First Line of Treatment:

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food
- Madhulai manapagu – 10 – 15 ml with lukewarm water, BD, after food
- Sandanaathi thylam – Quantity sufficient (For oleation)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhical Maruthuvam (Purgation):

- Koushigar kuzhambu – 100 – 200 mg with daemia juice (*Pergularia daemia*), OD, at early morning in empty stomach.
- Karudankizhangu thylam – 8- 15 ml with lukewarm, OD, at early morning in empty stomach.
- Siddhathi thylam – 3 – 5 drops with rice cold water OD, at early morning in empty stomach for 3 days.
- Meganatha ennai – 8 – 15 ml with lukewarm water at early morning in empty stomach.
- Kumatti thylam – 8 – 15 ml with lukewarm water at early morning in empty stomach
- Kazharchi thylam – 8 – 15 ml with lukewarm water at early morning in empty stomach

Vamana Maruthuvam (Therapeutic Emesis):

- Marukarai kudineer – 40 – 80 ml, OD, at early morning in empty stomach

Internal Medicine:

Kudineer:

- Nilavembu kudineer – 30 – 60 ml, BD, before food

Chooranam:

- Elathy chooranam– 1 – 2 gm with hot water, BD, after food
- Amukkara chooranam – 1 – 2gm with ghee, BD, after food
- Karisalai chooranam – 1 – 2 gm with honey, BD, after food
- Thiriphala chooranam – 1 – 2 gm with lukewarm water, BD, after food
- Thirikaduku chooranam – 1 – 2 gm with honey, BD, after food
- Parangipattai chooranam – 1 – 2 gm with ghee, BD, after food
- Nilakadambu chooranam – 1 – 2 gm with lukewarm water, BD, after food
- Kazharchi chooranam - 1-2 gm with lukewarm water, BD, after food

Manapagu:

- Adathodai manapagu - 10 – 15 ml with lukewarm water, BD, after food

Nei:

- Venpoosani nei – 10-15ml with milk, BD, after food
- Senkottai nei –10-15 drops with milk, BD, after food
- Thaneervittan nei – 10-15 ml with milk, BD, after food

Rasayanam

- Gandhaga rasayanam - 1-3 gm with milk, BD, after food

Ilagam:

- Venpoosani ilagam – 5 – 10 gm with milk, BD, after food
- Mahavallathi ilagam - 5 – 10 gm with milk, BD, after food
- Kumari ilagam – 5 – 10 gm with milk, BD, after food
- Thaneervittan ilagam – 5 – 10 gm with milk, BD, after food

- Karisalai ilagam – 5 – 10 gm with milk, BD, after food
- Impooral ilagam - 5 – 10 gm with milk, BD, after food

Ennai

- Gandhagasudar thylam - 5 drops with palm jaggery, BD, after food for 10 days

Mezhugu:

- Gunma kudori mezhugu - 500 – 1000 mg with water, BD, after food
- Nava uppu mezhugu – 100 – 200 mg with palm jaggery, OD (morning), after food for 3-5 days
- Idivallathy mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12, 25, 45 days

Kuzhambu:

- Navachaara kuzhambu - 130 mg with palm jaggery, BD, after food

Chendooram

- Arumuga chendooram – 100 – 200 mg with Thirikadugu chooranam, BD, after food
- Aya chendooram – 60 – 130 mg with honey, BD after food
- Ayakaantha chendooram – 65 – 130 mg with honey, BD, after food.
- Gowrichinthamani chendooram – 65 – 130 mg with honey or Thirikadugu chooranam, BD after food.
- Padilinga chendooram - 65 – 130 mg with honey, BD after food
- Padigaara chendooram - 100-200 mg with ghee, BD after food
- Thambira chendooram - 100-200 mg with thirikadugu chooranam and honey, BD, after food
- Anna pavazha chendooram - 100 – 200 mg with honey, BD, after food
- Velli chendooram -100 – 200 mg with honey, BD, after food

Karuppu:

- Pattu karuppu- 100-200 mg with Thirikadugu chooranam and honey, BD, after food

Parpam:

- Rasa parpam–65 mg with Thirikadugu chooranam, BD, after food for 3 – 5 days.
- Karuvanga parpam – 65 mg with Thirikadugu chooranam/ ghee/ butter/ milk, BD, after food for 3 – 5 days.
- Pavala parpam – 100 – 200 mg with honey/ water/ghee/ butter/ milk, BD, after food
- Sangu parpam – 100 – 300 mg with milk / ghee/ butter/ milk, BD, after food
- Gungiliya parpam – 100 – 300 mg with milk /ghee/ butter/ tender coconut (*Cocos nucifera*), BD, after food
- Muthu parpam – 30 – 130 mg with milk, BD, after food
- Aya parpam -100 – 200 mg with honey, BD, after food
- Velli parpam -65-130 mg with milk, BD, after food
- Thanga parpam – 30 – 65 mg with honey/ ghee/ butter/ milk, BD, after food

Karpam

- Thanga ooram – 130 - 260 mg with Amukkara chooranam and honey, BD, after food

External Medicines:

Ottradam (Fomentation):

- Hot water fomentation

Ennai muzhukku (Oleation):

Oil bath may be advised twice a week to normalize the vitiated thodam.

- Arakku thylam – Quantity sufficient
- Kumari thylam– Quantity sufficient
- Vettiver thylam– Quantity sufficient
- Nelli thylam– Quantity sufficient
- Seerega thylam– Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam

- Pranayamam
- Sarvangasanam
- Yogamuthirai
- Halasanam
- Pavanamuthasanam
- Machasanam
- Pachimothasanam
- Janusirasasanam
- Pathahasthasanam
- Dhanurasanam
- Bhujangasanam
- Uthanapathasanam

Varmam Maruthuvam

- Anna kaalam
- Punalkaalam
- Pallavarmam
- Kargasoothiram
- Kumbamudichu
- Andi kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vendai (*Abelmoschus esculentus*)
- Athikai (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Sundai (*Solanum torvum*)
- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Surai (*Lagenaria sicerarie*)
- Venpoosani (*Cucurbita pepo*)
- Pirandai (*Cissus quadrangularis*)
- Mullangi (*Raphanus sativus*)

Greens:

- Karisalai (*Eclipta prostrata*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Murungai (*Moringa oleifera*)
- Ponaangaani (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus tricolor*)
- Kodipasalai (*Basella alba*)

Fruit:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus racemosa*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Tharpoosanai (*Citrullus lanatus*)
- Perrechcham pazham (*Phonex dactilifera*)
- Thiratchai (*Vitis vinifera*)
- Pappali (*Carica papaya*)
- Nelli (*Phyllanthus emblica*)
- Lemon (*Citrus limon*)
- Orange (*Citrus sinensis*)
- Annachi (*Ananas comosus*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayuru (*Portulaca quadrifida*)
- Venthayam (*Trigonella foenum-graecum*)
- Ellu (*Sesamum indicum*)

Dairy products:

- Cow's butter milk
- Skimmed curd.

To Be Avoided

- Hot, sour and salt tastes
- Salted and dried fishes, pickles and oily foods.

Complication of the Disease s:

- Infertility
- Risk of Pregnancy
- Preterm birth
- Anaemia
- Urinary Tract Infection
- CA of Uterus

Limitation in Siddha System and Condition for Referral:

- If the size increases and complicated, Surgery should be done.

KARUPPAI VEEKAM (BULKY UTERUS)

Definition:

- It is a condition in which the uterus is bigger in size than the normal.

Synonym:

- *Karuppai Aga Azharchi.*

Siddha etiology:

According to the text, *Dhanvanthiri Vaithiyam* (1st part),

“வஞ்சனை தன்னினாலும் மருந்தீடு தன்னினாலும்
மொஞ்சிடு சரீரவேட்கை யறுதிசெய் தண்டிப்பாலும்
அஞ்சலாம் பிள்ளைப் பேறிலடங்கிய இரத்தத்தாலும்
மிஞ்சிய வாயுவாலுங் கருப்பநோய் மேவுமென்னே”.

- Diseases and food poisoning.
- Retention of lochia.
- Increased *Vayu* produces uterine disorders

Causes and Influencing Factors:

- Adenomyosis
- Fibroids
- Peri menopause
- Polycystic ovarian syndrome
- Ovarian cysts
- Endometrial cancer

Premonitory signs and symptoms:

- Feeling of fullness in the lower abdomen
- Menorrhagia
- Dysmenorrhoea

Common Signs and Symptoms

- Lower abdominal pain.
- Abdominal distension and tenderness.
- Fever (100-104°F)
- Irregularity in the menstrual cycle
- Abnormal vaginal bleeding/ vaginal discharge.
- Anxiety
- Constipation
- Dyspareunia
- Frequent urination
- Metrorrhagia

Co-Morbid Condition:

- Uterine fibroids
- Adenomyosis
- Uterine abscess
- Obesity

Primary Kutram Affected:

- Vatham/ Pitham

Secondary Kutram Affected:

- Kabam.

Siddha Pathogenesis:

- It is explained by increased Pitham along with Vatham, affects abanan, viyanan and samanana. In seven udalthathukal sennear and oon get affected

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Vathakabam / Pithavatham
Sparisam	-	Swelling and tenderness in lower abdomen
Naa	-	Pallor/ coated/ dryness/ fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Darkened stools
Moothiram		
Neerkuri	-	Yellowish in colour, obnoxious odour
Neikkuri	-	Oil may spreads in the form of ring/ sieve with irregular margin

Modern Medical Investigations:

- Abdominal Examination to rule out the swelling and tenderness.
- Per vaginal examination to examine the Uterus and cervix directly-
- Complete Blood Count (CBC)
- Vaginal smear and culture
- USG- pelvis

In Tertiary care hospitals:

- Sonohysteroscopy
- Magnetic Resonance Imaging
- Laproscopy
- Endometrial biopsy

Confirmation of Diagnosis

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Karuppaikatti* - Fibroid uterus
- *Sinaipaiatti* - Ovarian cyst
- *Koobaga thabitha kazhalai*
- *Sool*- Pregnancy

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Fomentation (Otradam)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 - Kazhichal Maruthuvam (Purgation)

- Siddhathi thylam – 3 – 5 drops with rice cold water, OD, at early morning in empty stomach for 3 days.

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD after food
- Elathy chooranam– 1 – 2 gm with lukewarm water,BD after food

- Gungiliya parpam – 100 – 300 mg with milk ghee/ butter/ tender coconut (*Cocos nucifera*), BD after food
- Arakku thylam- Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthvam (Purgation):

- Agathiyar kuzhambu – 100 – 200 mg with bark juice of Naval (*Syzygium cumini*) and goat's milk, OD, at early morning in empty stomach.
- Koushigar kuzhambu – 100 – 200 mg with daemia juice (*Pergularia daemia*), OD, at early morning in empty stomach.
- Karudankizhangu thylam – 8- 15 ml with lukewarm water, OD, at early morning in empty stomach.
- Meganatha ennai – 8 – 16 ml with lukewarm water, OD, at early morning in empty stomach.

Vamana Maruthuvam (Therapeutic Emesis):

- Marukarai kudineer – 40 – 80 ml at early morning.

Internal Medicine:**Kudineer:**

- Nilavembu kudineer – 30 – 60 ml, BD, before food

Chooranam:

- Amukkara chooranam – 1 – 2 gm with ghee,BD, after food
- Karisalai chooranam – 1 – 2 gm with honey,BD, after food
- Thiriphala chooranam – 1 – 2 gm with lukewarm water,BD, after food
- Thirikaduku chooranam – 1 – 2 gm with honey,BD, after food
- Parangipattai chooranam – 1 – 2 gm with ghee,BD, after food
- Nilakadambu chooranam – 1 – 2 gm with lukewarm water ,BD, after food

Vadagam:

- Vazhaipoo vadagam - 1-2, BD, as chewable

Manapagu:

- Madhulai manapagu – 10 – 15 ml with lukewarm water, BD, after food
- Adathodai manapagu - 10 – 15 ml with lukewarm water, BD, after food

Nei:

- Venpoosani nei – 10- 15 ml with milk,BD, after food
- Senkottai nei – 5-10 drops with milk, BD, after food
- Thaneervittan nei – 10- 15 ml with milk, BD, after food

Rasayanam

- Gandhaga rasayanam -1-3 gm with milk, BD, after food

Ilagam:

- Venpoosani ilagam – 5 – 10 gm with milk, BD, after food
- Mahavallathi ilagam - 5 – 10 gm with milk, BD, after food
- Kumari ilagam – 5 – 10 gm with milk, BD, after food
- Thaneervittan ilagam – 5 – 10 gm with milk, BD, after food
- Karisalai ilagam – 5 – 10 gm with milk, BD, after food
- Impooral ilagam - 5 – 10 gm with milk, BD, after food

Ennai:

- Gandhagasudar thylam-5 drops with palm jaggery, BD after food for 10 days

Mezhugu:

- Gunma kudori mezhugu - 500 – 1000 mg with water, BD, after food
- Nava uppu mezhugu – 100 – 200 mg with palm jaggery, OD (morning), after food, for 3-5 days
- Idivallathy mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12, 25, 45 days

Kuzhambu:

- Navachaara kuzhambu - 100-130 mg with palm jaggery ,BD, after food

Chendooram

- Arumuga chendooram – 100 – 200 mg with Thirikadugu chooranam and honey, BD, after food
- Aya chendooram – 60 – 130 mg with honey, BD, after food
- Ayakaantha chendooram – 65 – 130 mg with honey, BD, after food.
- Gowrichinthamani chendooram –65 – 130 mg with honey or Thirikadugu chooranam, BD, after food.
- Padigalinga chendooram-65 – 130 mg with honey,BD, after food
- Padigaara chendooram-100-200 mg with ghee ,BD, after food
- Thambira chendooram-100-200 mg with thirikadugu chooranam and honey, BD, after food.
- Anna pavazha chendooram -100 – 200 mg with honey, BD, after food
- Velli chendooram -100 – 200 mg with honey, BD, after food

Karuppu:

- Pattu karuppu- 100-200 mg with Thirikadugu chooranam and honey,BD, after food

Parpam:

- Rasa parpam–65 mg with Thirikadugu chooranam ,BD after food for 3 – 5 days
- Karuvanga parpam – 65 mg with Thirikadugu chooranam/ ghee/ butter/ milk, BD, after food for 3 – 5 days.
- Pavala parpam – 100 – 200 mg with honey/ water/ ghee/ butter/ milk, BD, after food
- Sangu parpam – 100 – 300 mg with milk ghee/ butter/ milk, BD, after food
- Muthu parpam – 30 – 130 mg with milk, BD, after food
- Aya parpam -100 – 200 mg with honey, BD, after food
- Velli parpam -65-130 mg with milk,BD, after food
- Thanga parpam – 30 – 65 mg with honey/ ghee/ butter/ milk, BD, after food

Karpam

- Thangaooram – 130- 260 mg with Amukkara chooranam and honey, BD, after food

External Medicines:

Ottradam (Fomentation):

- Hot water fomentation

Ennai muzhukku (Oleation)

Oil bath may be advised twice a week to normalize the vitiated thodam.

- Sandanaathi thylam- Quantity sufficient
- Kumari thylam- Quantity sufficient

- Vettiver thylam- Quantity sufficient
- Nelli thylam- Quantity sufficient
- Seerega thylam- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Yogamuthirai
- Halasanam
- Dhanurasanam
- Konasanam
- Padhakonasanam
- Uparithakonasanam
- Pavanamuthasanam
- Machasanam
- Pachimothasanam
- Pathahasthasanam
- Dhanurasanam
- Bhujangasanam
- Uthanapathasanam
- Salambasarvangasanam

Varmam Maruthuvam

- Anna kaalam
- Punalkaalam
- Pallavarmam
- Kargasoothiram
- Kumbamudichu
- Andikaalam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

- Plenty of water, tender coconut water intake

Rice or kanji:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Manakathai

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vendai (*Abelmoschus esculentus*)
- Athikai (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Sundai (*Solanum torvum*)
- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Surai (*Lagenaria siceraria*)
- Venpoosani (*Cucurbita pepo*)
- Pirandai (*Cissus quadrangularis*)

- Mullangi (*Raphanus sativus*)

Greens:

- Karisalai (*Eclipta prostrata*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Murungai (*Moringa oleifera*)
- Ponaangaani (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus tricolor*)
- Kodipasalai (*Basella alba*)

Fruit:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus racemosa*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Tharpoonsanai (*Citrullus lanatus*)
- Perrechcham pazham (*Phonex dactilifera*)
- Thiratchai (*Vitis vinifera*)
- Pappali (*Carica papaya*)
- Nelli (*Phyllanthus emblica*)
- Lemon (*Citrus limon*)
- Orange (*Citrus sinensis*)
- Annachi (*Ananas comosus*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayuru (*Portulaca quadrifida*)
- Venthayam (*Trigonella foenum-graecum*)
- Ellu (*Sesamum indicum*)

Dairy products:

- Cow's butter milk
- Skimmed curd.

To Be Avoided:

- Hot, sour and salt tastes
- Salted and dried fishes, pickles and oily foods.

Complication of the Diseases:

- Female infertility.
- Peritonitis.
- Prolapse of the uterus
- Excessive bleeding
- Uterine abscess.
- Septicemia
- Septic shock.
- Effect on Pregnancy

Limitation in Siddha System and Condition for Referral:

- If there is no definite prognosis the patient may be referred to the Gynaecologist for further management.

NAGIR KATTI (BREAST ABSCESS)

Definition:

- It denotes the enlarged painful mass (benign) present in the breast (unilateral or bilateral) with fever, present mostly in lactating and post-menopausal women.

Synonym:

- *Marbu katti.*

Causes and Influencing Factors:

- Fibrocystic breast disease
- Interductal papilloma
- Fibroadenoma of the breast
- Injury to the breast
- Breast cyst

Premonitory signs and symptoms:

- Local pain
- Redness
- Swelling
- Warmth

Common Signs and Symptoms:

- Pain and tenderness / warmth to the touch
- Swelling of the breast
- Pain or burning sensation present while breast-feeding
- Skin redness, often in a wedge-shaped pattern.
- Fever
- Fatigue
- Weight loss
- Lymphadenopathy
- Discharge from nipple

Co-morbid Conditions:

- Mastitis

Primary Kutram Affected:

- Vatham / Kabam

Secondary Kutram Affected:

- Pitham and Kabam.

Siddha Pathogenesis:

- It is explained by derangement of Vatham altered with Pitham / Kabam. In seven Udalthathukkal, saaram, senneer, oon, kozhuppu get affected.

Investigation:
Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathakabam/ Kabavatham
Sparisam	-	Warmth /tenderness
Naa	-	Pallor/ dryness/ coated /fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Yellow / Pale colour
Moothiram	-	
Neerkuri	-	Yellowish urination

Neikuri - Oil may spreads in the form of pearl / snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- USG - Breast

In Tertiary care hospital:

- Mammogram
- FNAC
- Biopsy
- Histopathologic examination of biopsy tissue
- Breast milk- leucocyte counts and bacteria quantification

Diagnosis:

Confirmation of Diagnosis:

- The disease confirmed by clinical symptoms and laboratory investigations

Differential Diagnosis:

- Kozhuppu katti (Lipoma)
- Mastitis

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Ennai muzhukku (Oleation)
 - Patru (Semi Solid Poultice)
 - Otradam (Fomentation)
 - Pugai (Fumigation)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - Kazhichal maruthuvam (Purgation)

- Siddhathi ennai – 10-15 ml with milk/ lukewarm water/ rice cold water at early morning in empty stomach for 1-3 days.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam - 1 – 2 gm with ghee, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery BD, after food for 40 days

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu - 100 - 200 mg with bark juice of Naval (*Syzygium cumini*) and goat's milk, at early morning in empty stomach for 1-3 days
- Meganatha ennai - 8 - 16 ml with lukewarm water at early morning in empty stomach.
- Vellai ennai - 15 – 30 ml with lukewarm water at early morning in empty stomach for 1-3 days.

Internal Medicine:

Kudineer:

- Nilavembu kudineer - 30-60 ml, BD, before food (if there is fever)

- Kabasura kudineer - 30-60 ml BD, before food (in case of fever)

Chooranam:

- Parangipattai chooranam - 1 – 2 gm with lukewarm water, BD, after food.
- Thiriphala chooranam - 1 – 2 gm with lukewarm water, BD, after food.
- Karisalai chooranam - 1 – 2 gm with honey, BD, after food.

Manapagu:

- Madhulai manapagu - 10 – 15 ml with lukewarm water, BD, after food

Nei:

- Senkottai nei - 5 - 10 drops with warm milk, BD, after food

Rasayanam:

- Gandhaga rasayanam - 1-3 gm with warm milk , BD, after food
- Parangipattai rasayanam - 3- 6 gm with warm milk, BD, after food for 40 days.

Ilagam:

- Mahavallathi ilagam - 5 - 10 gm with warm milk, BD, after food
- Kumari ilagam -5- 10 gm with warm milk, BD, after food
- Thetrankottai ilagam - 5-10 gm with warm milk, BD, after food
- Vilvathy ilagam - 5-10 gm with warm milk, BD, after food

Maathirai:

- Ashtabhairava maathirai (100 mg) - 1-2 pills with honey, BD, after food.
- Gandhaga maathirai (100 mg) - 1-2 pills with honey BD, after food.
- Brahmanatha bhairavam (100mg) - 1-2 pills with honey, BD, after food
- Mahavasantham kusumakara maathirai (100 mg) - 1-2 pills with padigaara powder, BD, after food.

Mezhugu:

- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food
- Idivallathy mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12/25/45 days.
- Panchasootha mezhugu - 100-200 mg with pepper (*Piper nigrum*) powder, BD, after food.
- Mahaveera mezhugu – 65-130 mg with palm jaggery, BD, after food.

Kuzhambu:

- Navachaara kuzhambu - 100-130 mg with palm jaggery, BD, after food

Karuppu:

- Sivanar amirtham-100-200 mg with thirikadugu chooranam and honey, BD, after food.

Pathangam:

- Putru pathangam – 100-200 mg with palm jaggery, BD, after food.
- Parangi pattai pathangam- 100-200 mg with palm jaggery, BD, after food for 40 days.

Chendooram:

- Arumuga chendooram – 100 – 200 mg with thirikadugu chooranam and honey, BD, after food
- Ayakaantha chendooram – 65 – 130 mg with honey,BD, after food
- Ayaveera chendooram – 65 – 130 mg with honey,BD, after food
- Aya chendooram – 60 – 130 mg with honey, BD, after food
- Panchapadana chendooram – 65 – 130 mg with honey, BD, after food

- Navapadana chendooram – 65 – 130 mg with honey, BD, after food

Parpam:

- Pavala parpam -100 – 200 mg with honey, BD, after food.
- Sangu parpam -100 – 300 mg with milk, BD, after food
- Gungiliya parpam - 100 – 300 mg with milk, BD, after food
- Muthu parpam - 30 – 130 mg with milk, BD, after food
- Aya parpam -100 – 200 mg with honey, BD, after food
- Rasa parpam - 65 – 130 mg with thirikadugu chooranam, BD, after food for 3 - 5 days (Milk rice only)
- Karuvanga parpam - 65 – 130 mg with thirikadugu chooranam, BD, after food for 3 - 5 days.
- Thanga parpam - 30 – 65 mg with honey, BD, after food.
- Aya parpam -100 – 200 mg with honey, BD, after food
- Sirungi parpam - 200- 400 mg with butter/ghee, BD, after food

External Medicines:

Patru (Semi Solid Poultice):

- Amukkara (*Withania somnifera*), red sandal wood (*Pterocarpus santalinus*) with lemon juice (*Citrus limon*)
- Sangu (Conch shell) with mother milk
- Jasmine flowers / stem paste
- Agathiyar kuzhambu with camphor and benzoin

Ottradam (Fomentation):

- Lukewarm water fomentation

Pugai (Medicated fumigation):

- Koushigar kuzhambu – Quantity sufficient

Ennai muzhukku (Oleation):

- Arakku thylam – Quantity sufficient
- Kumari thylam – Quantity sufficient
- Vettiver thylam – Quantity sufficient
- Seerega thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Yogamuthirai
- Dhanurasanam
- Konasanam
- Padhakonasanam
- Uparitha konasanam
- Bhujangasanam
- Uthanapathasanam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Drink plenty of water.

Rice or kanji:

- Kaar (Kullakar rice - Red rice)

- Kuruvai (Black rice)
- Manakathai rices
- Barley

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vendai (*Abelmoschus esculentus*)
- Athikai (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Sundai (*Solanum torvum*)
- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Surai (*Lagenaria siceraria*)
- Venpoosani (*Cucurbita maxima*)
- Pirandai (*Cissus quadrangularis*)
- Mullangi (*Raphanus sativus*)

Greens:

- Murungai (*Moringa oleifera*)
- Ponnankanni (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus polygonoides*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Kodipasalai (*Basella alba*)
- Karisalai (*Eclipta prostrata*)

Fruit:

- Madhulai (*Punica granatum*)
- Thiratchai (*Vitis vinifera*)
- Pappali (*Carica papaya*)
- Nelli (*Phyllanthus emblica*)
- Aththi (*Ficus racemosa*)
- Perichu (*Phoenix dactylifera*)
- Sevvazhai (*Musa acuminata*)

Pulses:

- Ulundhu (*Vigna mungo*)
- Pasipayaru (*Vigna radiata*)
- Ellu (*Sesamum indicum*)
- Venthayam (*Trigonella foenum -graecum*)

Dairy products:

- Cow's buttermilk
- Skimmed curd.

To Be Avoided:

- Sour and salt taste food substances
- Dry fish, pickles and oily foods
- Preserved foods

Others:

Complication of the Disease:

- Recurrence
- Metastasis

Limitation in Siddha System and Condition for Referral:

- Benign and malignant I & II stage may be treated.
- Symptoms such as fever with rigor, more pain in breast, abnormal discharge.

PENMALADU (FEMALE INFERTILITY)

Definition:

- Failure to conceive with one or more years of regular unprotected coitus.

Synonyms:

- *Magavinmai*
- *Magapaerinmai*

Siddha etiology:

In the text *Agathiyamunivar kanmakandam* 300, page 36

“சுழலாமல் பெண்களுக்குக் கெற்பநோய் தான்
சுழந்துவந்த கருமத்தைச் சொல்லக்கேளு
அழலாலே விந்துவகை யழித்தபாவ
மஞ்சாமற் பாலகனைக் கொன்றபாவம்
குழவியினம் பிஞ்சுபூப்பறித்தபாவங்
கோவினங்கள் பருகும்பால் குடித்தபாவம்
விளைவான விளம்பயிரை யழித்தபாவ
மேதினியில் மலடான விந்தைதானே”

Also,

“மேகமதினால் சூட்டினால் இதமான வாயுவால்
கிருமியின் ஏதுவால் பூத்தபின் கணவனோடே
சேருவதினாலேயும் கடுநடைகளாலும் சுமடு வெயில் தாக்குவதினால்
விதமான நாதமது கூடும் குறைந்திடும் கெற்பமில்லாகும்”.

- Venereal diseases.
- Infections.
- Increased body heat due to excessive physical activity.
- Coitus at the time of menstrual cycle.

Causes and Influencing Factors:

- Failure to ovulate
 - Polycystic ovary syndrome
 - Primary ovarian insufficiency
 - Diminished ovarian reserve due to aging, etc,
 - Endocrine disorders
 - Lifestyle and environmental factors
- Problems in menstrual cycle
- Structural problems of the reproductive system
 - Blocked fallopian tubes
 - Endometriosis
 - Uterine fibroids
 - Polyps
 - Scarring in the uterus from previous injuries, infections, surgery
 - Unusual shaped uterus like bicornuate uterus.
- Infections
 - Untreated gonorrhea and chlamydia in women lead to PID
 - Untreated syphilis leads to stillbirth
 - Sexually transmitted infections (STI)
 - HPV infections
- Immatured eggs
- Implantation failure
 - Genetic defects in embryo
 - Thin endometrium
 - Endometriosis

- Progesterone resistance
- Scar tissue in endometrial cavity
- Autoimmune disorders
 - Lupus
 - Hashimoto's and other type of thyroiditis
 - Rheumatoid arthritis

Premonitory Signs and Symptoms:

- Irregular or short menstrual cycle
- Amenorrhoea

Common Signs and Symptoms:

- Menstrual blood flow with small clots
- Menorrhagia
- Dysmenorrhoea
- Obesity
- Dyspareunia

Co-morbid Conditions:

- *Sinaipaineerkatti* (Polycystic ovaries)
- Hyperlipidemia
- Pelvic inflammatory disease
- Psychosocial disorder

Primary Kutram Affected:

- Vatham / Pitham

Secondary Kutram Affected:

- Pitham and Kabam.

Siddha Pathogenesis:

- It is caused by altered Pitham associated with altered Vatham (Pranan, Abanan, Viyanan) and Kabam. The seven udalthathukal Senneer, Oon, Kozhuppu, Moolai and Suronitham get affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vatham/ Vathapitham/
Pithavatham Sparisam-		Warmth
Naa	-	Pallor, coated/dryness,
bitter/sour/sweet		
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal/ pallor
Malam	-	Yellowish
hard stools Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikkuri	-	Oil may spread in the form of sieve / flower/ animal/
irregular margin.		

Modern Medical Investigations:

- Complete Blood Count (CBC)
- USG - pelvis
- Follicular study

In Tertiary care hospital:

- Hormonal assay
- Hysterosalpingography

- Laproscopy and Hysteroscopy
- Antisperm antibody test
- Cervical mucus studies
- Endometrial biopsy

Diagnosis:

Confirmation of Diagnosis:

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Ovulation disorders
- Polycystic ovaries
- Ovarian failure
- Tubal pathology
- Hyperprolactinaemia
- Thyroid dysfunction
- Anti sperm Antibodies

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - 3: Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu – 100- 130 mg with tender leaves paste of Arasu (*Ficus religiosa*) and goat's /cow's milk in early morning in empty stomach for 3 days.

Day 4 – Rest

Day 5 – First Line of Treatment:

- Malaivembathy thylam - 15 - 30 ml with rice cold water at early morning in empty stomach for first 3 days of menstruation
- Vishnukiranthi chooranam - 1-2 gm with water/ honey, BD, after food
- Kumari ilagam - 5-10 gm, with warm milk, BD, after food.
- Seeraga thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Siddhathi ennai – 10-15 ml with rice cold water, at early morning in empty stomach

Internal Medicines:

Chooranam:

- Parangipattai chooranam - 1-2 gm with milk and palm jaggery, BD, after food (for three weeks in case of pelvic inflammation or cervicitis)
- Dhratchathy chooranam - 1-2 gm with milk/ honey, BD, after food (for a month in case of anaemia)
- Kazharchi chooranam - 1-2 gm with water/ honey, BD, after food, for three weeks (in case of pelvic inflammation or cervicitis)

- Keezhanelli chooranam -1-2 gm with milk/ honey, BD, after food.(for three weeks in case of vaginal infection)
- Thiriphala chooranam -1-2 gm with milk/ water/ honey, BD, after food.
- Nilakadambu chooranam -1-2 gm with milk/ honey, BD, after food.
- Amukkara chooranam -1-2 gm with milk/ honey, BD, after food.
- Karunseeraga chooranam - 1-2 gm with lukewarm water, BD, after food

Manapagu:

- Madhulai manapagu – 5-15 ml with lukewarm water, BD, after food

Nei:

- Thaneervittan nei - 5-10 ml, with warm milk, BD, after food
- Venpoosani nei - 5-10 ml, with warm milk, BD, after food
- Brahmi nei - 5-10 ml, with warm milk, BD, after food
- Avarai nei - 5-10 ml, with warm milk, BD, after food
- Thoothuvalai nei - 5-10 ml, with warm milk, BD, after food

Rasayanam:

- Gandhaga rasayanam - 1-3 gm with warm milk, BD, after food for 40 days.
- Parangipattai rasayanam - 6-12 gm with palm jaggery and ghee, BD, after food

Ilagam:

- Venpoosani ilagam - 5-10 gm, with warm milk, BD, after food.
- Vilvadhi ilagam - 5-10 gm, with warm milk, BD, after food.
- Santhana ilagam - 5-10 gm, with warm milk, BD, after food.
- Thaneervittan ilagam - 5-10 gm, with warm milk, BD, after food.

Maathirai:

- Saampirani poo maathirai -1tab with Milagu chooranam and ghee, BD, after food.

Mezhugu:

- Kumatti mezhugu - 200-500 mg with palm jaggery, BD, after food for 3-5 days.
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food, for 40 days.
- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food, for 12/25/45 days or 10/20/30/40 days.
- Anda mezhugu -130mg with palm jaggery, BD, after food.

Kuzhambu:

- Kumatti kuzhambu – 500 mg-1 gm with palm jaggery,BD, after food

Chendooram:

- Vedi annabedhi chendooram -100-200 mg with lukewarm water/honey, BD, after food.
- Poorana chandhirodaya chendooram -30-65 mg twice daily mixed with karpoorathy chooranam and juice of vetrilai (*Piper betel*), BD, after food.
- Uppu chendooram - 100-200 mg with honey, BD, after food.

Parpam:

- Gungiliya parpam - 200-500 mg with butter/ ghee/ tender coconut water, BD, after food.
- Sangu parpam – 100-200 mg with milk/ ghee/ butter, BD, after food.
- Pavala parpam – 100-200 mg with honey, BD, after food.

- Thanga parpam – 100-200 mg with honey/ ghee/ butter/ milk, BD, after food.
- Naaga parpam – 100-200 mg with ghee/ butter, BD, after food.

Herbal Preparations:

- Karunseeragam (*Nigella sativa*), maramanjai (*Coscinium fenestratum*), sathakuppai (*Anethum graveolens*) powder at equal quantity, BD, with palm jaggery.
- Notchi podi (*Vitex negundo*) and saathikai podi (*Myristica fragrans*) – 2 gm with lukewarm water, BD, after food

External Medicines:

Ennai muzhukku (Oleation):

- Nannari thylam – Quantity sufficient
- Keezhanelli thylam– Quantity sufficient
- Vilvathi thylam– Quantity sufficient
- Nelli thylam– Quantity sufficient
- Vettiver thylam– Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pathahasthasanam
- Sarvangasanam
- Padmasanam
- Yogamudra
- Vajrasanam
- Dhanurasanam
- Padhakonasanam
- Bhujangasanam
- Naadisuthi - pranayamam
- Sirasasanam
- Nindrapadasanam
- Kudha pada asanam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

- Oil bath- weekly twice.
- Regular yoga practice, regular walking, Simple exercise.

Grains / Pulses:

- Hand pounded rice
- Manakaththai rice
- Sprouted paasipayaru (*Vigna radiata*)
- Venthayam (*Trigonella foenum-graecum*)
- Ellu (*Sesamum indicum*)
- Thinai (*Setaria italica*)
- Solam (*Sorgum vulgare*)
- Kezhvaragu (*Eleusine coracana*)

Tender vegetables:

- Kathiri (*Solanum melangena*)
- Avarai (*Lablab purpureus*)

- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vendai (*Abelmoschus esculentus*)
- Vellari (*Cucumis sativus*)
- Urulai kizhangu (*Solanum tuberosum*)
- Surai (*Lagenaria siceraria*)

Greens:

- Sirukeerai (*Amaranthus tricolor*)
- Puliyaarai (*Oxalis corniculata*)
- Ponaangaani (*Alternanthera sessilis*)
- Manali (*Gisekia pharanaceoides*)
- Karisalai (*Eclipta prostrata*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Murungai (*Moringa oleifera*)
- Manathakkali (*Solanum nigrum*)
- Vengayam (*Allium cepa*)

Fruits:

- Madhulai (*Punica granatum*)
- Koiya (*Psidium guajava*)
- Mango (*Mangifera indica*)
- Naval (*Syzygium cumini*)
- Nelli (*Phyllanthus emblica*)
- Annachi (*Ananas comosus*)
- Papaya (*Carica papaya*)
- Tomato (*Solanum lycopersicum*)
- Coconut (*Cocos nucifera*)

Nuts:

- Murungai (*Moringa oleifera*)
- Vadhumai (*Prunus dulcis*)
- Dry grapes (*Vitis vinifera*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Kondakadalai (*Cicer arietinum*)
- Pattani (*Phaseolus lunatus*)

Dairy product:

- Cow's buttermilk

Non vegetarian diets:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*)
- Vaazhai meen (*Lethrinus miniatus*)
- Prawn (*Penaeus indicus*)
- Nathai (*Pila globosa*)
- Aamai (*Testudo graeca*)

- Vilangu meen (*Muraenesox cinereus*)

To Be Avoided:

- Hot and sour tastes
- Areca nut (*Areca catechu*)
- Mustard seeds (*Brassica nigra*)
- Sarkaraivalli kilangu (*Ipomoea batatas*)
- Sepan kilangu (*Colocasia esculenta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Fast foods

Others:

Complication of the Disease:

- Relationship problems
- Social stigma
- Psychosocial disorder

Limitation in Siddha System and Condition for Referral:

- Infantile uterus
- Bicornuate uterus
- Premature ovarian failure

PERUMBADU (MENORRHAGIA)

Definition:

- Menorrhagia is defined as cyclic regular menstrual bleeding at normal intervals which is excessive in amount (> 100 ml) or duration or both.

Synonym:

- Soothaga perukku*

Siddha etiology:

According to *Pararasasekaram*,

“உண்டி னங் கறையா காதே யுக்கிர மிகுதியாலும்
மண்டியே பித்தவாதம் வருசிலேற் பனம்ப கைத்துக்
கொண்டிரு முதராங் கெர்ப்ப முடைந்திடக் குடல்க லங்கித்
திண்டிறற் குழன்மா தர்க்குச் சிந்திடும் பெரும்பாடன்றே”

- Excessive heat, anger, etc disturbance of *Pithavatham* and then the confluence of agitated *Kabam* lead to *Perumbadu*.

According to *Agathiyar Gunavagadam*,

“பாரேநீ பெரும்பாடு வரும் வகையைக் கேளாய்
பக்குவமாய் வருகின்ற கண்ட மாலை
ஊரேநீ மூத்திரக் குண்டிக்காயின் ரோகம்
உத்தமனே பீலிகா ரோகந் தானும்
தேரேநீ நாள்பட்ட பாண்டு ரோகம்
தேளிவாக இந்தரோகம் தன்னா லையா
சீரேநீ சினைப்பைக்கும் கருப்பைக்கு மப்பா
சிறப்பாக அதிகரத்த மேறுங் காணே”

- Goitrous thyroid disorders
- Chronic renal diseases
- Splenic Pathology.
- Chronic anaemia
- Ovarian and uterine disorders.

Causes and Influencing Factors:

- Hormone imbalance
- Dysfunction of ovaries
- Uterine fibroids
- Polyps
- Adenomyosis
- Intrauterine device
- Pregnancy complications
- Cancer
- Inherited bleeding disorders
- Medications (anti-inflammatory, estrogen and progestin, anticoagulant)
- Other medical conditions (liver and kidney disease)

Premonitory signs and Symptoms:

- Heavy vaginal bleeding, resulting in the saturation of one or more sanitary pads every hour for several hours.
- Low back pain, lower abdominal pain and headache.

Common Signs and Symptoms:

- Excessive menstrual flow with unpleasant odour, reddish black in colour with blood clot, ash coloured skin and palpitation.
- Abdominal distension, anorexia
- Vaginal inflammation, pallor of the body and boring pain in the limbs.

- Excessive salivation, head tremor and gripping pain in the abdomen
- Tiredness and shortness of breath.
- Fatigue
- Inability to perform regular daily activities

Co-morbid Conditions:

- Dysfunctional uterine bleeding
- Pelvic inflammatory disease
- *Mana azhutham* (Depression)
- *Paandu* (Anaemia)

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by derangement of Vatham altered with Pitham, affects abanan, viyanan, ranjagapitham. In seven udalthathukal, senneer get affected.
- Also it may be explained by increase of senneer and oon thathu.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pitham/ Pithavatham/ Vathapitham
Sparisam	-	Coldness / tenderness in lower abdomen
Naa	-	Pallor / coated/ bitter or pungent
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal/ pallor
Malam	-	Normal / constipation
Moothiram	-	
Neerkuri urine	-	Dark thick urine/ tamarind in odour/ high frothy
Neikuri	-	Oil may spread in the form of bird/ beetle leaf / sieve/ pearl/ fast dispersal.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Peripheral blood smear
- Bleeding time, clotting time
- Serum Iron
- Thyroid function tests
- Ultrasonography and colour doppler study of pelvis

In Tertiary care hospital:

- Diagnostic uterine curettage and endometrial sampling
- Hysteroscopy/ Hysterography
- Laproscopy

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Karu sithaivu* (Abortion)
- *Karuppai putru* (Cancerous condition)
- *Pura karuppai sool* (Ectopic pregnancy)

- Endometritis

Treatment:

Line of Treatment:

- Internal medicine
- External medicine
 - Ennai muzhukku (Oleation)
 - Neer (Medicated Solution)
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Othiyampattai kudineer - 60-100 ml, BD, after food.
- Kavikkal chooranam - 1-2 gm with buttermilk, BD, after food
- Padiga poonkavi chendooram - 130-260 mg with buttermilk, BD, after food
- Impooral vadagam (500 mg) - 1-2 tabs, as chewable, BD/TDS, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Saaru:

- Bark juice of naaval (*Syzygium cumini*)- 30-60 ml with agil (*Aquilaria agallocha*) powder and buffalo's buttermilk, BD, after food
- Thennaipoo saaru (*Cocos nucifera*) – 100-160 ml with cow's milk, BD, after food
- Bark juice of aththi (*Ficus racemosa*) - 100-160 ml with cow's buttermilk, BD, after food

Kudineer:

- Aththi kudineer - 60-100 ml, BD, after food.
- Marthampattai kudineer - 60-100 ml, BD, after food
- Asokapattai kudineer - 60-100 ml, BD, after food
- Vellilothirapattai kudineer - 60-100 ml, BD, after food

Karkam:

- Adathodai karkam - 5-10 gm, with buttermilk, BD, after food
- Navalpattai karka - 5-10 gm with orithal thamarai chooranam, BD, after food
- Orithalthamarai karkam - 5-10 gm with cow's milk, BD, after food
- Maa karkam - 5-10 gm with honey / palm jaggery, BD, after food

Chooranam:

- Thiriphala chooranam - 1-2 gm with lukewarm water, BD, after food
- Elathy chooranam - 1-2 gm with milk, BD, after food
- Seenthil chooranam - 1-2 gm with lukewarm water, BD, after food
- Kombarakku chooranam - 1-2 gm with lukewarm water, BD, after food

Vadagam:

- Vaazhai poo vadagam (500mg)- 1-2 tabs, as chewable, BD/TDS, after food

Nei:

- Thaneervitaan nei - 10-15 ml, with warm milk, BD, after food
- Venpoosani nei - 10-15 ml, with warm milk, BD, after food

Ilagam:

- Impooral ilagam - 5-10 gm, with warm milk, BD, after food

- Vilvathy ilagam - 5-10 gm, with warm milk, BD, after food
- Karisalai ilagam - 5-10 gm, with warm milk, BD, after food
- Venpoosani ilagam - 5-10 gm, with warm milk, BD, after food

Chendooram:

- Padikaara chendooram - 200-400 mg with butter/ ghee, BD, after food
- Naaga chendooram - 100-200 mg with thirikadugu chooranam and honey/ ghee/ milk, BD, after food
- Annabedhi chendooram - 50-100 mg with honey/ lukewarm water BD, after food (for anaemia following excessive blood loss)
- Padigalinga chendooram - 300 – 500 mg with ghee/ butter, BD, after food
- Poonkavi chendooram - 488 mg with ghee, BD, after food
- Arumuga chendooram - 65-130 mg with Thirikadugu chooranam and honey, BD, after food

Parpam:

- Sangu parpam- 100-300 mg with honey/ ghee/ butter, BD, after food.
- Aya parpam - 65-130 mg with lukewarm water, BD, after food (for anaemia)
- Padigaara parpam - 200-300 mg with ghee / butter, BD, after food (for arresting bleeding)

Karpam

- **Pothu karpam**
 - Katrazhai karpam (*Aloe vera*) – 2-5 gm, BD, for 48 days
 - Kalyana poosani (*Cucurbita maxima*) – 1-2 gm with milk, BD, for 48 days
- **Sirappu karpam**
 - Naanal karpam (*Saccharum spontaneum*) – 1-2 gm, BD for 48 days
 - Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, BD, before food for 48 days.
 - Nelli karpam (*Phyllanthus emblica*) - ¼ part of one nelli, OD, before food for 48days
- **Thathu karpam**
 - Ayajambeera karpam - one piece, BD, for 48 days
 - Ayabringaraja karpam-100-200mg with honey, BD, for 40 days

External Medicines:

Neer (Medicated Solution):

- Padigaara neer – Quantity sufficient
- Thiriphala kudineer – Quantity sufficient

Ennai muzhukku (Oleation):

- Nellikaaai thylam – Quantity sufficient
- Mahavilvathy thylam – Quantity sufficient
- Arakku thylam– Quantity sufficient

Special Therapies:

Varmam Maruthuvam:

- Adappa kaalam
- Palla varmam (External rotation)
- Sakthikooradangal
- Kuthikaal varmam

Duration of Treatment:

- The duration may varies until the regular menstrual cycle occurs at least

consequently 3 months

Advices:

To Be Added:

Rice:

- Hand pounded rice
- Kaar
- Karuvai
- Manakathai

Adai/ Pittu:

- Ayil pattai adai
- Ilanthai pittu
- Naruvila pittu
- Valuzhuvai arisi pittu

Tender vegetables:

- Aththi (*Ficus racemosa*)
- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Peerku (*Luffa acutangula*)
- Pudalai (*Trichosanthes cucumerina*)
- Vellari (*Cucumis sativus*)
- Kovai (*Coccinia grandis*)
- Murungai (*Moringa oleifera*)
- Vaazhai poo (*Musa paradisiaca*)
- Surai (*Lagenaria siceraria*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pahal (*Momordica charantia*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sambal poosani (*Benincasa hispida*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Musumusukai (*Mukia madersapatana*)
- Ponnaangaani (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus tricolor*)
- Pasalai keerai (*Portulaca quadrifida*)
- Puliyaarai (*Oxalis corniculata*)

Fruits:

- Arunelli (*Phyllanthus acidus*)
- Mathulai (*Punica granatum*)
- Malai vaazhai pazham (*Musa paradisiaca*)

Pulses:

- Ulunthu (*Vigna mungo*)

Dairy products:

- Cow's buttermilk

Non-vegetarian diets:

- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*)

To Be Avoided:

- Hot, sour, sugar and high sodium foods.
- Sarkaraivali kizhangu (*Ipomoea batatus*)
- Seppankizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Avoid oral contraceptives
- Caffeine containing beverages

Others:

Complication of the Disease:

- *Paandu* (Anaemia)
- *Soothaga vali* (Dysmenorrhea)

Limitation in Siddha System and Condition for Referral:

- Anaemia (Hb < 5-6 mg/dl)

SINAI PAI KATTI (OVARIAN CYST)

Definition:

- Ovarian cysts are also known as ovarian masses or adnexal masses which are found frequently in an asymptomatic woman.
- They are fluid-filled sacs or pockets in an ovary or on its surface.
- Ovarian cysts can be physiologic (having to do with ovulation) or neoplastic and can be benign, borderline (low malignant potential) or malignant.

Synonyms:

- *Soolppai neerkatti*
- *Nadha karuvanga katti*

Siddha etiology:

According to the text, *Dhanvanthiri Vaithiyam* (1st part),

“வஞ்சனை தன்னினாலும் மருந்தீடு தன்னினாலும்
மொஞ்சிடு சரீரவேட்கை யறுதிசெய் தண்டிப்பாலும்
அஞ்சலாம் பிள்ளைப் பேறிலடங்கிய இரத்தத்தாலும்
மிஞ்சிய வாயுவாலுங் கருப்பநோய் மேவுமென்னே”.

- Diseases and food poisoning.
- Retention of lochia.
- Increased *Vayu* produces uterine disorders

Causes and Influencing Factors:

- Hormonal changes (Functional ovarian cyst)
- Endometriosis
- Poly cystic ovary syndrome (PCOS)
- Pregnancy
- Severe pelvic infections

Premonitory signs and symptoms:

- Pelvic / lower abdominal pressure or pain
- Urinary urgency
- Abdominal distension/ bloating
- Breast tenderness

Common Signs and Symptoms:

- Dyspareunia
- Oily skin, acne
- Oligomenorrhoea/ Amenorrhoea
- Dysmenorrhoea
- Weight gain
- Thinning of hair/ hair loss
- Difficulty to conceive a child
- Anovulatory cycle
- Nausea and vomiting during menstruation

Co-morbid Conditions:

- Ovarian cancer
- Obesity
- Diabetes mellitus
- Polycystic ovary syndrome (PCOS)
- Hypertension

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham and Kabam

Siddha Pathogenesis:

- It is explained by increased Vatham that influences Kabam. In seven udalthathukal Saaram, sennear and oon get affected

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham / Vathakabam/ Pithavatham
Sparisam	-	Warmth/ tenderness
Naa	-	Pallor/ coated/ dry/ fissured
Niram	-	Pallor
Mozhi	-	Normal/ low pitched
Vizhi	-	Pallor
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of ring/ pearl/ sieve/ irregular margin

Modern Medical Investigations

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Urine analysis
- Hormonal assay
- Ultrasonography – Pelvis

In tertiary care hospital:

- Transvaginal sonography/ Transabdominal sonography / Transperineal sonography in virginal or atrophic women
- CA – 125 test
- MRI
- Laparoscopy

Diagnosis**Confirmation of Diagnosis**

Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Sinaippai putru* – Ovarian cancer
- *Koobaga thabitha kazhalaigal* - Pelvic Inflammatory Disease
- Pelvic kidney
- Appendiceal/ diverticular abscess
- Ectopic pregnancy

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu –100 –200 mg with bark juice of Naval (*Syzygium cumini*) and milk, OD at early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Amukkara chooranam - 1 – 2 gm with ghee, BD, after food
- Senkottai nei – 5- 10 drops with warm milk, BD, after food
- Madhulai manapagu - 10 – 15 ml with lukewarm water, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Malaivembathy thylam - 15 - 30 ml with rice cold water at early morning in empty stomach
- Koushigar kuzhambu- 100-200 mg with daemia (*Pergularia daemia*) juice, OD at early morning in empty stomach.
- Karudan kizhangu thylam – 10-15 ml with lukewarm water, OD at early morning in empty stomach.
- Siddhathi thylam - 3 - 5 ml with lukewarm water, OD at early morning in empty stomach.
- Meganatha ennai - 8-16 ml with lukewarm water, OD at early morning in empty stomach.
- Rasa thylam - 5-8 ml with lukewarm water, OD at early morning in empty stomach.
- Kumatti thylam - 8 - 16 ml with lukewarm water, OD at early morning in empty stomach.
- Kazharchi thylam - 8 - 16 ml with luke warm water, OD at early morning in empty stomach

Vamana Maruthuvam (Therapeutic Emesis):

- Marukarai kudineer - 40 – 80 ml, OD at early morning in empty stomach.

Internal Medicine:

Kudineer:

- Nilavembu kudineer – 30 – 60 ml, BD, before food

Chooranam:

- Seenthil chooranam – 1 – 2 gm hot water, BD, after food.
- Karisalai chooranam – 1 – 2 gm with honey, BD, after food.
- Thiriphala chooranam – 1 – 2 gm with hot water, BD, after food.
- Thirikadugu chooranam – 1 – 2 gm with honey, BD, after food.
- Parangipattai chooranam – 1 – 2 gm with ghee, BD, after food.
- Nilakadambu chooranam – 1 – 2 gm with hot water, BD, after food.

Nei:

- Venpoosani nei – 10- 15 ml with warm milk, BD, after food
- Thaneervittan nei – 10- 15 ml with warm milk, BD, after food

Manapagu:

- Madhulai manapagu – 10 – 15 ml with lukewarm water, BD, after food
- Adathodai manapagu - 10 – 15 ml with lukewarm water, BD, after food

Ilagam:

- Venpoosani ilagam – 5 – 10 gm, with warm milk, BD, after food
- Mahavallathi ilagam - 5 – 10 gm, with warm milk, BD, after food
- Kumari ilagam – 5 – 10 gm, with warm milk, BD, after food
- Thaneervittan ilagam – 5 – 10 gm, with warm milk, BD, after food
- Karisalai ilagam – 5 – 10 gm, with warm milk, BD, after food
- Impooral ilagam - 5 – 10 gm, with warm milk, BD, after food

Mezhugu:

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food, for 40 days
- Gunma kudori mezhugu - 500 – 1000 mg with palm jaggery, BD, after food
- Nava uppu mezhugu – 100 – 200 mg with palm jaggery, BD, after food for 3-5 days
- Idivallathy mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12/25/45 days.

Kuzhambu:

- Navachaara kuzhambu - 130 mg with palm jaggery, BD, after food

Chendooram:

- Arumuga chendooram- 100 - 200 mg with honey /thirikadugu chooranam, BD, after food
- Aya chendooram – 60 – 130 mg with honey, BD, after food.
- Ayakaantha chendooram – 65 – 130 mg with honey, BD, after food.
- Gowri chinthamani chendooram – 65 – 130 mg with honey/ thirikadugu chooranam, BD, after food
- Ayamanikalaba chendooram – 100 – 200 mg with honey, BD, after food.
- Thanga ooram – 130 – 260 mg with Amukkara chooranam and honey, BD, after food.
- Anna pavazha chendooram - 100 – 200 mg with honey, BD, after food
- Velli chendooram - 100 – 200 mg with honey, BD, after food

Parpam:

- Rasa parpam – 65 mg with thirikadugu chooranam, BD, after food for 3 – 5 days.
- Karuvanga parpam – 65 mg with ghee/ butter/ milk, BD, after food for 3-5 days.
- Thanga parpam – 30 – 65 mg with honey/ghee/ butter/ milk, BD, after food.
- Pavala parpam – 100 – 200 mg with ghee/ butter/ milk/ lukewarm water, BD, after food.
- Sangu parpam – 100 – 300 mg with milk/ ghee/ butter, BD, after food
- Gungiliya parpam – 100 – 300 mg with butter/ ghee/ butter, BD, after food.
- Muthu parpam – 30 – 130 mg with milk, BD, after food.
- Velli parpam- 65-130 mg with butter/ thippilli chooranam, BD, after food

External Medicines

Ennai muzhukku (Oleation):

- Sandhanaathi thylam- Quantity sufficient
- Kumari thylam- Quantity sufficient

- Vettiver thylam- Quantity sufficient
- Nelli thylam- Quantity sufficient
- Seerega thylam- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Sarvangasanam
- Yogamuthirai
- Halasanam
- Pavanamuthasanam
- Machasanam
- Pachimothasanam
- Janusirasasanam
- Pathahasthasanam
- Dhanurasanam
- Bhujangasanam
- Uthanapathasanam

Varmam Maruthuvam:

- Anna kaalam
- Punal kaalam
- Palla varmam
- Kargasoothiram
- Kumba mudichu
- Andi kaalam

Duration of Treatment

Depending upon the severity of the disease condition

Advices:

To Be Added:

- Intake plenty of water and tender coconut water

Rice or kanji:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Manakkathai rices.

Tender vegetables

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Vendai (*Abelmoschus esculentus*)
- Athithi kai (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Sundai (*Solanum torvum*)
- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Surai (*Lagenaria siceraria*)
- Venpoosani (*Cucurbita maxima*)
- Pirandai (*Cissus quadrangularis*)
- Mullangi (*Raphanus sativus*)

Greens:

- Murungai (*Moringa oleifera*)

- Ponnankanni (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus polygonoides*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Kodipasalai (*Basella alba*)
- Karisalai (*Eclipta prostrata*)

Fruit:

- Madhulai (*Punica granatum*)
- Thiratchai (*Vitis vinifera*)
- Pappali (*Carica papaya*)
- Nelli (*Phyllanthus emblica*)
- Athi (*Ficus racemosa*)
- Perichu (*Phoenix dactylifera*)
- Sevvazhai (*Musa acuminata*)

Pulses:

- Ulundhu (*Vigna mungo*)
- Pasipayaru (*Vigna radiata*)
- Ellu (*Sesamum indicum*)
- Venthayam (*Trigonella foenum -graecum*)

Dairy products:

- Cow's buttermilk
- Skimmed curd.

To Be Avoided:

- Hot, sour and salt tastes
- Salted and dried fishes, pickles and oily foods.
- Preserved foods

Others:

Complication of the Diseases:

- Ovarian torsion
- Ruptured ovarian cyst
- Ovarian cancer

Limitation in Siddha System and Condition for Referral:

- If the size of the cyst increases and complicated, patient may be referred.

SOOTHAGA THADAI (AMENORRHOEA)

Definition:

- Absence or cessation of menstrual cycle for more than 3 months.

Primary Amenorrhea:

- Complete absence of menstruation in young girls

Secondary Amennorrhoea:

- Absence of menstruation during periodical menstrual cycle in girls

Synonyms:

- *Pooppu thadai*
- *Soothaga vayu*

Siddha etiology:

According to the text, *Dhanvanthiri Vaithiyam* (1st part),

“வஞ்சனை தன்னினாலும் மருந்தீடு தன்னினாலும்
மொஞ்சிடு சரீரவேட்கை யறுதிசெய் தண்டிப்பாலும்
அஞ்சலாம் பிள்ளைப் பேறிலடங்கிய இரத்தத்தாலும்
மிஞ்சிய வாயுவாலுங் கருப்பநோய் மேவுமென்னே”.

- Diseases and food poisoning.
- Retention of lochia.
- Increased *Vayu* produces uterine disorders

Causes and Influencing Factors:

- Primary amenorrhoea:
 - Chromosomal or genetic abnormalities (eg: Turner’s syndrome)
 - Problem with the hypothalamus or pituitary gland
 - Rarely, missing reproductive organs or blockage of reproductive passage ways can lead to primary amenorrhoea
- Secondary amenorrhoea, natural causes:
 - Pregnancy
 - Breast feeding
 - Menopause
- Secondary amenorrhoea, other causes:
 - Medications and therapies like birth control pills, injectable contraceptives, hormonal intrauterine devices, antidepressants, hypertensive drugs, chemotherapy and radiation therapy.
 - Scar tissue build up in the lining of the uterus that preventing the normal shedding of the uterine lining in the menstrual cycle.
 - Hypothalamic amenorrhoea
 - Gynecological conditions like Polycystic Ovarian Syndrome (PCOS), Fragile X-associated Primary Ovarian Insufficiency (FXPOI)
 - Thyroid dysfunction
 - Pituitary tumors

Premonitory signs and symptoms:

- Absence of menstrual-cycle
- Weight gain or weight loss
- Stress

Common Signs and Symptoms:

Primary Amenorrhea:

- Lack of puberty signs
- Short stature
- Webbed neck

- Extreme weight gain or weight loss

Secondary Amenorrhoea:

- Discharge from the breast
- Weight gain or weight loss
- Acne
- Increased hair growth in a male pattern (Menopause)
- Dryness of vagina.
- Changes in the voice
- If amenorrhea is caused by a pituitary tumor, there may be other symptoms related to the tumor, such as vision loss and headache

Co-morbid Conditions:

- Polycystic ovarian syndrome
- Hypothyroidism
- Osteoporosis
- Obesity
- Depression

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by derangement of Vatham and Pitham. In seven Udalthathukal, saram and senneer is affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Vathakabam
Sparisam	-	Warmth
Naa	-	Pallor /coated
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
constipation Moothiram	-	
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of ring /Pearl

Modern Medical Investigations:

- Complete blood count (CBC)
- HCG
- Thyroid function tests
- USG abdomen and pelvis

In Tertiary care hospital:

- Hormone profile:
 - Estradiol
 - LH and FSH
 - Prolactin

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Sool* (Pregnancy)
- *Paandu* (Anaemia)
- *Elaippu noi* (*Pulmonary tuberculosis*)
- Anorexia Nervosa
- Anxiety Disorders
- Cushing Syndrome

Treatment:

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Treat the underlying cause like anaemia and PCOS

Line of Treatment:

- Ennai muzhukku (Oleation)
- Kazhichal maruthuvam (Purgation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Siddhathi ennai - 10-15 ml with rice cold water/sombu theeneer, OD, at early morning in empty stomach for 1-3 days

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Asokapattai chooranam - 1-2 gm with honey, BD, after food
- Annabedhi chendooram - 100-200 mg with honey, BD, after food
- Madhulai manapagu - 10-15 ml with lukewarm water, BD, after food
- Arakku thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu - 100-130 mg with chukku milagu kudineer, OD, at early morning in empty stomach
- Meganatha kuligai (100 mg) - 1- 2 tabs with water, OD, at early morning in empty stomach.

Internal Medicines:**Kudineer:**

- Mandoorathi kudineer - 30-60 ml, BD, before food
- Neermulli kudineer - 30-60 ml, BD, before food

Chooranam:

- Karisalai chooranam - 1-2 gm with honey, BD, after food
- Nilakadambu chooranam - 1-2 gm with honey, BD, after food
- Seenthil chooranam - 1-2 gm with honey, BD, after food
- Keezhanelli chooranam - 1-2 gm with honey, BD, after food
- Dhratchathy chooranam - 1-2 gm with honey, BD, after food
- Perungaaya chooranam - 1-2 gm with butter milk, BD, after food

Manapagu:

- Thurunji manapagu - 10-15 ml with lukewarm water, BD, after food

Ilagam:

- Kumari ilagam - 5 - 10 gm, with warm milk, BD, after food
- Karisalai ilagam - 3 - 6 gm with warm milk, BD, after food for 45 days
- Thaneervittan ilagam - 5 - 10 gm with warm milk, BD, after food

Mezhugu:

- Navauppu mezhugu -100-200 mg with palm jaggery, OD (morning), after food for 5 days

Chendooram:

- Vedi annabedhi chendooram -100-200 mg with honey, BD, after food
- Pattu karuppu -50-100 mg with honey, BD/TDS, after food
- Aya chendooram -100-200 mg with honey/ ghee, BD, after food
- Ayakantha chendooram-100-200 mg with honey/ ghee/ panchadeepakini chooranam, BD, after food

Parpam:

- Vengaara parpam – 100-200 mg with honey, BD, after food

Karpam:

Pothu karpam:

- Katrazhai karpam (*Aloe vera*) for 48 days

Sirappu karpam:

- Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, BD, before food for 48 days.
- Nelli karpam (*Emblica officinalis*) - ¼ part of one nelli, OD, before food for 48 days
- Malattuku karpam-17 gm for 48 days

Thathu karpam:

- Ayasambeera karpam - 1 piece (1/4th of lemon), BD, after food, 48 days.
- Ayabringaraja karpam - 200-300 mg with honey/ ghee/ lemon juice (*Citrus limon*)/ curd, BD, after food for 40 days.

External Medicines:

Ennai muzhukku (Oleation):

- Nelli thylam – Quantity sufficient
- Vettiver thylam – Quantity sufficient
- Seeraga thylam – Quantity sufficient
- Santhanathi thylam – Quantity sufficient
- Arakku thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Suryanamaskaram
- Pavanamuthasanam
- Uthanapathasanam
- Dhanurasanam
- Sarvangasanam
- Sirasasanam
- Janusirasasanam
- Navasanam
- Pranayamam
- Savasanam

Varmam Maruthuvam:

- Palla varmam (External rotation)
- Kudukai varmam

Duration of Treatment:

- Varies according to the medicines and until the regular menstrual cycle occurs at least consequently 3 months

Advices:

To Be Added:

- Drink plenty of water
- Organic food items
- Rejuvenating drugs regularly
- Practice yoga regularly

Rice:

- Hand pounded rice
- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakathai rice

Tender vegetables:

- Kathiri (*Solanum melangena*)
- Avarai (*Lablab purpureus*)
- Peerku (*Luffa acutangula*)
- Pudalai (*Trichosanthes cucumerina*)
- Vellari (*Cucumis sativus*)
- Kovai (*Coccinia grandis*)
- Murungai (*Musa paradisiaca*)
- Surai (*Lagenaria sicerarie*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sambal poosani (*Benincasa hispida*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Ponnaangaani (*Alternanthera sessilis*)
- Sirukeerai (*Amaranthus tricolor*)
- Pasalai keerai (*Portulaca quadrifida*)
- Puliyaarai (*Oxalis corniculata*).

Fruits:

- Pappali (*Carica papaya*)
- Pineapple (*Ananas comosus*)
- Koiya (*Psidium guajava*)
- Arunelli (*Phyllanthus acidus*)
- Aththi (*Ficus racemosa*)
- Mathulai (*Punica granatum*)

Pulses:

- Ellu (*Sesamum indicum*)
- Ulunthu (*Vigna mungo*)
- Paasipayuru (*Portulaca quadrifida*)

- Venthayam (*Trigonella foenum-graecum*)

Dairy products:

- Cow's butter milk

To Be Avoided:

- Hot, sour and salted foods.
- Sarkarai valikizhangu (*Ipomoea batatus*)
- Seppan kizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Oral contraceptives
- Excessive amount of sugar
- High salt content food
- Caffeine containing beverages
- Junk food items

Others:

Complication of the Disease:

- Psychological distress
- Infertility

Limitation in Siddha System and Condition for Referral:

- Primary Amenorrhea

SOOTHAGA VALI (DYSMENORRHEA)

Definition:

- *Soothagavali* is a condition of menstruation with pain.

Synonym:

- *Soothaga vayu*

Causes and Influencing Factors:

- Increased progesterone
- Anaemia
- Endometriosis
- Uterine fibroids
- Adenomyosis
- Pelvic inflammatory disease
- Cervical stenosis
- Smoking

Premonitory signs and symptoms:

- Abdominal pain - Spasmodic/congestive
- Nausea
- Vomiting
- Giddiness
- Heaviness of the body
- Mood swings

Common Signs and Symptoms:

- Headache
- Fatigue
- Malaise
- Hyperthermia/chills
- Throbbing/ cramping pain in lower abdomen that can be intense
- Gastro intestinal disorders
- Syncope
- Diarrhea altered with constipation
- Mastitis

Co-morbid Conditions:

- Menstrual irregularities
- Anxiety

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by derangement of Vatham. In seven udalthathukal, senneer is affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham /
Pithavatham		
Sparisam	-	Tenderness in lower
abdomen		

Naa	-	Pallor / coated /normal
Niram	-	Normal/ pallor
Mozhi pitched	-	Normal/ low
Vizhi	-	Normal/ pallor
Malam	-	Normal / constipation /diarrhoea
Moothiram	-	
Neerkuri	-	Yellowish in colour
Neikkuri	-	Oil may spreads in the form of a ring

Modern Medical Investigation:

- Hormonal assays
- Complete Blood Count (CBC)
- USG - Pelvis
- Laparoscopy

In Tertiary care hospital:

- Hysterosalpingogram

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- Ectopic pregnancy
- Endometriosis
- Uterine neoplasm
- Peritonitis
- Pelvic congestion syndrome
- Sub mucosal fibroids
- Pelvic inflammatory disease
- Adenomyosis
- Previous history of sexual abuse or other psychological problems

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Ennai muzhukku (Oleation)
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Siddhathi ennai – 10-15 ml with rice cold water, OD, at early morning in empty stomach

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Elathy chooranam - 1-2 gm with milk/honey/water, BD, after food
- Sombu theeneer - 5-10 ml with lukewarm water, BD, after food
- Navauppu mezhugu - 100-200 mg with palm jaggery, OD (morning), after food for 3-5 days

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Meganatha ennai - 8-16 ml with lukewarm water, OD, at early morning in empty stomach
- Malaivembadhi thylam - 10-15 ml with rice cold water, OD, at early morning in empty stomach

Internal Medicines:**Chooranam:**

- Asta chooranam - 1-2 gm with honey, BD, after food
- Perungaaya chooranam - 1-2 gm with buttermilk, BD, after food
- Thiriphala chooranam - 1-3 gm with milk/honey/ghee/water, BD/TDS, after food.
- Gunmauppu chooranam - 1 gm with rice water, OD, after food
- Amukkara chooranam - 1-2 gm, with milk/honey/water, BD, after food
- Panchadeepakkini chooranam - 1-2 gm with milk/honey/ghee, BD/TDS, after food.

Ilagam:

- Kaarakaaya ilagam - 5-10 gm with warm milk, BD, after food
- Venpoosani ilagam - 6-12 gm with warm milk, BD, after food
- Kumari ilagam - 5-10 gm with warm milk, BD, after food
- Thetrankottai ilagam - 3-6 gm with warm milk, BD, after food

Maathirai:

- Korosanai maathirai (100 mg) - 1-2 pills with honey, BD, after food

Mezhugu:

- Kumatti mezhugu - 200-500 mg with palm jaggery/sugarcane jaggery, OD (morning), after food for 3-5 days
- Kanagalinga karpoorathy mezhugu - 65 -130 mg with butter/palm jaggery, BD, after food
- Perungayakalavai mezhugu - 160-325 mg with lukewarm water, BD, after food
- Gunmakudori mezhugu - 250-500 mg with water, BD, after food
- Kariuppu mezhugu - 100 -200 mg with palm jaggery, BD, after food

Dravagam:

- Sanga dravagam - 1-5 drops with sombu theneer, BD, after food

Chendooram:

- Linga chendooram - 50-100 mg with honey, BD, after food
- Vedi annabedhi chendooram - 100-200 mg with honey, BD, after food
- Arumuga chendooram - 100-200 mg, honey/thirikadugu chooranam, BD, after food
- Sotruppu chendooram - 100-200 mg with honey, BD, after food

Karpam:

- Kalyanapoosani - 10-15 gm, BD, after food for 48 days.
- Thetran karpam (Thetran kudineer) - 30-60 ml, BD, after food for 48 days.
- Nelli karpam - 1 fruit, BD, after food for 48 days.

External Medicine:

Ennai muzhukku (Oleation):

- Nelli thylam – Quantity sufficient
- Vettiver thylam – Quantity sufficient
- Seeraga thylam – Quantity sufficient
- Santhanathi thylam – Quantity sufficient
- Arakku thylam – Quantity sufficient

Special Therapies: -

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advice

s:

To Be Added:

- Brinjal (*Solanum melogena*)
- Broad Beans (*Vicia faba*)
- Drum stick (*Moringa oleifera*)
- Ridge gourd (*Luffa acutangula*)
- Bottle gourd (*Lagenaria siceraria*)
- Cucumber (*Cucumis sativus*)
- Indian gooseberry (*Phyllanthus emblica*)
- Banana (*Musa paradisiaca*)
- Butter milk
- Ghee
- Vallarai (*Centella asiatica*)
- Spinach (*Spinacia oleracea*)
- Plantain stem (*Musa paradisiaca*)

To Be Avoided:

- Salt and pickle restriction before menstruation
- Tobacco (*Nicotiana tabacum*)
- Alcohol
- Horse gram (*Macrotyloma uniflorum*)
- Chicken (*Gallus gallus domesticus*)
- Hot and sour taste
- Sweet potato (*Ipomoea batatas*)
- Seppai kizhangu (*Colocasia esculenta*)
- Cluster bean (*Cyamopsis tetragonoloba*)
- Oral contraceptive pills

Others:

Complication of the Disease:

- Cervicitis
- Endometriosis
- Pelvic inflammatory disease

Limitation in Siddha System and Condition for Referral:

-

VELLAI NOI (LEUCORRHOEA)

Definition:

- Leucorrhoea is a thick, whitish or yellowish vaginal discharge, which is normal. The amount of discharge may increase due to vaginal infection, malignancy and hormonal changes.

Synonyms:

- Yoni kasivu
- Migu vellai

Siddha etiology:

“பாடாகப் பெண்போக மிகவி ரும்பிப்
பயின்றிட்டு பட்டினியே மிகவி ருத்தல்
தாடாகத் தன்பாதத்திற் குடு தாங்கல்
சரசமாய்க் காரத்தை மிகப் புசித்தல்
ஊடாக வுப்புறைப்புத் துவர்ப்பு மிஞ்சல்
உக்கிரமாம் பலப்பலவாம் விசேஷம் செய்தல்
காடான மனக்கிலேசங் காரமான
கைத்தலொடு மிகுத்தலிது காணுங்காணே”

காணவே முதுகெலும்பு கோர்வை சுற்றிக்
கனமான நாபியிலுங் கதித்துச் சுற்றி
ஆணவே வடிக்குய்ய மூலா தார
மழன்றுமிக நோவாகிப் பற்றிக் கொள்ளும்

நாணவே நாடியோ டெலும்பிற் சூழ்ந்து
நலமான சுரோணிதத்தில் மிகக்க லந்து
ஆணவே அடிவயிறு இழுத்து நோவாம்
ஆகாத பிரமியத்தி னாண்மை தானே”

- யுகி சிந்தாமணி

Causes and Influencing Factors:

- Normal vaginal discharge increase during
 - Premenstrual
 - At the time of ovulation
 - When commenced on HRT or hormonal contraception
- In children it is usually due to gonorrheal vulvovaginitis
- Poor hygiene
- Injuries to the cervix or any of the tissues in the reproductive system during pregnancy
- Urinary tract infection
- Cervicitis
- Specific vaginal infections like Gonococcal, Trichomonas, Monialial, Chlamydial and bacterial vaginosis
- Inflammation due to chemicals, drugs, douches, pessaries, tampons, trauma, foreign bodies like rubber ring pessaries, contraceptives, vaginal and cervical operations
- Irritation due to external contraceptive used by either partners
- Estrogen deficiency
- Pregnancy
- Diabetes mellitus, anemia
- Unprotected sexual contact
- Lack of nutrients
- Vaginal atrophy

- Vaginal cancer
- Vaginal fistula
- Cervical cancer

Premonitory signs and symptoms:

- Thick, purulent whitish discharge from vagina
- Odourless / with strong odour
- Pruritus
- Lower abdominal cramps / pain

Common Signs and Symptoms:

- Fatigue
- Constipation
- Headache
- Pain in calf muscles and lumbar region
- Weight loss

In Trichomoniasis:

- Typical discharge which is profuse, thin, creamy, green in colour, irritating and frothy
- Strawberry vagina
- Dysuria
- Urethritis
- Dyspareunia

In candidiasis:

- Curdy discharge
- Intense pruritus
- Soreness and edema of the vulva
- Dysuria
- Burning sensation
- Superficial dyspareunia
- Vulval erythema

In chlamydia:

- Silent and asymptomatic
- May develop vaginal discharge, frequency of micturition
- Cervicitis

In bacterial (Gardnerella) vaginosis:

- White, milky, non-viscous discharge
- Increased PH
- Fishy odour
- Presence of clue cells

In inflammatory condition:

- Red, swollen, tender vagina with irritation
- Burning and dysuria with frequency
- Infection is more common during menstruation or following intercourse.

In vulvovaginitis:

- Profuse, continuous and purulent
- It is contagious

Co-Morbid Conditions:

- Migraine
- Contact dermatitis

- Vulvar vestibulitis syndrome
- Anaemia in pregnancy

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Kabam
- Vatham

Siddha Pathogenesis:

- It is explained by derangement of Pitham. In seven udalthathukal, saaram, senneer, oon get affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Pithamvatham/ Vathapitham/ Vatham
Sparisam	-	Warmth/ lower abdomen tenderness/ vaginal tenderness
Naa	-	Pallor/ coated/ dry/ fissured/ bitter/ sour
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor / dry/ irritation/ burning sensation
Malam	-	Constipation/ Darkened/ Hard stools
Moothiram:		
Neerkuri –		Red/ yellow/ thick urine/ obnoxious/ small amount of deposits
Neikuri –		Oil may spread in the form of ring/ thirisoolam/ sieve/ mixed

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- Urine analysis
- Ultrasonogram - Pelvis

In Tertiary care hospital:

- Cervical swab
- Serum Estrogen and serum progesterone

Confirmation of Diagnosis:

- By clinical signs and symptom and laboratory investigations

Differential Diagnosis:

- *Karuppai kazhunthu putru* (CA cervix)
- *Karuppai putru* (CA uterus)

Treatment:

Line of Treatment:

- Kazhichal/ Vamana maruthuvam (Purgation/ Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Neer (Medicated Solution)
 - Thokkanam (Massage Manipulation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal maruthuvam (Purgation)

- Meganatha thylam - 8 -30 ml with milk, OD, at early morning in empty stomach for a day.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Parangipattai chooranam - 2-3 gm with milk, BD, after food.
- Palagarai parpam - 100-200 mg with milk/ ghee/ honey, BD, after food
- Thaneervittan nei - 5-10 ml with warm milk, BD, after food
- Venpoosani ilagam - 5-10 gm with warm milk, BD, after food
- Padigaara neer - Quantity sufficient (External wash)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis)

- Koushigar kuzhambu - 100-130 mg with lukewarm water at early morning in empty stomach for a day
- Sanjeevi maathirai – 1-2 pills with uthamani saaru (*Pergularia daemia*), OD, at early morning in empty stomach

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 130 mg with Chukku (*Zingiber officinalis*) and milagu (*Piper nigrum*) powder, OD, at early morning in empty stomach for a day
- Meganatha kuligai (100 mg) - 1-2 pills with lukewarm water, OD, at early morning in empty stomach for a day.
- Rasa thylam- 15-30 ml, OD, at early morning in empty stomach for 1-3 days.

Internal Medicines:**Kudineer:**

- Neermulli kudineer - 30-60 ml, BD, after food
- Dhiratchathy kudineer- 30-60 ml, BD, before food

Chooranam:

- Asokapattai chooranam – 1-2 gm with milk, BD/TDS, after food
- Seenthil chooranam - 1-2 gm with milk/ honey, BD/TDS, after food
- Dhratchathy chooranam - 1-2 gm with milk/ honey, BD/TDS, after food
- Amukkara chooranam - 1-2 gm with milk/ honey, BD/TDS, after food

Vennai:

- Gungiliya vennai – 3-6 gm, with Elathy chooranam, BD, after food

Nei:

- Venpoosani nei - 5-10 ml with warm milk, BD, after food
- Senkottai nei - 5-10 drops, with warm milk, BD, after food
- Brahmi nei - 5-10 ml, with warm milk, BD, after food
- Vallarai nei - 5-10 ml, with warm milk, BD, after food

Rasayanam:

- Parangipattai rasayanam - 5-10 gm with warm milk, BD, after food
- Gandhaga rasayanam - 1-3 gm with warm milk, BD, after food

Ilagam:

- Mahavallathy ilagam – 3-6 gm with warm milk, BD, after food for 40 days
- Kumari ilagam - 5-10 gm with warm milk, BD, after food

- Thetran kottai ilagam – 5-10 gm with warm milk, BD, after food.
- Karisalai ilagam -5-10 gm with warm milk, BD, after food

Ennai

- Gandhaga sudar thylam -1-4 drops with palm jaggery, BD, after food for 10 days

Mezhugu:

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days

Chendooram

- Ayakantha chendooram - 100-200 mg, with honey, BD, after food
- Vedi annabedhi chendooram – 50-100 mg with honey, BD, after food

Parpam

- Gungiliya parpam - 100-500 mg with milk/ butter/ ghee, BD, after food
- Muthuchippi parpam - 200-400 mg with butter/ ghee, BD, after food
- Silasathu parpam - 100-200 mg with ghee, BD, after food
- Vengaara parpam - 65-130 mg with buttermilk, BD, after food
- Padigaara parpam - 65-130 mg with milk, BD, after food
- Kalnaar parpam - 65-130 mg with ghee, BD, after food
- Pavala parpam - 65-130 mg with leaf juice of thothuvalai (*Solanum trilobatum*), BD, after food

Karpam

- Erunelli karpam - 100 -200 mg with ghee, BD, after food
- Keezhanelli karkam - 5-10 gm with curd for 48 days

External Medicines:

Poochu (Liquid/ Oil Poultice):

- Ulunthu thylam - Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient

Neer (Medicated Solution):

- Thiriphala kudineer – Quantity sufficient

Thokkanam (Massage Manipulation):

- In pidithal method with medicated oil

Ennai muzhukku (Oleation):

- Santhanathy thylam - Quantity sufficient
- Vetiver thylam - Quantity sufficient
- Mahasaaranai thylam - Quantity sufficient
- Seeraga thylam - Quantity sufficient
- Arakku thylam - Quantity sufficient
- Karumulli thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Dhanuraasanam
- Pachimothaasanam
- Halasanam
- Saavasanam
- Suryanamaskaram

Varma maruthuvam:

- Natchathira kaalam
- Palla varmam

- Kudukai kaalam
- Suronitha varmam
- Kuthikaal varmam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

- Maintain good hygiene
- Balancing and nutritious diet
- Take oil bath weekly twice regularly

To Be Added:

Rice:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Manakathai

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vendai (*Abelmoschus esculentus*)
- Kovai (*Coccinia grandis*)
- Paagal (*Momordica charantia*)
- Kovai Sundai (*Solanum torvum*)
- Kalyana poosani (*Cucurbita maxima*)

Greens:

- Sirukeerai (*Amaranthus tricolor*)
- Puliyaarai (*Oxalis corniculata*)
- Karisalai (*Eclipta prostrata*)
- Pasalai (*Portulaca quadrifida*)
- Vallarai (*Centella asiatica*)
- Murungai (*Moringa oleifera*)
- Manathakkali (*Solanum nigrum*)
- Vengayam (*Allium cepa*)
- Kodipasalai (*Basella alba*)
- Keerai thadu (*Amaranthus gangeticus*)
- Thuyili keerai (*Digera muricata*)
- Pon musutai (*Rivea ornata*)

Fruits:

- Dates (*Phoenix dactylifera*)
- Grapes (*Vitis vinifera*)
- Banana (*Musa paradisiaca*)
- Ficus (*Ficus racemosa*)
- Kichilipazham (*Citrus aurantium*)

Pulses:

- Ulundhu (*Vigna mungo*)
- Pasipayaru (*Vigna radiata*)
- Ellu (*Sesamum indicum*)
- Venthayam (*Trigonella foenum -graecum*)

Dairy products:

- Cow's buttermilk
- Skimmed curd.
- Ghee

Non vegetarian diet:

- Maadapura (Dancing pigeon)
- Manipura (Dotted pigeon)
- Peraaral meen (*Mastacembelus arematus*)
- Ullan (*Gallinago gallinago*)
- Ayirai meen (*Cobitis taenia*)

To Be Avoided:

- Hot, sour and salted foods.
- Sarkaraivali kizhangu (*Ipomoea batatus*)
- Seppankizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Salted and dried fishes, pickles, sea crab

Complication of the Disease:

- Cervicitis
- Pelvic inflammatory diseases
- Salphingo - oophoritis

Limitation in Siddha System and Condition for Referral:

- Fever, unbearable pain in urethral orifice

Aan Uruppu Noigal **(Andrologic Diseases)**

AAN MALADU (MALE INFERTILITY)

Definition:

- Inability to cause pregnancy in a fertile woman by unprotected coitus more than a year.

Synonym: -

Siddha etiology:

“ஓரெட்டுச் சன்னி உழண்டது பெண்ணுக்கும்
வாரெட்டு ஆணுக்கும் மகத்தால் சுகசன்னி
நேரிட்டுப் பார்க்கில் நிகழ்ந்தது வெவ்வேறு
பாரெட்டு மெய்ச்ச பகுத்த முறைபாரே”

- திருமுலர் கருகிடை வைத்தியம் 600, பாடல்
எண்:37

“அறித்தபின் இவர்களுட நப்பா
அந்தந்த சரீ ரத்திற் கடுத்த வாராய்
தெரிந்ததொரு குணக்குளிகள் தோன்றுமப்பா
திறமான கருன்பனின் விந்தைக் கொல்லும்
பரிந்ததொரு கர்ப்பத்தை அழியப் பண்ணும்
பண்பாக யவர்களுக்கு பிள்ளை யில்லை”.

- பதினெண் சித்தர்கள் பாடிய சில்லறைக் கோவை 1ம் பாகம்

Causes and Influencing Factors:

- Varicocele
- Undescended testes
- Inadequate secretion of male hormone
- Anti-sperm antibodies
- Testicular cancer
- Epididymitis
- Life style factors like smoking, alcoholism, obesity and depression
- Environmental factors like
 - Industrial chemicals (Benzenes, toluenes, pesticides, etc.)
 - Heavy metal exposure (like Lead)
 - Exposure to radiation
- Scrotal injury
- Defects in vas deferens
- Chromosomal defects
- Hypospadias
- Celiac diseases
- Certain medications:
 - Testosterone replacement therapy
 - Long term anabolic steroids
 - Chemotherapy

Premonitory signs and symptoms:

- Loss of libido

Common Signs and Symptoms:

- Consistent inability to sustain an erection in sexual intercourse
- Depression
- Anxiety

Co-morbid Conditions:

- Cardio vascular disease
- Atherosclerosis

- Benign Prostatic Hyperplasia/ Lower urinary tract infections
- Psychosocial disorder

Primary Kutram Affected:

- Vatham / Pitham

Secondary Kutram Affected:

- Pitham / Kabam

Siddha Pathogenesis:

- Aan maladu is caused by altered Pitham associated with Vatham and Kabam. In seven udalthathukal Senneer, Oon, Kozhuppu, Moolai and Sukkilam get affected.

Investigations:

Envagai thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Examination of Scrotum:
		▪ Worm of bag - Varicocele
		▪ Swelling - Hydrocele/ Haematocele
Naa	-	Normal
Niram	-	Normal / Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal/ Constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikkuri	-	Oil may spreads in the form of Snake/Pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- Complete urine analysis
- Semen analysis
- Thyroid profile
- Hormonal assay - Serum Testosterone, LH, Prolactin, TSH
- USG Doppler study of Scrotum

In Tertiary Care Hospital:

- Semen culture
- Anti sperm antibody
- Transrectal ultrasonography
- Penile nerve function
- Penile Doppler study
- Corpus cavernosometry
- Magnetic Resonance Angiography (MRA)
- Testicular Biopsy

Diagnosis:

Confirmation of diagnosis:

- The disease is confirmed by clinical symptoms and Laboratory investigations.

Differential Diagnosis:

- Cannabis related disorders
- Congenital adrenal hyperplasia
- Cryptorchidism
- FSH abnormalities

- Hematospermia
- Hemochromatosis
- Prostatitis
- Scrotal trauma
- Testicular cancer
- Urethral strictures
- Varicocele

Treatment:

Line of treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - Kazhichal Maruthuvam (Purgation)

- Vitiating *Vatham* to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu-100 -200 mg with saathikai powder or kudineer (*Myristica fragrans*) / karkam of tender leaves of arasu (*Ficus religiosa*) ground with cow's milk, OD, at early morning in empty stomach for a day.

Day 2 - Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3 - Rest

Day 4 - First Line of Treatment:

- Amukkara chooranam - 2 - 3 gm with milk, BD after food.
- Thaneervittan nei - 5- 10 ml with lukewarm water, BD after food
- Silasathu parpam - 100 -200 mg with milk, BD after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal medicines:

Chooranam:

- Orithal thamarai chooranam- 2- 3 gm with milk, BD after food.
- Poonakali vithai chooranam - 2 -3 gm with milk, BD after food.
- Kurunthotti chooranam - 2 - 3 gm with milk, BD after food.
- Nilappanai kizhangu chooranam- 2 -3 gm with milk, BD after food.
- Nerunjil chooranam - 2-3 gm with warm milk, BD after food

Nei:

- Thoothuvelai nei - 5 -10 ml with lukewarm water, BD after food

Ilagam:

- Venpoosani ilagam - 3- 5 gm with warm milk, TDS after food.
- Amukkara ilagam - 3- 5 gm with warm milk, TDS after food.
- Salamisiri ilagam -3- 5 gm with warm milk, TDS after food.

Chendooram:

- Ayakantha chendooram - 100 - 200 mg with honey, BD, after food
- Poorana chandhirodaya chendooram - 50- 100 mg with honey, BD, after food
- Abraga chendooram - 65-100 mg with ghee, BD, after food

Parpam:

- Naaga parpam - 100 - 200 mg with milk, BD after food.
- Velli parpam - 65-130 mg with milk/ butter, BD after food.
- Thanga parpam -50 - 100 mg with milk/ butter, BD after food.

External medicines:

Ennai muzhukku (Oleation):

- Seeraga thylam-Quantity sufficient
- Kulirthamarai thylam - Quantity sufficient
- Santhanathi thylam-Quantity sufficient
- Thiriphalathi thylam – Quantity sufficient

Special therapies:

Siddhar Yoga Maruthuvam:

- Pathahasthasanam
- Sarvangaasanam
- Dhanurasanam
- Padmasanam
- Halasanam
- Vireeyasathambanam
- Kapotasanam
- Mahamudra
- Pranayamam
- Kudha pada asanam
- Savasanam
- Moolapantham (15 strokes - 4 times)

Duration of Treatment:

- Depending upon the severity of the disease condition - upto conception with a needed interval.

Advices:

- Adequate sleep for 8 hours /day.
- Exercise regularly at least for 45 min/day.
- Relax and reduce the stress
- Lose excess weight

To Be Added:

- Add adequate ghee.
- Poondu (*Allium sativum*)

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)

Greens:

- Siru keera (*Amaranthus giganteus*)
- Pasalai keera (*Portulaca quadrifida*)
- Thalika keera (*Ipomoea sepiaria*)
- Thoothuvalai (*Solanum trilobatum*)
- Murungai keera (*Moringa oleifera*)
- Vallarai (*Centella asiatica*)
- Broccoli (*Brassica oleraceae* var. *italica*)

Nuts/ Seeds:

- Verkadalai (*Arachis hypogaea*)

- Badam (*Prunus dulcis*)
- Akhrot (*Juglans regia*)
- Munthiri (*Anacardium occidentale*)
- Kondaikadalai (*Cicer arietinum*)
- Sarapparuppu (*Buchanania latifolia*)
- Ellu (*Sesamum indicum*)
- Ulunthu (*Vigna mungo*)
- Mochchai (*Vicia faba*)
- Murungai (*Moringa oleifera*)

Non vegetarian diet:

- Mutton (*Capra aegagrus hircus*)
- Kaadai (*Coturnix coturnix*)
- Fish
- Egg

Fruits:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus racemosa*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Tharpoosanai (*Citrullus lanatus*)
- Perrechcham pazham (*Phoenix dactylifera*)

To Be Avoided:

- Smoking
- Alcohol
- Tight inner wear
- Hot atmosphere
- Hot, spicy, bitter foods and junk foods
- Soya products

Others:

Complication of the disease:

- Anxiety
- Depression
- Low self esteem

Limitation in Siddha System and Condition for Referral:

- Varicocele Grade-III
- Congenital obstructive Azoospermia

NABUNJAGAM (ERECTILE DYSFUNCTION)

Definition:

- *Nabunjagam* is defined as an impotence often called erectile dysfunction, is the inability to achieve/ maintain an erection long enough to engage sexual intercourse.

Causes and Influencing Factors

- Obesity
- Alcoholism, tobacco and other forms of substance abuse
- Anxiety disorder
- Surgery or injury that affect the pelvic area or spinal cord
- Hyperlipidemia
- Diabetes mellitus
- Depression
- Medications like antidepressants, antihistamines
- Relationship problems due to stress, poor communication or other concerns
- Cardio vascular disease
- Atherosclerosis
- Treatment for prostate cancer

Premonitory signs and symptoms:

- Consistent inability to sustain an erection sufficient for sexual intercourse
- Inability to achieve ejaculation, or both.

Common signs and symptoms:

- Regular or repeated inability to obtain or maintain an erection
- Fatigue
- Reduced sexual desire
- Low self esteem
- Depression
- Distress for the man and his partner

Co-Morbidconditions:

- Alcohol abuse
- Agoraphobia
- Anxiety neurosis
- Psychosis
- Suicidal tendency

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by deranged Vatham, affects abanan, viyanan, and naagan. In seven udalthathukal saaram, senneer, oon, kozhuppu and sukkilam get affected.

Investigations

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vathapitham/ Pithavatham/ Kabavatham
Sparisam	-	Warmth
Naa	-	Pallor/coated or dry/bitter, sour, sweet in taste
Niram	-	Pallor
Mozhi	-	Low pitched

Vizhi	-	Normal
Malam	-	Constipation/ normal
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spread in the form of sieve/ flower/ animal/ irregular margin

Modern Medical Investigations

- Thyroid Profile
- Serum Testosterone
- Penile Doppler ultrasound

In Tertiary care hospital:

- Penile nerves function tests
- Nocturnal Penile Tumescence (NPT)
- Penile biothesiometry
- Dynamic Infusion Cavernosometry (DICC)
- Corpus cavernosometry
- Magnetic Resonance Angiography (MRA)

Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- Epispadias
- Malnutrition
- Epilepsy
- Multiple sclerosis
- Performance anxiety
- Alzheimer's disease
- Widower syndrome

Treatment

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation):

- Vitiating Vatham to be neutralized by administration of purgative medicines
- Fig (*Ficus religiosa*), Rose petals (*Rosa sinensis*), Athimathuram (*Glycyrrhiza glabra*), Chicory (*Cichorium intybus*) in equal ratio. All together make a *kudineer*, add palm jaggery, 30-60 ml, OD early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Poonakkali chooranam -2-5 gm with warm milk, BD, after food.
- Saathikaai Ilagam - 3-5 gm with warm milk, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Chooranam

- Thathubushti chooranam-2-5 gm with warm milk, BD, after food.
- Thottarchiningi chooranam- 2-5 gm with warm milk, BD, after food.
- Thamarai magarantha chooranam- 2-4 gm with palm jaggery, BD, after food.

Ilagam

- Amukkara ilagam -5-10 gm with warm milk, BD, after food.
- Thathubushti ilagam – 5-10 gm with warm milk, BD, after food.
- Mathana kamesvara ilagam- 5-10 gm with warm milk, BD, after food.
- Venpoosani ilagam – 5-10 gm with warm milk, BD, after food

Chendooram

- Naaga chendooram- 100-200 mg with milk /ghee/honey, BD, after food
- Thanga uram -130-260 mg with butter/amukkura chooranam, BD, after food.
- Suyamakkini chendooram-100-130 mg with ginger juice (*Zingiber officinalis*), BD, after food.
- Poorana chandhirodaya chendooram -100-200 mg with honey, BD, after food.

Parpam

- Silasathu parpam-200-400 mg with butter/ghee, BD, after food.
- Thanga parpam- 100-200 mg with honey/ghee/buttermilk, BD after food.
- Muthu parpam- 100-200 mg with butter, BD, after food.
- Velli parpam – 65-130 mg with butter/ thipilli chooranam, BD, after food
- Pavala parpam – 65 mg with madhulai (*Punica granatum*) or murungai (*Moringa oleifera*) seed powder and ghee, BD, after food

Karpam

- Bramathandu magarantha podi karpam- 4-5 gm with honey, BD, after food.
- Malattu karpam- 3-5 gm, BD, after food.
- Sukkila thambana karpam-3-5 gm, BD, after food.

External Medicines**Poochu (Liquid/ Oil Poultice)**

- Earth worm added with equal amount of dried leech powder mixed with sesame oil and boil it, then apply over the penis.

Ennai muzhukku (Oleation)

- Keezhanelli thylam-Quantity sufficient
- Seeraga thylam- Quantity sufficient
- Vettiver thylam- Quantity sufficient

Special Therapies**Siddhar Yoga Maruthuvam**

- Surya namaskaram
- Pachimothasanam
- Navasanam
- Dhanurasanam
- Ardha Machendrasanam
- Siddhasanam
- Garudasanam
- Pavanamuthasanam

- Uttanapadasanam
- Padhakonasanam
- Janusirasasanam
- Ardha chandrasanam
- Savasanam

Varma maruthuvam:

- Kondaikolli varmam
- Sevikutri kaalam
- Vali aththi surukki
- Siriya aththi surukki
- Thandu varmam
- Kallidai kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Learning properly to manage stress and anxiety can also help with erectile dysfunction. Letting stress build up can negatively affect overall health and sexual performance.
- Sleep at least for 8 hours a day.
- Exercise regularly.
- Massaging the body with herbal oil which gives a relief from physical exertion and also acts as aphrodisiac.
- Milk products, nuts and urad dal.
- Practicing yoga and meditation to overcome mental exertion and to cope up with stress.
- Add little ghee in diet.

To Be Added:

Rice:

- Hand pounded rice
- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakkathai rice

Tender vegetables:

- Vendai (*Abelmoschus esculentus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Beet root (*Beta vulgaris*)
- Tomatoes (*Solanum lycopersicum*)

Greens:

- Karisalai (*Eclipta alba*)
- Poonnangaani (*Alternanthera sessilis*)
- Pasali (*Portulaca oleracea*)
- Sirukeerai (*Amaranthus blitum*)
- Murungai (*Moringa oleifera*)
- Venkayam (*Allium cepa*)
- Poondur (*Allium sativum*)

Fruits:

- Maathulai (*Punica granatum*)

- Koiya (*Psidium guajava*)
- Maa (*Mangifera indica*)
- Naval (*Syzygium cumini*)
- Thiratchai (*Vitis vinifera*)
- Nellai (*Phyllanthus emblica*)
- Athhi (*Ficus racemosa*)
- Peritcham pazham (*Phoenix dactylifera*)
- Watermelon (*Citrullus lanatus*)

Nuts:

- Murungai (*Moringa oleifera*)
- Vadhumai (*Prunus dulcis*)
- Dry grapes
- Pista (*Pistacia vera*)

Dairy product:

- Cow's milk
- Dark chocolates

Non-vegetarian diet:

- Velladu (*Capra aegagrus hircus*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Ullan (*Gallinago gallinago*)
- Udumbu (*Varanus bengalensis*)
- Vaazha meen (*Trichosanthesanguina*)
- Prawn (*Penacus indicus*)
- Nathai (*Pila globosa*)
- Ayirai meen (*Cobitis taenia*)
- Zinc in Oysters and Other Shell fish

To be avoided:

- Smoking
- Alcohol
- Hot, spicy and bitter foods
- Tight inner wear
- Hot atmosphere
- Soya products

Others

Complication of the Disease

- Relationship problems
- Anxiety
- Depression
- Embarrassment or low self esteem

Limitation in Siddha System and Condition for Referral:

- Conditions with any secondary infection

NEER ANDAM (HYDROCELE)

Definition

- *Andavatham* is characterized by type of swelling in the scrotum that occurs when fluid collects in the Tunica vaginalis of the testicle.

Synonyms

- *Neer vithai noi*
- *Anda vaayu*
- *Virai veekkam*
- *Virai vatham*

Siddha etiology:

“கொண்டங்கு குடலிற்றங்கிக் குறைந்தொரு விதையிற் றோன்றி
மண்டியே வலித்து வீங்கி மறுவிரை தனிலுந் தோன்றும்
பண்டிலிலொத்து வாங்கும் பகர்ந்திடு மண்டவாத
மண்டரு முனிவர் தாமு மறியவே யுரைக்க லுற்றார்”

- தன்வந்திரி வைத்தியம் இரண்டாம் பாகம் - பாடல் எண் 120

- Increased *Vayu* accumulates in the intestine and causes descending of the intestine into the scrotum leads to pain and swelling of the scrotum on one side later occur on the other side of the scrotum. Also the hernial contents reduce back into the abdominal cavity.

Causes and Influencing Factors:

- Inflammation or injury in the scrotum or along the channel
- Epididymitis
- Tumors
- Blood clots or excessive bleeding
- Scrotal injury
- Congenital cause

Premonitory signs and symptoms

- Painless swelling of one or both testicles

Common Signs and Symptoms

- Discomfort due to enlargement of scrotum
- Heaviness of the swollen scrotum
- Sudden or severe pain in the scrotum
- Pain might be worse in the morning than in the evening

Co-morbid Conditions

- Inguinal hernia
- Recurrent cellulitis
- Depression

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham / Kabam

Siddha Pathogenesis

- It may be explained by increased Vatham with Kabam. In seven udalthathukal Saaram, Senneer, Oon get affected

Investigation:

Envagai thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Vathakabam
Sparisam	-	Swelling present in the scrotum/ tenderness
Naa	-	Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
Constipation Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikuri	-	Oil spreads in the formation of ring/ snake

Modern Medical Investigations:

- Complete blood count
- Complete urine analysis
- Semen culture
- Transillumination examination
- USG Scrotum
- USG Abdomen

In Tertiary care hospital:

- CT - Abdomen and pelvis

Diagnosis

Confirmation of diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Ratha andam* (Hematocele)
- *Thasaiandarogam* (Elephantiasis)
- *Kudal andam* (Inguinal hernia)
- Testicular tumor
- Lipoma of the Spermatic cord
- Testicular torsion
- Epididymitis
- Epididymo - orchitis
- Scrotal edema
- Varicocele

Treatment:

Line of treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Patru (Semi-solid poultice)
 - Kattu (Compress or Bandage)
 - Suttigai (Cautery cauterization)
 - Seelai (Plaster Application)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines

- Agathiyar kuzhambu - 100-200 mg with ginger juice, at early morning in empty stomach for a day

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Kazharchi chooranam - 1- 2 gm with lukewarm water, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kazharchi ennai - 8-15 ml with lukewarm water at early morning in empty stomach for a day
- Koushigar kuzhambu - 125 mg - 500 mg with milk at early morning in empty stomach for a day
- Siddhathi ennai -10 -15 ml with rice cold water at early morning in empty stomach for a day

Internal medicine:

Kudineer:

- Kachakkai kudineer - 30 - 60 ml, BD before food.

Chooranam:

- Amukkara chooranam -1 – 2 gm with honey/milk, BD after food.

Maathirai

- Karuppuvishnu chakkara maathirai (100 mg) - 1-2 pills with palm jaggery, TDS after food.
- Vengaara maathirai (100 mg) - 1-2 pills with water, OD, before food.
- Vajirakandi maathirai (100 mg) - 1-2 pills with honey, BD, after food.

Mezhugu:

- Vaan mezhugu - 50 -100 mg with palm jaggery, BD, after food for 3-5 days.
- Navauppu mezhugu -100-200 mg with palm jaggery, BD, after food for 48 days

Kuzhambu:

- Thaengaai kuzhambu -100-200 mg with honey BD, after food for 7 days

Pathangam

- Thirumoorthi pathangam - 25-50 mg with palm jaggery / castor oil, OD at early morning for 3 days.

Chendooram:

- Abraga chendooram - 65 – 130mg with Notchi (*Vitex negundo*) leaf juice, BD after food.
- Gaandha chendooram - 100-200mg with honey BD, after food for 48days
- Ayaveera chendooram - 50-100mg with honey, BD after food.
- Kalameganarayana chendooram - 30-130 mg with nilavaagai saaru (*Cassia alexandrina*), BD, after food for 45 days

External medicines

Patru (Semi-solid poultice)

- Kazharchi paruppu (*Caesalpinia bonducella*) powder with egg white.
- Murungai (*Murunga oleifera*) ilai patru

- Verali leaf (*Dodonea viscosa*) with salt and egg white.

Kattu (Compress or Bandage)

- Fry Verali (*Dodonea viscosa*) leaf with castor oil, mix it with common salt and egg white and apply as kattu.

Seelai (Plaster Application)

- Mix navacharam powder (Ammonium salt) with water and spread it in cotton cloth (seelai), apply over the scrotum.

Suttigai (Cautery Cauterization)

- Manjal kombu - dried turmeric rhizome (*Curcuma longa*) suttigai in purangal (heel).

Special therapies:

Siddhar Yoga Maruthuvam

- Sarvangasanam
- Halaasanam
- Sirasasanam
- Viperareethakarani
- Pashini mudra
- Karudasanam
- Savasanam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Mild exercises to improve the muscle and tissue tone.

To Be Added:

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)
- Carrot (*Daucus carota subsp.sativus*)

Nuts/ Seeds:

- Badam (*Prunus dulcis*)
- Akhrot (*Juglans regia*)
- Munthiri (*Anacardium occidentale*)
- Sarapparuppu (*Buchanania latifolia*)
- Murungai (*Moringa oleifera*)

Fruits:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus racemosa*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Perrechcham pazham (*Phoenix dactylifera*)

Dairy products:

- Milk
- Butter

Non vegetarian diet:

- Mutton (*Capra aegagrus hircus*)
- Kaadai (*Coturnix coturnix*)

- Fish
- Egg

To Be Avoided:

- Junk food like refined foods, tinned and processed food
- Weight lifting
- Vigorous intensity exercises

Others:

Complication of the disease:

- Inguinal hernia
- Testicular injury after surgery
- Testicular atrophy
- Infertility

Limitation in Siddha System and Condition for Referral:

- Pus collection in scrotum (Scrotal abscess)
- Hematocele

PROSTHAKOLAVEEKAM (PROSTATOMEGALY)

Definition:

- It is a common non cancerous enlargement of the prostate gland that blocks the flow of urine through the urethra. It is often called Benign Prostatic Hyperplasia (BPH)

Causes and Influencing Factors:

- Common in men older than 50 years of age
- Decreased testosterone and increased estrogen level in blood
- Influencing factors are family history, Diabetes mellitus, cardiac disease and use of Beta blockers, obesity and lack of exercise.

Premonitory signs and symptoms:

- A sensation of incomplete emptying of bladder
- Urinary retension
- Slow or delayed urinary stream

Common Signs and Symptoms:

- Dribbling of urine
- Frequency and urgency of micturation
- Nocturia
- Painful micturation
- Recurrent urinary infection
- Hematuria

Co-morbid Conditions:

- Recurrent urinary tract infection
- Urinary incontinence
- Vesical calculi (Bladder stones)

Primary Kutram Affected:

- Kabam/ Vatham

Secondary Kutram Affected:

- Pitham/ Vatham

Siddha Pathogenesis:

- It is explained by increased Kabam along with Pitham, affects abanan and viyanan. In seven udalthathukal saaram, senneer and oon gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vatham/ Kabavatham
Sparisam	-	Tenderness in the both suprapubic region
Naa	-	Normal
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Constipation
Moothiram:		
Neerkuri	-	Yellowish in colour, foul smelled urine
Neikuri	-	Oil may spreads in the form of ring/ pearl.

Modern Medical Investigations:

- Urine analysis
- USG Whole abdomen and Pelvis
- Prostate Specific Antigen (PSA) test

- Serum creatinine
- Blood urea nitrogen (BUN)
- Electrolytes

In Tertiary care hospital:

- Transrectal Ultra Sound scan (TRUS)
- Urodynamic test
- Post void residual
- Cystoscopy
- Intravenous pyelography or urography
- Prostatic biopsy

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Neer adaippu*
- *Neer surukku* (Urinary tract infection)
- *Sottu neer*
- Prostatitis
- Urethral stricture
- Bladder Carcinoma
- Interstitial Cystitis

Treatment:

Line of Treatment:

- Malamilaki (Laxatives)
- Internal medicine
- Varmam maruthuvam
- Dietary advice

Day 1 - Malamilakki (Gentle laxative)

- Moolakudora thylam - 5-10 ml, with lukewarm water/ milk, OD (bed time), after food

Day 2 - First Line of Treatment:

- Mavilingapattai kudineer - 30-60 ml, BD, before food.
- Poonakkali chooranam - 2-3 gm with warm milk, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery BD, after food, 40 days

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Kudineer:

- Nerunjil kudineer - 30-60 ml, BD, before food.

Chooranam:

- Orithazhthamarai chooranam - 2-3 gm with warm milk, BD, after food.
- Amukkara chooranam - 1-2 gm with honey/ ghee/ lukewarm water, BD, after food.
- Kurunthotti chooranam - 2 - 3 gm with warm milk, BD after food.

Nei:

- Vallarai nei - 5-10 ml with warm milk, BD, after food.

- Thanneervittan nei -10-15 ml with warm milk, OD (morning), after food.

Mezhugu:

- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food for 12/25/45 days

Chendooram:

- Vedi annabedhi chendooram -100-200 mg with honey, BD, after food.
- Vedyuppu chendooram - 50-100 mg with honey, BD, after food

Parpam:

- Gungiliya parpam -200-500 mg with buttermilk/ ghee/ tender coconut water, BD, after food
- Nandukkal parpam -200-400 mg with water/ tender coconut water (*Cocos nucifera*)/ raddish (*Raphanus sativus*) /sirupeelai kudineer/ neermuli kudineer, BD, after food
- Vengaara parpam - 65-130 mg with buttermilk, BD, after food
- Silasathu parpam -200-400 mg with butter/ ghee, BD, after food
- Velvanga parpam -65-130mg with ghee/ madhulam poo chooranam/ seeraga chooranam, BD/TDS, after food

External Medicines: -

Special therapies:

Varma maruthuvam:

- Palla varmam
- Anna kaalam
- Kallidai kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

- Plenty of plant protein foods like beans (*Phaseolus vulgaris*), peas (*Pisum sativum*)
- Fruits like strawberries (*Fragaria ananassa*) and other berries, citrus fruits
- Vegetables like garlic (*Allium sativum*), onion (*Allium cepa*), mushroom (*Agaricus bisporus*)
- Nuts, seeds like pumpkin seeds (*Cucurbita pepo*), flax seeds (*Linen usitatissimum*)
- Herbs and spices
- Urinate at regular intervals of 3-4 hours to avoid the embarrassment of hurrying frequently forurination.
- Limit fluid intake especially in the evening and night time to decrease the frequency of urination in night.
- Use double voiding technique which involves trying to urinate again after finishing urination.
- Moderate amount of daily exercise for keeping body weight under control will help control the symptoms of BEP (Benign Enlargement of Prostate).

To Be Avoided:

- Eggs
- Poultry
- Refined grains

- Sugar
- Dairy products
- Red meat
- Intake of medicines like decongestants and anti-histamines which aggravate the symptoms of BEP. If unavoidable, they need to be taken under strict advice of a medically qualified doctor.
- Exposure to excessively cold environment that can aggravate the symptoms of BEP.

Others:

Complication of the Disease:

- Prostatitis
- Prostatic abscess
- Prostatodynia
- Carcinoma of the bladder
- Neurogenic bladder
- Hydronephrosis

Limitation in Siddha System and Condition for Referral:

- If the PSA value is high consider CA of prostate and treat accordingly including surgical removal

THATHU NATTAM (OLIGOSPERMIA)

Definition:

- Oligospermia is defined as an abnormally low concentration of sperms in the seminal fluid. Semen with less than about 15 million sperms per ml is likely to be oligospermia.

Synonyms:

- *Vinthu Nattam*

Causes and Influencing Factors

- Varicocele
- Epididymitis & Orchitis
- Sexually transmitted infections such as Gonorrhoea and HIV
- Retrograde ejaculation
- Anti-sperm antibodies
- Tumors
- Klinefelter's syndrome, Kallmann's syndrome and Kartagener's syndrome
- Medications such as testosterone replacement therapy, antibiotics and anti hypertensive drugs
- Exposure to chemicals, radiation and heavy metals
- Alcoholism
- Smoking
- Obesity and emotional stress
- Drug abuse

Premonitory signs and symptoms:

- Problems with sexual function- low sex drive
- Inability to conceive a child

Common Signs and Symptoms:

- Erectile dysfunction
- Premature ejaculation
- Fatigue
- Depression, lack of concentration
- Decreased facial or body hair
- Scrotal swelling
- Dilated testicular veins

Co-morbid Conditions:

- Alcohol abuse
- Agoraphobia.
- Neurotic depression
- Anxiety neurosis
- Psychosis
- Suicidal tendency
- Anti social personality disorder.

Primary Kutram Affected

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by deranged Vatham. All seven udalthathukal affected

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham / Pithavatham
Sparisam	-	Normal
Naa	-	Normal
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of Snake/Ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Lipid profile
- Serum prolactin
- Serum testosterone
- Serum LH
- Serum PSA.
- Urine.
 - Albumin
 - Sugar
 - Deposits
- Motion
 - Ova
 - Cyst
 - Occult blood
- Urine culture
- VDRL
- Semen analysis.
- USG Doppler study of Scrotum

In tertiary care hospital:

- Penile nerve function
- Corpus cavernosometry
- Transrectal ultrasonogram of prostate and seminal vesicles
- Magnetic Resonance Angiography (MRA)
- Penile Doppler study
- Semen culture
- Anti sperm antibody
- Testicular Biopsy

Diagnosis:

Confirmation of Diagnosis:

- The disease is confirmed by clinical symptoms and laboratory investigations.

Differential Diagnosis:

- Peyronie's disease
- Hypogonadism
- Hypopituitarism (Panhypopituitarism)
- Psychiatric medication

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu - 100 - 200 mg with karkam of tender leaves of sacred fig (*Ficus religiosa*) and cow's milk, OD at early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Amukkara chooranam- 2 - 3 gm with warm milk, BD, after food
- Silasathu parpam- 100 - 200mg with milk, BD, after food.
- Salamisiri ilagam- 3 - 5 gm with warm milk, TDS, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Chooranam:

- Orithal thamarai chooranam- 2 - 3 gm with warm milk, BD, after food.
- Poonakkali vithai chooranam - 2 - 3 gm with warm milk, BD, after food.
- Kurunthotti chooranam - 2 - 3 gm with warm milk, BD, after food.
- Nilappanai kizhangu chooranam- 2 - 3 gm with warm milk, BD, after food.
- Thamarai magarantha chooranam – 1-2 gm with palm jaggery, BD, after food

Nei:

- Thaneervittan nei- 3 - 5 gm with lukewarm water, BD, after food.
- Thoothuvelai nei- 3 - 5 gm with lukewarm water, BD, after food.

Ilagam:

- Venpoosani ilagam- 3 - 5 gm with warm milk, TDS, after food.
- Amukkara ilagam- 3 - 5 gm with warm milk, TDS, after food.
- Saathikaai ilagam -3 - 5 gm with warm milk, TDS, after food.
- Udumbu ilagam - 3 - 5 gm with warm milk, TDS, after food.

Chendooram:

- Aya chendooram – 100-200 mg with honey/ghee/athimathura chooranam (*Glycyrrhiza glabra*)BD after food
- Aya kantha chendooram – 100 - 200 mg with honey, BD, after food
- Poorana chandhirodaya chendooram - 50 - 100 mg with honey, BD, after food
- Ayavelli chenthooram -50 - 100 mg with jathikkai ilagam , BD, after food
- Thanga chenthooram-50 - 100 mg with jathikkai ilagam , BD, after food
- Anabedhi chendooram – 100-200 mg with honey and Amukkara chooranam, BD, after food.

Parpam:

- Naaga parpam – 100 - 200 mg with milk, BD, after food.
- Velli parpam- 65-130 mg with milk/butter, BD, after food.
- Thanga parpam-50 - 100mg with milk/butter, BD, after food.

- Linga parpam -50 - 100mg with milk/butter, BD, after food.

External Medicines:

Ennai muzhukku (Oleation):

- Seeraga thylum - Quantity sufficient
- Kulirthamarai thylam - Quantity sufficient
- Santhanathi thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pathahasthasanam
- Sarvangasanam
- Dhanurasanam
- Padmasanam
- Halasanam
- Veeriyasathambanam
- Kapotasanam
- Mahamudra
- Pranayamam
- Savasanam
- Moola bantham

Varma maruthuvam:

- Palla varmam
- Thandu varmam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

- Sleep at least for 8 hours/ day.
- Do exercise/ yoga regularly at least for 45 mins/day
- Eat a well balanced and nutritious diet
- Wear loose under garments
- Maintain three days gap between two consecutive ejaculations.
- Eat less at dinner time
- Practice kegel exercises
- Manage over weight

To Be Added:

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)

Greens:

- Siru keerai (*Amaranthus giganteus*)
- Pasalai keerai (*Portulaca quadrifida*)
- Thalikai keerai (*Ipomoea sepiaria*)
- Thoothuvalai (*Solanum procumbens*)
- Murungai keerai (*Moringa oleifera*)
- Pirandai (*Ciccus quandrangularis*)
- Kana vazhai (*Commelina benghalensis*)
- Manathakkali (*Solanum nigrum*)

Nuts:

- Verkadalai (*Arachis hypogaea*)
- Badam (*Prunus dulcis*)
- Akhrot (*Juglans regia*)
- Munthiri (*Anacardium occidentale*)
- Kondaikadalai (*Cicer arietinum*)
- Sarapparuppu (*Buchanania latifolia*)
- Ellu (*Sesamum indicum*)
- Ulunthu (*Vigna mungo*)
- Mochai (*Lablab purpureus*)

Non-vegetarian diets

- Mutton (*Capra aegagrus hircus*)
- Kaadai (*Coturnix coturnix*)
- Fish
- Egg

Fruits:

- Madhulai (*Punica granatum*)
- Aththi (*Ficus carica*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Tharpoosani (*Citrullus lanatus*)
- Perecham pazham (*Phoenix dactylifera*)

To Be Avoided

- Drinking alcohol
- Smoking tobacco
- Late night dinner
- Late night sleep
- Tight inner wear
- Exposure to pesticides/ heavy metals/radiation
- Stress and depression
- Hot atmosphere

Others:

Complication of the Disease:

- Anxiety
- Depression
- Decreased self-esteem

Limitation in Siddha System and Condition for Referral:

- Varicocele Grade-III
- Congenital obstructive Azoospermia

*Aasana Vai Noigal/ Moola
Noigal*
(Ano Rectal Diseases)

ASANA VAIVEDIPPU (FISSURE IN ANO)

Definition

- *Asanavai vedippu* is an elongated ulcer or split in the long axis of the lower anal canal i.e, in the area of squamous epithelium and anoderm which includes the external anal margin. It is characterized by severe pain with fissure, inflammation and itching in the anal region.

Synonyms

- *Asanavai kaduppu*
- *Asanavai erichal*

Siddha etiology:

“தத்தையா மதிகமாங் குளிரினாலும்
தரியாத தழச்சியாற் கிரந்தி யாலும்
புத்தையாம் பொருந்தாத உணத்தாலும்
புணர்ச்சியாய்க் கோபத்தாற் சலிப்பினாலும்
கத்தையாம் வெகுகாமம் வேண்டாலும்
கடினமா முப்பாலுங் காரத்தாலும்
மொத்தையாம் வெகுதனங்கள் போனதாலும்
மூலம்வந் துற்பத்தி முனையுந்தானே”

- யுகி வைத்திய சிந்தாமணி

As started above, the *Vali* humour, especially *Abana vayu* is predominantly vitiated. The above song describes the aetiology of *moolam*, these are,

- Exposure to excessive heat and excessive cold
- Anger and frustration
- Anxiety and depression
- Increased sexual desire
- Heavy intake of salt and pungent food
- Scolding the elder people

Causes and influencing factors:

- Straining during bowel movements
- Constipation
- Chronic diarrhoea
- Anal intercourse
- During labour
- Sedentary lifestyle
- Excessive intake of hot and spicy foods/ non-vegetarian diets
- Inflammatory bowel disease (Crohn's disease), anal tuberculosis or syphilis may lead to fissure. Also early stage of anal carcinoma may stimulate fissure

Premonitory signs and symptoms

- Constipation
- Pain provoked by defecation which is sharp, agonizing, tearing in character lasting an hour or more.
- Pain associated with spasm of the anal sphincter persists for several hours.
- Streaks of blood in the stools

Common signs and symptoms

- Burning sensation in anal region during or after defecation.
- Fresh bleeding and mild discharge may present
- Patient tends to become constipated rather than suffer the agony of defecation
- Uneasy to sit, stand, walk for a long period.

- Perianal itching
- Skin tag seen in anal region.

Co-morbid conditions

- Sentinel pile
- Depression
- Chronic constipation

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham

Siddha Pathogenesis

- It is explained by aggravation of Vatham and increase in Pitham. Of all seven udalthathukal, saaram, senneer, oon, kozhuppu get affected.

Investigation

Envagai thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vathapitham / Pithavatham
Sparisam	-	Linear ulcer present in anal region / Warmth with tenderness
Naa	-	Pallor
Niram	-	Normal
Mozhi	-	Low/ high pitched
Vizhi	-	Red / Pale / Yellow
Malam	-	Constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of Ring/ Snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- HIV/ Mantoux test/ Stool culture/ Biopsy of fissure (In case of chronic fissure)
- Digital Rectal Examination

In Tertiary care hospital:

- Flexible Sigmoidoscopy examination
- Colonoscopy examination

Diagnosis

Confirmation of diagnosis:

- By signs and symptoms, physical examination, including a gentle inspection of the anal region and laboratory investigations.

Differential Diagnosis:

- *Ratha moolam* (Bleeding piles)
- *Aasanavai katti* (Perianal abscess)
- *Powthiram* (Fistula in ano)

Treatment:

Line of treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Kalimbu (Ointment)

- Neer (Medicated solution)

➤ Dietary advice

Day 1- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 2- Rest

Day 3- First Line of Treatment:

- Dhratchathy chooranam - 1- 2 gm with warm water, BD after food
- Karunai ilagam - 5-10 gm with warm milk, BD after food
- Moolakudori thylam - 5-10 ml with lukewarm water, HS after food
- Amirtha vennai - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal medicine

Chooranam:

- Thiriphala chooranam - 1- 2 gm with warm water, BD after food.
- Vallarai chooranam - 1- 2 gm with warm water, BD after food.
- Nilavaagai chooranam - 1- 2 gm with warm water, BD after food
- Kopirandai chooranam - 1-2 gm with warm water, BD after food.
- Karunai kizhangu chooranam - 2-3 gm with honey/warm water, BD after food.

Nei:

- Venpoosani nei - 5 - 10 ml with lukewarm water/ warm milk, BD after food.
- Thaneervittaan nei - 5 - 10 ml with lukewarm water/ warm milk, BD after food.
- Naiyuruvi nei - 5 – 10 ml with lukewarm water/ warm milk, BD after food.

Ilagam:

- Thetrankottai ilagam -5-10 gm with warm milk, BD after food.
- Nathai ilagam -5-10 gm with warm milk, BD after food.
- Kumari ilagam -5-10 gm with warm milk, BD after food.

Mezhugu

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD after food for 40 days
- Idivallathy mezhugu - 200-500 mg with palm jaggery, BD after food

Chendooram:

- Naaga chendooram - 65-100 mg with honey/ thirikaduku chooranam/ghee, BD after food.

Parpam:

- Gungiliya parpam - 200-500 mg with butter/ ghee/ tender coconut water, BD after food
- Muthuchippi parpam -200 - 400 mg with milk, BD after food
- Nathai parpam - 100 -200 mg with ghee/ butter, BD after food
- Naaga parpam - 100 - 200 mg with ghee/ butter / thetran ilagam, BD after food

External medicines:

Neer (Medicated Solution):

- Sitz bath with Thiriphala choorana kudineer for 20 - 30 minutes / per day

Ennai muzhukku (Oleation):

- Seeraga thylam - Quantity sufficient
- Karisalai thylam - Quantity sufficient
- Ponnaangani thylam - Quantity sufficient

Special therapies: NA

Duration of treatment:

- Depending upon the severity of disease condition.

Advices:

To be added:

Rice/Kanj:

- Javvarisi kanji (Tapioca pearls - *Manihot esculenta crantz*) food / kanji
- Kaar arisi (Kullakar rice) food / kanji
- Manakathai arisi food /kanji
- Kuruvai arisi (Black rice) food / kanji

Greens:

- Thuththi keerai (*Abutilon indicum*)
- Thalik keerai (*Ipomoea sepiaria*)
- Pasalai keerai (*Portulaca quadrifida*)
- Sukkan keerai (*Rumex vesicaris*)
- Venthaya keerai (*Trigonella foenum graecum*)

Vegetables:

- Raddish (*Rhaphanus sativus*)
- Onion (*Allium cepa*)
- Garlic (*Allium sativum*)
- Cabbage (*Brassica oleracea var. capitata*)
- Tomato (*Solanum lycopersicum*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)

Fruits:

- Aththi (*Ficus recemosa*)
- Pomegranate (*Punica granatum*)
- Banana (*Musa paradisiaca*)
- Grapes (*Vitis vinifera*)
- Koiya (*Psidium guajava*)

To be avoided:

- Spicy foods
- Tubers
- Non vegetarian foods
- Prolonged sitting

Others

Complication of the disease

- Chronic anal fissure
- Infection
- Abscess formation
- Subcutaneous Fistula-in-ano

Limitation in siddha system and condition for referral: --

RATHA MOOLAM (BLEEDING HAEMORRHOIDS)

Definition:

- Hemorrhoids are swollen and enlarged veins in the lower part of the rectum and the anus. It is caused by the derangement of Abanan, characterized by burning sensation, itching, bleeding and constipation.

Synonyms:

- *Kuruthi moolam*

Siddha etiology:

“தத்தையா மதிகமாங் குளிரினாலும் ‘
தரியாத தழச்சியாற் கிரந்தி யாலும்
புத்தையாம் பொருந்தாத உணத்தாலும்
புணர்ச்சியாய்க் கோபத்தாற் சலிப்பினாலும்
கத்தையாம் வெகுகாமம் வேண்டாலும்
கடினமா முப்பாலுங் காரத்தாலும்
மொத்தையாம் வெகுதனங்கள் போனதாலும்
மூலம்வந் துற்பத்தி முனையுந்தானே”

- யுகி வைத்திய சிந்தாமணி

As started above, the *Vali* humour, especially *Abana vayu* is predominantly vitiated. The above song describes the aetiology of *moolam*, these are,

- Exposure to excessive heat and excessive cold
- Anger and frustration
- Anxiety and depression
- Increased sexual desire
- Heavy intake of salt and pungent food
- Scolding the elder people

Causes and Influencing Factors:

- Swollen veins can develop from increased pressure in the lower rectum due to
 - Straining during bowel movements
 - Prolonged sitting on toilet
 - Chronic diarrhea or constipation
 - Obesity
 - Pregnancy
 - Anal intercourse
 - Low fiber diet
 - Inflammatory Bowel Disease
 - Spinal cord injury
- Influencing factors like aging, sedentary lifestyle, eating more oily and processed foods.

Premonitory signs and symptoms:

- Painless rectal bleeding
- Rectal tenesmus
- Blood in the stool

Common Signs and Symptoms:

- Pain, which increases with swelling of external or ruptured haemorrhoids.
- Pruritus ani
- Burning sensation in anal region
- Flatulence
- Tiredness
- Headache

- Constipation

Co-morbid Conditions:

- Anemia
- Lethargy

Primary Kutram Affected:

- Vatham / Pitham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by the aggravation of Pitham associated with Vatham. Of all seven udalthathukal, saaram, senneer, oon and kozhuppu get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham / Pithavatham
Sparisam	-	Swelling, tenderness
Naa	-	Coated
Niram	-	Redness
Mozhi	-	Low pitched
Vizhi	-	Normal/ pallor
Malam	-	Yellow hard stools sometimes blood stained
Moothiram:		
Neerikuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of snake /ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Coagulation profile
- Digital rectal examination
- Proctoscopy

In Tertiary care hospital:

- Colonoscopy
- Sigmoidoscopy

Diagnosis:

Confirmation of Diagnosis:

- Based on the sign, symptoms, laboratory investigations and anorectal examination.

Differential Diagnosis:

- *Viregi putru* (Rectal carcinoma)
- *Viregi adithallal* (Rectal prolapse)
- *Asana vai katti* (Ano rectal abcess)
- *Asana vai vedippu* (Fissure in ano)
- *Pouthiram* (Fistula in ano)
- Colorectal polyp
- Inflammatory bowel disease (crohns disease, ulcerative colitis).

Treatment:

Line of Treatment:

- Malamilaki (Laxatives)
- Internal medicine
- External medicine

- Kattu (Compress or Bandage)
- Patru (Semi-Solid Poultice)
- Poochu (Liquid/Oil poultice)
- Pugai (Medicated fumigation)
- Kalimbu (Ointment)
- Neer (Medicated Solution)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Malamilakki (Gentle laxative)

- Vitiated Vatham to be neutralized by administration of gentle laxatives.
- Moolakudara thylam - 10-15 ml with luke warm water, OD, at early morning in empty stomach

Day 2 – First Line of Treatment:

- Impooral chooranam - 1 – 2 gm with milk, TDS, after food
- Thetrankottai ilagam - 3-6 gm with Naga parpam, BD, after food.
- Naaga parpam - 100-200 mg with butter/ ghee/ karunai ilagam/ thetran kottai ilagam, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Kudineer:

- Manjetti kudineer – 30-60 ml with milk, OD (morning), in empty stomach
- Athimathura kudineer - 30-60 ml, BD, before food
- Murungayathi Kudineer - 30-60 ml, BD, before food
- Karunkali kudineer - 30-60 ml, BD, before food
- Lavangapattai kudineer - 30-60 ml, BD, before food
- Ammanpacharisi kudineer – 30-60 ml, BD, before food

Karkam:

- Seenthil karkam - 5-10 gm with milk, OD (morning), in empty stomach
- Imbooral karkam- 5-10 gm with milk, OD (morning), in empty stomach
- Thuththi ilai karkam - 5-10 gm with milk, OD (morning) in empty stomach

Chooranam:

- Thiriphala chooranam - 1-3 gm with honey/ghee/water, TDS, after food
- Nilavaagai chooranam - 1 - 2 gm with lukewarm water, BD, after food
- Kopirandai chooranam - 1 - 2 gm, with ginger or chukku kudineer or palm jaggery, BD, after food.
- Kadukkai chooranam - 1 - 2 gm with honey/ water, BD, after food.
- Kodiveli chooranam - 1-2 gm with water/ honey, BD, after food.

Vadagam:

- Pirandai vadagam - 500 mg-1 gm, as chewable, BD, after food.
- Vazhai poo vadagam - 500 mg-1 gm, as chewable, BD, after food

Manapagu:

- Aththi pazha manapagu- 10-15 ml, with lukewarm water, BD, after food.

Nei:

- Naiuruvi nei - 5-10 ml with lukewarm water, OD (morning), after food
- Udumbu nei - 5-10 ml with lukewarm water, BD, after food
- Pandri nei - 5-10 ml with lukewarm water, BD, after food

Ilagam:

- Karunai ilagam - 6-12 gm with Nathai parpam/ Naga parpam, BD, after food
- Nathai ilagam - 5-10gm with milk, BD, after food.
- Nellikaai ilagam - 5-10gm, BD, after food.
- Impooral ilagam - 6-12 gm with milk, BD, after food

Chendooram:

- Naaga chendooram - 100-200 mg with thirikadugu chooranam/ milk/ honey/ ghee, BD, after food
- Kaariya chendooram - 100-200 mg with honey, BD, after food
- Velli chendooram - 50-100 mg with honey, BD, after food.
- Thanga chendooram - 32-45 mg with honey, BD, after food
- Thanga chendooram - 32-45 mg with honey, BD, after food

Parpam:

- Nathai parpam - 200-400 mg with ghee/ butter, BD, after food.
- Padigaara parpam - 100-200 mg with ghee/ butter/ milk, BD, after food
- Silasathu parpam - 200-400 mg with butter/ghee, BD, after food.
- Kaariya parpam - 100-200 mg with ghee, BD, after food.
- Velli parpam - 65-130 mg with butter/ thippili chooranam, BD, after food.
- Vellvanga parpam - 100-200 mg with ghee/ madhulampoo chooranam/ seeraga chooranam, BD/TDS, after food.
- Sandarasa parpam - 488 mg with palm jaggery, BD, after food
- Aamaiottu parpam - 200-400 mg with ghee, BD, after food

External Medicines:**Kattu (Compress or Bandage):**

- The kernel of vembu seeds (*Azadiracta indica*) is ground well, warmed gently and applied as a bandage for 3 days to treat anorectal diseases.
- The young leaves of madhulai (*Punica granatum*) are cooked with vinegar and applied as a compressive bandage on anus to treat anorectal disease.

Patru (Semi-Solid Poulitice):

- The tubers of kaanthai (*Gloriosa superba*) made into paste applied

Poochu (Liquid/ Oil Poulitice):

- Seeds of palasu (*Butea monosperma*) is powdered with veeram, alum and ground with egg yolk and rolled into pills of 130 mg and shade dried, kept in a closed clay pottery, pit made and combusted. The oil is applied in anal region for 3 days at bed time

Pugai (Medicated Fumigation):

- Agathiyar kuzhambu pugai - Quantity sufficient

Kailmbu (Ointment Application):

- Gungiliya vennai - Quantity sufficient
- Amirtha vennai - Quantity sufficient

Neer (Medicated Solution):

- Thiriphala kudineer- Quantity sufficient
- Othiyam pattai kudineer- Quantity sufficient
- Pancha nalmarathi kudineer- Quantity sufficient
- Athipattai kudineer- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

Mudhra: Ashwini muthirai - 5-10 times /2 times a day.

Asanas:

- Vipareethakarani
- Sarvangasanam
- Sirasasanam
- Mayurasanam
- Pranayamam
- Savasanam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Drink plenty of water
- Take regular oil bath twice a day
- Take fiber content diet
- Need proper stooling pattern
- **Sitz bath:** with triphala chooranam 5 minutes twice a day, 10 – 28 days.

To Be Added:

Rice/ Kanji:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Javvarisi kanji (Tapioca pearls - *Manihot esculenta crantz*)
- High fibre diet

Vegetables:

- Atthi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Vendai (*Hibiscus esculentus*)
- Vaazhai poo (*Musa paradisiaca*)
- Murungai (*Moringa oleifera*)
- Vellari (*Cucumis sativus*)
- Pudalai (*Tricosanthes cucumerina*)
- Sunadi (*Solanum torvum*)

Greens:

- Pasalai (*Portulaca quadrifida*)
- Venthayam (*Trigonellum foenum-graecum*)
- Murungai (*Moringa oleifera*)

Tubers:

- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Senai kizhangu (*Colocasia esculenta*)

Fruits:

- Vazhai (*Musa paradisiaca*)
- Dry grapes

Dairy products:

- Cow's milk
- Ghee

To Be Avoided:

- Prolong sitting posture
- Spicy food
- Hot and sour tastes
- Tubers (except karunai kizhangu- *Amorphophallus paeoniifolius*)
- Constipating foods like cheese, unripe fruits.
- Alcohol and smoking

Others:

Complication of the Disease:

- Strangulation
- Thrombosis
- Anemia
- Gangrene
- Fibrosis
- Ulceration
- Peri anal abcess

Limitation in Siddha System and Condition for Referral:

- Excessive bleeding

VELI MOOLAM (EXTERNAL HAEMORRHOIDS)

Definition:

- It is defined as swollen or inflamed veins located at / distal to the pectinate line, covered by anodermal epithelium or skin. *Veli moolam* is caused by the derangement of Abanan characterised by varying degrees of pain, palpable mass, burning sensation, itching in and around the anus, difficulty in passing stool.

Synonym:

- *Eruvaimulai noi*
- *Mulai noi*
- *Moola noi*

Siddha etiology:

“தத்தையா மதிகமாங் குளிரினாலும்
தரியாத தழச்சியாற் கிரந்தி யாலும்
புத்தையாம் பொருந்தாத உணத்தாலும்
புணர்ச்சியாய்க் கோபத்தாற் சலிப்பினாலும்
கத்தையாம் வெகுகாமம் வேண்டாலும்
கடினமா முப்பாலுங் காரத்தாலும்
மொத்தையாம் வெகுதனங்கள் போனதாலும்
மூலம்வந் துற்பத்தி முனையுந்தானே”
- பூகி வைத்திய சிந்தாமணி

As started above, the *Vali* humour, especially *Abana vayu* is predominantly vitiated. The above song describes the aetiology of *moolam*, these are,

- Exposure to excessive heat and excessive cold
- Anger and frustration
- Anxiety and depression
- Increased sexual desire
- Heavy intake of salt and pungent food
- Scolding the elder people

Causes and Influencing Factors:

- Straining during bowel movements
- Chronic diarrhoea or constipation
- Prolonged sitting
- Obesity
- Pregnancy
- Anal intercourse
- Low fibre diet

Premonitory signs and symptoms:

- Itching and irritation in anal region
- Pain or discomfort
- Swelling around the anus

Common Signs and Symptoms

- Develop as sudden onset with olive shaped, bluish subcutaneous swelling.
- Bleeding during defecation
- Protrusion of skin during defecation
- Sensitive lumps

Co-Morbid Conditions:

- *Powthiram* (Fistula)
- *Asana vedippu* (Fissure in ano)
- *Mega katti* (Condyloma) etc.

Primary Kutram Affected:

- Vatham/ Pitham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by aggravation of Vatham and increase in Pitham. In seven udalthathukal, saaram, sennear, oon, kozhuppu get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Pithavatham/ Vathapitham
Sparisam (Rectal examination)	-	A mass or lump present in anal region, tenderness, warmth
Naa	-	Coated/ dryness/ pallor
Niram	-	Dark coloured / pallor
Mozhi	-	Low pitched
Vizhi	-	Normal / dryness/ pallor
Malam	-	Constipation / darkened/ with blood strain
Moothiram	-	
Neerkuri	-	Yellowish in colour/ tamarind odour
Neikuri	-	Oil may spreads in the form of ring/ pearl/ mixed pattern

Modern Medical Investigations:

- Digital rectal examination
- Complete blood count (CBC)
- Proctoscopy/ Anoscopy
- Colonoscopy to exclude large bowel pathology if needed.

Diagnosis:**Confirmation of Diagnosis:**

- The disease is confirmed by physical examination.

Differential Diagnosis:

- *Powthiram* (Fistula)
- *Asana vedippu* (Fissure in ano)
- *Eruvaai adithalal* (Rectal prolapse)
- *Kudal kirumi* (Intestinal worms)
- *Mega katti* (Condyloma)

Treatment:**Line of Treatment:**

- Malamilaki (Laxatives)
- Internal medicine
 - Kattu (Compress/ Bandage)
 - Pattru (Poultice)
 - Otradam (Foementation)
 - Poochu (Liquid/ Oil Poultice)
 - Pugai (Medicated Fumigation)
 - Neer (Medicated Solution)
 - Kalimbu (Ointment)
 - Aruvai (Surgical Application)
- Siddhar yoga maruthuvam
- Dietary advice

First Line of Treatment:

- Kavizhthumbai veer chooranam – 1- 2 gm with ghee, BD, after food for 48 days
- Thetrankottai ilagam – 5-10 gm with warm milk, BD, after food
- Nathai parpam - 130 – 260 mg with ghee/ butter, BD, after food
- Moolakudara thylam - 5-10 ml with lukewarm water/ warm milk, OD (bed time), after food
- Gungiliya vennai – Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Gentle Laxative):

- Meni thylam - 5-10 ml with lukewarm water or warm milk, OD (bed time), after food
- Nilavaagai chooranam - 1-3 gm with lukewarm water, OD/BD, after food

Internal Medicine:

Chooranam:

- Kuppaimeni veer chooranam - 1-2 gm with ghee BD, after food for 48 days
- Koppirandai chooranam - 1-4 gm chukku kudineer / castor oil, BD, after food for 48 days
- Chundai vatral chooranam – 1-2 gm with buffalo curd/ milk, BD, after food

Mezhugu:

- Rasagandhi mezhugu- 250 -500 mg with palm jaggery, BD, for 48 days

Nei:

- Naiyuruvi nei – 5-10 ml with lukewarm water, OD (morning), after food, 48 days.
- Adathodai nei – 5-10 ml with chukku kudineer / lukewarm water, BD, after food
- Vallarai nei - 5-10 ml with warm milk, BD, after food

Ilagam:

- Karunai ilagam – 5-10 gm with warm milk, BD, after food
- Mahavallathi ilagam – 3-5 gm with warm milk, BD, after food for 40 days
- Nathai ilagam-5-10 gm with warm milk, BD after food.

Parpam:

- Naaga parpam – 100-200 mg with butter/ ghee/ thetrankottai ilagam/ karunai ilagam, BD, after food
- Vanga parpam – 100-200 mg with ghee/ butter/ honey, BD, after food
- Velli parpam – 65-130 mg with butter/ thippilli chooranam, BD, after food
- Aamaiottu parpam – 100-200 mg with ghee, BD, after food

Karpam:

- Bhavana kadukkai – 1-2 tabs, as chewable, before or after food for 40 days

External Medicines:

Kattu (Compress/ Bandage):

- The young leaves of madhulai (*Punica granatum*) are cooked with vinegar and applied on anus.

Patru (Semi-Solid Poulitice):

- Rice of kambu (*Pennisetum typhoides*) is boiled with kambu leaf juice in a clay pottery and filtered. Everyday add fresh water up to 8 days and ground with leaves for external application on anal region

Ottradam (Foementation):

- Tender leaves of madhulai (*Punica granatum*), Avarai (*Cassia auriculata*), Neerpula (*Phyllanthus reticulatus*), Aagaaya thamarai (*Pistia stratiotes*) and

Poondu (*Allium sativum*) are fried and tied in a cloth used for foementation.

Poochu (Liquid/ Oil Poultice):

- Thuththi thylam - Quantity sufficient

Pugai (Medicated Fumigation):

- Seeds of peerku (*Luffa acutangula*) are burnt. This pugai is applied in anal region.
- Agathiyar kuzhambu pugai – Quantity sufficient

Neer (Medicated Solution):

- Sitz bath - Lukewarm water with Thiriphala chooranam, Manjal (*Curcuma longa*) and Kuppaimeni (*Acalypha indica*) chooranam, *Aloe vera*
- Sitz bath – Agathi keera kudineer with turmeric powder (*Curcuma longa*)

Kalimbu (Ointment application):

- Amirtha vennai – Quantity sufficient

Aruvai (Surgical Application):

- Kaaranool therapy - Ligating the external pile mass/ skin tag.

Special Therapies:

Siddhar Yoga Maruthuvam

- Pachimothasanam
- Sarvangasanam
- Matsyaasanam
- Aswini muthirai – 15 counts for 2 times/ day

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

- Oil bath - twice a week
- Drink plenty of water

To Be Added:

- Warm porridge

Vegetables:

- Raddish (*Rhaphanus sativus*)
- Onion (*Allium cepa*)
- Garlic (*Allium sativum*)
- Green leafy vegetables
- Cabbage (*Brassica oleracea var. capitata*)
- Tomato (*Solanum lycopersicum*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)

Dairy products:

- Clarified butter
- Milk
- Butter milk

Fruits:

- Fig (*Ficus recemosa*)
- Pomegranate (*Punica granatum*)
- Banana (*Musa paradisiaca*)
- Grapes (*Vitis vinifera*)
- Koiya (*Psidium guajava*)

To Be Avoided:

- Straining while defecation
- Prolonged sitting

- Night shift work
- Hot foods
- Root tubers except Karunai
- Spices
- Mustard (*Brassica nigra*)
- Coffee and tea
- Smoking and alcohol consumption
- Chicken (*Gallus gallus domesticus*)
- Sea foods

Others:

Complication of the Disease:

- Anaemia
- Strangulated haemorrhoids
- Fissures in the anal region
- Fistula in the anal region.

Limitation in Siddha System and Condition for Referral:

Pillai Pinigal/ Paalar Pinigal **(Pediatric Diseases)**

MAANTHAM (GASTRO INTESTINAL DISEASES IN PEDIATRICS)

Definition:

- A sluggish nature / behavior (mentally or physically) of child observed during the first year of age due to changes in the food habits of lactating mother and from 1-3 years due to alteration in the food habits of the child. A condition in which there are sluggish bodily functions especially of the GIT and sometimes even mental functions.

Synonym:

- *Mantham*

Siddha etiology:

“மந்தமது வரலாறு சொல்லக் கேளீர்
மாதரோடு பாலகரு மருந்துந் தீனி
சேர்ந்ததொரு பால்தனிலே விசந்தான் கொண்டு
சிறுவருக்கு உதரத்தில் மந்தம் பற்றி
ஊர்த்தெழுந்த திரையினால் விரணங்கொண்டு
உள் விரணம் பல நோவு உறவ தாகி
சார்ந்த மலம் சிக்கியதில் தோச முண்டாய்
தானெழும்பும் மாந்தவகை சாற்று வேனே”

–பிள்ளை பிணி மருத்துவம்

- *Mantham* occurs in children due the diet taken by the mother and the child, who causes indigestion and other related diseases. During the period of exclusive breast feeding if the mother takes food which is not digestible in large amounts. The child becomes affected by *Mantha Noi* due the intake of mother's devitalized milk. The psychological feelings of the mother also affect the quality of milk given to the child.
- During the weaning period, due to the diet taken by both the mother and the child causes *Mantha Noi*. The psychosomatic feelings of mother like hunger, poverty, anger, fear, desire affects the efficacy of the milk fed to the child in this period.
- During the late weaning period, the disease occurs mainly due to the improper food habits of children like taking not easily digestible foods, taking cleanness foods, taking irregular meal and taking imbalanced diet. Malnourished children are also affected by *Mantham*.

Causes and Influencing Factors:

- Poor intake of balanced diet
- Inadequate breast feeding

Premonitory signs and symptoms:

- Indigestion
- Goosing of hair
- Diarrhoea

Common Signs and Symptoms:

- Heaviness of the body
- Excessive sweating
- Fatigue
- Sunken eyes
- Paleness
- Dryness of mouth
- Poor feeding
- Frequent vomiting
- Loss of appetite
- Stools may be watery or mucoid or milky in nature

- Febrile fits
- Chillness of limbs
- Continuous/ intermittent fever

Co-morbid Conditions:

- Diarrhoea
- Seizures

Primary Kutram Affected:

- Vatham /Pitham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis

- It may be explained by increased Vatham / Pitham altered with Kabam and decreased Saaram, Senneer, Oon and in some condition kozhuppu.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	–	Vathapitham/ Pithavatham/ Vathakabam
Sparisam	-	Dryness/ warmth /chillness
Naa	-	Pallor/ coated
Niram	-	Pallor
Mozhi	-	Normal
Vizhi	-	Pallor
Malam	-	Diarrhoea
Moothiram -		
Neerkuri	-	Volume reduced/ frothy urine.
Neikuri	-	Oil may spreads in the form of snake/ ring/ pearl.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Stool examination

Diagnosis**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Thodam*
- *Kazhichal*

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Thuvalai
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiating Vatham to be neutralized by administration of purgative medicines.
- Mantha ennai – 2-5 ml with milk/ lukewarm water at early morning in empty stomach

Day 2 – Rest

Day 3 – First Line of Treatment:

- Mukkadugu kudineer - 5-10 ml, BD, after food
- Panchadeepakini chooranam - 500- 1 gm with ghee/ honey, BD, after food
- Urai maathirai - 1 pill with mothers milk, BD, after food
- Oma theeneer - 3-5 ml with lukewarm water, BD, after food

Other Medication:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease and age of the child)

Kazhichal Maruthuvam (Purgation):

- Sanjeevi maathirai - $\frac{1}{4}$ / $\frac{1}{2}$ / 1 pill with honey at early morning in empty stomach for one day.
- Lavangaathi maathirai - $\frac{1}{2}$ - 1 pill with lukewarm water at early morning in empty stomach

Internal Medicine:**Surasam:**

- Thumbai surasam - 10-16 ml, BD, after food for 3 days.
- Notchi surasam - 2-3 ml, BD, after food for 3 days.
- Vishnukiranthi surasam – 2-3 ml, TDS, after food for 3 days.
- Vethupadaki surasam - 2-3 ml, BD, after food for 3 days.
- Vetrilai surasam - 2-3 ml, BD, after food for 3 days.

Saaru:

- Notchi saaru - 5-10 ml, OD (morning), after food for 3 days.
- Veliparuthi saaru - 5-10 ml, BD, after food for 3 days.
- Poduthalai saaru - 5-10 ml, BD, after food for 3 days.

Kudineer:

- Nunna karukku kudineer - 5-10 ml, BD, after food
- Manjanaththi kudineer - 5-10 ml, BD, after food
- Uththamani kudineer - 5-10 ml, BD, after food
- Poduthalai kudineer - 5-10 ml, BD, after food
- Poovarasu kudineer - 5-10 ml, BD, after food
- Vellai kudineer - 5-10 ml, BD, after food
- Oma kudineer - 5-10 ml, BD, after food
- Maasipachai kudineer - 5-10 ml, BD, after food for 3/ 5/ 7days

Karkam:

- Vetrilaikambu karkam - 2-5 gm with lukewarm water, BD, after food.
- Kurottai karkam - 2-5 gm, BD, after food.
- Veliparuthi karkam - 2-5 gm, BD, after food.
- Poduthalaikaai karkam - 10-12 gm, BD, after food for 3-5 days.

Chooranam:

- Thayirchundi chooranam - 500- 1 gm with lukewarm water, BD, after food
- Thirikadugu chooranam - 500- 1 gm with honey, BD, after food
- Sagalamantha chooranam - 500- 1 gm with milk, BD, after food
- Elathy chooranam - 500- 1 gm with honey/ milk, BD, after food
- Chundaivatral chooranam - 500- 1 gm with buffalo curd, BD, after food

Manapagu:

- Madhulai manapagu - 3-5 ml with lukewarm water, BD after food

Nei:

- Veliparuthi nei - 3 - 5 ml, BD, after food.
- Uththamani nei - 3 -5 ml, BD, after food.
- Pungu nei -10- 20 ml, OD (morning), after food for 9 days.
- Chukku nei -130-160 mg, BD, after food for 3 days.

Rasayanam:

- Inji rasayanam - 500 mg – 1 gm with lukewarm water/ milk, BD, after food

Ennai:

- Poondu ennai - 130 – 160 mg, BD, after food.

Maathirai:

- Kasthuri maathirai - ½ - 1 pill with mother's milk, BD, after food
- Mantha maathirai - ½ - 1 pill with lukewarm water, BD, after food.
- Korosanai maathirai - ½ - 1 pill with mother's milk, BD, after food for 3-5 days.

Theeneer:

- Sombu theeneer - 3-5 ml with lukewarm water, BD, after food

External Medicines:

Pugai (Medicated

fumigation):

- Mayiliragu pugai
- Maanthasanni pugai

Ennai muzhukku (Oleation):

- Arakku thylam – Quantity sufficient
- Chukku thylam – Quantity sufficient

Special Therapies:

Thuvalai:

- Chinni thuvalai
- Vaeliparuthi thuvalai

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

- Milagu rasam
- Seeraga rasam
- Rice porridge

To Be Avoided:

- Contaminated water
- Ghee and buttermilk
- Banana (*Musa paradisiaca*)
- Coconut (*Cocos nucifera*)
- Groundnut (*Arachis hypogaea*)
- Jaggery (*Saccharum officinarum*)
- Tamarind seed (*Tamarindus indica*)
- Dhal (*Cajanus cajan*)
- Carbohydrate rich foods

- Bittergourd (*Momordica charantia*)
- Uluvai meen (*Channa striata*)
- Pomfret - Vavval meen (*Pampus argenteus*)
- Pork (*Sus scrofa*)
- Indian goat fish – Kendai meen (*Parupeneus indicus*)
- Chicken (*Gallus gallus domeaticus*)
- Chocolates
- Sweets
- Citrus fruits
- Spicy foods
- Oily foods

Others:

Complication of the Disease:

- Recurrent infections
- Malnutrition

Limitation in Siddha System and Condition for Referral:

- Delirium
- Febrile seizure

MANJAL KAAMALAI (PEDIATRIC JAUNDICE)

Definition:

- Manjal kaamalai is defined as the yellowish discolouration of urine, conjunctiva, tongue and skin. It is due to the breakdown of red blood cells which release bilirubin into the blood and due to the immaturity of the newborn's liver which cannot effectively metabolize the bilirubin and prepare it for excretion into the urine.

Synonyms:

- *Pithunoi*
- *Kaamala*
- *Kaamila*

Causes and Influencing Factors:

- **Hemolytic causes:**
 - Membrane conditions - Hereditary Spherocytosis, Hereditary elliptocytosis
 - Enzyme conditions - Glucose-6-phosphate dehydrogenase deficiency (G6PD deficiency), Pyruvate kinase deficiency
 - Globin synthesis defect - Sickle cell disease, Alpha-thalassemia, e.g. HbH disease
 - Systemic conditions - Sepsis, Arteriovenous malformation
 - Alloimmunity (Isoimmunity) - Rh disease, other blood type mismatches causing hemolytic disease of the newborn
- **Non-hemolytic causes:**
 - Breastfeeding jaundice
 - Breast milk jaundice
 - Cephalohematoma
 - Polycythemia
 - Urinary tract infection
 - Sepsis
 - Hypothyroidism
 - Gilbert's syndrome
 - Crigler-Najjar syndrome
 - High GI obstruction (Pyloric stenosis, Bowel obstruction)
- **Infections:**
 - Sepsis, Hepatitis A, Hepatitis B, TORCH infections
- **Metabolic:**
 - Galactosemia, Alpha-1-antitrypsin deficiency, Cystic fibrosis, Dubin-Johnson Syndrome, Rotor syndrome

Premonitory signs and symptoms:

- Yellowish decolourisation of skin and sclera typically starts at the head and spreads to the chest, stomach, arms and legs

Common Signs and Symptoms:

- Drowsiness
- Pale stools - breast-fed babies should have greenish-yellow stools, while those of bottle fed babies should be a greenish-mustard color
- Poor sucking or feeding of milk
- Dark urine

Symptoms of severe infant jaundice include

- Yellow abdomen or limbs

- Drowsiness
- Inability to gain weight
- Poor feeding
- Irritability

Co-Morbid Conditions:**Primary Kutram Affected:**

- Pitham

Secondary kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by increased Pitham that influences Kabam, affect viyanan. In seven udalthathukal Senneer get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Pithakabam
Sparisam	-	Warmth
Na	-	Yellowish discoloration present in tongue
Niram	-	Yellowish discoloration present in skin
Mozhi	-	Irritable crying
Vizhi	-	Yellowish discoloration present in eyes
Malam	-	Pale stools
Moothiram	-	Yellowish discoloration present in urine
Neerkuri	-	Urine is saffron red in colour
		Urine foam is yellow/ black/ red in colour
Neikuri	-	Oil may spread in the form of ring/pearl

Modern Medical Investigations

- Complete Blood Count (CBC)
- Serum total bilirubin (STB)
- Blood group, Rh typing
- Direct and Indirect Coombs' test
- Smear reticulocyte count
- Peripheral hematocrit
- Thyroid function test
- Blood culture
- Test for red cell enzymes, eg. G6PD, pyruvate kinase, etc
- Liver Function Test (LFT)
- Urine Analysis
- Urine microscopy
- Genetic study

Diagnosis**Confirmation of Diagnosis:**

- Based on the signs and symptoms and laboratory investigations.

Differential Diagnosis:

- Cirrhosis
- Choledochal cyst
- Choledocholithiasis
- Round worm obstruction
- Bile duct stricture

- Familial conjugated hyperbilirubinemia
- Acute hepatocellular diseases- viral, bacterial or parasitic metabolic abnormalities, drugs, toxins, nutritional
- Chronic hepatocellular diseases- autoimmune (infective, vascular)
- Pediatric hypothyroidism

Treatment:**Line of Treatment:**

- Vamana maruthuvam (Therapeutic emesis)
- Internal medicine
- Dietary advice

Day 1- Vamana Maruthuvam (Therapeutic Emesis)

- Vitiating pitham to be neutralized by administration of emetic medicines.
- The juice of unripe Papaya (*Carica papaya*) - 15-30 ml is taken internally followed by intake of lukewarm water.

Day 2- Rest**Day 3- First Line of Treatment:**

- Keezhanelli karkam -1-2 gm, BD, before food
- Santha Santhrothya maathirai - 1-2 pills with ginger juice (*Zingiber officinalis*) /honey, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kuppaimeni (*Acalypha indica*) leaves and Thagarai (*Cassia tora*) leaves (one fistful each) and Marukkarai (*Randia dumetorum*) (10 nos) are added to 650 ml of water and heated till the volume is reduced to 84 ml. It is then filtered. The filtrate is taken internally which induces vomiting once or twice and diarrhea once at early morning in empty stomach.
- Keezhanelli surasam - Juice of keezhanelli (*Phyllanthus niruri*) (84 ml) is placed in a mudpot boil them for a while, allow it to cool and filter. Then it is taken internally at early morning in empty stomach.

Internal Medicines

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kudineer

- Keezhanelli kudineer -10-30 ml, OD, at early morning in empty stomach.

Karkam

- Athimathura karkam -3-5 gm, BD, before food

Maathirai

- Elathy chooranam (500 mg) – 1-2 tabs with buttermilk, BD/TDS, after food.
- Panchadeepagini maathirai (500 mg) – 1-2 tabs with ghee, BD/TDS, after food.

Chendooram

- Suyamakini chendooram -50-100 mg with Seerga chooranam or Seenthil chooranam, BD, after food

Parpam

- Kariyuppu parpam - 50-100 mg with oma ilagam, BD, after food.

Karpam

- Bhavana kadukai maathirai (500 mg) – 1-2 tabs as chewable, BD, after food.

Duration of Treatment:

Continue the medicines regularly for at least 3 months

Advices:

To Be Added

- Intake of lot of fluids
- Liquid diet for at least 5 days
- Light diet like cereal porridge
- Keerai thandu (*Amaranthus gangeticus*)
- Mullu keerai (*Amaranthus spinosus*)
- Spinach (*Spinacia oleracea*)

Tender Vegetables-

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)

To Be Avoided

- As appetite is very much affected in this disease, hard dietary items should not be given.
- Oil, spices, ghee, butter, salt, cream, pickles
- Refined foods
- Junk foods
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)

Complication of the Disease:

- Liver failure
- Hyperbilirubinemic encephalopathy
- Neurological damages like cerebral palsy, epilepsy, cognitive deficits, Auditory neuropathy or Sensorineural hearing loss (SNHL)

Limitation in Siddha System and Condition for Referral:

- Hepatic encephalopathy
- Hepatorenal syndrome
- Severe obstructive or surgical jaundice

OOTASATHUKURAIVU/ AZHAL OOTHAL (MAL NUTRITION)

Definition:

- It is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients with distended abdomen, emaciation, pallor and cutaneous lesions

Synonym: -

Causes and Influencing Factors:

- Poverty
- Dysphagia
- Anorexia nervosa
- Bulimia
- Gluten intolerance
- Persistent diarrhoea, vomiting or both

Premonitory signs and symptoms:

- Loss of appetite
- Tiredness and irritability

Common Signs and Symptoms:

- Inability to concentrate
- Weight loss
- More prone to infection
- Prolonged healing time for wounds

Mild malnutrition:

- Growth failure
- Anaemia
- Infection
- Diminished activity
- Skin and hair changes

Moderate to severe malnutrition:

- Marasmus:
 - Persistent dizziness
 - Dehydration
 - Chronic diarrhoea
 - Stomach shrinkage
 - Wasting of fat and muscles
 - Monkey face
 - Baggy pants appearance of the buttocks
- Kwashiorkor:
 - Pitting edema in ankles and feet
 - Muscle wasting
 - Irritability
 - Skin changes- flaky rash or enamel spots
 - Smooth tongue
 - Cheilosis
 - Angular stomatitis
 - Flag sign in hair
 - Anorexia
 - Anaemia
 - Glomerular filtration or renal plasma flow are diminished

- Bradycardia
- Diminished cardiac output
- Hypotension

Co-Morbid Condition:

- Anaemia
- Edema

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis:

- It is affected by deranged Vatham along with Pitham. All the seven udalthathukal get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vathapitham/ Kabavatham
Sparisam	-	Dryness / cold
Naa	-	Coated
Niram	-	Dark / pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Constipation
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spread in the form of a snake/ ring/ pearl

Modern Medical Investigations

- Anthropometry assessment
- Protein nutritional status
- Complete Blood Count (CBC)
- Serum proteins
- C- reactive protein (CRP)
- Lipid profile
- Renal Function Test (RFT)
- Liver Function Test (LFT)
- Serum electrolytes
- Urine analysis

Diagnosis

Confirmation of Diagnosis

- Based on the signs and symptoms and laboratory investigations.

Differential Diagnosis:

- Chronic kidney disease
- Cirrhosis of liver
- Inflammatory Bowel Disease

Treatment:

Line of Treatment:

- Internal medicine
- Dietary advice

First Line of Treatment:

- Amukkara chooranam – 300 mg – 1 gm with ghee/ milk/ honey, BD, after food
- Madhulai manapagu - 5 – 10 ml with luke warm water, BD, after food
- Thetrankottai ilagam – 3 – 5 gm with milk, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines

Chooranam

- Elathy chooranam – 500 mg – 1 gm with honey/ milk/ lukewarm water, BD, after food
- Karisalai chooranam – 1 – 2 gm with honey, BD, after food
- Panchadeepakini chooranam – 1-2 gm with milk, BD, after food

Ilagam:

- Karisalai ilagam - 3 – 5 gm with milk, BD, after food
- Venpoosani ilagam - 3 – 5 gm with milk, BD, after food
- Narrathai ilagam - 2 – 5 gm with milk, BD, after food
- Nelikkai ilagam - 3 – 5 gm, BD, after food

Chendooram:

- Annabedhi chendooram - 50 - 100 mg with honey, BD, after food
- Logamandoora chendooram – 50 -100 mg with honey, BD, after food

Karpam:

- Ayasambeera karpam – ½ piece, BD, after food
- Ayabhiringaraja karpam – 100 - 200 mg with honey/ ghee/ lemon juice (*Citrus limon*)/ curd, BD, after food

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices

To Be Added

- Samba rice
- Aval
- Palm jaggery
- Uzhunthan kali
- Venthaya kali
- Adai
- Egg
- Meat
- Milk
- Soya beans
- Cod liver oil
- Vallarai leaves (*Centella asiatica*) with milagu (*Piper nigrum*)
- Madhulai (*Punica granatum*)
- Pappali (*Carica papaya*)
- Nelli (*Phyllanthus emblica*)
- Aththi (*Ficus racemosa*)
- Perichu (*Phoenix dactylifera*)
- Sevvazhai (*Musa acuminata*)
- Naval (*Syzygium cumini*)

- Oranges (*Citrus sinensis*)
- Lemon (*Citrus limon*)
- Grapes (*Vitis vinifera*)
- Tomato (*Solanum lycopersicum*)
- Cabbage (*Brassica eleracea var. capitata*)
- Millets
- Pulses / Cereals
- Unpolished rice
- Groundnut (*Arachis hypogaea*)
- Oil seeds
- Green vegetables
- Green leaves

To Be Avoided:

- Smoking
- Alcohol
- Hot, spicy, bitter foods and junk foods

Others

Complication of the Disease

- Serious infections, especially septicaemia or pneumonia.
- Gastroenteritis, tuberculosis, measles and AIDS often precipitate kwashiorkor.
- Hypoglycaemia
- Hypothermia
- Heart failure
 - Bleeding, usually purpura
 - Anaemia due to protein and iron deficiency
 - Electrolyte imbalance, especially potassium deficiency.
 - Sudden death.

Limitation in Siddha System and Condition for Referral:

- Serious infections, especially septicaemia or pneumonia
- Heart failure

SIRASTHAMBAVATHAM (CEREBRAL PALSY)

Definition:

- *Sirasthambavadham* is defined as a group of motor disorders in the development of movement and postural, causing limitation of activity that are attributed to non-progressive disorder that occurred in the developing brain. The disorders of cerebral palsy are frequently accompanied by disturbances of cognition, sensation, communication and behaviour.

Synonyms:

- *Sirakambavatham*
- *Sirasthambavatham*

Siddha etiology:

In the text *Mathalai noi II*,

“சொல்லி பாலர் வாதம் தொடர்ந்திடும் விவரம் கேளு
மெல்லியான் கருவில் வந்து விரும்பியே தசவாயுக்கள்
நல்லிய யியல்பில்லாமல் நாதமும் சேருமாகில்
தல்லிய குணவும் விட்டு தளர்ந்திடும் நரம்பு தானே

தந்தையும் தாயும் கூடித்தழுவியே புணர்ந்த நாளில்
வந்தமுன் செய்ததோம் மருவியே கெற்பக்கூட்டில்
விந்தையாம் கரத்தினோடே வேங்குழலோட்டம் போலே
அந்த நாளுறுப்பை தொட்டு அடர்ந்திடு மென்னலாமே

அடர்ந்திடும் சடத்திலேதான் அக்கினி கணக்கில் நின்று
துடர்ந்துதான் துறைந்தும் மீறி சுகமுற்று குளிச்சையாகில்
உடனந்த கர்ப்பந்தனில் உருவியே யமந்த நோக்கம்
நடந்துமே நாற்பத்து நால்மாதம் - வருத்தின் மேலே

மேல் தாவியது என்று மிகுந்திடும் மூன்று ஐந்தும்
காலமாமதனின் மேலும் கண்டிடுமீராற் மட்டும்
சீலமாய் வந்து வாதம் சீசக்களுக்கு துடருமென்று
சாவே முனிவன் தானும் சொன்னா பாலற்க்கென்றே”

Causes and Influencing Factors:

- The brain damage that leads to CP can happen before birth, during birth, within a month after birth or during the first years of a child's life, while the brain is still developing.
- Congenital cerebral palsy is the brain damage that happened before or during birth. The specific cause is unknown. The risk factors are
 - Low birth weight, premature birth, multiple births
 - Assisted reproductive technology (ART) infertility treatments
 - Infections during pregnancy
 - Jaundice and kernicterus
 - Medical conditions like thyroid dysfunction, intellectual disability or seizures to mother
 - Birth complications – detachment of placenta, uterine rupture or problem with umbilical cord during delivery, that can disrupt oxygen supply to the foetus.
- Acquired cerebral palsy is the brain damage that occurs more than 28 days after birth. It is usually caused by infections (meningitis) or head injury. Also caused by
 - CVA (stroke)
 - Sick cell anaemia

Premonitory signs and symptoms:

- The sign of cerebral palsy usually appears in the early months of life, although specific diagnosis may be delayed until two years of age or later.
- Delayed milestones

Common Signs and Symptoms:

- Decreased muscle tone (hypotonia).
- Increased muscle tone (hypertonia).
- In some cases, an early period of hypotonia will progress to hypertonia after the first 2 to 3 months of life.
- Unusual posture
- Poor coordination
- Stiffness of muscles and muscle weakness
- Tremors
- There may be problems with sensation, vision, hearing, swallowing and speaking.

Co-morbid Conditions:

- Associated disorders include "intellectual disabilities, seizures, muscle contractures, abnormal gait, osteoporosis, communication disorders, malnutrition, sleep disorders, and mental health disorders, such as depression and anxiety"
- In addition to these, "functional gastrointestinal abnormalities contributing to bowel obstruction, vomiting, and constipation" may also arise.
- Adults with cerebral palsy may suffer from "Ischemic Heart Disease, Cerebrovascular disease, Cancer, and trauma" more than a non-affected population.

Primary Kutram Affected:

- Vatham / Kabam

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It may be explained by increased Vatham. All the seven Udalthathukal gets affected

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	—	Vathakabam/ Kabavatham
Sparisam	-	Rigidity and tenderness
Naa	-	Pallor /coated
Niram	-	Pallor /normal
Mozhi	-	Hoarseness of voice /normal
Vizhi	-	Normal/ starred eyes
Malam	-	Normal /constipation

Moothiram:

- Neerkuri - Yellowish in colour, tamarind odour
- Neikkuri - Oil may spread in the form of a snake/ pearl

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Urine analysis
- Serum calcium

- Thyroid Function Tests

In Tertiary care hospital:

- MRI Scan - Brain
- CT - Brain
- EEG
- EMG
- Genetic testing- Chromosome analysis
- Metabolic testing

Diagnosis:

Confirmation of diagnosis:

- Based on the clinical symptoms and MRI findings

Differential Diagnosis:

- *Thasaivatham* (Muscular dystrophy)
- Hydrocephalus
- Neurodegenerative disorders
- ICSOL (Intracranial space occupying lesions)

Treatment:

- Even though cerebral palsy can't be cured, quality of life can be improved and simple life skill is imported, child can do things to help deal with symptoms, prevent problems, and make the most children's abilities.
- Physical therapy is one of the most important treatments. Medicines and special equipment such as a walker can also help.
 - Mind-body interventions
 - Biological based therapies such as formulations and diets.
 - Manipulative and body based methods such as Thokkanam
 - Energy therapies

Line of Treatment:

- Malamilakki (Laxatives)
- Internal medicine
- External medicine
 - Pugai (Medicated Fumigation)
 - Podi thimirthal (Powder massage)
 - Thokkanam (Massage manipulation)
 - Nasiyam (Nasal liquid application)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Malamilakki (Mild laxative):

- Mantha ennai - 8-15 ml with milk, OD (at early morning), in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam (500mg) – 1-2 tabs, with warm milk, BD, after food.
- Brahmi nei - 5 -10 ml, with lukewarm water, BD, after food.
- Anda thylam (apply over the tongue) – Quantity sufficient, (if there is speech disorder)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Chooranam:

- Thirikadugu chooranam -500 mg -1gm with honey, BD, after food.

Parpam:

- Sangu parpam -65 – 130 mg, with warm milk, BD, after food.
- Kalnar parpam -65 – 130 mg, with ghee/ butter, BD, after food.

External Medicines:

Pugai (Medicated Fumes):

- Agathiyar kuzhambu pugai usually used for cerebral palsy along with convulsions.

Podi Thimirthal (Powder Massage): (With Ulunthu and Kollupodi)

- Podithimirthal is rubbing the body with horse gram flour or turmeric or black gram powder. This procedure is effective in Kapam vitiated disease. This procedure given for 21 days.

Nasiyam (Liquid Nasal Application):

- It is a process by which the medicated oils like Chukku thylam, Naasirogha naasa thylam is administered (1-2 drops) through the nostrils. It is used in various neurological disorder and convulsions.

Thokkanam (Massage manipulation):

- Ulunthu thylam - Quantity Sufficient
- Laguvidamutti thylam - Quantity sufficient
- Vathakesari thylam - Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient

Special Therapies:

Varmam Maruthuvam:

- Thilartha varmam
- Ullankaichakkaram
- Anna kaalam
- Pidari varmam
- Ottu varmam
- Porkai varmam
- Kavuli kaalam

Siddhar Yoga Maruthuvam:

- Halasanam
- Dhanurasanam
- Bhujangasanam
- Sarvangasanam
- Balasanam
- Navasanam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Easy digestive food

- Cereal porridge
- Vegetables like carrot(*Daucas carota*), beans (*Phaseolus vulgaris*), spinach (*Spinacia oleracea*)
- Dhal
- Egg boiled or steamed fish without any oil
- Protein and vitamin rich food
- Thiriphala chooranam (brushing)
- *Panchamutti kanji* (Raw rice, Paasaipaayuru, Ulunthu, Thuvarai, Kadalai paruppu)

To Be Avoided:

- Oil, spices, ghee, butter, cream
- Refined foods
- Excessive salt intake
- Junk foods and processed foods.

Others:

Complication of the Disease:

- Muscle weakness
- Clonus
- Seizures
- Articulation and swallowing difficulty.
- Deformation
- Hip dislocation
- Kyphoscoliosis
- UTI
- Muscle spasticity
- Coordination problems can contribute to a number of complications either during childhood or later during adulthood
- Contracture
- Malnutrition
- Mental health conditions
- Lung disease
- Neurological conditions, Osteoarthritis
- Osteopenia
- Eye muscle imbalance.

Limitation in Siddha System and Condition for Referral:

- Seizures
- Increased reflexes
- Clonus

SOOLI KANAM (BRONCHIAL ASTHMA)

Definition:

- In children, *Sooli kanam* is characterized by an increased responsiveness of the airways to various stimuli. It manifests by widespread narrowing of airways causing paroxysmal dyspnea, wheezing or cough.

Synonym:

- *Iluppu noi*
- *Swasakaasam*

Siddha etiology:

In the text *Balavagadam*,

“ஐயது கூடிந் யென்றால் அரிவையர் துயரந்தன்னால்
செய்ய பற் புலைருந்திச் செறிசல தோடந்தன்னால்
பையர வல்குலாளும் பசியுடனிருந்தாலும்
துய்யதோர் குழவி கட்குக் கணங்களுந் தோன்று மன்றே”.

Causes and Influencing Factors:

- Genetic factors
- Passive smoking
- Viral infections such as cold, flu or pneumonia
- Allergens such as certain food and food additives, pollen, mold and dust mites.
- Air pollution, toxins and extreme changes in temperature.
- Drugs (aspirin, NSAIDs and beta-blockers)
- Emotional stress and anxiety
- Physical activity or exercise induced asthma

Premonitory signs and symptoms:

- Shortness of breath
- Chest tightness
- Nocturnal cough

Common Signs and Symptoms:

- Intermittent dry cough
- Palpitation
- Expiratory wheeze
- Dyspnoea
- General fatigue
- Limitation of daily physical activity

Co-Morbid Condition:

- Allergic rhinitis
- Nasal congestion
- Gastro oesophageal reflux disease (GERD)
- Atopic dermatitis

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by increased Kabam (Avalambagam) which leads to increased Vatham (Pranan, Udhanan, Viyanan, kirukaran and Samanan) or Pitham (Analpitham, Ranjagapitham, Sathagapitham). In seven Udalthathukal saram and senneer get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Kabavatham/ Kabapitham
Sparisam	-	Cold
Naa	-	Pallor/ bluish/ coated
Niram	-	Pallor / bluish
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Normal
Moothiram:		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of a snake/ pearl.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Absolute eosinophil count (AEC)
- Pulmonary function test
- Chest X ray –PA view

In tertiary care hospital:

- IgE
- Spirometry
- Skin allergy test

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis

- Bronchiolitis
- Aspiration of foreign body
- Hypersensitivity pneumonitis
- Vocal cord dysfunction
- Sinusitis
- Cystic fibrosis
- Congenital malformation

Treatment:**Line of Treatment:**

- Kazhichal Maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Pugai (Medicated Fumigation)
 - Vedhu (Steaming)
 - Otradam (Fomentation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Thaalisaathi chooranam - 1-2 gm with honey, BD, after food.

- Adathodai surasam -5-10 ml, BD, before food.
- Thippili rasayanam – 2-3 gm, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Mantha ennai – 5-8 ml with honey and castor oil, OD at early morning in empty stomach
- Meni thylam -3-5 ml with lukewarm water, HS

Vamana Maruthuvam (Therapeutic Emesis)

- Sangankuppi saaru – 5-10 ml with luke warm water, OD at early morning in empty stomach
- Karisalai saaru - 5-10 ml with luke warm water, OD at early morning in empty stomach
- Thetranilai kozhunthu saaru -5-10 ml with luke warm water, OD at early morning in empty stomach

Internal Medicine

Surasam

- Thulasi surasam -5-10 ml, BD, before food.

Saru

- Ponnanganni saaru- 5-10 ml, BD, after food.
- Impooral saaru- 5-10 ml, BD, after food.
- Manathakkali saaru- 5-10 ml, BD, after food.
- Thumbai poo saaru- 5-10 ml, BD, after food.
- Karisalaithulasi saaru- 5-10 ml, BD, after food.
- Uththamani saaru- 5-10 ml, BD, after food.
- Kandankathiri saaru- 5-10 ml, BD, after food.
- Adathodai saaru- 5-10 ml, BD, after food.

Kudineer

- Adathodai kudineer - 5-15 ml, BD, before food.
- Notchi kudineer - 5-15 ml, BD, before food.
- Kabasuram kudineer - 5-15 ml, BD, before food.

Chooranam

- Thirikadugu chooranam- 1-2 gm with honey, BD, after food.
- Dhratchathy chooranam- 1-2 gm with honey, BD, after food.
- Amukkara chooranam- 1-2 gm with honey, BD, after food.
- Nilavagai chooranam- 1-2 gm with honey, BD, after food.
- Chundaivatral chooranam- 1-2 gm with honey, BD, after food.
- Thaalisaathi chooranam- 1-2 gm with honey, BD, after food.
- Impooral chooranam- 1-2 gm with honey, BD, after food.

Nei

- Vallarai nei – 2-3 ml with lukewarm water, BD, after food.
- Adathodai nei – 2-3 ml with lukewarm water, BD, after food.
- Thoothuvelai nei – 2-3 ml with lukewarm water, BD, after food.
- Senkottai nei – 1-5 drops with warm milk, BD, after food.

Ilagam

- Sarapunga vilwathy ilagam- 2-3 gm with warm milk, BD, after food.
- Nellikaai ilagam- 2-3 gm, BD, after food.

- Thetrangkottai ilagam- 2-3 gm with warm milk, BD, after food.

Maathirai

- Swasakudori maathirai - 1 tab with honey, BD, after food.
- Maha vasantha kusumakara maathirai - 1 tab with honey, BD, after food.
- Vasantha kusumakara maathirai -1 tab with honey, BD, after food.

Theeneer

- Sombu theeneer -5-10 ml with water, BD, after food.

Chendooram

- Gowri chinthamani - 25-50 mg with thrikadugu chooranam and honey, BD, after food.
- Sivanaar amirtham - 25-50 mg with honey, BD, after food
- Kasthuri karuppu - 25-50 mg with honey, BD, after food

Parpam

- Muthu parpam - 50-100 mg with kammaruvetrilai (*Piper betel*) saaru, BD, after food.
- Pavalam parpam - 50-100 mg with leaf juices of thoothuvalai (*Solanum trilobatum*), BD, after food.
- Sangu parpam - 50-100 mg with ghee, BD, after food.
- Muthuchippi parpam - 50-100 mg with ghee, BD, after food
- Palagarai parpam - 50-100 mg with warm milk, BD, after food
- Sirungi parpam -50-100 mg with ghee, BD after food

Karpam

- Bhavana kadukai maathirai - 1-2 tabs, BD, after food as chewable.
- Karisalai chooranam - 1-2 gm with honey, BD, after food.
- Ponnanganni chooranam - 1-2 gm with honey, BD after food.
- Koraikizhangu chooranam - 1-2 gm with honey, BD after food.

External Medicine:

Pugai (Medicated Fumigation)

- Karu oomathai (*Datura metel*) rolled in palasu leaves (*Butea monosperma*) pugai
- Oomathai seed (*Datura stramonium*) pugai
- Adathodai leaves (*Justicia adhatoda*) pugai

Vedhu (Steaming)

- Oomathai leaves (*Datura stramonium*)
- Erukku leaves (*Calotropis gigantea*)

Ottradam (Fomentation)

- Karisalai thylam - Quantity sufficient
- Sadamanjil thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient
- Milagu thylam - Quantity sufficient
- Karpoorathy thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Arakku thylam - Quantity sufficient

Ennai muzhukku (Oleation)

- Arakku thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient

Special Therapy:

Siddhar Yoga Maruthuvam

- Pranayamam
- Bhujangasanam
- Halasanam
- Padmasanam
- Sarvangasanam
- Naadisuthi
- Pranayamam - Kapalapathi
- Thirikonasanam
- Savasanam

Varma maruthuvam:

- Vilangu varmam
- Adappam kaalam
- Ullangal vellai varmam

Duration of Treatment

- Depending upon the severity of the disease condition

Advices:

- Do regular exercise and yoga

To Be Added:

- Drink hot water
- Intake foods like
 - Thoothuvalai (*Solanum trilobatum*)
 - Mookirattai (*Boerhavia diffusa*)
 - Musumusukkai (*Mukia maderaspatana*)
 - Thulasi (*Ocimum sanctum*)
 - Karpoora valli (*Plectranthus amboinicus*)
 - Milagu (*Piper nigrum*)
 - Manjal (*Curcuma longa*)

To Be Avoided

- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikaai (*Musa paradisiaca*)
- Pakarkkai (*Momordica charantia*)
- Brinjal (*Solanum melogena*)
- Mango (*Mangifera indica*)
- Sarkaraivalli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Koiya (*Psidium guajava*)
- Chocolates & Sweets
- Citrus fruits
- Contaminated water and food
- Smelling strong aromas, flowers at night time

Others:

Complication of the Disease:

- Pneumonia
- Atelectasis

Limitation in Siddha System and Conditions for Referral:

- Status asthmaticus
- Respiratory failure

Naala Noigal
(Vascular Disease)

NAALAVIBATHAM (VARICOSE VEIN)

Definition:

- Varicose veins are dilated and tortuous veins which occur due to incompetence of valves. There are various places in the body where veins show tendency towards varicosity e.g. veins of the lower limb, spermatic veins, oesophageal veins and haemorrhoidal veins.

Synonym:

- *Narambu kiranthi*

Causes and Influencing Factors:

- Hereditary
- Pregnancy
- Obesity
- Trauma/ injury in legs
- Prolonged standing
- Post phlebitic obstruction or incontinence
- Venous and arteriovenous malformations
- Venous reflux
- Hyperhomocysteinemia
- Chronic alcoholism

Premonitory signs and symptoms

- Veins are twisted, swollen, and lumpy (bulging)
- Veins are blue or dark purple colour in appearance
- Legs feel heavy, especially after exercise or at night
- A minor injury to the affected area may result in longer bleeding than normal

Common Signs and Symptoms

- Aching sensation felt in the whole of the leg
- Lipodermatosclerosis
- Swollen ankles
- Telangiectasia (spider veins) in the affected leg
- Venous eczema (Stasis dermatitis)
- Leg cramps when suddenly standing up
- Nocturnal leg cramps
- Restless legs syndrome (RLS)/ Wills-Ekbom Disease
- Atrophie blanche

Co-Morbid Conditions:

- Superficial vein thrombosis
- Deep vein thrombosis
- Varicose ulcers

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham and Kabam

Siddha Pathogenesis:

- It is explained by deranged Vatham, affects uthanan, viyanan and samanana. In seven udalthathukal saaram, senneer and kozhuppu get affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi - Vathakabam / Kabavatham

Sparisam	-	Warmth/ tenderness/ spider veins/ tortuous veins
Naa	-	Normal /dryness
Niram	-	Hyperpigmentation (blue or dark purple) over the affected area
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal
Malam	-	Yellow stools
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of sieve/ betal leaf/ fast dispersal with irregular margin

Modern Medical Investigations:

- Complete Blood Count (CBC)
- USG-Doppler study of Lower limb venous system

In Tertiary care hospital:

- Color duplex ultrasonography
- Cross-sectional or catheter based- venography
- Air plethysmography
- Photoplethysmography
- Ankle-brachial index

Diagnosis:

Confirmation of Diagnosis:

Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

Unilateral leg edema

- Lymphedema
- Rupture of baker's cyst
- Obstruction of the popliteal vein
- Obstruction of the iliac vein by tumor / fibrosis
- May thurner syndrome

Bilateral leg edema

- Heart/ liver /renal failure
- Vena caval obstruction by tumor
- Retroperitoneal fibrosis
- Pregnancy

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Patru (Semi-Solid Poultice)
 - Kalimbu (Ointment)
 - Attai vidal (Leech therapy)
 - Keeral (Incision and drainage)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam -15 – 30 ml, OD, at early morning in empty stomach for 1-3 days.

Day 2- Rest**Day 3- First Line of Treatment:**

- Parangipattai chooranam - 2-3 gm with milk, BD, after food
- Vallarai nei -5-10 ml with warm milk, BD, after food
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food
- Kunthiriga thylam –Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Rasa thylam- 15-30 ml, OD, for 1-3 days.
- Meganatha ennai - 5-10 ml, OD, at early morning in empty stomach.
- Merugulli thylam-15 – 30 ml, OD, at early morning in empty stomach for 1-3 days.
- Siddhathi ennai- 5-10 drops with warm milk/ lukewarm water/ Sombu theeneer / neeragaaram (Rice cold water), OD, at early morning in empty stomach.
- Kazharchi thylam- 8 – 15ml, OD, at early morning in empty stomach for 3-5 days.

Vamana Maruthuvam (Therapeutic emesis)

- Marukkarai kudineer- 15-30 ml, OD, at early morning in empty stomach.
- Kuppaimeni saaru-5-10 ml, OD, at early morning in empty stomach.

Internal Medicines**Chooranam**

- Thiriphala chooranam -2-3 gm with lukewarm water, BD, after food.
- Amukkara chooranam -2-3 gm with milk, BD, after food.
- Elathy chooranam - 2-3 gm with lukewarm water, BD, after food.
- Thirikadugu chooranam - 2-3 gm with lukewarm water, BD, after food.

Nei

- Thanneervittan nei -5-10 ml with lukewarm water, BD, after food.
- Senkottai nei -5-10 drops with warm milk, BD, after food.
- Brahmi nei -5-10 ml with warm milk, BD, after food.

Mezhugu

- Vaan mezhugu -65-100 mg with palm jaggery, BD, after food for 3-5 days.
- Nanthi mai - 250-500 mg with palm jaggery, BD, after food for 12-25-45 days.
- Nava uppu mezhugu - 100-200 mg with palm jaggery, OD, at morning after food, for 3-5 days.
- Idivallathy mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Panchasootha mezhugu -100-200 mg with thippilli powder (*Piper longum*), BD, after food

Chendooram

- Aya chendooram - 100-200 mg with honey, BD/TDS, after food.
- Ayaveera chendooram - 100-200 mg with honey, BD/TDS, after food.

- Ayakandha chendooram - 100-200 mg, with honey, BD/TDS, after food.
- Chanda marutham chendooram - 50-100mg with honey/ginger (*Zingiber officinalis*) juice/palm jaggery/thirikadugu chooranam, BD for 5 days.

Parpam

- Nathai parpam -100 -200 mg with ghee/butter, BD, after food.
- Nandukkal parpam - 200 - 400 mg withraddish juice (*Raphanus sativus*) / tender coconut water (*Cocos nucifera*), BD, after food.
- Sangu parpam -200-400 mg with warm milk /ghee, BD, after food.
- Silasathu parpam - 200-400 mg with butter /ghee, BD, after food.
- Veera parpam - 30-65 mg with milk/ ghee, BD, after food

External Medicines

Poochu (Liquid/ Oil Poultice)

- Mezhugu thylam – Quantity sufficient
- Saaranai kalli thylam – Quantity sufficient
- Ulunthu thylam – Quantity sufficient
- Vathakaesari thylam – Quantity sufficient

Patru (Semi-Solid Poultice)

- Moosambaram – Quantity sufficient
- Kazharchi – Quantity sufficient
- Kavikkal – Quantity sufficient

Kalimbu (Ointment Application)

- Gungiliya vennai - Quantity sufficient
- Amirtha vennai - Quantity sufficient

Attai vidal (Leech Therapy)

- Medicated leech is placed on specific place on specific time over the affected area.

Keeral (Incision and drainage):

- A long sharp copper probe is used to incise and drain.

Special Therapies:

Siddhar Yoga Maruthuvam

- Pavanamuktasanam
- Vajirasanam
- Uthanapathasanam
- Arthasalabhasanam
- Sarvangasanam
- Vipareetha karani
- Natarajasanam
- Savasanam

Varma maruthuvam:

- Komberi kaalam
- Vilangu varmam
- Kondaikoli varmam
- Chunnambu kaalam
- Thivalaikaalam
- Veeradangal

Duration of Treatment

Depends upon the severity of the disease condition

Advices

- Maintain a healthy body weight
- Intake high-fiber & low-salt diet
- Avoid high heels and tight hosiery
- Elevate legs at rest
- Avoid crossing legs
- Change sitting or standing position regularly.
- Walking, cycling, swimming and physiotherapeutic exercises like leg lifts, knee bends with ankle flexion.
- Wear compression stockings

To Be Added

Tender Vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)

Greens

- Murungai (*Moringa oleifera*)
- Pannai keera (*Celosia argentea*)
- Parattai keera (*Evolvulus emarginatus*)
- Mullangi keera (*Rhaphanus sativus*)
- Mudakaruthan keera (*Cardiospermum helicacabum*)

Pulses

- Thuvaram paruppu (*Cajanus cajan*)
- Naripayaru (*Phaseolus trilobatus*)

Dairy Products

- Cow's buttermilk

To Be Avoided

- Sitting or standing for long periods of time.
- Subject legs to excessive heat
- Tobacco and alcoholic beverage
- Smoking
- Frequent intake of sour and hot tastes

Others

Complication of the Disease:

- Haemorrhage
- Phlebitis
- Ulceration
- Eczema
- Lipodermatosclerosis
- Calcification of vein
- Periostitis
- Equinus deformity

Limitation in Siddha System and Condition for Referral

- Deep vein thrombosis

Kuruthi Noi
(Haematologic Disease)

PAANDU (ANEMIA)

Definition

- It is defined as a decrease in the quantity of circulating red blood cells (RBC), represented by a reduction in hemoglobin concentration (Hb), hematocrit (Hct) or RBC count. It can be caused by inadequate RBC production, excessive RBC destruction or blood loss.
- Normal range of Haemoglobin
 - Men -13-16 g/dL of blood
 - Women - 10-12 g/dL of blood
- In Anemia
 - Below 8g/dL of blood – moderate anemia
 - Below 6 g/dL of blood - severe anemia
 - 11 g/dL of blood - managed by proper diet intake

Synonyms

- *Velluppu noi*
- *Venmai noi.*

Siddha etiology:

“அறிந்துமே உற்பத்தி சொல்லக் கேளாய்
ஆதிசார மலமிளகி யெந்நேரந்தான்
பரிந்துமே புளியுப்பு பெருத தலாலும்
பெத்தமா மக்கனியி ருந்தாலும்
மிறிந்துமே தாம்பூல மிக அருந்தலாலும்
மீறியே மதுக்களைத் தான் புசித்தலாலும்
பறிந்துமே பகல் நித்திரை செய்தாலும்
பாண்டு வந்து பாரிலுள்ளோர் படும் பாடாமே.”

- யுகி வைத்திய சிந்தாமணி

- Frequent attack of diarrhea, excessive intake of salt and sour food, living in hot surroundings, excessive chewing of pan and nuts, excessive sleeping in daytime are some of the behaviours causing *Veluppu Noi*
- Also due to Menorrhagia, Purpura, Haematochezia, Hematemesis, Haemorrhoids, traumatic injuries.
- Prolonged intake of toxic drugs
- Excessive intake of tobacco, betel leaves, areca nuts, sand, ashes, sacred ashes and camphor.

Causes and Influencing Factors:

- Dietary deficiency – lack of iron, vitamin B12 or folic acid in the diet
- Worm infestation
- Malabsorption in celiac disease, Oesophagitis, Inflammatory Bowel Disease (IBD)
- Inherited disorders (thalassaemia or sickle cell disease)
- Autoimmune disorders (as in autoimmune haemolytic anaemia) and Systemic Lupus Erythematosus (SLE)
- Chronic diseases such as diabetes, rheumatoid arthritis and tuberculosis
- Hormone disorders like hypothyroidism
- Bone marrow disorders (Leukemia, Aplastic anemia)
- Blood loss – due to trauma, surgery, peptic ulcer, heavy menstruation, internal bleeding, cancer (in particular bowel cancer) or frequent blood donations
- Drugs and medications – including alcohol, antibiotics, NSAID's or anti-coagulant medications
- Mechanical destruction –mechanical heart valves can damage red blood cells,

- reducing their lifespan
- Infections (malaria and septicaemia)
- Periods of rapid growth or high energy requirements – such as puberty or pregnancy
- Angiodysplasia

Premonitory Signs and Symptoms

- Anorexia
- Fatigue
- Exertional dyspnoea
- Pallor of conjunctiva

Common Signs and Symptoms

- Pallor of tongue, nail and palms
- Headache
- Palpitation
- Giddiness
- Vomiting
- Muscle cramps
- Clubbing
- Fissures, redness and softening of the tongue
- Pica
- Emaciation and shining of the body

Late signs:

- Flow murmur
- Hepatosplenomegaly (In Thalassemia)

Co-morbid conditions

- Jaundice (In Hemolytic anemia)
- Increased risk of infection
- Cardio vascular disease

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham

Siddha Pathogenesis:

- This can be explained by derangement of Pitham that influencing Vatham and Kabam affects pranana, udana, viyana, abana, ranjaga pitham and prasaga. The seven udalthathukal is affected relatively.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham/ Pithavatham/ Kabam/ Kabapitham/
Vathakabam		
Sparyasm	-	Dryness / chillness /pruritus
Naa	-	Redness/ pallor /glossy, fissured/ ulcerated, salty/ bitter,
ageusia		
Niram	-	Pallor / yellow
Mozhi	-	Low pitched / hoarseness of voice
Vizhi	-	Pallor / diminished vision
Malam	-	Yellow / semisolid or constipation with mucous secretion
Moothiram	-	
Neerkuri	-	Yellow/ brown/ dark in colour/ frothy, tamarind odour

Neikuri - Oil may spreads in the form of ring/ pearl / snake / mixed pattern

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Smear study
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum Ferritin
- Serum Iron
- Chest X-ray
- Routine urine analysis

In Tertiary care hospital:

- Total Iron binding capacity
- Bone marrow biopsy
- ECG

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Kamalai* (Jaundice)
- *Oothal* (Anasarca)
- *Sobai* (Dropsy)

Treatment:

Line of Treatment: (Treat the underlying cause listed earlier)

- Kazhichal maruthuvam (Purgation)/ Malamilakki (Mild laxative)
- Internal medicine
 - Suttigai (Cautery cauterization)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Murukkan vithai maathirai (100 mg) – 1 - 2 pills with lukewarm water, at early morning in empty stomach (if intestinal worms are present)

Day 2 – Rest

Day 3 – First Line of Treatment:

- Annabedhi chendooram -100-200 mg with honey, BD, after food (if no fluid accumulation)
- Madhulai manapagu -10-15 ml, with lukewarm water, BD, after food.
- Karisalai ilagam - 3-6 gm, with warm milk, BD, after food for 45 days.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu - 100- 130 mg with pepper (*Piper nigrum*) powder at early morning in empty stomach
- Siddhathi ennai - 10-15 ml with rice cold water at early morning in empty

stomach

Internal Medicine:

For Deworming:

- Nakkupoochi kudineer – 30-60 ml at early morning in empty stomach
- Chundaivatral chooranam – 1-2 gm with curd and buttermilk, TDS, after food
- Vaividanga chooranam – 1-2 gm with lukewarm water, BD, after food

Kudineer:

- Mandurathi kudineer - 30-60 ml, BD, before food.

Chooranam:

- Elathy chooranam- 1-2 gm with honey, TDS, after food
- Amukkara chooranam – 1-2 gm with honey, TDS, after food
- Dhratchathy chooranam – 1-2 gm with honey, TDS, after food
- Thirikadugu chooranam – 1-2 gm with honey / ghee/ water, TDS, after food
- Seeraga chooranam – 1-2 gm with water, BD, after food for 40 days
- Karisalai chooranam – 1-2 gm with water, BD, after food
- Inji chooranam – 1-2 gm with water, BD, after food.

Manapagu:

- Thurunji manapagu – 10-15 ml with lukewarm water, BD, after food

Ilagam:

- Nellikaai ilagam - 3-6 gm, BD, after food
- Thetrankottai ilagam - 3-6 gm with warm milk BD, after food
- Sarapunga vilwathy ilagam – 6-12 gm with warm milk BD, after food for 45 days.

Maathirai:

- Maha elathy maathirai (100 mg) –1-2 pills with tender coconut (*Cocos nucifera*) water/ milk and palm jaggery/ honey/ lemon (*Citrus limon*) juice for 45 days.
- Mahavasanthakusumakara maathirai (100 mg) – 1-2 pills with Thiriphala chooranam, BD, after food.
- Vengaara maathirai (100 mg) – 1-2 tabs with water, BD, after food.

Chendooram:

- Vedi annabedhi chendooram- 100-200 mg with honey , BD after food (if there is fluid accumulation)
- Aya chendooram -100- 200 mg with honey, BD, after food
- Ayakantha chendooram -100- 200 mg with honey, BD, after food
- Mandura chendooram - 50-100 mg with honey/ thirikadugu chooranam, BD, after food
- Arumuga chendooram -100- 200 mg with thirikadugu chooranam and honey, BD, after food
- Gaandha chendooram -65-130 mg with honey and thirikadugu chooranam, BD, after food for 48 days
- Aya veera chendooram -50-100 mg with honey/palm jaggery, BD, after food
- Ekku chendooram -100- 200 mg with honey, BD, after food
- Linga chendooram - 50-100 mg with ginger (*Zingiber officinalis*) juice, BD, after food.
- Jalamanjari - 200-500 mg with tender coconut water (*Cocos nucifera*)/ lemon juice (*Citrus limon*)/ lukewarm water/ karisalai kudineer/

keezhanelli kudineer, BD, after food.

- Gowri chinthamani - 100-200 mg with (*Calotropis gigantea*) leaf juice, OD, after food

Parpam:

- Aya parpam - 100-200 mg with honey, BD, after food
- Gaantha parpam - 25-130 mg with honey/ ghee/ jaggery/ seenthil sarkarai, BD, after food
- Sangu parpam - 100-200 mg with milk/ ghee/ butter, BD, after food
- Muthuchippi parpam - 200-400 mg with ghee / butter, BD, after food
- Velli parpam - 65-130 mg with butter/ thippili chooranam, BD, after food
- Ayanaaga parpam - 100-200 mg with honey, BD, after food

Karpam:

- Ayasambeera karpam - 200 mg (1 piece) with honey, BD, after food
- Ayabhiringaraja karpam - 200-300 mg with honey/ ghee/ lemon juice (*Citrus limon*)/ curd, BD, after food
- Bhavana kadukkai maathirai (500 mg) - 1-2 tabs, as chewable, BD, after food

Sirappu Karpam:

- Thetran karpa kudineer - 30-60 ml, OD, after food
- Nelli karpam - ¼ part of one nelli, OD, before food for 48 days.
- Aalampaal karpam - Freshly collected aalam paal (*Ficus benghalensis*) with arugankattai (*Cynodon dactylon*) chooranam, OD, for 48 days.
- Poonaga karpam - 1-2 gm, with milk, OD, after food
- Kaiyan karpam - 2-5 gm at early morning in empty stomach

External Medicines:

Suttigai (Cautery cauterization):

- Manjal kombu (Rhizome of *Curcuma longa*) is ignited and cooled bit and used for cauterization at the ankle.

Special Therapies:

Siddhar Yoga

Maruthuvam:

- Pranayamam
- Sarvangasanam
- Dhanurasanam
- Machasanam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Uzhunthankali
- Venthaya kali with palm jaggary

Greens:

- Karisalai (*Eclipta prostrata*)
- Ponnankanni (*Alternanthera sessalis*)
- Manathakkali (*Solanum nigrum*)
- Arakeerai (*Amaranthus arifis*)
- Sirukeerai (*Amaranthus polygonoides*)
- Murungai keerai (*Moringa oleifera*)

- Wheat grass (*Thinopyrum intermedium*)

Vegetables:

- Kathiri pinchu (*Solanum melongena*)
- Murungai pinchu (*Moringa oleifera*)
- Banana flower (*Musa paradisiaca*)

Non vegetarian diet:

- Goat liver and intestine (*Capra aegagrus hircus*)
- Mutton soup.

Fruits:

- Fig(*Ficus recemosa*)
- Pomegranate (*Punica granatum*)
- Citrus fruits
- Dates (*Phoenix dactylifera*)

To Be Avoided:

- Tamarind taste foods
- Alcohol
- Tobacco (*Nicotiana tabacum*)
- Betal (*Piper betel*)

Others:

Complication of the Disease:

- Depression
- Heart problems
 - Arrhythmia
 - Cardiomegaly
 - Heart failure
- Motor or cognitive development delays in children
- Pregnancy complications, such as preterm delivery or giving birth to a baby with low birth weight

Limitation in Siddha System and Condition for Referral:

- Generalized edema
- Uncontrolled vomiting /diarrhoea

Ullidai Surappi Noigal
(Endocrine Disorder)

ATHITHOOLAM (OBESITY)

Definition

It is a condition characterized by the excessive accumulation and storage of fat in the body with increased Body Mass Index (BMI).

- $BMI = \frac{\text{Weight in kg}}{\text{Height in meters}^2}$
- Normal range = 20 to 25
- Grade I Obesity = 25 to 30
- Grade II Obesity = 30 to 40
- Grade III Obesity = > 40

According to *T.V.Sampasivam Pillai* dictionary, it is defined as,

- Excessive development of the muscular tissues
- Excessive accumulation of fat in the system
- In male, an abnormal over growth of the body. It is said to be the result of a disease of the pituitary gland
- In female, excessive or monstrous size and stature as a result of irregular menstruation and good circumstances in life without exercise etc. It is marked by an abnormal growth in certain organs or parts of the body such as chest, abdomen, thighs, gluteal region, etc.

Synonyms

- *Athithoola roogam*
- *Udal paruman*

Causes and Influencing Factors:

- Genetic factors
- Over eating/ unhealthy diet/ food addiction
- Physical inactivity
- Psychological factors
- Lack of sleep
- Disease such as
 - Hypothyroidism
 - Insulin resistance
 - Polycystic ovarian syndrome
 - Cushing syndrome
 - Prader-Willi syndrome
- Medications such as
 - Anti depressants drugs
 - Anti seizure drugs
 - Anti psychotic drugs
 - Steroids
 - Beta blockers

Premonitory signs and symptoms

- Gradual increase in body weight
- Lethargy
- Dyspnoea by exertion

Common Signs and Symptoms

- Large frame body
- Difficulty in performing normal physical activities
- Snoring
- Increased sweating
- Fat accumulation in certain organs or parts of the body such as chest, abdomen, thighs, gluteal region, etc.
- Knock-knees (genu valgum) is common
- Muscular pain
- Loss of libido

Co-morbid Conditions

- Arthritis
- Dyslipidemia
- Low self esteem
- Irregular menstrual cycle

Primary Kutram Affected

- Kabam

Secondary Kutram Affected

- Vatham

Siddha Pathogenesis:

- It is explained by increased Kabam which influences Vatham (viyanan and samanana) / Pitham (Anarpitham, sathagapitham). In seven udalthathukal Saaram and kozhuppu get affected.

Investigation***Envagai Thervu* (Eight Fold System of Clinical Assessment)**

Naadi	-	Kabavatham/ Vathakabam/ Pithavatham
Sparisam	-	Chillness
Naa	-	Coated
Niram	-	Pallor/ Normal
Mozhi	-	Normal/ Low pitched
Vizhi	-	Normal
Malam	-	Normal/ Constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of pearl

Modern Medical Investigations

- BMI calculation
- Waist circumference
- Complete Blood Count (CBC)
- CRP
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Lipid profile
- Thyroid profile
- Urine analysis including microalbumin
- ECG/ ECHO

Diagnosis**Confirmation of Diagnosis**

- Based on clinical symptoms and laboratory investigations.

Differential Diagnosis

- *Kurai veethana noi* (Hypothyroidism)
- *Paandu* (Anaemia)
- Cushing Syndrome
- Dercum's disease

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Podi thimirthal (Powder Massage)
 - Vethu (Steaming)
 - Kandhi suddigai (Sun bath)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhumbu -100-200mg with ginger (*Zingiber officinalis*) juice at early morning in empty stomach for a day.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Thiriphala chooranam - 2- 3 gm with warm water, BD, after food.
- Jalamanjari - 65-130 mg with honey, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Meganatha maathirai -1-2 pills with lukewarm water, OD, at early morning in empty stomach for a day
- Sanjeevi maathirai -1 – 2 pills with lukewarm water, OD, at early morning in empty stomach for a day.
- Malaivembathy thylam - 15 - 30 ml with rice cold water, OD, at early morning in empty stomach

Internal Medicines**Kudineer**

- Mandurathi kudineer -30 - 60 ml , OD, at early morning in empty stomach with karisalaikanni chooranam, OD, before food.
- Neermulli kudineer -30 - 60 ml BD before food.

Chooranam

- Thrikadugu chooranam -1-2 gm with warm water, BD, after food.
- Nilavaagai chooranam -1-2 gm with warm water, BD, after food.
- Karisalai karpa chooranam -1-2 gm with warm water, BD, after food.

- Kukkilathi chooranam -1-2 gm with warm water, BD, after food.
- Karunai kizhanku chooranam -1-2 gm with warm water, BD, after food.
- Nathaichuri chooranam -1- 2 gm with warm water, BD, after food.
- Kazharchi chooranam - 1-2 gm with warm water, BD, after food (if associated with PCOS)
- Karunseeraga chooranam - 1-2 gm with warm water, BD, after food (if associated with Madhumegam)
- Asoka pattai chooranam - 1-2 gm with warm water, BD, after food (if associated with DUB)

Maathirai

- Veppampoo maathirai -1-2 tabs with warm water, BD, after food

Chendooram

- Gaandha chendooram -100-200 mg with honey, BD, after food.
- Ayakantha chendooram-100-200 mg with honey, BD, after food
- Aya chendooram -100-200 mg with honey, BD, after food for 48 days
- Ekku chendooram -100 -200 mg with honey, BD, after food

Parpam

- Gungiliya parpam - 200 - 400 mg with warm water, BD, after food.
- Silasathu parpam - 200-400 mg with warm water, BD, after food.
- Palagarai parpam - 65-130 mg with lukewarm water, BD, after food.

Karpam

- Ayasambeera karpam - 100- 200 mg with honey, BD, after food
- Ayabhiringaraja karpam - 100- 200 mg with honey, BD, after food

External Medicines:

Podi Thimirthal (Powder Massage):

- *Kollu (Macrotyloma uniflorum) podi thimirthal* for 7 days

Vethu (Steaming):

- *Notchi (Vitex negundo)* leaves
- Turmeric (*Curcuma longa*) powder
- Lemon (*Citrus limon*) seed

Suttigai (Cautery cauterization)

- Kaandhi suttigai (Sun bath)- 30 to 45 minutes/ day for 48 days

Ennai muzhukku (Oleation):

- Chitramutti thylam - Quantity sufficient

Special Therapies

Siddhar Yoga Maruthuvam

- Suryanamaskaram
- Pranayamam
- Vakrasanam
- Arthachakrasanam
- Pathahasthasanam
- Pavanamuthrasanam
- Vajirasanam
- Thirikonasam
- Pachimothasanam

- Veerasanam
- Halasanam
- Dhanurasanam

Kiriyas:

- Uddhiyanapathi
- Kapalapathi - Pranayamam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

- Regular exercises for atleast 30 minutes.
- Brisk walking for 30-45 minutes
- Oil bath - weekly twice
- Steam bath - weekly once

To Be Added

Herbs

- Neerumuli (*Hygrophila auriculata*)
- Nerunjil (*Tribulus terrestris*)
- Sirukanpeelai(*Aerva lanata*)
- Brahmi (*Baccopa monnieri*)
- Seendhil (*Tinospora cordifolia*)
- Katralai (*Aloe vera*)
- Korai (*Cyprus rotandus*)
- Kadukkai (*Terminalia chebula*)
- Kunkiliyam (*Shorea robusta*)
- Mantharai(*Mirabilis jalapa*)
- Asoku (*Saraca indica*)
- Kazharchi (*Caesalpinia crista*)
- Kodam puli (*Garcinia gummi-gutta*)
- Nathaisoori (*Borreria hispida*)
- Curry leaves (*Murraya koenigii*)

Vegetables:

- Cucumber (*Cucumis sativus*)
- Pumpkin (*Cucurbita pepo*)
- Gooseberry (*Ribes grossularia*)
- Bottle gourd (*Lagenaria siceraria*)
- Banana stem (*Musa paradisiaca*)
- Drumstick (*Moringa oleifera*)
- Beans (*Phaseolus vulgaris*)
- Ladies finger (*Abelmoschus esculentus*)
- Soy bean (*Glycine max*)
- Green leafy vegetables.
- Ginger (*Zingiber officinale*)
- Garlic (*Allium sativum*)
- Small onion (*Allium parvum*)
- Lemon (*Citrus limon*)
- Kovai (*Coccinia grandis*)

Others:

- Apple cider vinegar
- Green tea (*Camellia sinensis*)
- Whole grains (whole wheat, steel cut oats, brown rice)
- Plant oils (olive and other vegetable oils)

To Be Avoided

- Oily foods, fried items
- Tubers like potato (*Solanum tuberosum*), maravalli kizhangu (*Manihot esculenta*), etc.
- Excessive intake of coconut (*Cocos nucifera*)
- Ground nut (*Arachis hypogaea*)
- Sesame seeds (*Sesamum indicum*)
- Milk and milk products.
- High glycemic index foods (rice, corn, sugar, white bread, white pasta)
- Red and processed meat
- Artificial sweeteners, coke, etc,
- Processed foods

Others:

Complication of the Disease

- Arthritis
- Type-2 Diabetes Mellitus
- Hypertension
- Coronary Artery Disease/ Stroke
- Infertility
- Metabolic syndrome

Limitation in Siddha System and Condition for Referral:

MADHUMEGAM (DIABETES MELLITUS)

Definition:

- Diabetes mellitus (DM) is a group of metabolic disorders characterized by impaired insulin secretion and variable degrees of peripheral insulin resistance leading to hyperglycemia.
- It is manifested by polyuria, polyphagia, polydipsia and poor immunity causing frequent secondary infection.

Synonyms:

- *Neerizhivu*
- *Enippu neer*

Siddha etiology:

“கோதையர்கலவி போதைகொழுத்தமீ னிறைச்சி போதைப்
பாதுவாய் நெய்யும் பாலும் பரிவுட னுணப் ராகில்
சோதபாண் டுருவ மிக்க சுக்கில பிரமே கந்தான்
ஓதுநீ ரிழிவு சேர வுண்டென வறிந்து கொள்ளே”.

- அகத்தியர் 1200

The above poem quotes that excessive intake of ghee, milk, fish, toddy and excessive indulgence in sex leads to Madhumegam, excessive body heat (*Azhal*) and excessive hunger also leads to Madhumegam.

- Improper time for sleep, over nutrition and excessive sexual activity
- Consumption of sugarcane juice, jaggery, gingelly oil cake, milk, ghee, toddy, meat
- Congenital
- Excessive indulgence in worry, tension, laziness and sedentary jobs

Causes and Influencing Factors:

- Type 1 Diabetes mellitus:
 - Underlying genetic disposition
 - Viral or bacterial infection
 - Chemical toxins within food
 - Unidentified component causing autoimmune reaction
- Type 2 Diabetes mellitus:
 - Obesity
 - Sedentary lifestyle
 - Pregnancy
 - Genetic factors

Premonitory signs and symptoms:

- Polyuria
- Polyphagia
- Polydipsia
- Deranged/ impairs body immunity
- Dryness of mouth and tongue

Common Signs and Symptoms:

- Fatigue
- Gradual loss in body weight or loss of muscle mass.
- Skin loses its moisture and becomes dry.
- Scaly patches that are light brown or red, often on the front of the legs.
- Blurred vision
- Tachypnea
- Delayed wound healing

- Genital itching
- Acanthosis nigricans
- Numbness
- Irritability
- Frozen shoulder
- Arthralgia

Late sign:

- Chronic constipation
- Herpes zoster

Co-morbid Conditions:

- Hyper lipidemia
- Cardiovascular disease
- Renal disease
- Non-alcoholic fatty liver
- Obesity
- Obstructive sleep apnea

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Vatham/ Pitham

Siddha Pathogenesis:

- It is explained by increased Kabam that influences Vatham (primarily Abanan) and Pitham. Then all the seven udalthathukal gets affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Kabavatham
Sparisam	-	Warmth/ dryness/ light brown or red scaly patches
Naa	-	Pallor / dryness/ fissured/ sweet taste
Niram	-	Pallor/ dark
Mozhi	-	Normal/ low pitched
Vizhi	-	Red/ pallor, dryness/ reduced touch sensation, visual impairment/ distorting vision/ floaters
Malam	-	Normal/ darkened, hard with mucus secretion
Moothiram		

Neerkuri:

- Niram - Crystal clear urine
- Adarthi (Specific gravity) - Dense
- Manam (Odour) – Honey smell
- Nurai (Froth) – Increased in latter stages
- Enjal (Deposit) – Small deposit in urine

Neikuri - Oil may spreads in the form of sieve, fast dispersal/ irregular margin/ ring

Modern Medical Investigations:

- Blood sugar - Fasting and postprandial
- HbA1C
- Complete Blood Count (CBC)
- Renal Function Test (RFT)
- Liver Function Test (LFT)
- Glucose Tolerance Test (GTT)

- Complete urine analysis

In Tertiary care hospital:

- Fasting C peptide
- Autoimmune markers

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations like;
 - Blood glucose (Fasting) – above 120 mg/dl
 - Blood glucose (Post prandial) – above 160 mg/dl
 - HbA1C – Above 6.5%

Differential Diagnosis:

- *Thelineer* (Diabetes Insipidus)
- Chronic kidney disease

Treatment:

- Patient will come to *Siddha* hospital in different stage of DM from newly detected to diabetic with various complications and the line of treatment may vary accordingly.

Line of Treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Early stage of Madhumegam (Pre-diabetes):

- Dietary restriction with lifestyle modification will be advised

Later stage of Madhumegam:

- Dietary restriction with lifestyle modification with Madhumega chooranam (Dosage is prescribed below)

Madhumegam with complications:

- Dietary restriction with lifestyle modification with Madhumega chooranam and Abraga chendooram (Dosage is prescribed below)

Madhumegam with Frozen shoulder:

- Madhumega chooranam with Arathai kudineer (Dosage is prescribed below)

Madhumegam with Nephropathy:

- Madhumega chooranam with Poonaimeesai kudineer (30-60 ml, BD, before food)

Madhumegam with Neuropathy:

- Madhumega chooranam with kuppaimeni chooranam (1-2 gm with lukewarm water, BD, after food) / Vellarugu chooranam (1-2 gm with lukewarm water, BD after food)

Madhumegam with Neuropathy:

- Madhumega chooranam with Nilavembu kudineer (Dosage is prescribed below) and Gungiliya vennai (External application)

First Line of Treatment:

- Avarai kudineer -60-80 ml, BD, before food
- Madhumega chooranam -1-2 gm with lukewarm water, TDS, before

food

- Seenthil chooranam -1-2 gm with ghee, BD, after food
- Thiriphala chooranam -1-2 gm with lukewarm water, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgative):

- Agathiyar kuzhambu -100-130 mg with chukku karkam (*Zingiber officinalis*), OD, at early morning in empty stomach

Vamana Maruthuvam (Therapeutic Emesis):

- Sanjeevi maathirai (100 mg) -1-2 pills with milk, OD, at early morning in empty stomach

Internal Medicines:

Kudineer:

- Nilavembu kudineer - 60-80 ml, BD, before food
- Vilvaellai kudineer - 30-60 ml, BD, before food
- Arathai kudineer - 30-60 ml, BD, before food

Chooranam:

- Keezhanelli chooranam -1-2 gm with lukewarm water, BD, after food
- Aavaraiyathy pattai chooranam -1-2 gm with lukewarm water, BD, after food
- Veppampisin chooranam -1-2 gm with lukewarm water, BD, after food
- Kadalazhinjil chooranam -1-2 gm with lukewarm water, BD, after food
- Nilavagai chooranam - 1-3 gm with lukewarm water at early morning (to relieve constipation).
- Parangipattai chooranam -1-2 gm with lukewarm water, BD, after food
- Naval chooranam -500 mg- 1 gm with lukewarm water, BD, after food
- Santhana chooranam -1-2 gm with lukewarm water, BD, after food

Ilagam:

- Lavanga ilagam - 3-5 gm, BD, after food.

Maathirai:

- Naval kottai maathirai (500 mg) -1-2 tabs, BD, after food
- Maha elathy maathirai (50 mg) -1-2 pills with lukewarm water, BD, after food

Mezhugu:

- Gandhaga mezhugu - 260-390 mg with palm jaggery, BD, after food (for secondary infection)
- Vaan mezhugu - 50-100 mg with palm jaggery, BD, after food

Chendooram:

- Abraga chendooram - 100-130 mg with avarai kudineer / naaval kottai maathirai, BD, after food
- Ayachendooram -65-130 mg with arasampinju powder (*Ficus religiosa*)/ Athimathura chooranam / honey/ ghee/ aalam pinju powder (*Ficus benghalensis*), BD, after food
- Ayanaaga chendooram - 65-130 mg with palm jaggery/ honey, BD, after food
- Gaantha chendooram - 100 - 130 mg with honey, BD, after food
- Ayakandha chendooram - 65 - 130 mg with ghee, BD, after food

- Naaga chendooram - 100 - 200 mg in thirikadugu choornam along with ghee / honey/ milk, BD, after food
- Gowri chinthamani chendooram - 60 - 130 mg with avarai kuzhi thylam, BD, after food
- Rasa chendooram - 65 - 130 mg with honey, BD, after food
- Sornapiraga chendooram - 30 - 60 mg with seenthilathi ilagam, BD, after food
- Velli chendooram -30-65 mg with vadhuma nei, BD, after food
- Thanga chendooram -30-65 mg with honey, BD, after food
- Linga chendooram - 65-130 mg with honey, BD, after food
- Poorana chandhirodaya chendooram -30-65 mg mixed with karpoorathi chooranam and leaf juice of vetrilai (*piper betel*), BD, after food

Parpam

- Aya parpam - 30-65 mg with water/ milk, BD, after food
- Gandhaga parpam - 25-50 mg with ghee/ butter, BD, after food
- Abraga parpam -35-65 mg with milk/ ghee/ curd, BD, after food
- Sembu parpam -35-45 mg with juice of kattukodi (*Cocculus hirsutus*), BD, after food
- Velli parpam -65-130 mg with neermulli flower(*Hygrophila auriculata*) juice, BD, after food
- Velvanga parpam -65-130 mg with palm jaggery, BD, after food
- Thanga parpam -30-65 mg with curd, BD, after food

External Medicines:

Ennai muzhukku

(Oleation):

- Keezhanelli thylam – Quantity sufficient
- Arakku thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Naadisuthi - Pranayamam
- Bhujangasanam
- Vakrasanam
- Padmasanam
- Sarvangasanam
- Halasanam
- Patchimothasanam
- Pavanamuthaasanam
- Dhanurasanam
- Halasanam
- Pathahastaasanam
- Salabhasanam
- Yogamudra
- Savasanam

Varma maruthuvam:

- Kondai kolli varmam
- Vayu kaalam
- Nangana poottu

- Aamai kaalam
- Urumi kaalam
- Thummi kaalam
- Adappa kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

Rice:

- Hand pounded boiled rice
- Mani samba rice (*Oryza sativa*)
- Kothumai (*Triticum aestivum*)
- Kezhvaragu (*Eleusine coracana*)
- Kambu (*Pennisetum typhoides*)
- Thinai (*Setaria italica*)

Tender vegetables:

- Pahal (*Momordica charantia*)
- Surai (*Lagenaria siceraria*)
- Vendai (*Abelmoschus esculentus*)
- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)
- Vellai mullangi (*Raphanus sativus*)
- China vengayam (*Allium cepa*)
- Aththi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)

Greens:

- Neeraarai keerai (*Marsilea quadrifolia*)
- Kothamalli (*Coriandrum sativum*)
- Puthina (*Mentha arvensis*)
- Karivepilai (*Murraya koenigii*)
- kovaipoo (flower of *Coccinia grandis*)
- Puliyaarai (*Oxalis corniculata*)
- Murungai (*Moringa oleifera*)
- Vasalai (*Portulaca quadrifida*)
- Pon musutai (*Rivea ornata*)
- Vallarai (*Centella asiatica*)
- Manathakali (*Solanum nigrum*)
- Surai (*Lagenaria siceraria*)
- Kodipasalai (*Basella alba*)
- Keerai thandu (*Amaranthus gangeticus*)

Fruits:

- Koiya (*Psidium guajava*)
- Madhulai (*Punica granatum*)
- Pappali (*Carica papaya*)
- Naval (*Syzygium cumini*)
- Nelli (*Phyllanthus emblica*)
- Lime juice without sugar

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

Dairy products:

- Ghee
- Milk
- Curd and buttermilk.

Non-vegetarian diet:

- Ayirai meen (*Cobitis taenia*)
- Kaadai (*Coturnix coturnix*)
- Kouthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)

To Be Avoided:

- Kanji
- Sweets
- Bakery products such as cakes, pastries, cream biscuits, concentrated milk preparations such as pedha, burfee, etc.
- Ice-creams, soft drinks, fruit juices.
- Tubers
 - Potato (*Solanum tuberosum*)
 - Sweet potato (*Ipomoea batatas*)
 - Yam (*Dioscorea alata*)
 - Carrot (*Daucus carota*)
 - Beet root (*Beta vulgaris*)
 - Seppai kizhangu (*Colocasia esculenta*)
- Saturated fats like vanaspathy, dalda, ghee, and butter.
- Nuts, dry fruits like pista (*Pistacia vera*), badam (*Prunus dulcis*), munthiri (*Anacardium occidentale*).
- Fatty meat cuts, organ meat such as liver, kidney, brain, heart and egg yolk.

Others:

Complication of the Disease:

- Obesity, phimosis, paraphimosis, stricture urethra.
- Polyurea, excessive urethral discharge, prostatitis, balanitis, balanoprophatitis, urethritis.
- Cutaneous manifestation of Diabetes mellitus like pre-nuptial fissures, acanthosis nigricans, acrochordons, diabetic dermopathy, eruptive xanthoma, rubeosis faciei, scleroderma diabeticorum, bullosis diabeticorum.
- Polydipsia, diabetic gastroparesis, gastroesophageal reflux disorders, esophageal dysmotility enteropathy, glycogenic hepatopathy, hepatogenous diabetes.
- Dehydration (mild/moderate/severe), excessive diarrhoea, recurrent vomiting.
- Diabetic cystopathy, cystitis, interstitial cystitis, polyuria, erectile dysfunction, diabetic bladder, frequency of urination, restless legs syndrome, sleep disturbance, uremia, encephalopathy, breathlessness (rest/exertion), restlessness.
- Impaired taste sensation, ageusia, diabetic ketoacidosis, pneumo mediastinum, fatigue, lactic acidosis.
- Diabetic carbuncle, multiple abscess
- Pulmonary tuberculosis, extra pulmonary tuberculosis and finally death.

Limitation in Siddha System and Condition for Referral:

- Chest pain
- Diabetic retinopathy
- Diabetic ketoacidosis
- Diabetic gangrene

VEETHANA KOLARU (THYROID DYSFUNCTION)

Definition:

- Thyroid dysfunction is defined as a condition of disturbed functions of thyroid gland leading to various constitutional symptoms like sluggishness of mind and body, tiredness, dry skin, cold intolerance in hypothyroidism and hyperactivity, irritability, dysphoria, heat intolerance in hyperthyroidism with or without swelling of the thyroid gland.

Synonym:

- *Kandakazhalai*

Causes and Influencing Factors

- Hypothyroidism
 - Auto immune disease- Hashimoto's thyroiditis
 - Pituitary disorder
 - Pregnancy
 - Iodine deficiency
 - Congenital disease
 - Lithium medication
 - Radiation therapy
- Hyperthyroidism
 - Autoimmune disorder- Grave's disease
 - Excess iodine
 - Thyroiditis
 - Tumors of ovaries or testis
 - Benign tumors of the thyroid or pituitary gland
 - Large intake of tetraiodothyronine

Premonitory signs and symptoms:

- Hypothyroidism
 - Bradycardia
 - Tiredness
 - Intolerance to cold
 - Mental fatigue
 - Constipation
- Hyperthyroidism:
 - Anxiety
 - Tachycardia
 - Emotional lability
 - Restlessness
 - Feeling jittery (nervousness)
 - Insomnia
 - Tremulousness

Common Signs and Symptoms:

- Hypothyroidism
 - Weight gain with poor appetite
 - Depression
 - Dyspnoea
 - Hoarseness of voice
 - Menorrhagia (Later oligomenorrhea or amenorrhea)
 - Dry coarse skin

- Cool peripheral extremities
- Puffy face, hand and feet
- Diffuse alopecia
- Peripheral oedema
- Delayed tendon relaxation
- Carpal tunnel syndrome
- Hyperthyroidism
 - Weight loss
 - Increased appetite
 - Irritability / behavioural change
 - Malaise
 - Palpitation
 - Diarrhoea
 - Oligomenorrhea
 - Atrial fibrillation
 - Irregular pulse rhythm
 - Goitre
 - Warm/ Moist skin
 - Gynecomastia

Co-morbid conditions:

- Obesity
- Infertility

Primary Kutram Affected;

- Hypothyroidism – Kabam
- Hyperthyroidism - Kabam

Secondary Kutram Affected:

- Hypothyroidism- Vatham
- Hyperthyroidism - Pitham
- Hashimoto's thyroiditis- Vatham

Siddha Pathogenesis:

- **Hypothyroidism:** It may be explained by altered Kabam with Vatham. The seven udalthathukal Saaram, Senneer, Oon get affected
- **Hyperthyroidism:** It may be explained by increased Kabam along with Pitham. The seven udalthathukal Saaram, Senneer, Oon get affected

Investigations

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham/ Pithavatham
Sparisam	-	Dryness, Intolerance to cold (Hypothyroidism)/ Warmth, Intolerance to heat (Hyperthyroidism)
Naa	-	Pallor
Niram	-	Pallor
Mozhi	-	Normal/ hoarseness of voice
Vizhi	-	Normal/ staring appearance/ double vision
Malam	-	Constipation (Hypothyroidism)/ Diarrhoea (Hyperthyroidism)
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamrind odour
Neikuri	-	Oil may spreads in the form of a Pearl with snake or ring snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Thyroid Function Test

In Tertiary care hospital:

- Thyroid antibodies
- Thyroglobulin
- Fine needle aspiration cytology
- Excision biopsy to exclude malignancy
- Radionuclide scanning (If needed)

Diagnosis:**Confirmation of diagnosis:**

- Based on the clinical symptoms and laboratory investigations.

Differential Diagnosis

- Euthyroid status : Thyroglossal cyst
- Hypothyroidism : Thyroid carcinoma.
- Hyperthyroidism : Panic attacks, mania, Pheochromocytoma and weight loss associated with malignancy.

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu -100-130mg, with pepper powder (*Piper nigrum*) /onion (*Allium cepa*) juice, at early morning in empty stomach for a day.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Thirikadugu chooranam – 2-3gm with honey, BD, after food.
- Arumuga chendooram -200-400mg with honey, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine**Chooranam**

- Aagaasakarudan kizhangu chooranam- 1-2 gm with honey, BD, after food
- Nathaichuri chooranam – 2-3 gm with honey, BD, after food.

Maathirai:

- Karuppu vishnu chakaram – 1-2 tabs with honey, BD, after food

Ilagam

- Thetrunkottai ilagam - 5-10 gm with warm milk, BD, after food
- Karisalai ilagam - 5-10 gm with warm milk, BD, after food

Mezhugu

- Rasagandhi mezhugu- 250 -500 mg with palm jaggery, BD after food for 40 days.

Chendooram

- Annapavala chendooram -100-200 mg with honey, BD, after food.
- Ayakantha chendooram - 100-200 mg with honey, BD, after food

Parpam

- Uppu parpam -500 mg-1 gm with pepper (*Piper nigrum*) along with luke warm water, BD, after food
- Pavala parpam-100-200 mg with ghee/milk, BD, after food.

Karpam:

- Karisalai karpam tablets – 1-2 tabs, with honey, BD, after food
- Bhavana kadukkai – 1-2 tabs, as chewable, BD, before and after food

External Medicines:**Ennai muzhukku (Oleation):**

- | | |
|------------------------|-----------------------|
| • Arakku thylam | - Quantity sufficient |
| • Chukku thylam | -Quantity sufficient |
| • Chithiramoola thylam | -Quantity sufficient |
| • Seeraga thylam | - Quantity sufficient |
| • Santhanathi thylam | - Quantity sufficient |
| • Notchi thylam | -Quantity sufficient |
| • Peenisa thylam | -Quantity sufficient |

Special Therapies:**Siddha Yoga Maruthuvam:**

- Hypothyroidism
 - Suryanamaskaram
 - Vajrasanam
 - Bhujangasanam
 - Matsyaasanam
 - Halasanam
 - Vipareeta karani
 - Thirikonasanam
 - Pavanamuktasanam
 - Sarvangasanam
 - Janusirasasanam
 - Savasanam
 - Pranayamam
- Hyperthyroidism
 - Sethu Bandhasanam
 - Marjariasanam
 - Surya Namaskaram
 - Balasanam
 - Savasanam
 - Pranayamam

Varma maruthuvam:

- Hypothyroidism
 - Kondaikolli varmam
 - Sumai varmam
 - Annakaalam
- Hyperthyroidism

- Kondai kolli
- Uthira kaalam
- Anna Kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices

To Be Added

- Drink plenty of water
- Eat antioxidants rich food includes all fresh vegetables and fruits.
- Do regular exercise and yoga.
- Do aerobic exercise like walking, jogging.

Hypothyroidism

- Cheese
- Milk
- Iodised table salt/ Rock salt
- Salt water fish
- Sea weed
- Whole eggs
- Selenium rich foods like beef (*Bos Taurus*), Turkey (*Meleagris gallopavo*), chicken (*Gallus gallus domesticus*), oatmeal, whole leaf bread.
- Zinc rich foods like oysters (*Crassostrea virginica*), crab (*Brachyura*), legumes, pumpkin seeds and yogurt.

Hyperthyroidism

- Fresh vegetables
- Fruits
- Legumes
- Whole grains
- Calcium rich foods like cheese, yogurt (*Lactobacillus bulgaricus*), seeds, almonds (*Prunus dulcis*), beans (*Phaseolus vulgaris*), lentils (*lens culinaris*)
- Omega-3 fatty acids like Flax seeds (*Linum usitatissimum*), Walnuts (*Juglans regia*), salmon (*Salmo salar*), tuna (*Katsuwonus pelamis*), mackerel (*Rastrelliger kanagurta*), sardines (*Sardina pilchardus*)
- Vitamin D foods like egg yolks, cheese, beef liver (*Bos taurus*), dairy products, soy milk, cereals.
- Vitamin C foods like orange (*Citrus aurentium*), grapes (*Vitis vinifera*), lemon (*Citrus limon*).

To Be Avoided

- Goitrogenic contain foods like
 - Broccoli (*Brassica oleracea var. italica*)
 - Brussel sprouts (*Brassica oleracea var. gammifera*)
 - Cabbage (*Brassicca oleracea var. capitata*)
 - Cauliflower (*Brassica oleracea var. botrytis*)
 - Kale (*Brassica oleracea var. sabellica*)
 - Millets
 - Peach (*Prunus persica*)
 - Peanuts (*Arachis hypogaea*)
 - Raddish (*Raphanus sativus*)
 - Strawberry (*Fragaria ananassa*)
 - Mustard (*Brassica nigra*)

- Sugar and caffeine

Complication of the Disease:

- Hypothyroidism
 - Myxoedema coma
 - Pneumonia
 - Congestive heart failure
 - Myocardial infarction
 - Gastrointestinal bleeding
 - Cerebrovascular accident
- Hyperthyroidism
 - Fever
 - Delirium
 - Seizures
 - Coma
 - Diarrhoea

Limitation in Siddha System and Condition for Referral:

- Thyrotoxicosis
- Thyroid storm
- Myxedema coma
- Heart failure
- Thyroid ophthalmopathy

Thasai Kootu Noigal
**(Musculo-Skeletal
Disorders)**

AZHAL KEEL VAAYU (OSTEOARTHRITIS)

Definition:

- *Azhal keel vaayu* is defined as a gradual loss of articular cartilage, combined with thickening of the subchondral bone, bony outgrowth (Osteophytes) at joint margins & mild / chronic non-specific synovial inflammation.
- It is a chronic progressive degenerative disease affecting mainly the weight bearing joints of the body mainly knee joints in the aged individual.

Synonyms:

- *Santhu vatham*
- *Muzhangal vatham*

Siddha etiology:

According to *Sabapathi kaiyedu*, *Vatha* disease is caused due to the following reasons:

“வளிதரு காய் கிழங்கு வரைவிலா தயிலல் கோழை
முளிதயிர் போன்மிகுக்கு முறையிலா வண்டி கோடல்
குளித்தரு வளியிற் றேகங் குனிப்புற வுலவல் பெண்டிர்
குளிதரு மயக்கம் பெற்றோர் கடிசெயல் கருவியாமால்”

- சபாபதி கையேடு

- Excessive intake of tubers
- Excessive intake of chill foods
- Wandering in chill air
- Getting drenched in rain
- Living in hilly region
- Excessive sexual desire and
- Heredity

According to *Yugi vaithiya sinthamani*,

“வாத வர்த்தன காலமேதோ வென்னில்
மருவுகின்ற ஆனி கற்கட மாதம்
ஆதனைப் பசியோடு கார்த்திகை தன்னில்
அடருமே மற்ற மாதங்கள் தன்னில்
போகவே சமிக்கின்ற காலமாகும்”

- யுகி சிந்தாமணி

- It is said that the *Vatha* diseases are precipitated in the months from Aani to Karthigai (June to December), hence the seasonal factors are involved and facilitate the *Vatha* diseases.

According to *Siddha maruthuvanga surukam*,

“பதுமத்தைப் பூக்க வைக்கும் பானுமிக்க காயும்
முதுவேனி லிற்பு விற நீர் முற்றும் - கதுமென
வற்றும் கபம.கும் வாயுமிகும் வாழ்மாந்தர்க்
குற்ற நலிக் கேதிதென் றோது”

- சித்த மருத்துவாங்க சுருக்கம்

- In *Muthuvenil kalam* the increased solar radiation increases the evaporation of water content from the body in turn increases the *Kabam* and *Vatham* *thathus* resulting in the production of *Vali* diseases.

Causes and Influencing Factors:

- Overweight/ obesity
- Congenital bone deformity
- Injuries to joints (fracture/ ligament tear or surgery)
- Hysterectomy

- Metabolic diseases – Diabetes mellitus
- Genetic factor
- Older age groups
- Post menopausal syndrome
- Occupational
 - Those who work on standing posture for longer duration. Eg - Traffic police, porters, surgeons

Premonitory signs and symptoms:

- Pain
- Stiffness
- Crepitation in joints

Common Signs and Symptoms:

- Tenderness in joints
- Loss of flexibility
- Reduced range of motion
- Depression and/or anxiety
- Osteophytic changes

Late sign:

- Bony swelling and deformity due to osteophytes,
 - Swelling at the distal interphalangeal joints (Heberden's nodes)
 - Swelling at the proximal interphalangeal joints (Bouchard's nodes).

Co-morbid Conditions:

- Arthropathy
- Synovial and tendon disorders
- Obesity
- Gastritis
- Sleep disturbances
- Cardio vascular diseases like Ischemic heart disease

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis

- It is explained by increased Viyanan and santhigam (degeneration, dryness). Vatham induces the aamam which in turn increases the Pitham (immobilisation, swelling etc.). In seven udalthathukal, Saaram, Senneer, Oon, Kozhuppu and Moolai get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham / Pithavatham/ Pithakabam
Sparisam	-	Examination of joints: Warmth/ Tenderness/ Swelling/ crepitation present
Naa	-	Pallor/ Coated
Niram	-	Normal/ Redness
Mozhi	-	Normal/ Low pitched
Vizhi	-	Normal/ Pallor
Malam	-	Normal/ Constipation

Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of ring/ pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Uric acid
- Serum Calcium
- RA factor
- CRP
- X-ray - Knee joints AP/ Lateral view

In Tertiary care hospital:

- MRI - Knee joints
- Joint fluid analysis
- Bone density
- Vitamin-D3
- Arthroscopy

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Valiazhal keel vayu* (Rheumatoid arthritis)
- *Vali keel vaayu* (Rheumatic joint disease)
- *Iyya keel vayu* (Pyogenic arthritis)
- *Santhu Vatha noi* (Poly arthiritis)
- *Vali suram* (Chickungunya)
- Ligament injury / tear

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Kattu (Compress or Bandage)
 - Patru (Semi-Solid Poultice)
 - Otradam (Fomentation)
 - Suttigai (Cautery cauterization)
 - Attai vidal (Leech Therapy)
- Varmam maruthuvam
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam -15-30 ml with lukewarm water at early morning in empty stomach

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Amukkara chooranam - 1-2 gm with honey, BD, after food
- Sangu parpam - 100-200 mg with ghee, BD, after food
- Kunthiriga thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kazharchi thylam - 8-15 ml with lukewarm water at early morning in empty stomach
- Vellai ennai - 15-30 ml with lukewarm water at early morning in empty stomach
- Meganatha kuligai - 1-2 pills with ginger juice (*Zingiber officinalis*) at early morning in empty stomach

Internal Medicines:**Chooranam:**

- Thirikadugu chooranam - 1-2 gm with honey, BD, after food
- Elathy chooranam - 1-2 gm with lukewarm water, BD, after food
- Thiriphala chooranam - 1-2 gm with honey, BD, after food
- Nilavaagai chooranam - 1-2 gm with lukewarm water, BD, after food.
- Parangipattai chooranam - 1-2 gm with honey, BD, after food

Ilagam:

- Thetrankottai ilagam - 5-10 gm with milk, BD after food.
- Mahavallathi ilagam - 5-10 gm with milk, BD after food

Ennai:

- Merugulli ennai - 8-15 ml with lukewarm water OD at early morning in empty stomach.

Chendooram:

- Ayakantha chendooram - 65-130 mg with honey, BD, after food
- Ayaveeram chendooram - 50 -100 mg with honey/ palm jaggery, BD, after food.
- Chanda marutham chendooram - 50-100 mg with honey/ ginger (*Zingiber officinalis*) juice/ palm jaggery/ thirikadugu chooranam, BD for 5 days.
- Arumuga chendooram - 100-200 mg with honey, BD, after food

Parpam:

- Silasathu parpam - 125 - 325 mg with ghee, BD, after food
- Muthuchippi parpam - 200 - 400 mg with milk, BD, after food
- Gungiliya parpam - 100 - 300 mg with ghee, BD, after food
- Pavalam parpam - 65 - 200 mg with ghee, BD, after food

Mezhugu:

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD after food for 3 - 5 days.
- Nanthi mezhugu - 65-130 mg with palm jaggery, BD after food, based on disease condition for 12, 25, 45 days (or) 10,20,30,40 days.
- Vaan mezhugu - 50-100 mg with palm jaggery, BD after food for 3 to 5 days.

External Medicines:**Poochu (Liquid/ Oil Poultice):**

- Vatha kesari thylam – Quantity sufficient
- Laguvidamutti thylam – Quantity sufficient
- Karpoorathi thylam – Quantity sufficient
- Chitramutti thylam – Quantity sufficient

Kattu (Compress or Bandage):

- Brahmi leaves (*Baccopa monneri*)
- Murungai leaves (*Moringa oleifera*)
- Vaelai keera leaves (*Cleome viscosa*)
- Vidamoongil kizhangu (*Crinum asiaticum*)

Patru (Semi-Solid Poultice):

- Kavikkal (Red ochre)
- Kazharchi (*Caesalpinia bonduca*)
- Moosambaram (Kariabolam) (*Aloe littoralis*)

Ottradam (Fomentation)

- Kazharchi leaves (*Caesalpinia bonducella*)
- Thazhuthazhai (*Clerodendrum phlomoidis*)
- Notchi leaves (*Vitex negundo*)
- Vathanarayanan leaves (*Delonix elata*)
- Aamanakku leaves (*Ricinus communis*)
- Vallarai leaves (*Centella asiatica*)
- Mudakatran leaves (*Cardiospermum halicabum*)

Suttigai (Cautery cauterization):

- The manjal kombu (Rhizome of *Curcuma longa*) was ignited to red hot and allowed to cool till tolerable heat obtained and then touched on muzhangal poruthu (knee joint) for 2-4 seconds .The procedure repeated for 3 times.
- Uloga Suttigai (Metal Cauterization)

Attai Vidal (Leech Therapy)

- Medicated leech is placed on specific place on specific time over the affected area.

Special Therapies**Siddhar Yoga Maruthuvam:**

- Tadasanam
- Shasangasanam
- Marjarisanam
- Shasanka bhujangasanam
- Savasanam
- Suryanamaskaram (advised as per the severity of the disease)
- Naadisuthi - Pranayamam
- Bhastrika pranayamam

Varma maruthuvam:

- Chippi varmam
- Kuthikaal varmam
- Naai thalai varmam
- Komberi kaalam
- Kaal moottu varmam
- Viruthi kaalam

- Veeradangal

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To be added

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vaazhai thandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)
- Venthayam (*Trigonella foenum*)
- Pirandai (*Cissus quadrangularis*)
- Karunai kizhangu (*Colocasia antiquarum*)

Greens:

- Pannai keera (*Celosia argentea*)
- Mudakaruthan keera (*Cardiospermum helicacabum*)
- Puliyarai (*Oxalis corniculata*)
- Ponnankanni (*Alternanthera sessilis*)

Pulses

- Ulunthu (*Vigna mungo*)
- Thuvaram paruppu (*Cajanus cajan*)

Dairy products

- Cow's buttermilk

Non vegetarian diet:

- Egg
- Kaadai (*Coturnix coturnix*)
- Kouthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*)

To Be Avoided

- Vatham induced foods like tubers except karunai kizhangu
- Carbohydrates rich diet
- Vaazhai (tender fruit of *Musa paradisiaca*)
- Vaer kadalai (*Arachis hypogea*)
- Pattani (*Pisum sativum*)
- Mochai (*Vicia faba*)
- Sour and astringent foods
- Sea foods except small prawns

Others

Complication of the Disease

- Chondrolysis
- Osteo necrosis
- Stress fracture
- Hemarthrosis
- Septic arthritis

- Deterioration / rupture of the tendons and ligaments around the joint, leading to loss of stability

Limitation in Siddha System and Condition for Referral

- Septic arthritis
- Hemarthrosis
- Osteo necrosis
- Complete ligament tear

KUMBAVATHAM (PERI ARTHRITIS)

Definition

- A condition characterized by stiffness and pain in the shoulder joint initially. The capsule around the shoulder joint became inflamed, and appears to tighten or shrink. This leads to restricted movement in the affected part.
- It is common in people between the age of 40 and 70 years. It has been estimated to affect one person in fifty, every year.

Synonyms: -

Siddha etiology:

In *Yugi Vaidhya Chinthamani*,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயந் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதார வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Sedentary life style
- Post surgery scarring
- Certain medication (Antiretroviral drugs)
- Trauma/ Injury
- Influencing factors are Parkinson's diseases, Cardiovascular disease, Thyroid dysfunctions, Diabetes mellitus, Stroke, Tuberculosis, Rotator cuff tear

Premonitory signs and symptoms

- Difficulty in abduction of affected shoulder joint
- Stiffness with restricted movements

Common Signs and Symptoms

- Acute pain
- Loss of mobility and strength in the affected arm
- Giddiness
- Heaviness of the body

Co-morbid Conditions

- Cervical radiculopathy
- Osteoporosis
- Diabetes mellitus

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham /Kabam

Siddha Pathogenesis

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon, Kozhuppu, Enbu get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Vathapitham / Pithavatham
Sparisam	-	Warmth / tenderness
Naa	-	Coated
Niram	-	Normal/ redness
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
Constipation Moothiram	-	
Neerkuri	-	Normal
Neikuri	-	Oil may spreads in the form of ring /snake.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- X-Ray- Shoulder joint
- Urine analysis

In Tertiary care hospitals:

- CT-Shoulder joint
- MRI-Shoulder joint

Diagnosis**Confirmation of Diagnosis**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Sagana vatham* (Cervical spondylosis)
- *Thamaraga vaayu*

Treatment**Line of Treatment**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Kattu (Compress or Bandage)
 - Poochu (Liquid/ Oil Poultice)

- Otradam (Fomentation)
- Suttigai (Cautery cauterization)
- Thokkanam (Massage Manipulation)
- Varmam maruthuvam
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Vathanaasa thylam -15 -30 ml with lukewarm water at early morning in empty stomach.

Day 2 - Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam -1 -2 gm with honey BD, after food.
- Sangu parpam -100 -300 mg with milk/ ghee/ butter, BD, after food
- Chitramutti madaku thylam - 2-5 drops with milk, BD, after food
- Vathakesari thylam - Quantity sufficient (For Ext.use only)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kazharchi thylam -10 -15 ml with lukewarm water at early morning in empty stomach
- Meganatha ennai-15 -30 ml with lukewarm water at early morning in empty stomach
- Merugulli thylam -10 -15 ml with lukewarm water at early morning in empty stomach
- Siddhathi ennai-10-1 5 ml with milk at early morning in empty stomach
- Vellai ennai - 15-30 ml with lukewarm water at early morning in empty stomach

Internal Medicines:

Kudineer:

- Arathai kudineer - 30-60 ml, BD, after food

Chooranam:

- Elathy chooranam -1 -2 gm with honey, BD, after food.
- Thirikadugu chooranam -1 -2 gm with honey, BD, after food.
- Madhumeega chooranam - 1-2 gm with lukewarm water, BD/TDS, before food (in case of Diabetes mellitus)
- Thiriphala chooranam -1 -2 gm with lukewarm water, BD, after food

Nei:

- Senkottai nei – 5-10 drops with warm milk, BD, after food

Maathirai:

- Karuppu Vishnu chakkara maathirai (100 mg) -1 -2 pills with ginger juice (*Zingiber officinalis*)/ palm jaggery, BD, after food.

Mezhugu

- Vaan mezhugu-65-100 mg with palm jaggery, BD, after food for 3 to 5 days.
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Veera mezhugu-50 -100 mg with palm jaggery, BD, after food.
- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food for 12/25/45 days or 10/20/30/40days
- Pancha sootha mezhugu-50 -100 mg with palm jaggery, BD, after food.
- Nava uppu mezhugu -100-200 mg with palm jaggery, OD (morning) after food for 3-5 days.
- Idivallathy mezhugu -100-200mg with palm jaggery, BD, after food.
- Chitthiravallathi mezhugu -100-200 mg with palm jaggery, BD, after food.

Chendooram:

- Chanda marutha chendooram -50- 100 mg with ginger juice (*Zingiber officinalis*)/ palm jaggery/ thirikadaugu chooranam/ amukkara chooranam, BD, after food for 5 days.
- Arumuga chendooram-100-200 mg with honey/ thirikadugu chooranam, BD, after food
- Ayaveera chendooram-50-100 mg with honey/ palm jaggery, BD, after food
- Linga chendooram-50-100 mg with honey, BD, after food

Parpam:

- Pavala parpam- 65 -130 mg with ghee/ butter/ water/ milk, BD, after food
- Gungiliya parpam- 200 -500 mg with milk/ butter/ ghee/ tender coconut water, BD, after food
- Silasathu parpam- 200-400 mg with butter/ ghee, BD, after food
- Muthuchippi parpam - 200 -400 mg with milk/ ghee/ butter, BD, after food

External Medicine**Kattu (Compress or Bandage):**

- Cook the leaves of thazhuthalai (*Clerodendrum phlomidis*) and notchi (*Vitex negundo*) with water and steam is applied on the affected area using a bamboo tube. The affected shoulder joint is gently applied with castor oil and the cooked leaves are administered as compress.

Poochu (Liquid/ Oil Poultice):

- Laguvidamutti thylam – Quantity sufficient
- Vidamutti thylam – Quantity sufficient
- Chitramutti thylam – Quantity sufficient
- Kunthirika thylam - Quantity sufficient

Ottradam (Fomentation)

- Notchi leaves (*Vitex negundo*)
- Thazhuthalai leaves (*Clerodendrum phlomidis*)
- Vatha narayanan leaves (*Delonix elata*)
- Kazharchi kozhunthu leaves (*Caesalpinia bonducella*)

Suttigai (Cautery cauterization):

- Uloga Suttigai (Metal Cauterization)

Thokkanam (Massage Manipulation):

- Pidithal (superficial kneading)
- Kaikattal (joint flexion)
- Mallathal (joint stretching)

- Iluthal (friction)

Special Therapies:

Varmam Maruthuvam

- Ayul kaala pinnal
- Saramudichi
- Utchipathappa kaalam
- Ullankalvellai varmam
- Thavalai kaalam
- Kaikavuli varmam
- Kakkattai kaalam
- Puja varmam
- Mozhi piralgai
- Kavuli kaalam
- Chavvu varmam
- Piratharai varmam
- Kakkatai kaalam
- Chippi varmam

Siddhar Yoga Maruthuvam:

- Pranayamam (Naadi suthi)
- Kadi chakkarasanam
- Tadasanam
- Konasanam
- Dhiyanam

Duration of Treatment

- Depending upon the severity of the disease conditions.

Advices:

To Be Added

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)
- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)

Pulses:

- Thuvarai (*Cajanus cajan*)

Dairy product:

- Cows buttermilk

Non-vegetarian diets:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*).

To Be Avoided

- Vatham induced foods like tubers except karunai (*Amorphophallus paeoniifolius*)
- Maa porutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogea*)
- Pataani (*Pisum sativum*)
- Mochai (*Vicia faba*)
- Sour and astringent tastes
- Sea foods
- Refined foods/ oily foods

Others

Complication of the Disease

- Humeral fracture
- Biceps tendon rupture
- Subscapularis and tendon rupture
- Loss of functional range of motion in shoulder joint
- Increased stiffness and osteoporosis
- Dislocation

Limitation in Siddha System and Condition for Referral

- TB shoulder
- Hemophilic arthritis of shoulder
- Septic arthritis of shoulder
- Complete rupture of rotator cuff muscle

KUTHIKAAL VATHAM (PLANTAR FASCITIS)

Definition:

- It is the inflammation of the fibrous tissue (plantar fascia) which supports the arch of the foot.
- It results in pain in the heel and bottom of the foot, usually more severe with the first step of the day or following a period of rest.

Synonyms:

- *Kuthi vatham*

Siddha etiology:

According to *Sabapathi kaiyedu*, *Vatha* disease is caused due to the following reasons:

“வளிதரு காய் கிழங்கு வரைவிலா தயிலல் கோழை
முளிதயிர் போன்மிகுக்கு முறையிலா வுண்டி கோடல்
குளித்தரு வளியிற் றேகங் குனிப்புற வுலவல் பெண்டிர்
குளிதரு மயக்கம் பெற்றோர் கடிசெயல் கருவியாமால்”

- சபாபதி கையேடு

- Excessive intake of tubers
- Excessive intake of chill foods
- Wandering in chill air
- Getting drenched in rain
- Living in hilly region
- Excessive sexual desire
- Heredity

Causes and Influencing Factors:

- Repetitive strain injury to the ligament of the sole
- Strain injury during excessive walking or running
- Inappropriate foot wear
- Obesity
- Influencing factors are prolonged standing, walking on uneven surfaces requiring eversion / inversion.
- It predominance in women as a consequence of wearing narrow high heeled shoes
- Reactive arthritis/ ankylosing spondylitis/ calcaneal spur

Premonitory Signs and Symptoms:

- Pain experienced in raising the toes and suddenly bringing the heels to the ground.
- It gradually subsides as the patient takes a few steps.

Common Signs and Symptoms:

- Pain and swelling in the heel and bottom of the foot
- Pain increases on prolonged standing / walking
- Numbness and tingling sensation

Co-morbid Conditions:

- *Athithoolam* (Obesity)
- *Azhal keel vaayu* (Osteoarthritis)
- *Valiazhal keel vaayu* (Rheumatoid arthritis)
- *Thandaga vatham* (Lumbar spondylosis)

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis

- It is explained by increased Vatham altered with Kabam / Pitham. In seven udalthathukal saaram, sennear, oon, kozhuppu, enbu get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Pithavatham/ Pithakabam
Sparisam	-	Warmth / dryness
Naa	-	Normal/ coated
Niram	-	Normal/ redness
Mozhi	-	Low pitched/ normal
Vizhi	-	Normal
Malam	-	Normal /
constipation Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikuri	-	Oil may spread in the form of ring / snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Serum uric acid
- X-ray - Ankle joint
- Anti CCP

In tertiary care hospitals:

- HLA B27
- Technetium (Tc – MDP 3-phase) bone scan
- MRI

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Azhal keel vaayu* (Osteoarthritis)
- *Karapatha soolai* (Peripheral neuritis)
- Heel pad syndrome
- Reactive arthritis

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Kattu (Compress or Bandage)
 - Patru (Semi-Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Suttigai (Cautery Cauterization)
- Varmam maruthuvam
- Dietary advice

Day 1 - Kazhichal maruthuvam (Purgation):

- Vitiating Vatham to be neutralized by administration of purgative medicines

- Meganatha ennai - 10-15 ml with lukewarm water , OD, at early morning in empty stomach for a day

Day 2 - Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam - 1-2 gm with honey/ milk/ lukewarm water, BD, after food
- Sangu parpam-100- 200 mg with milk/ ghee/ butter, BD, after food
- Sivappu kukkil thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu -100 -130 mg with lukewarm water, OD, at early morning in empty stomach for 1-3 days
- Kazharchi thylam -8-15 ml with lukewarm water, OD, at early morning in empty stomach for 3-5 days
- Merugulli thylam -8-15 ml with lukewarm water, OD, at early morning in empty stomach for a day
- Siddhathi ennai -10-15 ml with milk / lukewarm water/ sombu theneer/ rice cold water, OD, early morning in empty stomach for a day

Internal Medicine:

Kudineer:

- Dhaasamoola kudineer - 30-60 ml, BD, before food

Chooranam:

- Thiriphala chooranam -1-3 gm with honey/ ghee/ water, BD/TDS, after food
- Thirikadugu chooranam- 1-2 gm with honey/ ghee/ water, BD/TDS, after food
- Seenthil chooranam -1-2 gm with ghee , BD, after food
- Parangipattai chooranam- 1-2 gm with milk and palm jaggery, BD, after food
- Elathy chooranam- 1-2 gm with honey, BD, after food

Nei:

- Senkottai nei - 5-10 drops with warm milk, BD, after food

Rasayanam:

- Sarvanga rasayanam - 5-10 gm with lukewarm water, OD at night after food

Ilagam:

- Vilvathy ilagam -5-10 gm with milk, BD, after food
- Thetrankottai ilagam - 3-6 gm with milk, BD, after food
- Mahavallathy ilagam - 3-5 gm with milk, BD, after food for 40 days

Maathirai:

- Linga boopathy maathirai (100 mg) -1-2 pills with honey/ ginger(*Zingiber officinalis*) juice, BD after food
- Karuppuvishnu chakkara maathirai (100 mg) -1-2 pills with honey , BD after food
- Bramanandha bairava maathirai (100 mg) -1-2 pills with honey and ginger (*Zingiber officinalis*) juice, BD after food
- Vatharaatchasan maathirai (100 mg) -1-2 pills with honey, BD/TDS after food

Mezhugu:

- Vaan mezhugu – 65-100 mg with palm jaggery, BD after food for 3 – 5 days.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD after food for 40 days.
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD after food for 12/25/45 days.

Chendooram

- Arumuga chendooram -100-200 mg with thirikadugu chooranam and honey, BD, after food.
- Ayaveera chendooram-50-100 mg with honey / palm jaggery, BD, after food.
- Ayakantha chendooram -100-200 mg with honey/ ghee/ panchadeepakini chooranam, BD, after food.
- Chandamarutha chendooram - 65-130 mg with palm jaggery/ ginger (*Zingiber officinalis*) juice/ thirikadugu chooranam, BD, after food for minimum 5 days.

Parpam:

- Silasathu parpam -200-400 mg with butter /ghee, BD, after food
- Muthuchippi parpam -200-400 mg with ghee/ butter, BD, after food
- Palagarai parpam -50-100 mg with milk/ ghee/ butter, BD, after food
- Pavala parpam -65-200 mg with ghee/ butter/ curd/ milk, BD, after food

Chunnam:

- Singi chunnam - 25-50 mg with honey/ milk, BD, after food

External Medicines:

Kattu (Compress or Bandage):

- Vasavu ennai– Quantity sufficient

Patru (Semi solid poultice):

- Saute thirugukalli (*Euphorbia tirucalli*) with castor oil and add crushed leaves of thazhuthalai (*Clerodendron phlomidis*), notchi (*Vitex negundo*) to it, apply on the heel of the foot as a compress.
- Chukku patru (*Zingiber officinalis*)

Poochu (Liquid/ Oil Poultice):

- Vathakesari thylam – Quantity sufficient
- Laguvidamutti thylam – Quantity sufficient
- Karpoorathi thylam – Quantity sufficient
- Ulunthu thylam – Quantity sufficient
- Arkashirathi thylam – Quantity sufficient

Suttigai (Cautery Cauterization):

- Erukku (*Calotropis gigantea*) leaves with red brick.
- Leaf flesh of kumari (*Aloe vera*) boiled with milk and the milk is removed. Then the flesh is kept in red brick for heat application.
- Uloga Suttigai (Metal Cauterization)

Special Therapies:

Varmam Maruthuvam:

- Kuthikaal varmam
- Melmannai varmam
- Keezhmannai varmam

- Komberi kaalam
- Viruthikaalam
- Kalkavuli
- Ullangalvellai varmam

Duration of Treatment

- Depending upon the severity of the disease conditions

Advices:

- To wear MCR (micro cellulose rubber) or MCP (micro cellulose polymerase) slippers.
- Soak foot in warm salt water
- Weight reduction

To Be Added:

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosus*)
- Murunkai (*Moringa oleifera*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissuss quadrangularis*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Kathiri (*Solanum melongena*)

Greens:

- Sirukeerai (*Amaranthus tricolor*)
- Mookkurattai (*Boerrhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)
- Ponnankanni (*Alternanthera sessilis*)
- Manali (*Gisekia pharanaceoides*)
- Mudakkaruththaan (*Cardiospermum halicacabum*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Pottukkadalai (fried *Cajanus cajan*)

Dairy products:

- Cow's milk
- Buttermilk

To Be Avoided:

- Vatham induced foods like tubers except karunai (*Amorphophallus paeoniifolius*)
- Maa porutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogea*)
- Pataani (*Pisum sativum*)
- Mochai (*Vicia faba*)
- Sour and astringent tastes
- Sea foods

Others:

Complication of the Disease:

- Permanent numbness
- Infection
- Foot cramps
- Stress fracture and Tendinitis

Limitation in Siddha System and Condition for Referral:

- Intolerable pain

SAGANAVATHAM (CERVICAL SPONDYLOSIS)

Definition:

- It is a type of Vatham disease characterized by restricted movements with severe pain in lower neck radiating to the upper limbs, heaviness of the body, giddiness and burning sensation of the eyes.

Synonyms:

- Pidari vatham*

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானெற்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயற் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதூர வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Disc degeneration and bone spurs (settling or collapse of the disc and loss of disc space height)
- Influenzing factors are aging, genetic, smoking, occupation with lots of repetitive neck motion and overhead work, depression or anxiety.
- Previous injury or trauma to the neck

Premonitory signs and symptoms:

- Neck pain and discomfort
- Shoulder pain
- Giddiness
- Restricted movements

Common Signs and Symptoms

- Pain radiating to the upper limbs

- Heaviness of the body
- Burning sensation of the eyes
- Constipation in some patients

Co-Morbidconditions:

- Osteoporosis
- Cervical myelopathy

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon, Kozhupu, Enbu get affected

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	–	Vatham/ Kabavatham /
Pithakabam		
Sparisam	-	Warmth/ tenderness
Naa	-	Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
constipation Moothiram:		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of snake /ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- CRP
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum calcium
- Urine analysis
- X-Ray – Cervical spine, AP and Lateral view

In Tertiary care hospital:

- CT – Cervical spine with whole spine screening
- MRI - Cervical spine with whole spine screening

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Kumbavatham* (Peri arthritis)
- *Kabalasoolai* (Migraine)

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine

- External medicine
 - Otradam (Fomentation)
 - Poochu (Liquid/Oil poultice)
 - Thokkanam (Massage Manipulation)
- Varmam maruthuvam
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Meganatha kuligai (100 mg) -1-2 pills with Chukku kudineer (*Zingiber officinalis*), OD, at early morning in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment

- Amukkara chooranam -1-2 gm with milk /lukewarm water/ honey, BD, after food.
- Sangu parpam -100-200 mg with milk, BD, after food.
- Vishnu chakkara maathirai (100 mg) -1-2 pills with honey/ ginger juice (*Zingiber officinalis*) / Thirikadugu chooranam, D, after food
- Sivappu kukkil thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu -100- 130 mg with leaf juice of Sangam kuppi (*Azima tetracantha*), OD, at early morning in empty stomach.
- Meganatha kuligai (100 mg) -1-2 pills with Chukku kudineer (*Zingiber officinalis*), OD, at early morning in empty stomach.

Internal Medicines:

Kudineer:

- Nilavembu kudineer -30-60 ml, BD, before food.
- Parangipattai kudineer -30-60 ml, BD, before food

Chooranam:

- Parangipattai chooranam - 1-2 gm with warm milk/ honey, BD, after food
- Seenthil chooranam -1-2 gm with ghee, BD, after food.
- Elathy chooranam -1- 2 gm with water/milk, BD, after food.
- Thirikadugu chooranam -1-2 gm with honey, BD,after food

Nei:

- Senkottai nei -10-15 drops with warm milk,BD,after food

Rasayanam:

- Parangipattai rasayanam -3-6 gm with milk, BD, after food for 40 days.

Ilagam:

- Mahavallathi ilagam - 3-5 gm with milk, BD, after food for 40 days.
- Amukkara ilagam -5-10 gm with milk, BD, after food.

Maathirai

- Karuppu vishnuchakkara maathirai (100 mg) -1-2 pills with milk/ honey, BD, after food.

- Linga boopathi maathirai (100 mg) -1-2 pills with honey/ ginger juice (*Zingiber officinalis*), BD, after food
- Soolai kudaramaathirai (100 mg) -1-2 pills with ginger juice (*Zingiber officinalis*), OD (morning), after food.
- Vatha ratchakan maathirai (100 mg)-1-2 pills with honey/water, BD/TDS, after food.

Mezhugu

- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40days.
- Idivallathy mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food for 12/25/45days.

Chendooram:

- Ayakantha chendooram -100-200 mg with honey/ghee/ panchadeepakini chooranam, BD, after food.
- Arumuga chendooram-100-200 mg with honey/thrikadugu chooranam, BD, after food.
- Ayaveera chendooram-50-100 mg with honey/palm jaggery, BD, after food.
- Chandamarutha chendooram -50-100 mg with ginger juice (*Zingiber officinalis*) / palm jaggery/ thirikadugu chooranam/ amukkara chooranam/ honey, BD, after food.
- Linga chendooram -50-100 mg with honey, BD, after food.
- Gowri chinthamani chendooram - 65 - 130 mg with Thirikadugu chooranam and honey, BD after food.

Parpam:

- Muthuchippi parpam -200-400 mg with butter, ghee, BD, after food.
- Gungiliya parpam -200-500 mg with butter/ ghee/ tender coconut water (*Cocos nucifera*), BD, after food.
- Muthu parpam -50-100 mg with notchi (*Vitex negundo*) leaf juice, BD, after food.
- Pavala parpam -100-200 mg with milk, BD, after food.

External Medicines:

Ottradam (Fomentation):

- Kazharchi ilai (*Caesalpinia bonducella*)
- Thazhuthazhai ilai (*Clerodendrum phlomoidis*)
- Notchi ilai (*Vitex negundo*)

Poochu (Liquid/ Oil Poultice):

- Vatham- decreased status:
 - Vidamutti thailam- Quantity sufficient
 - Vathakodali thailam- Quantity sufficient
 - Ulunthu thailam- Quantity sufficient
 - Yaeranda thylam- Quantity sufficient
 - Laguvidamutty thylam- Quantity sufficient
- Vatham-Increased status:
 - Chitramutti thailam- Quantity sufficient
 - Kayathirumeni thailam- Quantity sufficient

- Vatham- Neutralising status:
 - Vathakesari thailam- Quantity sufficient
 - Mahanarayana thailam- Quantity sufficient

Thokkanam (Massage Manipulation)

- Pidithal and Asaithal methods
 - Used oils:
 - Laguvidamutty thylam- Quantity sufficient
 - Chitramutti thailam- Quantity sufficient
 - Vathakesari thailam- Quantity sufficient

Ennai muzhukku (Oleation)

Oil bath may be advised twice a week with any of the following medicated oil.

- Arakku thylam- Quantity sufficient
- Notchi thylam- Quantity sufficient
- Chukku thylam- Quantity sufficient
- Chitramutti thylam- Quantity sufficient

Special Therapies:

Varmam Maruthuvam:

- Ayul kaalapinnal
- Saramudichi
- Utchipathappa kaalam
- Ullankalvellai varmam
- Thavalai kaalam
- Kaikavuli varmam
- Kakkattai kaalam
- Puja varmam

Siddhar Yoga Maruthuvam:

- Bhujangasanam
- Koomugasanam
- Arthamachaasanam
- Chakkarasanam
- Arthachakkarasanam
- Balasanam
- Halasanam
- Savasanam
- Pranayamam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Exercise and physiotherapy

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureous*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)

- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)

Pulses:

- Thuvarai (*Cajanus cajan*)

Dairy product:

- Cows butter milk

Non-vegetarian diets:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*).

To Be Avoided:

- Vatham induced foods like
 - Tubers except karunai (*Amorphophallus paeoniifolius*)
 - Maa porutkal (Carbohydrate rich diets)
 - Vaazhai kaai (*Musa paradisiaca*)
 - Verkadalai (*Arachis hypogea*)
 - Pataani (*Pisum sativum*)
 - Mochai (*Lablab purpureus*)
- Sour and astringent tastes
- Sea foods.

Others:

Complication of the Disease:

- Cervical Myelopathy or Radiculopathy
- Cervical disc prolapse
- Brachial plexopathy
- Cervical cord syndrome

Limitation in Siddha System and Condition for Referral:

- TB spine
- Rigidity
- Muscle wasting

THANDAGAVATHAM (LUMBAR SPONDYLOSIS)

Definition:

- *Thandagavadham* is a disease of vertebral column and spinal cord, characterized by pain and stiffness radiating to the lower extremities associated with restriction of the movement, heaviness and numbness, pricking sensation and loss of function.

Synonyms:

- *Iduppu vatham*
- *Korai vatham*.

Siddha etiology:

In *Yugi Vaidhya Chinthamani*,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயந் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதூர வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Intervertebral discs degenerate and weaken, which may lead to disc herniation and disc buldge.
- Traumatic injury
- Influencing factors are aging, obesity, lack of physical exercise, postural changes, prolonged sitting, weight bearing, calcium deficiency, after child birth.

Premonitory signs and symptoms:

- Low back pain
- Stiffness
- Numbness and weakness
- Grinding and popping sound

Common Signs and Symptoms:

- Low back pain increased with physical activities
- Radiating pain from hip to both lower limbs
- Para spinal muscle spasm and tenderness
- Stiffness or limitation of motion
- Painful spinal deformity with restricted movements
- Headache

Co-morbid Conditions:

- Kyphosis
- Lumbar lordosis

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham affected while disease in active condition
- Kabam affected in later stage, while complication occurs.

Siddha Pathogenesis:

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon, Kozhupu, Enbu get affected

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/
Kabavatham		
Sparisam	-	Restricted movements
Naa	-	Pallor/ dryness/ coated /fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Yellow
hard stools Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour,
Neikuri	-	Oil may spreads in the form of a snake

Modern Medical Investigation:

- Complete blood count (CBC)
- Erythrocyte sedimentation rate (ESR)
- CRP
- Urine analysis
- X-Ray - LS spine

In Tertiary care hospital:

- CT- Lumbar spine with whole spine screening
- CT myelogram
- MRI whole spine
- Bone mineral density (BMD).
- Vitamin B-3

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Vathathambam* (Sciatica)

- *Azhal keel vaayu* (Osteoarthritis)
- Lumbar compression fracture.
- Fibromyalgia
- CA spine
- Inflammatory arthritis
- Acute cauda equina syndrome

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Kattu (Compress or Bandage)
 - Patru (Semi Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Otradam (Fomentation)
 - Thokkanam (Massage manipulation)
 - Puravalaiyam
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal Maruthuvam (Purgation)

- Vitiated vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu –100-130 mg with ginger juice (*Zingiber officinalis*),OD,at early morning in empty stomach

Day 2- Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam - 1-2 gm with milk/ honey/ water, BD, after food
- Sangu parpam - 100-200 mg with ghee/ milk/ butter,BD, after food
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Ulunthu thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kazharchi thylam- 8-15 ml with lukewarm water,OD, at early morning in empty stomach
- Meganatha ennai- 8-30 ml with lukewarm water,OD, at early morning in empty stomach
- Meganatha kuligai (100 mg)- 1-2 pills, with lukewarm water,OD, at early morning in empty stomach
- Vellai ennai - 15-30 ml with lukewarm water,OD, at early morning in empty stomach
- Vathanaasa thylam -15-30 ml with lukewarm water,OD, at early morning in

empty stomach

Internal Medicines:

Kudineer:

- Arathai kudineer -30-60 ml, BD, before food
- Nilavembu kudineer -30-60 ml, BD, before food

Chooranam:

- Elathy chooranam -1-2 gm with honey/water/milk, BD, after food.
- Thirikadugu chooranam -1-2 gm with honey/ghee/water, BD/TDS, after food.
- Seenthil chooranam - 1-2 gm with ghee, BD, after food

Nei:

- Senkottai nei -10-15 drops with warm milk, BD, after food

Ilagam:

- Thetrankottai ilagam -3-6 gm with warm milk, BD, after food
- Mahavalathy ilagam -3-6 gm with warm milk, BD, after food for 40 days
- Vilvathy ilagam -5-10 gm with milk, BD, after food
- Sarapungavilwathy ilagam -6-12 gm with milk, BD, after food for 45 days

Maathirai:

- Vatharaatchasan maathirai (100 mg) - 1-2 pills with honey/water, BD/TDS, after food
- Pachaikarpoora maathirai (100 mg) - 1-2 pills with ginger juice (*Zingiber officinalis*), BD, after food
- Karuppu vishnuchakkara maathirai (100 mg) - 1-2 pills with honey, BD, after food

Mezhugu:

- Idivallathy mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12/25/45 days
- Sitranda mezhugu – 250-500 mg with honey, BD, after food
- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food for 3-5 days

Pathangam:

- Linga pathangam - 30-60 mg with palm jaggery, BD, after food for 40 days
- Parangipattai pathangam -100-200 mg with milk, BD, after food for 40 days

Chendooram:

- Arumuga chendooram -100-200 mg with honey/ thirikadugu chooranam, BD, after food.
- Chandamaarutha chendooram -50-100 mg, with honey/ ginger juice (*Zingiber officinalis*)/ palm jaggery/ thirikadugu chooranam/ amukkara chooranam, BD, after food for 5days
- Aya chendooram -100-200 mg with honey, BD/TDS, after food.
- Ayaveera chendooram -50-100 mg with palm jaggery/honey, BD, after food
- Linga chendooram -50-100 mg with palm jaggery/honey, BD,

after food

- Thanga chendooram -32-65 mg with honey, BD, after food.

Parpam:

- Muthuchippi parpam - 200-400 mg with ghee/ butter, BD, after food
- Gungiliya parpam-200-500 mg, with ghee/ tender coconut water (*Cocos nucifera*), BD, after food
- Silasathu parpam-200-400 mg with butter/ghee, BD, after food
- Palagarai parpam-50-100 mg with ghee/ butter/ buttermilk/ milk, BD, after food
- Muthu parpam-50-100 mg with notchi leaf (*Vitex negundo*) juice, BD, after food
- Pavala parpam-100-200 mg, with milk/ Thoothuvelai (*Solanum trilobatum*) leaf juice, BD, after food

External Medicine:

Kattu (Compress or Bandage):

- The Pirandai (*Cissus quadrangularis*), leaves of kovai (*Coccinia indica*), vasambu (*Acorus calamus*), milagu (*Piper nigrum*), poondu (*Allium sativum*) are crushed well, the juice about 30 ml is taken internally and the debris matter is applied as a bandage to treat degenerative diseases.

Patru (Semi Solid Poultice):

- Powder of kariabolam (*Aloe vera*), powder of karuppu ulundhu (*Vigna mungo*), powder of kazharchi paruppu (*Caesalpinia bonducella*) and egg white are mixed and lukewarm water is added. The poultice is applied externally to treat swelling in the knee, legs, back ache and scrotal swelling.

Poochu (Liquid/ Oil Poultice):

- Chitramutti (*Sida cordifolia*), seenthil (*Tinospora cardifolia*), chukku (*Zingiber officinalis*) & kuppaimeni (*Acalypha indica*) are boiled with water and filtered. The decoction is mixed with lukewarm water in a bath tub & the back of the trunk is allowed to rest for 15-30 mins

Thokkanam (Massage Manipulation)

Pidithal and asaithal methods may be given

- Vathakesari Thylam – Quantity sufficient
- Laguvidamutti Thylam– Quantity sufficient
- Myana Thylam– Quantity sufficient
- Sivappu kukkil Thylam– Quantity sufficient
- Chitramutti Thylam– Quantity sufficient

Ottradam (Fomentation):

- Kazharchi ilai (*Caesalpinia bonducella*)
- Thazhuthazhai ilai (*Clerodendrum phlomoidis*)
- Notchi ilai (*Vitex negundo*)

Puravalaiyam:

- In lumbosacral region with medicated oil

Ennai muzhukku (Oleation):

Advised twice a week with any of the following medicated oil:

- Arakku Thylam – Quantity sufficient
- Notchi Thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Poorvatasanam

- Vakrasanam
- Arthachakkrasanam
- Pathahasthasanam
- Pavanamuthrasanam,etc

Varmam Maruthuvam:

- Nangana pootu
- Poovadangal
- Vaayu kaalam
- Ulthodai
- Mannai kaalam
- Viruthi kaalam
- Ullangalvella varmam,etc.,

Duration of Treatment:

7 days to 48 days

Advices:

- Oil bath- weekly twice.
- Advice to proper back spine support.
- Regular yoga practice, regular walking, simple exercise

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melangena*),
- Avarai (*Lablab purpureus*),
- Aththi (*Ficus racemosa*),
- Murungai (*Moringa oleifera*),
- Karunai kizhangu (*Amorphophallus paeoniifolius*),
- Sundai (*Solanum torvum*),
- Mullangi (*Raphanus sativus*),
- Pahal (*Momordica charantia*),
- Sambal poosani (*Benincasa hispida*),
- Thoothuvelai (*Solanum trilobatum*),
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*),
- Sirukeerai (*Amaranthus tricolor*),
- Thoothuvelai (*Solanum trilobatum*),
- Mookiratai (*Boerhavia diffusa*),
- Puliyaarai (*Oxalis corniculata*),
- Ponaangaani (*Alternanthera sessilis*),
- Manali (*Gisekia pharanaceoides*).

Pulses:

- Ulunthu (*Vigna mungo*)

Dairy products:

- Cow's butter milk

Non vegetarian diet:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)

- Ayirai meen (*Cobitis taenia*)

To Be Avoided:

- Vatham induced foods such as tubers except Karunai kizhangu (*Amorphophallus paeoniifolius*).
- Maaporutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogaea*)
- Kaaramani (*Vigna unguiculata*)
- Pataani (*Pisum sativum*)
- Sour and astringent tastes
- Sea foods
- Smoking, tobacco chewing and alcohol
- Prolong standing and sitting
- Frequent travelling and weight lifting.

Others:

Complication of the Disease:

- Spinal Stenosis
- Cauda equina syndrome
- Lumbar disc herniation

Limitation in Siddha System and Condition for Referral:

- Only conservative management
- Saddle anaesthesia
- Bladder and bowel incontinence

THASAIVATHAM (MUSCULAR DYSTROPHY)

Definition:

- Muscular dystrophy is a group of hereditary muscle diseases that gradually cause the muscles to weaken, leading to an increasing level of disability.

Synonym: -

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானெற்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயற் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதார வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Spontaneous gene mutations

Premonitory signs and symptoms:

- Usually asymptomatic at birth and in early infancy.
- Poor head control may be the first sign of weakness.
- Walking may be delayed till 18 months; hip girdle weakness may be seen as early as in second year.
- Frequent falls
- Proximal and distal muscles of the upper and lower limbs, respiratory and pharyngeal muscles are affected.

Common Signs and Symptoms

- Gross motor skills are usually achieved or mildly delayed.
- Pseudohypertrophy (Weakness and enlargement of muscles)
- Progressive difficulty in walking
- Involuntary movements

- Involuntary bladder/ bowel involvement
- Paraesthesia
- Gower sign is evident by 3 years and fully expressed by fifth or sixth year
- Trendelenburg gait or hip waddle appears later.
- Ambulation is possible up to 12 years of age
- Airy or nasal voice.
- Convulsions

Co-Morbid Conditions:

- Skeletal deformities
- Cardiac abnormalities
- Absence of incisor teeth
- Intellectual disability
- Seizures

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam and Pitham

Siddha Pathogenesis:

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon and kozhuppu get affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham / Pithavatham
Sparisam	-	Warmth/ dryness/ tenderness/ tingling or pricking sensation
Naa	-	Yellow/ dryness/ pallor
Niram	-	Scaly/ dryness / rough
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Constipation/ involuntary bowel habits
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake

Modern Medical Investigations

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- ECG
- Chest x-ray
- Doppler studies for limbs

In Tertiary care hospital:

- Serum creatinine kinase (CK)
- Molecular genetic test
- Muscle biopsy
- EMG
- Nerve Conduction Velocity (NCV)
- MRI for Muscle
- Intelligence quotient / Development quotient tests.

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations.

Differential Diagnosis

- *Aruna vatham* (Paraplegia – Hereditary spastic paraplegia)
- *Sirasthamba vatham* (Cerebral palsy)
- Polymyositis

Treatment:**Line of Treatment:**

- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Thokkanam (Massage Manipulation)
 - Podithimirthal (Powder Massage)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

First Line of Treatment

- Amukkara chooranam - 300 - 500 mg with honey, BD after food
- Mantha ennai - 8 -15 ml with warm milk, OD at early morning in empty stomach.
- Ulunthu thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine**Kudineer**

- Neermulli kudineer - 15 - 20 ml , BD, before food
- Muruthampattai kudineer - 15 - 20 ml , BD, before food
- Thamaraga kudineer - 15 - 20 ml , BD, before food

Chooranam

- Asai chooranam - 300 - 500 mg with honey, BD, after food
- Elathy chooranam - 300 - 500 mg with honey, BD, after food
- Parangipattai chooranam - 300 - 500 mg with honey, BD, after food
- Thaalisaathi chooranam - 300 - 500 mg with honey, BD, after food
- Thirikadugu chooranam - 300 - 500 mg with honey, BD, after food

Maathirai

- Poora maathirai - 1/2 - 1 pill with honey, BD, after food
- Vatharaatchasan maathirai - 1/2 - 1 pill with honey, BD, after food
- Poorana chandhirodaya maathirai- 1/2 - 1 pill with honey, BD, after food
- Vishnuchakkara maathirai - 1/2 - 1 pill with honey, BD, after food

Parpam

- Velli parpam - 65 -130 mg with milk, BD, after food
- Muthuchippi parpam - 50 -100 mg with milk, BD, after food
- Sirungi parpam - 50 -100 mg with milk, BD, after food
- Sandarasa parpam - 50 -100 mg with milk, BD, after food

External Medicines

Poochu (Liquid/ Oil Poultice)

- Karpoorathi thylam – Quantity sufficient
- Arkasirathi thylam – Quantity sufficient
- Laguvidamutti thylam – Quantity sufficient
- Sivappu kukkil thylam – Quantity sufficient
- Vathakesari thylam – Quantity sufficient

Thokkanam (Massage Manipulation):

Oils used:

- Ulunthu thylam - Quantity sufficient

Podithimirthal (Powder Massage)

- Kollu powder
- Thiripala Powder

Special Therapies:

Varmam Maruthuvam

- Ayulkaala pinnal
- Saramudichi
- Utchipathappa kaalam
- Ullankalvellai varmam
- Thavalai kaalam
- Kaalkavuli varmam
- Amai kaalam
- Sirattai varmam
- Mannai varmam
- Puja varmam

Siddhar Yoga Maruthuvam

- Dhanurasanam
- Pachimothasanam
- Halasanam
- Sarvangasanam
- Matsyasanam
- Sirasanam
- Padmasanam
- Savasanam
- Naadi suthi - Pranayamam

Duration of Treatment

- Depends upon the severity of the disease condition

Advices:

- Mobility assistance including exercise, physiotherapy, yogasanam.

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)

- Paagal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)

Pulses:

- Thuvarai (*Cajanus cajan*)

Dairy product:

- Cow's buttermilk

To Be Avoided

- Vatham induced foods like tubers except karunai (*Amorphophallus paeoniifolius*)
- Maa porutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogea*)
- Pataani (*Pisum sativum*)
- Mochai (*Lablab purpureus*)
- Sour and astringent tastes
- Sea foods

Complication of the Disease

- Scoliosis
- Contracture of muscles
- Cardiomyopathy
- Congestive cardiac failure
- Respiratory failure
- Cognitive impairment
- Rhabdomyolysis

Limitation in Siddha System and Condition for Referral

- Cardiomyopathy
- Congestive cardiac failure
- Respiratory failure

VALI AZHAL KEEL VAAYU (RHEUMATOID ARTHRITIS)**Definition:**

- *Vali azhal keel vaayu* is the chronic inflammatory arthritis which mainly affects major joints and minor joints associated with pain, swelling, early morning stiffness and restricted movements and can lead to deformity.
- It is also a systemic disease that potentially affects the internal organs of the body and leads to disability.

Synonyms:

- *Uthiravatha Suronitham*
- *Paithiyavatha Suronitham*

Siddha etiology:

In *Yugi Vaidhya Chinthamani*,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயந் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதூர வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Autoimmune disease of unknown etiology
- Genetic factor
- Hormones
- Infections by bacteria/ virus
- Risk factors are tobacco smoking, silica exposure and periodontal (gum) disease

Premonitory signs and symptoms:

- Inflammation in three or more joints areas (minor and major)
- Pain/ Tenderness
- Swelling

- Redness
- Fatigue
- Morning stiffness (> 1hr)

Common Signs and Symptoms:

- Loss of appetite
- Lassitude
- Symmetrical polyarthritis
- Rheumatoid nodules
- Muscle wasting
- Weight loss
- Anaemia
- Fever

Late signs:

- Swan neck deformity
- Carpal tunnel syndrome
- Tendon rupture
- Osteoporosis
- Tenosynovitis
- Bursitis
- Felty's syndrome
- Vasculitis
- Chronic obstructive pulmonary disease
- Gastric ulcers
- Episcleritis, keratoconjunctivitis sicca
- Pericarditis, Myocarditis, endocarditis

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham /Kabam

Siddha Pathogenesis:

- It may be explained by increase of Vatham and Pitham. Among the udalthathukal saaram, senneer, oon, kozhupu get affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Pithavatham/Kabavatham
Sparisam	-	Stiffness, swelling in minor and major joints
Naa	-	Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
constipation	Moothiram	-
Neerkuri	-	Straw or hay coloured urine
Neikuri	-	Oil may spreads in the form of pearl /ring

Modern Medical Investigations:

- Complete Blood Count (CBC)

- Erythrocyte Sedimentation Rate (ESR)
- Serum Electrolytes
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Rheumatoid Factor (RA factor)
- ASO titre
- CRP
- Anti CCP
- Anti Nuclear Antibody (ANA)
- X-Ray

In Tertiary care hospital:

- Serum proteins
- Anti peri nuclear factor
- Synovial fluid analysis
- CT scan
- MRI
- Arthroscopy
- Urine analysis
- USG – Whole abdomen (if needed)
- DEXA- Scan

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical sign and symptoms and laboratory investigations

Differential Diagnosis:

- *Vali keel vaayu* (Rheumatic joint disease)
- *Kalanjaga vatham* (Psoriatic arthritis)
- Systemic lupus erythematosus

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Kattu (Compress /Bandage)
 - Patru (Semi Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment Application)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Siddhathi ennai - 10-15 ml with lukewarm water, OD, at early morning in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam - 1 - 2 gm with ghee / honey / milk, BD, after

food

- Chandamarutha chendooram - 50 – 100 mg, with ginger juice (*Zingiber officinalis*) / thirikadugu chooranam, amukkara chooranam/ palm jaggery, BD, after food for 5 days
- Kunthiriga thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Kazharchi thylam - 8-15 ml with lukewarm water , OD, at early morning in empty stomach
- Meganatha ennai - 8 - 16 ml with lukewarm water, OD, at early morning in empty stomach.
- Agathiyar kuzhambu -100-130mg with ginger (*Zingiber officinalis*) juice , OD, at early morning in empty stomach
- Koushigar kuzhambu -100- 200 mg with uthamani juice (*Pergularia daemia*) , OD, at early morning in empty stomach

Internal Medicines:

Kudineer:

- Arathai kudineer - 30 - 60 ml, BD, before food
- Nilavembu kudineer - 30 - 60 ml, BD, before food.
- Vatha sura kudineer - 30 - 60 ml, BD, before food (if fever persist)
- Kurunthoti kudineer - 30 - 60 ml, BD, after food
- Pancha moola kudineer - 30 - 60 ml, BD, after food

Chooranam:

- Parangipattai chooranam - 1 - 2 gm with ghee / honey / milk, BD, after food
- Seenthil chooranam - 1 - 2 gm with ghee, BD, after food
- Karisalai chooranam - 1 - 2 gm with honey, BD, after food
- Thirikadugu chooranam - 1-2 gm with honey, BD, after food

Manapagu:

- Madhulai manapagu - 10 - 15 ml with lukewarm water,BD, after food
- Nannari manapagu - 10 - 15 ml with lukewarm water, BD, after food

Nei:

- Senkottai nei - 10 - 15 drops with warm milk, BD, after food

Ilagam:

- Mahavallathi ilagam - 3 - 5 gm with warm milk, BD, after food for 40 days
- Karisalai ilagam - 3 - 6 gm with warm milk, BD, after food for 45 days

Thylam:

- Merugulli thylam - 2-5 ml with lukewarm water at early morning in empty stomach

Maathirai:

- Karuppuvishnu chakkaram (100 mg) - 1- 2 pills with honey/ milk , BD, after food
- Soolai koodaram (100 mg) - 1- 2 pills with ginger (*Zingiber officinalis*) juice, OD (morning), after food
- Vasantha kusumakaram (100 mg) - 1- 2 pills with honey, TDS, after

food

- Brahmanantha bairava maathirai (100 mg) - 1- 2 pills with ginger juice(*Zingiber officinalis*) /honey, BD, after food
- Vatharaatchasan maathirai (100 mg) - 1- 2 pills with honey/water, BD, after food

Mezhugu:

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days
- Idivallathy mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12/ 25/ 45 days
- Nava uppu mezhugu - 100 - 200 mg with palm jaggery, OD (morning), after food for 3-5 days
- Veera mezhugu - 100 - 200 mg with palm jaggery, BD, after food
- Pancha sootha mezhugu - 100 - 200 mg with palm jaggery, BD, after food
- Kanagalinga karpooora mezhugu - 100-250 mg with milk, BD, after food

Chendooram:

- Arumuga chendooram - 100 – 200 mg with honey/ thirikadugu chooranam, BD, after food
- Kalamega naarayana chendooram - 30-130 mg with honey, BD, after food
- Ayaveera chendooram - 50-100 mg with honey/palm jaggery, BD, after food
- Poorana chandhirodaya chendooram – 65-130 mg with honey/ betel leaf (*Piper betel*) juice/ karpoorathy chooranam, BD, after food

Parpam:

- Sangu parpam -100-200 mg with milk/ ghee/ butter, BD, after food
- Muthuchippi parpam - 100-200 mg with ghee/butter, BD, after food
- Pavala parpam - 100 – 200 mg, with ghee/butter/water/milk, BD, after food
- Thanga parpam - 65 mg with honey, BD, after food
- Muthu parpam - 50-100 mg with notchi(*Vitex negundo*) juice, BD, after food
- Naaga parpam -100-200 mg, with butter/ghee/karunai ilagam/thettran kottai ilagam, BD, after food

Chunnam:

- Vanga chunnam – 65 mg with milk, BD, after food

External Medicines:

Kattu (Compress /Bandage)

- Fry the dry stems of pirandai (*Cissus quadrangularis*) with the juice of erukku (*Calotropis gigantea*), crush well and apply as a compress in small joint swelling to treat rheumatoid arthritis.

Patru (Semi-Solid Poultice):

- Moosaambara patru – Quantity sufficient
- Aavaarai ulunthu patru – Quantity sufficient
- Kavikkal patru – Quantity sufficient
- Amukkara kizhangu podi patru – Quantity sufficient

Poochu (Liquid/ Oil Poultice):

- Ulunthu thylam – Quantity sufficient
- Mezhugu thylam – Quantity sufficient
- Karpoorathi thylam – Quantity sufficient
- Vatha kesari thylam – Quantity sufficient
- Laguvidamutti thylam – Quantity sufficient
- Poonaaga thylam – Quantity sufficient
- Kukil ennai – Quantity sufficient
- Sadamanjil thylam – Quantity sufficient

Kalimbu (Ointment Application):

- Gungiliya vennai – Quantity sufficient
- Vallarai nei – Quantity sufficient

Ennai muzhukku: (Oleation)

- Arakku thylam – Quantity sufficient
- Sandanaathi thylam – Quantity sufficient
- Kumari thylam – Quantity sufficient
- Vettiver thylam – Quantity sufficient
- Nelli thylam – Quantity sufficient
- Seerega thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Sukasanam
- Thirigonasanam
- Tadasanam
- Ongara pranayamam
- Nithirai pranayamam

Varmam Maruthuvam:

- Mudichu varmam
- Mozhi piralkai
- Savvukaalam
- Kavulikaalam
- Kaimootu varmam
- Nanganapootu
- Komberikaalam
- Vellai varmam
- Kannadi kaalam
- Vilangu varmam
- Viruthi kaalam
- Mannai adangal

Duration of Treatment

- Depending upon the severity of the disease conditions

Advices:

To Be Added:

Vegetables:

- Ladies finger (*Abelmoschus esculentus*)
- White pumpkin (*Cucurbita pepo*)
- Lemon (*Citrus limon*)

- Green chilli (*Capsicum annuum*)
- Seppai kizhangu (*Colacassia esculenta*)
- Greens (Except *Sesbania* leaves)
- Plantain flower (*Musa paradisiaca*)
- Ginger (*Zingiber officinalis*)

Tender vegetables:

- Kathiri (*Solanum melangena*)
- Avarai (*Lablab purpureus*)
- Pudalai (*Trichosanthe cucumerina*)
- Vellari (*Cucumis sativus*)
- Kovai (*Coccina grandis*)
- Murungai (*Moringa oleifera*)
- Aththi (*Ficus racemosa*)
- Surai (*Lagenaria sicerarie*)
- Sundai (*Solanum torvum*)
- Mullangai (*Raphanus sativus*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Pirandai (*Cissus quadrangularis*)
- Drumstick (*Moringa oleifera*)

Greens:

- Musumusukai (*Mukia maderaspatna*)
- Ponnaangaani (*Alternanthera sessilis*)
- Mookirattai (*Boerhavia diffusa*)
- Sirukeerai (*Amaranthus tricolor*)
- Manali keerai (*Gisekia pharanaceoides*)

Fruits:

- Figs (*Ficus racemosa*)
- Cucumber (*Cucumis sativus*)
- Jack fruit (*Artocarpus heterophyllus*)
- Pomegranate (*Punica granatum*)
- Oranges (*Citrus sinensis*)
- Sunberry (*Solanum retroflexum*)
- Banana (*Musa paradisiaca*)
- Indian gooseberry (*Phyllanthus emblica*)
- Dates (*Phoenix dactylifera*)
- Grapes (*Vitis vinifera*)
- Bael fruit (*Aegle marmelos*)

Pulses / Cereals:

- Javvarisi kanji (Tapioca pearls - *Manihot esculenta crantz*)
- Red gram (*Cajanus cajan*)
- Sprouted green gram (*Vigna radiata*)
- Cashew nuts (*Anacardium occidentale*)
- Bengal gram (*Cicer arietinum*)
- Turmeric (*Curcuma longa*)
- Perungaayam (*Ferula asafoetida*)

- Malli (*Coriandrum sativum*)
- Cloves(*Syzygium aromaticum*)
- Ajowan seeds (*Trachyspermum ammi*)
- Ulunthu (*Vigna mungo*)

Dairy products:

- Cow's milk,
- Buttermilk and curd

To Be Avoided:

- Smoking
- Consumption of alcohol
- Vatham induced foods like
 - Tubers except karunai (*Amorphophallus paeoniifolius*)
 - Maa porutkal (Carbohydrate rich diets)
 - Vaazhai kaai (tender fruit of *Musa paradisiaca*)
 - Verkadalai (*Arachis hypogea*)
 - Pataani (*Pisum sativum*)
 - Mochai (*Vicia faba*)
- Sour and astringent taste foods
- Sea foods

Others:

Complication of the Disease:

- Tenosynovitis
- Osteoporosis
- Anaemia
- Pleural effusion
- Kerato conjunctivitis sicca
- Compression neuropathies
- Swan neck deformity
- Boutonniere's or button hole deformity
- Z deformity or hitch
- Trigger finger
- Claw toes
- Hallus valgus
- Hammer toes
- Bowstring sign.

Limitation in Siddha System and Condition for Referral:

- Stage of severe deformities which are irreversible
- *Vali azhal keel vaayu* with renal impairment and cirrhosis of liver
- Tendon rupture
- Subluxation of joints
- Ocular complications

VATHA SOOLAI (FIBROMYALGIA)

Definition:

- Vatha soolai is characterized by pain in legs and hands with numbness, dehydration, heaviness of the body, throbbing pain all over the body, excess sleep and mild fever.

Synonyms:

- *Murukkal noi*
- *Kuththal noi.*

Siddha etiology:

According to *Sabapathi kaiyedu*, Vatha disease is caused due to the following reasons:

“வளிதரு காய் கிழங்கு வரைவிலா தயிலல் கோழை
முளிதயிர் போன்மிகுக்கு முறையிலா வுண்டி கோடல்
குளித்தரு வளியிற் நேகங் குனிப்புற வுலவல் பெண்டிர்
குளிதரு மயக்கம் பெற்றோர் கடிசெயல் கருவியாமால்”
- சபாபதி கையேடு

- Excessive intake of tubers
- Excessive intake of chill foods
- Wandering in chill air
- Getting drenched in rain
- Living in hilly region
- Excessive sexual desire and
- Heredity

Causes and Influencing Factors:

- Genetic factor
- Other painful diseases (arthritis/ infection)
- Emotional or physical abuse
- Chemical imbalance (serotonin, noradrenaline, dopamine)
- Post traumatic stress disorder (PTSD)
- Anxiety and depression
- Lack of sleep
- Influencing factors are injury, viral infection, delivery, surgery, relationship breakdown, death of loved one.
- Associated conditions are osteoarthritis, Lupus, rheumatoid arthritis, ankylosing spondylitis, temporomandibular disorder (TMD)

Premonitory signs and symptoms:

- Pain and stiffness all over the body
- Fatigue and tiredness
- Depression and anxiety
- Sleep problems
- Problems with thinking, memory and concentration
- Tingling or numbness in hands and feet

Common Signs and Symptom

- Pain in the face or jaw, including disorders of the jaw known as Temporomandibular joint syndrome (also known as TMJ)
- Abdominal pain, bloating, constipation
- Redness of eye

- Pricking pain in the joints
- Headache
- Vomiting
- Occasionally delirium may occur

Co-morbid Conditions:

- Irritable bowel syndrome
- Chronic fatigue syndrome
- Migraine
- Depression
- Osteoarthritis

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by increased Vatham. In seven udalthathukal saaram, oon get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Vathakabam
Sparisam	-	Warmth/ painful
Naa	-	Coated
Niram	-	Normal/ pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of snake

Modern Medical investigation:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- C –Reactive protein
- Rheumatoid factor
- Serum Calcium phosphate and Alkaline phosphate
- Serum uric acid
- Urine analysis

Diagnosis:

Confirmation of Diagnosis:

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Valli azhal keel vayu* (Rheumatoid Arthritis)
- *Azhal keel vayu* (Osteo arthritis)
- Multiple sclerosis

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Otradam (Fomentation)
 - Poochu (Liquid/ Oil Poultice)
 - Thokkanam (Massage manipulation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu -100-130 mg with leaf juice of Sangam kuppi (*Azima tetracantha*) at early morning in empty stomach for a day

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Amukkara chooranam -1-2 gm with honey/milk/water, BD, after food.
- Vatharatchan maathirai (100 mg) -1-2 pills with honey/water, BD/TDS, after food
- Vathakesari thylam- Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Siddhathi ennai -10-15 ml with rice cool water at early morning in empty stomach for a day.
- Meganatha kuligai -1-2 pills with Chukku kudineer (*Zingiber officinalis*) at early morning in empty stomach for 3 days.

Internal Medicines:

Kudineer:

- Nilavembu kudineer -30-60ml, BD, before food.
- Parangipattai kudineer -30-60ml, BD, before food
- Citrarathai kudineer - 30-60ml, BD, before food

Chooranam:

- Thirikadugu chooranam -1-2 gm with ghee/ honey, BD, after food.
- Elathy chooranam -1-2 gm with ghee / honey, BD/ TDS, after food (if there are digestive problems).
- Asta chooranam - 1-2 gm with water, BD, after food for 40 days.
- Seeragathi chooranam -1-2 gm with water, BD, after food for 40 days.
- Panchadeepakini chooranam -1-2 gm with honey/ghee, BD/TDS, after food.
- Pachaikarpoorachooranam - 100-200 mg with honey/ginger juice (*Zingiber officinalis*), OD (morning), after food.

Nei:

- Senkottai nei -10-15 drops with warm milk, BD, after food.
- Thaneervittan nei - 5-10 ml with warm milk, OD (morning), after food.
- Kandankathiri nei -5-10 ml with warm milk, BD, after food.

Rasayanam:

- Parangipattai rasayanam -3-6 gm with warm milk, BD, after food for 40 days.

Ilagam:

- Mahavalathy ilagam – 5-10 gm with warm milk, BD, after food for 40 days
- Amukkara ilagam - 5-10 gm with warm milk, BD, after food

Maathirai:

- Vishnu chakkara maathirai (100 mg) -1-2 pills with honey, BD, after food.
- Karuppu vishnuchakkara maathirai (100 mg) - 1-2 pills with honey, BD, after food
- Soolai kudara maathirai (100 mg)-1-2 pills with ginger (*Zingiber officinalis*) juice ,OD, (Morning) after food
- Jalamanjari (100 mg) -1-2 pills with honey/milk/water, BD, after food
- Linga boopathi maathirai (100 mg)-1-2 pills with honey/ ginger (*Zingiber officinalis*) juice / milk, BD, after food

Mezhugu

- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days
- Idivallathy mezhugu- 250 -500 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu-130-250 mg with palm jaggery, BD, after food for 12/25/ 45 days
- Vaan mezhugu -65-100 mg with palm jaggery,BD, after food for 3-5 days
- Rasa mezhugu- 100-200 mg with palm jaggery,BD, after food for 3-5 days
- Kumatti mezhugu- 200-500 mg with palm jaggery/ sugarcane jaggery, OD (morning), after food for 3-5 days
- Sitranda mezhugu- 250-500 mg with palm jaggery, BD, after food

Chendooram:

- Linga chendooram -50-100 mg with honey, BD, after food.
- Gowri chinthamani - 100 - 200 mg with honey/ Thirikaduga chooranam, BD, after food for 40 days.
- Ayakantha chendooram -100-200 mg with honey,BD, after food
- Arumuga chendooram -100-200 mg with honey/thirikadugu chooranam, BD, after food
- Ayaveera chendooram - 50-100 mg with honey, BD, after food
- Chandamarutha chendooram - 50-100 mg with ginger (*Zingiber officinalis*) juice/palm jaggery/Thirikadugu chooranam/ Amukkara chooranam, BD, after food for 5 days
- Uppu chendooram - 100 - 200 mg with honey/water, BD, after food.
- Kalameganarayana chendooram - 30-130 mg with nilavaagai saaru (*Cassia alexandrina*), BD, after food for 45 days

Parpam:

- Sangu parpam -100-200 mg with milk, BD, after food.
- Muthuchippi parpam -200-400 mg with milk, BD, after food
- Gungiliya parpam -200-500 mg with milk, BD, after food.
- Muthu parpam -50-100 mg with ghee, BD, after food
- Pavala parpam -100-200 mg with milk/butter, BD, after food

External Medicines:

Ottradam (Fomentation):

- Kazharchi ilai (*Caesalpinia bonducella*)
- Thazhuthazhai ilai (*Clerodendrum phlomoidis*)
- Notchi ilai (*Vitex negundo*)

Poochu (Liquid/ Oil Poultice):

- Ulunthu thylam - Quantity sufficient
- Myana thylam - Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient
- Chitramutti thylam - Quantity sufficient
- Arkashirathi thylam - Quantity sufficient
- Karpoorathy thylam - Quantity sufficient
- Arkathi thylam - Quantity sufficient
- Laguvidamutti thylam - Quantity sufficient

Thokkanam (Massage Manipulation):

- Pidithal and Asaithal methods gently:

Oils used:

- Sivappu kukkil thylam - Quantity sufficient
- Laguvidamutti thylam - Quantity sufficient
- Chitramutti thylam - Quantity sufficient

Ennai muzhukku (Oleation)

Oil bath may be advised twice a week with any of the following medicated oil.

- Arakku thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Chitramutti thylam - Quantity sufficient

Special Therapy:

Varmam Maruthuvam:

- Ayulkaala pinnal
- Saramudichi
- Utchipathappa kaalam
- Ullankalvellai varmam
- Thavalai kaalam
- Kaikavuli varmam
- Kakkattai kaalam
- Puja varmam

Siddhar Yoga Maruthuvam:

- Pranayamam
- Dhiyanam

Duration of Treatment:

- Depending upon the severity of the disease conditions

Advices:

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melangena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)

- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvelai (*Solanum trilobatum*)
- Mookiratai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)
- Ponaangaani (*Alternanthera sessilis*)
- Manali (*Gisekia pharanaceoides*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Thuvarai (*Cajanus cajan*)

Dairy products:

- Cow's butter milk

Non vegetarian diet:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*).

To Be Avoided:

- Vatham induced foods such as tubers except Karunai kizhangu (*Amorphophallus paeoniifolius*).
- Maaporutkal (Carbohydrate rich diets),
- Vaazhai kaai (*Musa paradisiaca*),
- Verkadalai (*Arachis hypogaea*),
- Kaaramani (*Vigna unguiculata*),
- Pataani (*Pisum sativum*)
- Sour and astringent tastes
- Sea foods
- Smoking, tobacco chewing and alcohol
- Prolong standing and sitting
- Frequent travelling and weight lifting.

Others:

Complication of the Disease:

- Contracture
- Deformity
- Pathological fractures
- Tendon rupture
- Synovitis
- Ligament tear
- Depression

- Anxiety

Limitation in Siddha System and Condition for Referral:

- Deformity
- Extreme rigidity with restricted movements
- Fixed deformity.

VATHASTHAMBAM (SCIATICA/ LUMBO SACRO-ILIAC SYNDROME)

Definition:

- A type of Vatham disease, characterized by increased Vatham, penetrating / boring pain, low back ache and radiating pain in the posterior aspect of the thigh, increased swelling, numbness and bow like stiffness.

Synonyms:

- *Valithambam*
- *Peraasana narambu thabitham*

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயந் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதூர வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Lumbar disc herniation
 - Direct compression
 - Chemical inflammation (Hyaluronan)
- Degeneration
- Lumbar spinal stenosis
- Spondylolisthesis

Premonitory signs and symptoms:

- Low back pain
- Numbness in foot or weakness.
- Burning sensation

Common Signs and Symptoms

- Pain radiating to lower limb
- Pricking pain
- Tingling sensation
- Difficulty to walk
- Constipation
- Tiredness
- Body ache

Co-morbid Conditions:

-

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected

- Pitham

Siddha Pathogenesis:

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon, Kozhuppu, enbu get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham /Pithavatham
Sparism	-	Warmth /sweating
Naa	-	Pallor/ dry/coated/fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal/ pallor
Malam	-	Normal/ constipation
Moothiram		
Neerkuri	-	Yellowish in colour, tamrind odour
Neikuri	-	Oil in urine spreads in the form of snake.

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Urine analysis
- X-Ray- LS spine

In Tertiary care hospital:

- MRI Spine- Lumbar spine with whole spine screening.

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Thandagavatham* (Lumbar spondylosis)
- *Azhal keel vayu* (Osteoarthritis)
- *Vatha soolai*
- *Asuva thambavatham*

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine

- Otradam (Fomentation)
- Poochu (Liquid/ Oil Poultice)
- Thokkanam (Massage manipulation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu -100- 200 mg with ginger (*Zingiber officinalis*) juice at early morning in empty stomach.

Day 2- Ennai muzhukku(Oleation)

- Arakku thylam- Quantity sufficient (For Ext. use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Amukkara chooranam -1-2 gm with honey/ milk/water, BD, after food.
- Muthuchipi parpam -200-400 mg with ghee/ butter, BD, after food.
- Karuppuvishnu chakkara maathirai (100 mg) -1-2 pills with honey/milk, BD, after food
- Laguvidamutti thylam - Quantity sufficient (External application)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Siddhathi ennai - 10-15 ml with lukewarm water, OD, at early morning in empty stomach.
- Meganatha ennai - 8-30 ml with lukewarm water, OD, at early morning in empty stomach.
- Meganatha kuligai (100 mg) -1-2 pills with lukewarm water, OD, at early morning in empty stomach.

Internal Medicines:

Chooranam:

- Thirikadugu chooranam -1-2 gm with ghee/ water/ honey, BD/TDS, after food.
- Parangipattai chooranam -1-2 gm with milk/ palm jaggary, BD, after food.
- Seenthil chooranam -1-2 gm with ghee, BD, after food.
- Kodiveli chooranam -1-2 gm with honey, BD, after food.

Nei:

- Senkottai nei -5-10 drops with warm milk, BD after food.
- Thaneervittan nei -5-10 ml with warm milk, OD (morning), after food.

Ilagam:

- Mahavallathy ilagam - 5-10 gm with warm milk, BD, after food.
- Amukkara ilagam - 5-10 gm with warm milk, BD, after food.
- Vilvathy ilagam - 5-10 gm with warm milk, BD, after food.
- Sarapunga vilwathy ilagam - 5-10 gm with warm milk, BD, after food.

Maathirai:

- Vishnu chakkara maathirai (100 mg) -1-2 pills with honey/milk, BD, after food
- Vatharaatchasan maathirai (100 mg)-1-2 pills with honey/water, BD, after food
- Linga boopathi maathirai (100 mg)-1-2 pills with ginger juice (*Zingiber*

officinalis) / honey /milk, BD, after food

- Soolai kudara maathirai (100 mg) -1-2 pills with ginger juice, (*Zingiber officinalis*), OD (morning), after food.
- Pachai karpooora maathirai (100 mg)-1-2 pills with ginger juice (*Zingiber officinalis*), BD, after food.

Mezhugu:

- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Idivallathy mezhugu-250 -500 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12/25/45 days.
- Sitranda mezhugu – 250-500 mg with palm jaggery, BD, after food.
- Vaan mezhugu – 65-100 mg with palm jaggery, BD, after food for 3-5 days

Pathangam:

- Linga pathangam - 30-60 mg with palm jaggery, BD, after food.
- Thirumoorthi pathangam-25-50 mg with palm jaggery/ castor oil, OD (morning), after food

Chendooram:

- Ayakantha chendooram-100-200 mg with ghee/panchadeepakini chooranam, BD, after food.
- Chandamaarutha chendooram-50-100 mg with honey/ginger juice (*Zingiber officinalis*)/ palm jaggery/ thirikadugu chooranam/ Amkkura chooranam, BD, after food for 5 days.
- Ayachendooram-100-200 mg with honey, BD/TDS, after food
- Arumuga chendooram-100-200 mg with honey/ thirikadugu chooranam, BD, after food.
- Ayaveera chendooram-50-100 mg with honey/ palm jaggery,BD, after food
- Linga chendooram-50-100 mg with honey, BD, after food.
- Thanga chendooram -32-65 mg with honey, BD, after food

Parpam:

- Sangu parpam -100-200 mg with milk/ ghee/ butter, BD, after food.
- Gungiliya parpam -200-500 mg with milk, BD, after food
- Silasathu parpam -200-400 mg with butter/ghee, BD, after food.
- Muthu parpam -50-100 mg with ghee, BD, after food.
- Pavala parpam -100-200 mg with milk/Thoothuvelai (*Solanum trilobatum*) leaf juice, BD, after food

External Medicines:

Ottradam (Fomentation):

- Kazharchi ilai (*Caesalpinia bonducella*)
- Thazhuthazhai ilai (*Clerodendrum phlomoidis*)
- Notchi ilai (*Vitex negundo*)

Poochu (Liquid/ Oil Poultice):

- Vathakesari thylam - Quantity sufficient
- Ulunthu thylam - Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient

Thokkanam (Massage Manipulation):

- Pidithal and Asaithal methods

Oils used:

- Vathakesari thylam - Quantity sufficient
- Ulunthu thylam - Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient

Ennai muzhukku (Oleation):

- Notchi thylam - Quantity sufficient
- Chitramutty thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient

Special Therapies:-

Varmam Maruthuvam:

- Nanganapootu
- Poovadangal
- Vayukaalam
- Ulthodai
- Mannai kaalam
- Viruthi kaalam
- Ullangalvellai varmam

Siddhar Yoga Maruthuvam:

- Poorvatasanam
- Vakrasanam
- Arthachakrasanam
- Pathahasthasanam
- Pavanamuthrasanam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

- Proper back spine support.
- Regular yoga practice, regular walking, Simple exercises.
- Rest on a firm mattress or on the floor

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melangena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pahal (*Momordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvelai (*Solanum trilobatum*)
- Mookiratai (*Boerhavia diffusa*)

- Puliyaarai (*Oxalis corniculata*)
- Ponaangaani (*Alternanthera sessilis*)
- Manali (*Gisekia pharanaceoides*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Thuvarai (*Cajanus cajan*)

Dairy products:

- Cow's buttermilk

Non vegetarian diet:

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*).

To Be Avoided:

- Vatham induced foods such as tubers except Karunai kuzhangu (*Amorphophallus paeoniifolius*).
- Maaporutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogaea*)
- Kaaramani (*Vigna unguiculata*)
- Pataani (*Pisum sativum*)
- Sour and astringent tastes
- Sea foods
- Smoking, tobacco chewing and alcohol
- Prolong standing and sitting
- Frequent travelling and weight lifting.

Others:

Complication of the Disease:

- Spinal stenosis
- Cauda equina syndrome

Limitation in Siddha system and Condition for Referral:

- Only conservative management
- Saddle anaesthesia
- Bladder and bowel incontinence

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Narambu Mandala Noigal **(Neurological Disorders)**

ARUNAVATHAM (PARAPLEGIA)

Definition:

- Paraplegia is impairment in motor or sensory function of the lower extremities. It is usually caused by spinal cord injury, or a congenital condition that affects the neural elements of the spinal cord.
- The area of the spinal cord that is affected in paraplegia is either the thoracic, lumbar or sacral regions.

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயற் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதார வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Severe spinal cord injury
- Motor neuron disease
- Cancerous cell growth, tumors or blood clot within spinal cord
- Spina bifida
- Genetic factors
- Viral infection- HTLV-1

Premonitory signs and symptoms

- Muscle weakness of lower extremities
- Loss of movement
- Loss or altered sensation including the ability to feel heat, cold and touch
- Intense pain or tingling sensation in the trunk, legs, and the pelvic region

Common Signs and Symptoms

- Stubbing the toe
- Stumbling gait
- Spasticity in lower limbs
- Decreased vibratory sense at ankles
- Loss of bowel and bladder control
- Exaggerated reflex activities or spasm
- Changes in sexual function, sexual sensitivity and fertility

Co-Morbid Condition

- Stress
- Depression

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It may be explained by increased Vatham. The seven udalthathukal Saaram, Senneer, Oon and kozhuppu get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/Vathakabam / Pithavatham
Sparisam	-	Loss of sensation/ spasticity/ muscle weakness in the lower limbs
Naa	-	Dryness/coated/fissured
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Normal/pigmentary maculopathy that often impairs vision.
Malam	-	Uncontrolled bowel movements
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spread in the form of snake/ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- X-Ray

In Tertiary care hospital:

- CT - Brain
- MRI – Brain
- Myelography
- Electromyography
- Spinal tap

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Poliomyelitis.
- Hemiplegia.

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Thokkanam (Massage manipulation)
 - Otradam (Fomentation)
 - Poochu (Liquid/ Oil Poultice)
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Vathanaasa thylam -10 -30 ml with lukewarm water, OD, at early morning in empty stomach

Day 2 – Rest

Day 3- First Line of Treatment:

- Amukkara chooranam - 1-2 gm with honey, BD, after food.
- Arumuga chendooram - 65-130 mg with honey, BD, after food.
- Thetran kottai ilagam - 5-10 gm with warm milk, BD, after food.
- Sivappu kukkil thylam - Quantity sufficient (For Ext.use only)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazichal Maruthuvam (Purgation):

- Meganatha kuligai (100 mg) -1-2 pills with lukewarm water, OD, at early morning in empty stomach
- Kazharchi thylam -8-15 ml with lukewarm water, OD, at early morning in empty stomach
- Meganatha ennai -8-30 ml with lukewarm water, OD, at early morning in empty stomach
- Siddhathi ennai - 10-15 ml with warm milk , OD, at early morning in empty stomach
- Agathiyar kuzhambu -100-130 mg with ginger (*Zingiber officinalis*) juice , OD, at early morning in empty stomach
- Koushigar kuzhambu -130 mg with milk , OD, at early morning in empty stomach
- Vellai ennai - 15-30 ml with lukewarm water, OD, at early morning in empty stomach

Internal Medicines

Chooranam

- Seenthil chooranam - 1-2 gm with ghee, BD, after food.
- Thaalisaathi chooranam - 1-2 gm with warm milk, BD, after food.
- Elathy chooranam -1-2 gm with ghee, BD, after food.
- Thirikadugu chooranam - 1-2 gm with honey, BD, after food.
- Thiriphala chooranam - 1-2 gm with lukewarm water, BD, after food.

Nei

- Senkottai nei - 5-10 drops with warm milk, BD, after food.

Ilagam

- Vilvathy ilagam -5-10 gm with warm milk, BD, after food.
- Sarapungavilwathy ilagam -5-10 gm with warm milk, BD, after food.
- Maha vallathy ilagam -5-10 gm with warm milk, BD, after food.

Maathirai

- Brahmanandha bairavam -1-2 pills with ginger juice (*Zingiber officinalis*) and honey, TDS, after food.
- Vishnu chakkara maathirai -1-2 pills with thrikadugu chooranam and ginger juice (*Zingiber officinalis*) and honey, TDS, after food.
- Pachai karpooora maathirai -1-2 pills with ginger juice (*Zingiber officinalis*) and honey, BD, after food.
- Karuppuvishnu chakkara maaathirai -1-2 pills with ginger juice (*Zingiber officinalis*) and honey, BD, after food.
- Vatharatchasan maathirai -1 -2 pills with ginger juice (*Zingiber officinalis*) and honey, BD, after food.

Mezhugu:

- Sitranda mezhugu - 250-500 mg with palm jaggery/ honey, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food for 3 to 5 days (Advice Ecchapathiyam)
- Idivallathy mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12-25-45 days.

Pathangam

- Linga pathangam - 30-60 mg with palm jaggery, BD, after food.
- Parangipatti pathangam - 100 – 200 mg with palm jaggery, BD, after food for 40 days.

Chendooram

- Aya chendooram -60-130 mg with honey, BD, after food.
- Ayakantha chendooram -60-130 mg with honey, BD, after food.
- Aya veera chendooram -100-130 mg with honey, BD, after food.
- Kalamega narayana chendooram - 30-130 mg with honey/Thirikadugu chooranam, BD, after food.
- Chanda marutha chendooram -30 -65 mg with honey, BD, after food.
- Linga chendooram -30-65 mg with honey, BD, after food.
- Chandamarutha chendooram - 50-100 mg with palm jaggery/ honey/ Thirikadugu chooranam, BD, after food for 5 days.
- Thanga chendooram - 100-200 mg with honey, BD, after food.
- Poorana chandhirodaya chendooram - 100 – 200 mg with Karapoorathi chooranam / leaf juice of Vetrilai (*Piper betel*)/honey, BD, after food.

Parpam

- Gungiliya parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.
- Sangu parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.
- Muthuchippi parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.
- Silasathu parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.
- Palagarai parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.

- Muthu parpam - 200 – 400 mg with ghee/butter/milk, BD, after food.
- Velvanga parpam - 65-130 mg with palm jaggery, BD, after food.
- Pavala parpam - 200 – 400 mg with ghee/butter/ milk, BD, after food.

Karpam

- Erukku karpam (*Calotropis gigantea*)-1-2 gm with chukku (*Zingiber officinalis*)/ milagu (*Piper nigrum*)/thippili (*Piper longum*), OD, for 48 days.
- Azhinchil karpam (*Alangium salvifolium*) -1-2 gm with chukku (*Zingiber officinalis*)/ milagu (*Piper nigrum*)/thippili (*Piper longum*), OD, for 48 days.
- Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, OD, before food for 48 days.
- Nelli karpam (*Embelica officinalis*) - ¼ part of one nelli, OD, before food for 48 days.
- Inji karpam (*Zingiber officinalis*) - 1-2 gm with honey, OD, before food for 48 days.

External Medicine

Thokkanam (Massage Manipulation):

- Pidithal (Superficial kneading)
- Asaithal (Vibration) methods may be given with medicated oil.
 - Vatha kesari thylam – Quantity sufficient
 - Lahu vidamusti thylam -Quantity sufficient
 - Ulundhu thylam -Quantity sufficient
 - Mayana thylam -Quantity sufficient
 - Chitramutti thylam -Quantity sufficient

Ottradam (Fomentation)

- Kazharchi ilai (leaves of *Ceasalpinia crista*)
- Thazhuthazai ilai (Leaves of *Clerodendrum phlomoidis*)
- Notchi ilai (Leaves of *Vitex negundo*).

Ennai muzhukku (Oleation):

- Arakku thylam -Quantity sufficient
- Notchi thylam -Quantity sufficient

Special Therapies

Varmam Maruthuvam

- Thilartha kaalam
- Kondaikolli varmam
- Seerunkolli varmam
- Vilangu varmam
- Pidari kaalam
- Kaakkattai kaalam
- Moottu varmam
- Mannai kaalam
- Kuthikaal varmam
- Uppukuttri varmam
- Ullangalvellai varmam
- Sevikutri varmam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices

To Be Added

Rice or kanji:

- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakkathai rices
- Kezhvaragu (*Eleusine coracana*)
- Hand pounded rice
- Spourted grains

Tender vegetables

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Colocasia antiquorum*)
- Vellai mullangi (*Raphanus sativus*)
- Sundai (*Solanum torvum*)
- Paagal (*Memordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens

- Mudakaruthan (*Cardiospermum halicacabum*)
- Vathanarayanam (*Delonix elata*)
- Manathakkali (*Solanum nigrum*)
- Pasalai (*Portulaca quadrifida*)
- Sirukeerai (*Amarantus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhaavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)
- Ponnagaani (*Alternanthera sessilis*)
- Manali (*Gisekia pharanaceoides*)

Fruits

- Vazhai (*Musa paradisiaca*)
- Maa (*Mangifera indica*)
- Pappali (*Carica papaya*)
- Annacipazham (*Ananas comosus*)
- Thiratchai (*Vitis vinifera*)
- Aththi (*Ficus racemosa*)
- Pereechu (*Phoenix dactilifera*)

Pulses

- Venpayaru (*Phaseolus acutifolius*)
- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

Dairy products

- Cow's butter milk, ghee.

Non-vegetarian diets

- Udumbu (*Varanus bengalensis*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Velladu (*Capra aegagrus hircus*)
- Ayirai meen (*Cobitis taenia*)
- Eral (*Penacus indicus*).

To Be Avoided

- Vatham induced foods like tubers except Karunai (*Colocasia antiquorum*)
 - Maa porutkal (Carbohydrate rich diets)
 - Vaazhai (Tender fruit of *Musa paradisiaca*)
 - Kaaramani (*Vigna unguiculata*)
 - Pattani (*Pisum sativum*)
 - Mochai (*Lablab purpureus*).
- Sour and astringent tastes.
- Sea foods except small prawn.

Siddhar Yoga Maruthuvam

- Pranayamam
- Chakkarasanam
- Yogamuthirai
- Machasanam
- Arai machaenthirasanam

Complication of the Diseases:

- Thrombosis
- Bladder and bowel incontinence
- Impotence
- Circulation disorder
- Autonomic dysreflexia
- Pneumonia

Limitation in Siddha System and Condition for Referral:

- Acute respiratory distress syndrome
- Sudden cardiac arrest

CHANDRAVARTHAM (NOCTURNAL HEADACHE)**Definition:**

- This condition characterized by sneezing with nasal blockage, loss of smell, gnawing pain in the eye brow and frontal area, usually starts at dusk and gets relieved at dawn.

Synonyms:

- *Aavartha noi*
- *Padunyayiru*

Causes and Influencing factors:

- Sleep apnea
- Oxygen desaturation
- Temporal arteritis
- Nocturnal headache - hypertension syndrome
- Sub acute angle - closure glaucoma and vascular lesion
- Drug withdrawal

Premonitory signs and symptoms:

- Headache either right or left side
- The headache begins on sun set, peaks during moon hours and reduces when the sun rises

Common Signs and Symptoms:

- Sneezing
- Obstruction of nostrils
- Congestion of nostrils and eyes
- Loss of the sense of smell (Anosmia)
- Aching pain in the eyebrows and forehead

Co-morbid Conditions:

- Sleep disorders
- Chronic fatigue
- Hyper tension
- Psychiatric disorders like Depression, anxiety and suicidal tendency

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by aggravation of Vatham which influences Pitham. In seven udalthathukal Saaram and senneer get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/
PithaVatham Sparisam	-	Warmth / Sweating
Naa	-	Pallor /Dryness/ Coated/fissured
Niram	-	Normal
Mozhi	-	Low/ high pitched
Vizhi	-	Normal
Malam	-	Normal / constipation
Moothiram	-	

Neerkuri	-	Yellowish in colour, tamarind
odour		
Neikuri	-	Oil may spreads in the form of a
snake		

Modern Medical Investigations:

- Monitor blood pressure
- Complete Blood Count(CBC)
- X-ray- PNS
- Ophthalmic Examination
- MRI –Brain (plain)

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations.

Differential Diagnosis:

- *Sooryavartham* (Diurnal headache)
- *Kabala soolai* (Migraine)
- *Mookadaippu* (Sinusitis)
- *Naasirogham* (Upper respiratory tract infection)
- Refractive error

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Nasiyam (Liquid nasal application)
 - Patru (Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Pugai (Medicated fumigation)
 - Vedhu (Steaming)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu -100-130mg with chukku kudineer (*Zingiber officinalis*), OD, at early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Thirikaduku chooranam- 1 -2 gm with honey, BD, after food.
- Gowrichindamani -65 - 130 mg with honey, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Siddhathi ennai -10-15 ml with lukewarm water /sombu kudineer, at early morning in empty stomach

Internal Medicine:**Chooranam:**

- Athimathura chooranam -1 -2 gm with honey, BD after food.
- Amukkara chooranam - 1 -2 gm with honey, BD after food.
- Thaalisaathi chooranam- 1 -2 gm with honey, BD after food.
- Seeraga chooranam -1-2 gm with honey, BD after after food.
- Seenthil chooranam -1-2 gm with milk, BD after food.

Nei:

- Thoothuvelai nei - 5-10 ml with lukewarm water/ warm milk, BD after food.
- Senkottai nei - 10-15 drops with warm milk, BD after food.
- Ponnangaani nei - 5-10 ml with lukewarm water/ warm milk, BD after food.

Ilagam

- Vilvathy ilagam - 5-10 gm with warm milk, BD after food
- Thetrankottai ilagam - 5 -10 gm with warm milk, BD after food
- Nellikaa ilagam - 5 -10 gm, BD after food
- Venpoosani ilagam - 5 -10 gm with warm milk, BD after food

Maathirai:

- Vasantha kusumakaram (100 mg) -1 - 2 pills with honey, BD after food
- Karuppu vishnu chakaram (100 mg) - 1 - 2 pills with ginger (*Zingiber officinalis*) juice, BD after food
- Brahmantha bairava maathirai (100 mg)-1 - 2 pills with honey,BD after food
- Lingaboobathy (100 mg) -1 - 2 pills with ginger (*Zingiber officinalis*) juice/ honey , BD after food
- Soolaikudaram -1 - 2 pills with ginger (*Zingiber officinalis*) juice, OD before food.

Chendooram:

- Ayaveera chendooram – 100-130 mg with palm jaggery, BD after food
- Arumuga chendooram - 65 – 130 mg with thirikaduku chooranam and honey, BD after food
- Sivanaramirtham -100 - 200 mg with honey, BD after food
- Kasthuri karuppu - 50 -100 mg with honey/ginger juice, BD/TDS after food.

Parpam

- Gungiliya parpam - 100 -300 mg with ghee, BD after food
- Muthuchippi parpam -100 -300 mg with ghee, BD after food
- Palagarai parpam-100-200 mg with ghee, BD after food.

Karpam (Rejuvenation):

- Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, OD, before food for 48 days.
- Nelli karpam – ¼ part of one nelli, OD before food for 48 days.

External Medicines:**Patru (Semi solid poultice):**

- Neerkovai Maathirai – 1or 2 tabs mixed with lukewarm water/ ginger (*Zingiber officinalis*) juice and apply over forehead.

Poochu (Liquid/ Oil Poultice)

- Dry ginger (*Zingiber officinalis*) can be ground with lukewarm water and apply over forehead.

- Eswaramooli ver (*Aristolochia indica*), Vasambu (*Acorus calamus*) and Kuru milagu (*Piper nigrum*) are ground with water and apply over forehead.
- Velipparuthi ilai (*Perularia daemia*), poondu (*Allium sativum*) and vasambu (*Acorus calamus*) are ground with water and apply over forehead

Pugai (Medicated fumigation):

- Equal quantity of thippilli (*Piper longum*), manjal (*Curcuma longum*), milagu (*Piper nigrum*) are finely powdered, smeared on a sterile cloth, rolled as a wick, dipped into neem oil (*Azadiracta indica*) and burnt, kept in fumigation room. The smoke is exposed for 48 minutes.

Nasiyam (Liquid Nasal Application):

- Notchi (*Vitex negundo*) juice - 1or 2 drops in each nostril (once in a day)
- Thumbai poo (*Leucas aspera*) saaru - 1or 2 drops in each nostrils

Vedhu (Steaming):

- Thumbai (*Leucas aspera*) plant

Ennai muzhukku (Oleation):

- Chukku thylam -Quantity sufficient
- Sirobara nivarana thylam -Quantity sufficient
- Chithiramoola thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient
- Peenisa thylam - Quantity sufficient
- Naasirogha naasa thylam - Quantity sufficient
- Inji thylam - Quantity sufficient
- Milagu thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam: Anulom and Vilom are recommended for 3-4 weeks once in a day.
- Savasanam for 5 minutes

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Ponnanganni (*Alternanthera sessilis*)
- Sirugeerai (*Amaranthus polygonoides*)
- Murungai (*Moringa oleifera*)
- Thoothuvelai (*Solanum trilobatum*)

Pulses:

- Ulunthu (*Vigna mungo*)

To Be Avoided

- Tamarind (*Tamarindus indica*)
- Sarkkaraivalli kizhangu (*Ipomoea batatas*)
- Seppai kizhangu (*Colocasia esculenta*)
- Mochai (*Vicia faba*)
- Tobacco (*Nicotiana tabacum*)
- Alcohol

Others

Complication of the Disease

- Status migrainosus
- Persistent aura
- Stroke
- Migralepsy

Limitation in Siddha System and Condition for Referral:

-

KABALA SOOLAI (MIGRAINE /HEMICRANIA)

Definition

- It refers to an episodic paroxysmal throbbing headache often one sided, accompanied by nausea, vomiting and other related disturbances.

Synonyms

- *Mandai soolai.*
- *Thalai nokkadu.*
- *Otrai thalaivali*

Causes and Influencing Factors:

- The exact cause of migraine is unknown, but they are thought to be the result of abnormal brain activity temporarily affecting nerve signals, chemicals and blood vessels in the brain.
- Influencing factors including hormonal, emotional, physical, dietary, environmental factors
- Medications such as hypnotic drugs, combined contraceptive pills, hormonal replacement therapy.

Premonitory signs and symptoms

- Moderate or severe headache
- Occasional throbbing headache
- Malaise
- Irritability
- Weakness

Common Signs and Symptom of the diseases

- Pain on one side (or) both sides
- Throbbing (or) pulsing pain
- Sensitivity to light, sounds, sometimes smell and touch
- Nausea
- Vomiting
- Blurred vision
- Diplopia
- Fainting
- Dizziness
- Episodes of unilateral periorbital pain with lacrimation and nasal congestion.
- Vertigo
- Dysarthria

Co-morbid Conditions

- Depression
- Anxiety disorder
- Stroke
- Irritable bowel syndrome
- Epilepsy
- Hypertension

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected

- Kabam
- Pitham

Siddha Pathogenesis

- It is explained by deranged Vatham (uthanan) that influences Pitham / Kabam. In seven udalthathukal senneer get affected

Investigation**Envagai Thervu (Eight Fold System of clinical Assessment)**

Naadi	-	Pithavatham/
Vathakabam Sparisam	-	Warmth
/ Excessive Sweating		
Naa	-	Pallor/ dryness/ coated/ fissured
Niram	-	Normal
Mozhi	-	Low pitched/ Aggressive speech
Vizhi	-	Normal
Malam	-	Normal / constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikuri	-	Oil may spreads in the form of snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Complete urine analysis

In Tertiary Care Hospital:

- CT-Brain
- MRI Brain
- EEG

Diagnosis:**Confirmation of Diagnosis:**

- Based on Clinical symptoms and laboratory investigations

Differential Diagnosis

- *Chandravartham* (Nocturnal headache)
- *Sooryavartham* (Diurnal headache)
- *Mookadaippu* (Sinusitis)
- *Saagana vatham* (Cervical spondylosis)
- Cerebral Aneurysms
- Cluster headache
- Intra cranial hemorrhage/ Intra cranial tumour
- Anaemia

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Patru (Semi Solid Poultice)
 - Pugai (Medicated Fumigation)
 - Nasiyam (Liquid nasal application)

- Otradam (Fomentation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu -100-130mg with chukku (*Zingiber officinalis*) kudineer at early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam - Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Thirikaduku chooranam - 1 -2 gm with honey, BD, after food
- Karuppuvishnu chakkaram (100 mg) -1 - 2 pills with honey/ ginger juice (*Zingiber officinalis*), BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine

Kudineer

- Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, BD, before food for 48 days.
- Chukku kudineer -30-60 ml, BD after food

Chooranam

- Athimathura chooranam - 1 -2 gm with honey, BD, after food
- Amukkara chooranam - 1 -2 gm with milk, BD, after food
- Thaalisathi chooranam - 1-2 gm with honey, BD, after food
- Seeraga chooranam - 1 -2 gm with honey, BD, after food

Nei

- Thoothuvalai nei -5-10 ml with warm milk, BD, after food
- Senkottai nei -10- 15 drops with warm milk, BD, after food
- Ponnangaani nei -5-10 ml with lukewarm water, BD, after food

Rasayanam

- Thippili rasayanam -2-5 gm with milk, BD, after food

Iilagam

- Vilvathy ilagam -5 -10 gm with milk, BD, after food
- Thetrankottai ilagam -5 -10 gm with milk, BD, after food
- Nellikaai ilagam -5 - 10 gm, BD, after food

Maathirai

- Vasantha kusumakaram (100 mg) -1 - 2 pills with honey/ ginger (*Zingiber officinalis*) juice, BD, after food
- Karuppu vishnu chakaram (100 mg) -1 - 2 pills with honey/ ginger (*Zingiber officinalis*) juice, BD, after food
- Brahmantha bairava maathirai (100 mg) -1 - 2pills with honey/ ginger (*Zingiber officinalis*) juice, BD, after food
- Linga boobathy (100 mg) -1 -2 pills with honey, BD, after food
- Soolaikudaram (100 mg) -1 - 2 pills with honey, BD, after food

Chendooram

- Ayaveera chendooram - 65-130 mg with palm jaggery, BD, after food
- Arumuga chendooram - 65- 130 mg with Thirikaduku chooranam and honey, BD, after food
- Gowri chindamani - 65 - 130 mg with honey, BD, after food
- Sivanar amirtham -100 - 200 mg with honey, BD, after food
- Kalameganarayana chendooram - 30-130 mg with thippilli chooranam and honey, BD, after food for 45 days

Parpam

- Gungiliya parpam - 100 -300 mg with ghee, BD, after food
- Palagarai parpam - 100 - 200 mg with ghee, BD, after food

Karpam

- Nelli karpam - ¼ part of one nelli, OD, after food for 48 days.

External Medicines:

Poochu (Liquid/ Oil Poultice)

- Murungai ilai (*Moringa oleifera*) juice and pepper (*Piper nigrum*) are ground and apply over the forehead
- Eswaramooli ver (*Aristolochia indica*), Vasambu (*Acorus calamus*) and Kuru milagu (*Piper nigrum*) are ground with water and apply over forehead.
- Velipparuthi ilai (*Perularia daemia*), poondu (*Allium sativum*), and vasambu (*Acorus calamus*) are ground with water and apply over forehead.

Patru (Semi Solid Poultice)

- Dry ginger (*Zingiber officinalis*) can be ground with warm water and apply over forehead.
- Neerkovai maathirai - 1-2 tabs mixed with warm water/ ginger (*Zingiber officinalis*) juice and apply over forehead.

Pugai (Medicated Fumigation)

- Inhalation of smoke obtained by burning dried turmeric (*Curcuma longa*).
- Sandhana powder (*Santalum album*), Vilamichaver (*Plectranthus vettiveroides*), Kaayam (*Ferula asafoetida*) are ground with milk, and the paste is applied on a cotton cloth and dried. Soak the medicated wick in gingely oil, burn the tip and inhale.
- Make a dry wick using Manjal (*Curcuma longa*), Kadugurohini (*Picrorhiza scrophulariiflora*), Vasambu (*Acorus calamus*). It is burnt and the fume is inhaled.

Nasiyam (Liquid Nasal Application):

- 1-2 drops of Murungai ilai (*Moringa oleifera*) juice and onion juice (*Allium cepa*) can be instilled in each nostril
- Notchi (*Vitex negundo*) juice- 1- 2 drops once in a day in each nostril.

Ottradam (Fomentation):

- Notchi (*Vitex negundo*) leaves with castor oil, over forehead – Twice a day

Ennai muzhukku (Oleation):

- Peenisa thylam – Quantity sufficient
- Chukku thylam – Quantity sufficient
- Chithramoola thylam – Quantity sufficient

Special Therapies

Siddhar Yoga Maruthuvam:

- Pranayamam: Anulom and Vilom are recommended for 3 - 4 weeks, once in a day.
- Savasanam for 5 minutes

Varma maruthuvam:

- Kondaikolli varmam
- Chunnambu kaalam
- Chenni kaalam
- Anna kaalam
- Adappa kaalam

Duration of treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Ponnanganni (*Alternanthera sessalis*)
- Sirugeerai (*Amaranthus polygonoides*)
- Murungai (*Moringa oleifera*)
- Thoothuvelai (*Solanum trilobatum*)

Pulses:

- Ulunthu (*Vigna mungo*)

To Be Avoided:

- Tamarind (*Tamarindus indica*)
- Tobacco (*Nicotiana tabacum*)
- Alcohol
- Sarkkaraivalli kizhangu (*Ipomoea batatas*)
- Seppai kizhangu (*Colocasia esculenta*)
- Kaaramani (*Vigna unguiculata*)
- Mochai (*Vicia faba*)

Others

Complication of the Disease

- Status migrainosus
- Persistent aura
- Stroke
- Migra lepsy

Limitation in Siddha System and Condition for Referral

- Headache with persistent vomiting and tiredness
- Stroke
- Migraine

MUGAVATHAM (FACIAL PARALYSIS)

Definition:

- Acute unilateral peripheral facial nerve palsy.

Synonyms:

- *Arputha vatham*

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயந் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதூர வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Infection or inflammation of the facial nerve
- Stroke
- Skull fracture or injury to the face
- Head or neck tumour
- Middle ear infection or other ear damage
- Lyme disease
- Ramsay- hunt syndrome
- Autoimmune diseases – Multiple sclerosis, Gullian barre syndrome
- Certain diseases – Diabetes mellitus, Hypertension

Premonitory signs and symptoms:

- Pain in or behind the ear
- Numbness in the affected side of the face
- Hyperacusis
- Excessive tears.

- Drooling of saliva.
- Inability to close the eye on the affected side of the face.

Common Signs and Symptoms:

- Unilateral facial weakness and a facial droop that is most obvious around the mouth.
- Unilateral upper and lower facial weakness
- Decreased forehead wrinkling
- Difficulty in raising the eye brows
- Corneal reflex is decreased or absent.
- Dysgeusia in the anterior two thirds of the tongue.
- Drooping of eyelids

Co-morbid Conditions:

- Conjunctivitis
- Corneal abrasion
- Corneal ulceration
- Depression
- Dry eye syndrome (Kerato conjunctivitis sicca)

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It may be explained by increased Vatham, affects pranan, uthanan, viyanan, naagan and koorman. In seven udalthathukal Saaram, Senneer, Oon gets affected

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Vathakabam/ Kabavatham
Sparisam or cold	-	Loss of sensation on affected side/ warmth
Naa	-	Loss of taste on anterior two thirds of the tongue
Niram	-	Normal/ pallor
Mozhi	-	Slurred speech (dysarthria)
Vizhi	-	Affected (dry eye / redness/ burning sensation/ drooping of eyelids)
Malam	-	Normal/ constipated
Moothiram	-	Normal/ constipated
Neerkuri	-	Normal/yellowish in colour, tamarind odour
Neikuri dispersal	-	Oil may spreads in the form of ring / snake/ fast

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Glucose and glycosylated haemoglobin levels
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum electrolytes

In Tertiary care hospital:

- Angiotension-converting enzyme
- Electroneurography
- Needle electromyography (EMG)
- Vision test
- Tympanometry and stapedius reflex

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Pakkavatham (Hemiplegia)*
- Temporal bone fracture
- Middle ear or mastoid infection
- Parotid gland tumor
- Cerebello pontine angle tumor
- Gullian-barre's syndrome

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Ennai muzhukku (Oleation)
 - Poochu (Liquid/ Oil Poultice)
 - Suttigai (Cautery cauterization)
 - Thokkanam (Massage Manipulation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam - 15-30 ml with lukewarm water, at early morning in empty stomach

Day 2 – Rest

Day 3 – First Line of Treatment:

- Amukkara chooranam -1-2 gm with honey/ milk, TDS, after food
- Brahmi nei - 5-10 ml with lukewarm water, BD, after food
- Karuppu vishnu chakkaram (100 mg) -1-2 pills with honey, BD, after food
- Ulunthu thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu - 100-130 mg with sangam kuppi saaru (*Azima tetrecantha*)/ lukewarm water, at early morning in empty stomach
- Meganaatha kuligai (100 mg) - 1-2 pills with lukewarm water, at early morning in empty stomach

Internal Medicines:**Chooranam:**

- Parangipattai chooranam -1- 2 gm with honey/milk, TDS, after food

Nei:

- Senkottai nei -10-15 drops, with warm milk, BD, after food

Ilagam:

- Amukkara ilagam -3 -5 gm with warm milk, BD, after food.
- Mahavallathy ilagam -3-5gm with warm milk, BD after food for 40 days

Maathirai:

- Vatha ratchasan maathirai (100 mg) -1-2 pills with honey, BD after food
- Vishnu chakkaram maathirai (100 mg) -1-2 pills with honey, BD after food
- Vasantha kusumakaram (100 mg) - 1-2 pills with honey, BD after food
- Pachai karpooora maathirai (100 mg) - 1-2 pills with honey and ginger (*Zingiber officinalis*) juice, BD, after food.
- Mahavasantham kusumakaram maathirai (100 mg) - 1-2 pills with Amukkara chooranam (*Withania somnifera*), BD, after food.
- Vengaara maathirai (100 mg) - 1-2 pills with water, BD, after food.

Mezhugu:

- Navauppu mezhugu - 65-130 mg with palm jaggery, OD (morning), after food for 12 days
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days
- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food for 3 – 5 days.
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12,25,45 days

Chendooram:

- Arumuga chendooram - 100-200 mg with honey and thirikadugu chooranam, BD, after food
- Gowri chinthamani - 100-200 mg with honey and thirikadugu chooranam, BD, after food for 40 days
- Chandamarutha chendooram - 50-100 mg with palm jaggery/ honey/ ginger juice (*Zingiber officinalis*) / thirikadugu chooranam/ amukkara chooranam, BD, after food for 5 days.
- Ayaveera chendooram - 50 -100 mg with honey/ palm jaggery, BD, after food.
- Kalameganarayana chendooram - 30-130 mg with velluli thylam, BD, after food for 10 days

Parpam:

- Sangu parpam - 100-200 mg with milk, BD, after food.
- Muthuchippi parpam - 100-200 mg with milk, BD, after food
- Pavala parpam - 65-100 mg with milk, BD, after food

External Medicines:**Poochu (Liquid/ Oil****Poultice):**

- Vathakesari thylam – Quantity sufficient
- Vatha thylam – Quantity sufficient
- Vidamutti thylam – Quantity sufficient

- Thazhuthalai ennai – Quantity sufficient

Suttigai (Cautery cauterization):

- Uloga suttigai (Metal cauterization)

Thokkanam:

- Thokkanam will help in faster stimulation of facial muscles and quick recovery.
- Used oils:
 - Sivappu kukil thylam – Quantity sufficient
 - Vidamutti thylam – Quantity sufficient
 - Laguvidamutti thylam – Quantity sufficient

Ennai muzhukku (Oleation):

- Chukku thylam – Quantity sufficient
- Arakku thulam – Quantity sufficient
- Notchi thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Veerasanam
- Parvathasanam
- Siddhasanam
- Mandugasanam
- Ardhamachendrasanam

Varmam Maruthuvam:

- Thilartha kaalam
- Natchathira kaalam
- Poigai kaalam
- Kannadi kaalam
- Pidari kaalam
- Sevikutri kaalam
- Kothanda adangal
- Penkolli adangal

Duration of treatment:

- Depending upon the severity of the disease condition

Advices:

- Instill artificial tear drops or lubricating drops to prevent drying.
- Since it is difficult to close eye, cover it with a clean cotton pad.
- Since blink reflex is affected in facial palsy, protect eyes from injury.
- Soak cotton towel in warm water and squeeze it, then apply on painful areas of face. It will ease the pain.
- Maintain good health with balanced diet and regular exercise for good immunity.
- Avoid large bites of food; eat small portions for easy chewing. In severe cases take semi solid or liquid foods to avoid choking.

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Thoothuvelai (*Solanum trilobatum*)

- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)
- Broccoli (*Brassica oleracea var.italica*)

Pulses:

- Thuvarai (*Cajanus cajan*)

Dairy product:

- Cow's buttermilk
- Milk

Non Vegeterian diet:

- Sea foods
- Tuna fish (*Katsuwonus pelamis*)

To Be Avoided:

- Foods which cause allergies
- Foods containing rich sugar, sodium and cholesterol
- Soya (*Glycine max*)
- Wheat (*Triticum aestivum*)
- Corn (*Sorghum bicolor*)
- Refined food
- Exposure to cold

Others:

Complication of the Disease:

- Irreversible damage to facial nerve.
- Excessive dryness of eye and scratching of cornea.
- Synkinesis
- Corneal ulceration leading to partial or complete blindness.

Limitation in Siddha System and Condition for Referral:

- Corneal ulceration
- Auditory problems
- Hypertensive urgency
- Lymphadenopathy, pallor or bruising.

NADUKKU VATHAM (PARKINSON'S DISEASE)

Definition:

- It is a degenerative disorder of extra pyramidal tract. The motor symptoms of the Parkinson's disease results from the death of dopamine generating cells in the substantia nigra, a region of the mid brain and the cause of this cell death are unknown.
- It is often defined as Parkinsonian syndrome. The progression of the disease and degree of impairment vary from individual to individual.

Synonyms:

- *Paanikambavatham*

Siddha etiology:

In Yugi Vaidhya Chinthamani,

“தானென்ற கசப்போடு துவர்ப் புறைப்பு
சாதகமாய் மிஞ்சுகிலும் சமைத்த வண்ணம்
ஆனென்ற வாறினது புசித்த லாலும்
ஆகாயற் தேறலது குடித்தலாலும்
பானென்ற பகலுறக்க மிராவிழிப்பு
பட்டினியே மிகவுறுதல் பார மெய்தல்
தேனென்ற மொழியார் மேற்சிந்தை யாதல்
சீக்கிரமாய் வாதமது செனிக்குந் தானே”

“பகரவே வாதமது கோபித் தப்போ
பண்பாக பெண்போக மதுதான் செய்யில்
நகரவே வெகுதார வழி நடக்கில்
நளிரான காற்றுமே பனிமேற் பட்டால்
மிகரவே காய்கள் கனிகிழங்கு தன்னை
மிகவருந்தி மீறியே தயிர்தான் கொண்டால்
முகரவே முதுகெலும்பை முறுக்கி நொந்து
முழங்காலும் கணைக்காலும் கடுப்பு உண்டாமே”

- Consumption of bitter, astringent, pungent foods in excess.
- Consumption of previously cooked foods.
- Drinking polluted water
- Altered sleep Rhythm.
- Starvation
- Lifting heavy weights
- Excessive lust / Sexual abuse.
- Walking long distance
- Living in chill environments.
- Excessive consumption of tubers, fruits, curd etc.

Causes and Influencing Factors:

- Idiopathic – unknown cause
- Aging
- Gender- more common in men
- Influenced by genetic and environmental factors (chemicals, toxins, head injury)

Premonitory signs and symptoms:

- Tremor/ shaking
- Difficulty in walking, standing
- Abnormally small, cramped handwriting (Micrographia)

- Anosmia
- Sialorrhea
- Sleep disturbances

Common Signs and Symptoms:

- Tremor at rest
- Rigidity of neck, trunk, upper and lower extremities (Cog wheel rigidity in upper limbs and lead pipe rigidity in lower limbs).
- Bradykinesia/ Akinesia.
- Hypophonia
- Hypokinetic dysarthria
- Mask like face (expression-less face).
- Stooped posture
- Shuffling gait- run rather than walk (chasing their own shadow)
- Fatigue
- Depression
- Dementia
- Intellectual deterioration.

Co-morbid Conditions:

- Depression and anxiety disorder
- Cognitive impairment
- Sleep disturbances
- Speech impairments
- Dysphagia
- Sleep apnoea

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham / Kabam

Siddha Pathogenesis:

- It may be explained by increased Vatham along with Pitham, affects pranan, viyanan, naagan. The seven udalthathukal Saaram, Senneer, Oon, Kozhuppu, Enbu get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathakabam /Kabavatham
Sparisam	-	Numbness / rigidity
Naa	-	Coated tongue
Niram	-	Seborrhea/ hyperhidrosis (excessive sweating)/ sensory dysfunction/ denervation
Mozhi	-	Slurred speech/ mumbled words/ softened voice
Vizhi	-	Blink less frequently/ Dryness/ irritation or Burning sensation
Malam	-	Constipation (earlier stage) /incontinence (later stage)
Moothiram		
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikuri	-	Oil may spreads in the form of snake /pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)

In Tertiary care hospital:

- MRI
- Transcranial Sonography (TCS)
- DaT SCAN (using SPECT)
- Acute Levodopa test
- Apomorphine test
- Cardiac sympathetic innervation using Iodine - 123 metaiodobenzylguanidine (MIBG)
- PET scan
- Polysomnography
- Olfactory testing
- Genetic testing
- Neuro psychometric testing
- Serum ceruloplasmin
- 24 hrs urine - Copper test

Diagnosis:

Confirmation of Diagnosis:

- Based on Clinical symptoms and Laboratory investigations.

Differential Diagnosis:

- Multiple system atrophy (MSA)
- Progressive Supra-Nuclear Palsy (PSP)
- Dementia with Lewy Bodies (DLB)
- Post encephalitis parkinsonism
- Artherio sclerotic pseudo parkinsonism
- Hepato lenticular degeneration
- Anxiety disorder
- Thyrotoxicosis
- Senile tremor
- Functional tremor
- Disseminated sclerosis
- Shy Drager syndrome
- Wilson's disease.

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Thokkanam (Massage Manipulation)
 - Nasiyam (Nasal Liquid Application)
 - Thaarai (Head Flow) Treatment
- Varmam maruthuvam
- Dietary advice

Day 1 - Kazhichal maruthuvam (Purgation)

- Agathiyar kuzhambu - 100-130 mg in the early morning with ginger (*Zingiber officinalis*) juice and honey for 1-3 days.

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Poonakkali chooranam - 2-3 gm with milk, TDS, after food.
- Brahmi nei - 8-15 ml with warm milk, BD after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:**Chooranam:**

- Amukkara chooranam - 1 - 2 gm with milk, TDS, after food.

Nei:

- Thannervittan nei - 5 -10 ml with warm milk, BD, after food.

Ilagam:

- Vilwathy ilagam - 5 - 10 gm with warm milk, BD, after food
- Amukkara ilagam - 5 - 10 gm with warm milk, BD, after food

Maathirai:

- Pachai karpooora maathirai (100 mg) – 1-2 pills with honey and ginger (*Zingiber officinalis*) juice, BD, after food.
- Mahavasanthakusumakaram (100 mg) - 1- 2 pills with amukkara chooranam / honey, BD, after food.
- Vatharaatchasan maathirai (100 mg) - 1-2 pills with honey / water, BD, after food.
- Vishnuchakkara maathirai (100mg) - 1- 2 pills with honey/ginger (*Zingiber officinalis*) juice/ thirikadugu chooranam, BD, after food.
- Vengara maathirai (100mg) - 1-2 pills with water, BD, after food

Mezhugu:

- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12/ 25/ 45days.

Chendooram:

- Aya chendooram – 65 - 130 mg with palm jaggery/ honey/ athimathura chooranam/ ghee, BD, after food
- Kalamega narayana chendooram - 30 - 130 mg with powder of omam (*Trachyspermum ammi*), chukku (*Zingiber officinalis*), milagu (*Piper nigrum*) and nerpori/ murungapattai chooranam, BD, after food for 45 days.
- Chanda marutha chendooram - 50 - 100 mg with ginger (*Zingiber officinalis*) juice/ honey/ palm jaggery/ thirikadugu chooranam/ amukkara chooranam, BD, after food for 5 days.
- Gaantha chendooram - 100-200 mg with honey, BD, after food

Parpam:

- Pavala parpam - 100-200 mg with milk/ ghee/ butter/ water, BD, after food.
- Sangu parpam - 100-200 mg with milk/ ghee/ butter, BD, after food.

External Medicines:**Poochu (Liquid/ Oil****Poultice):**

- Vatha kesari thylum - Quantity sufficient
- Laghu vidamutti thylum - Quantity sufficient
- Karpoorathy thylum - Quantity sufficient
- Ulunthu thylum - Quantity sufficient

- Kunthirika thylam - Quantity sufficient
- Arakku thylam - Quantity sufficient

Thokkanam (Massage Manipulation):

- With any one of the above mentioned medicated oil

Nasiyam (Liquid Nasal Application):

- Chukku thylam - 2-3 drops in each nostril, weekly twice

Ennai muzhukku (Oleation):

- Arakku thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Seeraga thylam - Quantity sufficient

Special Therapies:

Varmam Maruthuvam:

- Thilartha varmam
- Kondai kolli varmam
- Pidari varmam
- Penkolli adangal
- Poigai kaalam
- Thirumurthi kaalam
- Natchathira kaalam
- Chunnambu kaalam
- Komberi kaalam
- Viruthu varmam
- Mannai adangal
- Annakaalam

While performing this procedure head massage may be given over these points.

Thaarai (Head Flow) Treatment:

Patients suffering from depression, memory loss and insomnia in Nadukku vatham may advise to take this treatment.

Oils used:-

- Chitramutti thylam - Quantity sufficient
- Arakku thylam - Quantity sufficient
- Laguvidamutti thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)

Greens:

- Mudakkatran keera (*Cardiospermum halicacabum*)
- Ponnakaani keera (*Alternanthera sessilis*)
- Thoothuvealai keera (*Solanum trilobatum*)

Pulses:

- Thuvaram paruppu (*Cajanus cajan*)

- Kondai kadalai (*Cicer arietinum*)

Dairy products:

- Cow's buttermilk
- Ghee

Non vegetarian diet:

- Vellattu kari (*Capra aegagrus hircus*)

To Be Avoided:

- Surai (*Lagenaria siceraria*)
- Poosani (*Benincasa hispida*)
- Vellari (*Cucumis sativus*)
- Pudalai (*Trichosanthes cucumerina*)
- Peercku (*Luffa acutangula*)
- Sour, astringent tastes
- Sea foods except small prawns

Others:

Complication of the disease:

- Cognitive dysfunction
- Dementia
- Respiratory failure

Limitation in Siddha System and Condition for Referral:

- Severe postural disturbances
- Memory loss

PAKKAVATHAM (HEMIPLEGIA)

Definition:

- Paralysis or Palsy marked by loss of power or movement on one side of the body.
Types: Insidious onset/ sudden onset

Synonyms:

- *Paarisavaayu*
- *Pakkavaayu*

Siddha etiology:

In *Yugi Vaidhya Chinthamani*,

“என்னவே வாதந்தா னெண்பதாகும்
இகத்திலே மனிதர்களுக் கெய்யுமாறு
பின்னவே பொன்னதனையே சோரஞ் செய்து
பெரியோர்கள் பிராமணரைத் தூடனித்தும்
வன்ன தேவச் சொத்தில் சோரஞ்செய்து
மாதாபிதா குருவை மறந்த பேர்க்கும்
கன்னவே நிந்தை செய்தால்
காயத்திற் கலந்திருமே வாதந்தானே”

“ஆனான வரன்றனை மதியாமாந்தர்
அகதி பரதேசியர்கட் கன்ன மீயார்
கோனான குருமொழியை மறந்த பேர்கள்
கொலைகளவு பொய்காமங் குறித்த பேர்க்கு
ஊனான சடந்தன்னில் வாதம் வந்து
ஊற்பவிக்கும் வேதத்தின் உண்மைதானே”

Causes and Influencing Factors:

- Traumatic brain injuries
- Cardiovascular problems (aneurysms and hemorrhages)
- Strokes and transient ischemic attacks
- Infections, particularly encephalitis and meningitis
- Conditions that cause demyelination of the brain, including multiple sclerosis and some other autoimmune diseases
- Reactions to surgery, medication or anesthesia
- Loss of oxygen to the brain due to choking or anaphylactic shock
- Brain cancers
- Congenital abnormalities (cerebral palsy)
- Rarely, psychological causes

Premonitory signs and symptoms:

- Numbness of one side of the body.
- Anxiety, loss of concentration or comprehension.
- Palpitation
- Giddiness
- Severe headache
- Dysarthria/ Aphasia

Common Signs and Symptoms:

- Weakness or paralysis of one half of the body, vomiting, disorientation, loss of consciousness
- Initial flaccidity (Hypotonicity) which is replaced by spasticity (Hypertonicity), hyper reflexia and obligatory synergies.
- Reduction in sensory or vibratory sense.
- Drooling of saliva

- Confusion
- Difficulty in swallowing
- Depression /irritability.
- Apraxia
- Visual field defect
- Altered gait / movement coordination/ disequilibrium.
- Emotional problems such as difficulty in controlling emotions or expressing in appropriate manner.
- Constipation
- Shoulder pain – often associated with loss of external rotation of the glenohumeral joint.

Co-morbid Conditions:

- Hypertension
- Permanently contracted muscles-limb contracture
- Shoulder subluxation.
- Depression

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham/ Kabam.

Siddha Pathogenesis:

- It may be explained by increased Vatham, mainly affect pranan, abanan, viyanan, uthanan, samanana, naagan and koorman. All the seven udalthathukal gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Kabavatham/ Vatham/
Vathapitham Sparisam-		Coldness/ dryness/ rigidity/ flaccidity
Naa	-	Coated / altered sensation
Niram	-	Pallor
Mozhi	-	Low pitched/ slurred speech.
Vizhi	-	Pallor / visual changes
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Frothy, dark color urine
Neikkuri	-	Oil may spread in the form of pearl/ ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Prothrombin time
- Blood glucose
- Lipid profile
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum electrolytes and proteins
- Serological test for syphilis
- Chest x-ray

- ECG

In Tertiary care hospital:

- Echocardiogram
- CT scan - Brain
- MRI - Brain
- Angiography /arteriography
- Cardiac evolutions (for sources of thrombo embolism)
- Serum homocysteine

Diagnosis:

Confirmation of Diagnosis:

Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Patchavatham*

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Otradam (Fomentation)
 - Thokkanam (Massage Manipulation)
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam -15-30 ml with lukewarm water at early morning in empty stomach

Day 2 – Rest

Day 3 – First Line of Treatment:

- Thirikadugu chooranam -1-2 gm with honey, BD, after food
- Gungiliya parpam -100-300 mg with milk/ ghee/ butter, BD, after food
- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days.
- Anda thylam – 3-5 drops, apply over tongue (if slurred speech present)
- Vathakesari thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu -100-130 mg with ginger (*Zingiber officinalis*) juice at early morning in empty stomach
- Koushigar kuzhambu -130 mg with milk at early morning in empty stomach
- Vellai ennai - 15-30 ml, at early morning in empty stomach.

- Meganatha kuligai (100 mg) - 1-2 pills, at early morning in empty stomach
- Meganatha ennai - 8-30 ml with lukewarm water at early morning in empty stomach
- Merugulli thylam -10-50 ml with lukewarm water at early morning in empty stomach
- Siddhathi ennai -10-15 ml with milk at early morning in empty stomach

Internal Medicines:**Chooranam:**

- Elathy chooranam -1-2 gm with honey/ milk, BD, after food
- Amukkara chooranam -1-2 gm with honey/milk, BD, after food
- Inji chooranam -1-2 gm with water, BD, after food
- Thaalisaathi chooranam -1-2 gm with honey, BD, after food

Ennai:

- Chitramutti madaku thylam- 1-2 drops, BD, after food

Maathirai:

- Vishnu chakkara maathirai (100 mg) - 1-2 pills with ginger (*Zingiber officinalis*) juice/honey/ thirikadugu chooranam, BD, after food
- Karuppu vishnu chakkara maathirai (100 mg) - 1-2 pills with honey, BD, after food
- Vatharaatchasan maathirai (100mg) - 1-2 pills with honey/ water, BD, after food
- Pachai karpooora maathirai (100 mg) – 1-2 pills with honey and ginger (*Zingiber officinalis*) juice, BD, after food.
- Mahavasanthakusumakara maathirai (100 mg) – 1-2 pills with Amukkara chooranam, BD after food.
- Vengara maathirai (100mg) – 1-2 tabs with water, BD, after food.

Mezhugu:

- Vaan mezhugu -65-100 mg with palm jaggery, BD, after food for 3-5 days.
- Mahaveera mezhugu -65-130 mg with palm jaggery, BD, after food
- Nandhi mezhugu -130-250 mg with palm jaggery, BD after food for 2/25/45 days.
- Panchasootha mezhugu -100-200 mg with pepper powder, BD after food
- Navauppu mezhugu -100-200 mg with palm jaggery, OD (morning), after food.
- Chitthiravallathi mezhugu -100-200 mg with palm jaggery, BD, after food

Pathangam:

- Thirumoorthy pathangam – 20-50 mg with palm jaggery/ castor oil, OD (morning), after food.

Chendooram:

- Chanda marutha chendooram - 30- 65 mg with honey/ thirikadugu chooranam/ amukkara chooranam, BD, after food
- Arumuga chendooram - 30-65 mg with honey and thirikadugu chooranam, BD after food
- Kalamega narayana chendooram - 30 - 130 mg with powder of omam (*Trachyspermum ammi*), chukku (*Zingiber officinalis*), milagu (*Piper nigrum*) and nerpori/ murungapattai chooranam, BD, after food for 45 days.

- Linga chendooram - 30-65 mg with honey, BD, after food
- Kaadikaara chendooram - 100-200 mg with honey/ ginger (*Zingiber officinalis*) juice/ thulasi (*Ocimum sanctum*) juice, BD, after food.

Parpam:

- Sangu parpam -100-300 mg with milk/ ghee, BD, after food
- Pavala parpam -65-130 mg with leave juice of Thoothuvelai (*Solanum trilobatum*), BD, after food

External Medicines:

Poochu (Liquid/ Oil Poultice):

- Mezhugu thylam – Quantity sufficient (depending upon the rigidity and flaccidity)
- Ulunthu thylam – Quantity sufficient (muscle weakness)
- Laguvidamutti thylam – Quantity sufficient
- Vidamutti thylam– Quantity sufficient
- Thazhuthalai ennai – Quantity sufficient
- Sivappu kukil thylam – Quantity sufficient

Ottradam (Foementation):

- Notchi leaves (*Vitex negundo*)
- Thazhuthalai leaves (*Clerodendrum phlomidis*)
- Vatha narayanan leaves (*Delonix elata*)
- Kazharchi kozhunthu leaves (*Caesalpinia bonducella*)

Thokkanam (Massage Manipulation):

- Thokkanam will help in faster stimulation of muscles and quick recovery.
- Used oils:
 - Sivappu kukil thylam – Quantity sufficient
 - Vidamutti thylam– Quantity sufficient
 - Laguvidamutti thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Dhanurasanam
- Pachimothasanam
- Halasanam
- Sarvangaasanam
- Matsyasanam
- Sirasanam
- Padmasanam
- Savasanam
- Naadi suthi

Varmam Maruthuvam:

- Ayul kaalapinnal
- Saramudichi
- Utchipathappa kaalam
- Ullankalvellai varmam
- Thavalai kaalam
- Kaikavuli varmam
- Kakkattai kaalam
- Puja varmam

Duration of Treatment:

- Depending upon the severity of the disease conditions

Advices:

To Be Added:

Tender vegetables:

- Kathiri (*Solanum melongena*)
- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Karunai kizhangu (*Amorphophallus paeoniifolius*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)
- Paagal (*Memordica charantia*)
- Sambal poosani (*Benincasa hispida*)
- Thoothuvelai (*Solanum trilobatum*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Sirukeerai (*Amaranthus tricolor*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Puliyaarai (*Oxalis corniculata*)

Pulses:

- Thuvarai (*Cajanus cajan*)

Dairy product:

- Cow's buttermilk

To Be Avoided

- Vatham induced foods like tubers except karunai (*Amorphophallus paeoniifolius*)
- Maa porutkal (Carbohydrate rich diets)
- Vaazhai kaai (*Musa paradisiaca*)
- Verkadalai (*Arachis hypogea*)
- Pataani (*Pisum sativum*)
- Mochai (*Lablab purpureus*)
- Sour and astringent taste foods
- Sea foods.

Others

Complication of the Disease

Acute complication:

- Cerebral oedema
- Thrombus propagation to occlude collateral vessels in embolic stroke – recurrent embolism
- Seizures when hemorrhage extends to cortical white matter junction
- Increased ICT is most dangerous complication manifests with altered sensorium, unequal pupils, XI nerve palsy, papilloedema and periodic breathing.

Late complication:

- Permanently contracted muscles-limb contracture

- Deep vein thrombosis
- Shoulder subluxation
- Depression
- Memory loss
- Dizziness
- Difficulty controlling emotion

Limitation in Siddha System and Condition for Referral

- We can manage up to when there is no active hemorrhage and the co-morbid conditions are within manageable level.
- If the co-morbid conditions worsen and there is profuse hemorrhage, then the patients will be referred.
- Acute stroke sequences will be referred to critical care management

SOORYAVARTHAM (DIURNAL HEADACHE)**Definition:**

- Diurnal headache, a psychosomatic disease, characterized by alternating pain in medial aspect of eyes, root of the nose and the eye brows, pricking pain over the borders of the eye brows, shrunken eyes, heaviness of body and throbbing pain. The pain starts at the sunrise and worse with the progress of the day and begins to abate only when the sun begins to set.

Synonym:

- *Ezhunyayiru*

Premonitory signs and symptoms:

- Headache either right or left side
- The headache begins on sun rise, peaks during noon hours and reduces when the sun begins to set

Common Signs and Symptoms:

- Severe pain felt over eyes, eye brows and forehead.
- Pain worse with the progress of the day.
- Nausea and vomiting
- Dizziness
- Malaise
- Sensitivity to light
- Distorted vision or seeing flashes of light
- Aura or sensitivity to sound
- Blurred vision
- Throbbing pain
- Pulsating pain
- The pain begins to abate only when the sun begins to set.

Co-Morbid Conditions:

- Anxiety
- Hypertension
- Sinusitis
- Migraine

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by aggravation of Vatham and influences Pitham. In seven udalthathukal Saaram and senneer get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/
Pithavatham Sparism	-	Warmth/
Sweating		
Naa	-	Pallor/ dryness/ coated/ fissured
Niram	-	Dark
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Yellow

hard stools Moothiram:

- Neerkuri - Yellowish in colour, tamrind odour,
- Neikuri - Oil may spreads in the form of a snake

Modern Medical Investigation:

- Complete Blood Count (CBC)
- X-ray - PNS
- Ophthalmic Examination
- CT Scan (Brain) plain

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations.

Differential Diagnosis:

- *Chandravartham* (Nocturnal headache)
- *Kabala soolai* (Migraine)
- *Mookadaippu* (Sinusitis)
- *Vali suram* (Chikungunya)

Treatment:

Line of Treatment

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Nasiyam (Liquid Nasal Application)
 - Patru (Semi-Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Pugai (Medicated Fumigation)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1 –Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu -100-130 mg with chukku kudineer (*Zingiber officinalis*) at early morning in empty stomach.

Day 2 – First Line of Treatment:

- Thirikadugu chooranam - 1-2 gm with ghee/water, BD, after food.
- Gowri chindamani chendooram- 100-200 mg with thirikadugu chooranam/ honey, BD, after food 40 days.
- Neerkovai maathirai – Quantity sufficient (apply externally on forehead)
- Chukku thylam - Quantity sufficient (For oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Siddhathi ennai -10-15 ml with milk/ warm water /sombu theeneer/ rice cold water, OD, at early morning in empty stomach.

Internal Medicine:**Chooranam**

- Amukkara chooranam -1-2 gm with lukewarm water, BD, after food.
- Thaalisathi chooranam - 1-2 gm with honey/thalisapathiri decoction, BD, after food.
- Seeraga chooranam - 1-2 gm, with lukewarm water, BD, after food for 40 days.
- Seenthil chooranam - 1-2 gm with ghee, BD, after food.
- Athimathura chooranam - 1-2 gm, with honey, BD, after food.

Nei:

- Thoothuvelai nei -5-10 ml with lukewarm milk, BD, after food.
- Senkottai nei -10-15 drops with lukewarm milk, BD, after food.
- Ponnanganni nei -10-15 ml with lukewarm milk, BD, after food.

Rasayanam:

- Thippili rasayanam -3-6 gm with thambira chendooram, BD, after food for 45 days.

Ilagam:

- Thetrankottai ilagam -3-6 gm with warm milk, BD, after food.
- Nellikaai ilagam -5-10 gm, BD, after food.
- Vilvathy ilagam -5-10 gm with warm milk, BD, after food.

Maathirai:

- Vasantha kusumakaram (100 mg)- 1-2 pills with honey/ginger juice (*Zingiber officinalis*), BD, after food
- Karuppu vishnuchakkaram (100 mg) -1-2 pills with milk/honey, BD, after food
- Lingaboobathy (100 mg) - 1-2 pills with honey/ginger juice (*Zingiber officinalis*)/milk, BD, after food
- Soolaikudaram (100 mg) - 1-2 pills with ginger juice (*Zingiber officinalis*), OD (morning), after food

Chendooram:

- Sivanaramirtham -200-400 mg with honey/ ginger juice (*Zingiber officinalis*)/ milk, BD/TDS, after food
- Ayaveera chendooram -50-100 mg with palm jaggery/ honey, BD, after food.
- Arumuga chendooram-100-200 mg with Thirikaduku chooranam and honey, BD, after food.

Parpam:

- Gungiliya parpam -200-500 mg with ghee/ butter/ tender coconut water (*Cocos nucifera*), BD, after food
- Muthuchippi parpam -200-400 mg with ghee/ butter, BD, after food
- Palagarai parpam - 200-400 mg with ghee/ butter, BD, after food

Karpam:

- Thetran karpa kudineer -30 -60 ml, BD, before food for 48 days.
- Nelli karpam -¼ part of one nelli, OD, before food for 48 days.

External Medicine:**Nasiyam (Liquid Nasal Application)**

- Notchi juice (*Vitex negundo*) – 1-2 drops in each nostrils.

Patru (Semi-Solid Poulitice):

- Dry ginger (*Zingiber officinalis*) can be ground with lukewarm water and applied as a poochu

Poochu (Liquid/ Oil Poultice):

- Eswaramooli ver (*Aristolochia indica*), Vasambu (*Acorus calamus*) and Kuru milagu (*Piper nigrum*) are ground with water and applied on forehead.
- Velipparuthi ilai (*Percularia daemia*), Ulli (*Allium sativum*), and vasambu (*Acorus calamus*) are ground with water and applied on forehead

Pugai (Medicated Fumigation)

- Peenisa pugai - Quantity sufficient
- Chukku thiri
- Manjal kombu pugai
- Sambirani pugai

Ennai muzhukku (Oleation):

- Arakku thylam - Quantity sufficient
- Chithiramoola thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient
- Peenisa thylam - Quantity sufficient
- Inji thylam - Quantity sufficient
- Milagu thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam

Varma maruthuvam:

- Chunnambu kaalam
- Sevikutri varmam
- Poigai kaalam
- Anna kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be

Added:

Tender vegetable:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Thoothuvelai (*Solanum procumbent*)
- Pirandai (*Cissus quadrangularis*)

Greens:

- Ponnanganni (*Alternanthera sessalis*)
- Sirugeerai (*Amaranthus polygonoides*)
- Murungai (*Moringa oleifera*)

Pulses:

- Ulunthu (*Vigna mungo*)

To Be Avoided:

- Tamarind (*Tamarindus indica*)
- Tobacco (*Nicotiana tabacum*)
- Alcohol
- Sarkkaraivalli kizhangu (*Ipomoea batatas*)
- Seppai kizhangu (*Colocasia esculenta*)
- Kaaramani (*Vigna unguiculata*)
- Mochai (*Lablab purpureus*)

Others:

Complication of the Disease:

- Status migrainosus
- Persistent Aura without infarction
- Stroke
- Migralepsy
- Migrainous infarction
- Hypertension

Limitation in Siddha System and Condition for Referral:

- Status migrainosus
- Stroke
- Migralepsy

VALIPPU (EPILEPSY)

Definition:

- Epilepsy is a neurological disorder, characterized by clonic, tonic movements of unknown etiology, loss of consciousness, decreased intellectual function, violent and jerky movements of limbs and face, deviation of mouth, frothy salivation and blinking of eyes.

Synonyms:

- *Kakkaivalippu*
- *Isivu noi*
- *Ishuppu noi*

Siddha etiology:

According to *Pothu Maruthuvam*,

“காணவே மேகத்தின் காங்கை யாலும்
கடிதான வழிநடக்கை கோபத்தாலும்
பூணலே பிரமாலயம் தேவா லயங்கள்
புகழான வேரிகுளம் பின்னஞ் செய்தோர்
நாணவே பெண்மர்கற் பழித்தலாலும்
நலமான போகங்கள் மிஞ்ச லாலும்
தோணவே காலபேத நடக்கை யாலும்
துலையாத வடைக்கலத்தை பரித்தோர்க் காமே”

பரித்துமே சீதளமாம் பண்டத் தாலும்
பாங்கான லபிகடந்த ஞானி யோரைச்
சிரித்துமே பரியாசஞ் செய்து மல்லே
சீண்டியே யடிக்கடிக்கு இடரே செய்து
குறித்துமே மனனோக மிகவும் பேசிக்
குடிகெடுக்கும் பாவிகட்கு இந்த ரோகம்
நெரித்துமே சண்டாள வலிதா நாகி
நெருங்குமே யிவ்வலியிம் நொறுங்கு வாரே”

According to *Balavagadam*,

“தன்னிமையால் நோய் உதிக்கும் வாரே தென்னில்
தன்வயது பதினெட்டா மிந்நாட் குள்ளெ
உன்னிமைக்குள் தீனியினால் கர்மத்தாலும்
உடம்பிலுள்ள சூட்டாலும் வினையினாலும்
வென்னிமையால் நோயுதித்த வாறி தாகும்
விபரமென்ன கந்தாதி கியாழ மேற்று
சொன்னிமைக்குள் ஓடிவிடும் இக்கு ணந்தான்
சூதில்லா நூலிதுவாம் முன்னா நென்னெ”

Causes and Influencing Factors:

- Asphyxia during birth
- Head injuries that occur during birth or from accidents during youth or adulthood
- Brain tumors
- Genetic conditions such as Tuberous sclerosis
- Infections such as meningitis or encephalitis
- Inherited
- Stroke or any other type of damage to the brain
- Abnormal levels of substances such as sodium or blood sugar
- Influencing factors are
 - Missing medication doses

- Heavy alcohol use/ Alcohol withdrawal
- Use of cocaine or other drug (ecstasy)
- Lack of sleep

Premonitory signs and symptoms:

- Altered aura
- Visual hallucination
- Anosmia
- Weakness of both upper and lower limb
- Flickering of Finger tips
- Confusion
- Aphasia (Pretending like dumb person)
- Analgesia
- Increased thirst
- Increased sweating
- Excessive salivation with drooling of saliva
- Sleeplessness

Common Signs and Symptoms

- Anger
- Twitching of muscles
- Anuria
- Frothy salivation
- Stiffness of the body muscles
- Shaking
- Involuntary bladder & bowel movements
- Tongue bite
- Odd feelings, often indescribable
- Unusual smells, tastes, or feelings
- Unusual experiences – ‘out-of-body’ sensations; feeling detached; body looks or feels different; situations or people look unexpectedly familiar or strange
- Feeling spacey, ‘fuzzy’, or confused
- Periods of forgetfulness or memory lapses
- Day dreaming episodes
- Jerking movements of an arm, leg, or body
- Falling
- Unsocial work (Ex: undressing, stealing things)
- Unexplained confusion, sleepiness, weakness

Co-morbid Conditions:

- Neurologic
 - Cognitive impairment
 - Migraine
 - SUDEP- Sudden unexpected death in epilepsy

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis:

- This can be explained by derangement of Vatham influencing Kabam affects udanan, abanan, viyanan, naagan, koorman, kirukaran. Among the seven udalthathukal, saaram to kozhuppu is affected.
- **Febrile fits in fever:** This can be explained by deranged Pitham influences Vatham affects viyanan, naagan. Among the seven udalthathukal, saaram to kozhuppu is affected.
- **Epilepsy due to udanan affecting brain:** This can be explained by deranged Kabam influences Vatham affects udanan, viyanan. Among the seven udalthathukal, saaram to kozhuppu get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Kabavatham
Sparisam	-	Coldness / warmth/ excessive sweating
Naa	-	Pallor /coated
Niram	-	Normal / pallor
Mozhi	-	Low pitched /normal
Vizhi	-	Normal/ pallor
Malam	-	Normal /constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil slowly spreads in the form of ring / pearl

Modern Medical Investigation:

- Serum Electrolytes
- Chest X-ray
- CT -Brain
- Blood biochemistry

In Tertiary care hospital:

- Electrocardiogram (ECG)
- EEG (Electroencephalography)
 - Routine and Sleep deprived EEG Long term video EEG monitoring
- MRI (Magnetic Resonance Imaging)
- SPECT and PET

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Soothiga vatham*
- *Moorchai*
- Trauma
- Cardioembolic stroke
- Frontal lobe epilepsy
- Idiopathic orthostatic hypotension and other autonomic failure syndromes
- Migraine headache
- REM sleep disorders
- Transient global amnesia

Treatment:

Line of Treatment:

- Ennai muzhukku(Oleation)
- Internal medicine
- External medicine
 - Otradam (Fomentation):
 - Poochu (Liquid/ Oil Poultice)
 - Pugai (Medicated Fumigation)
 - Mai (Medicated Eye Salve)
 - Suttigai (Cautery cauterization)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

First Line of Treatment:

- Mukkadugu kudineer – 30-60 ml, BD, after food
- Karuppuvishnu chakkara maathirai -1-2 tabs with milk/ honey, BD, after food
- Arakku thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Vadagam:

- Thaalisaathi vadagam (500 mg) – 1-2 tabs, as chewable, BD, after food

Nei:

- Brahmi nei- 5-10 ml with warm milk, BD, after food

Ennai

- Gandhaga sudar thylam -1-4 drops with palm jaggery, BD, after food for 10 days
- Vaepa ennai - 3-5 ml with palm jaggery, BD, after food
- Aynkootu thylam - 3-5 ml with palm jaggery, BD, after food
- Pachonthi ennai - 3-5 ml with palm jaggery, BD, after food

Maathirai:

- Asta bairava maathirai – 1-2 tabs with honey, BD, after food

Mezhugu:

- Vaan mezhugu -65-100 mg with palm jaggery, BD, after food for 3-5 days
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12/25/45 days
- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days.

Chendooram:

- Chandamarutha chendooram - 50-100 mg, with honey/ ginger (*Zingiber officinalis*) juice/ palm jaggery/ amukkara chooranam/ thirikadugu chooranam, BD, after food for 5 days
- Ayaveera chendooram – 50-100 mg with palm jaggery,BD,after food
- Arumuga chenduram – 100-200 mg with honey, BD, after food
- Ayakantha chenduram – 100-200 mg with honey, BD, after food

Parpam:

- Kalnar parpam - 65 - 300 mg with milagu saaru (*Piper nigrum*), BD, after food
- Naaga parpam - 100-200 mg with palm jaggery, BD, after food
- Muthuchippi parpam - 100-200 mg with milk, BD, after food
- Velli parpam - 65-130 mg with butter, BD, after food

Karpam:

- Ponnanganni chooranam - 1-2 gm with honey, BD, after food for 48 days.

External Medicines:**Ottradam (Fomentation):**

- 2 gm of devadaaru (*Cedrus deodara*) and kozhikaram (foul dung) is fried and tied in a cloth bundle used for fomentation on the chest.
- Equal quantity of manjal (*Curcuma longa*), kadugu (*Brassica nigra*), poondu (*Allium sativum*), Thengai (*Cocos nucifera*) and Indu (*Mimosa rubicaulis*) are tied in low cloth bundles and soaked in warm neem oil. Fomentation is given in head, hand, leg and joints.
- Lukewarm water fomentation

Poochu (Liquid/ Oil Poultice):

- Mezhugu thylam - Quantity sufficient
- Anda thylam - Quantity sufficient
- Sadamanjil thylam - Quantity sufficient
- Alagalavida thylam - Quantity sufficient
- Vidamutti thylam - Quantity sufficient

Pugai (Medicated Fumigation):

- Agathiyar kuzhambu - 450-750 mg is smeared on a cloth and burnt. The smoke is inhaled to treat valipu.
- The dry fruit of seeragam (*Cuminum cyminum*) is tied in a cloth and burnt. The smoke is inhaled to treat seizures.

Mai (Medicated Eye Salve):

- Equal quantity of chukku (*Zingiber officinalis*), milagu (*Piper nigrum*), thippili (*Piper longum*), induppu (rock salt), samuthrapazham (*Barringtonia acutangula*) and vasambu (*Acorus calamus*) are ground with lemon juice and made into pills. One pill is rubbed with lemon juice and applied on the eye lashes and eyelids.

Suttigai (Cautery cauterization):

- Manjal kombu (Rhizome of *Curcuma longa*) is ignited and cooled bit and used for cauterization at the at the base of the nasal bridge.

Ennai muzhukku (Oleation):

Oil bath may be advised twice a week to normalize the vitiated thodam.

- Sandanaathi thylam - Quantity sufficient
- Kumari thylam - Quantity sufficient
- Vettiver thylam - Quantity sufficient
- Nelli thylam - Quantity sufficient
- Seerega thylam - Quantity sufficient
- Mezhugu thylam - Quantity sufficient
- Vidamutti thylam - Quantity sufficient
- Alakala vida thylam - Quantity sufficient
- Anda thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Dhanurasanam
- Pachimothasanam
- Padmasanam
- Sarvangasanam.

Varma maruthuvam:

- Porichan kaalam
- Sevikutri kaalam
- Chunnambu kaalam
- Chavvu varmam
- Kaikavuli varmam
- Pidari kaalam
- Komberi kaalam
- Natchathirakaalam
- Thilartha kaalam
- Viruthi kaalam
- Poigai kaalam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

- Avarai (*Lablab Purpureus*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Murungai (*Moringa olifera*)
- Vaazhai thandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)
- Venthayam (*Trigonella foenum-graecum*)
- Pannai keera (*Celosia argentea*)
- Parattai keera (*Evolvulus marginatus*)
- Mullangi keera (*Rhaphanus sativus*)
- Mudakaruthan keera (*Cardiospermum helicacabum*)
- Thuvaram paruppu (*Cajanus indicus*)
- Naripayaru (*Phaseolus trilobatus*)

Dairy products:

- Cow's butter milk
- Fat content products
- Milk
- Butter

Fruits:

- Vazhai (*Musa Paradisiaca*)
- Maa (*Mangifera indica*)
- Pappali (*Carica papaya*)
- Annachi pazham (*Ananas comosus*)
- kichili pazham
- Thiratchai (*Vitis vinifera*)
- Aththi (*Ficus racemosa*)

- Pereechu (*Phonex dactilifera*)

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

To Be Avoided:

Herbal supplements containing ephedra or caffeine may worsen seizures. These include guarana and kola.

- Cold weather
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Verkadalai (*Arachis hypogaea*)
- Sour and astringent taste foods.
- Sea foods except small prawn.

Others:**Complication of the Disease:**

- The limbic structures (i.e., hypothalamus, hippocampus, amygdala) of the brain may be damaged by seizure activity. The limbic system is concerned with emotion and motivation.
- These patients may develop cognitive and behavioural difficulties, such as the following:
 - Inter-ictal personality: Humorlessness, dependence, obsessions, anger, hypo- or hypersexuality, emotionality
 - Memory loss: Short-term memory loss attributable to dysfunction in the hippocampus, anomia (inability to recall words or names of objects)
 - Porionomania: Prolonged aimless wandering followed by amnesia
 - Violent behavior: Aggression and defensiveness when subjected to restraint during a seizure
- Severe seizure may give muscular haematoma and rib fracture.
- Fluid and electrolytes complication may occur due to deficient intake of the fluid.
- Disturbance of the autonomic control that may lead to variation in pulses, fluctuation in BP and variation in temperature.
- Tongue bite
- Aspiration
- Pulmonary complication may follow aspiration.
- Cardiac arrhythmias
- Fractures
- Myocardial infarction (heart attack)
- Pulmonary edema (fluid build-up in the lungs)
- Sudden Unexplained Death in Epilepsy (SUDEP)

Limitation in Siddha System and Condition for Referral:

- If Seizure causes brain damage with severe infection.
- Severe cognitive and behavioural difficulties
- Status epilepticus

Thol Noigal **(Dermatological Diseases)**

ILANARAI (PREMATURE GREY HAIR)**Definition**

- Premature grey hair or canities is a process of deficiency of pigment and occurs regardless of gender or race. The age of greying varies with race and ethnicity.

Synonym -**Siddha etiology:**

- The cause of early greying is usually inherited.

Causes and Influencing Factors:

- Stress
- Vitamin B12 deficiency
- Smoking
- Genetic factor
- Pollution
- Usage of synthetic soaps, shampoos and dyes
- Metabolic disorders
- Autoimmune disorders

Premonitory signs and symptoms

- In men, greying usually begins at the temples and in the sideburns. Later it spreads to the vertex and the remaining scalp, lastly affects the occipital region.
- In women, starts around the perimeter of the hairline.

Common Signs and Symptoms

- Shedding of hairs
- Beard and body hair are also affected in later stage.
- Chest, pubic and axillary hair may remain pigmented.

Co-morbid Conditions

- Social stigma

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It is explained by aggravation of Pitham (Prasagam). In seven udalthathukal, Saaram, senneer and enbu get affected.

Investigation**Envagai thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Pitham/
Pithavatham		
Sparisam	-	Normal/
Warmth		
Naa	-	Normal/
Pallor		
Niram	-	Normal
Mozhi	-	Normal
Vizhi	-	Normal/
Pallor		
Malam	-	Normal/ Constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour

Neikkuri - Oil may spreads in the form of ring

Modern Medical Investigations

- Complete Blood Count (CBC)
- Serum vitamin B12, D3
- Serum calcium
- Thyroid profile

In Tertiary Care Hospital:

- Serum ferritin
- Folic acid

Diagnosis

Confirmation of Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Venpulli* (Vitiligo)
- Hypomelanotic hair disorders
- Phenylketonuria
- Histidinemia
- Homocystinuria

Treatment:

Line of Treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Oil poultice)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - Ennai muzhukku (Oleation)

- Seeraga thylam- Quantity sufficient (Ext. use only)

Day 2- Rest

Day 3- First Line of Treatment:

- Thiriphala chooranam - 1- 2 gm with honey, BD, after food.
- Nellikaai ilagam - 3 - 5 gm, BD, after food.
- Ayabringaraja karpam - 100- 130 mg with honey, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Chooranam

- Karisilankanni chooranam - 1- 2 gm with ghee, BD, after food.
- Elathy chooranam - 1- 2 gm with honey, BD, after food.
- Parangipattai chooranam - 1- 2 gm with honey, BD, after food.
- Seeraga chooranam-1 - 5 gm with lukewarm water, BD, after food.
- Amukkara chooranam-1 - 5 gm with lukewarm water, BD, after food.

Manapagu

- Madhulai manapagu - 5 -10 ml with water, BD, after food.
- Nannari manapagu - 5 - 10 ml with water, BD, after food.

Ilagam

- Karisalai ilagam - 3 -5 gm with warm milk, BD, after food.
- Amukkara ilagam - 3 -5 gm with warm milk, BD, after food.

- Sarapunga vilwathy ilagam - 5 gm with warm milk, BD, after food
- Kesari ilagam - 5 gm, BD, after food
- Chendooram**
 - Ayakantha chendooram - 100 – 200 mg with honey, BD, after food.
 - Aya chendooram - 100 – 200 mg with honey, BD, after food.
 - Arumuga chendooram - 100 – 200 mg with honey, BD, after food.
- Parpam**
 - Pavala parpam - 100 – 200 mg with milk, BD, after food.
 - Palagarai parpam - 100 – 200 mg with milk, BD, after food.
 - Muthuchippi parpam - 100 – 200 mg with milk, BD, after food
- Karpam**
 - Karisalai karpam - 1 - 2 tabs with water, BD, after food
 - Thiriphala karpam - 1 - 2 tabs with water, BD, after food
 - Ayasambeera karpam - 1 piece, OD, after food
 - Bhavana kadukkai - 1 - 2 tabs as chewable, BD, after food
- External Medicines:**
- Poochu (Oil poultice):**
 - Neelibringathi thylam - Quantity sufficient
 - Karisalai thylam - Quantity sufficient
- Ennai muzhukku (Oleation):**
 - Maasikkai thylam - Quantity sufficient
 - Nellikaai thylam - Quantity sufficient
 - Kumari thylam - Quantity sufficient
 - Thiriphalathi thylam - Quantity sufficient
- Duration of Treatment**
 - Depending upon the severity of the disease condition.
- Advices:**
- To Be Added**
 - Milk and ghee
- Tender vegetables:**
 - Murungai (*Moringa oleifera*)
 - Avarai (*Lablab purpureus*)
 - Aththi (*Ficus racemosa*)
 - Vendai (*Hibiscus esculentus*)
- Greens:**
 - Karisalai (*Eclipta prostata*)
 - Ponnankanni (*Alternanthera sessalis*)
 - Manathakkali (*Solanum nigrum*)
 - Arakeerai (*Amaranthus aritis*)
 - Sirukeerai (*Amaranthus polygonoides*)
 - Murungai keerai (*Moringa oleifera*)
- Fruits:**
 - Fig(*Ficus recemosa*)
 - Pomegranate (*Punica granatum*)
 - Citrus fruits

- Dates (*Phoenix dactylifera*)

Dry fruits

- Badam (*Prunus dulcis*)
- Munthiri (*Anacardium occidentale*).

To Be Avoided:

- Pitham increasing diet and activities
- Hot and spicy foods

Others

Complication of the Disease

-

Limitation in Siddha System and Condition for Referral

-

KAALANI (CORN FOOT)

Definition:

- Corns are painful, hyper-keratotic papules of the skin that develop in response to excess pressure on the bony prominences of the foot and toes.
- **Hard corn** is a small patch of thickened, dead skin with a small plug of skin in the centre.
- **Soft corn** has a much thinner surface, appears whitish and rubbery, and usually occurs between the toes
- **Seed corn** are clusters of tiny corns that can be very tender if they are on a weight-bearing part of the foot

Synonym:

-

Siddha etiology:

- Mostly common cause is, walking in barefoot and due to more friction and persistent pressure.

Causes and Influencing Factors:

- Pressure and constant friction from repetitive actions in foot
- Wearing tight fitting shoes/ high heels
- Skipping socks
- Over weight
- Bunions
- Hammer toe
- Foot deformities - bone spur

Premonitory Signs and Symptoms:

- Irritation in the sole
- Itching/ Hardness of skin

Common Signs and Symptoms

- A thick, rough area of skin associated with raised bump.
- Flaky dry skin
- Pain upon ambulation
- Restriction of activity secondary to pain.
- Erythema and heat may be present.

Co-morbid Condition:

-

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It may be explained by the increased Viyanan (dryness, thickening, hardness and pain) followed by decreased prasagam (diminished complexion of the affected area). In udalthathukal Saaram, senneer and oon are decreased leading to dryness and hardening of the skin.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Warmth/ tenderness/ hyper-keratotic papules
Naa	-	Normal
Niram	-	Normal
Mozhi	-	Normal

Vizhi	-	Normal
Malam	-	Normal
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of ring /snake

Modern Medical Investigations:

- Complete blood count (CBC)
- X –ray (to rule out hammer toe/ calcaneal spur)

In Tertiary care hospital:

- Pedobarography- Pressure studies may help define the exact location of increased plantar pressure

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Black heel (Calcaneal Petechiae)
- Calcinosis cutis

Treatment:**Line of Treatment:**

- Internal medicine
- External medicine
 - Pugai (Medicated Fumigation)
 - Poochu (Liquid / Oil Poultice)
 - Kalimbu (Ointment application)
 - Kaaram (Chemical Cauterization)
 - Patru (Semi-Solid Poultice)
 - Suttigai (Cautery cauterization)
- Dietary advice

First Line of Treatment:

- Amukkura chooranam - 1-2 gm with honey, BD, after food
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days
- Sirattai thylam - Quantity sufficient (For Ext.use only)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazichal Maruthuvam (Purgation)

- Agathiyar kuzhambu - 100 -200 mg with ginger juice (*Zingiber officinalis*), OD, at early morning in empty stomach.

Internal Medicines**Chooranam:**

- Parangipattai chooranam - 1- 2 gm with honey, BD, after food
- Thirikadugu chooranam - 1-2 gm with honey, BD, after food
- Elathy chooranam - 1-2 gm with lukewarm water, BD, after food

Pathangam

- Parangipatti pathangam- 100 – 200 mg with palm jaggery, BD, after food for 40 days.

External Medicine

Pugai (Medicated Fumigation)

- Dry Fruit of Kandankathiri (*Solanum xanthocarpum*) are burnt and the fume is exposed on the foot

Poochu (Liquid / Oil Poultice):

- Latex of *Chithirappaladai* (*Euphorbia hirta*) – Quantity sufficient

Kalimbu (Ointment application):

- Amirtha vennai – Quantity sufficient
- Vanga vennai – Quantity sufficient
- Kaalani kalimbu - Quantity sufficient

Kaaram (Chemical Cauterization):

- Pachai eruvai – Quantity sufficient

Patru (Semi-Solid Poultice):

- Malli/ iruvatchi (*Jasminum sambac*)
- Kaattu vengayam (*Urginea indica*)
- Equal quantity of maruthondri (*Lawsonia inermis*) ilai, vasambu (*Acorus calamus*), manjal (*Curcuma longa*) are take and ground into paste. It should be bandaged in the corn foot.

Suttigai (Cautery cauterization):

- Uloga suttigai (Metal Cauterization)

Special Therapies: -

Duration of Treatment

- Depending upon the severity of the disease condition

Advices:

- Soak the foot in warm water with rock salt for 15-20 min; it softens the corn which will help to remove the thickened skin.
- Remove/ adjust the mechanical stress causing the corn.
- Apply moisturizer over the skin.
- Wear well fitted shoes and practice good foot hygiene.
- Take extra foot care especially in diabetic patients

To Be Added

- Water intake 3-5 lit/day
- Intake high quantity of fibre rich vegetables and greens to maintain normal body weight

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melongena*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pirandai (*Cissus quadrangulum*)

Greens:

- Ponnanganni (*Alternanthera sessalis*)
- Sirugeerai (*Amaranthus polygonoides*)
- Murungai (*Moringa oleifera*)

To Be Avoided

- Smoking
- Alcohol
- Hot, spicy, bitter foods and junk foods
- Tight shoes/ high heels
- Tubers tubers except karunai kizhangu (*Amorphophallus paeoniifolius*)

Others

Complication of the Disease

- Secondary infection in patients with diabetes mellitus or immuno suppression.
- Bursitis
- Septic arthritis or osteomyelitis if left untreated.

Limitation in Siddha System and Condition for Referral

- Patients with uncontrolled diabetes and immune suppression.
- Symptoms of secondary infection like fever, rigor, vomiting etc.

KALANJAGAPADAI (PSORIASIS)

Definition

- *Kalanjagapadai* is a chronic relapsing inflammatory skin disease and it is characterised by well defined erythematous coin shaped plaques covered with silvery white scales, which have a tendency to spread in extensor surfaces and scalp.

Synonyms

- *Venparusedhil*
- *Sedhiludhir noi*

Siddha etiology:

- The text *Agasthiyar paripooranam -400* describes the Psycho social causes (Kanma varalaru) - Diseases which are caused due to sins committed in the previous birth will be cured only if *Kanmam* is expiated. *Siddhar Agasthiyar* mentioned that *kanmam* (Genetic predisposition) is the main cause for *Kuttam* in the text *Kanmam kandan* as follows:

“சேர்ந்த குட்டமொடு குறை நோய்கள் வந்த
சேதிகள் மலராத அரும்பு கொய்தல்
தாரிந்த சிவசெந்து வதைகள் செய்தல்
தாய்தந்தை மனதுநொந்து ரோகந்தானே
தானென்ற தெய்வருத் தனையிழித்தல்
சார்வான பெரியோர்கள் தமைப்பிழித்தல்
கானென்ற நந்தவனம் பூஞ்செடிகள் வெட்டல்
கருமமடா சரீரத்திற் காசுபோலே
யூனென்ற வடம்பெல்லாம் பொட்டுப் பொட்டா
யுடல் வெளுத்துக் குறைநோயா யுதிரஞ்சிந்தும்”

- Plucking the flower buds, cruelty to animals, destroying statues of god, abusing elderly people and destroying forests and gardens. Triggering factors of *Kaalanjagapadai* are,
 - Tonsillitis (*Lasunathabitham*)
 - Respiratory disorders
 - Allergic disorders
 - Stress and strain
 - Anxiety
 - Depression
 - Seasonal variations
 - Certain drugs (eg : *Thamira chendooram*)

As per *Siddha Sirappu maruthuvam*, the causes are,

- Unknown cause
- Inherited
- *Sunai thabitham*, Pulmonary diseases, allergy, stress, depression, anxiety and climate changes also have active role
- Before puberty and after menstruation there are tendencies for exacerbations of lesions.
- Drugs like Beta blockers, lithium, anti-malarial, non-steroidal anti-inflammatory may induce the disease.

Causes and Influencing Factors:

- Over active T cells
- Genetic factor
- Stress
- Influencing factors are

- Cold temperature
- Alcoholism
- Smoking
- Recurrent infections
- Obesity
- Harmonal changes particularly in women
- Certain medications including Beta blockers, lithium, iodides, ACE inhibitors, NSAID's and anti malarial drugs
- Sudden withdrawal of systemic steroids

Premonitory signs and symptoms

- Erythematous papules and plaques are of variable size, sharply circumscribed, dry and usually covered with layers of silvery white, mucaceous scales.
- Dry cracked skin that may bleed
- Itching, burning or soreness

Common Signs and Symptoms

- Coin shaped plaques predominantly in elbows, knees, scalp and body folds
- Erythematous, shiny, symmetrical patches in inter gluteal (natal) cleft , sub mammary and axillary folds
- Mild oozing will be present in flexor regions (axilla, groin & infra mammary)
- **Candle grease sign:** With careful scratching, small silvery-white lamellar scales come off, more or less as from a solidified candle strip
- **Auspitz sign:** Removal of this epithelial layer reveals punctuate bleeding because of a lesion of the capillaries running out into the tips of the papillae.
- **Koebners phenomenon:** If the skin of a psoriatic patient is irritated (e.g. scratching) in the phase of an acute episode of eruption, a new psoriatic focus is formed on the floor of this epithelial lesion.
- Thickened, punctuate pitting and ridging of the nails
- Psoriatic erythroderma
- Swelling of terminal inter- phalangeal joints
- Swollen and stiff joints (Psoriatic arthropathy)

Co-morbid Conditions

- Depression
- Psoriatic arthritis
- Metabolic syndrome
- Cardiovascular disease

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham

Siddha Pathogenesis

- It is explained by increased Viyanan (Dry, rough skin and swelling of the knee joint, elbow joint and fingers) associated with increased Kabam (silvery scales) and Increased prasagam (Erythematous patches and bleeding). In seven udalthathukal saaram, senneer, oon, kozhuppu get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi - Vathapitham/ Vathakabam /
Pithakabam

Sparisam	-	Elevated, hard, uneven structures, itching, scaling
Naa	-	Normal
Niram	-	Silvery white scales with erythematous plaques, pin point bleeding.
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal
Moothiram	-	
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations

- Complete Blood Count (CBC)
- ESR
- Uric acid
- RA Factor
- X-ray

In Tertiary care hospital:

- Skin biopsy
- Anti - CCP
- HLA-B27
- Bone density

Diagnosis

Confirmation of Diagnosis

- Based on signs and symptoms, physical examination and laboratory investigation.

Differential Diagnosis

- *Podugu* (Pityriasis capitis)
- *Thermal* (Pityriasis rosea)
- *Karappan* (Dermatitis)
- *Padarthamarai* (Tinea infestation)
- *Venpadai* (Vitiligo)
- Seborrheic dermatitis
- Secondary syphilis
- Subacute/ discoid lupus erythematosus

Treatment

Line of Treatment

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Kattu (Compress /Bandage)
 - Nasiyam (Liquid nasal application)
 - Poochu (Liquid /Oil poultice)
 - Kandhi suddigai
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal maruthuvam (Purgation):

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Meganatha kuligai (100 mg) – 1-2 pills with lukewarm water at early morning in empty stomach for a day.

Day 2 - Rest**Day 3 - First Line of Treatment:**

- Parangipattai chooranam - 1-2 gm with honey/ milk, BD, after food
- Palagarai parpam - 100 -200 mg with milk/ ghee, BD, after food
- Gandhaga rasayanam - 1 -3 gm with milk, BD, after food
- Vetpalai thylam - Quantity sufficient (For Ext. use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu – 100-130 mg with Sangankuppi saaru at early morning in empty stomach for a day.
- Murukkan vithai maathirai (100 mg) – 1-2 pills with lukewarm water at early morning in empty stomach for a day.
- Meganatha thylam - 8 -30 ml with milk at early morning in empty stomach for a day.
- Karudankizhangu thylam - 8 - 14 ml with milk at morning in empty stomach for a day.
- Kazharchi thylam - 8 -16 ml with milk at early morning in empty stomach for a day.

Internal Medicines**Chooranam**

- Elathy chooranam - 1-2 gm with water/ honey/ milk, BD, after food
- Thiripala chooranam - 1-2 gm with lukewarm water, BD, after food
- Sivanarvembu chooranam - 1-2 gm with milk, BD, after food
- Seenthil chooranam - 1-2 gm with ghee, BD, after food
- Karisalai chooranam - 1-2 gm with honey, BD, after food

Nei

- Senkottai nei - 10 - 15 drops with milk, BD, after food.

Ennai

- Sivanarvembu kuzhi thylam- 20-30 drops with Sivanarvembu chooranam, OD, after food for 45 days.

Rasayanam

- Parangi rasayanam - 5-10 gm with milk, BD, after food.

Ilagam

- Mahavallathy ilagam - 3 – 5 gm with milk, BD, after food.
- Vilvathy ilagam - 5 – 10 gm with milk, BD, after food

Maathirai

- Ganthaga maathirai - 1 -2 pills with milk, BD, after food.
- Kushtagajakesari maathirai - 1 - 2 pills with palm jaggery/ honey, BD, after food.

Mezhugu

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food.
- Gandhaga mezhugu - 250 -500 mg with milk, BD, after food.
- Vaan mezhugu – 65-100 mg with palm jaggery, BD, after food for 3 – 5 days.

Chendooram

- Sivanar amirtham - 100 - 200 mg with honey, BD, after food
- Ayakantha chendooram - 100 - 200 mg with milk, BD, after food
- Naaga chendooram- 65 -130 mg with milk, BD, after food
- Gowri chinthamani -65- 130 mg with honey, BD, after food for 40 days.

Parpam

- Muthuchippi parpam -100 -200 mg with milk, BD, after food.
- Sangu parpam - 100 - 200 mg with ghee, BD, after food
- Gandhaga parpam - 16-35 mg with milk, BD, after food.
- Pavala parpam- 100 -200 mg with milk, BD, after food.

Karpam

- Irunelli karpam- 100 - 200 mg with milk, BD, after food.
- Vembu karpam - 1-2 gm with honey, BD, after food for 48 days
- Katrazhai karpam - 3-5 gm with milk, BD, after food for 48 days

External Medicine:

Kattu (Compress /Bandage):

- The plantain leaf is cleaned and tied on the affected area and expose to early morning sunlight.

Nasiyam (Liquid Nasal application):

- Vetpalai thylam – 5-10 drops can be instilled in each nostril

Poochu (Liquid/ Oil Poultice):

- Arugan thylam - Quantity sufficient
- Pungan thylam - Quantity sufficient

Suttigai (Cautery cauterization):

- Kaanthi suttigai with Vetpalai thylam

Special Therapy:

Siddhar Yoga Maruthuvam

- Pranayamam
- Padmasanam
- Sarvangasanam
- Savasanam

Duration of treatment

- Depending on the severity of the disease condition

Advices

To be added

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosus*)
- Murungai (*Moringa oleifera*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)

Greens:

- Sirukeerai (*Amaranthus tricolor*)
- Mookkurattai (*Boerhavia diffusa*)
- Ponnankanni (*Alternanthera sessilis*)
- Mudakkaruthaan (*Cardiospermum halicacabum*)

Dairy products:

- Cow's butter milk

To Be Avoided:

- Tobacco and alcoholic beverages
- Exposure to extreme hot and cold weather
- Applying harmful chemicals and cosmetics
- Cleansing vigorously
- Exposing skin to open injury
- Eating junk foods
- Fat rich foods and refined foods

Others

Complication of the Disease

- Infections
- Metabolic syndrome
- Hypertension
- Joint damage/ Contracture
- Psoraitic arthropathy

Limitation in Siddha System and Condition for Referral

- Skin lesions with high fever with rigor and severe secondary infection needs referral

KANAKADI (URTICARIA)

Definition:

- It is defined as dermal vascular reaction of the skin characterized by the appearance of itchy wheals, which are elevated, pale or erythematous, transient and evanescent plaque lesions. These lesions usually do not last beyond 24 hrs. They change in size and shape by peripheral extension or regression during few hours. The intensity of itching varies.

Synonym:

- *Theththuru kuttam*

Siddha etiology:

- The exact cause is unknown
- May be due to food allergy, drugs and infection
- Drugs are probably the most frequent cause for Urticaria and Angioedema (Eg: Aspirin, penicillin)

Causes and Influencing Factors

- Ingestants
 - Foods - Cheese, eggs, nuts, fish, mushrooms, etc
 - Food additives - tartarazine dyes, etc
 - Food preservatives
 - Drugs - penicillin, salicylates, sulphonamides, etc
- Injectants
 - Insect bites
 - Injection- drug, sera, blood, etc.
- Inhalants
 - Pollens, animal dander, etc.
- Infestation by parasites
 - Amoebiasis
 - Giardiasis
 - Hookworm, round worm
- Exposure to extreme cold.
- Exposure to sun (solar urticaria), heat, cold, or water.
- Some illnesses, including a type of vasculitis, lupus and thyroid disease.
- Exercise.
- Stress.
- Pressure on the skin, such as from sitting too long.
- Contact with chemicals.
- Scratching the skin.

Premonitory signs and symptoms:

- Raised itching wheals, either red or skin coloured, which can appear anywhere on the body.

Common Signs and Symptoms:

- Blanching occurs in the lesion while pressing
- Itching, which may be severe
- Painful swelling of the lips, eyelids and inside the throat
- Chemosis
- Difficulty in breathing, stomach cramps

Co-Morbid Condition:

- Acute or chronic infections

- Anxiety
- Depression
- Bronchial asthma

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It may be explained by the increased Viyanan and prasagam (red patches and itching). In udalthathukal increased Saaram, senneer leads to pain and erythematous rashes.

Investigations

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Pithavatham / Pithakabam
Sparisam	-	Wheals /redness
Naa	-	Normal/ coated
Niram	-	Redness/ pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal/ constipated
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/ring/pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte Sedimentation Rate (ESR)
- CRP
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Blood sugar
- Uric acid
- Acid phosphatases
- Thyroid function tests
- X-ray chest.
- Urine examination for albumin,sugar and cells
- Stools examination for occult blood, ova, and cyst.

In Tertiary care hospital:

- Anti IgE receptor antibody
- Anti nuclear antibodies (ANA)
- Antithyroid antibody
- Hepatitis C screening
- HIV antibody screening test.
- Patch testing
- Photo patch testing
- Skin biopsy

Diagnosis

Confirmation of Diagnosis:

- Based on clinical sign and symptoms and laboratory investigations

Differential Diagnosis:

- Contact dermatitis
- Drug eruption
- Erythema multiforme
- Mastocytosis
- Pityriasis rosea
- Scabies

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Agathiyar kuzhambu - 100-130 mg with lukewarm water, OD, at early morning in empty stomach.

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Vidathari chooranam - 2-3 gm with lukewarm water, BD, after food.
- Sangu parpam-200-400 mg with ghee/ milk, BD, after food.
- Kunthirika thylam – Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazichal Maruthuvam (Purgation):

- Meganatha kuligai -1-2 tabs with lukewarm water, OD, at early morning in empty stomach
- Visha kuzhambu -100-200 mg with water, OD, at early morning in empty stomach.

Internal Medicine:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kudineer (For drug induced urticaria):

- Decoction of Arugampul (*Cynodon dactylon*) and Milagu (*Piper nigrum*) in 10:1 ratio

Chooranam

- Elathy chooranam- 2-3 gm with lukewarm water, BD, after food.
- Parangipattai chooranam- 2-3 gm with milk/ lukewarm water, BD, after food.
- Seenthil chooranam- 1-2 gm with palm jaggery, BD, after food.
- Sivanarvembu chooranam – 500 mg-1 gm with milk, BD, after food

Nei

- Senkottai nei- 10-15 drops with warm milk, BD, after food.
- Vallarai nei- 5-10 ml with lukewarm water, BD, after food.

Rasayanam

- Gandhaga rasayanam - 1-3 gm with warm milk, BD, after food.

- Parangipattai rasayanam - 3-6 gm with warm milk, BD, after food.

Ilagam

- Mahavallathy ilagam -3-5 gm with warm milk, BD, after food.
- Sarapunga vilwathi ilagam - 6-12 gm with warm milk, BD, after food for 45 days.

Maathirai

- Gandhaga maathirai - 1-2 tabs with warm milk, BD, after food.

Mezhugu

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food.
- Rasa mezhugu-100-200 mg with palm jaggery, BD, after food for 3 to 5 days
- Gandhi mezhugu -100-200 mg with milk, BD, after food.
- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food for 12-25-45 days.

Parpam

- Palagarai parpam - 200-400 mg with ghee/ milk, BD, after food.
- Gandhaga parpam - 25-50 mg with ghee/ butter, BD, after food.
- Thalaga parpam - 25-50 mg with palm jaggery/ ghee/ honey, BD, for 12 days

External Medicine

Poochu (Liquid/ Oil Poultice)

- Arugan thylam – Quantity sufficient
- Sivappu kukkil thylam - Quantity sufficient

Ennai muzhukku (Oleation)

- Arakku thylam – Quantity sufficient
- Seeraga thylam– Quantity sufficient

Special Therapies: N/A

Siddhar Yoga Maruthuvam

- Pranayamam –Naadi suthi

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

- Identification and avoidance of the triggering factor.
- Meditate regularly
- Practice yoga and other relaxation techniques

To Be Added:

- Low histamine foods like fresh vegetables, rice, dairy products except cheese and yogurt.

To Be Avoided:

- Tamarind (*Tamarindus indica*)
- Peanut (*Arachis hypogaea*)
- Soya (*Glycine max*)
- Brinjal (*Solanum melongena*)
- Salt and Sour taste foods
- Gingelly oil
- Sea foods
- Chicken (*Gallus gallus domesticus*)
- Allergic foods
- Eating processed foods, junk foods
- Alcohol

- Tobacco
- Gluten (wheat, barley, rye and oats) and raw eggs
- Fermented foods
- Seasonings like chilli powder, cinnamon, cloves and vinegar

Complication of the Disease:

- Angioedema
- Anxiety
- Anaphylaxis
- Throat congestion

Limitation in Siddha System and Condition for Referral:

KARAPPAN (ATOPIC DERMATITIS/ ECZEMA)

Definition

- It denotes an inflammatory condition of the skin characterized by redness, itching and vesicular lesions, which becomes scaly, crusted or hardened, occasionally with oozing.

Siddha etiology:

“ஏழாந கரப்பானின் உற்பத்தி கேளாய்
ஏற்றமாய் மாமிசங்கள் புசிக்கையாலும்,
கூழாந கம்புதினை வரகு சாமை
பொடிதான கிழங்குவகை யருந்தலாலும்,
பாழாந பெண் மாயை தன்னிற் சிக்கும்
பாங்கான விரகத்தால் முயற்சியாலும்
தாழாந பண்டங்கள் சமைத்துத் தின்னல்
தாக்குமே கரப்பான் தன் சாயல் தானே
சாயலாய்த் தனக்குத் தான் மூத்த பெண்ணைத்
தாவினோர் தாழ்ச்சியாங்சாதி தன்னில்
காயலாய்க் கலந்துண்டோர் கலகம் செய்தோர்
கற்புடைய மங்கையரைக் கருதினோர்கள்
வாயலாய் வாழ் மரத்தை வெட்டினோர்கள்
மருத்துவர்கள் வண்ணார் நாவிதர்கள் கூலிக்
கூயலாய்க் கொடா தோர்கள் குருநிந்தித்த
கொடும்பாவி கரப்பானிற் குறிக் கொள்வாரே”
- யூகி வைத்திய சிந்தாமணி (கரப்பான் ரோக நிதானம்)

- Excessive intake of fish, meat, cereals like ragi, maize, rhizomes.
- Excessive sexual indulgence.
- Anti-social activities which ultimately end in psychic disturbances leads to Karappan disease.

Dietary Factors:

“பெருகுஞ் சோள மிறுங்கும் பெருங்கம்பு
வரகு காருடன் வாழையின் காபோடு
உரைகொள் பாகல் கெளிற்று மீன் உண்டிடில்
விரிவ தாய்க்கரப் பானுமி குந்ததே”
- சித்த மருத்துவம் சிறப்பு

- This poem specifies the dietary relations with the Karappan disease.
- Bitter gourd, ragi, maize, unripen banana, fish items aggravates the disease.

Causes and Influencing Factors:

- Abnormal function of immune system, environmental factors and genetic factors
- Influenzing factors like
 - Pollens
 - Leather
 - Dyes
 - Temporary tattoos
 - Metals (nickel)
 - Smoking
 - Soap and household disinfectants (formaldehyde)
 - Fragrances
 - Certain fabrics (Wool, polyester)
 - Antibacterial ointments (neomycin, bacitracin)
 - Food allergens

Premonitory signs and symptoms

- Slight itching

- Redness precedes the eruption.

Common Signs and Symptoms

- Redness
- A grainy appearance in the skin, caused by tiny fluid-filled blisters just under the skin called vesicles, which are intensely itching in type. The flexor region of the neck, elbow, wrist, knee and ankle are commonly affected.
- Weeping when the blisters burst, either by themselves or because of scratching, and the fluid oozes on to the surface of the skin.
- Crusts or scabs forms when the fluid dries
- Scaling
- Pale patches of skin may appear
- Lichenification
- Headlight sign
- Hertoghe sign

Co-morbid Conditions

- Asthma
- Allergic rhinitis
- Staphylococcus infections (Staphylococcus aureus)
- Dermatophytes (Fungal infections)

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Pitham

Siddha Pathogenesis

- It is explained by increased Vatham and Pitham. In seven udalthathukal saaram, senneer and oon gets affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Chillness/ roughness /fissures
Naa	-	Pallor/ coated
Niram	-	Hyperpigmented / hypopigmented
Mozhi	-	Normal
Vizhi	-	Normal/ pallor
Malam	-	Normal /
constipation Moothiram	-	
Neerkuri	-	Yellowish in colour/ tamarind odour
Neikkuri	-	Oil may spreads in the form of ring / pearl

Modern Medical Investigations:

- Immunoglobulin (IgE)
- Absolute Eosinophilic Count (AEC)
- Patch test
- Skin prick test

In Tertiary care hospital:

- Radio Allergo-Sorbent Test (RASTs)
- Skin swab test
- Skin biopsy

Diagnosis**Confirmation of Diagnosis**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Kalanjagapadai* (Psoriasis)
- *Sirangu* (Scabies)
- Cutaneous T-cell lymphoma

Treatment**Line of Treatment**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Neer (Medicated Solution)
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment)
 - Attai vidal (Leech therapy)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation):

- Vitiated vatham to be neutralized by administration of purgative medicines.
- Meganatha kuligai (100 mg) - 1 - 2 pills with lukewarm water, at early morning in empty stomach.

Day 2 – Rest**Day 3 – First Line of Treatment:**

- Avuri kudineer - 60 – 80 ml, BD, before food
- Elathy chooranam - 1- 2 gm with honey, BD, after food
- Palagarai Parpam - 65- 130 mg with milk, BD, after food
- Karappan thylam - Quantity sufficient (for external application)
- Arakku thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Meganatha ennai – 8-30 ml with lukewarm water, OD, at early morning in empty stomach.
- Karudan kizhangu thylam – 8-16 ml with luke warm water, OD, at early morning in empty stomach
- Kazharchi thylam – 8-15 ml with luke warm water, OD, at early morning in empty stomach

Internal Medicines:**Kudineer**

- Sara kondrai kudineer - 60- 80 ml, BD, before food.
- Parangipattai Kudineer – 60 - 80 ml, BD, before food.

Chooranam:

- Parangipattai chooranam – 1-2 gm with milk, BD, after food.
- Thirikadugu chooranam – 1-2 gm with honey, BD, after food.

- Amukkara chooranam – 1-2 gm with milk, BD, after food.
- Gandhaga chooranam – 1 gm with milk, BD, after food
- Karungungilya chooranam – 1-2 gm with milk, BD, after food.
- Karunkozhi chooranam – 1-2 gm with milk, BD, after food.

Nei

- Senkottai nei - 5 - 10 drops with warm milk, BD, after food
- Thoothuvalai nei - 5-10 ml with warm milk, BD, after food

Rasayanam

- Gandhaga rasayanam – 1-3 gm with ghee and sugar, BD, after food.
- Parangi rasayanam -3-6 gm with milk BD, after food for 40 days.

Ilagam

- Mahavallathy ilagam – 3-5 gm with milk, BD, after food
- Sarapunga vilwathy ilagam – 5-10 gm with milk, BD, after food
- Nellikaa ilagam - 5-10 gm, BD, after food
- Karisalai ilagam - 5-10 gm with milk, BD, after food

Maathirai

- Amirthathi kuligai (100 mg) - 1-2 pills with milk, BD, after food
- Gandhaga maathirai (100 mg) - 1- 2 pills with milk, BD, after food
- Kushtakaja kesari maathirai (100 mg) - 1- 2 pills with milk, BD, after food
- Niradimuthuvalladhi maathirai (100 mg) -1- 2 pills with of Parangipattai kudineer, BD, after food

Mezhugu

- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food, for 40 days.
- Nandhi mezhugu -130-250 mg with palm jaggery, BD, after food, for 12/25/45 days or 10/20/30/40 days.
- Gandhaga mezhugu - 260-390 mg with palm jaggery, BD, after food

Pathangam

- Parangipattai pathangam – 100 – 200 mg with palm jaggery BD, after food, for 40 days.

Chendooram:

- Ayakantha chendooram - 65 - 130 mg with honey, BD, after food.
- Sivanar amirtham – 100 - 200 mg with honey, BD, after food.
- Gowri chinthamani – 100-130 mg with honey, BD, after food.
- Kalameganarayana chendooram - 30-130 mg with velluli thylam, BD, after food for 10 days

Parpam

- Gungiliya parpam - 200 - 400 mg with milk, BD, after food.
- Sangu parpam - 100 - 300 mg with ghee, BD, after food
- Silasathu parpam -125 - 325 mg with milk, BD, after food
- Pavala parpam - 100 - 200 mg with honey, BD, after food
- Muthuchippi parpam - 200 - 400 mg with ghee, BD, after food
- Naaga parpam - 100 - 200 mg with butter milk, BD, after food
- Gandhaga parpam - 130- 260 mg with ghee, BD, after food

Karpam:

- Vembu karpam – 1- 2 gm with honey, BD, after food for 48 days.
- Katrazhai karpam- 5 - 10 gm, BD, after food for 48 days.
- Inji karpam - 1-2 gm with honey/ lukewarm water, BD, after food for 48 days.

External Medicines:**Neer (Medicated Solution):**

Wash the affected skin areas with any of the following medicated water & apply suitable external medicines.

- Thiriphala kudineer - Quantity sufficient
- Venkara neer - Quantity sufficient
- Padigara neer - Quantity sufficient
- Kontrai patai kudineer - Quantity sufficient

Poochu (Liquid/ Oil Poultice)

- Gungiliya thylam - Quantity sufficient
- Arugan thylam - Quantity sufficient
- Pungan thylam - Quantity sufficient (if there is secondary infection)
- Gandhaga sudar thylam - Quantity sufficient (if there is secondary infection)
- Sirattai thylam - Quantity sufficient
- Mathan thylam - Quantity sufficient
- Masikkai thylam - Quantity sufficient
- Thiriphala sooriya puda thylam – Quantity sufficient

Kalimbu (Ointment)

- Venga vennai - Quantity sufficient
- Gungiliya vennai - Quantity sufficient
- Amirtha vennai - Quantity sufficient

Attai vidal (Leech therapy):

- Medicated leech is placed on specific place on specific time over the affected area.

Ennai muzhukku (Oleation):

- Agil thylam - Quantity sufficient

Special Therapies: -**Siddhar Yoga Maruthuvam:**

- Pranayamam
- Padmaasanam
- Sarvangasanam
- Koomugasanam
- Vajrasanam
- Vipareethakarani
- Savasanam

Duration of Treatment

- Depending upon the severity of the disease condition

Advices**To Be Added**

- Warm water for bath
- Maintain proper hygiene
- Oil bath – twice a week
- Moisture the skin frequently

- Use paasipayiru maa (*Vigna radiata*)/ pancha karpam for bathing

Tender vegetables:

- Avarai (*Vicia faba*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Murungai (*Moringa oleifera*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Raphanus sativus*)

Greens and Pulses:

- Venthayam (*Trigonella foenum graecum*)
- Pannai keera (*Celosia argentea*)
- Mulangi keera (*Raphanus sativus*)
- Mudakatran keera (*Cardiospermum helicacabum*)
- Thuvaram parupu (*Cajanus indicus*)
- Naripayuru (*Phaselous trilobatus*)

Dairy Products:

- Butter milk.

To Be Avoided

- Excessive in take of sour/ hot taste.
- Skin irritants
- Hot shower
- Scratching or rubbing the skin
- Alcoholic beverages and smoking

Rice:

- Kaar rice (Kullakar rice - Red rice)
- Karum kuruvai rice (Black rice)

Karappan Induced Foods:

- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum Scrobiculatum*)
- Vazhaikaai (*Musa Paradisiaca*)
- Pakarkkai (*Momordica charantia*)
- Brinjal (*Solanum melogena*)
- Mango (*Mangifera indica*)
- Sarkaraivalli kizhangu (*Ipomoea batatus*)
- Seppan kizhangu (*Colacasia esculanta*)
- Kothavarai (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Koiya (*Psidium guajava*)

Non- vegetarian diet:

- Vilangu meen (*Muraena angnilla*)
- Kelitru meen (*Silurus vittales*)
- Semmari aadu (*Ovis aries*)
- Kozhi muttai (*Gallus bankera egg*)

Others

Complication of the Disease

- Bacterial/ Viral skin infections
- Scar/ keloid

- Insomnia
- Psychosocial problems

Limitation in Siddha System and Condition for Referral

- Secondary infections

KARUMPADAI (HYPERMELANOSIS)**Definition:**

- The over production of melanin causing dark spot on the skin.

Synonym: -**Causes and Influencing Factors:**

- Genetic
- Acquired
- Deposition
 - Metals
 - Silver (argyria)
 - Gold (chrysiasis)
 - Tattoos
- Endocrine
 - Addison's disease
 - Melasma (pregnancy, oral contraceptives, estrogens)
- Medications
 - Chemotherapeutic (busulfan, bleomycin)
 - Phenothiazines (chlorpromazine)
 - Antibiotics (minocycline)
- Nutritional
 - Pellagra
 - Vitamin B12 deficiency
- Post inflammatory hyperpigmentation
- Systemic diseases
 - Hemochromatosis
 - Porphyria
- Café-au-lait macules
 - Albright's syndrome
 - Neurofibromatosis
- Freckles and lentigines; multiple lentigines syndrome
- Mongolian spots

Premonitory signs and symptoms:

- Gradual onset in nature
- If it is due to Addison's disease, hypotension, sudden weight loss, extreme tiredness and salt craving may present.

Common Signs and Symptoms:

- Dark, irregular well demarcated hyperpigmented macules to patches commonly found on the upper cheek, nose, lips, upper lip, and forehead.
- Karumpadai does not cause any other symptoms beyond the cosmetic discoloration.

Co-Morbid Condition: -**Primary Kutram Affected:**

- Pitham

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It is explained by deranged Pitham (Prasagam) along with Vatham. In seven

udalthathukal saaram and senneer get affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Warmth
Naa	-	Coated/ dryness
Niram	-	Hyperpigmented
Mozhi	-	Normal / low pitched
Vizhi	-	Normal/ dryness
Malam	-	Hard stools / normal

Mootthiram:

Neerkuri	–	Dark yellow in colour / some deposits in urine
Neikuri	–	Oil may spreads in the form of snake/ ring/ sieve/ mixed

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Vitamin B3, B12
- Serum electrolytes
- Thyroid Function Test

In Tertiary care hospital:

- ACTH stimulation test
- Cortisol
- Insulin induced hypoglycemia test
- CT abdomen (To see the size of adrenals)
- MRI brain (Pituitary size)

Confirmation of Diagnosis:

- By clinical signs and symptoms and laboratory investigations

Differential Diagnosis:

- Eczematous lesions
- DM induced hyperpigmentation
- Fungal infections

Treatment:

Line of Treatment:

- Internal medicine
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment Application)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam – 1-2 gm with palm jaggery, BD/TDS, after food
- Sangu parpam - 100-200 mg with ghee/ butter/ milk/ honey, BD, after food
- Thiriphala sooriya puda thylam - Quantity sufficient (For Ext.use only)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Chooranam:

- Elathy chooranam - 1-2 gm with honey/ milk, BD/TDS, after food
- Sivanarvembu chooranam-1 - 2 gm with milk, BD, after food

Nei:

- Senkottai nei - 10 - 15 drops with milk, BD, after food.

Chendooram

- Thurusu chendooram - 65 mg with honey, BD, after food
- Sembu chendooram - 65 mg with honey, BD, after food

Karuppu:

- Sivanaramirtham - 100 - 200 mg with honey, BD, after food

Parpam:

- Palagarai parpam - 200-300 mg with milk/ ghee/ butter, BD, after food
- Sandarasa parpam - 65-130 mg with honey/ butter, BD, after food
- Sembu parpam - 65 mg with honey/ milk, BD, after food

External Medicines:

Poochu (Liquid/ Oil Poultice)

- Pungan thylam – Quantity sufficient
- Thirphala chooranam with curd
- Rose water with lemon juice (*Citrus limon*)
- Papaya juice (*Carica papaya*)

Kalimbu (Ointment Application)

- Gungiliya vennai– Quantity sufficient

Duration of Treatment:

- Depends upon the severity of the disease

Advices:

- Apply sunscreen daily
- Wear a wide-brimmed hat and sunglasses when going out
- Choose gentle skin care products

To Be Added:

- Flax seeds (*Linum usitatissimum*)

Dark green vegetables:

- Spinach (*Spinacia oleracea*)
- Broccoli (*Brassica oleracea var. italica*)
- Leafy cabbage (*Brassica oleracea*)
- Lettuce (*Lactuca sativa*)
- Peas (*Pisum sativum*)
- Surakai (*Lagenaria siceraria*)
- Leafy greens contain carotenoids

Fruits:

- Orange (*Citrus sinensis*)
- Grapes (*Vitis vinifera*)
- Lemon (*Citrus limon*)
- Avocado (*Persea americana*)
- Apple (*Malus domestica*)
- Papaya (*Carica papaya*)

Vegetables:

- Tomato (*Solanum lycopersicum*)
- Sweet potato (*Ipomoea batatas*)

Dry fruits:

- Almonds (*Prunus dulcis*)

Beverages:

- Green tea (*Camellia sinensis*)

Dairy products:

- Yoghurt
- Cheese
- Milk

Non vegetarian diet:

- Salmon
- Liver
- Beef
- Meat

To Be Avoided:

- Avoid tubers
- Too much of tamarind
- Waxing
- Chemical household products and soups

Complication of the Disease:

- Addisonian crisis

Limitation in Siddha System and Condition for Referral:

- Patients with Addisonian crisis need an emergency care.
- Hemochromatosis

MARUL (WARTS)

Definition:

- Warts are small, grainy skin growths which are rough and hard in nature; occur commonly in face, hands and legs. It looks like pink, fleshy and grey in colour.

Synonym:

- *Naimul*

Causes and Influencing Factors:

- Human papilloma virus
- Influencing factors are obesity, continuous irritation of ornaments.
- Occupational factors:
 - Meat handlers (Butchers)
 - Fish handlers
 - Other abattoir workers

Premonitory signs and symptoms:

- Itching
- Rough in nature

Common Signs and Symptoms:

- Elevated rounded papules with a rough/ spicky, greyish surface.
- Tiny black dots represents thrombosed or dilated capillaries
- Occasionally, it seems to be honeycomb (multiple spikes)

Co-morbid conditions:

- Immuno deficiency condition

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by the imbalance of Vatham and Kaba humour affecting ranjagam and Prasakam of Pitham. In seven udalthathukal Saaram, Senneer, oon, Kozhuppu get affected.

Investigation:
Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathakabam
Sparisam	-	Hard and rough grainy skin growth
Naa	-	Normal
Niram	-	Greyish / hyperpigmented
Mozhi	-	Normal
Vizhi	-	Normal
Malam	-	Normal
Moothiram		
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of ring / snake

Modern Medical Investigations:
In Tertiary care hospital:

- Skin culture for Human papilloma virus (HPV)
- Skin biopsy

Diagnosis:
Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential diagnosis:

- Corns
- Lichen planus
- Seborrheic keratosis
- Skin tags
- Squamous cell carcinoma

Treatment:**Line of Treatment:**

- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment)
 - Suttigai (Cautery Cauterization)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam – 1-2 gm with palm jaggery and milk, BD, after food
- Amirtha vennai – Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:**Kudineer:**

- Parangipattai kudineer – 60-80 ml, BD, before food
- Nilavembu kudineer – 60-80 ml, BD, before food

Chooranam:

- Elathi chooranam - 1-2 gm with honey, BD, after food
- Amukkara chooranam - 1-2 gm with honey/ milk, BD, after food

Rasayanam:

- Gandhaga rasayanam - 1-3 gm with palm jaggery/ ghee, BD, after food

Parpam:

- Palagarai parpam - 100-200 mg with milk/ ghee/ honey, BD, after food
- Muthuchippi parpam - 100-200 mg with milk/ honey, BD, after food

External Medicines:**Poochu (Liquid/ Oil Poultice):**

- Ammanpacharisi milk (*Euphorbia hirta*) – Quantity sufficient
- Bramathandu milk (*Argemone mexicana*) – Quantity sufficient
- Erukam paal (*Calotropis gigantea*) – Quantity sufficient
- Sirattai kuzhi thylam – Quantity sufficient

Kalimbu (Ointment):

- Mirutharsingi kalimbu – Quantity sufficient

Suttigai (Cautery Cauterization):

- Incense stick is burnt and placed in the affected area (*Uloga Suttigai* - Metal Cauterization).

Special Therapies: --**Duration of Treatment**

- Depending upon the severity of the disease condition.

Advices:

- Good hygienic measure

To be added:

- Anti oxidant rich foods
- Tomato (*Solanum lycopersicum*)
- Indian gooseberry (*Phyllanthus emblica*)
- Onion (*Allium cepa*)
- Garlic (*Allium sativum*)
- Ginger (*Zingiber officinalis*)
- Kaayam (*Ferula asafoetida*)

To be avoided:

- Junk foods, fried foods and processed foods

Others:

Complication of the Disease:

- Malignant changes of warts may be occurred in certain immune deficient persons.

Limitation in Siddha System and Condition for Referral:

- Molluscum contagiosum
- Genital warts
- Malignant changes of warts

MADHUMEGA VIRANAM (DIABETIC ULCER)**Definition**

- Diabetic ulcer is defined as ulceration that is associated with neuropathy or peripheral arterial disease of the lower limb and/ or by consequent trauma in a patient with Diabetes mellitus

Causes and Influencing Factors:

- Uncontrolled Diabetes mellitus
- Peripheral neuropathy
- Peripheral vascular disease- Microangiopathy
- Ischaemia (claudication in the lower limbs)
- Trauma or injury
- Pressure from shoes, cuts, bruises or any injury to the foot

Premonitory Signs and Symptoms:

- Burning, tingling or numbness of the feet
- Ulcer with or without pain

Common Signs and Symptoms:

- Calor, foul odour with purulent discharge
- Bleeding
- Wound with slough
- Swelling in the affected limb
- Dry wound with pale in appearance

Co-morbid Conditions:

- Cellulitis
- Lymphangitis
- Adenopathy

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham, Kabam

Siddha Pathogenesis:

- It is explained by increased Pitham that influences the Kabam and Vatham, affects pranan, abanan, viyanan, uthanan and samanana. All the seven udalthathukal get affected.

Investigations**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Vathakabam/ Kabavatham
Sparisam	-	Ulcer/warmth/ purulent discharge
Naa	-	Dryness/ coated
Niram	-	Pallor/ darkened
Mozhi	-	Low pitched
Vizhi	-	Dryness / Pallor
Malam	-	Normal/ Constipation
Moothiram		

Neerkuri - Like toddy/ sweet smell/ small deposits

Neikuri - Oil may spreads in the form of ring/ pearl/ snake/ mixed/ seive

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)

- Blood sugar (fasting and post prandial)
- Urine analysis
- Skin Test (to exclude Tubercular Ulcer)
- Duplex scanning
- Contrast angiography
- Magnetic resonance angiography
- Bone culture (to diagnose osteomyelitis)
- Bone scanning and MRI (to diagnose bone infection)

Confirmation of Diagnosis

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- Penetrating Atherosclerotic ulcer
- Squamous cell carcinoma
- Chronic venous insufficiency
- Ischemic or arterial ulcer
- Tropical ulcer
- Tuberculous ulcer

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Pugai (Fumigation)
 - Neer (Medicated Solution)
 - Kalimbu (Ointment)
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated vatham to be neutralized by administration of purgative medicines
- Agathiyar kuzhambu-100-200 mg with lukewarm water, OD, at early morning in empty stomach.

Day 2- Rest

Day 3- First Line of Treatment:

- Avarai kudineer-40-80 ml, BD, before food
- Madhumega chooranam-1-2 gm with lukewarm water, TDS, before food
- Abraga parpam - 35-65 mg with milk/ghee/curd, BD, after food
- Mathan thylam – (Ext for C/D) Quantity sufficient

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Kudineer:

- Nilavembu kudineer -30-60 ml, BD, before food
- Vilva ellai kudineer - 30-60ml, BD, before food
- Arathai kudineer - 30-60ml, BD, before food

Chooranam:

- Seenthilchooranam -1-2 gm with ghee, BD, after food
- Keezhanellilchooranam -1-2 gm with lukewarm water,BD, after food

- Aavaraiyathy pattai chooranam-1-2 gm with lukewarm water,BD, afterfood
- Thiriphalala chooranam -1-2 gm with lukewarm water, BD, afterfood
- Veppampisinchooranam -1-2 gm with lukewarm water, BD, afterfood
- Kadalazhinjilchooranam -1-2 gm with lukewarm water, BD, after food
- Nilavaagai chooranam - 1-3 gm with lukewarm water,OD, at early morning (to relieve constipation)

Mezhugu:

- Gandhagamezhugu -260-390 mg with palm jaggery, BD, afterfood (for secondary infection)
- Panchasootha mezhugu -100-200 mg with thippilli powder (*Piper longum*), BD after food
- Navauppu mezhugu -100-200 mg with palm jaggery, OD (morning), after food.

Chendooram:

- Ayachendooram - 65-130 mg with arasam pinju powder(*Ficus religiosa*)/ athimathura powder (*Glycyrrhiza glabra*) / honey/ ghee/ aalam pinju (*Ficus benghalensis*) powder, BD, after food
- Ayanaagachendooram - 65-130 mg with palm jaggery/ honey, BD, after food
- Gaandhachendooram - 130 mg with honey, BD, afterfood
- Ayakandhachendooram - 65-130 mg,with ghee, BD, afterfood
- Naagachendooram - 100-200 mg in thirikadugu choornam along with ghee / honey/milk, BD, afterfood
- Gowrichinthamanichendooram - 60 – 130 mg avarai kuzhi thylam, BD, afterfood
- Rasachendooram - 65-130 mg with honey, BD, afterfood
- Sornapiragachendooram - 30-60 mg with seenthilathi ilagam, BD, afterfood
- Vellichendooram - 30-65 mg with of vadhuma nei, BD, afterfood
- Thangachendooram - 30-65 mg with honey, BD, afterfood
- Lingachendooram - 65-130 mg with honey, BD, afterfood
- Poorana chandhirodaya chendooram - 30-65 mg mixed with karpoorathi chooranam and leaf juice of vetrilai (*Piper betel*), BD, afterfood
- Ayaveeram chendooram -50-100 mg with honey/ palm jaggery, BD after food.
- Chanda marutham chendooram - 50-100 mg with honey/ ginger (*Zingiber officinalis*) juice/palm jaggery/ thirikadugu chooranam, BD for 5 days.

Parpam

- Ayaparpam - 30-65 mg with water/milk, BD, after food
- Gandhagaparpam - 25-50 mg with ghee/butter, BD, afterfood
- Sembuparpam -35-45 mg,with juice of kattukodi (*Cocculus hirsutus*), BD, afterfood
- Velliparpam - 65-130 mg with neermulli flower (*Hygrophila auriculata*) juice , BD, afterfood
- Velvangaparpam - 65-130 mg with palm jaggery, BD, afterfood
- Thangaparpam - 30-65 mg with curd, BD, afterfood
- Veera parpam - 30-65 mg with milk/ ghee, BD, after food

External Medicines:

To remove dead tissues from the Ulcer:

- Alkaline medicine in Kabam type of ulcer (Naayuruvi uppu)
- Ointment in Pitham types of ulcer
- Greasy medicine in Vatham type of ulcer.

Pugai (Medicated fumigation)

Fumigation for offensive ulcer

- Gandhagam
- Devadaru (*Cedrus deodara*)
- Agil (*Aquilaria agallocha*)

Fumigation for infectious ulcer

- Kandankathiri (*Solanum surrattense*)
- Pei pudal (*Bauhinia acuminata*)
- Peipeerku
- Dried neem leaves (*Azadirachta indica*)

Neer (Medicated Solution):

Vatham type of Ulcer:

- Decoction of latex producing trees like Aal (*Ficus benghalensis*), Aththi (*Ficus racemosa*), Ithi (*Ficus microcarpa*)

Pitham type of Ulcer:

- Decoction with sweet and bitter taste like Adhimadhuram (*Glycyrrhiza glabra*), Nilavembu (*Andrographis paniculata*), Vembu (*Azadirachta indica*), Peipudal (*Bauhinia acuminata*)

Kabam type of Ulcer:

- Decoction with spicy and astringent tastes like Thirikadugu, Thiriphala.

Kabam and Pitham types Ulcer:

- Veera neer – Quantity sufficient

Pitham and Vatham types of Ulcer:

- Kulirnthaneer (cold water) - Quantity sufficient

Pitham and Kabam types of Ulcer:

- Padigara neer - Quantity sufficient

Kalimbu (Ointment application):

Kabam type of Ulcer:

- Dressing with astringent decoction, honey
- Vengara pacchai

Pitham type of Ulcer:

- Medicated ghee
- Veera vennai

Vatham type of Ulcer:

- Sesame oil
- Coconut oil
- Veera vennai

Duration of Treatment

- 48 days or till the wound gets healed.

Advices:

- Walking for half-an-hour to promote adequate circulation for quick healing of Ulcer
- Adequate rest for stress free life

Rice or kanji:

- Hand pounded boiledrice
- Mani samba rice (*Oryza sativa*)
- Kezhvaragu (*Eleusine coracana*)
- Kambu (*Pennisetum typhoides*)
- Thinai (*Setaria italica*)

Unripe vegetables:

- Pahal (*Momordica charantia*)
- Surai (*Lagenaria sicerarie*)
- Vendai (*Hibiscus esculanta*)
- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)
- Vellai mullangi (*Raphanus sativus*)
- China vengayam (*Allium cepa*)
- Atthi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Clear soups

Greens:

- Neeraarai keerai (*Marsilea quadrifolia*)
- Kothamalli (*Coriandrum sativum*)
- Puthina (*Mentha arvensis*)
- Karivepilai (*Murraya koenigii*)
- kovaipoo (flower of *Coccinia grandis*)
- Puliyaarai (*Oxalis corniculata*)
- Murungai (*Moringa oleifera*)
- Vasalai (*Portulaca quadrifida*)
- Pon musutai (*Rivea ornata*)
- Vallarai (*Centella asiatica*)
- Manathakali (*Solanum nigrum*)
- Surai (*Lagenaria siceraria*)
- kodipasalai (*Basella alba*)
- Keerai thadu (*Amaranthus gangeticus*)

Fruits:

- Koiya (*Psidium guajava*)
- Madhulai (*Punica granatum*)
- Pappali (*Carica papaya*)
- Naval (*Syzygium cumini*)
- Nelli (*Phyllanthus emblica*)
- lime juice without sugar

Pulses:

- Ulunthu (*Vigna mungo*)
- Paasipayaru (*Vigna radiata*)

Dairy products:

- Cow's buttermilk.

Non-vegetarian diets:

- Ayirai meen (*Cobitis taenia*)

Pittu

- Paathiri ilai pittu

- Aavarai pittu
- Vengaya pittu
- Thaamarai valaya pittu
- Aavarai Kozhunthu pittu
- Vidatharai pittu

Rotti

- Paathiri rotti

Vadai

- Aavaraiyaathy vadai

To Be Avoided:

- Sweets
- Bakery products such as cakes, pastries, cream biscuits, concentrated milk preparations such as pedha, burfee etc.
- Ice-creams, soft drinks, fruit juices.
- Tubers
 - Potato (*Solanum tuberosum*)
 - Sweet potato (*Ipomoea batatas*)
 - Yam (*Dioscorea alata*)
 - Carrot (*Daucus carota*)
 - Beet root (*Beta vulgaris*)
 - Seppai kizhangu (*Colocasia besculenta*)
- Saturated fats like vanaspathy, dalda, ghee, and butter.
- Nuts, dry fruits like pista (*Pistacia vera*), badam (*Prunus dulcis*), munthiri (*Anacardium occidentale*).
- Fatty meat cuts, organ meat such as liver, kidney, brain, heart and egg yolk.

Complication of the Disease

- Marjolin ulcer
- Ischemic ulcer may lead to gangrene and eventually amputation of the foot.

Limitation in Siddha System and Condition for Referral:

- Ischemic ulcer
- Uncontrolled Diabetes mellitus

MUDIUTHIRAL (HAIR LOSS)

Definition:

- It refers to minor to moderate hair loss, which normally occurs gradually with age in both genders and abnormally due to diet, nutrient deficiency or hereditary.

Synonym:

- *Kesanali*

Causes

- Life style modification
- Genetic factors
- Hormonal changes
- Auto immune diseases
- Nutritional deficiency
- Skin disorders or infections
- Certain medications like contraceptive pills, anti-coagulants, anti-hypertensive drug, anti- arrhythmia drug
- Stress
- Pregnancy

Premonitory Signs and Symptoms:

- Dryness of scalp and hairs
- Thinning of hair

Common Signs and Symptoms

- Greying of hair
- Splitting of hair shafts
- Patchy hair loss/ baldness

Co-morbid Conditions

- Alopecia areata
- Alopecia totalis

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It is explained by deranged Pitham with Vatham. In seven udalthathukal saaram, senneer and enbu get affected

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pithavatham/ Pitham
Sparisam	-	Normal/ warmth
Naa	-	Pallor
Niram	-	Pallor / dark coloured
Mozhi	-	low/ high pitched
Vizhi	-	Pallor/ burning sensation
Malam	-	Normal/ constipation
Moothiram		
Neerkuri	-	Pale yellow/yellow
Neikuri	-	Oil may spread in the form of ring/ pearl

Modern Medical Investigation:

- Complete Blood Count (CBC)

- Thyroid function test

In Tertiary care hospital:

- Serum iron
- Serum ferritin
- Total iron binding capacity (TIBC)
- Test for vitamin and mineral levels
- Hormonal assay

Diagnosis:

Confirmation of Diagnosis:

- By physical examination like
 - Type and colour of scalp
 - Distribution and presence of the hair follicles
 - Evidence or scaling
 - Hair density
 - Pull test

Differential Diagnosis:

- *Puzhuvettu* (Alopecia)
- *Podugu* (Pityriasis capitis)

Treatment:

Line of Treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Nasiyam (Liquid Nasal Application)
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Ennai muzhukku (Oleation)

- Seeraga thylam - Quantity sufficient (For Ext.use only)

Day 2- First Line of Treatment:

- Keezhanelli chooranam - 1-2 gm with lukewarm water, BD, after food
- Ayabringaraja karpam - 100-200 mg, with honey, BD, after food
- Kaiyan thailam – Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Chooranam:

- Thiriphala chooranam - 1-2 gm with lukewarm water, BD, after food.
- Karisalai karpa chooranam - 1-2 gm with milk, BD, after food

Ilagam:

- Nellikaai ilagam - 5-10 gm, BD, after food
- Karisalai ilagam - 5-10 gm, with warm milk, BD, after food for 45 days.

Chendooram:

- Annabedhi chendooram - 100-200 mg, BD, after food

Karpam:

- Karisalai karppa maathirai – 1- 2 tabs with lukewarm water, BD/TDS, after food

External Medicine:

Nasiyam (Liquid Nasal Application):

- Karisalai madakku thailam - 3 drops in each nostril and 2 drops in each ear.

Ennai muzhukku (Oleation):

- Thiriphala thylam – Quantity sufficient
- Neeli bringathi thylam – Quantity sufficient
- Seeraga thylam – Quantity sufficient
- Santhanathi thylam – Quantity sufficient
- Kabala koonthal thylam – Quantity sufficient

Special Therapies

Siddhar Yoga Maruthuvam:

- Sirasasanam
- Halasanam
- Sarvangasanam
- Chakkrasanam
- Pranayamam
- Pathahasthasanam

Varmam Maruthuvam:

- Porichan kaalam
- Natchathirakaalam

Advices:

- Apply Onion juice (stimulate hair follicle)
- Massage gently with coconut oil/ sesame oil
- Take oil bath regularly
- Proper sleep pattern- 8hours/day
- Timely intake of food
- Maintain proper hair hygiene

To Be Added:

- Have a proper balanced diet that is rich in Vitamin A, B and E, calcium, selenium, iron and lenoleic acid to fertilize the hair follicles.
- Vitamin B-7 (Biotin) foods like nuts, lentils and liver.
- Omega 3 and omega 6 rich foods like fish, walnut.
- Vitamin D rich foods like fatty fish, beef liver, cheese, egg yolk, mushroom, milk and cereals.

Greens:

- Karisalai (*Eclipta prostrata*)
- Ponnankanni (*Alternanthera sessalis*)
- Manathakkali (*Solanum nigrum*)
- Arakeerai (*Amaranthus aritis*)
- Sirukeerai (*Amaranthus polygonoides*)
- Murungai keerai (*Moringa oleifera*)

Fruits:

- Fig(*Ficus recemosa*)
- Pomegranate (*Punica granatum*)
- Citrus fruits
- Dates (*Phoenix dactylifera*)

To Be Avoided:

- Mental stress

- Increase use of chemicals like hair smootheners, shampoos, gel etc...
- Avoid matting of hair

Others:

Complication of the Disease:

- Baldness

Limitation in Siddha System and Condition for Referral:

Nil

MUGAPARU (ACNE VULGARIS)**Definition:**

- It is a both infectious as well as inflammatory disease of the pilo sebaceous follicles, characterized by comedones, papules, pustules, cysts, nodules and often scar.

Synonyms: -**Siddha etiology:**

- In adolescents
- Occurs primarily in oily skin

Causes and Influencing Factors:

- Increased intake of dairy products, carbohydrates and oily foods
- Increased male sex hormone (Androgen)
- *Propionibacterium acnes* (acne-causing bacteria)
- In teenage girls, it is more common
- Unhygienic conditions

Premonitory Signs and Symptoms:

- Pain and tenderness

Common Signs and Symptoms:

- Inflammatory papules/ oily skin
- Comedones
- Pustules
- Large tender fluctuant nodules
- Cysts
- Black heads
- Scars

Co-morbid Conditions

- Seborrheic dermatitis

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by aggravation of Pitham associated with Kabam. In seven udalthathukal, saaram, senneer, oon and kozhuppu get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Pithakabam
Sparisam	-	Warmth/ tenderness/ elevated / discharge
Naa	-	Normal
Niram	-	Darkened/ redness
Mozhi	-	Normal
Vizhi	-	Normal
Malam	-	Constipation/ normal
Moothiram-		
Neerkuri	-	Straw / dark coloured urine.
Neikuri	-	Oil may spreads in the form of ring/ pearl

Modern Medical Investigations:

- Complete Blood Count (CBC)

- Total testosterone
- Luteinising hormone (LH)
- Follicle stimulating hormone (FSH)

In Tertiary care hospital:

- Dehydroepiandrosterone sulfate (DHEA-S)
- Bacterial culture - Gram-negative bacteria

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- Folliculitis

Treatment:**Line of Treatment:**

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Patru (Semi-Solid Poultice)
 - Poochu (Liquid /Oil Poultice)
 - Neer (Medicated solution)
 - Pasai (Embrocation Application)
- Dietary advice

Day 1 – Ennai muzhukku (Oleation)

- Santhanathy thylam – Quantity sufficient (For Ext.use only)

Day 2 – First Line of Treatment:

- Parangipattai chooranam -1-2 gm with palm jaggery and milk, BD, after food.
- Sangu parpam with rose water (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Gentle Laxatives:

- Nilavagai chooranam- 1-3 gm, OD (Bedtime), after food
- Sivathai chooranam - 1- 2 gm, OD (Bedtime), after food
- Moolakudori thylam - 5 - 10 ml with lukewarm water, OD (Bedtime), after food

Internal Medicines:**Chooranam:**

- Elathy chooranam -1-2 gm with milk/ honey, BD, after food.
- Thiriphala chooranam -1-2 gm with water, BD, after food.
- Dhratchathy chooranam -1-2 gm with milk, BD, after food.

Rasayanam:

- Gandhaga rasayanam -1-3 gm with warm milk, BD after food.

Maathirai:

- Gandhaga maathirai - 1-2 tabs with warm milk, BD, after food.

Parpam:

- Pavala parpam -100-200 mg with milk/ ghee, BD, after food.
- Sangu parpam -100-200 mg with milk, BD, after food.

External Medicines:**Patru (Semi Solid Poultice):**

- Nalangumavu with water - Quantity sufficient
- Parangipattai chooranam with milk - Quantity sufficient
- Kadukkai chooranam with water - Quantity sufficient

Poochu (Liquid/ Oil Poultice):

- Vathana ganthi ennai - Quantity sufficient

Neer (Medicated Solution)

- Thiriphala wash - Quantity sufficient

Pasai (Embrocation Application):

- Paste of sandal wood (*Santalum album*), sangu (conch shell), punugu (civet) and nandukal (crab fossilstone).
- Paste of sangu (conch shell) and curry leaves (*Murraya koenigii*).
- Paste of karunseeragam (*Nigella sativa*) and seeragam (*Cuminum cyminum*) with milk.
- Paste of red sandalwood (*Pterocarpus santalinus*) with lemon juice (*Citrus limon*)
- Jaathikaai paste (*Myristica fragrans*)
- Paste of manjeeti powder (*Rubia cordifolia*) with honey.
- Thiruneetru pachilai paste (*Ocimum basilicum*)

Special Therapies: N/A

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Follow regular bowel habits
- Clean the face with plain water periodically
- Adequate sleep
- Oil bath- twice a week

To Be Added:

- Green leafy vegetables
- Plenty of water

To Be Avoided:

- Don't pick, pop, squeeze which can leads to scarring.
- Avoid oil foods, chocolates and junk foods
- Fat rich food, curd and dairy products

Others:

Complication of the Disease:

- Depigmentation
- Skin scarring
- Depression
- Social isolation
- Nodulo cystic acne

Limitation in Siddha System and Condition for Referral: Nil

NAALAVIBATHA KARAPPAN (VARICOSE ECZEMA/ STASIS DERMATITIS)

Definition:

- Varicose eczema, also known as venous/ gravitational or stasis eczema is a long-term inflammatory skin disease that affects the lower extremities. It is common in individuals with varicose veins due to chronic venous insufficiency with venous hypertension.

Synonym: -

Causes and Influencing Factors:

- Chronic venous insufficiency
- Deep vein thrombosis (DVT)
- Varicose veins
- Congestive cardiac failure
- Traumatic injury in lower legs
- Bypass surgery using saphenous vein

Premonitory signs and symptoms:

- Veins are twisted, swollen and lumpy (bulging)
- Veins are blue or dark purple in colour
- Swelling in the calves

Common Signs and Symptoms:

- Itching
- Pain
- Vesicles and papules
- Oozing
- Burning sensation
- Scaling
- Fissures and scratch marks
- Hyperpigmentation in the lower legs.
- Cellulitis
- Atrophie blanche - irregular whitish patches that look like scars appear at the ankles

Co-Morbid Conditions:

- Superficial vein thrombosis
- Deep vein thrombosis
- Ulcers

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained by deranged Vatham along with Pitham, affects viyanam. In seven udalthathukalsaaram, sennear, oon, kozhuppu and enbu get affected

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	—	Vathakabam / Kabavatham
Sparisam	-	Warmth/ tenderness/ scaling/ fissures/ vesicles/ papules/ ulcers/ tortuous veins

Naa	-	Normal
Niram	-	Hyperpigmentation over the affected area
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal
Malam	-	Yellow stools
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of Sieve/ betal leaf/ fast dispersal with irregular margin

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Patch tests
- USG - Lowerlimb venous system
- Doppler study

Diagnosis

Confirmation of Diagnosis:

- The disease is confirmed by clinical symptoms and Laboratory investigations.

Differential Diagnosis:

- *Kalanjagapadai*
- *Sirangu*
- *Karappan*
- Arterial insufficiency
- Peripheral neuritis

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment)
 - Attai vidal (Leech therapy)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1-Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Vathanaasa thylam-15 – 30 ml, OD, at early morning in empty stomach for 1-3 days.

Day 2- Rest

Day 3- First Line of Treatment:

- Parangipattai chooranam - 2-3 gm with milk, BD, after food.
- Vallarai nei -5-10 ml with warm milk, BD, after food.
- Gandhaga rasayanam - 1-3 gm, BD, after food.
- Pungan thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazichal Maruthuvam (Purgation):

- Rasa thylam- 15-30 ml, OD, at early morning in empty stomach for 1-3 days.

- Meganatha ennai - 5-10 ml, OD, at early morning in empty stomach
- Merugulli thylam 15 – 30 ml, OD, at early morning in empty stomach for 1-3 days.
- Kazharchi thylam- 8 – 15 ml, OD, at early morning in empty stomach for 3-5 days.

Vamana Maruthuvam (Therapeutic Emesis)

- Marukkarai kudineer- 30-60 ml, OD, at early morning in empty stomach.
- Kuppaimeni saaru-10-15 ml, OD, at early morning in empty stomach.

Internal Medicines

Chooranam

- Thiriphala chooranam -2-3 gm with lukewarm water, BD, after food.
- Amukkara chooranam - 2-3 gm with milk, BD, after food.
- Elathy Chooranam - 2-3 gm with lukewarm water, BD, after food.
- Thirikadugu chooranam -2- 3 gm with lukewarm water, BD, after food.

Nei

- Thaneervittan nei -5-10 ml with lukewarm water, BD, after food.
- Senkottai nei -5-10 drops with warm milk, BD, after food.
- Brahmi nei -5-10 ml with warm milk, BD, after food.

Rasayanam

- Parangi pattai rasayanam - 3-6 gm, BD, after food for 40 days.
- Thippili rasayanam - 3-6gm with Thamira chendooram, BD, after food for 45 days.

Ilagam

- Maha vallathy ilagam -5-10 gm with warm milk, BD, after food.
- Nellikaai ilagam -5-10 gm, BD, after food.
- Karisalai ilagam -5-10 gm with warm milk, BD, after food.

Mezhugu

- Vaan mezhugu -65-100 mg with palm jaggery, BD, after food for 3-5 days.
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food.
- Nanthi mai - 250-500 mg with palm jaggery, BD, after food for 12-25-45 days.
- Nava uppu mezhugu -100 -200 mg with palm jaggery, OD, at morning after food, for 3-5 days.
- Idivallathy mezhugu - 100-200 mg with palm jaggery, BD, after food for 40 days.

Pathangam

- Parangipattai pathangam - 100 – 200 mg with palm jaggery, BD, after food for 40 days.

Chendooram

- Aya chendooram - 100-200 mg with honey, BD/TDS, after food.
- Ayaveera chendooram - 100-200 mg with honey, BD/TDS, after food.
- Ayakandha chendooram-100-200 mg, with honey, BD/TDS, after food.

Parpam

- Nathai parpam -100 -200 mg with ghee/butter, BD, after food.
- Nandukkal parpam -200 - 400 mg with radish juice(*Raphanus sativus*)/ tender coconut water (*Cocos nucifera*), BD, after food.
- Sangu parpam - 200-400 mg with warm milk /ghee, BD, after food.

- Silasathu parpam – 200-400 mg with butter /ghee, BD, after food.

External Medicines

Neer (Medicated Solution)

Wash the affected skin areas with any of the following medicated water

- Thiriphala kudineer-Quantity sufficient
- Veera neer- Quantity sufficient
- Vengaara neer- Quantity sufficient
- Padigaara neer-Quantity sufficient

Poochu (Liquid/ Oil Poultice)

- Karappan thylam -Quantity sufficient
- Kunthirika thylam- Quantity sufficient
- Arugan thylam -Quantity sufficient

Kalimbu (Ointment Application)

- Amirtha vennai-Quantity sufficient
- Vanga vennai-Quantity sufficient
- Mirutharsingi kalimbu-Quantity sufficient
- Gungiliya vennai-Quantity sufficient

Attai vidal (Leech Therapy)

- Medicated leech is placed on specific place on specific time over the affected area.

Special Therapies:

Siddhar Yoga Maruthuvam

- Salabasanam
- Vipareethakarani
- Sarvangasanam
- Halasanam
- Pavanamukthanam
- Ukatasanam
- Pranayamam
- Padmasanam
- Uthanpadasanam
- Vajrasanam

Duration of Treatment

Depending upon the severity of the disease condition

Advices:

- Bath using warm water
- Ventilation is necessary in work place
- Put legs up as high as (hip level) possible when prolong sitting
- Regularize bowel habits
- Maintain a healthy weight
- Wear compression stockings
- Moisturize the skin regularly

To Be Added:

Tender Vegetables

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)

Greens

- Murungai (*Moringa oleifera*)
- Pannai keera (*Celosia argentea*)
- Parattai keera (*Evolvulus emarginatus*)
- Mullangi keera (*Rhaphanus sativus*)
- Mudakaruthan keera (*Cardiospermum helicacabum*)

Pulses

- Thuvaram paruppu (*Cajanus cajan*)
- Naripayaru (*Phaseolus trilobatus*)

Dairy Products

- Cow's buttermilk

To Be Avoided:

- Long standing posture
- Stress
- Excessive intake of sour/ hot tastes
- Kaar rice (Kullakar rice - Red rice)
- Kuruvai rice (Black rice)
- Manakathai rices
- Karappan induced foods like
 - Solam (*Sorghum vulgare*)
 - Kambu (*Pennisetum typhoides*)
 - Varagu (*Paspalum Scrobiculatum*)
 - Vazhaikaai (*Musa Paradisiaca*)
 - Pakarkkai (*Momordica charantia*)
 - Brinjal (*Solanum melogena*)
 - Mango (*Mangifera indica*)
 - Sarkaraivalli kizhangu (*Ipomoea batatus*)
 - Seppan kizhangu (*Colacasia esculanta*)
 - Kothavarai (*Cyamopsis tetragonoloba*)
 - Kollu (*Macrotyloma uniflorum*)
 - Koiya (*Psidium guajava*)
 - Vilangu meen (*Muraena angnilla*)
 - Kelitru meen (*Silurus vittales*)
 - Semmari aadu (*Ovis aries*)
 - Kozhi muttai (egg)

Others

Complication of the Disease:

- Haemorrhage
- Phlebitis
- Lipodermatosclerosis
- Calcification of vein
- Equinus deformity

Limitation in Siddha System and Condition for Referral:

- Rigidity of joints
- Oedema of the body
- Ulcerated fissures

PADARTHAMARAI (TINEA INFESTATION)

Definition:

- *Padarthamarai* characterized by everted, circular or irregular margin with inflamed vesicles or scales spread over the particular part of the body especially groin, waist, axilla and gluteal region or all over the body. Heals at the centre and spreads at the periphery.

Synonyms:

- *Padai*
- *Pundareegakuttam*

Siddha etiology:

குருநாடி கூற்றூப்படி,

“கிருமியால் வந்த தோடம் பெருகவுண்டு
கேட்கிலதன் பிரிவுதனைக் கிரமமாக
பொருமி வரும் வாயுவெல்லாங் கிருமியாலே
புழுக்கடி போல் காணுமது கிருமியாலே
செருமிவரும் பவுத்திரங்கள் கிருமியாலே
தேகமதில் சொரிக் குட்டம் கிருமியாலே
துருமி வருஞ் சுரோணிதங் கிருமியாலே
சூட்சமுடன் கிரிசைப்பால் தொழில் செய்வீரே”

Causes and Influencing Factors:

- Fungal infection caused by group of parasitic fungi (Dermatophytes)
- Most common dermatophyte incriminated is *Trichophyton rubrum*
- Tropical climate of heat and humidity
- Poor nutrition and hygiene
- Weakened immune system
- Spread by direct, skin-to-skin contact with an infected person
- Touched or rubbed against clothing, towels, bedding and linens, combs, and brushes of an infected person
- Spread while grooming dogs or cats.
- Prolonged contact with highly infected soil
- Participating in sports, such as wrestling
- Debilitating diseases like HIV infection

Premonitory signs and symptoms:

- Itching
- Erythematous macule or papules that spread outward

Common Signs and Symptoms:

- **Tinea corporis** - Erythematous macule or papules develop into annular (ring like) and arciform lesions with sharp, scaling or papulovesicular advancing margin with healing centers
- **Tinea imbricate** - Large concentric rings, one inside another which manifest commonly in childhood.
- **Tinea capitis** - Patchy hair loss/ broken hairs, inflammation, scaling and kerion formation in the scalp.
- **Tinea pedis** - Interdigital scaling, maceration, fissures, vesicular or bullous with chronic hyperkeratosis in the feet
- **Tinea cruris** - Lesions in the groin that extends to the inner thigh and it is most common
- **Tinea unguium** - Nail infection that starts at the free margin or lateral borders

of the nails as yellow discoloration , nails become brittle, friable and thickened, distal and lateral/ proximal subungual onychomycosis, superficial white onychomycosis are common

Co-morbid Conditions:

- Diabetes mellitus
- Immunocompromised conditions

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by aggravation of Vatham associated with Pitham. In seven udalthathukal, saaram, senneer, oon, kozhuppu gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pithavatham / Vathapitham
Sparisam	-	Dryness/ scaling/ rough / itching / blister / oozing/ papulovesicular
Naa	-	Normal / pallor/ redness/ coated
Niram	-	Redness/ hyper pigmented
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal/ pallor / dry
Malam	-	Normal/ dark/ constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations:

- Complete blood count
- Urine analysis

In Tertiary care hospital:

- Wood's lamp examination
- KOH preparation
- Skin culture
- Skin scraping and nail clipping.

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Themal* (Tinea versicolor)
- *Kalanjagapadai* (Psoriasis)
- *Puzhuvettu* (Alopecia)

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine

- Neer (Medicated solution)
- Poochu (Liquid/ Oil Poultice)
- Kalimbu (Ointment)
- Pasai (Embrocation Application)

➤ Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Meganatha kuligai (100 mg) – 1-2 pills with chukku decoction/ ginger (*Zingiber officinalis*) juice, at early morning for one day

Day 2 – Rest

Day 3 – First Line of Treatment:

- Parangipattai chooranam - 1-2 gm with milk and palm jaggery, TDS, after food.
- Sangu parpam - 100-200 mg with milk/ ghee, BD, after food.
- Gandhaga rasayanam - 1-3 gm with palm jaggery and ghee, BD, after food.
- Mathan thylam - Quantity sufficient (For Ext.use only)
- Vanga vennai - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 100-130 mg with Sangan kuppi (*Azima tetracanta*) saaru at early morning in empty stomach for 1 - 3 days
- Murukkan vithai maathirai (100 mg) - 1-2 pills with lukewarm water/ palm jaggery at early morning in empty stomach

Internal Medicine:

Kudineer:

- Parangipattai kudineer – 30-60 ml, BD, before food.

Chooranam:

- Amukkara chooranam – 1-2 gm with milk/ honey, TDS, after food.
- Elathy chooranam - 1-2 gm with honey, BD, after food.
- Seenthil chooranam - 1-2 gm with milk/ honey, BD, after food.
- Nilavaagai chooranam - 1-2 gm with milk/ honey, BD, after food.
- Thiriphala chooranam - 1-2 gm with water/ honey, TDS, after food.
- Dhratchathy chooranam - 1-2 gm with milk/ honey, BD, after food.
- Gandhaga chooranam - 1 gm with milk, BD, after food

Rasayanam:

- Parangipattai rasayanam - 3-6 gm, with warm milk, BD, after food for 40 days.

Ilagam:

- Mahavallathy ilagam - 3-5 gm, with warm milk, BD, after food.
- Thetrunkottai ilagam - 5-10 gm, with warm milk, BD, after

food

Mezhugu:

- Gandhi mezhugu – 200-500 mg with milk, BD, after food.
- Nandhi mezhugu – 130-250 mg with palm jaggery, BD, after food for 12/25/45 days.
- Idivallathy mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40 days
- Panchasootha mezhugu – 100-200 mg with thippilli chooranam and honey,

BD, after food.

- Mahaveera mezhugu - 65-130 mg with palm jaggery, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days.

Pathangam:

- Parangipattai pathangam - 100-200 mg with palm jaggery, BD, after food for 40 days.

Chendooram:

- Linga Chendooram - 50-100 mg with honey, BD, after food.

- Sivanar amirtham - 100 - 200 mg with honey/ ginger (*Zingiber officinalis*) juice, BD, after food.

Parpam:

- Palagarai parpam - 50-100 mg with butter/ ghee, BD, after food.
- Silasathu parpam - 200-400 mg with butter/ ghee, BD, after food.

Karpam:

- Kaiyan karpam - 2-5 gm at early morning in empty stomach for 48 days
- Amukkara karpam - 1-2 gm, with milk/ ghee, BD, for 48 days

External Medicines:

Neer (Medicated solution):

- Vengara neer - Quantity sufficient
- Thiriphala chooranam kudineer - Quantity sufficient

Poochu (Liquid/ Oil Poultice):

- Pungan thylam – Quantity sufficient
- Arugan thylam – Quantity sufficient
- Kunthirika thylam – Quantity sufficient
- Sirattai thylam – Quantity sufficient
- Juice of poovarasam (*Thespesia populnea*) leaf and bark – Quantity sufficient

Kalimbu (Ointment)

- Mirutharsingi kalimbu – Quantity sufficient
- Gungiliya vennai – Quantity sufficient
- Amirtha vennai – Quantity sufficient
- Seemai agathi kalimbu - Quantity sufficient

Pasai (Embrocation Application):

- Paste of arugampul (*Cynodon dactylon*) and manjal (*Curcuma longa*)
- Paste of kaarbogarisi (*Psoralea corylifolia*) with cow's milk

Karpam:

- Pancha karpam – for bathing

Special Therapies: N/A

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Take bath twice a day
- Dry the clothes under sun light
- Use the clothes after ironing it
- Don't share the dresses with others
- Use medicated soaps

- Change the dress every day

To Be Added:

Tender Vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vaazhaipinju (*Musa paradisiaca*)
- Mullangi (*Raphanus sativus*)

Greens:

- Pannai keera (*Celosia argentea*)
- Parattai keera (*Ipomoea reniformis*)
- Mullangi keera (*Raphanus sativus*)
- Mudakathan keera (*Cardiospermum halicacabum*)

Dairy Products:

- Cow's buttermilk

Non-Vegetarian diet:

- Karunkozhi (*Kadakhnath / kalimasi*)
- Ayiraimeen (*Cobitis taenia*)

To Be Avoided:

- Frequent intake of sour and hot taste foods.
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikai (*Musa paradisiaca*)
- Pagarkai (*Momordica charantia*)
- Mango (*Mangifera indica*)
- Sarkaraivalli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Colocasia esculenta*)
- Vellari (*Cucumis sativus*)
- Kothavari (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Koiya (*Psidium guajava*)
- Kathiri (*Solanum melongena*)
- Vaankozhi kari (*Meleagris gallopavo*)

Others:

Complication of the Disease:

- Tinea vulgaris
- Chronic infection

Limitation in Siddha System and Condition for Referral: -

PITHA VEDIPPU (HEEL FISSURE)

Definition:

- Heel fissure are characterized by calluses and fissures in the heel area, that causes pain, bleed and even become infected.
- It is due to increased Pitham kutram, staying in moisture for long time and Athlete's foot.

Synonym:

- *Pathavedippu*

Siddha etiology:

- Dry and sensitive skin
- Exposure to cold wind
- Prolonged standing in water may produce stinging, burning sensation and fissures. Chopping pain often accompanies
- Regions subjected to frequent movements.

Causes and Influencing Factors:

- Standing for long hours
- Walking in bare foot or with open-back sandals
- Taking long, hot showers
- Using harsh soaps that can strip skin of natural oils
- Shoes that don't fit properly or support heels
- Dry skin due to climate, such as cold temperatures or low humidity
- Certain medical conditions like Diabetes mellitus, vitamin deficiency, fungal infections, hypothyroidism, atopic dermatitis, juvenile plantar dermatosis, psoriasis, palmo plantar keratoderma, obesity, pregnancy and aging

Premonitory signs and symptoms:

- Dryness of the skin
- Minor skin cracks in the foot especially over heels

Common Signs and Symptom:

- Hard growth of skin
- Cracked and peeling skin along with flaky patches
- Itching
- Burning sensation
- Chopping pain on movements
- Rarely bleeding occur

Co-morbid Conditions:

- Athlete's foot.

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham and Kabam

Siddha Pathogenesis:

- It is explained by aggravation of Pitham associated with Vatham. In seven udalthathukal, saaram, senneer, oon get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pitham / Pithavatham
Sparisam	-	Dryness/ warmth/tenderness/irregular

margin

Naa

-

Normal

Niram

-

Pallor / yellow

Mozhi

-

Low pitched

Vizhi

-

Normal

Malam

-

Normal

Moothiram:

Neerkuri

- Yellowish in colour, tamarind odour

Neikuri

- Oil may spreads in the form of ring.

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Blood sugar
- Complete urine analysis

Diagnosis:

Confirmation of Diagnosis:

- Clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Kalanjagapadai* (Psoriasis)
- *Karappan* (Eczema)
- Tinea pedis

Treatment:

Line of Treatment:

- Internal medicine
- External medicine
 - Patru (Semi-Solid Poulitice)
 - Poochu (Liquid/ Oil Poulitice)
 - Kalimbu (Oinment)
 - Neer (Medicated Solution)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam - 1-2 gm with milk, BD, after food,
- Palagarai parpam - 50-100 mg with butter milk/ butter/ ghee, BD, after food
- Kizhinchal mezhugu - Quantity sufficient, with castor oil (For Ext.use only)
- Santhanathy thylam - Quantity sufficient (for oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Kudineer:

- Parangipattai kudineer - 30-60 ml, BD, before food.

Chooranam:

- Seenthil chooranam - 1-2 gm with milk, BD, after food
- Thiriphala chooranam-1-2 gm with milk, BD, after food
- Sivanarvembu chooranam- 200 mg with sivanarvembu kuzhi thylam, BD, after food.

- Elathy chooranam -1-2 gm with milk, BD, after food
- Seeraga chooranam - 1-2 gm with milk/ ghee/ butter, BD, after food

Manapagu:

- Maadhulai manapagu - 8 -15 ml with lukewarm water, BD/TDS, after food.
- Thurinji manapagu - 8 -15 ml with lukewarm water, BD/TDS, after food.
- Nannari manapagu - 8 -15 ml with lukewarm water, BD/TDS, after food.

Nei:

- Thaneervittan nei -5-10 ml with warm milk, OD (morning), after food.
- Vallarai nei -5-10 ml with warm milk, BD, after food.

Ilagam:

- Mahavallathy illagam -3 -5gm with warm milk, BD, after food, for 40 days.
- Venpoosani illagam - 6-12 gm with warm milk, BD, after food.

Rasayanam:

- Gandhaga rasayanam -1-3 gm with warm milk, BD, after food (if secondary infection is there)
- Parangipattai rasayanam -3-6 gm with warm milk, BD, after food, for 40 days (if secondary infection is there)

Pathangam:

- Parangipattai pathangam -100-200 mg with palm jaggery, BD, after food, for 40 days.

Chendooram:

- Chandamarutha chendooram - 50 -100 mg with thrikadugu chooranam/ palm jaggery/ honey/ ginger juice, BD, after food for 5 days.
- Annabedhi chendooram - 100-200 mg with honey, BD, after food
- Vedi annabedhi chendooram- 100-200 mg with honey, BD after food
- Ayakantha chendooram - 100 - 200 mg with honey, BD after food
- Arumuga chendooram - 100-200 mg with honey, BD, after food

Parpam:

- Muthuchippi parpam - 200-400 mg with ghee/ butter, BD, after food.
- Silasathu parpam- 200-400 mg with ghee/ butter, BD, after food.
- Gungiliya parpam - 200-500 mg with ghee/ butter/ tender coconut water (*Cocos nucifera*), BD, after food.
- Sangu parpam -100-200 mg with butter/ghee, BD, after food.

Karpam:

- Thetran karpam (*Strychnos potatorum*) -Thetran kottai kudineer -30-60 ml, BD, before food for 48 days.
- Nelli karpam (*Phyllanthus emblica*) -¼ part of one nelli, OD, before food for 48 days.
- Katrazhai karpam (*Aloe vera*) - 5-10 gm, BD, before food for 48 days.

External Medicines:

Patru (Semi-Solid Poultice):

- Seeds of umathai (*Datura metal*) Induppu (sodium chloride impure) are ground with curd and the latex juice of erukku (*Calotropis gigantea*). The poultice is applied for crack foot.
- Vengaaram and padigaaram for local application

Poochu (Liquid/ Oil Poultice):

- Sivappu kukkil thylam- Quantity sufficient
- Equal quantity of Gungiliyam (*Shorea robusta*) and maa pisin (*Mangifera*

indica) are boiled with sesame oil and filtered; it is applied on the crack foot.

Kalimbu (Ointment application):

- Amirtha vennai - Quantity sufficient
- Vanga vennai - Quantity sufficient

Neer (Medicated Solution):

- Wash and rub the foot with padigaara neer.
- Thiriphala chooranam kudineer wash

Duration of Treatment

- Depending upon the severity of the disease condition

Advices:

- Keep the soles dry and clean.
- Use full cover shoes.
- Wear cotton socks.
- Maintain good personal hygiene.
- Take oil bath twice a week

To Be Added:

Rice:

- Kaar (Kullakar rice - Red rice)
- Kuruvai (Black rice)
- Manakathai rice.

Tender vegetables:

- Murungai (*Moringa oleifera*)
- Aththi (*Ficus racemosa*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Raphanus sativus*)

Greens:

- Kotthamalli (*Coriandrum sativum*)
- Puliyarai (*Oxalis corniculata*)
- Manathakaali (*Solanum nigrum*)

Dairy products:

- Cow's butter milk
- Ghee

Non – vegetarian diets:

- Karunkozhi (*Kadaknath / kalimasi*)
- Sannakendai (*Labeo catla*)
- Kadal nandhu (*Brachyura*)
- Velladu (*Capra aegagrus hircus*)
- Kadai (*Coturnix coturnix*)
- Kavuthari (*Francolinus pondicerianus*)
- Ayiraimeen (*Cobitis taenia*)

To Be Avoided:

- Hot and sour taste in foods.
- Metal objects or chemical pads
- Picking or peeling on thickened and callus skin on heels.
- Using extreme lukewarm water while showering.
- Smoking and alcoholic beverages.
- Travelling in moisture

- Walking in bare foot

Tubers:

- Sakarai valli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Colocasia esculenta*)

Pulses:

- Kollu (*Macrotyloma uniflorum*)

Vegetables:

- Kothavarai (*Cyamopsis tetragonoloba*)
- Kathiri (*Solanum nigrum*)
- Mango (*Mangifera indica*)

Non vegetarian diet:

- Vankozhi (*Meleagris gallopavo*)

Others:

Complication of the Disease:

- Diabetic neuropathy
- Peripheral vascular disease
- Callus
- Corns
- Bunion
- Foot ulcers

Limitation in Siddha System and Condition for Referral:

- Formation of deep fissures wounds and gangrene.

PODUGU (PITYRIASIS CAPITIS)**Definition:**

- It denotes excessive shedding of skin flakes from the scalp, produced by microorganisms of fungal origin. It usually presents with itching, greyish or white coloured scales.

Synonyms:

- *Pottu*
- *Sundu*

Siddha etiology:

- Over production and change in the composition of the sebaceous secretion
- Pityrosporum of malassez is only a secondary invader or rather a saprophyte with pathogenic modification.
- Person with dry integument and scalp
- Common in winter season

Causes and Influencing Factors:

- Poor hygiene
- Stress
- Cold weather
- Dry skin
- Tinea capitis
- Eczema
- Allergic contact dermatitis
- Psoriasis

Premonitory Signs and Symptoms

- Itching in scalp

Common Signs and Symptoms

- Scaling of skin with hair loss
- Rashes in eye brows and behind the ears

Co-morbid Conditions:

- Seborrheic dermatitis

Primary Kutram Affected:

- Vatham / Kabam

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by deranged Kabam and Vatham leading to dry scalp. In seven Udalthathukal saram and senneer get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham
Sparisam	-	Dryness of the scalp
Naa	-	Normal
Niram	-	Dark / scall lesions
Mozhi	-	Normal
Vizhi	-	Normal
Malam	-	Normal / constipation
Moothiram:		
Neerkuri	-	Yellowish in colour

Neikuri - Oil may spread in the form of a snake/ ring.

Modern Medical Investigations:

- Complete blood count (CBC)
- Skin scraping
- Skin biopsy
- Fungal smear and culture

Diagnosis:

Confirmation of Diagnosis:

- The disease is confirmed by signs and symptoms and physical examination

Differential Diagnosis

- *Kalanjagapadai* (Psoriasis –Scalp psoriasis)
- *Thalai paen* (Pediculosis capitis)
- *Themal* (Tinea capitis)

Treatment:

- Vitiated vatham along with Pitham has to be neutralized in Podugu.
- In accordance with signs and symptoms the medication will be advised.

Line of Treatment:

- Internal medicine
- External medicine
 - Patru (Semisolid Poultice)
 - Poochu (Liquid/Oil Poultice)
 - Pugai (Medicated Fumigation)
 - Neer (Medicated Solution)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam -1-2 gm with milk, BD, after food.
- Palagarai parpam -50-100 mg with ghee/ butter/ butter milk/ milk, BD, after food.
- Nellikai ilagam -5-10 gm, BD, after food.
- Poduthalai thylam - Quantity sufficient (external application in scalp)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Chooranam:

- Elathy chooranam-1-2 gm with honey/ milk/ water, BD, after food
- Seenthil chooranam -1-2 gm with ghee, BD, after food.
- Sivanarvembu chooranam -10.4 gm with sivanarvembu kuzhi thylam, BD, after food.
- Thirikadugu chooranam -1-2 gm with honey/ ghee/ water, BD, after food.
- Thiriphala chooranam -1-3 gm with honey/ ghee/ water, BD/TDS, after food.

Nei:

- Venpoosani nei -10-15 ml with warm milk, BD, after food for 45 days.
- Vallarai nei -5-10 ml with warm milk, BD, after food.
- Brahmi nei -5-10 ml with warm milk, BD, after food, 45 days.

- Senkottai nei -10-15 drops with warm milk, BD, after food.

Rasayanam:

- Gandhaga rasayanam - 1-3 gm with ghee/ palm jaggery, BD, after food (if there is secondary infection).
- Parangipattai rasayanam - 3-6gm with milk, BD, after food for 40 days

Ilagam:

- Venpoosani ilagam - 6-12 gm with warm milk, BD, after food.

Mezhugu:

- Gandhaga mezhugu - 200-500 mg with warm milk, BD, after food.

Karpam:

- Irunelli karpam - 100 - 200 mg with milk, BD after food
- Ponnanganni chooranam - 2-3 gm with honey/ ghee, morning, before food for 48 days.

External Medicines:**Patru (Semisolid Poulitice):**

- The seeds of white or black milagu (*Piper nigrum*) are mixed and ground with cow's milk, applied on the scalp followed by head bath.
- The boiled mixture of the kungiliyam (*Shorea robusta*) with or without santhanam (*Santalum album*), kasthuri manjal (*Curcuma zedoaria*) and parangi sambirani (*Boswellia glabra*) is applied on scalp followed by head bath.
- 5 gm of flowers of vembu (*Azadirachta indica*) and 8 gm of sugar candy are ground well with 150 ml of gingelly oil (*Sesamum indicum*) and boiled, is applied on scalp followed by head bath.
- Aavarai leaf (*Cassia auriculata*) paste applied on scalp for an hour followed by head bath.
- Kattu seeragam (*Vernonia anthelmintica*) ground with lime juice (*Citrus limon*) make into paste, applied on scalp followed by head bath.
- Equal quantities of kichilli kizhangu (*Curcuma zedoaria*), manipungan kaai (*Sapindus emarginatus*) and kasthuri manjal (*Curcuma aromatica*) grind with water and apply on the scalp wait for half an hour to 1 hour, followed by head bath.
- Vellai milagu (*Piper nigrum*) grind with cow's milk and apply over the scalp, wait for half an hour followed by head bath with pancha karpam

Poochu (Liquid/Oil Poulitice):

- Arugan thylam is used for head bath – Quantity sufficient
- Pungan thylam - Quantity sufficient (if severe itching and scaling presents)
- Thumbai flower oil is applied on the scalp.

Pugai (Medicated Fumigation):

- Saambirani pugai (*Styrax benzoin*)

Neer (Medicated Solution):

- Thiriphala neer – for washing
- The foam collected from the rinsing of the bark of vembu (*Azadirachta indica*) is applied on the affected areas to treat the inflammation in scars.

Ennai muzhukku (Oleation):

Advised twice a week with following medicated oils

- Thriphalathy thylam – Quantity sufficient

- Avuri elai thylam – Quantity sufficient
- Santhanathi thylam – Quantity sufficient
- Poduthalai thylam- Quantity sufficient
- Vetpalai thylam- Quantity sufficient
- Muthiyar koonthal thylam- Quantity sufficient
- Seeraga thylam- Quantity sufficient

Duration of Treatment

- Depending upon the severity of the disease condition

Advices

To Be Added:

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Kathiri (*Solanum melangena*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Pirandai (*Cissus quadrangularis*)

Greens

- Pannai keera (*Celosia argentea*)
- Parattai keera (*Evolvulus emarginatus*)
- Mullangi keera (*Moringa oleifera*)

Pulses

- Ulunthu (*Vigna mungo*)

For cleansing purpose:

For oil skin: The green gram powder should be used to remove the oil

For dry skin:

- Panjakarpam (for head)
- Nalangu mavu (for body)

To Be Avoided:

- Intake of fat rich foods, oily foods
- Staying in air conditioned room for a longer time
- Sharing comb with others
- Excessive intake of sour / hot food in diet.
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikaai (*Musa paradisiaca*)

Others

Complication of the Disease

- Seborrhoeic dermatitis
- Blepharitis
- Social withdrawal
- Hair loss

Limitation in Siddha System and Condition for Referral

-

PUZHUVETTU (ALOPECIA AREATA)

Definition:

- It is a common autoimmune skin disease, characterized by recurrent nonscarring type of hair loss that can affect any hair-bearing area (like scalp, face etc.) and can manifest in many different patterns.

Synonym:

- *Puzhukadi*
- *Thalai mayirvettu*

Siddha etiology:

குருநாடி கூற்றுப்படி,

“கிருமியால் வந்த தோடம் பெருகவுண்டு
கேட்கிலதன் பிரிவுதனைக் கிரமமாக
பொருமி வரும் வாயுவெல்லாங் கிருமியாலே
புழுக்கடி போல் காணுமது கிருமியாலே
செருமிவரும் பவுத்திரங்கள் கிருமியாலே
தேகமதில் சொரிக் குட்டம் கிருமியாலே
துருமி வருஞ் சுரோணிதங் கிருமியாலே
குட்சமுடன் கிரிசைப்பால் தொழில் செய்வீரே”

The cause of *Puzhuvettu* is explained in *Gurunaadi Nool*, “*Puzhukadi pol kaanumadhu kirumiyalae*”. Infection is one of the reason that causing *puzhuvettu*.

Causes and Influencing Factors:

- Unknown cause
- Hereditary/ Genetic factor
- Autoimmune diseases like Rheumatoid arthritis, Type 1 Diabetes mellitus, Vitiligo, Thyroid disease, Lupus, Ulcerative colitis.
- Down syndrome
- Collagen-vascular diseases
- Psychiatric disorders - Anxiety, personality disorders, depression, and paranoid disorders
- Stressful life events in the 6 months before onset
- Influencing factors are asthma and allergies, mainly atopic dermatitis

Premonitory signs and symptoms:

- Patchy hair loss: Coin-sized, round, smooth, bare patches and may vary in size.
- Hair loss occurs mostly on the scalp, also in eyebrows, eyelashes, beards and in any hair bearing site.

Common Signs and Symptoms:

- Exclamation mark hairs: Occur in or at the edges of the bare spots hair becomes narrower at the bottom.
- Widespread hair loss
- Nails can have tiny pinpoint dents (pitting), white spots or lines, rough or become thin and split. Rarely changes in the shape of the nails or fall off occur.
- In some case, nail changes may be the first sign of alopecia areata.

Comorbid conditions:

- Autoimmune diseases
- Psychosocial disorder

Primary Kutram Affected:

- Pitham/ Vatham

Secondary Kutram Affected:

- Kabam

Siddha Pathogenesis:

- It is explained that Vatham and Pitham are affected leading to hairfall and baldness. In seven Udalthathukal Saram, senneer, enbu gets affected

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	—	Pitham
Sparisam	-	Smooth without any pores/ patchy hair loss
Naa	-	Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal /
constipation Moothiram:		
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of ring.

Modern Medical Investigations:

- Complete blood count (CBC)
- Serum Ferritin/ Serum Iron
- Thyroid function test
- Anti nuclear antibody
- Hormonal assay (Testosterone, Androstenedione, DHEA, prolactin, FSH, LH)

In Tertiary care hospital:

- Skin biopsy
- Dermoscopy
- Densitometry

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical signs and symptoms

Differential Diagnosis:

- Androgenetic Alopecia
- Brocq Pseudopelade
- Pediatric Syphilis
- Telogen Effluvium
- Tinea Capitis
- Trichotillomania

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Patru (Semisolid Poultice)
 - Poochu (Liquid/Oil poultice)
 - Kalimbu (Ointment)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - Kazhichal maruthuvam (Purgation):

- Agathiyar kuzhambu-100-200 mg with Kuppai meni saaru (*Acalypha indica*) or Sangan kuppi saaru (*Azima tetrecantha*), OD, in early morning at empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment

- Seenthil chooranam -1- 2 gm with palm jaggery, BD, after food.
- Palagarai parpam- 50-100 mg with ghee/ milk/ buttermilk/ butter, BD, after food.
- Sirattai thylam with coconut oil and onion juice - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Chooranam:

- Parangipattai chooranam -1-2 gm with milk, BD, after food.
- Elathy chooranam -1- 2 gm with honey/milk, BD, after food

Mezhugu:

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days.

Parpam:

- Muthuchippi parpam -200-400 mg with ghee/ butter, BD, after food.

Sathu:

- Seenthil Sarkkarai - 1-4 gm with water, BD, after food.

External Medicines:

Patru (Semi-Solid Poultice):

- The powdered thantham (Elephant tusk) is fried well, until it gets burnt, it is mixed with coconut oil and applied externally on the affected areas

Poochu (Liquid/ Oil Poultice)

- Arugan oil - Quantity sufficient
- Malaivembathi thylam - Quantity sufficient
- Amirtha vennai - Quantity sufficient
- Arali (*Nerium Odoram*) leaves latex - Quantity sufficient
- Bramathandu thylam- Quantity sufficient
- The mixture of sirattai thylam and coconut oil with aralli (*Nerium odorum*) milky juice is considered to be very effective for Alopecia areata.

Kalimbu (Ointment Application):

- Pancha rathina kalimbu - Quantity sufficient
- Seemai agathi kalimbu- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam

Duration of Treatment:

- Depending upon the severity of the disease condition

Advices:

To Be Added:

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)

- Sundai (*Solanum torvum*)
- Mullangi (*Raphanus sativus*)
- Piarandai (*Cissus quadrangularis*).

To Be Avoided:

- Excessive intake of sour /hot taste
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikaai (tender fruit of *Musa paradisiaca*)

Others:

Complication of the Disease:

- Severe hair loss
- Scarring alopecia ‘bald areas’ (untreated kerion and favus)
- Psychological impact (ridicule, bullying, emotional disturbance, family disruption)

Limitation in Siddha System and Condition for Referral:

- Baldness (Alopecia totalis)

SIRANGU (SCABIES)

Definition:

- Scabies is a common ectoparasitic infestation of human caused by the itch mite, *Sarcoptes scabiei var hominis*. It is highly contagious disease and it is characterized by severe pruritic papular lesions, excoriations and burrows. In adults, it occurs on the scalp and face, but in infants, lesions are commonly present over the entire cutaneous surface.

Siddha etiology:

- It is caused by deterioration of the blood tissue humour and the infective organisms (*Kirumi*).

Causes and Influencing Factors:

- Scabies is caused by the itch mite, *Sarcobetes scabiei var hominis*.
- It affects all age group.
- It is more common in children below 5 years of age.
- Crusted scabies is found in immuno-compromised or debilitated patients including those with neurologic disorders, Down syndrome, organ transplants, graft-versus-host disease, adult T-cell leukemia, leprosy or AIDS.
- Close physical contact as in overcrowded schools and crowded areas spread the disease.
- It may also be transmitted by contaminated linens and clothing.

Premonitory signs and symptoms:

- In primary infestation, itching usually takes 4-6 weeks to appear whereas in re-infestation, itching usually appears immediately.
- Intense nocturnal itching is the most common symptom.

Common Signs and Symptoms:

- In children, the erythematous papules are disseminated on the periumbilical area, waist, genitalia, breasts, buttocks, axillary folds, fingers (including interdigital spaces), wrists and extensor aspects of the limbs. The head, palms and soles are usually spared in adults.
- The papules are small, often excoriated with haemorrhagic crusts on top.
- Vesicles and bullae are common in infants and young children.
- Burrows are the pathognomonic lesions of scabies and are seen as grey or white serpiginous tracks which are easily visible in infants and children.
- An imaginary area called “circle of Hebra” covering the common areas affected like web spaces, wrists, elbows, axilla, periumbilical area and the genitals.
- Poor hygienic conditions may result in secondary bacterial infection.

Nodular scabies

- It is a well-known clinical presentation of scabies.
- Dull red nodules may appear during active scabies and it is 3-5mm in diameter and persists on the scrotum, penis and vulva.

Crusted scabies/ Norwegian scabies

- It is an infestation characterized by thick crusts of skin that contain large numbers of scabies mites and eggs.
- It occurs commonly in immunosuppressed individuals and patients with Down’s syndrome.
- It presents either as generalized psoriasiform eruption involving palms and soles or may be localized to scalp, face, fingers, toenails or soles.
- The patients with crusted scabies harbor very large number of mites resulting in outbreaks of scabies among family members and among patients in hospitals.

Co-morbid Conditions:

-

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Kabham
- Vatham

Siddha Pathogenesis:

- It is explained by increase in Pitham with Kabham. In seven udalthathukal Saaram, sennear and oon get affected.

Investigations**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	–	Pithavatham/Vathapitham
Sparisam	-	Itching/ vesicles/ pustules/ burrows/ bullae and crusted lesions
Naa	-	Pallor
Niram	-	Pallor
Mozhi	-	Normal/ Low pitched
Vizhi	-	Pallor
Malam		Normal/ Constipation
Moothiram-		
Neerkuri	-	Straw coloured urine
		Presence of scabies mites in urine
Neikkuri	-	Oil may spreads in the form of ring/snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Urine analysis
- Burrow ink test (BIT)

In Tertiary care hospital:

- Skin scrapings and Microscopic examination
- Dermatoscopy
- Polymerase Chain Reaction (PCR)
- ELISA

Diagnosis**Confirmation of Diagnosis**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis

- Atopic dermatitis
- Contact dermatitis
- Insect bite
- Bullous pemphigoid urticaria
- Crusted scabies-
 - Psoriasis
 - Eczema
 - Contact dermatitis
 - Ichthyosis
 - Adverse drug reaction
 - Darier's disease

Treatment:

Line of Treatment:

- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Podi (Medicated dust or Powder application)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam - 1-2 gm with honey/milk, BD, after food
- Gandhaga rasayanam - 1-3 gm with milk, BD, after food.
- Mathan thylam - Quantity sufficient (for external use)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the age, condition of the patients and severity of the disease)

Internal Medicines:

Chooranam

- Amukkara chooranam – 1-2 gm with honey/milk, TDS/BD, after food.
- Thirikadugu chooranam – 1-2 gm with honey, BD, after food.
- Elathy chooranam – 1-2 gm with honey, BD, after food.

Rasayanam

- Parangi rasayanam -3-5 gm with milk, BD, after food for 40 days.

Maathirai

- Gandhaga mathirai (100 mg)- 1- 2 pills with milk, BD, after food
- Kushtakaja kesari mathirai (100 mg)- 1- 2 pills with milk, BD, after food

Parpam

- Palagarai parpam - 100-200 mg with milk/ghee/honey, BD, after food
- Gungiliya parpam - 200 - 400 mg with milk, BD, after food.
- Sangu parpam - 100 - 300 mg with ghee, BD, after food
- Silasathu parpam -125 - 325 mg with milk, BD, after food
- Gandhaga parpam - 130- 260 mg with ghee, BD, after food

Karpam

- Irunelli karpam - 100 - 200 mg with milk, BD, after food.

External Medicines

Patru (Semi-Solid Poultice)

- Seeds of karpogarisi (*Psoralea corylifolia*) are grinded with sour curd or coconut oil and can be applied all over the skin lesions.
- Brahmahanduseeds (*Argemone mexicana*), vasambu (*Acorus calamus*), manjal (*Curcuma longa*) are grinded and can be applied all over the skin lesions.
- The roots of thagarai (*Cassia tora*) are grinded with lime juice (*Citrus limon*) and applied all over the body.
- Nagam (zinc) is melted with same quantity of Gandhagam (sulphur) and Rasam (mercury), and grinded well with juice of thazhai (*Pandanus odoratissimus*) and koraikizhangu (*Cyperus rotundus*) and applied over the lesions.

Poochu (Liquid/Oil Poultice)

- Arugan thylam- Quantity sufficient
- Pungan thylam- Quantity sufficient

- Karappan thylam- Quantity sufficient
- Gandhaga sudar thylam- Quantity sufficient - if there is secondary infection
- Seeds of etti (*Strychnos nuxvomica*), pungu (*Pongamia glabra*), and fruits of vilvam (*Aegle marmelos*) are kept in a closed clay pottery, pit made and combusted and the oil is applied over the head.
- The oil cakes of Eluppai (*Madhuca longifolia*) or dried and powdered pods sikaikkai (*Acacia sinuate*) is applied over the lesions.
- Penkolli vidai (*Anamirta cocculus*) is grinded with coconut oil and applied over the lesions.
- Adutheendapaalai (*Aristolochia bracteata*) juice is boiled with neem oil, filtered, and can be applied .
- Seeds of Neeradimuthu (*Hydnocarpus laurifolia*), fine scrapping of the coconut pulp are boiled with water and the supernatant froth is heated with powder of Thalagam(yellow orpiment), Thurusu (cupric sulphate),andGandhagam (Sulphur)and the viscous oil can be applied.
- The coconut milk and Karchunnam (slaked lime) can be applied before lukewarm water bath for 2 or more days.

Pasai (Embrocation Application):

- The roots of Nilavarai (*Cassia angustifolia*) are grinded with erumai thayir(buffalo curd made with raw milk) and applied over the lesions. Wash using the leaf powder of Usilam (*Albizia amara*).

Podi (Medicated Dust or Powder Application):

- The fruit of Umathai (*Datura metal*) is filled with purified Gandhagam (Sulphur) and covered with cow dung and burnt with two cow dung cakes. The burnt fruit is powdered with 4 parts of the leaf juice of Thumbai (*Leucas aspera*) and mixed with coconut oil and can be applied.

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

- All family members are to be treated including maid servants to prevent ping-pong effect.
- Clothing, bedding, towels and other items should be washed in hot water, dry-cleaned, or sealed and stored in plastic bag for 1 week to kill the mites.

To Be Added

- Drink plenty of water
- Tender coconut water
- Fresh fruits or fruit juices
- Easily digestible foods
- Add turmeric and garlic in diet
- Intake walnuts and almonds

To Be Avoided

- Hot, Spicy foods
- High sodium foods
- Alcohol
- Smoking
- Fast foods, processed foods, fried foods

Others

Complication of the Disease

- Eczematization
- Secondary bacterial infection such as pyoderma, cellulitis, lymphangitis and impetigo.
- Septicaemia
- Cardiovascular disease
- Acute Post-streptococcal glomerulonephritis

Limitation in Siddha System and Condition for Referral:

- Secondary bacterial infection

THEMAL (TINEA VERSICOLOR)**Definition:**

- It is a condition that affects skin and commonly presents as hypo / hyperpigmented, finely scaling, round or perifollicular coalescing macular patches found primarily over the trunk and upper arms.

Synonyms:

- *Azhagu themal*

Causes and Influencing Factors:

- Hot, humid weather
- Excessive sweating
- Oily skin
- Weakened immune system
- Poor nutrition
- Pregnant
- Diabetes mellitus
- Corticosteroid medications / contraceptive medications

Premonitory signs and symptoms:

- Mild itching
- Hypopigmented patches

Common Signs and Symptoms:

- Lesions seen in the trunk, neck and arms or other parts of the body.
- The patches may be coppery brown, pallor or pink in colour
- Sometimes, scaling may be present
- Usually asymptomatic

Co-morbid Conditions:

N/A

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by Vatha kutram in the skin. It induces the Pitham kutram which causes dryness, coloured patches, itching over it and scaliness. In this disease, Seven Udalthathukal Saaram and Senneer get impaired according to the variations of Mukkuttram.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	—	Pithavatham
Sparisam	-	Hypo/ hyperpigmented patches with everted edges
Naa	-	Pallor/ normal/ sour/astringent
Niram	-	Hypo / hyperpigmented
Mozhi	-	Hoarseness/ low pitched
Vizhi	-	Pallor/ dryness/ normal
Malam	-	Dark hard stools
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour

Neikuri - Oil may spreads in the form of snake / ring

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)

In Tertiary care hospital:

- Wood's lamp Test
- Skin scrapings

Diagnosis:

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Padarthamarai* (Tinea corporis)
- *Kalanjagapadai* (Psoriasis)
- *Venpadai* (Vitiligo)
- *Thozhu noi* (In-determinate leprosy)

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Kalimbu (Ointment Application)
 - Poochu (Liquid/ Oil Poultice)
- Siddhar yoga maruthuvam
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam - 1-2 gm with warm milk, BD/TDS, after food
- Palagarai parpam - 50-100 mg with warm milk, BD, after food
- Gungiliya thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 100-200 mg with sangam kuppi juice (*Azima tetracantha*), OD, early morning in empty stomach
- Meganatha kuligai (100 mg) –1-2 pills with lukewarm water,OD, early morning in empty stomach

Internal Medicines:

Chooranam:

- Elathy chooranam -1-2 gm with warm water, BD, after food
- Nilavaagai chooranam -1-2 gm with lukewarm water, BD/TDS, after food
- Thippili chooranam - 1-2 gm with honey, BD, after food

Rasayanam:

- Parangipattai rasayanam - 3-6 gm with palm jaggery/milk, BD, after food for 40 days
- Gandhaga rasayanam – 1-3 gm with palm jaggery/ milk, BD, after food for 40 days

Mezhugu:

- Gandhi mezhugu - 200-500 mg with warm milk, BD, after food for 40 days

Parpam:

- Sangu parpam - 100-200 mg with warm milk, BD, after food

External Medicines:

Kalimbu (Ointment Application):

- Gungiliya vennai- Quantity sufficient
- Seemai agathi kalimbu- Quantity sufficient

Poochu (Liquid/ Oil Poultice):

- Arugan thylam - Quantity sufficient
- Pungan thylam - Quantity sufficient
- Sirattai thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Savasanam

Duration of Treatment:

- Duration of treatment depends upon the patient's condition associated with other diseased condition, other medications, personal hygiene and socio economic status.

Advices:

- Pancha karpam - for bath

To Be Added:

Tender Vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vaazhaipinju (*Musa paradisiaca*)

To Be Avoided:

- Frequent intake of sour and hot taste foods.
- Solam (*Sorghum bicolor*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Vazhaikaai (*Musa paradisiaca*)
- Paharkaai (*Momordica charantia*)
- Mango (*Mangifera indica*)
- Sarkarai valli kizhangu (*Ipomoea batatas*)
- Seppan kizhangu (*Cocomus esculenta*)
- Vellari (*Cucumis sativus*)
- Kothavari (*Cyamopsis tetragonoloba*)
- Kollu (*Macrotyloma uniflorum*)
- Koiya (*Psidium guajava*)
- Kathiri (*Solanum melongena*)
- Vaankozhi kari (*Meleagris gallopavo*).

Others:

Complication of the Disease:

- Skin discolouration (Persists for weeks after treatment because the melanocytes require time to recover and properly pigment the skin).

Limitation in Siddha System and Condition for Referral:

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THOL VARATCHI (ICHTHYOSIS VULGARIS)

Definition:

- It is defined as autosomal dominantly inherited skin disorder, in which dead skin cells accumulate instead of falling of, causing thick, dry skin looks like fish scales.

Synonyms: -
Causes and influencing factors:

- Genetic mutation (Chromosome 1q21)

Premonitory Signs and Symptoms:

- Decreased moisture content of skin.

Common Signs and Symptoms:

- Decreased moisture content of skin causes white coloured lines.
- Itching will be present.
- After itching the areas will be rough.
- Skin will be dry.
- Skin fissures may tend to form.
- Dry scales.

Co-Morbid Condition:

- Asthma
- Eczematoid dermatitis
- Urticarial

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham and Kabam.

Siddha Pathogenesis:

- It is explained by increased Vathakutram in the skin causing dryness, thickening and scaling. Decreased Kabakutram causing dryness and scaliness of the skin. In this disease among the seven udalthathukal Saaram, Senneer, Oon, Kozhupu get impaired according to the variations of Mukkuttram.

Investigations:
Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vatham /Vathapitham
Sparisam	-	Warmth/ Dry/ Fishy scales
Naa	-	Dryness
Niram	-	Dark coloured
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Hard / darkened
Moothiram	-	

Neerkuri – Yellowish in colour / Tamarind odour

Neikuri – Oil may spreads in the form of ring/ pearl/ mixed pattern

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- Lipid profile
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Serum calcium
- Serum zinc

- Essential fatty acid
- Urine analysis
- USG – whole abdomen

Diagnosis:

Confirmation of Diagnosis

- By physical examination, inspection, symptoms like
 - Dry skin
 - Itching
 - White lines

Differential Diagnosis:

- Atopic xerosis
- Eczema craquele
- Refsum's disease

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Neer (Medicated Solution)
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment Application)
- Siddhar Yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Siddhathi ennai - 10-15 ml with milk/ lukewarm water/ Sombu thenneer/ rice cold water, at early morning in empty stomach

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Parangipattai chooranam - 1-2 gm with palm jaggery / milk, BD, after food
- Sangu parpam -100 -200 mg with milk/ ghee/ butter, BD, after food.
- Arugan thylam - Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Vathanaasa thylam – 15-30 ml with lukewarm water, at early morning in empty stomach
- Kazharchi thylam – 8-15 ml with lukewarm water, at early morning in empty stomach for 3-5 days
- Rasa thylam – 8-10 ml with lukewarm water, at early morning in empty stomach
- Meganatha ennai – 2.5-5 ml with lukewarm water, at early morning in empty stomach
- Meruguli thylam – 8-15 ml with lukewarm water, at early morning in empty stomach

Internal Medicines**Chooranam**

- Thiriphala chooranam - 1-3 gm with ghee/ honey/ lukewarm water, BD, after food.
- Amukkara chooranam - 1-3 gm with milk/ honey/ lukewarm water, BD, after food.
- Elathy Chooranam - 1-3 gm with honey/ milk/ lukewarm water, BD, after food.
- Thirikadugu chooranam - 1-3 gm with honey/ ghee/ lukewarm water, BD/TDS, after food.

Nei

- Thaneervitan nei -5-10 ml with warm water, after food.
- Senkottai nei - 10-15 drops with warm water, BD, after food.
- Brahmi nei -8-15 ml with warm milk, OD (morning), after food.
- Vallarai nei -5-10 ml with warm milk, BD, after food

Rasayanam

- Gandhaga rasayanam -1-3 gm with warm palm jaggery /ghee, BD, after food
- Parangi pattai rasayanam -3-6 gm with warm milk, BD, after food for 40 days.
- Thippili rasayanam -3-6 gm with thambira chendooram, BD, after food for 45 days.

Ilagam

- Maha vallathy ilagam - 3-5 gm with warm milk, BD, after food for 40 days
- Nellikaai ilagam - 5-10 gm, BD, after food.
- Karisalai ilagam - 3-6 gm with warm milk, BD, after food for 45 days.

Mezhugu:

- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food for 3-5 days.
- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD, after food for 40 days.
- Nanthi mai -200-500 mg with palm jaggery, after food for 12/25/45 days.
- Nava uppu mezhugu - 100-200 mg with palm jaggery, OD (morning), after food, for 3-5 days
- Idivallathy mezhugu - 250 -500 mg with palm jaggery for 40 days

Pathangam

- Parangi pattai pathangam -100-200mg with palm jaggery, BD, 40 days

Chendooram:

- Aya chendooram - 100 -200 mg with honey/ ghee/ Aalam pinju vithu powder/ Aarasampinju vithu powder, BD, after food
- Aya veera chendooram -50-100 mg with honey/ Palm jaggery, BD, after food
- Aya kandha chendooram -100-200 mg with honey/ ghee, BD, after food

Parpam:

- Nathai parpam -200-400 mg with ghee/ butter, BD, after food.
- Nandukkal parpam -200-400 mg with water/ tender coconut water/ raddish (*Raphanus sativus*)/ sirupeelai (*Aerva lanata*) kudineer/ neermuli (*Tribullus terrestris*) kudineer, BD, after food
- Silasathu parpam -200-400 mg with butter/ ghee, BD, after food.

Karpa Maruthuvam:

- Ponnangaani chooranam – 1-2 gm, BD for 48 days.

External Medicines:

Neer (Medicated Solution):

- Thiriphala kudineer – Quantity sufficient
- Veera neer – Quantity sufficient
- Vengaara neer – Quantity sufficient
- Padigaara neer – Quantity sufficient

Poochu (Liquid/ Oil Poultice):

- Karappan thylam – Quantity sufficient
- Gungiliya thylam – Quantity sufficient
- Pungan thylam – Quantity sufficient

Kalimbu (Ointment Application):

- Amirtha vennai – Quantity sufficient
- Vanga vennai – Quantity sufficient
- Mirutharsingi kalimbu - Quantity sufficient
- Gungiliya vennai – Quantity sufficient

Ennai muzhukku (Oleation):

- Arugan thylam – Quantity sufficient
- Thiripalai thylam– Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Dhanurasanam
- Patchimothasanam
- Padmasanam
- Sarvangasanam

Duration of the Disease:

- Depending upon the severity of the disease

Advices:

To Be Added:

- Avarai (*Dolichos lablab*)
- Aththi (*Ficus racemosa*)
- Vellari (*Cucumis sativus*)
- Murungai (*Moringa olifera*)
- Vaazhaithandu (*Musa paradisiaca*)
- Mullangi (*Rhaphanus sativus*)
- Venthayam (*Trigonella foenum graecum*)
- Pannai keera (*Celosia argentea*)
- Parattai keera (*Evolvulus emarginatus*)
- Mullangi keera (*Rhaphanus sativus*)
- Mudakaruthan keera (*Cardiospermum helicacabum*)
- Thuvaram paruppu (*Cajanus indicus*)
- Naripayaru (*Phaseolus trilobatus*)
- Milk
- Butter
- Buttermilk
- Fat and oil food products
- Meat

- Fish- sura puttu (*Rhizoprionodon acutus*)
- Egg
- Vitamin A & D supplements

To Be Avoided:

- Cold weather
- Solam (*Sorghum vulgare*)
- Kambu (*Pennisetum typhoides*)
- Varagu (*Paspalum scrobiculatum*)
- Verkadalai (*Arachis hypogaea*)
- Sour and astringent tastes
- Sea foods except small prawn and milk shark

Others:

Complication of the Diseases:

- Ulcers
- Secondary Infection

Limitation in Siddha System and Condition for Referral:

-

VENPADAI (VITILIGO)

Definition:

- De-pigmented macular lesion seen in skin of the face, lips or other parts of the body with no known cause.
- If the cause is known that is Leucoderma. Eg: Post traumatic, post burns

Synonyms:

- *Venpulli*
- *Venkuttam*
- *Suvetha kuttam*

Siddha etiology:

- Idiopathic
- Chronic irritation - Rubber, Leather, Clothes.
- Hormonal insufficiency (*Thoombattra surappi neer vigarppam*)
- Nutritional deficiency
- Defect in Melanin pigment synthesis
- Sexual transmitted disease – Secondary syphilis

Causes and Influencing Factors:

- Unknown cause
- Inherited
- Weakened immune system
- Influencing factors are sun burn, emotional stress, chemical irritants

Premonitory signs and symptoms:

- Patchy loss of skin colour.
- Premature whitening or graying of the hair on scalp, eyelashes, eyebrow and beard.

Common Signs and Symptoms:

- Circumscribed de-pigmented patches frequently seen in hand, wrist, knee and neck, around the mouth, nose, eye, nipple, umbilicus and anus.
- Burning sensation on exposure to sunlight.

Co-morbid Conditions:

- Depression
- Alopecia areata/ totalis
- Sun burn

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham/ Kabam

Siddha Pathogenesis:

- It may be explained by increased Vatham altered with Pitham /Kabam. Of the seven udalthathukal saaram, senneer, oon get affected.

Investigation:
Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham /Pithavatham
Sparisam	-	Coldness / roughness
Naa	-	Pallor
/coated		
Niram	-	Hypopigmented patches
Mozhi	-	Low pitched /normal

Vizhi	-	Normal/ pallor
Malam	-	Normal / constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of a ring/pearl.

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Skin biopsy
- Thyroid Function Test (TFT)
- Anti nuclear Antibody (ANA)
- Serum ferritin
- Serum copper level

Diagnosis:**Confirmation of Diagnosis:**

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Thermal* (small white patch)
- *Mutrudal veluppu* (Albinism)
- *Thozhunoi* (Hansen's disease)
- Lichen sclerosis

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Patru (Semi Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment)
 - Kaandhi suddigai
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu -100-130 mg with Sangan (*Azima tetracantha*) leaf juice, at early morning in empty stomach.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Parangipattai chooranam - 1- 2 gm with milk/ palm jaggery, BD, after food
- Annabedhi chendooram - 100-200 mg with honey/ghee, BD, after food.
- Pungan thylam- Quantity sufficient (For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Karudan kizhangu thylam -10-15 ml with lukewarm water/ milk, at

early morning in empty stomach.

Internal Medicines:

Chooranam:

- Kaarunseeraga chooranam – 1- 2 gm with milk, BD, after food
- Karisalai chooranam – 1- 2 gm with honey, TDS, after food
- Seenthil chooranam – 1- 2 gm with ghee, BD, after food-
- Sivanarvembu chooranam – 1- 2 gm with milk, BD, after food
- Thiriphala chooranam – 1- 2 gm with lukewarm water, BD, after food.
- Keezhanelli chooranam – 1- 2 gm with milk, BD, after food
- Karivepillai chooranam – 1-2 gm with honey, BD, after food

Nei:

- Ponnanganni nei – 5-10 ml with warm milk, BD, after food.
- Seenthil nei – 5-10 ml with warm milk, BD, after food
- Senkottai nei – 5-10 drops with warm milk, BD, after food.

Rasayanam:

- Gandhaga rasayanam – 1-3 gm with warm milk, BD, after food.
- Parangipattai rasayanam – 3-6 gm with warm milk, BD, after food for 40 days.

Ilagam:

- Karisalai ilagam – 5-10 gm with milk, BD, after food

Maathirai:

- Gandhaga maathirai (100 mg)-1-2 pills with milk, BD, after food
- Kushta kaja kesari (100 mg) - 1-2 pills with honey/palm jaggery, BD, after food.
- Thanga parpa urundai (100 mg)- 1-2 pills with honey/ palm jaggery, BD, after food for 6 months

Pathangam:

- Parangipattai pathangam – 100-200 mg with palm jaggery, BD, after food for 40 days.

Chendooram:

- Arumuga chendooram -100-200 mg with honey/ thirikaduga chooranam, BD, after food.
- Aya chendooram-100-200 mg with honey/ghee, BD, after food.
- Ayakantha chendooram-100-200 mg with honey/ghee/pancha deepakinai chooranam, BD, after food.
- Thamira chendooram -488 mg with thiriphala chooranam/ palm jaggery, BD, after food.
- Velli chendooram – 32-65 mg with naval pattai (*Syzygium cumini*) juice, BD, after food.
- Sivanar amirtham-100-200 mg with honey/ginger (*Zingiber officinalis*) juice/milk, BD, after food.

Parpam:

- Gandhaga parpam – 25-50 mg with ghee/butter, BD, after food.
- Thamira parpam – 50-100 mg with butter/ghee, BD, after food.
- Velvanga parpam – 65-130 mg with ghee, BD, after food.
- Naaga parpam – 100-200 mg with butter/ghee, BD, after food.
- Silasathu parpam – 200-400 mg with ghee/butter, BD, after food.
- Karuvanga parpam – 50- 100 mg with ghee/butter, BD after food.

External Medicines:**Patru (Semi-Solid Poultice):**

- The seeds of karbogarisi (*Psoralea corylifolia*) are ground with vinegar and the poultice is applied externally to treat vitiligo.
- The small pieces of mayil thuttam (Copper sulphate) are ground with the juice of kumattikkai (*Citrullus colocynthis*) to treat vitiligo.

Poochu (Liquid/ Oil Poultice):

- Thuvaraiver kuzhi thylam - Quantity sufficient
- Sivanarvembu kuzhi thylam - Quantity sufficient
- Karappan thylam - Quantity sufficient
- Poovarasam (*Thespesia populnea*) bark juice – Quantity sufficient

Kalimbu (Ointment application):

- Karboghi mezhugu - Quantity sufficient
- Karboghi nei - Quantity sufficient
- Senkontra park bark paste -Quantity sufficient

Suttigai (Cauterization):

- Kaandhi suttigai

Ennai muzhukku (Oleation):

- Karunseeraga thylam - Quantity sufficient
- Keezhanelli thylam - Quantity sufficient
- Maruthampattai thylam - Quantity sufficient
- Nellikaai thylam - Quantity sufficient
- Vettiver thylam - Quantity sufficient

Special Therapies:**Siddhar Yoga Maruthuvam**

- Sarvangasanam
- Pathahasthasanam
- Padmasanam
- Halasanam
- Suryanamskaram
- Chakkrasanam

Duration of Treatment

- Depending upon the severity of the disease condition

Advices:**To Be Added:**

- Drink adequate water
- Green vegetables
- Spinach (*Spinacia oleracea*)
- Carrot (*Daucas carota*)
- Watermelon (*Citrullus lanatus*)
- Coriander (*Coriander sativum*)
- Beetroot (*Beta vulgaris*)
- Soya beans (*Glycine max*)
- Walnuts (*Juglans regia*)
- Pumpkin (*Cucurbita pepo*)
- Apple (*Malus sylvestris*)
- Fig fruit (*Ficus racemosa*)
- Honey

- Banana flower (*Muca paradisiaca*)
- Pomegranate (*Punica granatum*)
- Black dates (*Phoenix dactylifera*)

To Be Avoided:

- Vitamin C rich foods
- Bitter gourd (*Momordica charantia*)
- Brinjal (*Solanum melongena*)
- Chicken (*Gallus gallus domesticus*)
- Papaya (*Carica papaya*)
- Tamarind (*Tamarindus indica*)
- Citrus fruits like Grapes (*Vitis vinifera*), Orange (*Citrus sinensis*), Lemon (*Citrus limon*)
- Raw tomato (*Solanum lycopersicum*)
- Raw garlic (*Allium sativum*)
- Raw onion (*Allium cepa*)
- Coffee (*Coffea arabica*)
- Sea foods
- Pickles
- Chocolate
- Packaged food
- Tinned foods or drinks
- Curd

Others:

Complication of the Disease:

- Skin cancer
- Iritis
- Uveitis
- Low self esteem
- Other autoimmune disorders
- Hypoacusis

Limitation in Siddha System and Condition for Referral:

- Albinism

Mana Noigal **(Psychiatric Diseases)**

KUDIVERI NOI (CHRONIC ALCOHOLISM)

Definition

- Kudiveri is a condition occurred due to consumption of alcoholic beverages including toddy and arrack for a longer period of time that leads to inability to do their regular activities with abnormal psychological changes.

Synonyms

- *Mathathiyam*
- *Mathakedu*
- *Matha azhivu*

Siddha etiology:

“சாரா யத்தைத் தானருந்தித் தலைமேல் விசமே யேறிடுகில்
சீரார் நடையும் கால்பின்னி சிறந்த முகமும் சீறியவர்
பாரார் கண்ணும் விழிமசகி பார்வை சிவந்து வாய்புலம்பி
ஆரா ரென்ன சொன்னாலும் அறிவு பிசகி யலறிடுமே”
- நந்தீசர் அகால மரண நூல்

- Excessive and prolonged intake of toddy, wine and alcohol causes signs and symptoms.

Causes and Influencing Factors:

- Excessive intake of alcoholic beverages
- Repeated distress

Premonitory signs and symptoms

- Tachycardia
- Flushed / pale skin
- Dryness of mouth
- Periorbital oedema
- Unsteady gait

Common Signs and Symptoms

- Stage – I (The early stage/ Pre-alcoholic phase)
 - Euphoria
 - Creative mind
 - Raised body temperature
 - Increased sexual desire
 - Increased appetite
- Stage – II (The middle stage/ Prodromal stage)
 - Aggressive behaviour
 - Disorientation
 - Induced sleep
 - Strong headache
- Stage – III (The late stage/ Crucial phase)
 - Sleeplessness
 - Anxiety
 - Loss of appetite
 - Blabbering / loose-lipped
 - Depression
- Stage – IV (The end stage/ Chronic phase)
 - Psychosis
 - Catatonia
 - Neurological defects

- Hypothermia
- Bradycardia
- Sometimes death may occur

Co-morbid Conditions

- Tremor
- Hypertension
- Polyneuritis
- Anemia
- Malabsorption syndrome
- Anxiety disorder
- Ascites

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Vatham

Siddha Pathogenesis

- It is explained by increased Pitham due to excessive liquor, which influences the Vatham and Kabam. In Vatham, Abanan, uthanan and viyanan gets affected. In seven udalthathukal Saaram, senner, oon, kozhuppu, enbu, moolai and sukkilam get affected.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Pitham/ Pithavatham Mudhal nilayil - Pitha kutram Irandam nilayil - Vatha kutram Moondram nilayil - Kaba kutram Naangam nilayil -
Mukku	-	Mukku
Sparisam	-	Warmth / excessive sweating
Naa	-	Pallor, dry, coated /fissured
Niram	-	Pallor
Mozhi	-	Slurred speech
Vizhi	-	Red / pallor /yellow
Malam	-	Yellow / pale / steatorrhoea Moothiram -
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of ring

Modern Medical Investigations

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- USG –Whole abdomen

In Tertiary care hospital:

- Gamma GT (Gamma-glutamyl transferase) test
- CDT (Carbohydrate –deficient transferrin) test

- Phosphatidyl Ethanol (PEth) -Direct Alcohol Biomarker Test.

Diagnosis

Confirmation of Diagnosis

- The disease confirmed by clinical symptoms and laboratory investigations

Differential Diagnosis

- *Nanju veri noi* (Opium poisoning, barbiturate poisoning, carbolic acid poisoning)
- *Kuruthi serukku noi*
- Brain trauma
- Encephalitis
- Cerebral malaria
- Healthy perpyrexia
- Social phobia
- Panic disorder
- Depression
- Anxiety disorder

Treatment

- Mudhal nilayil - Pitha kutram
- Irandam nilayil - Vatha kutram
- Moondram nilayil - Kaba kutram
- Naangam nilayil - Mukkutram

The above vitiated kutrams as to be neutralized

Line of Treatment

- Vamana maruthuvam (Therapeutic emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicines
 - Nasiyam (Nasal Liquid Application)
 - Nasigaparanam (Powder Nasal Application)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1 - Vamana maruthuvam (Therapeutic emesis):

- Vitiated Pitham to be neutralised by therapeutic emesis.
- Marukkarai chooranam- 100 - 500 mg with lukewarm water at early morning in empty stomach

Day 2 - Ennai muzhukku (Oleation)

- Keezhanelli Thylam - Quantity Sufficient (For Ext.use only)

Day 3 - Rest

Day 4 - First Line of Treatment:

- Kothamallividhai chooranam - 2-3 gm with butter milk, BD, after food.
- Milagaai kudineer- 20 – 30 ml, OD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine:

Chooranam:

- Thaalisaathi chooranam - 1-2 gm with honey, BD, after food.

- Elathy chooranam - 2- 3 gm with honey, BD, after food.
- Keezhanelli chooranam - 2 - 4 gm with butter milk, BD/TDS, after food.
- Inji chooranam - 1-2 gm with lukewarm water, BD, after food for 45 days.

Ilagam

- Venpoosani ilagam - 5-10 gm with warm milk, BD, after food.
- Karisalai ilagam - 5 -10 gm with warm milk, BD, after food.

Maathirai

- Santha santhirothayam - 1- 2 pills with honey, BD, after food.
- Maha vasantha kusumakaram -1-2 pills with palm jaggery, BD, after food.

Parpam

- Muthuchippi parpam - 200 - 400 mg with ghee/butter, BD, after food.

External Medicines:**Ennai muzhukku (Oleation):**

- Chitramutti thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Arakku thylam- Quantity sufficient
- Seeraga thylam- Quantity sufficient
- Santhanathi thylam- Quantity sufficient

Specific Treatments for Various Stages:**Stage - I**

- Naaval (*Syzygium cumini*) fruit juice, honey and ginger (*Zingiber officinalis*) juice is taken in equal quantity and 134 - 168 ml can be given, OD, before food.
- Take cumin (*Cuminum cyaminum*) seeds and boil it with equal amount of honey, lemon (*Citrus limon*) juice and 60 -100 ml can be given every hour after food.
- Powder of cumin seeds (*Cuminum cyaminum*), cardamom (*Elettaria cardamomum*), dried ginger (*Zingiber officinalis*) each 2 gm can be given along with sugarcane juice (*Saccharum officinarum*)
- Cold water bath

Stage - II

- Puliyaarai kudineer -30 - 60 ml, BD, before food.
- Chukku kudineer- 30 - 60 ml, BD, before food.

Stage -III

- Powder of dried ginger (*Zingiber officinalis*) and long pepper (*Piper longum*) can be given along with ginger juice.
- Soup of mutton bones along with lavangam (*Cinnamom verum*), ginger (*Zingiber officinalis*) and pepper (*Piper nigrum*).
- Oil bath with Chitramutti thylam/ Arakku thylam/ Chukku thylam.

Stage -IV**Nasiyam (Liquid Nasal Application):**

- Thumbai (*Leucas aspera*) juice - 1-2 drops in each nostrils

Nasigaparanam (Powder Nasal Application):

- The seeds of aamanakku (*Ricinus communis*) are powdered and inhaled.
- The root and seeds of thalaisuruli (*Aristolochia indica*) and milagu (*Piper nigrum*) are ground into powder and inhaled.
- The powder of milagu (*Piper nigrum*) is mixed with castor oil and inhaled

Special Therapies:

- Dhyanam (Meditation) must be continued with consistent practice.
- Pranayamam (Nadi shudhi)
- Mann kuliya (Mud bath) - Rejuvenating nervous system (Weekly once or twice)
- Warm up exercises.

Duration of Treatment

- Depending upon the severity of the disease condition

Advices

To Be Added

- A nutrient dense diet rich in vitamin B, organic protein, plenty of green leafy vegetables, low glycemic fruits and a variety of healthy, healing fats is the best diet for recovering alcoholic.
- Alcoholic specific nutrients and a diet with rich animal protein.
- Agathi leaf juice (*Sesbania grandiflora*)
- Vengaaya chaaru (*Allium cepa*)

To Be Avoided

- Wheat and processed grains
- Soya (*Glycine max*)
- Soda
- White Sugar
- Potato (*Solanum tuberosum*)
- Processed carbohydrates
- Peer pressure
- Isolation

Others

Complication of the Disease

- Alcoholic psychosis
- Cardiomyopathy
- Oesophagitis
- Liver failure
- Cirrhosis of liver
- Portal hypertension
- Pancreatitis
- Korsokoff's psychosis
- Tremors
- Hypertension
- Cerebrovascular accident (CVA)
- Wernicke's encephalopathy
- CA in GIT

Limitation in Siddha System and Condition for Referral

- Stage III and IV
- Pneumonia
- Portal hypertension
- Ascites

ULAPIRALVU (PSYCHIATRIC DISORDER)

Definition:

- Psychiatric syndrome is characterized by clinically significant disturbance in an individual's cognition, emotion regulation or behaviour that reflects a dysfunction in the psychological, biological or developmental processes underlying mental function.

Synonyms:

- Unmatham
- Biramai
- Mathathiyam
- Kirigai
- Suthigavatham
- Madhanoi

Siddha etiology:

In Yugi Vaidhya Chinthamani 800,

“மருவுமே புளிப்புறைப் புவர்ப்பு மிஞ்சல்
மனதிலே துக்கங்க ளடைதலாலும்
நெருவுமே நெருப்புவெயில் கோபந் தன்னில்
நித்திரைதா நில்லாமல் விழித்திருத்தல்
அருவுமே யக்கினியிற் பொசிக்கா துண்ட
லதிகமாய்ப் பெண்போக மனுப வித்தல்
நருவுமே நாபிக்கு மேலே நீன்று
ணாடியே கண்டமட்டா யிருக்கும் பாரே ”

In the text of Agathiyar Kirisa Nithana nool,

வாறான பெரியோர்கள் சாபத்தாலும்
வயந் றெரிந்து தந்தைதாய் சாபத்தாலும்
பேறான கற்புடையாள் சாபத்தாலும்
பேர் பெரிய மன்னர் பொருள் கவர்ந்த பாவம்
கூறான ஆலயங்கழித்த பாவம்
கொடிதான சிவ பொருளைக் கவர்ந்த பாவம்
ஆறான குளங்கி ணறு அழித்த பாவம்
அஞ்சாமல் மாதர் கெற்பமழித்த பாவம்
அளிவளக்கு சத்தியங்கள் செய்த பாவம்
அரளி முதல் நல்ல மரம் முறித்த பாவம்
வளி மறைத்த சாலை மரம் தறித்த பாவம்
வாய் மதத்தால் பெரியோரை பழித்த பாவம்
வழி பாவம் சிசுக்களையும் கொன்ற பாவம்
பஞ்சமாம் பாதகங்கள் செய்த பாவம்
தெளிவான குருசாபம் ஜென்மந் தோறும்
ஜெனித்த முதல் மரிக்கும் வரை பிடிக்கும் பாரே !

Causes and Influencing Factors:

- Inherited traits
- Environmental exposure before birth (eg: stressors, inflammatory conditions, toxins, alcohol or drugs) while in the womb.
- Impaired brain chemistry
- Stressful life situations, such as financial problems, a loved one's death or a divorce
- An ongoing (chronic) medical condition
- Brain damage as a result of a serious injury (traumatic brain injury), such as a violent blow to the head
- Traumatic experiences, such as military combat or assault
- Use of alcohol or recreational drugs

- A childhood history of abuse or neglect
- A previous mental illness

Premonitory signs and symptoms:

- Reduced mental function
- Excessive anger
- Mood swings
- Low pitched or high-pitched voice.
- Lethargy
- Blabbering and whispering always.
- Abnormal behaviour

Common signs and symptoms:

- Irritability or frustration, even over small matters
- Loss of interest or pleasure in normal activities
- Reduced sex drive
- Insomnia or excessive sleeping
- Changes in appetite - depression often causes decreased appetite and weight loss. In some people it causes increased cravings for food and weight gain
- Agitation or restlessness - for example, pacing, hand-wringing or an inability to sit still
- Feelings of fixating on past failures or blaming oneself when things aren't going right
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent thoughts of death, dying or suicide
- Crying spells for no apparent reason
- Unexplained physical problems, such as back pain or headaches

Depression:

- Depressed mood everyday
- Diminished pleasure/ interest in daily activities every day
- Significant change in weight
- Insomnia or hypersomnia every day
- Psychomotor agitation or retardation everyday
- Fatigue everyday
- Feeling of worthlessness and excessive guilt
- Decreased ability to concentrate
- Recurrent thoughts of death

Schizophrenia:

- Hallucination
- Delusion
- Disorganized thinking

Bipolar disorder:

- Sadness
- Anxiety
- Guilt
- Hopelessness
- Elevated/ irritable mood
- Racing thoughts
- Easily distracted

Co-Morbid Conditions:

- Substance abuse
- Personality disorder

Differential Diagnosis:

- Hysteria
- Psychosis
- Delirium

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Vatham
- Pitham

Siddha Pathogenesis:

- This can be explained by deranged Kabam influences Vatham affects naagan, koorman, viyanan. Among the seven udalthathukal Saaram to Moolai is affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Pithavatham/ Vathapitham
Sparisam	-	Cold / warmth
Naa	-	Coated tongue
Niram	-	Pallor
Mozhi	-	Low pitched / high pitched
Vizhi	-	Redness/ Pallor
Malam	-	Hard stools / loose stools
Moothiram		
Neerkuri	-	Dark coloured urine
Neikuri	-	Oil in the spread in the form of sieve/ ring/ mixed

Modern Medical Investigation:

- Complete Blood Count (CBC)
- Vitamin D
- Serum cortisol
- Electrophysiological tests
- Brain imaging test
- Neuro-endocrine test
- Genetic test
- Psychological testing (scale, score and interpretation of procedures)

Treatment:**Line of Treatment:**

- Vamana maruthuvam (Therapeutic Emesis)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Nasiyam (Liquid nasal application)
 - Kanmai (Medicated Eye Salve)
 - Vedhu (Steaming)
 - Kalikkam (Liquid Ophthalmic Application)
 - Pugai (Medicated Fumigation)
 - Thaarai (Head Flow) Treatment
 - Thappalam

- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Ennai muzhukku (Oleation)

- Seeraga thylam – Quantity sufficient (For Ext.use only)

Day 2- Rest

Day 3- First Line of Treatment:

- Amukkara chooranam -1-2 gm with ghee, BD, after food
- Santhana kudineer - 30-60 ml, BD, after food
- Brahmi nei -5-10 ml with milk, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic emesis)

- Kadugu kudineer – 15-30 ml, at early morning in empty stomach for a day
- Marukaarai kudineer – 30 - 60 ml, at early morning in empty stomach for a day

Nasiya Maruthuvam (Liquid Nasal Application):

- Musurumuttai ennai – 3-5 drops instil in each nostrils

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu – 100-130 mg with palm jaggery at early morning in empty stomach for a day
- Meganatha kuligai – 1-2 pills with lukewarm water at early morning in empty stomach for a day

Internal Medicines:

Saaru:

- Senkarumbu saaru – 15-20 ml, OD/BD, after food
- Elumichai palasaaru– 5-10 ml, OD/BD, after food

Kudineer:

- Pitha kudineer – 30-60 ml, BD, after food

Chooranam:

- Kaarpasam chooranam -1-2 gm with milk, BD, after food
- Thaalisathy chooranam-1-2 gm with honey, BD, after food
- Dhratchathy chooranam -1-2 gm with ghee, BD, after food
- Seeraga chooranam-1-2 gm with ghee, BD, after food
- Nilavaagai chooranam 1-2 gm with ghee, BD, after food
- Rajaamirthathi chooranam -1-2 gm with ghee, BD, after food
- Amukkara chooranam-1-2 gm with ghee, BD, after food
- Amirtha sanjeevi chooranam-1-2 gm with ghee, BD, after food
- Mandoora chooranam-1-2 gm with milk, BD, after food

Ilagam:

- Vilvathy ilagam-5-10 gm with milk, BD, after food
- Nellikaai ilagam-5-10 gm, BD, after food
- Naarathangai ilagam-5-10 gm with milk, BD, after food
- Vendhaiya ilagam –5-10 gm with milk, BD, after food

Nei:

- Seenthil nei -5-10 ml with milk, BD, after food
- Thaneervittan nei -5-10 ml with milk, BD, after food
- Vallarai nei -5-10 ml with milk, BD, after food

- Santhana nei -5-10 ml with milk, BD, after food
- Vallarai nei -5-10 ml with milk, BD, after food
- Ponnagaani nei - 5-10 ml with milk, BD, after food
- Kadukkai nei -5-10 ml with milk, BD, after food
- Vilva nei -5-10 ml with milk, BD, after food
- Kalyana nei -5-10 ml with milk, BD, after food

Chendooram:

- Ekkuchendooram -100-200 mg with honey, BD, after food
- Gaandha chendooram -100-200 mg with honey, BD, after food

Parpam:

- Peranda parpam-100-200 mg with butter, BD, after food
- Gandhaga parpam-100-200 mg with ghee, BD, after food
- Muthu parpam -100-200 mg with ghee, BD, after food
- Pavalam parpam -100-200 mg with ghee, BD, after food
- Muthucippi parpam -100-200 mg with ghee, BD, after food
- Maanikkam parpam -100-200 mg with ghee, BD, after food
- Velvanga parpam - 65-130 mg with ghee/ butter/ milk, BD, after food
- Silasathu parpam - 100-200 mg with milk/ ghee, BD, after food
- Gungiliya parpam -100-200 mg with butter/ ghee/ milk, BD, after food
- Abraga parpam - 100-130 mg with milk/ghee/ butter, BD, after food

External Medicines:

Kanmai (Medicated Eye Salve):

- Neeradi muthu with honey – Quantity sufficient
- Agathi kattai kari with honey – Quantity sufficient

Vedhu (Steaming):

- Bark of marutham (*Terminalia arjuna*) is crushed well and boiled in goat's urine and the vapour is inhaled
- Cow's urine is boiled and inhaled to neutralise the Pitham

Kalikkam (Liquid Ophthalmic Application):

- Equal quantity of Vengayam (*Allium cepa*) and chukku (*Zingiber officinalis*) are ground and the juice is applied over the eye lashes, followed by 100 water buckets bath
- Milagu (*Piper nigrum*), Poondum (*Allium sativum*), egg yolk and Vannathupoochi (*Papilio machaon*) are ground with milk and applied in eye lashes.

Pugai (Medicated Fumigation)

- Equal quantity of the leaves of Kuppaimeni (*Acalypha indica*), Kilikiluppai (*Crotalaria verrucosa*) and Thumbai (*Leucas aspera*) are dried and burnt. The fume from the sirattai (Coconut shell) is exposed to head, face and all over the body for inducing perspiration.

Ennai muzhukku (Oleation):

- Vilvathy thylam – Quantity sufficient
- Araikeerai vithai thylam – Quantity sufficient
- Lagu santhanathy thylam – Quantity sufficient
- Santhanathi thylam – Quantity sufficient
- Arugan ver thylam– Quantity sufficient
- Suththavallathy ennai– Quantity sufficient

- Sirukumari thylam – Quantity sufficient
- Seeraga thylam – Quantity sufficient
- Milagu thylam – Quantity sufficient
- Chukku thylam – Quantity sufficient
- Amirthakumari thylam – Quantity sufficient
- Asanaamirtha thylam – Quantity sufficient
- Arakku thylam – Quantity sufficient
- Keezhanelli thylam – Quantity sufficient
- Sambeera thylam – Quantity sufficient
- Maha megarajanga thylam – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Vipareethakarani mudra
- Naadi suthi - Pranayamam
- Pachimothasanam
- Matsyasanam
- Bhujangasanam
- Adhomuha savasanam
- Veerabhadrasanam
- Vajrasanam
- Simhasanam
- Yogamudra
- Dhanurasanam
- Savasanam
- Thiyanam

Varuma maruthuvam:

- Kondaikolli varmam
- Patchi nemam varmam
- Patchi varmam
- Thilartha varmam
- Adappa kaalam
- Saramudichu
- Suzhiaadi varmam

Thaarai (Head Flow) Treatment:

Oils used:-

- Arakku thylam - Quantity sufficient
- Santhanathi thylam – Quantity sufficient

Thappalam:

- Vallarai karkam – Quantity sufficient
- Musumusukkai karkam – Quantity sufficient

Duration of Treatment:

- Depending upon patient's condition and cooperation

Advices:

- Sufficient sleep
- Regular physical activities
- Maintain regular schedule
- Take oil bath regularly
- Maintain relationship

- Build self esteem
- Practice mindfulness
- Get into nature (Ecotherapy)

To Be Added:

- Ghee
- Greens
- Fruits
- Fresh vegetables
- Grains
- Legumes
- Nuts

To Be Avoided:

- Alcohol
- Opioid substance
- Smoking
- Stress inducing factor.
- Reduce vices
- Spicy and oil foods

Complication of the Disease:

- Family conflicts
- Relationship difficulties
- Social isolation
- Problems with tobacco, alcohol and other drugs
- Poverty and homelessness
- Self-harm and harm to others, including suicide or homicide
- Weakened immune system
- Heart disease and other medical conditions

Limitation in Siddha System and Condition for Referral:

- Delirium

THOOKKAMINMAI (INSOMNIA)

Definition:

- Insomnia or Sleeplessness is a disorder in which there is insufficient quantity or quality of sleep. It is the commonest complaint about sleep. The presence of a long sleep latency, frequent nocturnal awakenings or prolonged periods of wakefulness during the sleep period or even frequent transient arousals are taken as evidence of insomnia. Prevalence varies from 14-40%. Insomnia may be transient or chronic disorder. Approximately 40% of adults with insomnia also have a diagnosable psychiatric disorder.

Synonyms:

- *Nithiraiyinmai*

Causes and Influencing Factors:

- Environmental - Poor sleep hygiene, Change in time zone, Change in sleeping habits, Shift work.
- Physiological - Natural short sleeper, Pregnancy, Middle age
- Life stress - Bereavement, Exams, House moves etc.
- Psychiatric - Acute anxiety, Depression, Mania, Organic brain syndrome
- Physical - Pain, Cardiorespiratory distress, Arthritis, Nocturia, Gastrointestinal disorders, Thyrotoxicosis
- Pharmacological - Caffeine, Alcohol, Stimulants, Chronic hypnotic use

Premonitory signs and symptoms:

- Difficulty in falling asleep at night
- Waking up during at night
- Waking up too early

Common Signs and Symptoms

- Daytime tiredness or sleepiness
- Depression
- Anxiety
- Irritability
- Difficulty paying attention, focusing on tasks or remembering
- Increased errors or accidents
- Ongoing worries about sleep

Co-morbid Conditions:

- The most common comorbidities associated with insomnia are psychiatric disorders.
- Among these psychiatric disorders, depression and anxiety is the most common, and insomnia is a diagnostic symptom for depressive disorders.
- Hypertension

Primary *Kutram* Affected:

- Vatham

Secondary *Kutram* Affected:

- Pitham

Siddha Pathogenesis

Thookkaminmai is caused by altered Vatham associated with Pitham. In seven udalthathukal Saram, Senneer get affected.

Investigations:

Envagai thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Normal
Naa	-	Normal
Niram	-	Normal / pallor
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Normal/ constipation
Moothiram	-	
Neerkuri	-	Yellowish in colour, Tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/pearl

Modern Medical Investigations:

- Thyroid profile
- Mental Health Exam
- Sleep study test - Polysomnogram (PSG)
- Actigraphy- to monitor human rest/activity cycles
- A CPAP titration study
- Multiple Sleep Latency Testing (MSLT)/daytime nap study
- Sleep Diary

Diagnosis:**Confirmation of diagnosis:**

- The disease is confirmed by clinical symptoms and Laboratory investigations.

Diagnostic criteria:

- (1) Difficulty falling asleep, staying asleep or nonrestorative sleep
- (2) This difficulty is present despite adequate opportunity and circumstance to sleep
- (3) This impairment in sleep is associated with daytime impairment or distress
- (4) This sleep difficulty occurs at least 3 times per week and has been a problem for at least 1 month.

Differential Diagnosis:

- Depression
- Obstructive Sleep Apnea (OSA)
- Periodic Limb Movement Disorder
- Restless Legs Syndrome
- Sleeplessness and Circadian Rhythm Disorder

Treatment:**Line of treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Thaarai (Head flow) treatment
- Siddhar yoga maruthuvam
- Varmam maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated *Vatham* to be neutralized by administration of purgative medicines
- Agasthiyar kuzhambu-100 -200 mg with Ginger juice (*Zingiber officinalis*), OD, at early morning in empty stomach.

Day 2- Mudi nei (Oleation)

- Arakku thylam- Quantity sufficient (For Ext. Use only)

Day 3- Rest

Day 4- First Line of Treatment:

- Amukkara chooranam - 2 - 3 gm with milk, BD after food.
- Brahmi nei - 10-15 ml with warm milk, BD after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal medicines:

Chooranam:

- Elathy chooranam - 1-2 gm with honey, BD, after food
- Thalishathi chooranam - 1-2 gm with honey, BD, after food
- Vallarai chooranam - 1-2 gm with ghee, BD, after food
- Seeraga chooranam - 1-2 gm with water, BD, after food

Nei:

- Venpoosani nei - 5 - 10 ml with lukewarm water, BD, after food.
- Vallarai nei - 5 - 10 ml with lukewarm water, BD, after food.

Ilagam:

- Saathikkai ilagam - 5-10 gm with milk, BD, after food.
- Kasakasa ilagam - 5-10 gm with milk, BD, after food
- Amukkura ilagam - 5 - 10 gm with milk, BD, after food

Parpam:

- Peranda parpam - 50 -100 mg with Donkey milk along with ginger juice(*Zingiber officinalis*) and palm jaggery, BD, after food.
- Muthu parpam - 50- 100 mg with milk/ Niruvisha kudineer, BD, after food

External Medicines:

Mudi Nei (Oleation):

Oil bath may be advised twice a week with one of the medicated oil.

- Siropara nivarani thylam - Quantity sufficient
- Seeraga thylam- Quantity sufficient
- Kaiyan thylam - Quantity sufficient
- Kulir thamarai thylam - Quantity sufficient
- Keezhanelli thylam- Quantity sufficient

Special therapies:

Siddhar Yoga Maruthuvam

- Surya namaskaram
- Sarvangasanam
- Halasanam
- Dhanurasanam
- Bhujangasanam
- Ardha Matsyendrasanam
- Pattchimottasanam
- Shavasanam
- Trikonasanam
- Pranayamam
- Kapalabhati
- Anulom Vilom
- Bhramari

- Dhyanam (Meditation)

Varmam Maruthuvam

- Kondaikolli
- Patchi ner Varmam
- Thilartha kaalam
- Vettrilai kaalam
- Kuttri kaalam
- Adappa kaalam
- Saramudichu

Thaarai (Head Flow) Treatment:

Patients suffering from depression, memory loss and insomnia can be advised to take this treatment.

Oils used:-

- Seeraga thylam - Quantity sufficient
- Arakku thylam - Quantity sufficient
- Kulirthamarai thylam - Quantity sufficient
- Santhanathi thylam -Quantity sufficient

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

- Try to go to sleep at the same time each night and getup at the same time each morning.
- Try not at take naps during the day.
- Avoid coffee, cigarettes smoke ,and alcohol late in the day
- Regular physical activities
- Maintain regular schedule
- Take oil bath regularly
- Do yoga regularly
- Make bedroom comfortable
- Avoid watching TV and using Mobile 1 hour before sleep

To Be Added:

- Ghee
- Greens
- Fruits
- Fresh vegetables
- Grains
- Legumes
- Nuts
- Drink buffalo milk

To Be Avoided:

- Alcohol
- Opioid substance
- Smoking
- Stress inducing factor.
- Reduce vices
- Spicy and oil foods

Complication of the Disease:

- Depression

- Anxiety disorder
- Hypertension
- Cardiovascular disease
- Low performance in the job or at school
- Slow reaction time while driving and at higher risk of accidents
- Loss of Libido

Limitation in Siddha System and Condition for Referral:

-

Putru Noigal **(Oncology)**

ALKUL PUTRU (CANCER OF THE VULVA)

Definition:

Malignant tumours of the vulva are grouped as follows

1. Preinvasive lesions – Vulval Intraepithelial cancer VIN I, II, III
2. Invasive lesions:-
 - Squamous cell carcinoma-90%
 - Melanoma-3.5%
 - Adenocarcinoma- 1%
 - Sarcoma-2%
 - Rodent ulcer or basal cell carcinoma-1%

The vulva can also occasionally be the site of metastatic cancer. Cancer of the vulva and the cervix may coexist in case it is caused by Papilloma virus. Most of these malignant lesions are multifocal and 15% are seen in younger women below 40 years, 50% of patients were aged above 70 years of age.

Causes and Influencing Factors

- Vulval intraepithelial neoplasm
- Human papilloma virus (HPV)
- Lichen sclerosus et atrophicus (LSA)
- Herpes simplex virus II (HSV)
- Hereditary
- Sexually transmitted infections like HIV
- Smoking
- Systemic lupus erythematosus (SLE)

Premontory signs and symptoms:

Many early lesions may remain asymptomatic for a long period and VIN I is not visible macroscopically

- Vulval swelling/lump/an ulcer
- Surrounded skin may be fissured or cracked
- Pruritus
- Leucoplakia
- Condyloma
- Vulval dystrophy

Common Signs and Symptoms:

- Pruritus
- Soreness
- Dysuria
- Dyspareunia
- Dysuria and difficulty in micturition
- Rectal bleeding/painful defecation
- Inguinal lymph nodes may or may not be palpable
- Ulcerative lesion bleeds and cause offensive vulval discharge.

Co-morbid Conditions:

- Condyloma
- Carcinoma cervix
- Breast cancer

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Kabam
- Pitham

Siddha Pathogenesis:

- It is explained by deranged Vatham and Kabam. All the seven udalthathukal gets affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	—	Vathakabam / Kabavatham
Sparisam	-	Warmth/ swelling/lump/ulcer
Naa	-	Pallor
Niram	-	Pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Constipated/ with rectal bleeding
Moothiram	-	
Neerkuri	-	Dark yellowish in colour
Neikuri	-	Oil may spreads in the form of pearl/ ring/ sieve/ mixed pattern

Modern Medical Investigations

- Vaginal and pap smear
- Punch or excision biopsy
- Routine cytological screening or pap smear – HSIL , HPV Testing (Scheme III Bethedsa (1988))
- X-Ray chest and bones
- CT scan for lymph nodes
- Proctoscopy/ anoscopy- if perianal region is involved
- Colposcopic examination and selective biopsies
- DNA Study
- Ag NOR staining- Molecular tumour marker

Confirmation of Diagnosis:

Based on the signs and symptoms and laboratory investigations

Differential Diagnosis:

- Tubercular/syphilitic ulcer
- Elephantiasis vulva

Treatment:**Line of Treatment:**

- Internal medicine
 - Neer (Medicated Solution)
 - Poochu (Liquid/Oil Poultice)
 - Kalimbu (Oinment)
- Dietary advice

First Line of Treatment:

- Parangipattai chooranam - 1-2 gm, BD, after food
- Nandhi mezhugu - 100 – 200 mg with palm jaggery, BD, after food for 12/25/42 days
- Thiriphala kudineer – Quantity sufficient (External wash)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 100-130 mg with powder of Chukku (*Zingiber officinalis*) and milagu (*Piper nigrum*), OD, at early morning in empty stomach.
- Koushigar kuzhambu - 100-130 mg with lukewarm water, OD, at early morning in empty stomach
- Meganatha kuligai (100 mg) 1 – 2 pills with lukewarm water, OD, at early morning in empty stomach

Internal Medicines:**Kudineer**

- Nilavembu kudineer- 30-60 ml, BD, before food
- Mandoorathy Kudineer- 30- 60 ml, BD, before food

Chooranam

- Thiriphala chooranam – 2 - 3 gm with lukewarm water, BD, after food

Rasayanam

- Gandhaga rasayanam - 1-3 gm with warm milk, BD, after food
- Parangipattai rasayanam 3-6 gm with warm milk, BD, after food for 40 days

Ilagam:

- Thetrunkottai ilagam - 5-10 gm with warm milk, BD, after food
- Nellikaai ilagam - 5-10 gm, BD, after food
- Karisalai ilagam -5-10 gm with warm milk, BD, after food
- Mahavallathy ilagam - 3-6 gm with warm milk, BD, after food

Maathirai

- Gandhaga maathirai (100 mg) - 1 – 2 pills with milk, BD after food

Mezhugu

- Rasagandhi mezhugu- 250 -500 mg with palm jaggery, BD, after food for 40 days
- Vaan mezhugu- 65-100 mg with palm jaggery, BD, after food for 3-5 days
- Gandhaga mezhugu- 200-500 mg with milk, BD, after food

Chendooram

- Abraga chenduram- 100-200 mg with honey,BD, after food
- Gowri chinthamani- 100-200 mg with Thirikadugu chooranam with honey,BD, after food
- Arumuga chenduram- 100-200 mg with honey/ Thirikadugu chooranam,BD, after food
- Sivanaramirtham-100 – 200 mg with honey/ ginger juice (*Zingiber officinalis*),BD, after food
- Ayakandha chendhooram- 100 – 200 mg with honey,BD, after food
- Linga chenduram- 50-100 mg with honey, BD, after food
- Kalameganarayana chendooram - 30-130 mg with nilavaagai saaru (*Cassia alexandrina*), BD, after food for 45 days
- Poorana chandhirodaya chendooram – 65-100 mg with honey, BD, after food
- Chandamaarutha chendooram-50-100 mg with honey/ginger juice (*Zingiber officinalis*)/ palm jaggery/ thirikadugu chooranam/ Amkkura chooranam, BD, after food for 5days.

- Thamirakattu chendooram -15-25 mg with honey, BD, after food

Parpam

- Palagarai Parpam- 65 – 130 mg with milk, BD, after food
- Muthuchippi parpam- 200 – 400 mg with ghee/ butter, BD, after food
- Pavala parpam- 100 – 200 mg with honey/ ghee/ butter/milk, BD, after food
- Rasa parpam- 65 mg with honey, BD, after food

Karpam:

- Ayabringaraja karpam- 100-200 mg with honey/ ghee/ lime juice (*Citrus limon*)/ curd, BD, for 40 days
- Bhavana kadukkai- 1-2 tabs, as chewable, BD, before/after food
- Thiriphala maathirai- 1-2 tabs with lukewarm water, BD/TDS, after food

External Medicines:

Neer (Medicated Solution):

- Wash the affected area with any of the following medicated water and apply suitable external medicines
 - Padigaara neer
 - Vengaara neer
 - Veera neer

Poochu (Liquid/ Oil Poultice)

- Pungan thylam- Quantity sufficient
- Arugan thylam- Quantity sufficient
- Karappan thylam- Quantity sufficient
- Gungiliya thylam- Quantity sufficient

Kalimbu (Ointment Application)

- Amirtha vennai- Quantity sufficient
- Vanga vennai- Quantity sufficient
- Gungiliya vennai- Quantity sufficient
- Mirudharsingi kalimbu- Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam

- Dhiyanam
- Pranayamam

Duration of Treatment

- Depending upon the severity of the disease condition.
- Only conservative management.

Advices:

To Be Added:

- Fresh greeny vegetables
- All types of fruits except citrus fruits
- Nuts and pulses
- Millets

To Be Avoided

- Kathiri (*Solanum melongena*)
- Paagal (*Momordica charantia*)
- Poosani (*Cucurbita pepo*)
- White sugar
- Oil and spicy foods
- Excess intake of starch food

Complication of the Disease:

Complication of the disease arises due to metastasis.

Limitation in Siddha System and Condition for Referral:

Only conservative management

MARBU PUTRU (BREAST CANCER)**Definition:**

- *Marpaga putru*, a malignant condition occurs in females especially affects the lactating and post-menopausal women. Normally, the hard lump seen on one side of the breast occasionally on both sides.

Synonyms:

- *Marbaga silanthi*
- *Sthana vipuruthi*

Causes and Influencing Factors:

- Age
- Family history
- Genetic mutations – BRCA 1 and BRCA 2
- Previous H/O Hodgkin's disease, breast cancer or lump
- Dense breast tissue
- Hormonal treatment (exposure to estrogen, hormone replacement therapy, contraceptive pills)
- Lifestyle factors - being overweight, obese, alcohol consumption, radiation

Premonitory signs and symptoms:

- Heaviness in the breast
- Pain/ tenderness in the breast
- Low grade fever
- Discharge from the nipple

Common Signs and Symptoms:

- Painless lump in the breast
- Retraction of the nipple
- Bleeding or unusual discharge from the nipple
- Fatigue
- Skin changes like peau d'orange (dimpling of skin), erythema and ulceration.
- Lymph node enlargement

Co-morbid conditions:

- Immunosuppression

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham/ Kabam

Siddha Pathogenesis

- It is explained by imbalance of Vatham and Kabam. In seven udalthathukal Saaram, senneer, oon and kozhuppu get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi - Kabavatham

Sparisam - Hard lump/ tenderness/ skin changes like peau d' orange/ erythema and ulceration in breast

Naa - Normal/ pallor/ glossy/ dryness

Niram - Normal/ pallor/ redness

Mozhi - Low pitched

Vizhi - Normal/ pallor

Malam - Normal / loose stools

Moothiram -

Neerkuri - Yellowish in colour, tamarind odour/ cloudy/ dark in colour (in later stage)

Neikuri - Oil may spreads in the form of pearl/ snake/ ring/ mixed

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- USG - Breast

In Tertiary care hospital:

- Mammogram
- MRI
- Biopsy
- PET scan
- Fluorescence in situ hybridisation (FISH test)
- HER2 receptor testing in combination with FISH
- Hormone receptor testing

Diagnosis:

Confirmation of Diagnosis:

- Based on the sign, symptoms and laboratory investigations

Differential Diagnosis:

- *Nan maravaikattikal* (Benign tumors)
- Fibroadenoma
- Lipoma
- Papilloma
- Breast abscess
- Mastitis

Treatment:

Line of treatment:

- Internal medicine
- External medicine
 - Patru (Semi-solid Poultice)
 - Pugai (Medicated fumigation)
- Siddhar yoga maruthuvam
- Dietary advice

First Line of Treatment:

- Amukkara chooranam – 1-2 tabs, with honey/ milk/ water, BD after food
- Nellikaai ilagam – 5-10 gm, BD, after food
- Rasagandhi mezhugu– 250 -500 mg with palm jaggery, BD after food for 40 days.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Agathiyar kuzhambu – 100-130 mg with lukewarm water, OD, at early morning in empty stomach for a day.
- Merugulli thylam - 8-15 ml with lukewarm water , OD, at early morning in empty stomach

Internal Medicine:

Chooranam:

- Parangipattai chooranam –1-2 gm with palm jaggery and milk, TDS, after food

Nei:

- Senkottai nei - 10 - 15 drops with warm milk, BD, after food

Rasayanam:

- Parangi rasayanam - 3-6 gm with warm milk, BD, after food for 40 days.

Ilagam:

- Mahavallathy ilagam- 5-10 gm, BD, after food for 40 days

Maathirai:

- Chithiramoola kuligai (100 mg) - 1-2 pills with honey, BD, after food
- Maha vasantha kusumakara maathirai (100 mg) – 1-2 pills with padigaara powder, BD, after food.

Mezhugu:

- Idivallathy mezhugu – 130-250 mg with palm jaggery, BD, after food for 40 days
- Nandhi mezhugu - 130-250 mg, with palm jaggery, BD, after food for 12/25/45 days
- Panchasootha mezhugu - 100 - 200 mg with pepper powder, BD, after food.
- Mahaveera mezhugu - 65-130 mg with palm jaggery, BD, after food.

Chendooram:

- Chandamarutha chendooram- 25 - 100 mg with honey, BD, after food.
- Thamirakattu chendooram -15-25 mg with honey, BD, after food

Parpam:

- Sirungi parpam – 200-400 mg with butter/ ghee, BD, after food

External Medicines:

Patru (Semi Solid

Poultice):

- Agathiyar kuzhambu – local application with water

Pugai (Medicated fumigation):

- Koushigar kuzhambu – Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Artha machendrasanam
- Veerasanam
- Sethu bandhasanam
- Anjaneyasanam
- Veerabhadrasanam
- Savasanam

Duration of Treatment:

- Depending upon the severity of the disease conditions

Advices:

To Be Added:

- Garlic (*Allium sativum*)
- Wheat grass (*Thinopyrum intermedium*)
- Broccoli (*Brassica oleracea var.italica*)

- Green tea (*Camellia sinensis*)
- Soya bean (*Glycine max*)
- Grapes (*Vitis vinifera*)
- Peanut (*Arachis hypogaea*)
- Cashew nuts (*Anacardium occidentale*)
- Strawberry (*Fragaria ananassa*)
- Sunflower (*Helianthus annuus*)
- Avocado (*Persea americana*)
- Carrot (*Daucus carota subsp.sativus*)
- Orange (*Citrus sinensis*)
- Lemon (*Citrus limon*)
- Papaya (*Carica papaya*)
- Bitter guard (*Momordica charantia*)
- Tomato (*Solanum lycopersicum*)
- Pepper (*Piper nigrum*)
- Leafy vegetables
- Nuts and nut butters
- Low fat dairy products such as milk, yogurt and cheese
- Milk
- Egg
- Cod liver oil
- Fish
- Foods rich in fiber, such as whole grains, beans, legumes
- Soy bean based products

To Be Avoided:

- Red meat
- Pork (*Sus scrofa*)
- Food that contain high amount of saturated fat
- Fast foods
- Coffee
- Alcoholic beverage consumption
- Pickle
- Smoked foods
- Refined sugars
- Micro wave popcorn
- Hydrogenated oils
- Meat cooked at high temperature
- Alcohol consumption
- Tobacco

Others:

Complication of the Disease:

- Metastatic tumours
- Lymphedema
- Skeletal complication like Osteopenia, Osteoporosis
- Metastatic epidural Spinal cord compression (SCC)

Limitation in Siddha System and Condition for Referral:

- Only integrated management

Aruvai Sikichaikuriya Noigal **(Surgical Diseases)**

KATTI (ABSCCESS)**Definition**

- The term *Katti* (abscess) is applied to any painful and inflamed swelling.
- Katti is a localized collection of matter under the skin in a cavity formed by the disintegration of tissues.

Synonym: -**Siddha etiology:**

- Excessive intake of Vatha induced foods like tubers, spicy foods and Pitham inducing foods.
- Controlling 14 types of physiological reflexes
- Excessive sexual desire

Causes and Influencing Factors:

- Bacterial infection (Staphylococcal species)
- Rarely by virus, fungi and parasites
- Influencing factors are weakened immune system in HIV, Chemotherapy, Diabetes mellitus, and Hidradenitis suppurativa.
- Severe trauma and burns
- Peripheral vascular disorders

Premonitory signs and symptoms

- Localised swelling with hard, warmth and discoloration

Common Signs and Symptoms:

- Swelling
- Throbbing pain
- Tenderness
- Formication
- Fever
- Redness
- Insomnia
- Loss of appetite

Co-Morbid Condition:

- Bacteremia
- Septicemia
- Pyaemia
- Antibiotoma

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected

- Pitham

Siddha Pathogenesis

- It is explained by increased Vatham / Pitham/ Kabam/ Mukkutram. In seven udalthathukal, saaram and senneer get affected. In some condition, oon and kozhuppu also get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Kabapitham / Vathapitham
Sparisam	-	Dryness, warmth, tenderness
Naa	-	Normal
Niram	-	Erythema / pale

Mozhi	-	Normal
Vizhi	-	Normal/ pallor
Malam	-	Normal
Moothiram	-	
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of snake.

Modern Medical Investigations

- Complete Blood Count (CBC)
- Blood sugar

In Tertiary care hospital:

- Blood culture
- Pus culture and sensitivity/ Abscess culture and gram staining

Diagnosis

Confirmation of diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis

- *Kozhupu katti* (Lipoma)
- Aneurysm
- Soft tissue tumor
- Swelling
- Haematoma

Treatment:

Line of Treatment

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Kattu (Compress or Bandage)
 - Patru (Semi-Solid Poultice)
 - Poochu (Liquid/ Oil Poultice)
 - Otradam(Fomentation)
 - Keeral (Incision and drainage)
 - Attaivalal (Leech therapy)
- Dietary advice

Day 1 – Kazhichal maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Kazharchi thylam - 8 - 15ml with lukewarm water, at early morning in empty stomach.

Day 2 – Rest

Day 3 – First Line of Treatment:

- Gandhaga rasayanam – 1-3 gm with ghee/ palm jaggery, BD, after food
- Vellai mezhugu – Quantity sufficient (for Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Saranai kalli thylam- 10 - 40 drops with nisi neer / sombu theneer, at early morning in empty stomach.
- Merugulli thylam- 8-15 ml with lukewarm water, at early morning in empty stomach.
- Vellai ennai -15 – 30 ml with lukewarm water, at early morning in empty stomach for 1 or 3 days.

Internal Medicines

- Vallarai chooranam - 1-2 gm with milk, BD, after food
- Gandhaga sudar thylam -1- 4 drops with palm jaggery, BD, after food for 10 days.
- Gandhaga mezhugu - 200 - 500 mg with milk, BD, after food.
- Parangipattai rasayanam - 3-6 gm with milk, BD, after food for 40 days.

External Medicines:

Kattu (Compress or Bandage):

- Poduthalai (*Phyllanthus nodiflora*) leaves are ground with clarified butter and applied on abscess.
- Root of pirandai (*Cissus quadrangularis*) is crushed and applied on hard abscess

Patru (Semi-Solid Poulitice):

- Aali seed utkali (*Linum usitatissimum*)
- Thuththi leaves (*Abutilon indicum*)
- Vida moongil (*Crinum asiaticum*)
- Boiled anthimalli leaves (*Mirabilis jalapa*) with vinegar
- Steamed thuththi leaves (*Abutilon indicum*) mixed with turmeric powder

Poochu (Liquid/ Oil Poulitice):

- Castor oil with turmeric powder (*Curcuma longa*)

Ottradam

(Fomentation):

- Any one of the leaves like Amanakku ilai (*Ricinus communis*), Umathai ilai (*Datura metal*), Seenthil ilai (*Tinospora cordifolia*), Thuththi ilai (*Abutilon indicum*) and Anthimalli ilai (*Mirabilis jallapa*) heated with castor oil and give fomentation on abscess site.
- Lukewarm water fomentation.

Keeral (Incision and drainage):

- A long sharp copper probe is used to incise and drain the pus or blood from an abscess.

Attai vidal (Leech therapy)

- Medicated leech is placed on specific place on specific time over the affected area.

Special Therapies – N/A

Siddhar Yoga Maruthuvam:

- Pranayamam

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices:

To Be Added

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Sundai (*Solanum torvum*)
- Mullangi (*Rhaphanus sativus*)
- Sambal poosani (*Benincasa hispida*)

Fruits:

- Madhulai (*Punica granatum*)
- Sevvalai (*Musa acuminata*)
- Koiya (*Psidium guajava*)
- Perrechcham pazham (*Phoenix dactylifera*)

Greens:

- Siru keera (*Amaranthus giganteus*)
- Pasalai keera (*Portulaca quadrifida*)
- Thalika keera (*Ipomoea sepiaria*)
- Keera thandu (*Amaranthus gangeticus*)

Dairy products:

- Butter milk

Add sufficiently in diet

- Ginger (*Zingiber officinalis*)
- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)
- Garlic (*Allium sativum*)

To Be Avoided

- Fried foods
- White flour (*Litsea glutinosa*)
- Sugar
- Refrigerated foods, all refined and processed foods
- Allergic foods
- Alcoholic beverages
- Condiments (pickles), sauces

Others

Complication of the Disease

- Gas gangrene
- Osteomyelitis
- Septicemia

Limitation in Siddha System and Condition for Referral

- Secondary infections
- Septicemia

KAZHALAI (BENIGN/ MALIGNANT TUMOR)

Definition:

- An abnormal benign or malignant new growth of tissues that possess no physiological functions and arise from uncontrolled usually rapid cellular proliferation.

Types:

- *Nan kazhalai (Benign)*
- *Van kazhalai (Malignant)*

Synonym:

- *Maravai kattigal*

Causes and Influencing Factors

- Exposure to radiation
- Gene mutations
- Carcinogens
- Stress
- Smoking
- Viruses- HPVs, EBV, HBV & HCV, HIV, HHV-8, HTLV-1, MCV.
- Chronic Inflammation/ Infection

Premonitory signs and symptoms

- Fatigue
- Fever or night sweats
- Weight gain or weight loss
- Lymphadenopathy

Common Signs and Symptoms

• **Benign Tumor**

Depending on the location possible symptoms of the benign tumor include:

- Chills
- Discomfort or pain
- Loss of appetite
- Swelling/ lump

• **Malignant Tumor**

Depending on the location possible symptoms of the malignant tumor include:

- Unexpected weight loss
- Indigestion or difficulty in swallowing
- Persistent cough or voice changes
- Pain
- Skin changes:
 - i. changes in the warts or mole
 - ii. Pruritis/ erythema/ hyperpigmentation
 - iii. Excessive hair growth
- Tissue mass
- Unusual vaginal bleeding or discharge
- Changes in bowel or bladder functions

Co-morbid Condition

- Malignant ulcer

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Kabam and Vatham

Siddha Pathogenesis:

- It is explained by deranged Pitham with Vatham / Kabam. All the seven udalthathukal get affected.

Investigations:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Pithavatham (Benign tumor) Kabavatham/ Kabapitham (Malignant tumor)
Sparisam	-	Cold/ warmth/ tenderness
Naa	-	Normal/ affected
Niram	-	Pallor
Mozhi	-	Normal/ low pitched
Vizhi	-	Pallor
Malam	-	Normal/ blood stained stools
Moothiram-		
Neerkuri	-	Yellowish in colour
Neikuri	-	Oil may spreads in the form of pearl /snake

Modern Medical Investigations

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- USG
- X-ray

In Tertiary care hospital:

- CT scan
- MRI scan
- Mammogram
- Tumour markers
- FNAC
- Endoscopy
- Colonoscopy

Diagnosis**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Kalimbu (Ointment)
 - Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiating Vatham to be neutralized by administration of purgative medicines
- Kazharchi thylam- 8 – 15ml, OD, at early morning in empty stomach for 3-5 days.

Day 2- Ennai muzhukku (Oleation)

- Arakku thylam- Quantity sufficient (For Ext.use only)

Day 3- Rest**Day 4- First Line of Treatment:**

- Amukkara chooranam- 1-2 gm with lukewarm water / warm milk, BD, after food
- Senkottai nei- 8 – 10 drops with warm milk, BD, after food
- Chitramoola thylam - Quantity sufficient(For Ext.use only)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu - 100-130 mg with Milagu kudineer (*Piper nigrum*), OD, at early morning in empty stomach.
- Koushigar kuzhambu - 100-200 mg with milk, OD, at early morning in empty stomach.
- Vellai ennai - 15 - 30 ml, OD, at early morning in empty stomach for 1-3 days.
- Merugulli ennai - 15 - 30 ml, OD, at early morning in empty stomach for 1-3 days.

Internal Medicine**Chooranam**

- Seenthil chooranam- 1-2 gm with lukewarm water / warm milk, BD, after food.
- Thaalisathi chooranam-1-2 gm with lukewarm water / warm milk, BD, after food.
- Panchadeepakini chooranam-1-2 gm with lukewarm water / warm milk, BD, after food.
- Elathy chooranam- 1-2 gm with lukewarm water / warm milk, BD, after food.

Manapagu

- Madhulai manapagu- 5-10 ml with water, BD, after food.

Ilagam

- Senkottai Ilagam – 3-5 gm with warm milk, BD, after food.

Ennai

- Rasa thylam- 15-30 ml, OD for 1-3 days. (Avoid salt and sour taste in diet)

Maathirai

- Chithiramoola kuligai – 65 mg with palm jaggery, BD after food.

Mezhugu

- Rasagandhi mezhugu -250 -500 mg with palm jaggery, BD after food.
- Nandhi mezhugu- 130-250 mg with palm jaggery, BD after food.
- Idivallathy mezhugu- 250 -500 mg with palm jaggery, BD after food for 40 days.
- Kumatti mezhugu- 200-500 mg with palm jaggery, OD, after food for 3 to 5 days.
- Nava uppu mezhugu - 100-200 mg with palm jaggery, OD (morning), after food, for 3-5 days.

Pathangam

- Putru pathangam- 25 – 50 mg with palm jaggery, OD, after food.

Chendooram

- Pancha pasana chendooram - 17-20 mg with honey, BD, after food.
- Annabedhi chendooram - 100-200 mg with honey, BD, after food.
- Kalamega narayana chendooram - 30-130 mg with honey, BD, after food.

Karpam

- Ayabringaraja karpam- 100-200 mg with honey/ ghee/ lime juice (*Citrus limon*),

BD, after food for 40 days.

External Medicine:

Kalimbu (Ointment application):

- Vellai mezhugu - Quantity sufficient
- Gungiliya vennai - Quantity sufficient
- Amirtha vennai - Quantity sufficient
- Vanga vennai - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam

- Pranayamam
- Vibaritha karani
- Sarvangasanam
- Suryanamaskaram
- Ukatasanam
- Savasanam

Duration of Treatment:

Depends upon the severity of the disease condition

Advices

- Aerobic exercise like walking, jogging.

To Be Added

- Garlic (*Allium sativum*)
- Wheat grass (*Thinopyrum intermedium*)
- Broccoli (*Brassica oleracea var.italica*)
- Green tea (*Camellia sinensis*)
- Soya bean (*Glycine max*)
- Grapes (*Vitis vinifera*)
- Peanut (*Arachis hypogaea*)
- Cashew nuts (*Anacardium occidentale*)
- Strawberry (*Fragaria ananassa*)
- Sunflower (*Helianthus annuus*)
- Avocado (*Persea americana*)
- Carrot (*Daucus carota subsp.sativus*)
- Orange (*Citrus sinensis*)
- Lemon (*Citrus limon*)
- Papaya (*Carica papaya*)
- Bitter guard (*Momordica charantia*)
- Tomato (*Solanum lycopersicum*)
- Pepper (*Piper nigrum*)
- Leafy vegetables
- Nuts and nut butters
- Low fat dairy products such as milk, yogurt and cheese
- Milk
- Egg
- Cod liver oil
- Fish
- Foods rich in fiber, such as whole grains, beans, legumes
- Soy bean based products

To Be Avoided:

- Red meat
- Pork (*Sus scrofa*)
- Food that contain high amount of saturated fat
- Fast foods
- Coffee
- Alcoholic beverage consumption
- Pickle
- Smoked foods
- Refined sugars
- Micro wave popcorn
- Hydrogenated oils
- Meat cooked at high temperature
- Alcohol consumption
- Tobacco

Complication of the Disease

- Cachexia
- Hypercalcaemia
- Coagulation defect

Limitation in Siddha System and Condition for Referral

- Metastasis or terminal stage may be referred.

POWTHIRAM (FISTULA IN ANO)

Definition:

- Anal fistula is a chronic abnormal communication between the epithelialised surface of the anal canal, usually the perianal skin.

Synonyms:

- *Paganthiram*
- *Aasanaroodi*.

Siddha etiology:

- Prolonged sitting and sitting in hard surfaces
- Horse riding and elephant riding
- Excessive intake of Vatham inducing foods
- Untreated haemorrhoids, leucorrhoea and venereal diseases
- Excessive intake of hot and spicy foods
- Inadequate sleep
- Increased *Pitham* in body, constipation and burning micturition along with infection causes painful perianal abscess. The untreated perianal abscess causes *Powthiram*.

Causes and Influencing Factors:

- Generally, it is caused by acute infection in the internal glands of the anus. Occasionally, bacteria, fecal material or foreign matter can clog an anal gland and tunnel into the tissue around the anus or rectum, where it may then collect in a cavity called an abscess.
- Crohn's disease
- Diverticulitis
- Hidradenitis suppurativa
- Infections with tuberculosis/ HIV
- Post surgical complication
- Trauma to the rectal region

Premonitory signs and symptoms:

- Skin irritation around the anus (including swelling, redness, tenderness)
- Throbbing pain worsen when sitting
- Recurrent perianal abscess
- Rectal bleeding with mucous and pus

Common Signs and Symptoms:

- Fecal matter or flatulence may excrete through the external opening
- Erythematous, subcutaneous mass near the anus
- Discharge of pus or blood from an opening around the anus
- Chronic constipation
- Bowel incontinence
- Fever / chills

Co-morbid Conditions:

- *Aasana vedippu* (Fissure in ano)
- *Moolam* (Hemorrhoids)

Primary Kutram Affected:

- Pitham

Secondary Kutram Affected:

- Vatham

Siddha Pathogenesis:

- It is explained by Pitham that influences Vatham, affects abanan, Viyanan and samanana. In seven udalthathukal saaram, senneer, oonkozhuppu gets affected

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Swelling/ tenderness/ warmth
Naa	-	Coated
Niram	-	Normal
Mozhi	-	Low pitched
Vizhi	-	Normal
Malam	-	Constipation Moothiram
Neerkuri	-	Yellowish in colour.
Neikkuri	-	Oil may spreads in the form of a snake/ring.

Modern Medical Investigations

- Complete Blood Count (CBC)
- Protoscopy
- X - ray chest (To rule out TB)

In Tertiary care hospital:

- MRI Fistulogram
- CT scan
- Sigmoidoscopy
- Colonoscopy

Diagnosis**Confirmation of Diagnosis**

- Based on the signs, symptoms, ano-rectal examination and laboratory investigations

Differential Diagnosis

- *Moolam* (Hemorrhoids)
- Rectal cancer

Treatment:**Line of Treatment:**

- Vamana maruthuvam
- Internal medicine
- External medicine
 - Kattu (Compress or Bandage)
 - Patru (Semisolid Poultice)
 - Otradam (Fomentation)
 - Poochu (Liquid/Oil poultice)
 - Pugai (Medicated fumigation)
 - Seelai (Plaster Application)
 - Varthi (Medicated wick)
- Karanool therapy
- Ennai muzhukku (Oleation)
- Dietary advice

First Line of Treatment:

- Rasagandhi mezhugu – 250 -500 mg with palm jaggery, BD, after food for 40

days.

- Nathai parpam - 200-400 mg with ghee/ butter, BD, after food.
- Meni thylam - 5-10 ml with warm milk, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Vamana Maruthuvam (Therapeutic Emesis):

- Sanjeevi maathirai (100 mg) - 1- 2 pills with leaf juice of ilai kalli (*Euphorbia ligularia*), OD, at the early morning in empty stomach
- Marukaarai chooranam - 250-500 mg with lukewarm water, OD, at early morning in empty stomach.

Internal Medicines:

Chooranam:

- Parangipattai chooranam - 1-2 gm, with milk, BD, after food
- Nilavagai chooranam -1-2 gm with lukewarm water, BD, after food.

Ilagam:

- Karunai ilagam - 6-12 gm with Nathai parpam/ Naga parpam, BD, after food
- Nathai ilagam - 5-10gm with milk, BD, after food.

Ennai:

- Moolakudara thylam -8-16 ml with lukewarm water, OD, at early morning in empty stomach

Mezhugu:

- Vaan mezhugu - 65-100 mg with palm jaggery, BD, after food for 3-5 days.
- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food for 12/25/45 days.

Pathangam:

- Parangipattai pathangam -100-200 mg with palm jaggery, BD, after food for 40 days
- Rasa pathangam -16-32 mg with milk, BD, after food.

Chendooram:

- Chanda marutha chendooram- 50-100 mg with thrikadugu chooranam/ palm jaggery/ honey/ ginger juice (*Zingiber officinalis*), BD, after food for 5days.
- Linga chendooram -50-100 mg with 5-10 drops of anda thylam, BD, after food

Parpam:

- Naaga parpam -100-200 mg with butter/ ghee/ karunai ilagam/ thetran ilagam, BD, after food.
- Gaandha parpam -25-50 mg with ghee/ butter/ akkamani izhaitha theli neer (*Elaeocarpus sphaericus*), BD, after food.

In Tertiary care hospital:

- Sandarasa parpam - 65 mg with palm jaggery, BD, after food.
- Jeyarasa parpam - 32-65 mg with honey/ ghee, BD, after food.
- Thanga parpam - 65 mg with honey/ ghee/ butter/milk, BD, after food.
- Velli parpam - 65-130 mg with butter/ thippili chooranam, BD, after food.

External Medicines:**Kattu (Compress or Bandage):**

- The mature seeds of Nervalam (*Croton tiglium*) are crushed and ground with lime juice (*Citrus limon*) and applied as a compress.

Patru (Semi-Solid Poultice):

- Equal quantity of the leaf juice of thirugukalli (*Euphorbia tirucalli*), Rasam (mercury), gandhagam (sulphur), perungayam (*Ferula asafoetida*), naabi (*Aconitum ferox*) and dried juice of kariabolam (*Aloe vera*) are ground well and the poultice is applied.

Otradum (Fomentation):

- The root bark of kodiveli (*Plumbago zeylanica*) is soaked in sesame oil, fried and tied in a cloth and fomentation is given

Poochu (Liquid/ Oil Poultice):

- Mathan thylam - Quantity sufficient

Pugai (Medicated Fumigation):

- Application of medicated fumes to different parts of the body. In Siddha aspect mercurial preparation are used for fumigation in case of hemorrhoids, fistula in ano, ulcer.

Seelai (Plaster Application):

- Lingam (Cinnabar) - 5.12 gm, Thurusu (Cupric acetate) – 10.24 gm, Mirutharsingi (Litharge) – 2.6 gm, Gungiliyam (*Shorea robusta*)- 124.8 gm are powdered and added with Rasam (Mercury) – 41.6 gm and heated with sesame oil for 3 hours and filtered for 7 times and then stored. It is applied on the clean cotton cloth and applied on the affected areas.

Varthi (Medicated Wick):

- Gungiliyam (*Shorea robusta*) – 41.6 gm is ground with Kaadi (Toddy) and powders of Rasa chendooram (Mercury sulphate), purified forms of Kavikkal (Red ochre), Vellai padanam (white arsenic), Manosilai (Arsenic disulphide) and Thurusu (Cupric acetate) are added and rolled in a cloth wick (Kaarithiri). It is inserted into fistula.

Ennai muzhukku (Oleation):

- Arakku thylam – Quantity sufficient
- Seeraga thylam – Quantity sufficient
- Santhanathy thylam – Quantity sufficient

Special Therapies:**Karanool Therapy:**

- Karanool therapy is a surgical procedure with medicated thread, which is coated with several herbal medicines that performs different action like curetting the tract gradually, keeping the tract clean and in wound healing process

Duration of Treatment:

- According to the condition of disease, size and length of the tract, discharge from the tract such as pus and other materials plays major role in the duration of treatment.
- Age, underlying medical condition such as Diabetes mellitus, malnutrition and obesity also the delaying factors in fistula.

Advices:

- Intake Plenty of water
- Regular oil bath twice a day
- Fiber content diet

- Do exercise regularly
- Need proper stooling pattern

To Be Added:

Rice/ Kanji:

- Kaar (Kullakar rice - Red rice)
- Karuvai (Black rice)
- Javvarisi (Tapioca pearls - *Manihot esculenta crantz*)

Vegetables:

- Aththi (*Ficus racemosa*)
- Kovai (*Coccinia grandis*)
- Vendai (*Hibiscus esculentus*)
- Vaazhai poo (*Musa paradisiaca*)
- Murungai (*Moringa oleifera*)
- Vellari (*Cucumis sativus*)
- Pudalai (*Tricosanthes cucumerina*)
- Sunadi (*Solanum torvum*)

Greens:

- Pasalai (*Portulaca quadrifida*)
- Venthayam (*Trigonellum foenum-graecum*)
- Murungai (*Moringa oleifera*)

Tubers:

- Karunaikizhangu (*Amorphophallus paeoniifolius*)
- Senai Kizhangu (*Colocasia esculenta*)

Fruits:

- Vazhai (*Musa paradisiaca*)
- Drygrapes (*Vitis vinifera*)

Dairy products:

- Cow's milk
- Ghee

To be avoided

- Prolong sitting posture
- Spicy food
- Hot and sour taste in diet.
- Tubers (except karunai kizhangu- *Amorphophallus paeoniifolius*)
- Cheese, unripe fruits

Others:

Complication of the disease:

- Anal stenosis
- Recurrent fistula
- Bowel incontinence

Limitation in Siddha System and Condition for Referral:

- Multiple fistulous tracts
- Testicular fistulous tract
- Vaginal fistula
- Any other chronic systemic illness
- Contagious disease like HIV, Venereal disease and Tuberculosis

VIRANAM (WOUND/ ULCER)**Definition:**

- Wound is defined as a break in the continuity of any bodily tissue due to an external action by surgical or medical treatment, infections caused by organisms such as staphylococci etc.

Synonym:

- *Pun*

Siddha etiology:

- Untreated abscess may burst and cause ulcer
- Injuries
- Burns
- Poisonous bites

Causes and Influencing Factors:

- Trauma/ injury
- Post operative infections
- Insect bite
- Diabetes mellitus
- Varicose vein

Premonitory signs and symptoms

- Bleeding / oozing of blood.
- Pain, swelling, induration in the affected area.
- Fever
- Erythema

Common Signs and Symptoms:

- Green, purulent or malodorous drainage
- Unable to use or move the affected area.
- Pus discharge with foul smell (in infected wounds only)
- Malaise

Co-Morbid Condition:

- Immune system deficiency
- Secondary infection
- Anemia (In severe blood loss)

Primary Kutram Affected

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis:

- This can be explained by deranged Vatham influences Pitham affects udanan. Among the seven udalthathukal, saaram to kozhuppu get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Vathapitham / Pithavatham
Sparisam	-	Warmth/ tenderness
Naa	-	Pallor
Niram	-	Erythematous skin lesions
Mozhi	-	Normal/ low pitched

Vizhi	-	Normal/ pallor conjunctiva
Malam	-	Normal
Moothiram	-	Normal
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of ring/ snake

Modern Medical Investigations

- Complete Blood Count (CBC)
- ESR
- Blood sugar (Fasting and post prandial)
- Serum albumin/ globulin
- Urine analysis

In tertiary care hospital:

- Bacteriological examination of the discharge
- Biopsy
- X-ray of the bone and joint
- Radioactive fibrinogen test

Diagnosis**Confirmation of Diagnosis**

- Based on the signs and symptoms and laboratory investigations.

Differential Diagnosis:

- Traumatic ulcer
- Diabetic ulcer
- Varicose or venous ulcer
- TB ulcer
- Syphilitic ulcer
- Lepramatous ulcer
- Ischaemic or arterial ulcer
- Neuropathic ulcer
- Meleney's ulcer
- Epithelioma
- Marjolin's ulcer

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Pugai (Fumigation)
 - Neer (Medicated Solution)
 - Kalimbu (Ointment)
 - Poochu (Liquid/ Oil Poultice)
 - Kaaram (Chemical Cauterization)
 - Attai vidal (Leech therapy)
- Siddhar yoga maruthuvam
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines
- Meganatha kuligai (100 mg) - 1-2 pills with lukewarm water, OD, at early morning in empty stomach

Day 2- Rest

Day 3- First Line of Treatment:

- Parangipattai chooranam -1-2 gm with warm milk, BD, after food.
- Gandhi mezhugu - 200 - 500 mg with milk, BD, after food.
- Palagarai parpam - 200 - 400 mg with ghee/ warm milk, BD, after food.
- Padigaara neer - Quantity sufficient (External wash)
- Mathan thylam - Quantity sufficient (External use for cleaning and dressing)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 100-130 mg with lukewarm water, OD, at early morning in empty stomach.

Internal Medicines**Chooranam**

- Seenthil chooranam – 1-2 gm with warm milk, BD, after food.
- Elathy chooranam – 1-2 gm with warm milk, BD, after food.
- Thiriphala chooranam-1-2 gm with honey, BD, after food.
- Amukkara chooranam - 1-2 gm with lukewarm water, BD, after food.
- Vallarai chooranam - 1-2 gm with lukewarm water, BD, after food.
- Nilavaagai chooranam- 1-2 gm with lukewarm water/ ghee, BD, after food.

Rasayanam

- Parangipattai rasayanam- 3-6 gm, BD, after food for 40 days.
- Gandhaga rasayanam- 1-3 gm with palm jaggery /ghee, BD, after food.

Ilagam

- Thetran kottai ilagam – 5-10 gm with warm milk, BD, after food.
- Mahavallathy ilagam – 5-10 gm with warm milk, BD, after food.

Ennai

- Gandhaga sudar thylam -1- 4 drops with palm jaggery, BD, after food.

Mezhugu

- Nandhi mezhugu - 130-250 mg with palm jaggery, BD, after food, for 12,25,45 days.
- Idivallathy mezhugu - 250 -500 mg with palm jaggery, BD, after food.
- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food.

Karuppu

- Sivanar amirtham - 100-200 mg with honey, BD, after food.

Chendooram:

- Kalameganarayana chendooram - 30-130 mg with nilavaagai saaru (*Cassia alexandrina*), BD, after food for 45 days

Parpam

- Sangu parpam - 100- 200 mg with ghee/ milk, BD, after food.

External Medicine**To remove dead tissues from the Ulcer:**

- Alkaline medicine in Kabam type of ulcer (Naayuruvi uppu)
- Ointment in Pitham types of ulcer
- Greasy medicine in Vatham type of ulcer.

Pugai (Medicated fumigation)**Fumigation for offensive ulcer**

- Gandhagam

- Devadaru (*Cedrus deodara*)
- Agil (*Aquilaria agallocha*)

Fumigation for infectious ulcer

- Kandankathiri (*Solanum surrattense*)
- Pei pudal (*Bauhinia acuminata*)
- Peipeerku
- Dried neem leaves (*Azadirachta indica*)

Neer (Medicated Solution):

Vatham type of Ulcer:

- Decoction of latex producing trees like Aal (*Ficus benghalensis*), Aththi (*Ficus racemosa*), Ithi (*Ficus microcarpa*)

Pitham type of Ulcer:

- Decoction with sweet and bitter taste like Adhimadhuram (*Glycyrrhiza glabra*), Nilavembu (*Andrographis paniculata*), Vembu (*Azadirachta indica*), Peipudal (*Bauhinia acuminata*)

Kabam type of Ulcer:

- Decoction with spicy and astringent tastes like Thirikadugu, Thiriphala.

Kabam and Pitham types Ulcer:

- Veera neer – Quantity sufficient

Pitham and Vatham types of Ulcer:

- Kulirnth neer (cold water) - Quantity sufficient

Pitham and Kabam types of Ulcer:

- Padigara neer - Quantity sufficient

Kalimbu (Ointment application):

Kabam type of Ulcer:

- Dressing with astringent decoction, honey
- Vengara pacchai

Pitham type of Ulcer:

- Medicated ghee
- Veera vennai

Vatham type of Ulcer:

- Sesame oil
- Coconut oil
- Veera vennai

Poochu (Liquid/ Oil Poultice)

- Pungan thylam - Quantity sufficient

Kalimbu (Ointment Application)

- Megarana kalimbu - Quantity sufficient
- Gungiliya vennai - Quantity sufficient
- Amirtha vennai - Quantity sufficient
- Vanga vennai - Quantity sufficient

Kaaram (Chemical Cauterization)

- Pachai eruvai - Quantity sufficient

Attai vidal (Leech Therapy):

- Medicated leech is placed on specific place on specific time over the affected area.

Special Therapies

Siddhar Yoga Maruthuvam

- Pranayamam
- Pachimothasanam
- Savanasam
- Halasanam
- Ukkattasanam
- Vipareetha karani
- Sarvangasanam
- Vajirasanam

Duration of Treatment:

- Duration of treatment depends upon the patient's condition including
 - Type of the ulcer or wound
 - Associated with other diseased condition
 - Associated with other medications
 - Personal hygiene

Advices:

- Follow Iyamam / Niyamam
- Do Pranayamam and suriyavanakam regularly
- Trim the nails
- Take bath with Panja karpam / green gram powder/ nalangumaa
- Take bath with warm water
- Wear clean, dry, cotton cloths
- Wash dresses with disinfectant solution and dry in direct sunlight

To Be Added:

- Vitamin D foods like egg yolks, cheese, beef liver (*Bos taurus*), dairy products, soy milk, cereals.
- Vitamin C foods like orange (*Citrus aurentium*), grapes (*Vitis vinifera*), lemon (*Citrus limon*).

Tender Vegetables:

- Avarai (*Lablab purpureus*)
- Aththi (*Ficus racemosa*)
- Murungai (*Moringa oleifera*)
- Vellai mullangi (*Raphanus sativus*)
- Carrot (*Daucus carota*)
- Beetroot (*Beta vulgaris*)

Greens:

- Mudakaruthan (*Cardiospermum halicacabum*)
- Pannai keera (*Celosia argentea*)
- Parattai keera (*Heteranthera ipomoea-reniformis*)
- Mullangi keera (*Raphanus sativus*)

Dairy Products:

- Cow's buttermilk

Non-Vegetarian Diets:

- Karunkozhi (*Kadaknath / kalimasi*)
- Ayirai meen (*Loach*)

To Be Avoided

- Tobacco and alcoholic beverage
- Smoking and prolonged standing
- Frequent intake of sour and hot tastes.

- Foods like
 - Solam (*Sorghum vulgare*)
 - Kambu (*Pennisetum typhoides*)
 - Varagu (*Paspalum scrobiculatum*)
 - Vazhaikaai (*Musa paradisiaca*)
 - Pakarkkai (*Momordica charantia*)
 - Brinjal (*Solanum melogena*)
 - Mango (*Mangifera indica*)
 - Sarkaraivalli kizhangu (*Ipomoea batatus*)
 - Seppan kizhangu (*Colacasia esculanta*)
 - Kothavarai (*Cyamposis tetragonoloba*)
 - Kollu (*Macrotyloma uniflorum*)
 - Koiya (*Psidium guajava*)
 - Vilangu meen (*Muraena angnilla*)
 - Kelitru meen (*Silurus vittales*)
 - Semmari aadu (*Ovis aries*)
 - Egg

Others

Complication of the Disease

- Lock Jaw
- Necrosis
- Gas gangrene
- Cellulitis

Limitation in Siddha System and Condition for Referral

- Gas gangrene
- Cellulitis

***Pal, Kaathu, Mooku,
Thondai Noigal***
**(Dentistry and
Otorhinolaryngology
Diseases)**

LASUNATHABITHAM (TONSILLITIS)

Definition:

- *Lasunathabitham* is the inflammation of tonsils, causing fever, pain, tenderness and swelling of the tonsils.

Synonym:

- *Annaakkuthooru thabitham*
- *Unnaakku azharchi*

Siddha etiology:

“மீறியே தித்திப்புப் புளிப்புத் தானும்
மிகத் தின்னுங் கிழங்கு வகையருந்தினாலும்
சாறியே சயித்தியமாங் குளிர்ந்த பண்டந்
தண்ணீர்தான் பழையதுகள் ருந்தலாலும்
சீறியே.....

.....
சேத்துமத்தின் மகிமை தானே”

- யுகி வைத்திய சிந்தாமணி 800

Causes and Influencing Factors:

- Viral infection (Rhinovirus, influenza virus, etc.)
- Bacterial infection (Group A Streptococcus, Staphylococcus, Pneumococcus bacteria)
- Influencing factors - artificially coloured sweets, sour fruits, banana, and preservatives added to certain drinks, cold food items.
- Environmental factors - exposure to excessive cold weather, damp climate or change of weather, crowded areas (schools, parks etc.)

Premonitory signs and symptoms:

- Sore throat
- Dysphagia

Common Signs and Symptom:

- Inflammation of the tonsils
- Pain
- Cough with expectoration
- Dryness of the throat
- Fever and chills
- Halitosis
- Otagia
- Headache
- Cervical node enlargement with tenderness
- Difficulty in breathing
- Laryngitis

Co-morbid Conditions:

- Sinusitis (*Peenisam*)
- Pharyngitis
- Epiglottitis

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Pitham/ Vatham

Siddha Pathogenesis

- It is explained by deranged Kabam that influences Vatham, mainly affects uthanan

and samanana. In seven udalthathukal Saaram and oon get affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	- Kabapitham/ Pitham
Sparisam	- Warmth /sweating
	Local examination of throat: Swelling/ tenderness
Naa	- Redness/ dryness/ coated / fissured
Niram	- Pallor
Mozhi	- Hoarseness of voice
Vizhi	- Mild redness/ normal
Malam	- Normal/ constipation
Moothiram	-
Neerkuri	- Yellowish/ dark in colour
Neikuri	- Oil may spreads in the form of pearl / snake /ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte Sedimentation Rate (ESR)
- Absolute eosinophil count (AEC)

In Tertiary care hospital:

- Throat swab culture

Diagnosis:

Confirmation of Diagnosis:

- The disease confirmed by clinical symptoms and laboratory investigations.

Differential Diagnosis:

- Infectious mononucleosis
- Epiglottitis
- Adenoids
- Peritonsillar abscess
- Retropharyngeal abscess
- Gonococcal pharyngitis
- Diphtheria
- Tonsilloliths

Treatment:

Line of treatment

- Ennai muzhukku(Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
 - Vedhu(Steaming)
 - Pugai (Medicated fumigation)
- Siddhar Yoga maruthuvam
- Dietary advice

First Line of Treatment:

- Adathodai kudineer - 30 - 60 ml, BD, before food
- Arathai chooranam - 1-2 gm with honey, BD, after food
- Poondu thaen - Quantity sufficient (local application)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine:

Kudineer:

- Kabasura kudineer - 30 - 60 ml, BD, before food

Chooranam:

- Thaalisaathi chooranam - 1 - 2 gm with honey, BD, after food.
- Thirikadugu chooranam - 1 - 2 gm with honey, BD, after food.
- Impooral chooranam - 1-2 gm with milk, TDS, after food
- Mayiliragathy chooranam - 1-2 gm with honey, BD, after food
- Amukkara chooranam - 1-2 gm with honey/ milk/ lukewarm water, BD, after food
- Karpoorathy chooranam - 1 - 2 gm with honey, BD, after food
- Athimathura podi - 1 - 2 gm with honey, BD, after food.
- Akkarakara podi - 1 - 2 gm with honey, BD, after food.

Vadagam:

- Thaalisaathi vadagam (500 mg) - 1-2 tabs, as chewable, BD/TDS, after food.

Manapagu:

- Adathodai manapagu - 10-15 ml with lukewarm water, BD, after food.

Nei:

- Adathodai nei - 2- 4 ml with dried ginger (*Zingiber officinalis*) decoction, BD, after food.
- Thoothuvelai nei - 2-4 ml with lukewarm water, BD, after food for 45days.

Rasayanam:

- Thippili rasayanam - 3 - 6 gm with thambira chendooram, BD, after food for 45 days.

Ilagam:

- Kandankathiri ilagam - 5-10 gm with warm milk, BD, after food
- Karisalai ilagam - 3-6 gm, with warm milk, BD, after food for 45 days.

Maathirai:

- Brahmanantha bhiravam (100 mg) - 1-2 pills with honey and ginger (*Zingiber officinalis*) juice, BD, after food.
- Vasantha kusumakara maathirai (100 mg) -1-2 pills with honey/ginger (*Zingiber officinalis*) juice, BD, after food.
- Bala sanjeevi (100 mg) - 1-2 pills with honey, BD, after food.
- Pachaikarpoora maathirai (100 mg) -1-2 pills with ginger juice (*Zingiber officinalis*) and honey, OD morning after food
- Korosanai maathirai (100 mg) -1-2 pills with honey, BD, after food for 3 – 6 days.

Chendhooram:

- Gowri chinthamani - 65-130 mg with thirikadugu chooranam and honey, BD after food for 40 days.

Karuppu:

- Kasthuri karuppu - 50 -100 mg with honey/ ginger (*Zingiber*

- officinalis*) juice, BD after food
- Sivanar amirtham - 200-400 mg with honey/ ginger (*Zingiber officinalis*) juice, BD, after food
- Thalaga karuppu - 20-50 mg with honey, BD, after food

Parpam:

- Muthuchippi parpam -200 - 400 mg with ghee/ butter, BD, after food
- Palagarai parpam -50-100 mg with ghee / butter / milk, BD, after food
- Pavala parpam - 100 -200 mg with ghee/ butter/ water/ milk, BD, after food.
- Muthu parpam - 50-100 mg with ghee, BD, after food.

Other Drugs:

- Thoothuvalayathi urundai (1 tab, OD, with honey, after food)
- Vengaara madhu (local/ tropical application)

External Medicines:

Poochu (Liquid/ Oil

Poultice):

- Karpoorathy thylam – Quantity sufficient

Vedhu (Steaming):

- Notchi leaves vedhu (*Vitex negundo*)
- Erukku leaves vedhu (*Calotropis gigantea*)

Pugai (Medicated fumigation):

- Leaves used for fumigation are thumbai (*Lecus aspera*), thulasi (*Ocimum sanctum*)
- Pachaikarpuram and Karpuram (*Cinnamomum camphora*).

Ennai muzhukku (Oleation):

- Ulunthu thylam - Quantity sufficient
- Notchi thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam
- Dhanurasanam
- Pachimothasanam
- Halasanam
- Sarvangasanam
- Sirasasanam
- Nindrapadasanam
- Padmasanam
- Savasanam

Duration of Treatment:

Depending upon the severity of the disease condition

Advices:

To Be Added:

Greens:

- Manathakkali (*Solanum nigrum*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)

- Kalyana murungai (*Erythrina variegata*)
- Musumusukkai (*Mukia maderaspatana*)

Add sufficiently in diet

- Garlic (*Allium sativum*)
- Onion(*Allium cepa*)
- Ginger (*Zingiber officinalis*)
- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)

Non vegetarian Diet:

- Crab (*Brachyura*)
- Ayirai meen (*Cobitis taenia*)
- Velladu (*Capra aegagrus hircus*)

To Be Avoided:

- Fried foods
- Refrigerated foods, all refined & processed foods
- Allergic foods.
- Milk products
- Cool drinks, ice creams, chocolates, sweets
- Citrus fruits like lemon (*Citrus limon*), Orange (*Citrus sinensis*).
- Chill weather, polluted area and dust
- Smoking

Others:

Complication of the Disease:

- Acute pharyngotonsillitis
- Peritonsillar infection
- Recurrent or chronic pharyngotonsillitis
- Chronic airway obstruction
- Sleep apnea

Limitation in Siddha System and Condition for Referral:

- Chronic airway obstruction

NEER PEENISAM (ALLERGIC RHINITIS)**Definition:**

- It is an inflammatory condition of the nasal cavities caused by allergy, exposure to fumes, pollen grains and dust. Peenisam is characterized by redness of the nasal mucous membrane, sneezing, mild conjunctivitis with lacrimation, watery nasal discharge, headache, frequent discharge of mucous, pus and blood.

Synonym:

- *Neerkovai*
- *Mookadaippu*
- *Mookkuneerpaaithal*

Siddha etiology:

“பீனிசந்தான் வரலாறு சொல்லக் கேண்மின்
பேதமுடன் கனலேழும்பி வாயுவஞ் சேர்ந்து
ஊனுருகி மண்டையிலே தொகுக்கப்பட்டு
உறுதியுடன் வாயுவாங்கே உறுத்திப்பின்னும்
ஈனமுன்னோடும் நீர் சீழ்ரத்தம்
தேனருவி வந்தது போல் செங்கல் சிறாயுஞ்
சேர்ந்து விழும் பீனிசத்தின் செய்கையாமே”

-பதினென் சித்தர் நாடி சாஸ்திரம் (குருநாடி 27)

- Drinking of very cold water, exposure to cold air and atmosphere, inhalation of air, polluted with smoke or dust, smelling things which include sneezing, taking bath in cold water when the body is heat, eating cold foods, drinking contaminated water, suppression of vomiting and tears, excessive talk and speaking loudly, excessive sleep or sleeplessness, venereal disease, lying in uneven bed, excessive sexual indulgence. In yoga, body heat transmitted from *moolatharam* to head will cause *Peenisam*.

Causes and Influencing Factors:

- It is caused by an allergic reaction to an allergen like pollen, dust (house dust mites, wood dust and floor dust) and certain animals (cats, dogs), spores produced by mould and fungi.
- Influencing factors are over sensitive immune system, family history of allergy, child growing up in a house where people smoke and being exposed to dust mites at a young age.

Premonitory Signs and Symptoms:

- Congestion of nostrils
- Rhinorrhea
- Sneezing
- Heaviness of head
- Redness of the eye

Common Signs and Symptoms:

- Headache, facial pain and swelling.
- Sore throat and hoarseness of voice.
- Epistaxis
- Nasopharyngeal ulceration
- Bony erosion.

Co-morbid Conditions:

- Sinusitis
- Adenoiditis
- Apnea

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is explained by increased Kabam along with Pitham, affects pranam, uthanam, kirukaran and samanana. In seven udalthathukal Saaram gets affected.

Investigation:

Envagai Thervu (Eight Fold System of Clinical Assessment):

- | | |
|-----------|---|
| Naadi | - Kabapitham/ Pithakabam |
| Sparisam | - Coldness / clammy /tenderness |
| Naa | - Pallor/ red, pink/ dry, coated, denuded / sweet or sour taste of saliva |
| Niram | - Pallor /dark |
| Mozhi | - Low pitched / hoarseness of voice |
| Vizhi | - Redness / periorbital oedema/ burning sensation |
| Malam | - Pallor or yellow/ loose stools with mucus secretion |
| Moothiram | |
| Neerkuri | - Straw colour |
| Neikuri | - Oil may spreads in the form of pearl. |

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Absolute Eosinophils count (AEC)
- X ray - PNS

In Tertiary care hospital:

- IgE
- CT - PNS

Diagnosis:

Confirmation of Diagnosis:

- The disease is confirmed by clinical symptoms and laboratory investigations.

Differential Diagnosis:

- *Kabalosoolai (Migraine)*
- *Naasigapeedam*
- *Mokkadaippu (Sinusitis)*
- *Kural kammal (Hoarseness of voice)*

Treatment:

- To neutralize the vitiated Kabam, Vamanam (Emesis) / Nasiyam (Instillation) medicines should be administered.

Line of Treatment:

- Nasiya maruthuvam (Liquid nasal application) / Pugai (Fumigation)
- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Kattu (Compress /Bandage)
 - Poochu (Liquid/ Oil Poultice)
 - Vedhu (Steaming)
 - Pugai (Fumigation)
 - Naasikaparanam (Powder Nasal Application)
- Siddhar yoga maruthuvam

- Varmam maruthuvam
- Dietary advice

Day 1 – Nasiya maruthuvam (Liquid nasal application):

- Peenisa thylam – 2 to 3 drops to be instilled in each nostril once in 4 days.

Day 2 – First line of treatment:

- Arathai kudineer - 30 - 60 ml, BD, after food.
- Thirikadugu chooranam - 1 - 2 gm with honey, BD, after food.
- Vasantha kusumakaram (100 mg) - 2 - 3 pills with thulasi saaru (*Ocimum sanctum*) / thumbai saaru (*Leucas aspera*) and honey, BD, after food
- Adathodai manapagu - 15 - 30 ml with lukewarm water, BD, after food
- Neerkovai maathirai -1-2 tabs, with lukewarm water/ ginger (*Zingiber officinalis*) juice, apply on forehead (Ext. use only).
- Peenisa thylam - Quantity sufficient (For oleation)

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:

Kudineer:

- Adathodai kudineer - 30 - 60 ml, BD, after food.
- Kabasura kudineer - 30 - 60 ml, BD, after food (if fever persists)

Chooranam:

- Thaalisaathi chooranam - 1 - 2 gm with honey, BD, after food.
- Elathy chooranam - 1 - 2 gm with lukewarm water, BD, after food
- Thiriphala chooranam - 1-2 gm with honey, BD, after food

Vadagam:

- Thaalisaathi vadagam -1-2 tabs, TDS, as chewable, after food

Nei:

- Thoothuvalai nei - 10 - 15 ml, with warm milk, BD, after food
- Adathodai nei - 5-10 ml, with warm milk, BD, after food
- Vallarai nei - 5-10 ml, with warm milk, BD, after food
- Senkottai nei - 5-10 drops, with warm milk, BD, after food

Rasayanam:

- Thippili rasayanam - 3 - 6 gm, with warm milk, BD, after food

Ilagam

- Kandakathiri ilagam - 5-10 gm, with warm milk, BD, after food
- Karisalai ilagam -5-10 gm, with warm milk, BD, after food

Maathirai:

- Swasakudori Maathirai (500 mg) -1 - 2 pills with thalisapathiri chooranam, BD, after food
- Korosanai maathirai (100 mg) -1 - 2 pills with honey or mother milk, BD, after food
- Kasthuri maathirai (25 mg) - 1 - 2 pills with honey or breast milk, BD, after food
- Balasanjeevi maathirai (100 mg) - 1 - 2 pills with honey/ milk/ mothers milk, BD, after food
- Kungumapoo maathirai (100 mg) - 1-2 pills with honey/ milk/ water,

BD, after food

- Patchai karpooora maathirai (100 mg) - 1-2 pills with honey, BD, after food
- Karuppuvishnu chakkara maathirai (100 mg) - 1-2 pills with honey, BD, after food

Theeneer:

- Sombu theeneer - 15-30 ml with water, BD, after food

Chendooram:

- Gowri chinthamani - 65-130 mg with honey, BD, after food
- Linga chendooram - 65-130 mg with honey, BD, after food

Karuppu

- Sivanar amirtham -100 -200 mg with honey, ginger (*Zingiber officinalis*) juice or mother milk, BD, after food
- Thalaga karuppu -20-50 mg with honey, BD, after food
- Kasthuri karuppu - 50 -100 mg thulasi saaru (*Ocimum sanctum*) / thumbai saaru (*Leucas aspera*) and honey, BD, after food

Parpam:

- Pavala parpam - 65-130 mg with milk / butter, BD, after food
- Muthuchippi parpam - 200-400 mg with butter/ milk, BD, after food
- Palagarai parpam - 65-130 mg with butter milk/ milk/ butter, BD, after food
- Muthu parpam - 30-65 mg with honey/ milk, BD, after food

Karpam:

- Mookirattai karpam –1-3 gm with honey, BD, after food for 45 days
- Kaiyan karpam - 2-5 gm karkam, at early morning in empty stomach for 48days

External Medicines:

Kattu (Compress /Bandage):

- The leaves of thaivellai (*Gynandropsis gynandra*) are crushed and the juice is squeezed out. The debris is applied on a cloth and tied for 1-2 hours.

Poochu (Liquid/ Oil Poultice):

- Karpoorathy thylam –Quantity sufficient

Vedhu (Steam Bath):

- Notchi leaves (*Vitex negundo*)

Pugai (Medicated fumigation):

- Manjal (*Curcuma longa*)
- Milagu (*Piper nigrum*)

Nasiya Maruthuvam (Liquid nasal application)

- Chukku thylam – 2 to 3 drops to be instilled in each nostril once a week
- Thumbai saaru - 1-2 drops, instilled in each nostril, twice a day

Naasikaparanam (Powder Nasal Application):

- Ellupaiver chooranam– Quantity sufficient
- Sundaiver chooranam– Quantity sufficient
- Palaiver chooranam– Quantity sufficient

Ennai muzhukku (Oleation):

- Arakku thylam– Quantity sufficient

- Naasirogha naasa thylam– Quantity sufficient
- Chukku thylam– Quantity sufficient
- Kaiyan thylam– Quantity sufficient
- Notchi thylam– Quantity sufficient
- Inji thylam - Quantity sufficient

Special Therapies:

Siddhar Yoga Maruthuvam:

- Pranayamam - Kapalapathi

Varma maruthuvam:

- Patchinemam varmam
- Valamoorthi kaalam
- Soonti kaalam
- Minvetti kaalam

Duration of Treatment:

- Depending upon the severity of the disease condition.

Advices:

To Be Added:

Greens:

- Manathakkali (*Solanum nigrum*)
- Thoothuvalai (*Solanum trilobatum*)
- Mookirattai (*Boerhavia diffusa*)
- Kalyana murungai (*Erythrina variegata*)
- Musumusukkai (*Mukia maderaspatana*)

Add sufficiently in diet

- Garlic (*Allium sativum*)
- Onion (*Allium cepa*)
- Ginger (*Zingiber officinalis*)
- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)

Non Vegetable Diet likes

- Crab (*Brachyura*)
- Turkey (*Meleagris gallopavo*)
- Rabbit (*Oryctolagus cuniculus*)
- Ayirai meen (*Cobitis taenia*)
- Velladu (*Capra aegagrus hircus*)

To Be Avoided:

- Fried foods
- Refrigerated foods, all refined and processed foods
- Allergic foods
- Milk products
- Cool drinks, ice creams, chocolates, sweets
- Citrus fruits like lemon (*Citrus limon*), orange (*Citrus sinensis*).
- Exposure to cold, polluted area and dust.
- Smoking.

Others:

Complication of the Disease:

- Orbital cellulitis
- Subperiosteal abscess

- Orbital abscess
- Sphenoidal sinusitis

Limitation in Siddha System and Condition for Referral:

- Pansinusitis
- Hyperpyrexia
- Confusion
- Visual changes
- Bony erosion.

PITHA SEVI NOI (ACUTE OTITIS EXTERNA)

Definition:

- Acute Otitis Externa (AOE), also known as swimmers ear, is a common condition involving infection and inflammation in the external acoustic meatus (ear canal) typically caused by bacterial infection.

Causes and Influencing Factors

- Bacterial/ fungal infection
- Cold, flu or allergy
- Poor air quality
- Cleft palate
- Seasonal factors
- Age factor (6 months to 2 years)

Premonitory signs and symptoms

- Itching in the ear canal
- Redness and swelling of the ear
- Pain when the infected ear is tugged

Common Signs and Symptoms

- Pus draining from the infected ear
- Tenderness
- Fever
- Headache
- Loss of appetite
- Loss of equilibrium

Co-morbid Conditions:

- Mastoiditis
- Labyrinthitis
- Facial paralysis
- Brain abscess

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It is explained by increase of saaram, senneer of udalthathukal and decrease of oonthathu.

Investigations

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	—	Vathakabam/ Kabavatham
Sparism	-	Warmth/ tenderness
Naa	-	Normal/ coated
Niram	-	Normal
Mozhi	-	Normal/low pitched
Vizhi	-	Normal
Malam		Normal
Moothiram-		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spread in the form of snake/ pearl

Modern Medical Investigations

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- X-ray of mastoid

In tertiary care hospital:

- Otoscopy
- Ear discharge culture and sensitivity
- Biopsy
- CT scan of temporal bone (with or without CT brain)
- Gallium scan for malignant otitis externa
- Audiometry

Diagnosis

Confirmation of Diagnosis

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis

- Ear canal trauma
- Tympanosclerosis
- Otitis media with effusion

Treatment:

Line of Treatment:

- Ennai muzhukku (Oleation)
- Internal medicine
- External medicine
 - Poochu (Liquid/ Oil Poultice)
- Dietary advice

Day 1 - Ennai muzhukku (Oleation)

- Notchi thylam – Quantity sufficient (For Ext.use only)

Day 2- First Line of Treatment:

- Kabasura kudineer- 30-60 ml, BD, before food
- Amukkara chooranam-2-3gm with honey, BD, after food.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines

Kudineer

- Nilavembu kudineer- 30-60 ml, BD, before food

Chooranam

- Elathy chooranam- 2-3 gm with honey, BD, after food.
- Vallarai chooranam -2-3 gm with lukewarm water, BD, after food.

External Medicines

Poochu (Liquid/ Oil Poultice)

- Mathan thylam - Quantity sufficient (without adding *Thurusu* - Copper sulphate in preparation)

Ennai muzhukku (Oleation)

- Dhaasamoola thylam - Quantity sufficient
- Chukku thylam - Quantity sufficient
- Milagu thylam- Quantity sufficient
- Poondur thylam- Quantity sufficient

- Ulunthu thylam - Quantity sufficient
- Inji thylam - Quantity sufficient

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices

- Use earplugs during swimming
- In case of discharge –dry mopping of the ear with a clean cotton wick.

To Be Avoided

- Cotton buds and other device for cleaning ears
- Cold exposure
- Cool drinks

Others

Complication of the Disease

- Abscesses
- Stenosis of the ear canal
- Cellulitis
- Malignant otitis externa
- Perforation of the ear drum
- Meningitis

Limitation in Siddha System and Condition for Referral:

- Malignant otitis externa
- Cellulitis
- Meniere's disease

THANTHA NOI (DENTISTRY)

Definition:

- Dental diseases are the most common chronic, non communicable disease (NCD). It affects people throughout their lifetime causing pain, discomfort, disfigurement and even death.

Synonyms:

- *Thantha rogam*
- *Pal noi*

Causes and Influencing Factors:

- Poor oral hygiene habits
- Smoking
- Drugs that reduce salivary secretions such as anticholinergic, antihypertensives, antihistamines, antidepressants, antipsychotics, antiemetics, anti spasmotics, etc.,
- Frequent intake of sugary foods and drinks
- Diabetes mellitus
- Family history or genetic factor
- Infections like HIV
- Hormonal changes in women during pregnancy, puberty, menopause
- GERD
- Frequent vomiting

Premonitory signs and symptoms:

- Sensitive teeth
- Gingivitis
- Halitosis
- Calculus and Stains deposit
- Tender / Bleeding gums

Common Signs and Symptoms:

- Chronic oral ulcers/ sores
- Toothache
- Tooth sensitivity to temperature and pressure change
- Abscess formation
- Loosening of tooth
- Drifting tooth
- Swelling of face and cheek

Co-Morbid Conditions:

- Coronary artery disease/ Atherosclerosis
- Systemic infectious disease
- Anxiety and depression

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham
- Kabam

Siddha Pathogenesis:

- It may be explained by deranged senneer, oon, kozhuppu, enbu.

Investigation

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi - Vathapitham / Pithavatham

Sparisam	-	Warmth/ tenderness
Naa	-	Dryness/ coated/ sore
Niram	-	Normal/ dark
Mozhi	-	Normal/ low pitched
Vizhi	-	Normal
Malam	-	Regular
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Blood sugar
- Serum calcium

In tertiary care hospital:

- Cell culture
- Biopsy – FNAC
- Histopathological test
- Dental X-ray - OPG (Orthopantomogram)
- Lat ceph - Lateral cephalometric radiograph

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Trigeminal neuralgia
- Sinusitis
- ENT disorders
- Mercurial poison – inflammation of gums and occasionally a blue line at their junction with teeth, loosening of teeth
- Lead poison – burtonian line seen on the gums.
- Copper poison – green line on gums
- Phosphorus poison – phossy jaw (necrosis of gums)

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
 - Neer (Medicated Solution)
 - Pugai (Medicated Fumigation)
- Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiated Vatham to be neutralized by administration of purgative medicines.
- Agathiyar kuzhambu -100 -200 mg with ginger juice (*Zingiber officinalis*) at early morning in empty stomach

Day 2- Rest**Day 3- First Line of Treatment:**

- Thoothuvalai chooranam -1- 2 gm with milk ,BD, after food
- Nellikaai ilagam - 5 – 10 gm, BD, after food
- Muthuchippi parpam - 200 -400 mg with ghee/ butter, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Meganatha kuligai (100 mg) -1-2 pills with lukewarm water /Chukku kudineer (*Zingiber officinalis*) at early morning in empty stomach
- Thirithoda maathirai (100 mg) -1 – 2 pills with milagu kudineer (*Piper nigrum*) at early morning in empty stomach
- Murukkan vithai maathirai (500 mg) – 1 - 2 tabs with lukewarm water / palm jaggery / tender coconut water (*Cocos nucifera*)/ ghee/ milk / banana, OD, before bed time
- Kazharchi Ennai – 8 – 15 ml with lukewarm water at early morning in empty stomach for 3-5 days.

Internal Medicines

Kudineer:

- Marukkarai kudineer –15 - 30 ml, BD, before food

Chooranam:

- Pirandai chooranam- 1 -2 gm with milk, BD, after food

Mezhugu:

- Rasagandhi mezhugu - 250 -500 mg with palm jaggery, BD, after food for 40 days

Parpam:

- Sangu parpam - 200 – 400 mg with milk/ ghee/ butter, BD, after food.
- Gungiliya parpam -200 – 400 mg with butter/ ghee/ tender coconut water (*Cocos nucifera*), BD, after food
- Palagarai parpam -200 – 400 mg with ghee/ buttermilk/ milk/ butter, BD, after food

External Medicine:

Neer (Medicated Solution)

- Padigaara neer – Quantity sufficient

Pugai (Medicated Fumigation)

- Kandankathiri seed (*Solanum surrattense*)
- Linga pugai

Duration of Treatment

Depending upon the severity of the disease condition

Advices:

Oil Pulling

- Gingely oil - Quantity sufficient
- Velvael thylam -Quantity sufficient
- Lavagappattai thylam- Quantity sufficient
- Vembu thylam - Quantity sufficient
- Chukku thylam- Quantity sufficient
- Arakku thylam - Quantity sufficient

Gargling:

- Oma theeneer- Quantity sufficient
- Lukewarm water - Quantity sufficient
- Paagalilai saaru - Quantity sufficient
- Siruvazhuthunai saaru - Quantity sufficient

Tooth Powder

- Thiriphala chooranam - Quantity sufficient
- Arkkasharanaalikaa chooranam - Quantity sufficient
- Erukanuppu thaenkai ottukkari - Quantity sufficient
- Kalnaar parpam- Quantity sufficient
- Ulunthu maavu - Quantity sufficient
- Thasanappodi - Quantity sufficient
- Pachaikarpoora podi - Quantity sufficient

Tooth Brush

- Neem stem (*Azadirachta indica*)
- Root of banyan tree (*Ficus bengalensis*)
- Twigs of mahua tree (*Madhuca longifolia*)
- Twigs of Babul tree (*Acacia nilotica*)

To Be Added

- Calcium rich foods like cheese, yogurt (*Lactobacillus bulgaricus*), seeds, almonds (*Prunus dulcis*), beans (*Phaseolus vulgaris*), lentils (*lens culinaris*)
- Vitamin C foods like orange (*Citrus aurentium*), grapes (*Vitis vinifera*), lemon (*Citrus limon*)
- Green leafy vegetables
- Nuts
- Cereals
- Fresh Fruits
- Raw vegetables

To Be Avoided:

- Brick powder, mud, charcoal, flower sheath of palm tree, straw and twigs from decayed trees should not be used to brush the teeth.
- Sugary candies and sweets
- Starchy, refined carbohydrates like chips, bread, pasta
- Carbonated soft drinks
- Acidic foods
- Sugary breakfast cereals and fruit juices

Others

Complication of the Disease

- Maxillary sinusitis
- Actinomycosis
- Cranio facial thrombophlebitis

Limitation in Siddha System and Condition for Referral

- Oral cancer
- Abscess
- Excessive gum bleeding

Kirumi Thotru Noigal **(Infectious Diseases)**

AKKI (HERPES ZOSTER/SHINGLES)

Definition:

- Herpes zoster is a viral infection that results when varicella-zoster virus reactivates from its latent state in a posterior dorsal root ganglion.

Siddha etiology:

- Herpes zoster caused by Varicella zoster virus. It is also caused by Toxaemia, caries tooth, tonsillitis and other communicable diseases. Toxicity of Arsenic oxide, Mercury, Gold also may cause the Herpes zoster.

Causes and Influencing Factors:

- Herpes zoster caused by Varicella zoster virus.
- Decreasing cell mediated immunity (CMI) associated with aging

Risk factors are:

- Herpes zoster is common in people older than 50.
- Diseases that weaken immune system, such as Diabetes mellitus, HIV/AIDS and cancer.
- Intrauterine infections
- Radiation or chemotherapy

Premonitory signs and symptoms:

- Symptoms usually begin with lancinating, dysesthetic or other pain develops in the involved site along the affected dermatome, followed in 2 to 3 days by a vesicular eruption.
- Lesions are typically unilateral
- Painful rash, usually crops of vesicles on an erythematous base
- Fluid filled blisters that breaks, open and crust over.

Common Signs and Symptoms:

- The site is usually hyperesthetic and pain may be severe
- Fatigue
- Fever
- Headache
- Itching
- Dizziness

Geniculate zoster:

- Ear pain
- Facial palsy
- Vertigo
- Vesicles erupt in the external auditory canal, and taste may be lost in the anterior two thirds of the tongue.

Ophthalmic herpes zoster:

- Pain and vesicular eruption around the eye and on the forehead, in the distribution of the ophthalmic division of the 5th cranial nerve.
- Vesicles on the tip of the nose (Hutchinson sign) indicate involvement of the nasociliary branch and a higher risk of severe ocular disease.

Intraoral zoster:

- Uncommon
- May produce a sharp unilateral distribution

Co-morbid Conditions:

Primary Kutram Affected

- Pitham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It is explained by increase in Pitham with Kabam. In seven udalthathukal Saaram and senneer and oon get affected

Investigations**Envagai Thervu (Eight Fold System of Clinical Assessment)**

Naadi	-	Pithavatham
Sparisam	-	Hyperpyrexia /Blisters in a localized area
Naa	-	Pallor
Niram	-	Pallor
Mozhi	-	Normal
Vizhi	-	Pallor
Malam	-	Constipation
Moothiram-		
Neerkuri	-	Straw coloured urine
Neikkuri	-	Oil may spreads in the form of ring/snake

Modern Medical Investigations

- Complete Blood Count (CBC)
- Urine analysis

In Tertiary care hospital:

- PCR (Polymerase chain reaction) protocol
- DFA (Direct fluorescent antibody)
- IgM ELISA and IgG ELISA antibody
- Biopsy (Antigen detection)

Diagnosis**Confirmation of Diagnosis**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis

- Bullous Impetigo
- Drug eruptions
- Erythema multiform
- Herpes simplex
- Miliria
- Verrucus vulgaris
- Chicken pox

Treatment:**Line of Treatment:**

- Internal medicine
- External medicine
 - Patru (Semi-Solid Poultice)
- Dietary advice

First Line of Treatment

- Elathy chooranam – 2-3 gm with ghee/honey, TDS/BD, after food.
- Kavikkal powder along with water (For Ext.use only)

Other Medications

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicines:**Chooranam**

- Amukkara chooranam – 2-3 gm with honey/milk, TDS/BD, after food.

Maathirai

- Keezhanelli maathirai – 1-2 tabs with water, BD, after food.
- Balasanjeevi maathirai (100 mg) -1-2 pills with honey, BD, after food

Parpam

- Gungiliya parpam- 200-500 mg with Tender coconut water (*Cocos nucifera*) /ghee/butter, TDS/BD, after food.
- Muthu parpam- 50-100 mg with Tender coconut water (*Cocos nucifera*) /ghee/butter, BD, after food.
- Sangu parpam- 100-200 mg butter /tender coconut water (*Cocos nucifera*), BD, after food.
- Silasathu parpam- 200-400 mg with butter/ghee, BD, after food.
- Sirungi Parpam - 200-400 mg with butter/ghee, BD, after food.

External Medicines**Patru (Semi-Solid Poultice)**

- Plain Amukkura chooranam along with rose water apply on the affected area for post-herpes neuralgia
- Kavikkal along with water, in acute conditions.

Duration of Treatment

- One mandalam (48 days)

Advices:

- Vaccines may help to prevent shingles, the chicken pox (varicella) vaccine and the shingles (varicella-zoster) vaccine.
- Wear loose, cotton clothing
- Take bed rest.

To Be Added

- Drink lots of water /butter milk with small onion, coriandrum leaf
- Tender coconut water
- Fresh fruits or fruit juices
- Easily digestible foods

To Be Avoided

- Don't apply any oil/ ointment in the lesions
- Sunlight exposure
- Scratching
- Hot, spicy foods
- High sodium foods
- Nuts and seeds
- Beans
- Soya bean
- Tofu
- Whole grain wheat flour
- Non-vegetarian diet like egg, chicken

- Chocolate syrup
- Alcohol
- Smoking
- Fast foods, processed foods, fried foods
- Foods high in saturated fat
- High sugar
- White flour

Others

Complication of the Disease

- Postherpetic neuralgia (1-6 months)
- Vision loss (Herpes zoster ophthalmicus)
- Encephalitis
- Bell's palsy
- Hearing problem (Herpes zoster oticus)
- Secondary bacterial infections

Limitation in Siddha System and Condition for Referral:

- Encephalitis
- Secondary bacterial infections
- Herpes zoster ophthalmic

KUDAL KIRUMI (HELMINTHIASIS)

Definition:

- It is a macroparasitic disease of human or other animals caused by helminth (parasitic worms). Soil transmitted helminthiasis are most common parasitic infection. They often live in the gastrointestinal tract of hosts, and also burrow into their organs and induce physiological damage.

Siddha etiology:

“அன்னம் தான் தெகி யாதாலே அடிக்கடி தின்ற தாலும்
இன்னும் தான் புளிப் பிணிப்பு இடைமீறி அருந்தினாலும்
பண்ணுமு தான் பகலுறக்கும் வியாயாமம் செய்யாதாலும்
உன்னுதான் மா பதார்த்தம் உடன் மச்சம் அதிகம் தின்றால்

தின்றதோர் இலைக்கறிகள் திடமுடன் உளுந்து தின்னால்
நின்றதோர் மாமிசம் பாலு நிறை மீறி தயிரு வர்க்கம்
கன்றதோர் கணக்கில் மிஞ்சில் கபகிருமி உண்டாம் பாரு
மென்றதோர் தெகியா பண்டம் மீறிடில் ரெத்த கிருமி”

- மதலை நோய் தொகுதி

Causes and Influencing Factors

- Contact with an infected surface such as soil containing eggs or germs at a playground or touching pets infected with worms
- Consuming infected food or water
- Improper hygiene
- Inadequate hand washing
- Poor socioeconomic status
- Flatworms which include tapeworms and flukes
- Roundworms which cause ascariasis
- Pinworm, hookworm infections

Premonitory signs and symptoms:

- Irritability
- Abdominal pain or tenderness
- Diarrhea
- Nausea or vomiting
- Gas or bloating
- Dysentery (loose stools containing blood and mucus)
- Rash or itching around the rectum or vulva
- Fatigue

Common Signs and Symptoms:

- Voracious appetite
- Worms in stool
- Coughing up worms
- Loss of appetite
- Fever
- Weight loss or malnutrition
- Halitosis
- Dark circles under the eyes
- Paleness of body or face
- Shortness of breath
- Cough
- Headache

- Blood stained stools
- Itching at the anus which may turn red

Co-morbid Conditions:

- Malnutrition
- Anaemia
- Intestinal obstruction

Primary Kutram Affected:

- Vatham/ Kabam

Secondary Kutram Affected:

- Pitham

Siddha Pathogenesis:

- It is affected by increased Kabam with Vatham, affects abanan, uthanan and viyanan. In seven udalthathukal saaram, sennecer and oon get affected.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment):

Naadi	-	Vathapitham/ Pithavatham
Sparisam	-	Warmth/ redness in anal region
Naa	-	Coated
Niram	-	Pallor
Mozhi	-	Normal
Vizhi	-	Pallor
Malam	-	Constipation/ loose stools/ bloody stools
Moothiram	-	
Neerkuri	-	Straw coloured urine
Neikkuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Adhesive tape test
- Stool ova & parasite test
- Coproantigen detection

In Tertiary care hospital:

- X-ray – Abdomen, chest
- Stool culture
- Endoscopy
- String test (entero test capsule)

Diagnosis

Confirmation of Diagnosis:

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Acute Anaemia
- Amoebiasis
- Colitis

Treatment:

Line of Treatment:

- Kazhichal maruthuvam (Purgation)
- Internal medicine

➤ Dietary advice

Day 1- Kazhichal Maruthuvam (Purgation)

- Vitiating Vatham to be neutralized by administration of purgative medicines
- Murukkan vithai maathirai (100 mg) -1-2 pills with lukewarm water, OD, at early morning in empty stomach.

Day 2- Rest**Day 3- First Line of Treatment:**

- Vaividanga chooranam - 500 mg - 1 gm with lukewarm water, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation)

- Kaakkana maathirai (100 mg) - 1-2 pills with lukewarm water, OD, at early morning in empty stomach.
- Meganatha kuligai (100 mg) - 1-2 pills with *Chukku kudineer* (*Zingiber officinalis*), OD at early morning in empty stomach.

Internal Medicines:**Kudineer:**

- Purasamvidhai kudineer - 30 – 60 ml, BD, before food.
- Elisevi kudineer - 15 – 30 ml, BD, before food.
- Nakkupoochi kudineer - 30-60 ml, BD, before food.

Chooranam:

- Chundaivatral chooranam - 1-2 gm with buffalo milk/ curd, BD, after food.
- Kudarkiruminasini chooranam – 2-3 gm with honey, BD, after food.
- Thayirchundi chooranam-1-2 gm with lukewarm water, BD, after food.

Duration of Treatment:

- 5 – 15 days

Advices:

- Clean toilet seats and potties regularly
- Wash the hands after using the toilet and before eating.
- Normal hot water washing of clothes and bed linen will kill threadworm eggs.
- Keep finger nails short.

To Be Added:

- Regular intake of radish (*Raphanus sativus*)/ carrots (*Daucus carota*) daily on an empty stomach
- Unripe papaya (*Carica papaya*) or just the milky exudates with a teaspoonful of honey
- Garlic (*Allium sativum*) cloves mixed in half a cup of fruit juice.
- Drinking a glass of warm water mixed with a tablespoon of rock salt on an empty stomach.
- Chew three cloves (*Syzygium aromaticum*) in the morning.
- Consume yogurt (Probiotics such as *Lactobacillus acidophilus* found in yogurt) daily to prevent intestinal worms from breeding.
- Fibre-rich foods such as pumpkin seeds (*Cucurbita pepo*), beetroot (*Beta vulgaris*), and flax seeds (*Linen usitatissimum*) should be added in foods.
- Include blackberries (*Rubus fruticosus*), pineapple (*Ananas comosus*), pomegranate (*Punica granatum*), onions (*Allium cepa*), and raw cabbage (*Brassica oleracea var. capitata*).

To Be Avoided:

- Meats such as beef, pork, and chicken.
- Fatty foods such as butter, cream, and oil.
- Coffee, alcohol, refined sugar and processed foods.
- Drinking polluted water
- Habitual perianal itching.

Complication of the Disease:

- Intestinal obstruction
- Acute cholecystitis
- Biliary colic
- Acute pancreatitis
- Hepatic abscess
- Vitamin B-12 deficiency
- Iron deficiency

Limitation in Siddha System and Condition for Referral:

- Intestinal obstruction
- Acute pancreatitis

SURAM (FEVER)

Definition:

- *Suram* (Fever/ Pyrexia/ febrile response) is an elevation of body temperature that exceeds the normal daily variation and occurs in conjunction with an increase in the hypothalamic set point (37⁰C to 39⁰C).

Synonyms:

- *Vemmai*
- *Veppunoi*
- *Kaichal*
- *Kaanthal*
- *Kaangai*
- *Pammal noi*
- *Pirappilum irappilum thodar noi*

Siddha etiology:

“பண்டுள்ள மலத்தினாலும், பழகிய சீதத்தாலும்
உண்டியின் பொல்லாங்காலும் ஒண்டொடி போகத்தாலும்
கண்டுயிலாமை யாலும் கடுகியவோடத்தாலும்
மிண்டிய சுவையினாலும் வெப்பவந்தணுகுங்காணே.”

“ஈங்கெழு கோபத்தாலும் இளவெயிற்காய்தலாலும்
தாங்கொணாச் சமைகளாலும் சருகிலை யூறலாலும்
ஓங்கிய பசியினாலும் உண்டிமே லுண்டியாலும்
தேங்கிய மலக்கட்டாலும் தீயவெப்பணுகு மன்றே.”

“கடுவெயில்மழைகளாலும் கதறிய குரலினாலும்
விடமதுபடுதலாலும் வெருவிய வேகத்தாலும்,
முடிமிசையெண்ணெய் தேய்த்து மூழ்கிய போகத்தாலும்
தடிமடிபடுகையாலும் சார்ந்திடும் வெதுப்புத் தானே.”

“பழவினையாலு மெத்த பசித்திருந்துண்கையாலும்
குளிர்மை நீர்க்குணத்தினாலும் குவலய பேதத்தாலும்
இளகியவுண்டியாலும் இதயத்திலெண்ணத்தாலும்
உளமது உளைதலாலும் உறு சுரமெய்துந் தானே.”

- Fever is caused by constipation, excessive sexual activity, toxicity, sleeplessness, heavy running, intake of fast foods, excessive anger, walking in the hot sun, tolerating excessive anger, excessive eating, carrying excessive weight, excessive shouting, controlling fourteen natural urges of the body, indulging in sexual activity on the day of taking oil bath, eating full stomach after heavy hunger, drinking chilled water, malaise, etc.

Causes and Influencing Factors:

- Infections and infectious diseases
 - Bacterial infection - Typhoid, amoebiasis, Gonorrhoea, Syphilis
 - Viral infection - Influenza, Common cold, Dengue, Herpes, HIV
 - Protozoal infection- Malaria
- Auto immune diseases - Rheumatoid arthritis, Systemic Lupus erythematosus
- Trauma/ injury- Stroke, heat stroke, heat exhaustion/ burns
- Drug induced- due to withdrawal of antibiotics, narcotics, barbituates, anti histamines.

Premonitory signs and symptoms

- Increased body temperature
- Redness of eyes
- Body pain
- Headache

Common Signs and Symptoms:

- Anorexia
- Heaviness of body
- Palpitation
- Hyperesthesia
- Fatigue
- Giddiness
- Ageusia/ Hypogeusia
- Shivering of body
- Epiphora
- Dryness of tongue
- Dehydration
- Irritability
- Excessive sweating
- Tachycardia

Co-Morbid Condition:

- Meningitis/ Encephalitis
- Osteomyelitis
- Immunosuppressive diseases
- Tuberculosis/ Recurrent chest infection
- Rheumatic fever
- Secondary infections especially in DM

Primary Kutram Affected:

- Kabam

Secondary Kutram Affected:

- Vatham / Pitham

Siddha Pathogenesis:

- It is explained by deranged Vatham/ Pitham / Kabam. The seven udalthathukal is affected relatively.

Investigations:

Envagai Thervu (Eight Fold System of Clinical Assessment)

Naadi	-	Kabavatham/ Vathapitham
Sparisam	-	Warmth/ tingling sensation/ shivering/ chills
Naa	-	Coated tongue/ dry/ hypogeusia/ ageusia
Niram	-	Erythematous skin lesions
Mozhi	-	Normal/ low pitched/ watery discharge
Vizhi	-	Redness / pallor conjunctiva
Malam	-	Constipation
Moothiram	-	Burning sensation
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spreads in the form of pearl/ ring/ snake

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Blood smear for Malarial parasite, Filarial parasite
- Widal test
- Liver Function Test (LFT)
- Chest X-ray
- RA factor
- CRP
- ASO titre
- Peripheral smear for blood picture (if chronic fever)
- Urine analysis

In Tertiary care hospital:

- Blood culture
- Urine culture
- Lumbar puncture (if needed)

Confirmation of Diagnosis:

- Based on the clinical symptoms and laboratory investigations

Differential Diagnosis:

- Hepato-biliary infection
- Drug fever
- Tuberculosis
- Acute pericarditis
- Appendicitis
- Myocarditis
- Collagen-vascular and autoimmune disease.

Treatment:

Line of Treatment:

- Internal medicine
- Pattini (Therapeutic fasting)
- External medicine
 - Pattru (Poultice)
 - Otradum (Fomentation)
 - Mai (Medicated Eye Salve)
 - Kalikkam (Liquid Ophthalmic Application)
 - Nasiyam (Liquid Nasal Application)
 - Naasika Paranam (Powder Nasal Application)
- Dietary advice

First Line of Treatment:

- Nilavembu kudineer- 15-30 ml, BD, before food.
- Bramananda bairava maathirai (100 mg) -1-2 pills with honey/luke warm water, BD, after food

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal Maruthuvam (Purgation):

- Agathiyar kuzhambu – 100-130 mg with lukewarm water, at early morning in empty stomach.

- Sanjeevi maathirai (100 mg)-1-2 pills with lukewarm water at early morning in empty stomach.
- Astabairava maathirai (100 mg)-1-2 pills with lukewarm water at early morning in empty stomach.
- Thazhamboo maathirai (100 mg) -1-2 pills with lukewarm water at early morning in empty stomach.
- Kodasoori maathirai (100 mg) -1-2 pills with lukewarm water at early morning in empty stomach.
- Lavangathi maathirai (100 mg)-1-2 pills with lukewarm water at early morning in empty stomach.

Vamana Maruthuvam (Therapeutic Emesis):

- Sanjeevi maathirai (100 mg)-1-2 pills with ellaikalli saaru (*Euphorbia nuvulia*)/ Uthamani saaru (*Pergularia daemia*), OD, in early morning in empty stomach.

Internal Medicines:

Kudineer:

- Chitramutti kudineer- 15-30 ml, BD, before food
- Chukku kudineer-- 15-30 ml, BD, before food
- Vaambu kudineer - 15-30 ml, BD, before food
- Aththi kudineer - 15-30 ml BD, before food
- Notchi kudineer - 15-30 ml, BD, before food
- Pidangunari kudineer - 15-30 ml, BD, before food
- Adathodai kudineer - 15-30 ml, BD, before food
- Vathasura kudineer - 15-30 ml, BD, before food
- Pithasura kudineer - 15-30 ml, BD, before food.

Maathirai:

Vatha suram:

- Vishnu chakkaram (100 mg) -1-2 pills with honey/ lukewarm water, BD, after food
- Bramanantha maathirai (100 mg) -1-2 pills with ginger juice (*Zingiber officinalis*), BD, after food
- Vasantha kusumakaram (100 mg)- 1-2 pills with honey/ lukewarm water, BD, after food
- Emathanda kuligai (100 mg) -1-2 pills with honey/ lukewarm water, BD, after food

Pithasuram:

- Vasantha kusumakaram (100 mg) -1-2 pills with honey/ luke warm water, BD after food
- Santha santhrothayam maathirai (100 mg) – 1-2 pills with parpadagam saaru (*Mollugo cerviana*), BD, after food
- Linga chendooram - 50 -100 mg with elaarisi powder (*Elettaria cardamomum*) and milk, BD, after food.
- Muthu parpam - 50 -100 mg with butter, BD, after food.

Kaba suram:

- Emathanda kuligai (100 mg) -1-2 pills with karpooravalli saaru (*Plectranthus amboinicus*), BD, after food
- Bramanantha maathirai (100 mg) -1-2 pills with steamed ellaikalli saaru (*Euphorbia nivulia*), BD, after food.
- Kasthuri karuppu - 50 -100 mg with thumbai saaru (*Leucas aspera*), BD/TDS

after food.

- Vasantha kusumakaram (100 mg) -1-2 pills with goat's milk, BD, after food
- Thirithoda maathirai (100 mg) - 1-2 pills with honey/ luke warm water, BD, after food

Chendooram:

- Annabedhi chendooram - 100-200 mg with honey, BD, after food

External Medicine

Pattru (Poultice)

- The juice of veliparuthi (*Daemia extensa*), poondu (*Allium sativum*), mul moongil (*Bamboosa arundinacea*), moongil uppu (bamboo salt) and vediuppu (Potassium nitrate) are taken in equal quantity and ground with water and boiled. The poultice is applied over the body in tolerable heat to treat fever, numbness all over the body.

Otradum (Fomentation)

- The milk soaked with cloth is used for fomentation to treat hectic fever

Mai (Medicated Eye Salve)

- Agathiyar kalika maathirai is rubbed with honey/ milk and applied on the eye lashes, eyelids

Kalikkam (Liquid Ophthalmic Application)

- Chukku (*Zingiber officinale*) is soaked in milk and squeezed into eyes
- 1-2 drops of pure and sterile neem oil (*Azadirachta indica*) is instilled into eyes
- The flower buds of kirambu (*Eugenia caryophyllata*) are tied in a cloth bundle and soaked in milk and squeezed into eyes

Nasiyam (Liquid Nasal Application)

- The flowers of thumbai (*Leucas aspera*) are crushed and the juice is filtered and instilled into nostrils
- Chukku (*Zingiber officinale*), milagu (*Piper nigrum*), thippili (*Piper longum*) are mixed with leaf juice of agathi (*Sesbania grandiflora*) and instilled into nostrils
- Equal quantity of honey and castor oil is instilled into nostrils
- The leaf juice of Paagal (*Momordica charantia*), poondu (*Allium sativum*), milagu (*Piper nigrum*) and Induppu (*Sodium chloride impura*) are ground and filtered and it is instilled into nostrils

Naasika paranam (Powder Nasal Application)

- Milagu (*Piper Nigrum*), vasambu (*Acorus Calamus*), omum (*Trachyspermum Ammi*), petiole of vetrilai (*Piper betle*), vellai poondu (*Allium sativum*), kachanthirai (*Mollugo parviflora*) and karisalai (*Eclipta alba*) are powdered, mixed homogenously and kept inside the cotton pouch and inhaled to cure periodic fever.

Special Therapies -

Duration of Treatment:

Depends upon the severity of the disease condition

Advices

- Take bland diet
- Drink sufficient quantity of warm water
- Stay in a well-ventilated room
- Cover with blanket
- Adequate rest

To Be Added

- Easily digestible foods should be taken such as rice gruel or double boiled

ricegruel

- Pepper (*Piper nigrum*)
- Turmeric (*Curcuma longa*)

Tender vegetables:

- Avarai (*Lablab purpureus*)
- Murungai (*Moringa oleifera*)

Fruits:

- Apple (*Malus sylvestris*)
- Orange (*Citrus sinensis*)

To Be Avoided

- Smoking
- Alcohol
- Hot, spicy, oil rich foods and junk foods

Complication of the Disease

- Dehydration
- Delirium
- Hallucinations
- Shock
- Seizures
- Renal failure
- Liver failure
- Coma

Limitation in Siddha System and Condition for Referral:

- Meningitis
- Secondary infection
- Severe rigor, vomiting, loose stools and altered sensorium

Vishakadi **(Poisonous Bite)**

ELI KADI (RAT BITE/ RAT BITE FEVER)**Definition:**

- Rat bite is a zoonotic disease.
- Most of the rat bites does not leads to serious conditions. Occasionally, Rat Bite Fever caused by an infected rat.
- There are two types of Rat Bite fever (RBF)
 - Streptobacillary rat bite fever
 - Spirillary rat bite fever
- Incubation period for Rat Bite fever - 2-10 days

Synonym: -**Causes and Influencing Factors:**

- Rat bites cause Rat Bite Fever (RBF) and other serious illness.

Premonitory signs and symptoms

- Fever and chills
- Headache
- Vomiting and sore throat
- Ulceration at the site of bite with red streaks
- Skin rash with reddish brown or purple plaques
- Muscle pain and arthritis

Common Signs and Symptoms

- Muscle pain
- Lymph node enlargement
- Diarrhoea
- Throbbing pain in the affected site
- Tenderness

Co-Morbid Conditions:

- Arthritis
- Leptospirosis

Primary Kutram Affected

- Vatham

Secondary Kutram Affected

- Kabam

Siddha Pathogenesis:

- It is explained by increased Pitham which affects Vatham. In seven udalthathukal saaram and senneer get affected.

Investigation**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Vathakabam / Pithavatham
Sparisam	-	Warmth/ chills
Naa	-	Dry/ coated
Niram	-	Pallor/ erythema
Mozhi	-	Low pitched
Vizhi	-	Pallor
Malam	-	Diarrhoea/ constipation
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikkuri	-	Oil may spreads in the form of snake/ ring

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Erythrocyte sedimentation rate (ESR)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- VDRL

In Tertiary care hospital:

- Blood culture
- Smear study
- PCR assay

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- *Streptobacillus moniliformis* infection.
- Rheumatoid arthritis
- Viral infections
- Neisseria meningitis
- Syphilis

Treatment:**Line of Treatment:**

- Kazhichal maruthuvam (Purgation)
- Internal medicine
- External medicine
 - Pugai (Medicated Fumigation)
 - Pasai (Embrocation Application)
- Dietary advice

First Line of Treatment:

- Thirikadugu chooranam – 1-2 gm with honey, BD, after food
- Abraga parpam- 50-100 mg with juice of ilia kalli (*Euphorbia nivulia*), BD, after food for 48 days.

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Kazhichal maruthuvam:

- Meganatha thylam - 8 -30 ml with milk at early morning in empty stomach for a day.
- Agathiyar kuzhambu- 100-200 mg with thirikadugu kudineer at early morning in empty stomach for a day
- Koushigar kuzhambu - 100-130 mg with ginger juice (*Zingiber officinalis*) at early morning in empty stomach for a day

Internal Medicines**Kudineer:**

- Nilavembu kudineer- 15-30 ml, BD, before food
- Adathodai kudineer - 15-30 ml, BD, before food

Karkam

- Urithiratchara karkam (*Elaeocarpus ganitrus*) – 5- 10 gm with milk and ghee, OD, at early morning
- Palaasu (*Butea monosperma*) leaves/ bark karkam - 5-10 gm with butter, OD, at

early morning

- Azhinjil bark (*Alangium salvifolium*) karkam - 5-10 gm with warm water, OD, at early morning
- Avuri karkam (*Indigofera tinctoria*) - 5- 10 gm with milk, OD, at early morning
- Amukkara (*Withania somnifera*) root karkam - 5- 10 gm with milk, OD, at early morning
- Pungam bark (*Pongamia pinnata*), Milagu (*Piper nigrum*), Vellulli (*Allium sativum*), Vasambu (*Acorus calamus*) karkam - 5– 10 gm with lemon juice, OD, at early morning

Parpam

- Palagarai parpam - 50-100 mg with butter/ghee, BD, after food.

External Medicine

Pugai (Medicated Fumigation)

- Purified Thalagam (yellow arsenic) is ground well and kept in a clay pot and closed with a single-hole clay plate and fired. The fumes generated after burning of all the drugs are inhaled and applied.

Pasai (Embrocation Application):

- Paste of chunnambu (Calcium oxide) and manjal (*Curcuma longa*)

Special Therapies: -

Duration of Treatment

- Depending upon the severity of the disease condition.

Advices

Care to be taken after rat bite:

- Control bleeding from the affected site
- Clean the wound with soap and warm water/ Padigaara neer
- Cover with a clean, dry dressing
- Watch for signs of infection

To Be Added

- Milagu (*Piper nigrum*)
- Vellulli (*Allium sativum*)
- Vetrilai (*Piper betel*)
- Arugampul (*Cynodon dactylon*)

To Be Avoided

- Alcohol
- Smoking
- Oily and spicy foods
- Tin foods and drinks
- Salts and sour tastes
- Non-vegetarian foods

Complication of the Diseases:

- Myocarditis
- Endocarditis
- Pneumonia
- Systemic vasculitis
- Pericarditis
- Polyarthrititis nodosa
- Hepatitis
- Nephritis

- Meningitis
- Focal abscesses

Limitation in Siddha System and Condition for Referral:

- Secondary infections

POORAN KADI (CENTIPEDE STING)**Definition:**

- A *Pooran kadi* is a skin injury resulting from the action of centipede forcipules that pierce and inject toxic substance like venom into the skin. The centipede species *Seolopendra sp.* are responsible for the majority of serious centipede envenomations. The venoms are complex mixture result in local and systemic reactions.

Synonyms: -**Causes and Influencing Factors:**

- Centipede forcipules

Premonitory signs and symptoms:

- Pain
- Swelling and erythema

Common Signs and Symptoms:

- Paraesthesia at the site of bite
- Local numbness
- Itching
- Edema
- Bruises
- Blisters
- Haemorrhagic vesicles
- Necrosis
- Cellulitis
- Necrotizing fasciitis
- Lymphangitis
- Lymphadenitis
- Severe allergic reactions- severe itching, fever, chills, generalised rash, eosinophilic cellulitis
- Anaphylaxis

Co-Morbid Condition:

- Urticaria
- Lymphadenopathy

Primary Kutram Affected:

- Vatham

Secondary Kutram Affected:

- Pitham and Kabam

Siddha Pathogenesis:

- It is explained by increased Pitham which affects Vatham. In seven udalthathukal saaram and senneer get affected.

Investigation:**Envagai Thervu (Eight Fold System of Clinical Assessment):**

Naadi	-	Vathapitham/ Pithavatham/ Kabavatham
Sparisam	-	Swelling/ warmth/ tenderness/ paraesthesia
Naa	-	Dryness/ coated
Niram	-	Erythema/ pallor
Mozhi	-	Low pitched
Vizhi	-	Pallor

Malam	-	Constipation
Moothiram		
Neerkuri	-	Yellowish in colour, tamarind odour
Neikuri	-	Oil may spread in the form of a snake/ ring/ pearl.

Modern Medical Investigations:

- Complete Blood Count (CBC)
- Liver Function Test (LFT)
- Renal Function Test (RFT)
- Urine analysis
- Serum electrolytes
- CPK

In tertiary care hospital:

- Blood culture
- Smear study

Diagnosis:**Confirmation of Diagnosis:**

- Based on clinical symptoms and laboratory investigations

Differential Diagnosis:

- Impetigo
- Erysipelas
- Scabies
- Rattle snake envenomation

Treatment:**Line of Treatment:**

- Internal medicine
- External medicine
 - Otradam (Fomentation)
- Dietary advice

Day 1 – Kazhichal maruthuvam (Puragation):

- Sanjeevi maathirai (100 mg) - 1-2 pills with lemon juice (*Citrus limon*) at early morning in empty stomach

Day 2- First Line of Treatment:

- Sirukurinjaan karkam - 5-10 gm with milagu (*Piper nigrum*), BD, before food
- Aagasagarudan kizhangu chooranam- 1-2 gm with honey/ butter, BD/TDS, after food
- Abhrraga parpam- 50-100 mg with Uthamani saaru (*Pergularia daemia*), BD, after food for 48 days

Other Medications:

(Choice of medicines, doses and duration may be altered according to the condition of the patients and severity of the disease)

Internal Medicine:**Karkam**

- Veppang kozhunthu, thulir, ilai karkam - 5-10 gm with milagu (*Piper nigrum*), BD, before food

Chooranam

- Naagathaali ver chooranam -1-2 gm with lukewarm water, BD/TDS, after food
- Karisalai chooranam -1-2 gm with lukewarm water, BD/TDS, after food

- Milagu chooranam-1-2 gm with lukewarm water, BD/TDS, after food
- Poosani kodi chooranam -1-2 gm with honey/ butter, BD/TDS, after food

Ennai

- Yegantha thailam - 5-10 ml with lukewarm water, BD, after food.

Kuzhambu

- Visha kuzhambu - 100- 200 mg with lukewarm water, BD, after food.

External Medicine:

Ottradam (Fomentation)

- 400 ml juice of thavasi murungai (*Tranquebar gendarussa*) is heated and applied on the bitten area and the fomentation is done using the juice smeared cloth to treat the poison bite.

Special Therapies: -

Duration of Treatment:

Depending upon the severity of the disease condition

Advices:

In case of poisonous bites, apply a tight ligature above the bite site using robe, long cloth, band, climber plant stems, plaintain sheath etc, so as to avoid the spreading of poison.

- Local application of ice
- Heat/ immersion in hot water
- Extremity elevation.

To Be Added:

- Veppam thulir and poo decoction
- Milagu rasam
- Kuppaimeni keera (*Acalypha indica*)
- Karisalankanni keera (*Eclipta prostrata*)

To Be Avoided:

- Alcohol
- Smoking
- Oily and spicy foods
- Tin foods and drinks
- Salts and sour tastes
- Non-vegetarian foods

Complication of the Disease:

- Urticaria
- Blurred vision
- Loss of consciousness
- Multiple neuropathies
- Myocardial ischaemia and infarction
- Haematuria
- Haemoglobinuria
- Rhabdomyolysis
- Proteinuria
- Acute renal failure

Limitation in Siddha System and Condition for Referral:

- Secondary infections

- In children, when *Pooran kadi* toxin leads to un-tolerable pain, is referred for further conservative management

Emergency Management in Siddha

THAMARAGA NOI / CHEST PAIN – ANGINA PECTORIS

Condition

- A discomfort in the chest and adjacent area due to myocardial ischemia. It is due to a discrepancy between myocardial oxygen demand and supply.

Presenting symptoms and signs

- Pain typically located in the centre of the chest.
- Pressing, squeezing, constricting, crushing pain.
- Pain more commonly radiate to left shoulder and ulnar aspect of left arm.
- Pain may be radiating to neck, jaw, teeth, shoulder and epigastrium also.
- Breathlessness and discomfort
- Fatigue, Sweating, Nausea and dizziness
- Hand gestures (Open hand or clench fist)
- Aggravated by exertion, emotion, heavy meal and cold
- Relieved by rest and nitrates

Naadi: To be noted

Vitals Sign:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2

Modern medical investigations:

➤ ECG

Differential Diagnosis:

- Costochondritis
- Rib Fracture/Injury
- Myocarditis
- Pericarditis
- Oesophageal Spasm
- Oesophagitis
- Pneumothorax

Siddha Management:

Varmam Maruthuvam:

- Thivalai Varmam
- Thisai Varmam
- Koombu varmam
- Thatchanai varmam

Internal medicine:

- Maruthampattai chooranam - 1- 2 gms , BD with Luke warm water
- Sirungi Parpam – 200 mg , BD with Milk
- Sanga Dhiravagam – 5 drops ,OD with Luke warm water

Complications:

- Myocardial Infarction
- Atrioventricular block
- Severe arrhythmias
- Sudden cardiac Arrest

Condition for referral:

- Severe Chest discomfort with profuse Sweating
- Dyspnoea

Advice:

- Avoid Cholesterol rich Diets
- Take greens and vegetables
- Avoid Vigorous exercise
- Do mild exercise

EPISTAXIS

Condition

- Any bleeding per nose is called Epistaxis.
- It is a Symptom as well as Sign.
- It is not a disease but is the result of some local or systemic disease of the body.

Causes

- Congenital.
- Local Traumatic – Fracture of Nose
- Fracture of anterior cranial fossa
- Inflammatory or Infective
 - Acute rhinitis
 - Sinusitis
 - Tuberculosis
 - Rhinosporidiosis
- Hypertension
- Neoplastic
- Deficiency of Vit. 'K' and Vit. 'C'

Naadi: Has To be noted

Vitals Sign:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Modern medical investigations:

- X ray Chest
- Bleeding time
- Clotting time

Differential Diagnosis:

As mentioned in Causes.

Siddha Management:

Varmam Maruthuvam:

- Garuda varmam
- Anna kalam
- Ottu varmam

Internal Medicine:

- Impooral vadagam – 2 tablet , BD with Honey
- Thiriphala Chooranam – 1 – 2gms , BD with honey

Complications:

- Cardio-Pulmonary failure due to hypoxia
- Prolonged bleeding may leads to Shock
- Aspiration
- Nasopharyngeal stenosis
- Alae or septal necrosis
- Sinusitis

Condition for referral:

- Trauma and prolonged bleeding

Advice:

- If the bleeding is mild, compresses the vessels on the Little's area and stops bleeding. This should be done as preliminary measure.
- Application of ice on the bridge of the nose.
- Rest

MUSCULAR PAIN/VATHA SOOLAI

Condition

- Muscle pain is a Symptom as well as a Sign can arise from variety of causes.
- It is important to distinguish whether subjective or objective

Presenting symptoms and signs

- Muscle weakness
- Loss of muscle power
- Cramping pain in the muscle

Naadi: Has to be noted

Vitals Sign:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Differential Diagnosis:

- Myopathy
- Myositis
- Metabolic myopathy
- Inflammatory myositis due to alcohol excess.
- Hypothyroidism
- Hypokalemia

Siddha Management:

- Amukkara Chooranam - 1 – 2 gms ,TDS with Hot water
- Sangu parpam – 100 – 200 mg, BD with Milk
- Pavalam parpam – 100 mg , BD with Milk

Complications:

- It depends upon the cause of the muscle pain.

Condition for referral:

- Unbearable muscle pain
- Post traumatic pain

Advice:

- Take greens and vegetables
- Take drumstick leaves, Ragi, Pirandai.
- Do mild exercise
- Do walking in the evening (Kaanthi suddigai)

DEHYDRATION

Condition

- A significant loss of body fluid that impairs normal bodily functions.

Presenting symptoms and signs

- Thirst
- Dry or sticky mouth
- Lack of urination
- Dry, cool skin
- Headache
- Muscle cramps
- Feeling dizzy
- Rapid heartbeat and rapid breathing
- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting
- Poor Skin turgor

Naadi: Has to be noted

Vitals Sign:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Modern medical investigations:

- Serum Sodium
- Potassium
- Chloride

Siddha Management:

- Panchalavana parpam – 200 mg, BD with Butter milk
- Thayirchudi chooranam – 1 – 2 gms ,BD with Butter milk

Complications:

- Hypotension
- Shock

Condition for referral:

- Severe dehydration
- Electrolyte Imbalance
- Hypotension

Advice:

- Take salt and sugar water
- Take plenty of water
- Rest

MADHU MEGAM/ DIABETES MELLITUS

Condition

- Diabetes mellitus is a disorder of metabolism of Carbohydrate, Protein and fat due to deficiency of insulin secretion or due to insulin resistance which is characterised by an increase in plasma blood glucose.
- It of two types – Type I Diabetes mellitus
Type II Diabetes mellitus

Presenting symptoms and signs

- Thirst, dry mouth
- Polyuria
- Nocturia
- Tiredness, fatigue, lethargy
- Change in weight , usually weight loss
- Blurring of vision
- Pruritus vulvae, Balanitis
- Nausea, headache
- Hyperphagia
- Mood change, difficulty in concentration

Naadi: Has to be noted

Vitals Sign:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Modern medical investigations:

- CBG

Differential Diagnosis:

- Hypoglycemia
- Hyperthyroidism

Siddha Management:

Varmam Maruthuvam

- Urumi kaalam
- Thummi kaalam
- Aamai kaalam
- Vaayu kaalam
- Nangana pootu

Internal medicine:

Chooranam:

- Madhumega chooranam - 1-2gms, twice a day lukewarm water
- Seenthil sarkarai chooranam – 1-2gms, twice a day with lukewarm water
- Aavarai kudineer - 30-60 ml ,twice a day

Complications:

- Diabetic retinopathy
- Diabetic neuropathy

- Diabetic nephropathy
- Diabetic ketoacidosis
- Hyperosmolar coma

Condition for referral:

- Random Blood sugar level more than 400 mgs/dl
- Hypoglycaemia
- Diabetic coma

Advice:

- Take greens and vegetables and fiber rich foods
- Take Sugar free diet and ragi.
- Do regular exercise
- Do regular walking
- Avoid fast eating
- Have foods by chewing it well

ATHI KURUTHI AZHUTHAM/ HYPERTENSION

Condition:

- Hypertension means the pressure in arteries is higher than the Normal range. High blood pressure is a pressure of 130 systolic or higher, or 80 diastolic or higher, that stays high over time.

Presenting symptoms and signs

- Headache
- Shortness of breath
- Nasal bleed
- Giddiness

Naadi: To be noted

Vitals:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Siddha Management:

Varmam Maruthuvam:

- Ulkothu varmam
- Tharai thadaval

Internal Medicine:

- Sarpagantha mathirai – 1 tablet ,OD with lukewarm water
- Asai chooranam – 1- 2 gms , BD with lukewarm water

Complications:

- Coronary Artery disease
- Stroke
- Aneurysm
- Heart failure
- Metabolic syndrome
- Peripheral arterial disease.

Condition for referral:

- Malignant Hypertension (Blood pressure above 180/120 mmHg)

Advice:

- Salt restriction diet
- Meditation

VALIPPU / SEIZURE/FITS

Condition:

- Epilepsy is defined as a group of disorders in which there are recurrent episodes of altered cerebral function associated with paroxysmal excessive and hyper synchronous electrical discharge of cerebral neurons. Each episode of neurologic dysfunction is called Seizure, which may be convulsive or non convulsive.

Presenting symptoms and signs

- Aura (hallucinations or dizziness before the seizure)
- Rigid followed by unconscious and falling down
- Clonic jerks
- Urinary incontinence, Motion incontinence
- Tongue biting
- Tingling sensation in the contra lateral face and limbs
- Forced deviation of the eyes to the opposite side.

Psychomotor:

- Complex hallucination of sound, smell, taste, vision
- Emotional changes
- Visceral sensations like nausea, epigastric discomfort
- Unreality and undue familiarity
- Lip smacking, swallowing

Naadi: To be noted

Vital signs

- Respiratory rate
- Pulse rate
- Blood pressure
- Temperature
- SpO2

Differential Diagnosis:

- Classic migraine
- Transient global amnesia
- Transient ischemic attack
- Paroxysmal dyskinesia

Siddha Management:

Varmam Maruthuvam

- Porchai kaalam
- Sevikutri kaalam
- Kavuli kaalam
- Komberi kaalam
- Thilartha kaalam

Internal Medicine

- Ganthaga sudar nei – 5 ml, BD with milk
- Oonan Nei - 5 ml, BD with milk
- Pachonthi nei - 5 ml, BD with milk

Complications:

- Aspiration pneumonia
- Reflex pulmonary oedema
- Skull or Vertebral fracture
- Tongue, lip or cheek injuries caused by biting

- Cardiac arrhythmias

Condition for referral:

- Aspiration pneumonia
- Tongue bite
- Loss of Consciousness
- Status epilepticus
- Epilepsy during pregnancy

Advice:

- A person with incompletely controlled epilepsy should not be allowed to drive an automobile, operate unguarded machinery, climb ladders or take tube bath behind locked doors.
- Keep rolled cloth or wooden piece in the mouth at the time of seizure.
- Avoid Vallarai (*Bacopa monierri*).

PERUMBADU / MENORRHAGIA

Definition:

- Menorrhagia is defined as cyclic regular menstrual bleeding which is excessive in amount (>100 ml) or duration (>7 days).

Premonitory symptoms and signs:

- Heavy vaginal bleeding
- Fatigue
- Low back pain
- Anemia
- Any vaginal bleeding after menopause

Common signs and symptoms of the disease:

- Heavy vaginal bleeding, resulting in the saturation of one or more sanitary pads every hour for several hours
- Heavy bleeding requiring the use of double sanitary protection
- Having to change pads in the middle of the night
- Menstrual flow lasting more than a week
- Passage of blood clots
- Inability to perform regular daily activities
- Constant lower abdominal pain and pelvic pain
- Anaemia
- Tiredness
- Fatigue
- Shortness of breath

Naadi: To be noted

Vital signs:

- Pulse rate (PR)
- Blood pressure (BP)
- Respiration Rate (RP)
- SpO2
- Temperature

Investigation:

- Haemoglobin
- USG Pelvis

Internal medicines:

- Othiyam pattai kudineer - 60 ml twice a day
- Kaavikkal chooranam - 1 -2g twice a day with buttermilk
- Padigalinga chenduram 300-400mg with ghee

Varmam Maruthuvam:

- Adapam
- Palla varmam (External rotation)
- Sakthikoor adangal
- Kudukkai kalam

Condition for Referral:

- Anaemia (Haemoglobin less than 6 gms %)
- Endometrial cancer
- Hypotension
- Acute abnormal uterine bleeding
- Shock.

SURAM / HIGH FEVER

Condition:

High fever is an increase in normal body temperature. It varies from 103⁰F – 105⁰ F

Presenting Signs and symptoms:

- Chills and shivering
- Headache
- Muscle aches
- Loss of appetite
- Irritability
- Dehydration
- Sweating
- General weakness

Naadi: Has to be noted

Vital sign:

- Temperature
- Pulse rate
- Respiratory rate
- Blood pressure
- SPO2

Complication:

- Dehydration
- Hallucination and Delirium
- Febrile fits
- Shock
- Sepsis
- Coma
- Kidney failure

Investigation:

- Complete Haemogram

Siddha Management:

- Nilavembu Kudineer – 15 – 30 ml BD, After food
- Linga Chenduram – 200 – 300 mg ,BD with honey

Varmam Maruthuvam:

- Kavuli Kalam
- Adappa Kalam

Condition for referral:

- Hyperpyrexia (Temperature above 104 F)
- Unusual Skin rash, Especially if the rash rapidly worsens
- Unusual sensitivity to bright light
- Stiff neck and pain when you bend your head forward
- Mental confusion
- Persistent Vomiting
- Difficulty breathing
- Abdominal pain
- Painful Micturition
- Convulsions or Seizures

KAZHICHAL / DIARRHOEA

Condition:

- Diarrhoea is the condition of having at least three or more loose, liquid or watery bowel movements each day.

Signs and Symptoms:

- Loose, watery stools
- Abdominal cramps
- Abdominal pain
- Fever
- Blood in stool
- Mucus in the stool
- Bloating
- Nausea

Naadi: Has to be noted

Vital sign:

- Temperature
- Pulse rate
- Respiratory rate
- Blood pressure
- SPO2

Complication:

- Fluid loss with consequent dehydration
- Electrolyte loss
- Hypokalemia
- Metabolic acidosis

Siddha Management:

- ChundaiVatral Chooranam – 1gm, Bd with Butter milk
- Thayirchundi chooranam – 1 gm BD with Butter milk

Varmam Maruthuvam:

- Palla Varmam
- Anna varmam

Conditions for referral:

- Severe Dehydration
- Hypotension
- Muscle cramps
- Diarrhoea with vomiting

VAANTHI /VOMITING

Condition:

- Vomiting is an involuntary reflex that empties the content of the stomach forcefully through mouth.

Signs and Symptoms:

- Abdomen pain
- Fever
- Nausea
- Light headedness
- Vertigo
- Rapid pulse
- Excessive sweating
- Dry mouth
- Decreased Urination
- Chest pain

Naadi: to be noted.

Vitals:

- Blood pressure
- Pulse rate
- Respiratory rate
- Temperature
- SPO2

Complication:

- Dehydration
- Electrolyte Imbalance
- Aspiration pneumonia
- Chocking
- Tear of the oesophageal mucosa

Siddha management:

- Jathi Jambira kulambu – 100 mg , Apply on the tongue
- Bhavana Kadukkai – 1 tablet , BD

Varmam maruthuvam:

- Naer varmam
- Vaayu kalam
- Anna kalam

Condition for referral:

- Dehydration
- Haematemesis
- Continuous Vomiting with Colic Abdomen pain
- Hypotension
- Renal Impairment

ERAIPPU / DYSPNOEA

Condition:

- Dyspnoea is a condition of shortness of breath or Difficulty or distress in breathing, usually associated with disease of heart or lungs.

Signs and symptoms:

- Tightness in the chest
- Rapid, Shallow breathing
- Heart palpitations
- Coughing
- Wheezing

Naadi: to be noted.

Vitals:

- Blood pressure (BP)
- Pulse rate (PR)
- Respiratory rate (RR)
- Temperature
- SPO2

Investigation:

- Chest X-ray
- ECG

Siddha Management:

Varmam Maruthuvam:

- Vilangu Varmam
- Adappa Kalam
- KalidaiKalam

Internal Medicine:

- Thippili Rasayanam - 5 gms , BD
- Swasakudori Mathirai – 2 tablet, BD with Honey

Condition for Referral:

- Dyspnoea with SPO2 less than 93% in RA
- Acute Exacerbation of COPD
- Dyspnoea with Chest discomfort
- Tachycardia
- Dyspnoea with Urticaria

SOOTHAGAVALI / DYSMENORHOEA

Condition:

- Dysmenorrhoea means pain during menstruation

Signs and symptoms:

- Pelvic or lower abdomen pain
- Low back pain
- Nausea
- Vomiting
- Headache

Naadi: to be noted.

Vitals:

- Blood pressure (BP)
- Pulse rate (PR)
- Respiratory rate (RR)
- Temperature
- SPO2

Investigation:

- USG pelvis

Siddha Management:

Varmam maruthuvam:

- Palla varmam
- Kudukkai varmam
- Sronitha varmam
- Kuthingal varmam

Internal medicines:

- Panchalavana Parpam – 200 mg , BD with Butter milk
- Gummakudori Mezhugu – 500 mg , BD with Butter milk

Condition for referral:

- Unbearable Abdomen pain
- Vomiting

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 Kural kammal
 Kurottai karkam
 Kurthi serukku noi
 Kurunthoti kudineer
 Kurunthotti chooranam
 Kuruthi moolam
 Kushtagajakesari
 Kuthi vatham
 Kuthikaal varmam
 Kuthikal vatham
 Kuththal noi

L

Laguvida mutti thylam
 Lagu santhanathy thylam
 Lasunathabitham
 Lavana kuzhambu
 Lavanga ilagam
 Lavangapattai kudineer
 Lavangappattai thylam
 Lavangathi maathirai
 Linga boopathy maathirai
 Linga chendooram
 Linga parpam
 Linga pathangam

Linga pugai
Lingaboobathy
Logamandooram
M
Maa karkam
Maanikkam parpam
Maantham
Maanthasanni pugai
Maarbu Noi
Maasikkai chooranam
Maasikkai thylam
Maasipachai kudineer
Maavilingappattai kudineer
Machasanam
Madhanoi
Madhulai manapagu
Madhulam pazhathol kudineer
Madhulam verpattai chooranam
Madhumega chooranam
Maduraathi chooranam
Magapaerinmai
Magavinmai
Magodharam
Maha elathy mathirai
Maha megarajanga thylam
Maha narayana thylam
Maha vasantha kusumakara mathirai
Mahamuthirai
Mahasaaranai thylam
Mahasanthanathi thylam
Mahavallathi ilagam
Mahaveera mezhugu
Mahavilvathy thylam
Malabantham
Malaivembathy thylam
Malakattu
Malasanam
Malattu karpam
Man kombu patru
Mana azhutham
Manathakkali saru
Mandai soolai
Mandoora chooranam
Mandoorathi adai kudineer
Mandoorathi kudineer
Mandoorathy adai kudineer
Mandugasanam
Manjal kamalai
Manjal kombu suddigai
Manjanaththi kudineer

Manjetti kudineer
Mannai kaalam
Manneeral Noi
Mantha ennai
Mantha maathirai
Mantham
Maramanjai kudineer
Maravai katti
Marbaga silanthi
Marbu katti
Marbu putru
Marjariasanam
Marukarai kudineer
Marukarai nei
Marukkarai chooranam
Marukkarai seed chooranam
Marul
Maruthampattai kudineer
Maruthampattai thylam
Matha azhivu
Mathakedu
Mathan thylam
Mathana kamesvara ilagam
Mathathiyam
Mathumega viranam
Mathumegam
Matsyasanam
Mavilangapattai kudineer
Mayiliragu pugai
Mayilragathy chooranam
Mayurasanam
Mechu vatham
Mega katti
Meganatha ennai
Meganatha kuligai
Meganoigal
Megarajanka chooranam
Megarana kalimbu
Melmannai varmam
Melugu thylam
Meni thylam
Merugulli thylam
Migu vellai
Migukazhichal
Mikubethi
Milagaai (chilli) kudineer
Milagu chooranam
Milagu thylam
Minveti kaalam
Mirutharsingi kalimbu

Mookadaippu
Mookirattai karpam
Mookirattai ver Kudineer
Mookkuneerpaaithal
Moola noi
Moola Pantham
Moolakudori thylam
Moorchai
Moosaambara patru
Moothirakaalam
Moothirakiricharam
Moottu varmam
Mozhi piralkai
Mudichu varmam
Mudiuthiral
Muga paru
Muga vatham
Mukkadugu kudineer
Mulai noi
Mullangi saaru
Murukkalnoi
Murukkan vithai mathirai
Murungayathi Kudineer
Musarumuttai ennai
Musumusukkai karkam
Mutherukkansevi karkam
Muthiyar koonthal thylam
Muthu parpam
Muthuchippi parpam
Mutrudal veluppu
Muyal nei
Muzhangal Vatham
Myana thylam
N
Na naatram
Naai thalai varmam
Naaga chendooram
Naaga parpam
Naaga sangu parpam
Naagathaali ver chooranam
Naamul
Naanal karpam
Naangool thabitham
Naasigapeedam
Naasirogham
Naasirogha naasa thylam
Naavalpattai karkam
Nabunjagam
Nadha karuvanga katti
Nadukku vatham

Nagir katti
Naimul
Naiyuruvi nei
Nakkupoochi kudineer
Nalangumavu
Naalavibatha karappan
Naalavibatham
Nan kazhalai
Nan maravaikattikal
Nandhi mezhugu
Nandu theeneer
Nandukkal parpam
Nanganapootu
Nanju veri noi
Nannari kudineer
Nannari manapagu
Nannari mathirai
Narambu kiranthi
Narathai manapagu
Narathangai kuzhambu
Narrathai ilagam
Natarajasanam
Natchathirakaalam
Nathai ilagam
Nathai nei
Nathai parpam
Nathaichuri chooranam
Navachaara kuzhambu
Navachaara parpam
Naval chooranam
Naval kottai maathirai
Navaneetha parpam
Navapadana chendooram
Navasanam
Navauppu mezhugu
Neelibringathi thylam
Neer adaippu
Neer andam
Neer peenisam
Neer surukku
Neer vithai noi
Neerarugal
Neerbethi
Neerchurukku
Neerizhivu
Neerkattu
Neerkovai Mathirai
Neermulli Kudineer
Nelli karpam
Nellikaai ilagam

Nellikaai thylam
Nerunjil chooranam
Nilakadambu chooranam
Nilappanai kizhangu Chooranam
Nilavaagai chooranam
Nilavarai nei
Nilavembu kudineer
Nindrapadasanam
Nindrapathahasthasanam
Niradimuthuvalladhi mathirai
Nithirai pranayamam
Nithiraiyinmai
Notchi kudineer
Notchi saaru
Notchi surasam
Notchi thylam
Nunna karukku kudineer

O

Oma kudineer
Oma theeneer
Ongara pranayamam
Oomathai seed pugai
Ootasathu kuraivu
Oothal
Oozhi Mathirai
Orithal thamaarai karpam
Orithal thamarai chooranam
Orithalthamarai karkam
Othiyampattai kudineer
Otrai thalaivali
Ottuvarmam

P

Paagalilai Saaru
Paandu
Paanikambavatham
Paarisavaayu
Paavattai ver kudineer
Pachai eruvai
Pachai karpooora maathirai
Pachchaikarpooora podi
Pachimothasanam
Pachinai varmam
Pachonthi ennai
Padai
Padarthamarai
Padhakonasanam
Padiga linga chendooram
Padigaara chenduram
Padigaara maathirai
Padigaara neer

Padigaara parpam
Padigalinga chendooram
Padmasanam
Padunyayiru
Paithiyavatha Suronitham
Pakka kazhuththu natukku varmam
Pakka vatham
Pakkavaayu
Pal noi
Palaasu karkam
Palagarai parpam
Palaiver chooranam
Pallavarmam
Pammal noi
Pancha karpam
Pancha moola kudineer
Pancha nalmarathi kudineer
Pancha sootha mezhugu
Panchadeepakini chooranam
Panchalavana chooranam
Panchalavana parpam
Panchamirtha chendooram
Panchapadana chendooram
Panchasootha mezhugu
Pandri nei
Parangipattai chooranam
Parangipattai pathangam
Parangipattai rasayanam
Parvathasanam
Pashini mudra
Patchavatham
Patchi varmam
Patchinemam varmam
Pathahasthasanam
Pathavedippu
Pattu karuppu
Pavalam parpam
Pavanamuthrasanam
Peeleega Noi
Peenisa pugai
Peenisa thylam
Pen maladu
Penkolli adangal
Peraasana narambu thabitham
Peranda parpam
Perumbadu
Perumpandi
Perun kazhichal
Perungaya chooranam
Perungayakalavai mezhugu

Peruvayuru
 Pidangunari kudineer
 Pidaraivarmam
 Pidari vatham
 Pirandai chooranam
 Pirandai vadagam
 Pirappilum irappilum thodar noi
 Piratharai varmam
 Pirukka noi
 Pitha kudineer
 Pitha sevi noi
 Pitha vedippu
 Pithappai kal
 Pithasura kudineer
 Pithu noi
 Podugu
 Poduthalai kudineer
 Poduthalai saaru
 Poduthalai thylam
 Poduthalaikaai karkam
 Poigaikaalam
 Ponanganni saru
 Ponnaangani thylam
 Ponnangaani karpam
 Ponnangaani nei
 Ponnanganni chooranam
 Poonaaga thylam
 Poonaga karpam
 Poonaiikkali chooranam
 Poonaimesai kudineer
 Poond� ennai
 Poondû thaen
 Poonkavi chendooram
 Poopu thadai
 Poora maathirai
 Pooran kadi
 Poorana chandhirodaya chendooram
 Poorvatasanam
 Poosani kodi chooranam
 Poovadangal
 Poovarasu kudineer
 Porichan kaalam
 Porkaivarmam
 Pottu
 Powthiram
 Pranayamam
 Pranayamam - Kapalapathi
 Pranayamam - Naadisuthi
 Pranayamam - Shetali
 Prosthakola veekam

Puja varmam
Puliyaarai kudineer
Pun
Punalkaalam
Pundareegakuttam
Pungan thylam
Pungu nei
Pura karuppai sool
Purasamvidhai kudineer
Puruva varmam
Putru pathangam
Puzhukadi
Puzhuvettu

R

Rajaamirthathi chooranam
Rajayashma
Rasa mezhugu
Rasa Parpam
Rasa thylam
Rasagandhi mezhugu
Ratha azhutham
Ratha choodu
Ratha kodhippu
Ratha moolam
Ruthra rogham

S

Saambirani pugai
Saaranai kalli thylam
Saathikaai ilagam
Saathikai maathirai
Sadamanjil Thylam
Sagalamantha chooranam
Saganavatham
Sakthikooradangal
Salabhasanam
Salambasarvangasanam
Salamisiri ilagam
Salodhaarimani maathirai
Sambeera thylam
Saampirani poo maathirai
Sandarasa parpam
Sanga thiravagam
Sangan ver adai kudineer
Sangankuppi saaru
Sangu parpam
Sanjeevi mathirai
Sanjeevi theeneer
Santha Santhrothya mathirai
Santhana chooranam
Santhana ilagam

Santhana kudineer
Santhana nei
Santhanathi thylam
Santhu vaatha noi
Sara konrai kudineer
Sarakkondrai puli patru
Sarakondrai karkam
Saramudichu
Saranai kalli thylam
Sarapunga vilwathy ilagam
Sarpagantha chooranam
Sarvangasanam
Sarvanga rasayanam
Sathavari ilagam
Savasanam
Savvukaalam
Saya pitham
Sayam
Sedhiludhir noi
Seemai agathi kalimbu
Seenthil chooranam
Seenthil karkam
Seenthil nei
Seenthil Sarkkarai
Seeraga chooranam
Seeraga thylam
Seeragathi ilagam
Seerunkolli varmam
Sembu chendooram
Sembu parpam
Semmaram patru
Semparuthi Manapagu
Senkarumbu saaru
Senkontra park bark paste
Senkottai ilagam
Senkottai nei
Seriymai
Sethu Bandhasanam
Sevikutri kaalam
Shasangasanam
Shasanka Bhujangasana
Shyakulanthaka chendooram
Siddhasanam
Siddhathi ennai
Silasathu parpam
Simhasanam
Sinaipaikatti
Sindhu vallathi mezhugu
Singasanam
Singi chunnam

Sirakambavatham
Sirangu
Sirasasanam
Sirasthambavatham
Sirattai thylam
Sirattai varmam
Siravatham
Siriya aththi surukki
Siriya birungamalaga thylam
Sirobara nivarana thylam
Sirukumari thylam
Sirukurinjaan karkam
Siruneeraga noi
Sirungi parpam
Sirupeelai kudineer
Siruvazhuthunai saaru
Sitranda mezhugu
Sitranda parpam
Sivanar amirtham
Sivanar vembu karkam
Sivanarvembu chooranam
Sivanarvembu kuzhi thylam
Sivappu kukil thylam
Sivathai chooranam
Sivathai ver kudineer
Sobai
Sodakku thakkali kudineer
Sombu theeneer
Sool
Soolai kudaram
Sooli kanam
Soolppai neerkatti
Soonti kaalam
Sooryavartham
Soothaga perukku
Soothaga thadai
Soothaga vali
Soothaga vayu
Soothiga vatham
Sornapiraga chendooram
Sotruppu chendooram
Sottu neer
Sthana vipuruthi
Sukkila thambana karpam
Sumai varmam
Sundaiver chooranam
Sundu
Surai karpa kudineer
Suram
Suronitha varmam

Suryanamaskaram
 Susasai
 Suthigavatham
 Suththavallathy ennai
 Suvetha kuttam
 Suyamaakini chendooram
 Suzhiaadi varmam
 Swasakaasam
 Swasakudori maathirai
T
 Tadasanam
 Thaalisaaathi chooranam
 Thaalisaaathi vadagam
 Thaengaai kuzhambu
 Thalaga chendooram
 Thalaga karuppu
 Thalaga parpam
 Thalai nokkadu
 Thalai paen
 Thalaimayirvettu
 Thamaraga kudineer
 Thamaraga noi
 Thamaraga vaayu
 Thamarai magarantha chooranam
 Thambira parpam
 Thamira chendhuram
 Thamira parpam
 Thamirakattu chendooram
 Thandagavadham
 Thandu varmam
 Thaneervittan ilagam
 Thaneervittan nei
 Thanga chendooram
 Thanga parpam
 Thanga parpaurundai
 Thanga uram
 Thantha noi
 Thantha rogam
 Thanthiravetti vatham
 Thasaivatham
 Thasanappodi
 Thathubushti chooranam
 Thathubusti ilagam
 Thathunatam
 Thavalai kaalam
 Thayirchundi chooranam
 Thazhamboo maathirai
 Thazhumbu
 Thazhuthalai ennai
 Theivu noi

Thennaipoo saaru
 Thelineer
 Themal
 Theththuru kuttam
 Thetran karpam
 Thetran karpam kudineer
 Thetran kottai chooranam
 Thetranilai kozhunthu saaru
 Thetrankottai ilagam
 Thilartha varmam
 Thippili rasayanam
 Thippiliyathi kudineer
 Thiratchai kudineer
 Thirigonasanam
 Thirikadugu chooranam
 Thiriphala chooranam
 Thiriphala chooranam kudineer
 Thiriphala karpam
 Thiriphala kudineer
 Thiriphala sooriya puda thylam
 Thiriphalathi thylam
 Thirithoda maathirai
 Thirumoorthi pathangam
 Thirumurthi kaalam
 Thivalai kaalam
 Thodam
 Thol varatchi
 Thookkaminmai
 Thoothuvalai chooranam
 Thoothuvalai nei
 Thoothuvalayathi urundai
 Thottarchiningi chooranam
 Thozhu noi
 Thulasi saaru
 Thulasi surasam
 Thumbai poo saru
 Thumbai saaru
 Thumbai surasam
 Thummi kaalam
 Thurunji manapagu
 Thurusu chendooram
 Thuththi ilai karkam
 Thuththi thylam
 Thuvaraiver kuzhi thylam
U
 Uddhiyanapathi
 Udumbu Ilagam
 Udumbu nei
 Ukatasanam
 Ulapiralvu

Ulkuththu varmam
 Ullankaalvellai varmam
 Ullankaichakkaram
 Uloga Suttigai
 Ulthodai
 Ulunthu thylam
 Unmatham
 Unnaakku azharchi
 Uparithakonasanam
 Uppu chendhuran
 Uppu Parpam
 Uppukuttri varmam
 Urai mathirai
 Urithiratchara karkam
 Urukku chendooram
 Urumi kaalam
 Utchipathappa kaalam
 Uthanapathasanam
 Uthira kaalam
 Uthiravatha Suronitham
 Uththamani kudineer
 Uththamani nei
 Uththamani saru
 Utthithahastapadasanam
V
 Vaaipun
 Vaan mezhugu
 Vaanthi
 Vaayu kaalam
 Vaeliparuthi thuvalai
 Vaambu kudineer
 Vaeppa ennai
 Vaividanga chooranam
 Vajira kandi Mathirai
 Vajirasanam
 Vakrasanam
 Valamoorthi kaalam
 Valampuri kaalam
 Valappaateeral noi
 Valai mutintha varmam
 Vali aththi surukki
 Vali azhal keel vaayu
 Vali keel vaayu
 Vali suram
 Valippu
 Valithambam
 Vallarai chooranam
 Vallarai karkam
 Vallarai nei
 Van kazhalai

Vanga chunnam
 Vanga parpam
 Vanga vennai
 Vasambu kudineer
 Vasantha kusumakaram
 Vasavu ennai
 Vatha soolai
 Vatha sura kudineer
 Vatha thylam
 Vathakesari thylam
 Vathana ganthi ennai
 Vathanaasa thylam
 Vatharaatchasan maathirai
 Vathasthambam
 Vazhai thandu saaru
 Vazhaipoo Vadagam
 Vedi annabedhi chendooram
 Vediuppu Chunnam
 Vediuppu thiravagam
 Vedyuppu chendooram
 Veera mezhugu
 Veera neer
 Veera parpam
 Veera vennai
 Veerabhadrasanam
 Veeradangal
 Veerasanam
 Veethanakolaru
 Velimoolam
 Veliparuthi nei
 Veliparuthu karkam
 Veliparuthu saaru
 Vellai ennai
 Vellai kudineer
 Vellai mezhugu
 Vellai noi
 Vellai varmam
 Vellarugu chooranam
 Velli chendooram
 Velli parpam
 Vellilothirapattai kudineer
 Velluppu noi
 Velvael thylam
 Velvanga parpam
 Vembu karpam
 Vemmai
 Vendhaiya ilagam
 Venga vennai
 Vengaara madhu
 Vengaara mathirai

Vengaara parpam
Vengara pacchai
Venkara neer
Venkuttam
Venmai noi
Venpadai
Venparusedhil
Venpoosani ilagam
Venpoosani nei
Venpulli
Venthamarai chooranam
Venthamarai kudineer
Veppampisin chooranam
Veppampoo mathirai
Veppang kozhunthu, thulir, ilai karkam
Veppunoi
Vethupadaki surasam
Vetiveer thylam
Vetpalai thylam
Vetrilai surasam
Vetrilaikambu karkam
Vidamutti thylam
Vidathari chooranam
Vilangu varmam
Vilva Pazha Manapagu
Vilva Pazham / elai karpam
Vilvaellai kudineer
Vilvathy ilagam
Vilvathy kuzhambu
Vinthu Nattam
Vipareethakarani
Vippuruthi
Viraalmeen thalaikal parpam
Virai vatham
Virai veekkam
Viranam
Viregi adithallal
Viregi putru
Virikshasanam
Viriyasathambanam
Viruthikaalam
Visha kuzhambu
Vishnuchakkara maathirai
Vishnukiranthi surasam
Y
Yaeranda thylam
Yashma
Yegantha thailam
Yogamudra
Yoni kasivu

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