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A review on single herb therapy followed in Siddha medicine for Sinusitis (Peenism)

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Abstract

Medicine is not only a science but also a kind of art. Medicine varies according to the life-style of people with their geographical condition.

The pillars of Indian System of Medicine is dedicated by siddhars to our human society to lead long life, free from diseases. Mostly the treatment were based of medicinally useful plants. Medicinal plants play a major role in treating the diseases. The siddha medical text book referred as "Siddha Materia Medica" gives information about the plants used for the treatment of sinusitis. The review article is about the medicinal plants used in the management of treating peenism. The main objective of the study is to document the medicinal plants used for the sinusitis.

Keywords: Peenism, mookadaippu, sinusitis, siddha management

Introduction

Siddha system is the ancient traditional treatment system, generated from Dravidian culture. This system not only treats illness, but also prevents the disease and promotes the the longevity of life.

The word SIDDHA comes from the word SIDDHI which means a state to be attained by perfection or heavenly bliss. Siddha system highlights "ASHTAMAHASIDDHI" the eight supernatural power. Those who attained the

ASHTAMAHASIDDHI are known as siddhars, who developed the siddha system of curing ailments. Sinusitis is a very common disease in India. More than one thirty million people suffer from atleast once in their lifetime. Medicines prepared from the plants were more effective. The term SINUSITIS refer to inflammation of the mucosal lining of the paranasal sinuses.

Inflammation of the nose and paranasal sinus characterized by two or more of the following symptoms.

- ✓ Nasal congestion
- ✓ Headache
- ✓ Running nose
- ✓ Pain in the middle of the eyes and eyebrows and nasal septum
- ✓ Sore throat

According to Siddha concept

Siddhar YUGI MUNI classified the disease into 9 types in the medical literature 'VAITHIYA CINTAMANI' namely,

1. Vazhimookadaipu
2. Azhalmookadaipu
3. Iyamookadaipu
4. Neer (watery) mookadaipu
5. Kuruthi (bleeding) mookadaipu
6. Seel (pus) mookadaipu
7. Sirai (lower) mookadaipu
8. Moolai(nasal polyp) mookadaipu
9. Kazhuthu (neck) mookadaipu (associated with throat) (3).

Materials and Methods

Data collected from – “Siddhamateriamedica”, - a translation of Tamil siddha text gunapadamooligai written by Vaidya Rathnam K. S. Murugesu Muthalitar, Edited by: Dr. Anaivaari R. Anandan, published by: Department of Indian Medicine & Homeopathy, Chennai 600 106, 1st edition - 1936, reprinted Year – 2013.

S. No.	Tamil name	Botanical name	Family name	Parts used	Use of formulation
1.	Agathi	<i>Sesbania grandiflora</i>	Fabaceae	Leaves	External application and nasal drops
2.	Agil	<i>Aquilaria agallocha</i>	Thymelaeaceae	Wood	Hair oil
3.	Alishivithai	<i>Linum usitatissimum</i>	Linaceae	Seed	Internal
4.	Aruvada	<i>Ruta chalepensis</i>	Rutaceae	Whole plant	Oil as nasal drops
5.	Atandam	<i>Capparis zeylonica</i>	Capparaceae	Root	Head bath oil
6.	Indu	<i>Mimosa rubicaulis</i>	Fabaceae	Creeper	Nasal drops
7.	Perichehu	<i>Phonex dactylifera</i>	Arecaceae	Fruit	Internal
8.	Karisalankanni	<i>Eclipta prostrata</i>	Asteraceae	Leaves	Internal
9.	Karuppura-valli	<i>Anisochilus carnosus</i>	Lamiaceae	Leaves	External Application
10.	Kodiveli	<i>Plumbago indica</i>	Plumbaginaceae	Root	Head bath oil
11.	Chatha-kuppai	<i>Anethum graveolens</i>	Apiaceae	Leaves	Internal
12.	Karunjchirakam	<i>Nigella sativa</i>	Ranunculaceae	Seed	To smell and external application
13.	Perunjchirakam	<i>Pimpinella anisum</i>	Apiaceae	Seed	Internal
14.	Sundai	<i>Solanum torvum</i>	Solanaceae	Root	External(to inhale)
15.	Chempai	<i>Sesbania sesban</i>	Fabaceae	Flower	External application
16.	Manaththakkali	<i>Solanum nigrum</i>	Solanaceae	Fruit	Internal
17.	Thumbai	<i>Leucas aspera</i>	Lamiaceae	Flower	External
18.	Palasu	<i>Butea monosperma</i>	Fabaceae	Bark	Internal
19.	Pitharohini	<i>Coptis teeta</i>	Ranunculaceae	Root	Nasal drops
20.	Manjal	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	External (to inhale)
21.	Vilvam	<i>Aegle marmelos</i>	Rutaceae	Leaf	Internal
22.	Vembu	<i>Azadirachta indica</i>	Meliaceae	Seed	External(to inhale)

Discussion

According to siddha concept, Sinusitis occurs due to increase in iyam while azhal humor is increased in the body. The azal humor increases due to food or any other activity which induces heat.

‘PANBANA PITHATHIL SETHUMA NAADI’

If kabam increases in pithampeeniam (sinusitis). Since pitham and kabam humors are deranged, the line of treatment should normalize these humors.

Conclusion

The medicinal plants used in the management of sinusitis revealed in siddha literature should be practiced and made for future research studies for the betterment of patients.

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