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**An insight into unrevealed Raavanan External therapies
in Siddha system of medicine-A Historical Review**

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Abstract

Siddha system of medicine was the ancient Traditional systems of India which is being practiced mainly in the Tamil Speaking areas of the World. It is a Holistic system having answers for all the challenges of the Medical field. The specialty as found in the Siddha literatures not only share a common platform for meditation and prayer but also for the concept of Food as Medicine. Siddha system of medicine is a vast repository of internal and external medicines. According to the mode of application, the Siddha medicines could be categorized into two classes: Aga marunthugal/Internal medicine were used through the oral route and further classified into 32 categories based on their form, methods of preparation, shelf - life, etc. Pura marunthugal/External medicine includes certain forms of drugs and also certain applications (such as nasal, eye and ear drops). It is also classified into 32 categories. External therapy procedures are as important as in the management of Health and Disease. In several instances only the External therapy without any drug is sufficient and these procedures are already systematized. Most of these therapies are aimed at maintaining a healthy balance of three humours Vatham, Pitham and Kabam and also the seven tissue types of the body. Hence, an attempt was made to collect information about the unrevealed Raavanan External therapies of siddha system from our ancient classical texts.

Keywords: Tamil, Siddha system of medicine, Aga marunthugal, Pura marunthugal, three humours.

Introduction

Siddha Medicine is a vast repository of External therapies. In several instances, only the procedure without any drug is sufficient and these procedures are already systematized. Most of the therapies are aimed at maintaining healthy balance of the three physiological factors and also seven tissues of the body. There are occasions where administration of oral medicines becomes impossible and hence to revive the patient, administration of drugs or manipulation through external therapies like thokkanam, pattru, otradam is required. Nasal application including inhalation and ophthalmic applications become important particularly in unconscious comatose patients, epilepsy, stroke

patients and conditions like trauma, snake bite. It is very clear that the ancient physicians knew the connections between the brain and the sense organs and chose their routes and drugs accordingly¹.

Siddha Medicine is classified as Internal Medicines (Aga Marundu 32) and External medicines (Pura marundu 32)². In Siddha system of Medicine The term "Marundhu" is not exactly equivalent to the English 'drug'. "Marundhu" may be concrete or abstract. The abstract may be physical manipulation, heat or cold application etc., hence these non-oral medicines are listed as External Medicines - 'Puramarundhu. External therapy procedures are as important as in the

management of Health and Disease. According to the mode of application, the siddha medicines could be categorized into two classes. Aaga marunthugal/Internal medicine were used through the oral route and further classified into 32 categories based on their form, methods of preparation, shelf - life, etc., Pura marunthugal/External medicine includes certain forms of drugs and also certain applications (such as nasal, eye and ear drops), and also certain procedures (such as leech application). It is also classified into 32 categories². The 32 types of External therapies are as follows.

1. Kattu (Bandage)
2. Pattru (Poultice)
3. Poochu (Liquid application)
4. Kalimbu (Ointment)
5. Seelai (Medicated gauze)
6. Varthy (Medicated wick)
7. Pasai (Cream)
8. Kali (Paste)
9. Podi (Powder)
10. Neer (Medicated Liquid)
11. Nasiyam (Nasal drops)
12. Naasigabharanam (Insufflation)
13. Suttigai (Cautery/Heat application)
14. Ottradam (Fomentation)
15. Pugai (Fumigation)
16. Salaagai (Probe)
17. Oodhal (Blowing)
18. Mai (collyrium)
19. Kalikkam (Eye drops)
20. Urinchal (Suction)
21. Attai vidal (leech application)
22. Kuruthi vangal (Venesuction)
23. Murichal (Bone restructuring)
24. Kombukattal (Fracture splinting/Immobilisation)
25. Thokkanam (Physical manipulation)
26. Podi thimiral (Dry powder massage)
27. Vedhu (Steam therapy)
28. Pottanam (Medicated pouch)
29. Aruvai (Excision)
30. Kaaram (chemical cautery)
31. Keeral (Incision)
32. Peechu (Douche/Irrigation)¹

History of Raavanan

Raavanan is the mythical multi-headed demon-king of Lanka in Hindu mythology. With ten heads and twenty arms, Raavana could change into any form he wished. He is also believed to have been a devout follower of Shiva, a scholar and connoisseur of Arts. He was well versed in '**Maruthuva Kalai**'

Apart from this, Siddha system has unrevealed Raavanan External therapies such as³

1. *Thailam*
2. *Thuvaalai*
3. *Paathi maruthuvam*
4. *Kuzhi maruthuvam*
5. *Izhuvai Parigaara murai*
6. *Thaarai Maruthuvam*
7. *Kuliyal*
8. *Varmam*
9. *Kudori Maruthuvam*
10. *Thaene Maruthuvam*
11. *Thalam*
12. *Anaipu*
13. *Vidakkal Parigaaram*
14. *Yogasanam*
15. *Yogasana Parigaaram*
16. *Muthirai*
17. *Kuruthi poosudhal*
18. *Paerukaala Panduvangal*
19. *Aavi Parigaaram*

Methods:

1. *Thailam*⁴

There is a slight difference between *Thailam* and *Ennai*. *El+Nei=Ennai*. If the oil is not boiled before the preparation of medicine it is called *Ennai*. If the oil is boiled for the preparation of medicine it is called *Thailam*. If the oil is applied on the head it is called *Ennai*. If the oil was taken internally it was called *Thailam*.

Example

- (a) *Kabaala viyaadhi thailam*
- (b) *Vilvaathy thailam*
- (c) *Kaiyaan thailam*

2. *Thuvaalai*⁵

Thuvaalai is one of the best therapy in *Sinthaamani Maruthuvam*. It was majorly mentioned in *Varmam* therapy and natural healing therapy. This was the application of herbals, fruits, vinegar, and butter from head to foot and gentle massage is given.

Example

- (a) *Nimbaadhi thuvalai*
- (b) *Thiraatchaadhi thuvalai*
- (c) *Kumari thuvalai*

3. Paathi maruthuvam³

A wooden table usually made of neem or *Strychnos nux-vomica* soaked with medicated oil. It measures 6½ feet length with head portion mildly elevated to about 4 inches. The patient should be placed on paathi in supine position and oil was poured. Then according to the patients severity Paathi maruthuvam was undertaken from 14-41 days. It was more effective than Thokkanam.

Example

- (a) *Kaaya thirumeni*
- (b) *Kaaya rajangam*
- (c) *Murivennai*

4. Kuzhi maruthuvam(Pudhai Maruthuvam)³

It is executed by digging a pit which allows patient to cover up to the waist with sand. Affected lower limb was inserted into the pit. It shows drastic effect among 3-18 years of age. This therapy should be undertaken within 3 hours after the intake of food. It shall be done for 21 to 41 days. The pit should be dig in moderate climate. The sand should not be cold and should not be over heat. It should not be advisable for children below 3 years.

5. Izhuvai Parigaara murai³

It is also called as Traction. It was mainly undertaken for bones and joints disorders. The purpose of traction is to guide the body part back into place and hold it steady. Traction may be used to stabilize and realign bone fractures, such as broken arm or leg, treat bone deformities caused by certain conditions. Correct stiff and constricted muscles, joints, tendons. Izhuvai Parigaara muraidetail was given in Raavanam maruthuvam.

6. Thaarai Maruthuvam^{3,6}

Thaarai is of two types '*Ozhugu thaarai*' and '*Oottru thaarai*'. Vast references are seen in Varmam literatures Like Odivu murivu saari, Varma saari, Odivu murivu sara soothiram.

The patient should lie down on a ground or on the table. The oil is held in a clay pot. A small hole about ½ inch, is in the bottom-middle of the bowl. A spigot might be attached to the bottom of the bowl to more accurately control the oil flow. The bowl material retains heat, so the oil does not cool before it is poured on the patient head. If the bowl hangs over the patient's head, the doctor doesn't have to hold the bowl for the entire session (45 minutes to 1 1/2 hours). Three holes must be in the top of the bowl so that a thread can be used to suspend the bowl from the ground or

table. The distance from the hole to forehead is 2-3 inches.

7. Kuliya^{3,5}

Poosu eer Vaelaiyadhil nadraai
Pugazhum kaar maala man arumai saeru
Veesu koodhir kaliman pani kaalangal
Venkali man poosi udal muzhugu maalai
-Raavanam Sugaadhara kalanjiyam

Mud bath or Sand bath was a natural healing therapy. According to Siddha system Prevention is better than cure. This method of therapy was given by Raavanam.

Types of Kuliya

- (a) Sooriya kuliya
- (b) Mara kuliya
- (c) Mooligai Aruvi kuliya
- (d) Thendral kuliya
- (e) Mara Nizhal kuliya
- (f) Niyayiru Punal kuliya
- (g) Mooligai kuliya

8. Varmam⁵

Life energy flows in the body in a particular pathway. There are certain key points in the body where this life energy 'Vaasi' is concentrated. Normally these are the points where two bones join or a muscle inserts into bone or the blood vessels, nerves are prominent. These points called 'Varmam points' can also be considered as reflex anatomical points where life force resides and flows in the human body are known as Varmam.

9. Kudori Maruthuvam³

It is one of the emergency medical technique in Siddha system. Involves piercing of the skin by snake tooth/surgical knife (nowadays) to a size of paddy to cause bleeding and the medicine is laid. Then this site is burnt with hot stone or wooden stick of neem or nux-vomica. The heat produced by this process penetrates the body and act as a catalyst to merge the drug into blood stream.

10. Thaene Maruthuvam³

Bee sting venom is one of the best medicine for Vaatha tumors. If the bee is allowed to bite on the affected site it will destruct the tumor and comes in a feces. This therapy should be undertaken once in 15 days. If it was done for 20 times the upcoming future Vaatha diseases will not come.

11. Thalam (Thappalam)^{3,4}

Thalam is of two types Sarakku thalam, Ennai thalam. It was also one of the emergency medical technique. The procedure was simple. Medicated oil is applied to the hair, scalp, and chest before the herbal paste is applied. Head thalam was mostly in practice.

Example

- (a) Karpoorathy thalam
- (b) Milagu thalam
- (c) Kirambu thalam

12. Anaipu(Adai)³

Insertion of fruits with some medicine inside the anal wall will stop the growth of muscles or fissures. now a days this technique was not followed properly.

13. Vidakkal Parigaaram³

A stone made up of heavy metals and minerals was used in this therapy. It was mainly used for animals bites. On the affected place the stone was placed aftersome time the stone suck the toxins and it falls off from the site.

14. Yogasanam³

In yoga, an asana is a posture in which a practitioner sits. Thirumoolar defines asana as to be seated in a position that is firm, but relaxed. He mentions the ability to sit for extended periods as one of the eight limbs of the system known as Ashtanga Yoga. Asana do promote good health, although in different ways compared to physical exercise, 'placing the body in position that cultivate awareness, relaxation and concentration'.

15. Yogasana Parigaaram³

Any yogic technique used to systematically address physical injury or pain, or mental and emotional stress or trauma can be considered Yoga therapy. Among the yogic tools used therapeutically are asana, Pranayama, Meditation. Although many people don't realize it, Yogis also consider diet an integral part of Yoga and therefore of Yoga therapy.

16. Muthirai^{3,6}

Mudras are most commonly known as hand positions in yoga and meditation, which are believed to affect the flow of energy in the body and unblock chakras. There are numerous types of mudras. Each type is thought to have a specific effect on the body and mind by clearing the psychic centers and energy channels.

17. Kuruthi poosudhal³

Application of animals and birds Blood on the human body or on the affected site is called Kuruthi poosudhal.

18. Paerukaala Panduvangal³

The intense medicative care given in case of emergency is mentioned as 'Panduvangal'. It is of five types,

Iyarkai peru	-Normal delivery
kaalanigazh peru	-Intense pain and Prolonged duration
Varutha peru	-Delayed engagement of fundus
Vaetrumai peru	-Abnormal Presentation (Usage of herb for pelvic muscle dilatation)
Pagai peru	-Delivery with Eclampsia and Hemorrhage
Other type,	
Pazhi Sool	-Cause death

Iyarkai peru

Magamadhuvae urpavithu ambulidhan
Magimaiyudan eennaatkal nigazhdhabinbu
Sugamaaga idupuvali udanaeyattru
Thadayilla siramadhuvum udayamaagi
Thagaimaiyurum oru yaama velaikullai
Thaipillai vaeraga priiyumaagil
Pagayanila iyarkai peru endru solvar
Padhanazhiya immuraiyai pottruveerae
-Maadhar maruthuvam

Kaalanigazh peru

Potriyadhoriyarkai peru thanilirundhu
Peru nigazha vetrumaigal adhigamaagi
Naatrisaiyor kannura vaedhanaigalutru
Nalamilla karuyurai nadaipaeraamal
Uttradhaai magayueena valiutraengi
Uyir saedhamillaamal kuzhaveendraal
Saatruvadhu kaala nigazh paerenbaargal
Thaaraniyil maruthuvargal unardhu kolveer
-Maadhar maruthuvam

Varutha peru

Kolluveer Karuvutru nigazhdha pinbu
Kodum noovam idupu vali migudhiyaagi
Thaalumandha kadigaiyadhu aruvadhayum
Thalai udhayamaanalum adhu thavirthum
Ullurayum madhalai veli pirandhidaamal
Udhirumandha karuviurai nigazhdhum vannam
Kallamaela naerdhidinum varundha peru
Kanmanikaal anjaadheer iyarkai unmai
-Maadhar maruthuvam

Vaetrumai peru

Iyarkaithaai kaerpiniku noundaagi
Iyalkadigai arubadhukul maatraaga
Thuyar madhalai kodi kaalksiinum
Thagaimaiilaadhaasanamae ivai aenum
Kayal vizhi yoor vaasal vazhi vaeliyae kandaal
Kaasiniyil vaetrumai paerendrurapar
Ayal mandhar soolndhiduveer iyo enbar
Azhuthuduveer karuvazhaipu mooli thannai
-Maadhar maruthuvam

Pagai peru

Karu nigazhdhu kaalamadhu aana pinbu
Kaal kaigal valipu perumbaadu sanni
Nerungiyadhoor parkadippu kan maruttal
Near vayiru porumaludan mayakkam soorvu
Parukkamadhaai thanurulal padapadapu
Palakuriyoodeenudhal irandoomaelae
Karukuzhiyin ul nindru vaeliyae vandhaal
Kandiduveer pagaiperu endrudhaanae
-Maadhar maruthuvam

Pazhi Sool

Perutha sool noovu kandum pindamae velividaamal
Varutha noi karupaidhaanum vazhangil vaai
thirandhidaadhu
Arundhu neeradaithu kondu adhu vilangittapolae
Porundhumaeidupu nenju pudaithumae valithukaatum
Kaatum neerirangidaamal kalangiyae mayakkam
viyarvai

Pootuvaai thatpamutru pugazundhi valimael moochu
Sootidum malathin lattu thulangi makkuzhavi moodhal
Sootumikkurugal kandaal thulangu nooi pazhi
soolamae

-Raavanan Maadhar maruthuvam

19. Aavi Parigaaram^{3,5}

Aavi Parigaaram includes both steam inhalation and steam application. In Raavanan Maruthuvam Aavi parigaaram is referred to Steam inhalation. Steam inhalation is done by adding fresh or raw herbals.

Precautions undertaken during Aavi parigaaram

- Half level of medicine and water was filled in the pot during this therapy.
- Do not use teared leaves.
- During this therapy a wood is used to mix the medicine in the pot.
- Escape of steam is avoided by Banana leaves.
- Donot drink cool drinks after this therapy.
- After one hour from Thokkanam therapy, Aavi maruthuvam should be done.
- After this therapy Patient is advised to take bath in hot water after two hours.

Conclusion

This unrevealed Raavanan 19 External therapies is a strong medication given by Raavanan. The key to successful therapies is an incremental approach, which tends to be safer and more effective than more aggressive strategies. It is the best to begin this therapy slowly and ramp up the intensity and duration of practice only as circumstances allow. This unrevealed therapies of Siddha are regaining popularity and efforts are on to validate and standardize the procedures. External therapies can be done in major measure with locally available resources and therefore is accessible as well as affordable.

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