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A Review on Vaatha Kirani and its Therapeutic Management in the Siddha Medicine

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Abstract

Siddha system of medicine originates from Southern part of India where it is identified in the Tamil speaking land. Among the traditional system of medicine Siddha system holds its uniqueness. According to Siddha system, health is the perfected state of physical and psychological component of the human being. Diarrhea is one of the most common clinical diseases which affect the daily activities of the patients. According to WHO and UNICEF, there are about two billion cases of diarrheal disease reported worldwide every year. Siddhars explained diarrhea as 'Kirani' in their literature. This article is a collection work of literature background of vaathakirani, single herb preparations and varmam therapy for the management of Vaathakirani in the Siddha System.

Keywords: Kirani, Kazhichal, Diarrhea, Single herb, External therapy, Varmam.

1. Introduction

Siddha system of medicine is originated in the south part of India especially in Tamil Nadu. It is the art of living and also it is the byproduct of spirituality. It explains that the physical body is an instrument to attain mukthi. It states that health is a perfected state of physical and psychological component of an individual. It is the peculiar science comprising of Panchabootha theory, Mukutram, Naadi, Varmam, Alchemy, Philosophy, Yoga, Astrology and Panjapatchi.

Diarrhea is most common disease which affects the daily activities of the patients. According to WHO and UNICEF yearly two billion people are affected by diarrhea. It is characterized by loose, watery stools or a frequent need to have a bowel movement. It usually lasts few days to four weeks. It may be caused by bacterial infection, viral infection, parasitic infection, food intolerance, and gallbladder or stomach surgery, inflammatory and irritable bowel disorders.

In Siddha kirani is referred as Diarrhea. It is also called as kazhichal, kiragani, bedhi. It is caused by the vitiated vaatham or aggravation of all dhosams. In this the digestive fire is weakened and food taken is simply passed off as undigested fecal matter or sometimes as liquid motions accompanied by abdominal pain, noisy stools, fetid odour, thirst, flatulence. It is cured by simple herbal preparation.

This paper is a collection of literature review of kirani, single herbal preparations and varmamtherapy for the management for Kiraani.

2. Review of literature

2.1. Vaatha kirani

2.1.1 Definition

Health is a state of samadhosam. If the equilibrium between thiridhosam and seven udalthaathukkal is altered, diseases manifest in the body and affects the person. Food, life style

modifications, stress, planetary influence and karmic actions are the causes of the diseases.

Siddhar Yugi explained detail about Kirani in his literature YugiVaithiya Chinthamani. He catagorize the kirani into 25 types. Of this Vaathakirani is one of the types affects most of the population. It is gastro functional disorder which has the symptoms of loss of appetite, bloating, indigestion, diarrhea, constipation, abdominal pain, fatigue, dehydration and weight loss.

According to Saamba Sivam Pillai dictionary, Kirani is defined as a chronic diarrhea. It is due to vitiated vaatham and all the three dhosams in the body. The digestive fire is weakened and causes the symptoms like loss of appetite, indigestion, bloating, and undigested fecal material. The agitated vaatham causes diarrhea and constipation. Further it is accompanied with irritation of the rectum, noisy stools, fetid odour, pain in the stomach, thirst, flatulence.

Table 1 Characteristics of the diseases Vaathakirani according to Yugi Vaithiya Chinthamani

Verse	Characteristics of the disease
நோவாகும் நடுவயிறு உப்பிசமாகும்	Pain in the abdomen, bloating
நுட்பமாம் பசியெடுக்குமுடம்புலர்த்தும்	Loss of appetite, dehydration
தீவாகுஞ் சீதமாய் வயிறுபோகும்	Reduced gastric fire, diarrhea
சிதறமேமலந்தானும் வாய்வுதன்னால்	Flatulence
காவாகுங் கட்டியாய் வயிற்றிற் காணும்	Abdominal tenderness
காற்றுமேமிகக்கழியுங் கறுப்புமாகும்	Diarrhea, darkness of the stool
பாவாகும் பழுவெல்லம் போலேவீழும்	Watery or mucus stool
படுவாதகிராணியிடப் பண்பிதாமே.	These are the characters of the Vaathakirani.

2.1.2. Nomenclatures for Kirani:

Oonkazhichchal, Naarumkazhichchal, Pala
nirakazhichchal, Kodiyanirakazhichchal,
Kiraanibedhi.

2.2.3. Characteristics of the disease ‘Vaatha Kirani’

வாதகிராணி
நோவாகும் நடுவயிறு உப்பிசமாகும்
நுட்பமாம் பசியெடுக்குமுடம்புலர்த்தும்
தீவாகுஞ் சீதமாய் வயிறுபோகும்
சிதறமேமலந்தானும் வாய்வுதன்னால்
காவாகுங் கட்டியாய் வயிற்றிற் காணும்
காற்றுமேமிகக்கழியுங் கறுப்புமாகும்
பாவாகும் பழுவெல்லம் போலேவீழும்
படுவாதகிராணியிடப் பணிபிதாமே.
பூகிவைத்தியசிந்தாமணிபக்கஎண். 198

2.2.4. Etiology of the disease Vaatha Kirani

In *Gurunadi Sasthiram*

கேளுமினிகிராணிவந்தசெய்கைதானும்
கிருபையுடன்முலத்தில் வேவுகண்டு
நாளுமிதுகிருமியினுற் குடலேதின்ன

.....
கிராணியதின் வரலாறு உதரந்தன்னில்
கிரிச்சனமாய்ப்புசித்துவரும் பதார்த்தத்தாலும்
குருநாடிசாஸ்த்திரம் - 235 பாடல் எண்
217இ218பக்கஎண் 43இ44

According to Gurunaadisaasthiram , Kirani occurs due to increased body’s heat, infection of the intestines, contaminated food. (Mohan, 2007)

In *Agasthiyar Kanmakaandam 300*

உறுதியாங் கிராணிவகைவந்ததேது
வுலகத்திலுயிர்வகைக ;னைத்தின்னல்
பொறுமையுள்ளமங்கையரைக் கற்பித்தல்
புண்ணியமழித்தல்பூ மரங்களழித்து
மறுதியாய்மழைமுறித்தும் நீரில்மலம்விட்டு

அகத்தியர் கன்மகாண்டம் 300 பாடல் எண்.139
பக்க எண்.49

According to AgasthiyarKanmakaandam 300, Kirani is due to karmic actions (eating meat and activities like deforestation, abusing the water and sexual offense against women).

2.2.5. Types of Kirani

In *YugiVaithiyaChinthamani*, 25 types of Kirani were explained SiddharYugi.

நாட்டவேகிராணிதானிருப்பத் தைந்தாம்
நலமாகுமுற்பத்திபெயரைகேளாய்
வாட்டவேவாதமாம் பித்தகிராணிவகையான
வகையானசேட்பமொடுதொந்தகிராணி
ஊட்டவே ஊண்வாயுக் கிராணியோடு
உயர்கின்றஅற்றறாவாயுக் கிராணி
முட்டவே மூலவாய் வக்கிராணி
முதிர்குன்மக் கிராணிகொப்பக் கிராணியாமே.
ஆமெட்டுக் கிராணியொடுசங்கிரகக் கிராணி
அசதியாம் வாதாதிசாரமாகும்
பாம்பித்தவசதிசாரஞ் சேட்பாதிசாரம்
புணர்ச்சியாம் திரிதோர் வதிசாரந்தான்
தாமேசுராதிசாரம்சன்னிபாதிசாரம்
தாக்கானதோர் திசாரமாகும்
வேமேவியத் தூம மசீரணத் தூமம்
விற்பட்டமோடுமிரதசேடந் தானே.
தானேன்றவாதமாம் விசூழியாகும்
தனிபித்தவிசூழியொடுசேட்பமாகும்
ஏனென்றபேதியது இருபத் தைந்து
ஏழிலானஉற்பத்தி இயம்பக் கேளாய்.

பூகிவைத்தியசிந்தாமணி பாடல் எண்.607 இ 608 பக்க
எண்.197

According to the above song verse, the 25 type of kirani are

1. Vaathakirani
2. Pithakirani
3. Setpakirani
4. Thonthakirani
5. Ushnakirani
6. Arththaravaayukirani
7. Moolavaayukirani
8. Gunma kirani
9. Kerpakirani
10. Ottukirani
11. Sangiragakirani
12. Vaathaathisaaram
13. Pithaathisaaram
14. Slethumaathisaaram
15. Thirithosaathisaaram
16. Suraathisaaram
17. Sannipaathaathisaaram
18. Thosaathisaaram
19. Vidhoomaseeranam
20. Thoomaseeranam
21. Vishtambaseeranam
22. Radhasedaseeranam
23. Vaathavisusi
24. Pithavisusi
25. Slethumavisusi

In Kannusaamiyam Yennum Vithya Segaram

Kannusaamiyampillai explained all the 25 types of kirani explained in YugiVaithiyaChinthamani. Among these types Vaathakirani, Pithakirani, Ushnakirani, Antharavaayukirani, Moolavaayukirani, Karupakirani, Ottukirani, Pithaathisarm, Suraathisaram, Vidhoomaadhi saram are curable. Others are incurable.

In Yugimunivaiithiyakaaviyam

வாதத்தால் வருவதொன்றாகும் வருத்தபித்தமிரண்டாகும் நீதிசேத்துமமுன்றாகும் நிகழ்ந்தபித்தசேத்துமமும் போதவருவதுநாலாகும் பொன்னையுதிர் அஞ்சாகும் தீதாறாகும்வாயுவினால் திகழும்கிராணியானதுவே.

யுகிமுனிவைத்தியகாவியம் பாடல் எண் 714 பக்கஎண் 229

There are six types of kirani. They are due to vaatham, pitham, kabam, pithakabam, kuruthi and vaayu.

2.2.6. Symptoms of the disease 'vaatha kirani'

In Gurunaadi Saasthiram

கிராணியிடகுடல் தனிலேயோடிநின்று
கிலுகிலென்றவாயுவங்கேயிரைச்சலாக்கிக்
கிராணியதுகொண்டுதான் வயிறுவூதிக்
கழியுமதுபொருமலமாம் விதம்வெவ்வேறு
தரணியிடந்துர்ப்பலமாயலைச்சபட்டுச்
சலமலமும் பலவிதமாய்ச் சாயுந்தானே.
குருநாடிசாஸ்த்திரம் - 235 பாடல் எண்.218பக்க எண்.44

According to Gurunaadisasthiram, symptoms of kirani are flatulence, abdominal bloating and distention, diarrhea.

In Yugi Vaithiya Kaaviyam

வென்னீரகலந்ததுபோற்கழியும்
விளங்கக்கழியுமோரொன்று
மன்னேசீதமாய்க்கழியும் அதுவுமன்றி இறைச்சியது
பொன்னே இறைச்சிகழுவினாற்போல்
போதவரணம்பலபலவாம்

முன்னேவயிறுமிகத்தரிக்கும் உழன்றேகடுக்கும்
அபானமிதே.

யுகிவைத்தியகாவியம் பாடல் எண். 716 பக்க எண்.229

According to YugiVaithiyaKaaviyam, kirani has the symptoms of pain in the abdomen, watery stool, and it may look like buttermilk, flesh, rinsed water of meat, different types of diarrhea and pain in the anus.

In Agasthiyar 2000

வலந்தான் விடுநுரைபாயும் வாயுமிகவேயுண்டாகும்
கலந்தானளிர்யாக் காய்ச்சலுண்டங்
கருதிமிகவுமிளைப்பாகு
நிலந்தான் மகளீரோக்காளம் நினைவுதவிரும்
வயிறுளையும்
பலந்தான் மிகுந்துதுயிறகமுண்டாம் பேசில்
வாதக்கழிச்சல்
குணந்தானே

அகஸ்த்தியர் 2000 பாடல் எண்.14 பக்க எண்.58

According to the above verse, presence of frothy stool, flatulence, mild fever, weight loss, nausea, unconsciousness and abdominal pain are presented in vaathakirani.

In Dhanvanthri Vaithiyam

பொருமலிரைச்சல்
செரியாமையுளித்தயேப்பமிகவிடுத
லிருமலரைசேறதுகழிதலிளகிமலமேகழிந்திடுதல்
பெருகுமபானவாயுப் பேசல் வயிறுவலித்திடுதல்
வரிசைக் குறியபலங் குறைதல்
வாதக்கிராணியெனவாமே.
தன்வந்திரிவைத்தியம் பாடல் எண். 46 பக்கஎண்.
233

According to Dhanvanthiri Vaithiyam, the symptoms of Vaathakirani are bloating, bowel sounds, indigestion, belching, cough, poorly formed stool, flatulence, abdominal pain, general weakness.

2.2. Single herb preparations in the management of Vaatha Kirani

2.2.1. Vasambu

Botanical name: Acoruscalamus

Family: Araceae

English names: Sweet flag, Calamus, Myrtle flag.

Vernacular names: Pear sollamarundhu, Pillaimarundhu, Vasa

Range and habitat: It is native to India, central Asia and eastern Europe. Habitats include edges of small lake, ponds, rivers, marshes, swamps and wetlands.

Habit: Perennial herb

Chemical constituents: Acorin, Calamen, Calamenol, Acoretin, Calamin, Asarone

Part used: Rhizome

Medicinal property:

Suvai: Pungent

Veeriyam: Hot potency

Vipaakam: Bitter

Actions: Stimulant, Stomachic, Carminative, Emetic, Disinfectant, Germicide.

Formulation:

Take one part of vasambu and add ten part of hot water. Soak it for overnight. 15ml to 30ml of this soaked decoction cures kiraani.

Carbon extract of vasambu with cold water also cures kiraani.

2.2.2. Maadhulai

Botanical name: Punicagranatum

Family: Punicaceae

English names: Pomgranate

Vernacular names: Maadhulangam, Maadhulam

Range and habitat: It is mainly seen in Afghanistan, Turkmenistan, to Northern India.

Habit: Small trees

Chemical constituents: Flavonoids, ellagitanin, punicalagin, ellagitanin.

Part used: Flower, fruit, tender fruit, seeds, barks, shell.

Medicinal property:

Suvai:

Flower, Fruit shell, bark - Astringent
Fruit, seeds- Sweet

Veeriyam:

Flower, Fruit shell, bark – Cold potency
Fruit, seeds- Cold potency

Vipakam:

Flower, Fruit shell, bark - Pungent
Fruit, seeds- Sweet

Actions: Astringent, Styptic, Stomachic, Anthelmintic, Aphrodisiac

Formulation:

15ml to 30ml of pomegranate shell decoction is given for all types of kiraani.
Pome shell powder is also given.
Decoction of tender fruit of pomegranate is also given for kiraani.

2.2.3. Maamparuppu

Botanical name: Mangifera indica

Family: Anacardiaceae

English names: Mango tree, Spring tree.

Vernacular names: Aamiram, mavva, mavina.

Range and habitat: It is widely seen in tropical region like Caribbean, Southern Asia and Africa.

Habit: Tree

Chemical constituents:

Mangiferin, betacarotene, oleic acid, myrcene, palmitic acid, rhamnetin.

Part used: Flower, Lentils

Medicinal property:

Suvai: Astringent

Veeriyam: Cold potency

Vipakam: Pungent

Actions: Astringent, Anthelmintic, Demulcent, Demulcent.

Formulation:

3 to 6 grams of mango lentils powder is given to kiraani.

325 to 650 milligrams of fried mango lentils powder is given for kiraani.

Decoction of mango flower is also given for kiraani.

2.2.4. Kudasappaalai

Botanical name: Holarrhenapubescens

Family: Apocyanaceae

English names: Kurchi, Tellicherry bark.

Vernacular names : Kutaj, Indrajava

Range and habitat: It is native to central and southern Africa, Indochina

Chemical constituents: Antidysentericine, coarhimin, conamine, conesimine, conessine, conkurchine, holadysenterine.

Part used: Bark, seeds

Medicinal property:

Suvai : Astringent, pungent

Veeriyam : Hot potency

Vipakam : Sweet

Actions : Stomachic, febrifuge, anthelmintic, carminative.

FORMULATION: Give 15ml to 30 ml of stem decoction, thrice in a day.

2.2.5. Kollukkaai Vaelai

Botanical name: Tephrosiapurpura

Family: Fabaceae

English names: Wild indigo, fish poison.

Vernacular names: Kaaivelai, vempali, kozhinji, sharpunkha. kaggi

Range and habitat: Has a pantropical distribution. It is a common wasteland weed.

Habit: Herb

Chemical constituents: Tephrosin, betaphroline

Part used: Root

Medicinal property:

Suvai: Pungent

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Expectorant, diuretic, deobstruent, anthelmintic, nutritive

Formulation: Decoction of root is given for kiraani.

2.2.6. Vilvam

Botanical name: Aeglemarmelos

Family: Rutaceae

English names: Bael, golden apple, stone apple, holy fruit tree.

Vernacular names: Koovilam, maadhuram, bilva

Range and habitat: It is present in India, Bangladesh, Srilanka, Nepal.

Habit: Tree

Chemical constituents: Aegelin, rutin, marmesin, flavonoids.

Part used: Leaves, flower, tender fruit, fruit, root

Medicinal property:

Suvai:

Leaf, flower, tender fruit, root: Astringent, pungent
Fruit: Astringent, pungent, sweet

Veeriyam:

Leaf, flower, tender fruit, root: Cold potency
Fruit: Cold potency

Vipakam:

Leaf, flower, tender fruit, root: Pungent

Fruit: Pungent

Actions: Diaphoretic, Aphrodisiac, Febrifuge, Astringent, Stomachic, Laxative.

Formulation:

2 to 6 gram of tender fruit paste is mixed with buffalo curd.

Dried powder of unripened fruit is given for kiraani. For children 1 to 2 gram of this powder is given and for the adult 2 to 4 gram of this powder should be given.

Syrup of vilvam fruit pulp is also given for kiraani.

2 to 4 mg of dried powder of fruit pulp is also strengthens bowl and cures kiraani.

2.2.7. Sundaikkaai

Botanical name: Solanumtorvum

Family: Solanaceae

English names: Turkey berry, devil's fig, susumber

Vernacular names: Malaisundai, brihati, bhankatiya.

Range and habitat: It is native to West Indies, Central America.

Habit: Perennial herb

Chemical constituents:

Chlorogenin, saponins, flavonoids.

Part used: Unripened fruit, root

Medicinal property:

Suvai: Bitter

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Expectorant, Germicide, Stomachic

Formulation: Powder of dry sundakkai given with buttermilk cures kiraani.

2.2.8. Omam

Botanical name: Carumcopicum

Family: Apiaceae

English names: Bishops weed, thymol seeds

Vernacular names: Asamodham, Ajwain

Range and habitat: It is native to Egypt, Iran, Iraq, Afghanistan, Pakistan, India.

Habit: Herb

Chemical constituents: Carvacrol, cymene, thymol

Part used: Seeds

Medicinal property:

Suvai: Pungent

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Stomachic, Carminative, Antiseptic, Stimulant.

Formulation: 30 to 60ml of Omam water cures kiraani.

2.2.9. Adhividayam

Botanical name: Aconitum heterophyllum

Family: Ranunculaceae

English names: Indian atis root

Vernacular names: Ativisha, Atvika

Range and habitat: It is a native of western Himalayas and found in Kashmi, Uttarakhand and Nepal.

Habit: Perennial herb

Chemical constituents: Flavonoids, saponins, terpenoids.

Part used: Root

Medicinal property:

Suvai: Bitter

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Astringent, Stomachic, Febrifuge, Tonic

Formulation: 3.2 to 6.5 gram of root powder is given for kiraani.

2.2.10. Kadukkaai

Botanical name: Terminaliachebula

Family: Combretceae

English names: Ink nut, chebulicmyrobalan

Vernacular names: Harda, Harithaki

Range and habitat: It is native to India, China, Srilanka

Habit: Tree

Chemical constituents: Chebulin, Gallic acid, chebulinic acid, tannic acid, luteic acid

Part used: Fruit, fruit pulp

Medicinal property:

Suvai: Astringent, Sweet, Sour, Bitter, Pungent

Veeriyam: Hot potency

Vipakam: Sweet

Actions: Astringent, Tonic,

Formulation: Powder of kadukkai mixed in milk is given for kiraani.

2.2.11. Maasikkai

Botanical name: Quercusinfectoria

Family: Fagaceae

English names: Magic nuts, oak galls

Vernacular names: Machika, masikkaya

Range and habitat: It is indigenous to parts of Southern Europe, the Middle East like Turkey, Cyprus, Iran, Iraq, Syria.

Habit: Tree

Chemical constituents: Gallo tannic acid, Tannic acid, Gallic acid, Ellagic acid.

Part used: Unripen fruit.

Medicinal property:

Suvai: Astringent

Veeriyam: Cold potency

Vipakam: Pungent

Actions: Astringent, Tonic, Styptic.

Formulation : 17 to 34ml of maasikkaai decoction is given for kiraani.

2.2.12. Saathikkaai

Botanical name: Myristicafragrans

Family: Myristicaceae

English names: Nut mug, mace

Vernacular names: Kulakkaai, Jaadhikaai, Jataphalam

Range and habitat: It is indigenous to parts of Southern Europe, the Middle East like Turkey, Cyprus, Iran, Iraq, Syria.

Habit: Tree

Chemical constituents: Eugenol, isoeugenol, camphene, limonene, borneol, terpineol

Part used: Unripen fruit.

Medicinal property:

Suvai: Astringent, Pungent

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Carminative, Narcotic, Aromatic, Aphrodisiac, Tonic

Formulation: Take 2gram plain powder of nut mug in milk for kiraani.

2.2.13. Thaetraan

Botanical name: Strychnospotatorum

Family: Loginaceae

English names: Clearing nut tree,

Vernacular names: Kadhagam, Kataka, Nirmali

Range and habitat: It is native to parts of West Bengal, South India.

Habit: Tree

Chemical constituents: Brucine, Strychnine, Novacine, Oleanolicacid, Mannogalactan

Part used: Seeds, Fruits

Medicinal property:

Suvai: Bitter

Veeriyam: Hot potency

Vipakam: Pungent

Actions: Antidysentric, Emetic, Alterative, Tonic, Stomachic, Demulcent, mild expectorant

Formulation:

325 to 455 milligram of dry fruit powder is given for kiraani.

Decoction of fruit shell cures kiraani.

2.2.14. Nelli

Botanical name: Phyllanthusemblica

Family: Phyllanthaceae

English names: Indian gooseberry, Malacca tree, Myrobalan.

Vernacular names: Amalaki, Nellikkai, Amlaj, Amila, Usirika.

Range and habitat: It is found all over India, China, Myanmar, Thailand, Malaysia, Indosenia. It grows in dry forest.

Habit: Tree.

Chemical constituents: Chebulic acid, Corilagin, Geranin, Punigluconin, Punicafolin.

Part used: Leaves

Medicinal property:

Suvai: Sour, Astringent, Sweet.

Veeriyam: Cold potency

Vipaakam: Sweet

Actions: Astringent, Refrigerant, Laxative, Diuretic.

Formulation: Taking paste of young leaves in buttermilk cures kiraani.

2.2.15. Poduthalai

Botanical name: Phyla nodiflora

Family: Verbinaceaea

English names: Frog fruit, SawtoothFogfruit, Turkey tangle.

Vernacular names: Poduthilai, Poorsaadham.

Range and habitat: It distributed in the tropical and subtropical regions..It grows in wet lands along the edges of ponds and river.

Habit: Creeping herb.

Chemical constituents: Eupafolin, Hispidulin, Larcitirn, Flavanoids.

Part used: Leaves, Unripen fruit.

Medicinal property:

Suvai: Bitter, Astringent

Veeriyam : Hot potency

Vipaakam : Pungent

Actions : Demulcent, Astringent, Expectorant.

Formulation : Decoction of leaves cures kiraani.

Vasambu



Figure 1 *Acorus calamus*

Maadhulai



Figure 2 *Punica granatum*

Maamparuppu



Figure 3 *Mangifera indica*

Kudasappaalai



Figure 4 *Holarrhena pubescens*

Kollukkaivaalai



Figure 5 *Tephrosia purpurea*

Vilvam



Figure 6 *Aegle marmelos*

Sundakaai



Figure 7 *Solanum torvum*

Omam



Figure 8 *Carum copticum*

Adhividayam



Figure 9 *Aconitum heterophyllum*

Kadukkaai



Figure 10 *Terminalia chebula*

Maasikkai






Figure 11 *Quercus infectoria*

Saathikaai



Figure 12 *Myristica fragrans*

Thaetraan	Nelli	Poduthalai
		
Figure 13 <i>Strychnos potatorum</i>	Figure 14 <i>Phyllanthus emblica</i>	Figure 15 <i>Phyla nodiflora</i>

2.3. External application for Vaatha Kirani

Table 2 External applications for vaathakirani

S.No	Herbs	Botanical name	Family	Part used	Formulation
1	Inji	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	Extract of rhizome is used to apply around the umbilicus.
2	Maasikkaai	<i>Quercus infectoria</i>	Fagaceae	Unripen fruit	Decoction is used as enema liquid to clean the rectum.

2.4. Varmam therapy for the management of Vaatha Kirani

2.4.1. Unthi Varmam (Navel varmam point)

Other names:

Annakaalam, Kodisutrivarmam

Location:

It is located in the umbilicus.
20 fingers below Thummikaalam.

Application method:

By using index finger, give ¼ maathirai of deep pressure hold it for 20 to 30 seconds and release the pressure.

Application of ¼ maathirai relieves diarrhea and abdominal pain.

Application of ½maathirai relieves chronic diarrhea.

2.4.2. Urumi Varmam (Grunt varmam point)

10 fingers below Adappavarmam.

Other names:

Panrivarmam.

Location:

It is located inbetween Naervarmam and umbilicus.

5 fingers below Naervarmam.

Application method:

By using middle finger, give $\frac{1}{4}$ maathirai of deep pressure.

By using middle or ring finger, apply $\frac{1}{4}$ maathirai of deep pressure and holds for 1 to 3 minute and release.

Indication:

Abdominal pain, Gastric ulcer, Bloating, Loss of appetite, Belching, Diarrhea.

2.4.3. Ganapathy Muga Varmam(Ganapathy face varmam)

Location:

5 fingers above Kuthiraimugavarmam.
Directly opposite to Kuthiraiadinaakkuvarmam.

Application method:

By using thumb finger, apply $\frac{1}{4}$ maathirai of deep pressure and holds it for 30 o 60 seconds and releases the pressure.

Indication:

Diarrhea, Bloating, Indigestion, Constipation, Abdominal pain.

2.4.4. Sarithi Varmam

Location:

8 fingers lateral to umbilicus
4 fingers medial to SiriyaAththiSurukki

Application method:

By using thumb apply $\frac{1}{4}$ maathirai of deep pressure holds it for 30 to 60 seconds and give 3 times external rotation. This varmam can do at both sides simultaneously.

Indication:

Abdominal pain, Indigestion, Constipation.

2.4.5. Kaareeral Varmam

Location:

5 fingers below the nipple

Application methods:

By using thumb, apply $\frac{1}{4}$ maathirai of deep pressure and holds it for 30 to 60 seconds. Then do external rotation using thumb finger.

Indication:

Applying $\frac{1}{4}$ maathirai relieves Indigestion.

Applying $\frac{1}{2}$ maathirai relieves Bloating.

2.4.6. Mulangai Moottu Varmam

Other names:

Puratharaivisainarambuvarmam.

Location:

Lateral edge of elbow joint.

Application method:

By using thumb, give a deep pressure of $\frac{1}{4}$ maathirai and holds it for 1 to 3 minute and then relax.

Indications:

Applying ¼ maathirai relieves Vomit, Abdominal pain, Diarrhea.

2.4.7. Kai Kavali

Location:

It is located in between the web of thumb and index finger.

Application method:

By using thumb, apply ¼ maathirai in upward direction and holds it for 30 seconds and relax.

Indication:

Constipation, Diarrhea.

2.4.8. Kulipoottu Thalelumbu Varmam

Location:

It is located at the end of the coccyx.

Application method:

By using middle finger, apply ¼ maathirai of deep pressure and holds it for 30 to 60 seconds and relax.

Indication:

Bloating, Constipation, Abdominal pain, Diarrhea.

2.4.9. Sippi Thongu Sadhai Varmam

Location:

Below medial border of scapula.

Application method:

By using thumb finger, apply ¼ maathirai of pressure and holds it for 1 o 3 minute.

Then do external rotation 3 times. We can do both sides simultaneously.

By using thenar part of the palm, give ¼ mathirai holds upwardly.

Indications:

Abdominal pain, Diarrhea.

3. Discussion

In Siddha herbal preparations are used in the first line of treatment. Metal and mineral preparations are used for chronic and serious illness. Of these twenty plants many of them are astringent and have hot potency. The taste astringent has the best antidiarrheal property. It is made up of earth and air elements. The earth element stagnates the energy and prevents the energy loss which present in diarrhea.

Varmam points which cures the complaints of Vaathakirani, are mainly located in the region of pitham. By applying these varmam, regulates the altered pitham and vaatham in the Vaathakirani. And thereby reduces the ailments.

4. Conclusion

Globally the need of Siddha medicine have increased due to its efficacy. Siddha medicine not only cure the disease also cure the root of the

disease. This paper provides the deep understanding about the disease Vaathakirani and easily available single herbal formulation and varmam to treat kiraani. Further research will be needed to prove the efficacy of these herbs for kiraani.

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