



Common External Therapies Used For Peenisam (Sinusitis) In Kuzhandhai Maruthuvam

Lakshmi Prasannaa.R.S^{*1}, Amala Hazel.A.M²

¹PG Scholar, Department of Kuzhandhai Maruthuvam, National Institute of Siddha, Chennai - 47.

²Guide & Associate Professor, Department of Kuzhandhai Maruthuvam,
National Institute of Siddha, Chennai – 47.

*Corresponding Author: presygeethu@gmail.com

Dr.R.S.Lakshmi Prasannaa – 9943146744.

Abstract

Sinusitis is inflammation of one or more sinuses. In Siddha medicine Sinusitis is correlated with Peenisam. Siddha treatment had 32 types of external therapies. External therapies are commonly useful in treating in arthritis, headaches, insomnia, and cough and specialized in sinusitis. This article reviews about the external therapies (Pugai, Vethu, Patru, Aakiranam and oil bath) which is helpful in treating sinusitis in children.

Keywords: Peenisam, External Therapy, Siddha, Sinusitis, PuraMaruthuvam, Kuzhandhai Maruthuvam.

Introduction

Siddha system of medicine is one of the ancient medicine system in Tamilnadu. The treatment of Siddha system is unique compare to other medical system. Siddha system had developed methods and medication for strengthening the physical body and also the souls. Medication method of Siddha system is broadly classified into External and Internal therapies. External therapies have 32 types which is described by Sage Theraiyar.

Infection of sinuses is called sinusitis. Sinusitis often occurs after cold or allergy. Young children are more prone to infections in their sinuses,

especially in their first few years. So Sinusitis mostly affect during childhood owing to their low immunity. In the pediatric age group, approximately 7.5% of upper respiratory tract infections (URIs) are complicated by acute bacterial sinusitis (ABS). Despite its prevalence, ABS is often overlooked in young children.

Siddha medicine is a vast repository of external therapies particularly, administration of drugs through routes other than oral. It helps in expelling out the mucus from the body and hence it keeps the respiratory tract clean. Siddha system has better remedies for the treatment and management of sinusitis.

Sinusitis (Peenisam):

Sinusitis is a common illness of childhood and adolescence with significant acute and chronic morbidity as well as potential for serious complications. There are two types of acute sinusitis: viral and bacterial. The common cold produces a viral, self-limited rhino sinusitis. Approximately 0.5- 2 % of viral upper respiratory tract infections in children and adolescences are complicated by acute bacterial sinusitis. There are four paranasal sinuses, each corresponding with the respective bone from which it takes its name: maxillary, ethmoid, sphenoid, and frontal.

Etiology:

Common cause of sinusitis is bacterial pathogens causing acute sinusitis in children and adolescents include *Streptococcus pneumonide*, *nontypable Haemophilus influenza* and *Moraxella catarrhalis*. Approximately 50% of H.influenzae and 100% of *M.catarrhalis* are -lactamase positive. About 25 % of S.pneumoniae may be penicillin resistant.

Pathogenesis:

Acute bacterial sinusitis typically follows viral upper respiratory infection. Initially, the viral infection produces a rhino sinusitis; MRI evaluation of paranasal sinuses demonstrates major abnormalities (mucosal thickening, edema, inflammation) of the paranasal sinuses in 68% of healthy children in the normal course of the common cold. Nose blowing has been demonstrated to generate sufficient force to propel nasal secretions into the sinus cavities. Bacteria from the nasopharynx that enter the sinuses are normally cleared readily, but during viral rhino sinusitis inflammation edema may block sinus drainage and impair mucociliary clearance of bacteria. The growth conditions are favorable and high titers of bacteria are produced.

Clinical Manifestations:

Children and adolescents with sinusitis may present with nonspecific complaints, including

nasal congestion, purulent nasal discharge (unilateral or bilateral), fever and cough. Less common symptoms include bad breath (halitosis), a decreased sense of smell and periorbital edema. Additional symptoms include maxillary tooth discomfort, pain or pressure exacerbated by bending forward and hyposmia. Physical examination may reveal erythema and swelling of the nasal mucosa with purulent nasal discharge.

Peenisam in Siddha system;

Other Names (Synonyms)

-) Mookadaippu Noi
-) Neerkovai
-) Mookuneer paithal

Noi varum vazhi (Etiology):

-) Eating cold foods
-) Cooling air

Kurikunagal (Signs and Symptoms):

உரத்துப் பேசி னுறினஞ்சு கற்கின்
பருத்த கழுத்திலடிபட்டால் - குறித்த
வளிமுதற் சினந்து மருவலொலி நாடி
களிர்குரற் கம்மல்வருங் காண்.

-) Swelling present in both side of the throat
-) Swelling present in larynx
-) Sinus also present the symptom of cough
-) Loud conversation
-) Loud singing
-) Trauma in neck
-) Eating any poisoning food

Murkurikunagal (Premonitory symptoms) :

-) Cough with expectorant
-) Sneezing
-) Running nose
-) Voice changing

Noi en (Classification):

It is divided into six types:

-) Vazhi Peenisam

-) Azal Peenisam
-) Iya Peenisam
-) Mukkutra Peenisam
-) Ilaippu Peenisam
-) Kozuppu / Thasai vazharchi Peenisam

External Treatment:

-) **Aakiranam**(Powder nasal application)
-) **Patru** (Semi – Solid Poultice)
-) **Pugai** (Medicated Fumigation)
-) **Vethu** (Steam inhalation)
-) **Ennai Muzhukku** (Oil Bath)

1) Aakiranam(Powder for nose):

Nasikabbaranam -Insufflation, Snuffing
Insufflation is a common route of administration with respiratory drugs used to treat conditions in the lungs (asthma or emphysema) and paranasal sinus (allergy). Raw drugs are powdered or soaked in milk or herbal juices, dried, made into fine powder and drawn into the nostril. Nasikabbaranam is used in the treatment of derangement of all three dosham, together, deliriums, epilepsy, psychiatric illness and in sinusitis, kapha diseases of the head, glaucoma, tinnitus and sense of body heat.

Duration:

-) 1-2 Minutes

Shelf-Life Period:

-) 3 Months

நாசி காபரண் நவியலுற் றனமா
லிலுப்பையுஞ் சுண்டையு மியலுறு பாலையும்
காந்திமெய் யறலுமிக் காட்சியிற் பரிகவென்.
- தேரன் காப்பியம்

Preparations:

Madhuca longifolia root (இலுப்பை வேர்)
>*Solanum torvum* root (சுண்டை வேர்),*Manilkara*

hexandra root (பாலை வேர்).Anyone of the herbal powder indicated here can be used as Aakirana podi to reduce peenisam.

2) Patru (Poultice):

A poultice is a soft moist mass, herbs often heated and medicated, spread over the skin to treat an aching, inflamed or painful part of the body. Normally the medicine to be applied is made into thick paste and applied over the affected region. The material used may be whole leaf, mashed herb or any relevant part applied directly to the skin and may or may not be held in place with a cloth. Poultices may also be heated and placed on an area where extra circulation is desired.

Duration:

-) 3 hours to 7 days

Preparation:

பச்சைப் புனுகு செங்காற் பாசவித்து நேர்சமனா
யச்சமலர் சாற்றா லதையிழைத்து – வச்சு
தலைபுருவ நெற்றியிடச் சாற்றிடமுக் குக்கேறுஞ்
சலரத்த சீப்பீனிசம்.
- தேரையர் வெண்பா

Equal amount of *Viverra civetta* (GDF)>*Gossypium arboreum* (செம்பருத்தி வித்துப்பருப்பு) grinded with *Sesbania grandiflora* (அகத்திப்பூச்சாறு) to paste consistency can be applied to forehead, nose, eyebrow and nose stem.

3) Pugai (Medicated Fumigation):

Fumigation denotes the artificial impregnation of the atmosphere, with the fumes or the smoke of any vegetable or aromatic substance. Fumes are also used as inhalation therapy.

The process of fumigation with medicinal herbs under specific rituals influences widely the persons participating in it as well as the surrounding environment. The ingredients used there are those medicinal plants which have been

used since time immemorial and are known to have beneficial effects.

Duration:

) 10-15 Minutes for 7 days or 7 times

Shelf-Life Period:

) 3 Months

Preparation:

) 35 grams each of *Santalum album* (சந்தனம்), *Acacia catechu* (கருங்காலிப்பட்டை) > *Benzoin resin* (சாம்பிராணி) > *Cedrus deodara* (தேவதாருகட்டை) > *Chukrasia tabularis* (ஆயில் கட்டை) are taken and 2 gram each of Galena sulphide of lead (மிருதாரசிங்கி) Red sulphide of mercury (இலிங்கம்) and Potassium nitrate (ntbAg;G) are taken and made into medicated thread . Burning the medicated thread and inhaling the fumes reduce sinusitis.

) One varagan each of *Piper longum* (திப்பிலி), *Curcuma longa* (மஞ்சள்), *Piper nigrum* (மிளகு) > *Zingiber officinale* (சுக்கு) > *Leucas aspera* (தும்பைப்பூ), Sodium chloride (சோற்றுப்பு) grinded with *Solanum surattense* (கண்டங்கத்தரி) leaf juice and made as medicated thread. Burn the medicated thread when needed.

) Equal amount Potassium nitrate (வெடியுப்பு) > *Curcuma longa* (மஞ்சள்) > *Piper nigrum* (மிளகு) grinded into powder and apply the powder in the small piece of cloth .Burn the medicated thread and make the fumesspread throughout the body with the help of blanket. Using this Pugai for one kadigai neram will reduce the sinusitis.

4) Vaethu (Steam inhalation/ therapy):

Vaethu includes both steam inhalation and steam application to either localized regions or the whole body below the neck region. Steam therapy is used both in localized and systemic diseases. Steam bath or warm decoction shower is done by adding fresh herbs, aromatic substances or raw

drug powders to boiling water. Immersion of red hot iron rod or even hot brick to boiling water augments steam generation.

Steam application for the face covering it with a blanket causes sweating and is indicated for sinusitis and headaches.

Preparation:

Equal amount of *Piper longum* (திப்பிலி) > *Curcuma longa* (மஞ்சள்); > *Carum copticum* (ஓமம்); > *Piper nigrum* (மிளகு) herbs are powdered. Use this powder along with hot water and cover the body with blanket. It is one of the common ancient method for sinusitis.

5) Enni Mulukku (Oil Bath):

-) Peenisa thylam
-) Aarakku thylam
-) Sukku thylam
-) Notchi thylam
-) Karisalai thylam

Procedure to take oil bath:

Weekly once apply oil from head to toe and take hot waterbath.

Conclusion

One of the commonest disease in children is Peenisam (Sinusitis). According to siddha concept Iyam humor is increased in sinusitis.

தானமுள்ள சேத்துமந் தானிளகில்
-குணவாகட நாடி

In this article by the above treatment procedures Iyam humoris normalized and it also regulates the deranged other humors. It also neutralize Mel nokku kal (Uthana vayu). External medicines are one of the strength of Siddha medicine. The procedure of external medicine is easy compare to internal medicine. Patru, vedhu pidithal , pugai also included among theancient method of

treating sinusitis. So external therapies can

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