

## Single Herb External Therapy Followed In Siddha Medicine in the Treatment of Lumbago – A Review

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### ABSTRACT

Siddha Medicine is an ancient traditional medicine followed in southern India especially in Tamil Nādu. Treatment procedures followed in Siddha involves both external and internal. External therapies play a vital role in the management of health and disease. Lumbago condition is a very common ailment which needs proper attention. This article reveals the single herb external procedures followed in Siddha system. 2 plants belong to Fabaceae family, 3 plants have alterative action. Boiling of plants and used externally plays major role in the treatment.

**KEYWORDS:** External therapy, Siddha medicine, Lumbago.

### I. INTRODUCTION

Siddha Medicine is an ancient traditional medicine followed in southern India especially in Tamilnadu. The Siddha system has its own uniqueness in treating the disease. Treatment procedures involves 32 types of internal and 32 types of external therapies. External therapies plays a vital role in the management of health and disease. In several instances, only the procedure without any drug is sufficient and these procedures are well systematized. The external procedures not only cure the disease also prevent and promote the health condition thus maintaining the physiological balance in human body<sup>1</sup>.

According to Siddha concept, Lumbago is termed as idupuvatham/ iduppu vali and defined as the following, A pain on one side or both sides of the hip. It is due to weakness and is ordinarily curable by fomentation.

Pain in the lower part of the belly, gradually settling in the loins and the back and then passing on to the thighs just before delivery in women. Also, dilating pain or as they are popularly termed, grinding pain, in pregnant women result

from uterine contraction they are principally confined to the back- bearing down pain.

A severe pain lodged in the gluteal region and existing from a long time. It is due to the derangement of vayu. It is not always easy to distinguish it from disease of the kidneys, in which the pain occurs in the loins.

The term implies severe pain and tenderness of the muscles of the loins aggravated by motion, preventing the patient from stopping and sitting erect or from rising from bed or from standing from a sitting posture or from turning from side to side or from walking. It occurs frequently and suddenly with a cutting pain.

It may also be due to the deposit of uric salt and other specific products in the loin. It is a variety of rheumatism and so one should not expose the part of moisture, meat, tea and coffee should be avoided. Fomentation will give relief to the patient. According to the present day treatment, electric or x-ray treatment and vapour bath by the exposure of the affected part to steam are also considered favourable.

Idupuvatham- a kind of rheumatism affecting the muscles of the loins and the thighs, thereby rendering it impossible for the patient either to bend the body or to sit erect. This article describes the single herb external therapy used in the treatment of lumbago followed in Siddha system<sup>2</sup>.

### II. MATERIALS AND METHODS

**Research type** – Literature Review

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

### III. RESULTS

Details of plants used to treat lumbago are as follows,

S.No	English name	Tamil name	Botanical name	Family name
1	Opium, Poppy	Abini	Papaver somniferum	Papaveraceae
2	Winter cherry	Amukkurak-kizhangu	Withaniasomnifera	Solanaceae
3	The narrow leaved Mohua, The Mahwah or Mowa tree/South Indian Mahua	Iluppai	Madhuca longifolia	Sapotaceae
4	Bengal gram, Chicken pea	Kadalai	Cicer arietinum	Fabaceae
5	Sensitive or humble plant, Touch-me-not	Thottar-chinungi	Mimosa pudica	Fabaceae

Table 1: details of plants described for the treatment of lumbago

#### DESCRIPTION

1.**Abini** – Abini with gingely oil is grinded, mixed with camphor and applied externally.

2.**Amukkurak- kizhangu** - Fresh Amukkrura root mixed with cow's urine, boiled and applied as poultice (pattru).

3.**Iluppai**– Iluppai oil is made to warm up and applied externally.

4.**Kadalai** – Fresh plant is boiled and the steam is made to spread in lumbar region externally.

5.**Thottar-chinungi** – Leaves are boiled and given as fomentation (ottradam)<sup>3</sup>.

S.No	Tamil name	Type of plant	Part used	Action
1	Abini	Herb	Milky latex	Analgesic Anodyne Antispasmodic Antiphlogistic Diaphoretic Diuretic Expectorant Styptic Narcotic Soporific Hypnotic Narcotic Antisoporific Sedative Stimulant

2	Amukkurak-kizhangu	Shrub	Leaves Seeds Root	Febrifuge Diuretic Alterative Aphrodisiac Deobstruent Diuretic Tonic Soporific Sedative
3	Iluppai	Tree	Leaves Flowers Seeds  Unripe fruit Fruit Oil Oil cake Stem bark  Root bark	Astringent Stimulant Tonic  Galactagogue Demulcent Refringent Alterative Stomachic
4	Kadalai	Herb	Flowers Seeds Whole plant	Refrigerant Antibilious Aphrodisiac Diuretic Stomachic Laxative Astringent
5	Thottar-chinungi	Bulb	Leaves Root	Alterative Tonic Aphrodisiac

#### IV. DISCUSSION

Among the external procedures given, 2 plants belong to Fabaceae family, 3 plants have alterative action. Boiling of plants and used externally plays major role in the treatment. Hence Siddha medicine helps in treating lumbago with single herb formulations.

#### V. CONCLUSION

Herbal based external therapies are simple, easy, convenient and cost effective. Further

studies will be needed to prove the efficacy of these plant based external procedures.

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