

A LITERARY REVIEW OF *KAKKUVAN IRUMAL* IN SIDDHA ASPECT

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ABSTRACT

Siddha system of medicine is the most popular in Southern region of India. Ancient saints gave us lot of therapeutic valued drugs to treat various diseases. The curative property of the medicine is higher. It is very much helpful in the management of the diseases. With the help of Siddhar's guidelines there are a lot of remedies to treat an infective, contagious diseases like *Kakkuvan irumal* (Whooping cough) where the causative organism is *B.pertussis*, a Gram negative pleomorphic bacteria. It is also called Pertussis. Internal medicines are very effective and are available in various forms such as *karkam*, *ennai*, *nei*, *choornam* etc. This present study deals with the diseases nature, etiology, symptoms, Siddha medicines.

KEYWORDS: *Kakkuvan irumal*, Infective diseases, *B.pertussis*, Siddha medicines.

INTRODUCTION

Pillar of Siddha system is Agathiyar who is one amongst the eighteen siddhars and the Father of Siddha system of medicine. He mentioned several remedies in Palm leaf manuscripts and are translated as an available classical literary text. Fundamentals are useful in diagnosing the case and various forms of medicines are used to treat and manage the diseases condition. *Kayakarpam*, *asanas*, *rasavatham*, *ull marunthu*, *veli marunthu* are the categories of this system. In our classical text *kakkuvan irumal* is mentioned as one of the infective and contagious diseases.^[1] In pre-vaccination era 100 to 200 cases are affected in 10,000 populations. 300000 deaths are estimated out of 30 to 50 million population worldwide.^[2] According to WHO 687000 deaths are prevented by vaccinating globally in the year 2008. Vaccination is must and it is put in a three booster doses so it develops the required immunity to fight against the infection.^[3]

Nature of Diseases^[4]

1. Cough with a kind of spasmodic pain,
2. Sometimes ejection of the content of stomach forcibly,
3. An infective disease affects the respiratory tract (bronchial tube),
4. It is communicated from one person to another easily (contagious).
5. It produces a typical whoop sound (*kok-kok*) while coughing due to entry of external entry of environmental air.

Etiology^[5]

1. Occur in late winter of early summer seasons.
2. Intake of improperly washed fruits and vegetables, butter milk, curd, cold rice, sour foods.
3. When immune power is low it is prone to infection easily.
4. Bathing in different kind of impure water.
5. Rhinorrhea accompanied with cough for first 14 days.
6. Recurrence of spasmodic cough increases day by day.
7. Especially nocturnal cough gives more disturbance to the infant it continues for 28 days.
8. Phlegm obstruct the respiratory tract and causes dyspnea.
9. Constriction of vocal cord.
10. Sometimes cyanosis of face may occur (*Neelam paarithal*).
11. Entry of external environmental air and produce a typical sounded cough.
12. Inflammation of corner of tongue due to compression of teeth.
13. Infant appears very lazy and tired.
14. Perplexity with excessive sweat.
15. Sudden occurrence of cough when intake of any cold food materials.
16. At the last stage cough alone persist.
17. If it is not treated with medicines in early stage several other diseases accompanied.
18. Persistent cough.
19. Rectal prolapsed.
20. Descend of organs
21. Due loss of appetite there is reduction in RBC and increase in WBC.
22. It may lead to blood cancer.
23. Unstable posture.
24. Accumulation of water and collection of air in pleural space.

Symptoms^[4,5]

- 1.Frequent grinding of teeth (odonterism).
- 2.Accumulated *Kabha* are expelled out as a phlegm.
- 3.Production of typical sound (whoop).
- 4.Increased recurrence of cough.
- 5.Difficulty in breathing.
- 6.Sometimes sputum with blood are spitted out.
- 7.Incontinence of urine and feces.
- 8.Protruding of the eyes.

Siddha Treatment^[4,5,6]

For severe cough: *Valamburikaai* bark of the root (*Helicteres isora*) are powdered and equal ratio of sugar is added.

For cough: *Nanjaruppan* (*Tylophora indiaca*) leaf 3-4 are taken and juice is extracted and given.

If wheeze, fever, irritation of throat is present: *Karunthulasi ilai* (*Ocimum sanctum*) is administrated.

For wheeze with cough: Prepare kudineer with coffee seeds.

For whoop: Mix 100mg of camphor in egg white.

For recurrent cough: Fumigation of *puli koluppu*.

Cough due to irritation: *Thavasuru murungai ilai* (*Rungia pruviflora*) juice 15 ml daily twice.

Cough with cold: Ash of *Sola sakkai* (*sorghum vulgare*) is mixed with *sotruppu*.

Adathodai mnappagu: Give 2 gm of manappagu thrice in a day time and thrice in night time.

Pittu: *Iluppai ilai* (*Madhuca longifolia*) is triturated with lemon juice made into a balls and it is boiled in an earthen pot covered with a white cotton cloth and allowed to boil. Then juice is extracted and administrated.

Oomathai vithai pudam: *Oomathai seeds*(*Datura metal*) are removed and hallowed it is filled with salt made into a *seelai mann* then it is triturated and mixed with powder of (*Terminalia chebula*) 4.4 gm is given.

Choornam 1: Ash of peacock feather, *milagu* (*Piper nigrum*) ash both are taken in an equal ratio and *kalarchi alavu* given in cow's ghee.

Karkam 1: *Mudakatran ilai* (*cardiospermum helicabacum*) is mixed with cow's milk of 675 ml with crushed stalk removed garlic for 3 days.

Karkam 2: Root of *vattakilukiupai* (*crotalaria retusa*), *agathi paluppu* (*Sesbania grandiflora*) it is triturated in *neerakaram*.

Karkam 3

Semmulli (*Amaranthus spinous*).

Thoothuvalai (*Solanum trilobatum*).

Thuasi (*ocimum sanctum*).

Thippili (*Piper longum*).

It is triturated with *thulasi* leaf juice for 3 days.

Karkam 4

Sikaikai (*Acacia sinuate*).

Naayuruvi (*Achyranthes aspera*).

Manjal (*Curcuma longa*).

It is triturated in *neerragaram*.

Karkam 5

Kuttivila (*Limonia acidissima*).

Kalipaaku (*Areca catechu*).

Poovanthi pazham (*Sapindus emarginatus*).

Triturated with hot water and given for 7 days.

Paanam (Drink): 4gm of *marukozhunthu* juice (*Majorana hortensis*) mixed with 4gm of honey and given for 3 days daily twice.

Chaar 1

Kaliyanamurukam ilai (*Erythrina variegata*) 35gm.

Karunjeerakam (*Nigella sativa*) 4gm juices are extracted 4 gm are mixed with 135 mg of *korosanai* (Purified ox gall).

Chaar 2

Milagai ilai juice (*Capsicum annum*) 5gm is mixed with 10 mg of *kariuppu* (table salt) given once in a day.

Neii

Thoothuvalai (*Solanum trilobatum*) juice 675 mg.

Ghee 335ml.

Koshta (*Costus speciosus*) choornam 45gm.

It is boiled and taken in *kaduku thiral pakkuvam*. 1to 2gm twice a day.

Ennai

Bark of *kondrai* (*Cascia fistula*).

Bark of *aavarai* (*Cassia auriculata*).

Root of *thoothuvalai* (*Solanum trilobatum*).

Rot of *kodikali* (*Sarcosemma brevistigma*) – each 10gm.

Vavval (*Scotophilus coromandelianus*) – 1.

Man puzhu (Earth worm) – 10gm.

All are crushed, mixed with gingley oil and boiled 4.4gm for 7 days.

Table 1: List of Herbs Used for Treatment.

S. No	Plant name
1.	Adathodai
2.	Thulasi
3.	Kollu
4.	Thalisabathri
5.	Sitrarathai
6.	Thippili
7.	Athimathuram
8.	Kandankathari
9.	Thumbai
10.	Nochi
11.	Karisalai
12.	Pungu
13.	Rudraksham
14.	Ammanpacharisi
15.	Indu
16.	Milagu
17.	Sukku
18.	Poondu
19.	Musumusukai
20.	Venkayam
21.	Uthamani
22.	Erukkan poo
23.	Agathi paluppu
24.	Kurosani omam
25.	Eluppai
26.	Ilaikalli
27.	Oomathangai

Table 2: List of Metals/Minerals/Animal are in Use.

S. No	Metal/mineral/animal section
1.	Thangam
2.	Velli
3.	Lingam
4.	Pachai karporam
5.	Then
6.	Muthu
7.	Pavalam
8.	Thaalagam
9.	Poonagam
10.	Mayiliragu
11.	Korosanam
12.	Kasthoori
13.	Punugu
14.	Maan kombu
15.	Kozhi muttai

DISCUSSION

When compared with the pre vaccination era, the occurrence of (Whooping cough) *Kakkuvan irumal* is reduced. To cure such infective diseases compared with other system of medicine Siddha system gives a good result and severity is reduced in a very short period. The above mentioned all the medicines are very useful which gives a permanent solution.

CONCLUSION

I hereby conclude that these drugs act well in case of *Kakkuvan irumal* (Whooping cough) as mentioned in classical pediatric Siddha text book.

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