ROLE OF ENNAI MUZHUKKU IN THE MANAGEMENT OF PSYCHIATRIC DISEASES IN SIDDHA SYSTEM OF MEDICINE

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ABSTRACT

In modern world, people got adopted to move without proper rest, diet, physical exercise and personal hygiene. This improper lifestyle brings changes to the physiology of human body which results in sleeplessness, tiredness, mental illness, stressful life, anxiety, depression etc. Siddha system plays a vital role here, as it not only focused on medicating the diseases but also shared a knowledge about life style modifications. Theraiyar in his literature ‘Pathaartha Guna Sindhamani’ recommended certain basic life style modifications which includes food habits, dressing habits, day to day life changes according to seasonal variations that has to be followed for healthy living, under the topic ‘Pini Anugaa Vidhi’. We are rational in our approach to reject traditions which has been followed for long time and ignored it in the name of modern lifestyle. Ennai Muzhukku (Oil bath) is one among them which is seldom followed these days. Oil bath regulates the normal level of serotonin and nor epinephrine, so it is considered to play a main role in neuropsychological process along with sleep. This study explains the scientific background and practise of Ennai Muzhukku (Oil bath) for psychiatric diseases.

KEYWORDS: Siddha, Ennai muzhukku (Oil bath), Psychiatric diseases.

INTRODUCTION

The physical and psychological health of human depends on day to day activities. Now a day people were situationally not following the traditional habits. People surviving their life
without proper diet, sleep, self-care and physical exercise. Excess usage of mobile phones and monitors play an important role in our mental health. These factors lead us to face a lot of physical and psychological disorders. In order to live a healthy life, Siddha system lays some measures which can not only make us healthy by body but also our mind and soul gets rejuvenated. Our literature gives knowledge about day to day life activities such as morning wake up, brushing procedures, bathing procedures, dressing, food habits according to the seasonal variations for healthy and diseased individual as given by Theraiyar in his literature ‘Pathaarththa Guna Sindhamani’ under the topic Nithiya Ozhukkam and Kaala Ozhukkam. Currently we left an imperative habituate Ennai Muzhukku (Oil bath) which is an important and feasible method literally advised by Siddhars. Ennai muzhukku (Oil bath) is one of the preferable treatment for psychiatric diseases, it also promotes our mental health. It is literally known as Abhayanganam. These disciplined rules were said by our Siddhars thousands of years ago for the wellbeing of human race. This is the reason Siddha is not only considered as a medical system but it is a “Way of Life” which should be followed in our lives so as to live healthy. This article explains the scientific approach, literature evidence, procedures and indications of Ennai Muzhukku (Oil bath).

MATERIALS AND METHODS
1. Siddha literatures.
2. Various Siddha and Ayurvedic classics and articles published till date were reviewed to update the importance of Ennai muzhukku (Oil bath) in day today life.

BENEFITS OF ENNAI MUZHUKKU (Oil bath)
“Thalaimuzhukkaar sennimuzhanh thaalivaikku neengaa
Palamundan kesampadarum-thalainoipom
Panjenthiriam palaththu thelivaiyurum
Enjath thoniyumezu men

- Pathartha Guna Sinthamani
“Thinamappi yanganam seiyirsarumam
Minuminukkum sombal vilagunh-thaniyana
Iyamuth thoda marusi thantha noiyozhium
Meiyumigap puttiyidu mae”
- Pathartha Guna Sinthamani
1. Strengthen all joints
2. Promotes hair growth
3. Relieves headache
4. Strengthens the sense organs (ear, nose, mouth, eye, skin)
5. Enhances the voice tone
6. Gives a glow to the skin
7. Makes feel brisk both physically and mentally
8. Regulates Mukkutram
9. Aguesia
10. Tooth disorders

RULES OF ENNAI MUZHUKKU (OIL BATH)

“Eduthanar rayila naasik kerantaaru kaathuk
Kaduththidath thulivituchi yanganththa ladiikalirku
Eduththidath theinhthu rach seithappura seegaikaai veneer
Viduththuda nadi neerum viyarppumaar redappu larththe”

- Pathartha Guna Sinthamani

“Veeruathur naatkorukaal neimuzhukkaith thavirom”

- Pathartha Guna Sinthamani
1. We must take Ennai muzhukku (oil bath) regularly every 4 days once.
2. Within 3 hours from sun rise is the most suitable time to take oil bath.
3. Taking oil bath on Saturday is considered to be the best one, by Saturn.
4. As per astrology, Chathurthasi (4th Thithi) is ideal for oil bath.
5. Traditionally, Saturday is ideal for taking oil bath for men and Friday for women. The days chosen for oil bath are those ruled by the invisible energy from the planets that will strengthen and promote the human physiology anatomically and functionally.

Normally, gingelly oil or medicated oils are used for Ennai muzhukku (oil bath). Apply oil on scalp, rub it and massage the head gently. The massage should be in a circular way to stimulate the Varmam points. Stimulating Varmam points in head energise the brain and thereby it regulates all parts of the body. Apply oil in both eyes and gently massage it. Apply 3 drops of oil to both the ears and 2 drops of oil to each nostril (nasiyam). Nasiyam is one
among the 32 external therapies practiced by our doctors. Massaging the face and ears using fingers and applying oil on the sole will stimulate the *Varmam points* present there. Apply oil all over the body and massage gently. Take bath with lukewarm water.

**IMPORTANCE OF ENNAI MUZHUKKU (OIL BATH)**

Applying oil in ear, eyes, foot and head will reduce head related diseases, ear diseases, eye diseases and prevent all diseases respectively. Massage oil all over the body and let it remain for a particular time. It normalizes the blood circulation in our body and gives a glowing healthy skin. Increase in body heat damages many internal organs and hence oil bath is a boon as it acts as a thermostat.

**EFFECT OF ENNAI MUZHUKKU (OIL BATH) FOR PSYCHIATRIC DISEASES**

In *Siddha* system, based on Mukkutra theory (*vadham, pitham, kabam*), all psychiatric diseases are caused by excessive *Pitha thodam*. The literature portrays *Ennai muzhukku* (oil bath) is the best one to reduce *Pitha thodam*. Hence, we prefer *Ennai muzhukku* (oil bath) for the treatment of psychiatric disorders from ancient period. It is considered to be one of the best way to treat psychiatric disorder from the knowledge of *Siddha* literature.

*Viyanan* is a type of *vaatham*, it is otherwise known as *paravukaal*. *Viyanan* lives in the skin and 72000 *naadi* and *narambu*, blood vessels, which is responsible for action, flexion and extension of body parts. *Ennai muzhukku* (oil bath), regulates this *Viyanan* and thereby it promotes the activities and gives glow to the skin. The human body has 108 *varmam* points. By doing *Ennai muzhukku* (oil bath) properly, these *Varmam* points are stimulated and produce energy there by protecting and rejuvenating the human body and increases the immunity towards environmental changes.

**HYPOTHETICAL MECHANISM OF ENNAI MUZHUKKU (OIL BATH)**

While doing a gentle massage over the scalp, it produces a constant pressure and vibration which is amplified by sinuses present in the skull. The vibrations and pressures are then transmitted inwards through the fluid medium of cerebrospinal fluid. This vibration along with little temperature may activate the functions of thalamus and the basal fore brain which then brings serotonin and catecholamine to the normal stage. Pressure also has an effect on impulse conduction. If prolonged pressure is applied to a nerve, impulse conduction is interrupted and that part of the body relaxes. When nerve endings of autonomic nervous systems are stimulated, they produce chemical substance like acetylcholine which exist in the
tissue in an inactive form. It is activated by a nerve impulse vibration produced due to constant pressure over the skull, which may stimulate nerve endings and in turn acetylcholine may be liberated. During the process, an individual concentrate on oil massage on his head which increases the intensity of brain waves and decreases the brain cortisol and adrenaline level. Thus, it gives anti-stress effect. *Ennai muzhukku* (oil bath) normalise the two important neuro transmitters serotonin (5-HT) and norepinephrine, which regulates wide varieties of neuropsychological process along with sleep.

**MEDICATED OILS USED FOR THE TREATMENT**

**Table-1: Name of Medicated oils used for treatment aspect.**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name Of The Oil</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aruganver thylam</td>
<td>Reduce pitha thodam, insomnia</td>
</tr>
<tr>
<td>2.</td>
<td>Arakku thylam</td>
<td>Reduce thirithodam</td>
</tr>
<tr>
<td>3.</td>
<td>Seeraga thylam</td>
<td>Reduce pitha thodam, headache and insomnia</td>
</tr>
<tr>
<td>4.</td>
<td>Ulunthu thylam</td>
<td>Vatha diseases, hearing impairment</td>
</tr>
<tr>
<td>5.</td>
<td>Nochi thylam</td>
<td>ENT disorders</td>
</tr>
<tr>
<td>6.</td>
<td>Peenisa thylam</td>
<td>Sinusitis and head aches</td>
</tr>
<tr>
<td>7.</td>
<td>Chukka thylam</td>
<td>ENT disorders</td>
</tr>
<tr>
<td>8.</td>
<td>Pirungamalaga thylam</td>
<td>Reduce pitha thodam</td>
</tr>
<tr>
<td>9.</td>
<td>Milagu thylam</td>
<td>Head ache and migraine</td>
</tr>
<tr>
<td>10.</td>
<td>Inji thylam</td>
<td>Ear diseases</td>
</tr>
<tr>
<td>11.</td>
<td>Cithiramoola thylam</td>
<td>Migraine and pitha thodam</td>
</tr>
<tr>
<td>12.</td>
<td>Naasi roga naasi thylam</td>
<td>Sinusitis</td>
</tr>
<tr>
<td>13.</td>
<td>Milagaai thylam</td>
<td>Headache, body pain, neuritis and skin disorders</td>
</tr>
<tr>
<td>14.</td>
<td>Thirupalai thylam</td>
<td>Reduce pitham</td>
</tr>
<tr>
<td>15.</td>
<td>Karisalai thylam</td>
<td>Reduce pitham and enhance hair growth</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Even though *siddha* system taught many line of treatment for psychiatry, *Ennai muzhukku* (oil bath) is considered to be the best one. Basic cause to every disease might be due to the vitiations of *mukkutram* (*vadham, pitham, kabam*). *Ennai muzhukku* (oil bath) plays a role in regularising the *mukkutram*, so it could be advisable to any diseases. *Siddha* text portrays about the significance of *Ennai muzhukku* and the medicated oils used for *Ennai muzhukku* according to the seasonal variations. The duration was from 2 *naazhigai* (48 minutes) to 8 *naazhigai* (3 hours 20 minutes) varies depend upon the healthiest and diseased individual according to the literature ‘*Theraiyar thaila varga surikkam*’. By the mechanism of regulation of neurotransmitters such as serotonin and norepinephrine in brain it is administrated in neuropsychological disorders. While doing gentle massage the vibration along with little temperature may activate the functions of thalamus and the basal fore brain.
which then brings the amount of serotonin and catecholamine to the normal stage. Stress is one of the biggest factor determining the amount of serotonin in brain. Lack of sleep, in adequate exercise, anxiety and a hectic schedule are all factors that can greatly contribute to stress and severely lower the level of serotonin, resulting in feelings of fatigue, down moods that turn into depression, insomnia, loss of appetite and many other related issues. *Ennai muzhukku* (oil bath) brings a calming effect because after completion of the procedure, an individual feel relaxed and sleepy, which may raise the level of serotonin. Hence, we preferred *Ennai muzhukku* (oil bath) in the treatment of psychiatric disorders. Hypothetically it can be said that the blood amino acids like tryptophan are increased after massage. Massaging reduces pain and stress. By *Ennai muzhukku* (oil bath), the nervous system gets stimulated, thus providing stimulation to the muscular system, vessels and glands governed by particular nerve and keeps the human body healthy. Massaging also improves the circulatory system thus reducing the pain. Usually lukewarm medicated oil should be used for massaging. The warm oil stimulates all the glands beneath the skin thus causing dilatation of blood vessels and improves blood circulation. These processes also stimulate the varnam points (vital energy).

**CONCLUSION**

*Ennai muzhukku* (oil bath) is routinely used in siddha system for all diseases such as depression, stress, loss of sleep, anxiety and aggressiveness which are the common psychiatric complaints present in the healthy people also and it is negatively affecting the health and society. By *Ennai muzhukku* (oil bath) the physical and mental health becomes strong. *Siddha* says *Ennai muzhukku* (oil bath) should be performed every 4 days once. Applying oil to the head, ear, nose and foot is must to lead a healthy life. Hypothetically it can be concluded that *Ennai muzhukku* (oil bath) should be done for 45 mins and it normalise the mukkutram and stimulates the varnam points all over the body. If these rules or methods are followed properly then we can prevent the life style diseases. Simple measures can bring considerable changes in our life.

*Ennai muzhukku* (oil bath) was a traditional habit followed by our ancestors in their routine life. This article represents the scientific approach of *Ennai muzhukku* (oil bath) in the treatment of psychiatric disorder in a hypothetical manner. This paper will help us to refresh our traditional methods via *Sidhha* literatures which signifies the importance of *Ennai muzhukku* (oil bath) among the people.
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