

## EFFECTIVENESS OF PATTRU IN SIDDHA SYSTEM OF MEDICINE

### – A REVIEW

**\*G.PRATHEEP, \*\*K.ELAVARASAN, \*\*\*M.MENAKA**

\*UG scholar, \*\*Lecturer, \*\*\* Associate Professor,  
Dept.of Varmam, Puramaruthuvam (External therapy)  
RVS Siddha medical college and hospital,coimbatore.

Corresponding author: G.Pratheep

Phone: 8526097400

Email: pratheepguna14031996@gmail.com

### ABSTRACT

The Siddha system of medicines has a vast range of external therapies for health management. Most of the therapies are aimed at maintaining a healthy equilibrium of the physiological factors (vatham, pitham and kapham). According to the Siddha system of medicine, there are 32 types of external therapies including Kattu, Pattru, Ottradam, Poochchu, Vedhu etc... They are safe and efficient. One among them PATTRU (Poultice), it is spread over the skin to treat an aching and inflamed. Poultices are also applied in skin diseases as emollient, anti-microbial and anti-allergic. This is also done in muscular sprain and arthritis. Many of the poultices given in the classical texts of siddha are aimed at treatment of surgical conditions like abscess, fistula, hemorrhoids, chronic wounds, carbuncles, tumors, filarial swelling and glandular swelling. Even today many of these conditions exist either due to poor personal hygiene or inadequate documentation of medical history. Many numbers of Pattru has been mentioned in classical Siddha texts for various disease conditions eg: Kuntripatru(Bubo), Sarakkondraipuli pattru(Ascites), kazharchipatru(Glandular swelling), kavikkal pattru(Filariasis) etc...External therapies can be done in major measure with locally available resources and therefore is accessible as well as affordable to the entire society. Further clinical evaluation is to be needed to prove its efficacy.

## Keywords

External therapy, Pattru, skin diseases.

## INTRODUCTION

Siddha medicine is usually considered as the oldest medical system known to mankind. Contemporary Tamil literature holds that the system of Siddha medicine originated in the southern India, in the state of Tamil Nadu, as part of the trio Indian medicines – Siddha, Ayurvedha and Unani. Siddha is reported to have surfaced more than 10,000 years ago. Siddha medicines are combinations of both internal and external medicines. There are 32 forms of internal and external medicines respectively. According to Siddha medicine science, the universe consists of 5 elements: Earth, Water, Fire, Air and Ether which correspond to the five senses of the human body. Man consumes water and food, breathes the air and then maintains the heat in the body. He is alive because of the life force given by ether.

The traditional Dravidian system of medicine referred to popularly as Siddha medicine is a vast repository of external therapies, particularly administration of drugs through routes other than oral. These procedures are as important as the internal medicines in the management of health and disease. Most of the therapies are aimed at maintaining a healthy equilibrium of the physiological factors (vatham, pitham and kapham).

According to the Siddha system of medicine, there are 32 types of external therapies including Kattu, Pattru, Ottradam, Poochchu, Vedhu etc., they are safe and efficient. One among them is PATTRU (Poultice). The raw materials are either ground or juices of leaf; bark, root etc are heated or not heated and applied or pasted on the affected area. External application like Moosambara pattru with egg white, Neerkovai mathirai with ginger juice are very effective.

It is spread over the skin to treat an aching and inflamed condition. Poultices are also applied in skin diseases as emollient, anti-microbial and anti-allergic. This is also done in muscular sprain and arthritis. Siddha system of medicine has long recognized that human skin is a valuable site for drug delivery, the skin being the largest organ of our bodies. Skin is a neuro-endocrine tissue that shows cases the health of the physical body. Skin is like a substratum where nervous, immune, cutaneous, endocrinal systems have several functions to perform. The common neuro transmitter, Acetylcholine is synthesized in dermal extra

neuronal sites like melanocytes, fibroblasts, endothelial cells and immune cells. In the same way the neural connection between the brain and skin, play vital role in inflammation, repair, cellular proliferation and healing.

## **SOURCES:**

External therapies of pattru prepared from various sources are:

- Leaves –Euphorbia nereifolia (*Elaikalli*), Thespisia populnea (*poovarasu*)
- Rhizome -Acorus calamus (*Vasambu*)
- Root -Indigofera tinctoria (*avuri*)
- Seed -Caesalpinia crista (*kalarchikai*), Datura matel (*Oomathai*)
- Mineral -*Kandhagam* (sulphur), *veeram* (mercury chloride), *padigaram* (Alum), *kavikal* (Red ochre).
- Animal -egg white.

## **SIGNIFICANCE:**

- Poultice act as chemical Cautery. It helps healing in abscess by draining the fluid including pus.
- Topical applications are used in skin diseases as emollient, anti-microbial and anti-fungal.
- Pattru plays vital role in treating various conditions Ex. HEADACHE, ARTHRITIS, FILARIASIS, PLEURISY, ASCITES, etc.
- Efficacy of pattru in muscular sprain and in arthritis.
- Significance of varies kinds of pattru has its own time consuming effort. The time consuming effect ranges from 3 days (*Elaikalli pattru*) to 3 weeks (*Poovarasu pattru*).
- In order to increase the efficacy of pattru there are varies material used to titrated along with the main source material. They are herbal juice, egg white, butter milk, curd, salt, ginger, lime juice, hot water and tamarind juice.

- There are many numbers of pattru has been mentioned in classical Siddha texts for various disease conditions.

### **Diseases and types of Pattru.**

Kuntripatru	Bubo (Araiyaapu Katti)
Sarakkondraipuli pattru	Ascites (Peruvayiru)
Kazharchi pattru	Glandular swelling (surappi veekam)
Kavikkal pattru	Filariasis, Herpes infections(Yaanaikkal)
Mosambara pattru	Arthritis(Azhal keel vayu)
Padikara pattru	Carbuncular(RaajaPilavai)
Neerkovai maathirai pattru	Headache in sinusitis(Peenisa thalaivali)
Kambarisi sotru pattru	Hemorrhoids(Moolam)
Milakai adithattu pattru	Pleurisy(Nuraieeral Thaabidham)
Kodagasalai pattru	Cut injuries(Vettu kayam)
Poovarasu pattru	Wounds(Viranam)
Karungal	Acne(Mugapparu)
Agasthiyar kuzhambu pattru	Cervicallymphadenopathy(Kandamalai)

### **CONCLUSION:**

Pattru plays a remarkable effect in treatment of muscular sprain, arthritis and surgical conditions like abscess, fistula, hemorrhoids, chronic wounds, carbuncles, tumors, filarial swelling and glandular swelling. Hence further clinical evaluation is to be needed to prove its efficacy. Externaltherapiescanbedoneinmajormeasurewithlocallyavailableresourcesandthereforeiseasyaccessibleaswellasaffordabletotheentiresociety.

### **ACKNOWLEDGEMENT:**

My sincere thanks to the Principal, RVS Siddha medical college and hospital for Permitting me to do this study.

## REFERENCES:

1. Gunapadam Mooligai Vaguppu,Vaidhya Rathinam K.S .Murugesha Mudhaliar  
Department of Indian Medicine And Homoeopathy, Chennai 106.
2. Gunapadam Thadhu Seeva Vaguppu, Vaidhya Rathinam Dr.R.Thiyagarajan L.I.M  
Department of Indian Medicine andHomoeopathy, Chennai 106.
3. Siddhar Aruvai Maruthuvam,Dr.K.S Uthamaraayan H.P.I.M. Department of Indian  
Medicine and Homoeopathy, Chennai 106.
4. Siddha Maruthuvanga Churukkam Dr.K.S Uthamaraayan H.P.I.M. Department of  
Indian Medicine and Homoeopathy, Chennai 106.
5. Siddha Maruthuvam –Pothu Dr.K.N.Kuppuswamy Mudhaliar.
6. External Therapies Of Siddha Medicine,Dr,T,Thiru Narayanan, Dr.R.Sudha ,Center  
For Traditional Medicine And Research.
7. [www.medsiddha.com](http://www.medsiddha.com)
8. [www.Siddhalaya.in](http://www.Siddhalaya.in)
9. [www.Spiceflair.com](http://www.Spiceflair.com)