

EVIDENCE BASED USAGE OF *ATHTHI PATRU* MENTIONED IN HOLY BIBLE

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ABSTRACT

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. Siddha system of medicine is one of the oldest medical systems in the world. The treatment in siddha system is based on three humours (*vatham, pitham, kapham*). Siddha system not only treats symptomatically, it finds out the cause of the disease through its unique diagnostic methods like *en vagai thervu, manikkadai nol* and it treats the cause. Siddha external therapies are simple drugless therapies giving astonishing benefits. In Holy Bible, there is evidence of poultice of fig –*aththi patru* in treating severe boils to Hezekiah lived between the period of 739 BC – 687 BC. Aim of the study is to trace the evidence of *aththi patru* in Holy Bible which has also practiced in siddha system of medicine. Evidence of *aththi patru* in Holy Bible and siddha medicine declares the heritage of *patru* practising since 739 BC. *Patru*- poultice is one among siddha external therapy, used to treat cuts, abscess, furuncles, boils, puffy indurations, haemorrhoids, eczema, etc., as a emollient, fungicidal, germicide and so on.

Keywords

Poultice of fig, siddha external therapy, *patru*

INTRODUCTION

Every religion traces some holy plants likewise Holy Bible had trace of use of several medicinal plants. Above all fig is portrayed in many examples. In new testament and is also used as medicinal plant in old testament. Hezekiah from old testament fallen sick. Then the Lord's word was declared by the prophet Isaiah that he is going to die. Later, he prayed to Lord to heal him. At last, Lord heard his prayer and Isaiah healed him with the poultice made of fig. poultice /plaster– *patru* is a siddha's external therapy which is placed in second position among 32 external therapies. Siddha system is practiced among Tamil peoples (Dravidians) since 5000 years ago. Mesopotamian civilization is also the oldest civilization in the world. Usage of *Aththi patru* among Mesopotamian civilization and Dravidian civilization reveals that some exactly same medicinal and cultural habits had been practiced among these two civilization. Holy bible had evidence that Man genesis from Earth (mann). Siddha system also portrays the same earth(*mann*) a part of *pancha bootha* is the reason of origin of all species. Holy Bible had the evidence that the astronomers lived in those days. Still, in Tamil culture, astronomy is followed. In old testament days, Sacrificing life of animals (goats), birds for their sins had been practised. These type of sacrificing cocks, goats are still practised in temples of Tamilnadu. When seeing these cultural and medicinal similarities it may seem like a single civilization had split into several types of civilization.

AIM

Aim is to trace the evidence of aththi patru in Holy Bible which has also practiced in siddha system of medicine.

MATERIALS AND METHODS

Fig fruits are crushed and made into a poultice/ plaster.

DISCUSSION

***Patru* the siddha external therapy**

Patru is called as a poultice/plaster, which is soft and moist in nature. It is one of the external therapies which gives instant remedy in treating headache, jaundice, sunstroke, abscess, fistula, haemorrhoids, chronic wounds, carbuncles, tumour, filarial swelling and lymphadenitis as explained by *Theraiyar* in his book *tharu*. It is also called as cataplasm.

The semisolid paste is obtained from plant extracts or by grinding crude raw drugs is gently heated and applied as a thick paste over the affected area. According to *theraiyar*, *patru* is a method of applying fine powder or crude drugs grinded with an appropriate liquid as a semi solid poultice

and warmed gently or boiled before applying it. It is framed as one of the heat therapy by *theraiyar*. Applying poultice in warm form gives good prognosis.

Duration: 3 hours to 7 days.

MEDICINAL USES OF PATRU

It makes the patient comfortable and fresh. It improves circulation. It control inflammation of skin for redness, injuries, swelling, rashes or other infections. It prevent from blood clot. It cure peripheral neuritis. It incise and drain the abscesses. It remove or shrink haemorrhoid mass. Type of poultices used are wet and dry poultices. Seed of *Albizzia lebbbeck* (*kaattuvakai*, sirissia tree) patru used to cure lymphadenopathy which is the dry poultice. Rhizome of *Acorus calamus* (*vasambu*, sweet flag), *kachukatti* and water are grinded as *patru* for chronic arthritis is the example for wet poultice.

THERAPEUTIC SOURCES

Plant parts such as leaves and barks. Egg yolk, mother milk, other milks, curd, urine, inorganic distilled solutions.

THERAPY TIMINGS

The ideal timing for applying patru based on three humours are, in the morning for curing *vali* (*vatham*) related problems, noon for *azhal* (*pitham*) disorders and evening for *iyam* (*kapham*) disorders.

MEDICINAL USES OF *Ficus carica* DEMONSTRATED IN BIBLE

Figs are the earliest known ancient drug for cutaneous anthrax. Anthrax is an often fatal bacterial infection, occurring in cutaneous, inhalational, gastrointestinal, and meningeal forms.

II king 20: 7 states that, “And Isaiah said, Take a lump of figs. And they took and laid it on the boil and he recovered”.

Isaiah 38: 21 states that, “For Isaiah had said, let them take a lump of figs and lay it for a plaster upon the boil; and he shall recover”.

In these above mentioned two verses, its well cleared that Isaiah used lump of fig to boils in the form of plaster. Here boils refer the anthrax. These verses convincingly indicate that figs have healing properties in cutaneous anthrax lesion.

II King 20: 5 states that, “Behold I will heal thee: on the third day thou shalt go up unto the house of the Lord”.

II King 20: 6 states that, “And I will add unto thy days fifteen years”.

II King 20: 5, 6; verses explains that Hezekiah get welled within three days and his life extended for about 15 years.

I Samuel 30: 12, 13 states, “And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread nor drunk any water, three days and three nights. And David said unto him, To whom do you belong? And from where are you? And he said, I am a young man of Egypt, servant to an Amalekite; and my master left me, because three days ago I fell sick.

I Samuel 30: 12, 13; verses shows that spirit came to himself after eating cake of fig.

I Kings 4: 25 states, “And Judah and Israel dwelt safely, everyman under his vine and under his fig tree, from Dan even to Beer-sheba, all the days of Solomon.

I Kings 4: 25, verse gives details that Judah and Israel dwelt safely under the fig tree. Evidence on Bible shows that Aththi patru is practised from the period of 739 BC – 687 BC.

MEDICINAL USES OF FIG IN SIDDHA SYSTEM OF MEDICINE

Taste of *aththi*- fig is an astringent. Tender fruits are medicinally used for piles, dyspepsia, diarrhoea. Fig fruits had the action of laxative and increases haemoglobin level. It gives relief from constipation. Latex of the fig is used for haematuria, pricking pain, diabetes mellitus. Barks cure septic wounds, menorrhagia. *Aththi kal* is given to cure Bony syphilitic, fever, thirst.

ATHTHI PATRU- POULTICE OR PLASTER OF FIG IN SIDDHA SYSTEM

Aththi paal patru- latex of fig poultice/plaster: It cures *megakattikal*, diabetic foot, arthralgia, arthritis. It is given to treat wounds without scars.

PHYTOCHEMICALS PRESENT IN *Ficus carica*

Phytochemical studies on *F. carica* revealed the presence of numerous bioactive compounds such as phenolic compounds, phytosterols, organic acids, anthocyanin composition, triterpenoids,

coumarins, and volatile compounds such as hydrocarbons, aliphatic alcohols, and few other classes of secondary metabolites from different parts of *F. carica*.

CONCLUSION

Patru – poultice siddha external therapy is also practiced in Mesopotamian civilisation. *Aththi patru*- poultice of fig has good prognosis in treating boils, wounds which recover soon. Holy Bible had the evidence of *patru* siddha external therapy. Usage of the common drug *Aththi patru* in Mesopotamian civilization shows how siddha medicine is promoted world widely. It is well clear that a good communication is present among old people to share knowledge about medicine. Otherwise, a single civilization may get divided into different types of civilization. Usage of *aththi patru* in siddha medicine shows the hereditary of *Patru* external therapy which has been practiced from the period of Hezekiah. It is new emerging generation's duty to promote the heritage of the siddha medicine among upcoming generations.

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