



ROLE OF PUGAI (FUMIGATION) IN SIDDHA SYSTEM

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ABSTRACT

“Pugai (Fumigation)” is one among the various methods of treatment available in Siddha system of medicine. In ancient times people used fumigation as a preventive measure to protect themselves from epidemic diseases. It is usually prepared from herbal products, minerals and animal by-products. Nowadays people are more attracted towards the words “herb” and “herbal process” because of its easy availability, less side effects and marvelous results. This paper gives an overview of ‘Pugai’, methods of application, mechanism of action, Specialties, herbs used etc.

KEYWORDS

Pugai-Fumigation, Akamarunthu (Internal medicine), *Puramarunthu*(external medicine)

INTRODUCTION

Our Siddhars established a lot of treatment methods to cure various types of diseases. It is mainly classified in to two types namely

(1) *Akamarunthu* (Internal medicine)

(2) *Puramarunthu* (External Medicine)

External medicines are 32 in number. Fumigation is one among them. In Siddha system it is called as “PUGAI”. Fumigation has the efficacy to cure both physical and mental diseases. Apart from therapeutic purposes, it also acts as sterilizing agent. Diseases arising out of the derangement of Kapham are easily cured by this treatment.

Methods of Application

Method (1):

Herbs in the form of juice (or) paste are placed over a piece of cloth. The cloth is rolled as stick and it is allowed to burn. The smoke coming from this wick is subjected to be inhaled by the patient through nose and exhale by mouth. If they inhale through mouth and exhale by nose it will cause head related diseases.

Method (2):

In this method, we have to collect the needed herbals in a vessel and allow it burn in that vessel using a burner. The fume coming from the burned herbals are used to sterilize the place.

I. Specialty of Fumigation

The specialty of fumigation lies in:

- Both Prophylactic and therapeutic in nature.
- Also used for effective sterilizing purpose
- Fumigation has got marked effect in 18 types of psychiatric diseases (*kiriyai in Siddha*)
- Serves as a Stand-alone product.

II. Fumigation for Various Diseases

i. Fumigation for Head Ache

Ingredients	Common Name	Botanical Name
<i>Manjal</i>	Turmeric	<i>Curcuma longa</i>
<i>Santhanam</i>	Sandal	<i>Santalum alba</i>
<i>Milagu</i>	Pepper	<i>Pipper nigrum</i>
<i>Venkodiveli</i>	Leadwort	<i>Plumbago zeylanica</i>
<i>Sengkodiveli</i>		<i>Plumbago rosea</i>

The above drugs are taken in equal quantities and grinded with the juice of *Elavagapathiri* (*Cinamomum tamala*) leaves. Then this is to be applied in a clean cloth and fumigated. This relieves head ache.

The extracted juice of *Naipagal* leaves is poured in a clean cloth and make the cloth as a roll, then fumigates it. The smoke from it cures Head ache.

ii. Fumigation for Eczema

Fumigating the smoke of burnt coconut cures *Vadha Karappan*.

iii. Fumigation for Severe Cold

Good Pepper, pinned in a sharp needle when fumigated is a effective remedy for severe cold.

iv. Fumigation for Migraine

The grinded mixture of Cardamom and Turmeric is mixed along with the extracted juice of Madar (*Calotropis gigantea*) and fumigated. This smoke cures Migraine.

v. Fumigation for Cough

Ingredients	Common Name	Botanical Name
<i>Sambirani</i>	Benzoin	<i>Styrax benzoin</i>
<i>Sukku</i>	Dried Ginger	<i>Zingiber officinale</i>
<i>Manjal</i>	Turmeric	<i>Curcuma longa</i>
<i>Val Milagu</i>	Long Pepper	<i>Piper cubebas</i>

The above drugs are taken in an equal amount and grinded it with the juice of *Kavilthumbai* (*Trichodesma indicum*) and made in to dry cakes. These cakes, when fumigated cure *Mandhara Kaasam*.

III. Herbs used for Fumigation

Name	Botanical Name/ Family	Parts Used	Phyto Chemistry	Use In Siddha	Reference
<i>Kungiliyam</i> (Sal tree)	<i>Shorea robusta</i> / Dipterocarpaceae	Resin	Fischinidol, afzetechin tannins	Deodorant, eliminate toxic gases	Medicinal Plant of India Vol-2- TamilNadu
<i>Kudiyotti poondu</i> (The maxicanpoppy)	<i>Argemone mexicana</i> / Papaveraceae	seeds	Oxyhydrastinine corydine,mexicanol,mexicani	Tooth ache, dental caries	Indian Materia Medica Vol -2

			c acid		
<i>Kottam</i> (costus tree)	<i>Costus speciosus</i> / Costaceae	Roots	Cycloartenol, diosgenin lupeol	Piles	Medicinal Plants in India Vol-1&2
<i>Sadakuppai</i> (The Dill)	<i>Anethum graveolens</i> / Apiaceae	Leaves	Scopoletin Umbelliferone, flavanoids	Deodarant for in- patient ward	Indian Materia Medica Vol-2
<i>Kuntharikkam</i> (Resin of olibanum)	<i>Boswellia serrata</i> / Burseraceae	Resin	β - Sitosterol α – thujene	Expectorant ,Deodarant	Gunapadam-1 (vegetable section) Siddha Materia Medica(medici nal plants division)
<i>Santhanum</i> (sandal wood)	<i>Santalum album</i> / Santalaceae	Wood	Tycycloeksant olol nuciferol, α – Curcumone	Deodarant	Textbook of Pharmacognosy
<i>Thuthi</i> (The country mallow)	<i>Abutilon indicum</i> / malvaceae	Seed	Gossypetin , vanillic acid, β - Sitosterol	worm infestation in children,con stipation	Medicinal Plants of India Vol-2 TamilNadu
<i>Devadaru</i> (Himalayan cedar)	<i>Cedrus deodara</i> /Pinaceae	Wood	Deodarin,cede odarincedrusin	Deodorant	Indian Materia Medica Vol-2
<i>Pugayilai</i> (tobacco)	<i>Nicotiana tobaccum</i> / Solanaceae	Leaves	Ssolavetivone, nor-nicotine, 13 lactone	Asthma,Co ugh, Insomnia	Medicinal Plants in India Vol-1&2
<i>Manjal</i> (turmeric)	<i>Curcuma longa</i>	rhizome	Turmeron--e, zingiberene,cu	Sinusitis	Textbook of Pharmacognosy

	/ Zingiberaceae		curmin		
<i>Ma</i> (Manga tree)	<i>Mangifera</i> <i>indica</i> / Anacardiaceae	leaves ,flower	Galactose Mangiferin Fisetin	Hoarseness of voice,Hiccup, mosquito repellant	Gunapadam-1 (vegetable section) Siddha Materia Medica(Medical Pants division)
<i>Vidamoongil</i> (Poison bulbe)	<i>Crinum</i> <i>asiaticum</i> / Amaryllidaceae	Leaves	Lycorine, Isocraugosidine , Criasbetaine	Aromatic,mosquito repellant	Medicinal Plants in India Vol-1&2
<i>Vembu</i> (margosa tree)	<i>Azadirachta</i> <i>indica</i> / Meliaceae	Leaves	Solanin, Nimbin, Azadirone	Allergic rhinitis, Head ache	Indian Materia Medica Vol-2
<i>Akil</i> (Eagle wood)	<i>Aquilaria</i> <i>agallocha</i> / Thymeleaceae	wood	Aromatic oil	Vomiting, tiredness, Loss of taste sensation.	Textbook of Pharmacognosy
Alavanam (Henna plant)	<i>Lawsonia</i> <i>inermis</i> / Lythraceae	Seed	Lawsonin, Scopoletin Esculetin	Evil effects	Medicinal Plants of India Vol-2 TamilNadu
Aruvatha (Garden rue)	<i>Ruta</i> <i>chalepensis</i> / Rutaceae	leaves	Chalepin, Graveoline Arborinine	Cough	Gunapadam-1 (vegetable section)

					Siddha Materia Medica(Medicinal plants division)
Adathodaai (malabar nut)	Justicia beddomei/ Acanthaceae	leaves	Vasicine, Vasicinone, β - Sitosterol	Asthma	Indian Materia Medica Vol-2
Illupai (The Mohua tree)	Madhuca longifolia/ Sapotaceae	Crushed cake of seed	α – Spinasterol, Betulinic acids, Saponins.	Insecticide, pesticide	Medicinal Plants In India Vol-1&2
Oomathai (Dhatura)	Datura metal/ Solanaceae	leaves	Tropane alkaloid, Daturilinol Atropine	shortness of breath	Textbook of Pharmacognosy
Kandangathiri (yellow berried night shade)	Solanum surattense/ Solanaceae	Seed	Solasonine Solamargine,esculin	Tooth ache	Medicinal Plants of India Vol-2 TamiNadu
Karumbu (Sugarcane)	Saccharum officinarum/ Poaceae	sugar	Apigenin, Orientin, Ferulic acid	Disinfectant	Indian Materia Medica Vol-2
Karkadaka singi (The Galls)	Rhus succedanea Anacardaceae	Gall	Aromatic oil, tannin	Bleeding piles,Chronic ulcer	Textbook of Pharmacognosy

FUMIGATION FOR 18 TYPES OF PSYCHIATRIC DISEASES

S.No	Name	Botanical Name and Family	Parts Used	Phytochemistry	Reference
1	Athimadhuram (liquorice)	Glycyrrhiza glabra/ Fabaceae	Root	Glycyrrhizin, isoliquiritin	Siddha maruthuvam sirappu
2	Kuppaimeni (Indian acalypha)	Acalypha indica/ Euphorbiaceae	Leaves	Stigmasturol, Cyanoglucoside	siddha maruthuvam sirappu
3	Kirambu(Cloves tree)	Syzygium aromaticum/ Myrtaceae	Buds	Euginol, gallotonic acid,eugenin, Oleanolic acid	Siddha maruthuvam sirappu
4	Seenthil(Tinospora)	Tinospora cordifolia/ Papilionaceae	Leaves	Quercetin, monocrotolaine	Siddha maruthuvam sirappu
5	Thumbai(Thumbe)	Leucas Aspera/ Menispermaceae	Leaves	Jatrorrhizine, tembestarine	Siddha maruthuvam sirappu
6	Kilukilupai(Rattle Wort)	Crotalaria retusa/ Lamiaceae	Leaves	Oleanolic acid, β - Sitosterol	Siddha maruthuvam sirapu

Eligibility for the Procedure:

Siddha systems of medicine, always carries some special criteria for this type of procedures. Not only for this fumigation, this systems of medicine gives separate eligibility criteria to the patient based on their body condition/healthy/ etc.

As per the text, patients with

- Eye Disease,
- Head Disease,
- Anaemia,
- Bleeding Disorder,
- Diabetes Mellitus

are not advisable to follow this procedure.

CONCLUSION:

Fumigation has high efficacy and lowered side effects when compared with other medicines. It can be used by the patients themselves and hence User-friendly. This method also establishes the supremacy of the external therapies of Siddha system of Medicine. More research are to be done to explore the wonderful therapeutic and prophylactic properties of this treatment method.

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