



## **‘Uniqueness of Siddha Medicine in treating diseases of the Ear, Nose and Throat’,**

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### **ABSTRACT**

In our body, head is an important organ. Ear, nose and throat are part of five senses. In Siddha system, Ear, Nose and Throat diseases comes under head diseases (*Thalai noikal*). Patients of almost age group and both genders may have diseases of ENT in any time of their life. Ear infections are generally seen in children under the age of six. Throat diseases are more prone to the age group of sixty years. The incidence ratio will be more susceptible for Men than women. The main purpose of the review is to document the uniqueness and up to date review of ear, nose and throat in accordance with Siddha Medicine. The WHO identifies that ENT problem as a massive public health problem. This review also deals with the emerging branch ear, nose and throat diseases & its types, causes, symptoms, treatments which are represented in Siddha.

**Keywords:** Siddha ENT, Siddha Medicine, Oil bath in Siddha.

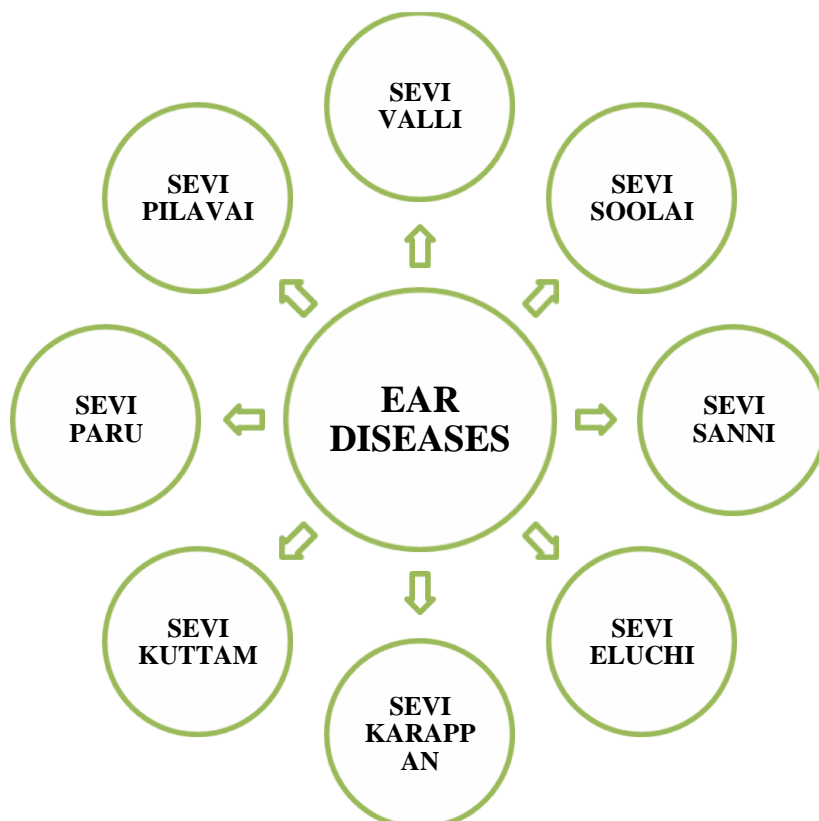
## INTRODUCTION

The awareness regarding Traditional medicine is gradually raising and people are getting more benefits from their health troubles with natural treatments. In a scientific setting, as like western medicine the current traditional systems of medicine is also developing with departmental specialities like Siddha Obstetrics & Gynaecology, Siddha Varmam & Thokkanam, Siddha Dermatology etc. Our fore fathers came across with many diseases of ENT and documented quiet a lot of formulations from both herbal and herbo-mineral origins. ENT diseases come under the special entity '*Sevi Noigal, Mooku noigal, Kaluthu noigal, Naaku noigal*' in Siddha. Apart from the conventional internal medicines, special external therapies like fomentation, oil bath and cauterization are also advised.

## EAR DISEASE

### TYPES OF EAR DISEASES

The schematic diagram explains the types of ear diseases



According to Sarebendrar's Classical text, the ear diseases and their symptoms are listed out in the table.

<b>TYPES</b>	<b>SYMPTOMS</b>
<i>Vadha sevinoi</i>	Migraine, pus discharge, ant moving sensation in ear
<i>Pitha sevinoi</i>	Pain & burning sensation, yellowish discharge
<i>Kapha sevinoi</i>	White and sticky pus discharge, feeling heaviness in jaw and head region
<i>Ratha sevinoi</i>	pricking pain
<i>Sanni sevinoi</i>	intolerable pain, black or White or red colour discharge
<i>Sevidu</i>	unable to hear any sound
<i>Kadhaipu</i>	itching, pain, blockage
<i>Cheel kadhu</i>	pain or painless pus discharge
<i>Kathu katti</i>	yellow or red or blood, watery discharge
<i>Ornamental ulcer</i>	pain, burning

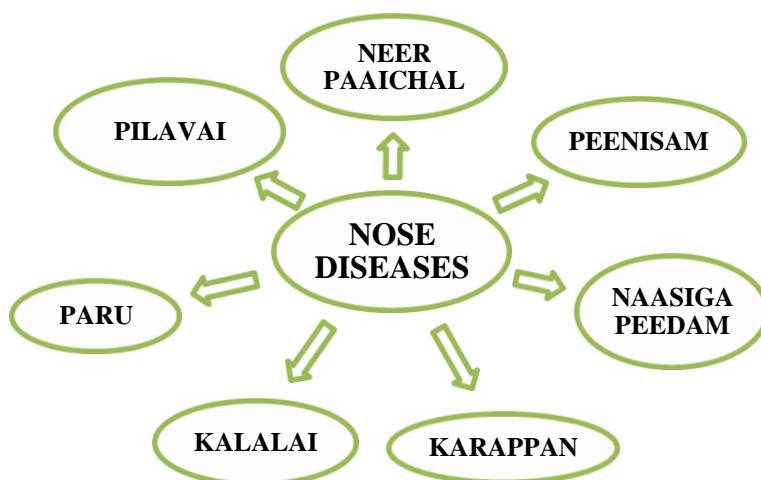
The following table explains the treatment for some of the ear diseases.

<b>DISEASE</b>	<b>TREATMENT</b>
<i>Neer soolai</i>	<i>Sittramutti Thylam</i>
<i>Sura soolai</i>	<i>Usir Sandhanadhi Thylam</i>
<i>Sanni soolai</i>	<i>Kurunthennai Thylam</i>
<i>Kurudhi soolai</i>	<i>Ashwagandhi Thylam</i>
<i>Seel kaadhu</i>	<i>Alampattai Thylam</i>
<i>Sevidu</i>	<i>Ashwagandhi Thylam</i>
<i>Kaadhu vali</i>	<i>Ginger Juice</i>
<i>Kaadhadaippu</i>	<i>Nochi Thylam</i>
<i>Sevi soolai</i>	<i>Dasamoola Thylam</i>

## **NOSE DISEASE**

### **NOSE DISEASE AND ITS TYPES**

The following schematic diagram explains the type of nose disease in siddha



**CAUSES:**

- Exposure to cold climate
- Frequent bathing in cold water
- Drinking impure water
- Controlling fourteen forces (14 vegangal) like vomiting, tear etc
- High pitched voice
- Hypersomnia or Insomnia

According to Sarabendhrar, some of the treatment for few types of nose disease and its symptoms.

The following table explains the types and symptoms of nose disease

<b>TYPES</b>	<b>SYMPTOMS</b>
<i>Vadhanaasi noi</i>	Excessive sneezing, Blockage and pain in nose
<i>Pitthanaasi noi</i>	Dryness of tongue, Giddiness, yellowish sputum while expectoration
<i>Kaphannaasi noi</i>	Cough, Tastelessness, Vomiting
<i>Ratthanaasi noi</i>	Bad breath during breathing, Itching present in the ear, eye and nose
<i>Adhi thummal</i>	Inhalation of spicy foods like pepper, capsicum etc.
<i>Naasiarippu</i>	Itching and pain
<i>Salioluguthal</i>	White or watery discharge during night

<i>Dhushtanaasi noi</i>	Running nose with red coloured sputum
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Nose diseases are often treated with nasiyam and pugai. Here some of the nose disease and its treatment are listed out.

### **NASIYAM:**

The following table explains the types of nasiyam for nose disease

<b>TYPES</b>	<b>CURED DISEASE</b>
<i>Arugampul nasiyam</i>	<i>Peenisam</i> (sinusitis)
<i>Kumkumadhi nasiyam</i>	<i>Peenisam</i>
<i>Milagu nasiyam</i>	For all 18 types of <i>peenisam</i>

### **PUGAI**

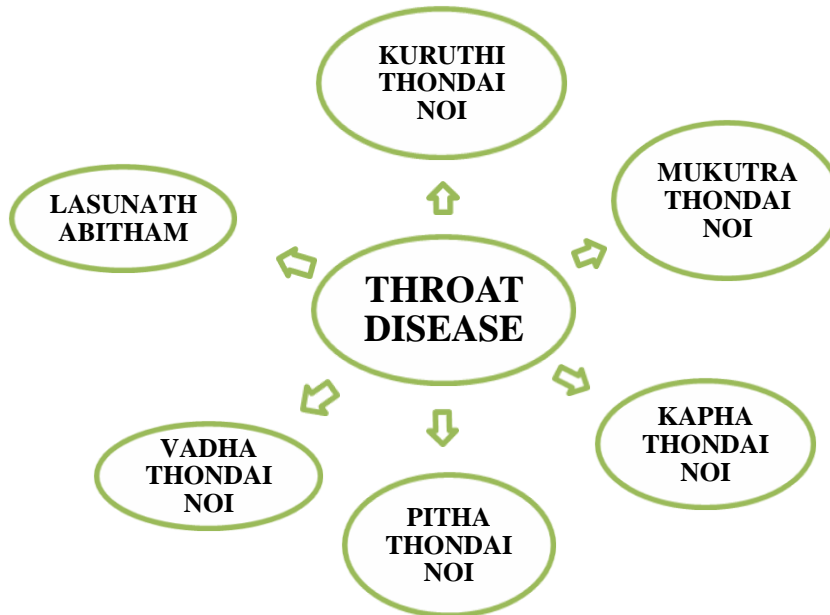
The following table explains the type of pugai for nose disease

<b>TYPES</b>	<b>CURED DISEASE</b>
<i>Sukkuthiri pugai</i>	Running nose
<i>Marukkarai pugai</i>	Bad breath
<i>Kuppaimeni pugai</i>	Sinusitis

## Throat Disease:

### TYPES OF THROAT DISEASE

Some types are given below in the schematic diagram.



### THROAT DISEASE TYPES AND ITS SYMTOMS

TYPES	SYMPTOMS
<i>Vaadhathondai noi</i>	Pain in ear and palate, Dryness of mouth and throat
<i>Pitthathondai noi</i>	Dryness of mouth, Dry cough
<i>Kabhathondai noi</i>	Mucous discharge – white in colour
<i>Ratthathondai noi</i>	Ear pain, Redness of throat
<i>Lasuna thaabitham (tonsilitis)</i>	Inflammation of tonsils, fever, allergy etc

### CONCLUSION

While going through the Siddha literatures, one can find the marvellous in-depth knowledge and wisdom of the ancient Siddhars in understanding and documenting the disease classifications and their management. In Siddha system, apart from the conventional medicines, diseases of the ear are specially treated by oil bath. Nose diseases are effectively

treated with *Nasiyam* and *Pugai*. Throat diseases are treated by both internal and external medicines. Siddha ENT is emerging as a vital field and much more research are to be carried out to scientifically document more medicines for the benefit of the Man-kind.

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