

## AN OVERVIEW OF *IYAIRAIPPU* IN SIDDHA MEDICINE AND IT'S COMBINATION WITH CARDIAC ASTHMA.

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### Abstract

Treatment of diseases in Siddha system is different and has its own unique feature. Through Siddhars vision, they divided the medicines into 32 *Aga* (Internal) and 32 *Pura*(External) medicines. These medicines both prophylactic and therapeutic in nature and also provide immunity. In Siddha system, diseases are classified into 4448. Our body function mainly depends on three states of humor (*tridosha*). Any changes in the level of *tridosha* cause *disease*. *IraippuNoi* is classified under the division of *swasakasam* which is one of the divisions of *Irumal*. *IyaIraippu* is one of its type which is due to increased *Iyam* (one of the states of humors). Asthma is very common chronic disease having worldwide prevalence. Asthma is not a contagious disease. It may be due to hereditary, stress and some other reasons. A severe attack of cardiac asthma associated with rapidly developing a pulmonary oedema constitutes one of the commonest and gravest of all emergencies. According to a survey between 100 and 150 million people around the globe suffer from asthma. Worldwide deaths from this condition have reached over 1,80,000 annually. In this review, the signs and symptoms of *iyairaiippu* as found in both Siddha and Modern medicines have been documented.

### KEY WORDS

*Iyairaiippu, Swasakasam, Kasam, Mukkutram, Cardiac asthma, Siddha system.*

## INTRODUCTION

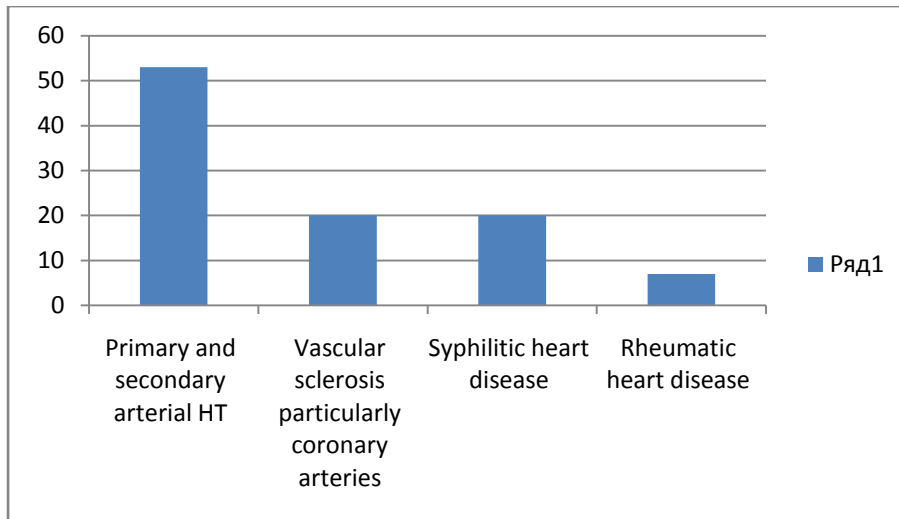
In siddha medicine, *kasam* which is divided into 12 types, in which “*Swasakasam*” is one of the type. *IyaIraippu* is included as a *swasakavasam*. In siddha medicine, diseases are classified based on *mukkutram - Vadha, Pitha, Kabha*. Cardiac asthma has been defined as Wheezing, Coughing and Orthopnea due to congestive heart failure, pulmonary edema and pulmonary vascular congestion which have been thought to be the primary cause of cardiac asthma. There appears to be limited effectiveness of classical asthma medications like bronchodilators or corticosteroids in treating cardiac asthma. It is estimated that about 10% of the population over the age of 80 years have heart failure. CHF is a leading cause of acute dyspnoea in elderly patients with an in hospital mortality ranging from 13 to 29%. Cardiac asthma can be compared with “*IyaIraippu*” in Siddha medicine based upon the signs and Symptoms.

## PREVALENCE

Between 100 and 150 million people around the globe suffer from asthma and this number is rising. Worldwide deaths from this condition have reached over 1,80,000 annually. Asthma is not just a Public health problem for developed countries. In developing countries, however the incidence of the disease varies greatly. India has an estimated 15-20 million asthmatics. In India, rough estimates indicate the prevalence of between 10% and 15% in 5-11 year old children. In comparison with world, asthma cases in India alone is reported 10% . Some 235 million people currently suffer from asthma. It is most common chronic disease in children. Overall, 31.4% of asthmatics were aged less than 45 years and 59.6% were aged 45-74 years. The remaining 9% were children. In 71% of cases, the asthma developed after the age of 40. 61% between 45 and 79.

## ETIOLOGY

- Exposure to rain.
  - Exposure to cold weather.
  - Allergic Substances.
  - Genetic.
  - Seasonal Changes.
- Cardiac asthma is more common in elderly persons as they are more prone to heart disease.
- Clinical and laboratory evidence shows that hypertrophy of the left ventricle or coronary disease or both is present in cardiac asthma.



## IYAIRAIPPU IN SIDDHA MEDICINE

In Siddha medicine, *Kasam* is classified into 12 types in which *swasakasam* is one of it. *Swasakasam* is then subdivided into five types.

- *Vali Iraippu.*
- *IyaIraippu.*
- *IyaVali Iraippu.*
- *MukutramIraippu.*
- *MelnokkuIraippu.*

In this *Kabhaswasam* is due to increased *kabham* (one of the three states of humors) which is referred by the term *IyaIraippu*.

*Iraippu* due to increased *kabham* is referred as *Iyairaiippu*. *Iyairaiippu* caused due to

- Foods which cause rise in *Kabham*.
- Exposure to cold weather and rain.

## RISK FACTOR

- Food which increase *Kabha*.
- Exposure to rain.
- Exposure to cold weather.
- Allergic Substances.
- Genetic.
- Seasonal Changes.

**Table - I**Comparison of signs and symptoms of *IyaIraippu* with Cardiac asthma

S.No.	IyaIraippu	Cardiac Asthma
1.	Difficulty in breathing both inspiration and expiration ( <i>moochu vidavum vaangavum mudiyamai</i> )	Shortness of breath with or without wheezing, rapid and shallow breathing
2.	Increased cough during night ( <i>iravil irumal athigarithal</i> )	Nocturnal cough
3.	Tightness of the chest ( <i>maarbai irukki pidipathai pondra vali</i> )	Tightness of the chest
4.	Gallop rhythm felt during examination with stethoscope ( <i>nisamani sothanaiyil kuthirai kulambin kaal Olikettal</i> )	Gallop rhythm felt during examination with stethoscope
5.	Elevation of blood Pressure ( <i>kuruthi azhutham athigarithal</i> )	Increased blood pressure
6.	Periorbital edema ( <i>kangalai sutra veekam kaanapaduthal</i> )	Increased sweating due to stress, anxiety, dryness of mouth, puffiness around the eye due to excessive dyspnoea
7.	Unable to maintain lying posture ( <i>padukaiyil porunthamai</i> )	Inability to lie on the bed

**Table- II**Medicines in Siddha for *IyaIraippu*

Sl. No.	Name of the Medicine	Main Ingredients	Dose (Physical form)	Indications
1.	<i>Kandankathiri Ilagam</i>	<ul style="list-style-type: none"> <li>➤ <i>Solanum xanthocarpum</i> (<i>Kandangkathiri</i>)</li> <li>➤ <i>Flacorita indica</i> (<i>Karimulli</i>)</li> <li>➤ <i>Piper nigrum</i> (<i>Milagu</i>)</li> </ul>	Hard Paste BD -2.688g	<i>Ella Vithamana Kasam</i> (All type of Cough)

		<ul style="list-style-type: none"> <li>➤ <i>Elettaria cardamomum</i> (Elam)</li> <li>➤ <i>Myristica fragrans</i> (Sadikai)</li> </ul>		
2.	<i>Magavathi Kirutham</i>	<ul style="list-style-type: none"> <li>➤ <i>Toddalia asiatica</i> (Milegaranai)</li> <li>➤ <i>Conch Shell</i> (Sangu)</li> <li>➤ <i>Ocimum basilicum</i> (Karanthaiver)</li> <li>➤ <i>Zingiber officinalis</i> (Dried Ginger - Sukku)</li> <li>➤ <i>Terminalia chebula</i> (Kadukkai)</li> <li>➤ Honey</li> </ul>	Hard Paste 5-10gm (BD)	<i>Swasakasam</i> , <i>Mantharakasam</i> (Asthma, Allergic rhinitis)
3.	<i>Milagu Ilagum</i>	<ul style="list-style-type: none"> <li>➤ <i>Piper nigrum</i> (Milagu)</li> <li>➤ Honey</li> <li>➤ Ghee</li> <li>➤ <i>Syzygium aromaticum</i> (Lavangam)</li> </ul>	Hard Paste BD - 6.022 gm	<i>Silethumam</i> - 96
4.	<i>Thippili Ilagum</i>	<ul style="list-style-type: none"> <li>➤ <i>Piper longum</i> (Thippili)</li> <li>➤ <i>Zingiber officinalis</i> (Sukku)</li> <li>➤ <i>Cuminum Cyminum</i> (Seerakam)</li> <li>➤ Honey</li> <li>➤ Ghee</li> </ul>	Hard Paste BDS (Punnaikai Alavu)	<i>Silethumam</i> - 96
5.	<i>Thuthuvalai Kirutham</i>	<ul style="list-style-type: none"> <li>➤ <i>Solanum xanthocarpum</i> (Kandangathir)</li> <li>➤ <i>Solanum trilobatum</i> (Thoothuvalai)</li> <li>➤ <i>Flacorita indica</i> (Karimulli)</li> <li>➤ Honey</li> </ul>	Hard Paste 4-8 gm (BD)	<i>Kasam</i> - 5 <i>Swasam</i> - 5 (Cough, Asthma)
6.	<i>MaruthamPattai Kudineer</i>	<ul style="list-style-type: none"> <li>➤ <i>Terminalia arjuna</i> - Bark (MaruthamPatta)</li> <li>➤ <i>Ficus religiosa</i> -</li> </ul>	Decotion BD-60ml	<i>Thamarakathai vanmai paduthum</i> (Cardiac Tonic)

		bark ( <i>ArasamPattai</i> ) ➤ <i>Aegle marmelos</i> - bark ( <i>VilvaPattai</i> ) ➤ <i>Myristica fragrans</i> ( <i>Sathikkai</i> )		
7.	<i>ThamarakaVaivu Kudineer</i>	➤ <i>Smilax china</i> ( <i>ParangiPattai</i> ) ➤ <i>Zingiber officinalis</i> (Dried ginger - <i>Sukku</i> ) ➤ <i>Piper nigrum</i> ( <i>Milagu</i> ) ➤ <i>Piper longum</i> ( <i>Thippili</i> )	Decotion BD - 60 ml	<i>Thamarakathai Vaivu</i> (Cardiac Problems)
8.	<i>Mahaaswakanthi Chooranam</i>	➤ <i>Zingiber officinalis</i> (Dried ginger - <i>Sukku</i> ) ➤ <i>Piper longum</i> ( <i>Thippili</i> ) ➤ <i>Syzygium aromaticum</i> ( <i>Lavangam</i> ) ➤ <i>Withania somnifera</i> ( <i>Amukira</i> )	Fine Powder 1-2gm (TDS)	<i>Swasa Kasam-5</i> (Asthma)
9.	<i>Nerunjil Chooranam</i>	➤ <i>Tribulus terrestris</i> seed ( <i>NerunjilVithai</i> ) ➤ <i>Piper cubeba</i> ( <i>Vaal Milagu</i> ) ➤ <i>Mesua nagassaricum</i> ( <i>Sirunaga Poo</i> ) ➤ <i>Acalypha fruticosa</i> ( <i>Sinni</i> )	Fine Powder 1-2 gm (TDS)	<i>Thamaraka NoyoduKudiya Veekangal</i> (Oedema associated with Cardiac Problems)
10	<i>PanchaLavana Parpam</i>	➤ Five types of salt ( <i>Panchalavana m</i> ) ➤ <i>Cissus quadrangularis</i> ( <i>Pirandai</i> ) ➤ <i>Moringa oleifera</i> ( <i>MurungaiPattai</i> )	Fine Powder 1-5 gm 24 days - TDS	<i>RuthraVaivu</i> (Cardiac Problems)

		➤ <i>Acalypha indicate</i> (Kuppaimeni)		
11.	<i>Sirungi Parpam</i>	➤ Deer's horn (Maan Kombu) ➤ <i>Acalypha indica</i> (Kupaimeni) ➤ <i>Mukiamaderaspatina</i> (Musumusakkai) ➤ <i>Pergulariadaemia</i> (Veliparuthi) ➤ Camphor (Karpooram) ➤ Ghee	Fine Powder 130mg - 195 mg	<i>Koduramana Marpu Noikal</i> (Severe Cardiac Problems)
12.	<i>Thalaga Parpam</i>	➤ Yellow arsenic (Thalagam) ➤ <i>Luffa acytangula</i> leaf (Peerkanllai)	Fine Powder TDS - 488 mg	<i>Ella Vithamana Kasam</i> (All Type of Cough)
13.	<i>Venkala Parpam</i>	➤ Powder of bronze (Venkalapodi) ➤ Sulphur (Kanthagam) ➤ Milk of <i>calotropis gigantea</i> (ErukkamPaal)	Fine Powder TDS	<i>Marpuvali</i> (Chest Pain)
14.	<i>Vachira (Karuppu) Apraga Chenduram</i>	➤ Powder of mica (Appiragapodi) ➤ <i>Mimordica charantia</i> Juice (Kombu PagalCharu) ➤ Citrus Lemon Juice (Elumichai Charu) ➤ Amuda Sarkarai Elagam	Fine Powder TDS - 122 mg to 488 mg	<i>Thamaraka Valukkum</i> (Cardiac Tonic)
15.	<i>Neitharkilangu Manappagu</i>	➤ <i>Nymphoea pubescens</i> (Neitharkilangu Poovithal) Sugar, Water	Syrup 10-15 gm (BD)	<i>Thamarakathu Peruottathai Thannilaipaduthum</i> (Control Cardiac Problems)
16.	<i>Then maruthuvam</i>	➤ <i>Ocimum sanctum</i> (Thulasi) ➤ <i>Saccarum officinarum</i> (Karkandu) ➤ Honey	Syrup BD - 2 Spoons 3 Days	<i>Marpuvali Agalum, Kolai, Kabakattu Udainthuveliyurum</i> (Chest Pain, Cough)

17.	<i>Nava UppuMelugu</i>	<ul style="list-style-type: none"> <li>➤ Sodium Chloride (Kari Uppu)</li> <li>➤ Rock salt (Induppu)</li> <li>➤ Mineral salt (Kalluppu)</li> <li>➤ MoongilUppu</li> <li>➤ Fullers earth (Poo neeru)</li> </ul>	Wax 12 days - BD 56mg	<i>Thamar Vatham</i> (Cardiac Problems)
18.	<i>Rasa BoopathiMathirai</i>	<ul style="list-style-type: none"> <li>➤ Mercury (Patharasam)</li> <li>➤ Sulphur (Kanthagam)</li> <li>➤ Pipernigrum (Milagu)</li> </ul>	Tablet BD - 1 or 2	<i>KabathinalUndagumIraippu, Irumal, Pongdu,</i> (Asthma, Cough, Anemia)
19.	<i>Thippili Rasayanam</i>	<ul style="list-style-type: none"> <li>➤ <i>Piper longum</i> (Thippili)</li> <li>➤ <i>Zingiber officinalis</i> (Dried ginger - Sukku)</li> <li>➤ <i>Piper nigrum</i> (Milagu)</li> <li>➤ <i>Carum copticum</i> (Omam)</li> <li>➤ <i>Alpinia galanga</i> (Arathai)</li> </ul>	Hard Paste 1-2 gm (BD) 45 days	<i>NatpattaIrumal</i> (Chronic Cough)
20.	<i>ThamarakaVaivuThailam</i>	➤ <i>Phyllanthus nodiflora</i> juice, (PaduthalaiCharu) gingelly oil	Medicinated Oil 30 ml (BD) (Internal)	<i>ThamarakaVaivu</i> (Cardiac Problems)
21.	<i>ThathuvalaiNei</i>	<ul style="list-style-type: none"> <li>➤ <i>Solanum trilobatum</i> (Thoothuvalai)</li> <li>➤ Ghee</li> <li>➤ <i>Costus speciosus</i> (Kostam)</li> </ul>	Clarified butter TDS - 2 to 4ml	<i>Ella VithamanaKasam</i> (All type of Cough)


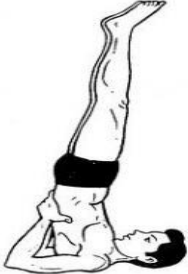




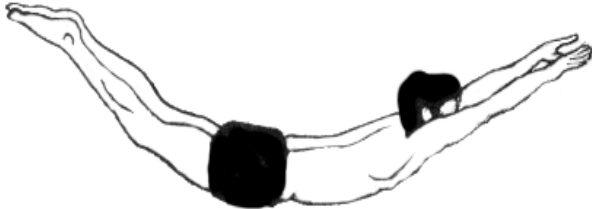
## RESEARCH FINDINGS

S.No.	Name of the Medicine	Inference
1.	<i>Asamotha Chooranam</i> - In vivo	<i>Irumal, Swasakasam</i>
2.	<i>Chitranda Parpam</i> In vivo	<i>IraippuNoi, NatpattaIrumal</i>
3.	<i>Saya Chooranum</i> - In vivo	<i>Irumal, Swasakasam, NatpattaIrumal,Swasakasam</i>



4.	<i>Narayana Chenduram (In vitro)</i>	<i>NatpattaIrumal</i>
5.	<i>ThirikaduguChooranam (In vitro)</i>	<i>Swasakasam, Kabam</i>
6.	<i>AdathodaiKudineer (In vitro)</i>	<i>Irumal, Kasam, Swasam</i>
7.	<i>SwasakudoriChooranam (In vivo)</i>	<i>Iraippu, Swasakasam</i>
8.	<i>ImpuralKudineer (In vivo)</i>	<i>Ilai, Iraippu</i>

## ASANAS

<p>➤ Pranayamam</p> 	<p>➤ Sarvangasana</p> 
<p>➤ Matyasana</p> 	<p>➤ Bhujangasana</p> 
<p>➤ Dhanurasana</p>  <p style="text-align: center;">Dhanurasana</p>	<p>➤ Ardhamatsyendrasana</p> 
<p>➤ Naukasana</p> 	

## DISCUSSION

In this systemic review, we found that Siddha medicines administered to elders and children who suffer with cardiac asthma suggested having significant reduction and eradication of the symptoms, improves the function of the organ and enhance the health related quality of life. Further investigations are needed to establish the therapeutic effect and clinical studies of the medicine in treating cardiac asthma.

## CONCLUSION

Asthma is represented as incurable diseases in world wide. But our Siddha system of medicine has exclusive treatments and even have definite cure for asthma. Our review paper has mentioned the cause, sign and symptoms and treatment for asthma especially cardiac asthma based on basic principles in Siddha system. By using the above mentioned medicines, we can give complete solution to cardiac asthma.

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