



Medicinal plants used for Sinusitis (Peenisam) in Siddha system – A review

Dr. B. Balarasheeda¹, Dr. K. Mani¹, Dr. S. Victoria²

^{*1}PG Scholar, Department of Noi-Naadai, Govt. Siddha Medical College, Palayamkottai,
Tirunelveli, Tamil nadu, India.

²Head of the Department, Dept of Noi-Naadai, Govt. Siddha Medical College, Palayamkottai,
Tirunelveli, Tamil nadu, India.

Abstract

Siddha medicine is an ancient and holistic system practiced in Tamilnadu. Siddha system deals with variety of treatment techniques to cure manage and prevent diseases. It has 32 types of internal and 32 types of external therapies. Mostly the treatment were based of medicinally useful plants. Medicinal plants play a major role in treating the diseases. The siddha medical text book referred as “Siddha Materia medica” gives information about the plants used for the treatment of sinusitis. This review article is about the medicinal plants used in the management of treating peenisam i.e, sinusitis. The results were about 59 plants used in the management of sinusitis belonging to various families. About 25 plants uses were given in therapeutic manner and other plants have properties to cure sinusitis. Specifically, thaivelai plant cures bleeding peenisam. Eating gooseberry daily in the morning cures sinusitis. Notchi leaves were made to dry and used as pillow cures sinusitis. The main objective of this study is to document the medicinal plants used for sinusitis.

Keywords: Peenisam, Mookadaippu, Sinusitis, Siddha Management.

1. Introduction

Siddha medicine is an unique system, comprising various types of diagnostic methods and traditional practices followed over many years both in the treatment and prevention of diseases which has been mostly practiced in southern parts of India. Sinusitis is a very common disease in India affecting approximately 15% of the population⁽¹⁾. More than 120 million people suffer from sinusitis at least once in their life time⁽²⁾.

Sinusitis does not kill the affected person rather exploits the health and quality of life. The theory of Siddha is panchaboothapancheekaranam (theory of fivefold combination), 96 thathuvus (fundamental principles). Siddha pharmacology called Gunapadam medicinal plants division “SIDDHA MATERIA MEDICA” describes herbal remedies for many diseases.

According to Siddha quote,

“VER PARU THAZHAI PARU”⁽³⁾

Siddha medicines predominantly use medicinal plants in the treatment of diseases. More than treating a disease it equally helps in the prevention of diseases and helps to lead a better living in this modern era. Medicines prepared from plants were more effective. This article describes the medicinal plants used in the management of sinusitis in Siddha. The term sinusitis refers to inflammation of the mucosal lining of the paranasal sinuses. However, as sinusitis is invariably accompanied by inflammation of the adjacent nasal mucosa, a more accurate term is rhino sinusitis.

The European Academy of Allergology and Clinical Immunology defines acute rhino sinusitis as, Inflammation of the nose and the paranasal sinuses characterized by two or more of the following symptoms:

1. Blockage or congestion
2. Discharge (anterior or postnasal drip)
3. Facial pain/pressure
3. Reduction or loss of smell, lasting less than 12 weeks.

The European Academy also suggests that worsening symptoms after five days or persistent symptoms beyond 10 days (but less than 12 weeks) indicate non-viral rhino sinusitis, whereas viral disease lasts less than 10 days.⁽⁴⁾

1.1. According to siddha concept

Sinusitis is mentioned under mookadaipu (nasal block) also known as peenisam, neerkorvai, mookuneer paaithal⁽⁴⁾. In Siddha, sinusitis comes under one among the kabam disease of head. Siddhar YUGI MUNI classified the disease into 9 types in the medical literature 'VAITHIYA CINTAMANI' namely,

1. Vazhimookadaipu
2. Azhalmookadaipu
3. Iyammookadaipu
4. Neer (watery) mookadaipu
5. Kuruthi (bleeding) mookadaippu
6. Seel(pus) mookadaipu
7. Sirai(lower) mookadaipu
8. Moolai(nasal polyp) mookadaipu
9. Kazhuthu (neck) mookadaipu (associated with throat)⁽³⁾.

2. Materials and Methods

2.1 Data collected from – “Siddha materiamedica”, - a translation of Tamil siddha text gunapadamooligai written by Vaidya Rathnam K. S. Murugesamuthalitar, Edited by: Dr. Anaivaari R. Anandan, published by: Department of Indian Medicine & Homeopathy, Chennai 600 106, 1st edition - 1936, reprinted Year – 2013.

3. Results

Table 1 are the plants used to cure sinusitis

S.No	Tamil name	Botanical name	Family name	Part used	Use of formulation	Type of plant
1.	Agathi	<i>Sesbania grandiflora</i>	Fabaceae	Leaves	External application and Nasal drops	Tree
2.	Agil	<i>Aquilaria agallocha</i>	Thymelaeaceae	Wood	Hair oil	Tree
3.	Alishivithai	<i>Linum usitatissimum</i>	Linaeaceae	Seed	Internal	Crop
4.	Aruvada	<i>Ruta chalepensis</i>	Rutaceae	Whole plant	Oil as Nasal drops	Herb
5.	Atandam	<i>Capparis zeylanica</i>	Capparaceae	Root	Head bath oil	Climbing
6.	Indu	<i>Mimosa rubicaulis</i>	Fabaceae	Creeper	Nasal drops	Shrub
7.	Perichehu	<i>Phonex dactylifera</i>	Arecaceae	Fruit	Internal	Tree
8.	Karisalankanni	<i>Eclipta prostrata</i>	Asteraceae	Leaves	Internal	Bulb
9.	Karuppura-valli	<i>Anisochilus carnosus</i>	lamiaceae	Leaves	External application	Shrub
10.	Kodiveli	<i>Plumbago indica</i>	Plumbaginaceae	Root	Head bath Oil	Shrub
11.	Chatha-kuppai	<i>Anethum graveolens</i>	Apiaceae	Leaves	Internal	Bulb
12.	Karunjchirakam	<i>Nigella sativa</i>	Ranunculaceae	Seed	To smell and external application	Herb
13.	Perunjchirakam	<i>Pimpinella anisum</i>	Apiaceae	Seed	Internal	Bulb
14.	Sundai	<i>Solanum torvum</i>	Solanaeaceae	Root	External (To inhale)	Shrub or small tree
15.	Chempai	<i>Sesbania sesban</i>	fabaceae	Flower	External application	Shrub or small tree
16.	Manaththakkali	<i>Solanum nigrum</i>	Solanaceae	Fruit	Internal	Herb or small shrub
17.	Thumbai	<i>Leucas aspera</i>	Lamiaceae	Flower	External	Herb
18.	Palasu	<i>Butea monosperma</i>	Fabaceae	Bark	Internal	Tree
19.	Pitharohini	<i>Coptis teeta</i>	Ranunculaceae	Root	Nasal drops	Bulb
20.	Manjal	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	External (To inhale)	Herb
21.	Vilvam	<i>Aegle marmelos</i>	Rutaceae	Leaf	Internal	Tree
22.	Vembu	<i>Azadiracta indica</i>	Meliaceae	Seed	External (to inhale)	Tree

Table 2 : Some plants which also cure sinusitis yet their uses should be found in future studies, they are

S.no	Tamil name	Botanical name	Family
1.	Abini	<i>Papaver somniferum</i>	Papaveraceae
2.	Arattai	<i>Alpinia galanga</i>	Zingiberaceae
3.	Umattai	<i>Datura metal</i>	Solanaceae
4.	Etti	<i>Strychnos nux-vomica</i>	Loganiaceae
5.	Kaduugurohini	<i>Helleborous niger</i>	Ranunculaceae
6.	Kandangkattari	<i>Solanum surattense</i>	Solanaceae
7.	Kanduparangi	<i>Clerodendrum serratum</i>	Lamiaceae
8.	Karumbu	<i>Saccharum officinarum</i>	Poaceae
9.	Kanchori	<i>Tragiain volucrata</i>	Euphorbiaceae
10.	Kattukadugu	<i>Cleome viscosa</i>	Capparidaceae
11.	Kunkumappu	<i>Crocus sativus</i>	Iridaceae
12.	Kuppai-meni	<i>Acalypha indica</i>	Euphorbiaceae
13.	Kurattai	<i>Trichosanthes tricuspidata</i>	Cucurbitaceae
14.	Kothumai	<i>Triticum aestivum</i>	poaceae
15.	Shambirani	<i>Styrax benzoin</i>	Styracaceae
16.	Chirakam	<i>Cuminum cyminum</i>	Apiaceae
17.	Chevuiyam	<i>Piper nigrum(black pepper root)</i>	Piperaceae
18.	Thazhuthazhai	<i>Clerodendrum phlomoidis</i>	Lamiaceae
19.	Thippili	<i>Piper longum</i>	Piperaceae
20.	Thulasi	<i>Ocimum sanctum</i>	Lamiaceae
21.	Thuthuvalai	<i>Solanum trilobatum,</i>	Solanaceae
22.	Nannari	<i>Hemidesmus indicus</i>	Apocyanaceae
23.	Nirmulli	<i>Hygrophila auriculata</i>	Acanthaceae
24.	Nel	<i>Oryza sativa</i>	Poaceae
25.	Nelli	<i>Phyllanthus emblica</i>	Phyllanthaceae
26.	Notchi	<i>Vitex negundo</i>	Lamiaceae
27.	Pakal	<i>Momordica charantia</i>	Cucurbitaceae
28.	Milagu	<i>Piper nigrum</i>	Piperaceae
29.	Musumuskkai	<i>Mukia maderaspatana</i>	Cucurbitaceae
30.	Mullongi	<i>Raphanus sativus</i>	Brassicaceae
31.	Vellulli	<i>Allium sativum</i>	Amaryllidaceae
32.	Vettilai	<i>Piper betle</i>	Piperaceae
33.	Nalvelai	<i>Cleome viscosa</i>	Cleomaceae
34.	Thai velai	<i>Cleome gynandra</i>	Cleomaceae

Specifically,

Thaivelai, whole plant is used to cure bleeding sinusitis.

Eating gooseberry daily in the morning cures sinusitis

Notchi leaves were made to dry and used as pillow cures sinusitis.

4. Discussion

According to siddha concept, Sinusitis occurs due to increase in iyam while azhal humor is increased in the body. The azal humor increases due to food or any other activity which induces heat.

‘PANBANA PITHATHIL SETHUMA NAADI’

If kabam increases in pitham peenisam (sinusitis). Since pitham and kabam humors are deranged, the line of treatment should normalize these humors.

5. Conclusion

The medicinal plants used in the management of sinusitis revealed in siddha literature should be practiced and made for future research studies for the betterment of patients.

Acknowledgements

Our sincere thanks to Head of the department, Faculties of Noi- Naadal department for their support and guidance.

References

1. Sandhu et al, clinicotherapeutic profile patients suffering from sinusitis. J Transm Dis Immun 2017, 1:1.
2. TKN Siddha Ayurvedha Vaidhayashala Jan 19 2016:
3. NHP, Sep 25, 2015.
4. Kim W Ah- See et al, BMJ. 2007 Feb 17; 334(7589): 358–361.
5. “Siddha materiamedica”, - a translation of Tamil siddha text gunapadamooligai written by Vaidya Rathnam K. S. Murugesu Muthalitar, Edited by: Dr. Anaivaari R. Anandan, published by: Department of Indian Medicine & Homeopathy, Chennai 600 106, 1st edition - 1936, reprinted Year – 2013.

Access this Article in Online	
	Website: www.ijcrims.com
	Subject: Siddha Medicine
Quick Response Code	

How to cite this article:

B. Balarasheeda, K. Mani, S. Victoria. (2019). Medicinal plants used for Sinusitis (Peenisam) in Siddha system – A review. Int. J. Curr. Res. Med. Sci. 5(11): 13-17.
DOI: <http://dx.doi.org/10.22192/ijcrms.2019.05.11.003>