



A prospective review on Siddha treatment for Kalladaippu (Renal Calculi)

M. Nandhini¹, S. Pavithra¹, M. Naga Lakshmi¹, I.S. Gnanavel*

¹CRRI, Sivaraj Siddha Medical College, Salem.

*Lecture, Department of Surgery, Sivaraj Siddha Medical College, Salem.

*Corresponding author: nandhinimurugesan08@gmail.com

Abstract

The Siddha system is a unique and historical medical system with strong philosophical foundation. Among all urinary problem the formation of stone in the urinary tract is one of the main problem of Urology. In Siddha system of medicine, Renal Calculi is called as 'Kalladaippu'. In treatment aspect, many medicines acts as a diuretic and nephrolithiatics. Herbal based or Herbomineral based medicines are best for kalladaippu. It also reduces the recurrence of stone formation. This article ensures about the reviewing medicines for renal calculi. They done a miraculous cure for renal calculi.

Keywords: Siddha, kalladaippu, Renal calculi.

Introduction

The process of formation of stone in the kidney, bladder and urethra is known as Urolithiasis or renal calculi or nephrolithiasis. Typical symptoms of acute renal calculi are intermittent colicky pain that may radiate to the lower abdomen or groin, often associated with nausea and vomiting. Lower urinary tract symptoms such as dysuria, urgency or frequency may occur as the stone enters the ureter.

The clinical features of urolithiasis can be correlated to those of kalladaippu found mentioned in Siddha literatures.

Siddha concept¹:

In Siddha texts, it is described as a disease characterized by pain in the tip of genitalia, sudden intermittent obstruction floe of urine, low back pain, pain in loin and groin and presence of small sand like stone in urine. One of the Siddhar named Yugimunivar in his treatise 'YugiVaidhya Sindhamani-800', elaborately deals with kalladaippu under the chapter 'Kalladaippu Roga Nidhanam'. In this work he has documented in an orderly manner the knowledge of all this disease all that is available before him and during his time. These are also evidence of this disease in the work of other prominent siddhar like Theran and Agathiyar.

Some of the common clinical features of this disease found in siddha literature are burning micturition, intermittent flow of urine, nausea and vomiting, fever, low back ache radiating to loin and groin up to the tip of the genitalia and less frequently haemeturia, diarrhea and headache. Yugi has classified Kalladaippu into four types based upon the clinical features and affected mukkutram/ uyirthatu as follows

Vaatha kalladaippu:

Pain felt just below the umbilical region and penis characterized by severe colic, dyspnoea, abdominal distention, oliguria and constipation.

Pitha kalladaippu:

Urine output is reduced with characteristic burning sensation, passing out of blood coloured stone which blocks the ureter causing gnawing and pricking pain along with tenderness.

Slethuma kalladaippu:

Excruciating pain in the umbilical region, pain in the joints of upper and lower extremities, low back ache, spasmodic pain, sweating and gradual passing out of white coloured granules in the urine.

Thontha kalladaippu:

It is characterized by severe pain and passing out of small, sand like granules in urine.

Cause and pathology:

- a. Muddy and contaminated water.
- b. Food substances adulterated with particles like stones, bone fragments, hair and sand.
- c. Rotten food stuff.
- d. Carbohydrate rich diet frequently and food substances that cause increase in vatham humor(vayu).

Yugi in his vaidhyachinthamani also mentions about other factor that make one more prone to this disease such as particular seasons like mudhuvani (summer) and karkalam (monsoon)

and type of habitation of a person (Neithal and mullai).

Modern concept²:

Renal stone or calculus or lithiasis is one of the most common diseases of the Urinary Tract. It occurs more frequently in men than in women and in whites than in blacks. It is rare in children. It shows a familial predisposition. Urinary calculus is a stone like body composed of urinary salt bound together by a colloid matrix of organic material. It consists of a nucleus around which concentric layers of Urinary salts are deposited.

Types:

1. Primary stones
2. Secondary stones

Primary stones:

These stones usually consists of Calcium oxalate, Uric acid, Urates, Cystine, Xanthine, Calcium carbonate. These stones are usually formed in acidic urine

Secondary stones:

These are mostly composed of Calcium ammonium – Magnesium phosphate. Majority of secondary stones are phosphate stones.

Causes:

1. Hyper excretion of relatively insoluble urinary constituents
 - a. Oxalate
 - b. Calcium
 - c. Uric acid
 - d. Cystine
 - e. Drug induced stones
2. Physical changes in the urine
 - a. Urinary PH
 - b. Colloid content
 - c. Decreased concentration of Crystalloids
 - d. Urinary Magnesium / Calcium ratio

3. Altered urinary crystalloids and colloids
4. Decreased urinary output of Citrate
5. Vitamin A deficiency
6. Urinary tract infection
7. Stasis of urine
8. Hyper para thyroidism

Clinical features:

1. Quiescent calculus
2. Fixed renal pain
3. Ureteric colic
4. Referred pain
5. Tenderness
6. Hydro nephrosis
7. Haematuria
8. Muscle rigidity

Medicines:

S.No	Medicines	Dose	Adjuvant
1.	Mahaelathy kuligai ³	Kundrialavu	Honey, Milk, Sugar
2.	Nandukkal parpam ³	Kundrialavu	Herbal juices
3.	Agathiyar kuzhambu ³	Milagualavu	Sangankuppi juice
4.	Vaan mezhugu ³	Ullunthualavu	Palm jaggery
5.	Mega Rajanga parpam ⁴	Panavedai	Butter
6.	Vediuppu chendooram ⁵	Kundrialavu	Butter
7.	Vengara parpam ⁵	Kundrialavu	Butter
8.	Aarathaara parpam ⁵	Kundrialavu	Tender coconut
9.	Vediuppu chunnam ⁵	Thuvaraialavu	Tender coconut
10.	Velvanga parpam ⁵	Kundrialavu	Ghee, Butter
11.	Silasathu parpam ⁶	Kundrialavu	Milk, Honey
12.	Naakupoochi chooranam ⁶	1 Varagan	Honey, Ghee
13.	Sirungi parpam ⁶	Kundrialavu	Raddish juice
14.	Kalmatha parpam ⁷	Paakualavu	Butter, Honey
15.	Velli parpam ⁷	½ Panavedai	Butter, Honey

Common medicines used for Renal Calculi¹:

1. Varaalmeenthalaikalparpam
2. Kungiliyaparpam
3. Kalludaikudori
4. Salamanjari
5. Maalinivasantham
6. Vediuppupugai

Conclusion

Renal calculi is one of the pressing concerns of the low and middle socio economic groups of India. The epistemology of Siddha is experimental, intuitive and holistic. The humoral concepts of renal calculi critically analysed through this work may be useful to treat renal calculi. This review work on medicines for renal calculi are very useful to further study.

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