



International Journal of Current Research in Medical Sciences

ISSN: 2454-5716

P-ISJN: A4372-3064, E-ISJN: A4372-3061

www.ijcrims.com



Review Article

Volume 3, Issue 12 -2017

DOI: <http://dx.doi.org/10.22192/ijcrms.2017.03.12.001>

Literature evidences for Ottradam (Fomendation) – An external therapy in Siddha medicine

**Dr.S.KarthikNagarajan¹, Dr.P.Samundeeswari² Dr.V.Mahalakshmi²,
Dr.N.J.Muthukumar³, Prof.Dr.V.Bhanumathi⁴**

¹PG Scholar, Dept. of Sirappu Maruthuvam, National Institute of Siddha, Chennai-47

²Lecturer, Dept. of Sirappu Maruthuvam, National Institute of Siddha, Chennai-47

³Asso.Professor&HOD (i/c), Dept.of Sirappu Maruthuvam, National Institute of Siddha, Chennai-47

⁴Director, National Institute of Siddha, Chennai-47

Corresponding Author: Dr. S. Karthik Nagarajan

PG Scholar, Department of Sirappu Maruthuvam,
National Institute of Siddha, Chennai-47, Tamil Nadu, India

E-mail: drkarthiksiddha2016@gmail.com

Abstract

Aim and objective: Ottradam (Fomentation) is a significant part of external treatment applicable in Siddha System of medicine which is useful for eliminating toxins through skin and maintaining the body constituents (Mukkutram/Thirithodam). **Materials and Methods:** Ottradam is one of the 32 types of external medicine. Several types of ottradam methods were been evidenced in siddha texts. **Results:** Ottradam is normally done with materials heated to appropriate temperature using certain herbs for dilating all body channels to eliminate the toxins and helps to disperse the aggravated thodam. **Conclusion:** This article reveals that this evidence based classical therapies would be a renovation for future scientific experts to undergo this therapy for scientific evaluation.

Keywords: Siddha, Ottradam, Fomentation, Thirithodam

Introduction

Siddha system of Medicine, one among the ancient traditional medical system of India that has been practiced for 2000 years and above. Siddha system of medicine is a vast repository of internal (Aga Maruthuvam) and external medicines (Pura Maruthuvam). These procedures are as important as the internal medicines in the management of health and disease. According to the mode of application, the Siddha medicines

could be categorized into two classes: Aga marunthugal (Internal medicine) were used through the oral route and further classified into 32 categories based on their form, methods of preparation, shelf - life, etc. Pura marunthugal (External medicine) includes certain forms of drugs and also certain applications (such as nasal, eye and ear drops), and also certain procedures (such as leech application). It is also

classified into 32 categories. External therapy procedures are as important as in the management of Health and Disease. Most of these therapies are aimed at maintaining a healthy balance of three humours Vatham, Pitham and

Kabam(Thirithodam) and also the seven tissue(Udal thathukkal) types of the body. Puramaruthuvam Ottradam is one of the best home remedy followed since many years among Tamil tradition.

The 32 types of External therapies are as follows.

1	Kattu (Bandage)	17	Oodhal (Blowing)
2	Patru (Poultice)	18	Mai (Collyrium)
3	Poochu (Liquid application)	19	Kalikkam(Eye drops)
U	Kalimbu (Oinment)	20	Urinchal (Suction)
5	Seelai (Medicated gauze)	21	Attai vidal (Leech application)
6	Varthy (Medicated wick)	22	Kuruthi vaangal (Venesuction)
7	Pasai (Cream)	23	Murichal (Bone restructuring)
8	Kali (Paste)	24	Kombukattal (Fracture splinting)
9	Podi (Powder)	25	Thokkanam (Physical manipulation)
10	Neer (Medicated Liquid)	26	Podi thimirthal (Dry powder massage)
11	Nasiyam (Nasal drops)	27	Vedhu (Steam therapy)
12	Nasikabaranam (Insufflation)	28	Pottanam (Medicated pouch)
13	Suttigai (Cautery)	29	Aruvai (Excision)
14	Ottradam (Fomentation)	30	Kaaram (chemical cautery)
15	Pugai (Fumigation)	31	Keeral (Incision)
16	Salaagai (Probe)	32	Peechu (Douche/Irrigation)

It is a simple procedure adapted for treating trauma ,open wound, muscle spasm,sprain,abscess and dislocation of joints and fractures as explained by Therayar in his book Tharu and his book Tharu.This procedure involves the purification ,local healing ,analgesic and anti-inflammatory action of the topical application and fomentation applied in the form of compression and relaxation of medicated wet or dry packs.Ottradam removes our wastes as toxins through the skin and balances mukkutram.it is also dilating all body channels for the cleansing.

Shelf life of external medicines • Pasai, Peechu, Mai, Nasiyam, Kalikkam12months • Varthy, Podi, Neer, Nasigabaranam -3 months • Seelai, Kalimbu -6 months7

Materials and Methods

Materials used in Ottradam Therapy and parts whereto be done, diseases treated, are mentioned in the siddha text.

*“Oli vatta manakavul sevinasi kukki
Oru netri verivaku patahmuchi naabi
Okka liduparai okal vidutheri
Otali roppana ott valithe”*

- Therayar Maha Karisal

*“Ennai kadame yitikai yerukilai noi
Ennaikadameiyai ye”*

- Therayar Yamaka Venba 1

Ottradam is the application of hot or cold packs. It is normally done with materials heated to appropriate temperature. It also helps disperse aggravated thodams, dilate all body channels for cleansing.

Classification:

According to physical nature, fomentation is classified as,

Fomentation (Ottadam) by plant parts including grains and others

Fomentation (Ottadam) by hot or cold packs

Fomentation (Ottadam) by mud vessels

Therapeutic sources of Ottadam(Fomentation):



Plant Parts such as leaves, barks, tubers, pulses, cereals husk, lime, egg yolk, brick powder, sand, salt, metal and clay vessels. It is the application of hot packs of pulses, cereals husk, lime, brick powder, leaves etc.. On or around the affected part for contusion and other swelling. The substances like lime powder, bran, brick powder, egg-shell, leaves of medicinal plants like *Vitex negundo* (Nochi), *Calotropis gigantea* (Erukku), *Ricinus communis* (Amanakku), *Abutilon indicum* (Thuthi) etc are tied in a cloth as a bundle. This medicated bundle is heated and applied over the affected area. This type of treatment is very effective for Vatham ailments (Arthritis) and painful conditions like muscle cramps, bone disorders etc. The following materials can be used for fomentation mostly kept in a cotton pouch and warming. Powdered slaked lime, egg shell, ash of cow dung cake, *Tachyspermum ammi* (Omum), *Dolichus lablab* (Kollu), *Calotropis gigantea* (erukku) spread over pieces of hot red bricks are used for fomentation. Powder of *Curcuma longa* (Manjal), *Vitex trifoliata* (Neernotchi), *Cardiospermum halicacabum* (Mudakaruthan) can also be used in the above process. Forehead, jaw, ear, nose, abdomen, vertebral region, shoulder, sole, vertex, umbilical, intercostals, lumbo-sacral, pelvic girdle

are the regions in which fomentation is recommended for warding off pain due to deranged vatham. Usually fomentation is used in Vatha diseases. Equal quantity of the materials are crushed into a coarse powder and taken in a cloth bundle. This is saute with castor oil or medicated oil and fomentation is given

Indications

- Arthritis
- Headache
- Sinusitis
- Scrotal swelling
- Anorectal diseases
- Acute conditions including Bronchitis, Asthma, Muscle spasm, Chest congestion.
- Insomnia
- Tooth ache
- Soft tissue swelling
- Lymphedema
- Fissure foot
- Disc diseases

Fomentation	Diseases
Paddy husk	Body pain
Wheat husk	Bronchial asthma, body pain
Calcium carbonate powder	Delirium
Nochi (Vitexnegundo)	Arthritis,paralysis,seizure
Thazhuthazhai (Cleodendrumphlomoidis)	Arthritis, paralysis
Erukku(Calotropisgiantea)	Arthritis, paralysis, seizure
Brahmi(Bacobamonneri)	Joint Swelling
Cold pack	Fainting
Omam(Trachyspermumammi) and brick powder	Muscle cramps
Granite pieces	Delirium due to typhoid or malaria
Castor oil seeds(Ricinuscommunis)	Chronic abdominal colic
Vaathanarayanan (Delonixelata)	Arthritis, paralysis

Contraindications

Do not use hot fomentations over areas of decreased/loss of sensation, haemorrhage, gastric ulcers, malignancy, peripheral vascular disease and conditions aggravated by extreme cold.

Fomentation for headache and sinusitis

The following barks are coarsely powdered and mixed together and made into three parts. With each portion in a cloth pack warmed and used given thrice a day in head and neck region for treating headache and sinusitis.

Crataeva nurvala (Mavilingam)-200grams,
Holoptelea integrifolia (Aaya)-150 grams,
Ailanthus malabarica (Peru maram)-125 grams,
Salvadora persica (Ugaa)-200 grams

Fomentation for trauma:

Cloth pouch is made up of turmeric and salt can be used in the condition of swelling due to trauma

Fomentation for Delirium: Due to deranged Vaatham

35gms of devadharu (*Cedrus deodara*) mixed with small amount of kozhikaram (fowl dung) is fried on a mud vessel. Then taken in a cloth bundle and placed on a chest region (Delirium due to varmam).The following materials are pounded into coarse powder and taken in a cloth bundle and soaked in warm neem oil. This pouch is used for fomentation all over the body in delirium and body ache. Copra-5 nos (dry coconut), *Allium sativum* (vellaipoondu) 80 grams, leaves of Vaembu (*Azadiracta indica*) 670 grams.

Fomentation for ano rectal diseases:

Tender leaves of *Punica granatum* (madhulai), *Cassia auriculata* (aavarai), *Phyllanthus reticulatus* (neer pula), *Pistia stratiotes* (aakasathamarai) and *Allium sativum* (vellaipoondu) are stir fried and used for fomentation for external haemorrhoids.Fomentation for Centipede bite (Pooran Kadividam)

400ml juice of Thavasimurungai(Tranquebar gendarussa) is heated and applied on the bitten area and the fomentation is done using the juice smeared cloth to treat the poison bite of 16 types of vipers and pregnant centipede.

Fomentation for *Semecarpus anacordium* contact allergy (Senkottai oovamai):

Honey bee wax and ginely oil are mixed and melted and applied on the affected areas. The powder of Sengal (Red brick) is tied in a cloth and applied on the swollen areas of skin and edematous area to treat the contact allergy of *Semecarpus anacordium*.

Fomentation for Valippu:

Equal quantity of Manjal (*Curcuma longa*), Kadugu (*Brassica nigra* Poondu (*Allium sativum*), Thengai (*Cucurbita nucifera*), and Indu (*Mimosa rubicaulis*) are tied in tow cloth bundles and soaked in warm neem oil. Fomentation (Ottradam) is given in head, neck, hand, leg, and joints to treat delirium convulsions.

Fomentation for arthritis:

Flower of neem (*Azadirachta indica*), Erukku (*Calotropis gigantea*), Murungai (*Moringa tinctoria*), root of Erukku (*Calotropis gigantea*), coconut pieces are in equal amount. Above these materials are mixed with neem oil and taken in a cloth bundle. This pouch is used on affected areas.

Fomentation for eye diseases (Nayana Noikal):

*Aamaekannir piravidaiyam abin thetraanivighai
thutha
Namae kazhaneer peenganu nalla
seenaakaramudan
Thamae daesi pazhachatrir chaadi irumpir
kodipoosil
Pomae ilangai singamannan porundum padaipool
veliyamae*

-Agathiyar Ayurvedam (890)

Above mentioned materials are triturated with lime juice and subsequently warmed. This is used for fomentation (Ottradam) on eye for treating disease - *Papaver somniferum* (Abin), *Strychnos potatorum* (Thettrankottai), *Calamine* (Paalthutham), *Caesalpinia crista* (Kalarchikkai), *Porcelin*, *Alum* (padigaram).

Fomentation for scrotal swelling (Vithaipai veekkam):

The juice of *Datura metal* (oomathai) is applied in the scrotal region and fomentation is given with heated rice bran. Root and leaves of Arasu (*Ficus religiosa*), Murungai (*Moringa tinctoria*), Mudakatran (*Cardiospermum halicacabum*), kodiveli (*Plumbago zeylanica*), kazhatchi leaves (*Caesalpinia bonduc*) are kept on the mud pot then boil the materials and tied on the cloth. It is placed on the affected area before reducing the heat of materials.

Fomentation for fistula (Pouthiram)

(*Plumbago zeylanica*) *Chitramoolam* root bark is soaked in sesame oil, stirfried and used for fistula (Pouthiram) as fomentation. Through this is given in literature it may cause blister so needs to be done with utmost care.

Fomentation for fever (Suram):

Cold pack of breast milk soaked cloth applied on the forehead is the most common treatment for hectic fever.

Conclusion

Creating Awareness of Siddha external therapies throughout the world is the need of hour. It is essential to explore Siddha system of medicine worldwide. Ottradam (fomentation) is very affordable, effective and simple technique and everyone can able to do at any time. It is easily available technique. It does not require any more components. It can be sorted by utilizing the ordinary household materials.

References

1. Uthamarayan K S. Siddhar Aruvai Maruthuvam, Chennai: Department of Indian medicine and Homeopathy, 4th edition, 2005.
2. Uthamarayan K S. Siddha Maruthuvanga Churukkam, Chennai: Department of Indian medicine and Homeopathy, 3rd edition, 2003.

- 3.Thirunarayanan T, Sudha R. External therapies of Siddha Medicine, Chennai: Centre for Traditional Medicine and Research, 2010. 7
- 4.Anaivaari R. Anandan. Theraiyar Maha Karisal, Chennai: Department of Indian Medicine and Homeopathy, 1st edition, 2009.
- 5.Dr.R.Thiyagarajan. Therayar Yamaha Venba Directorate Of Indian Medicine And Homeopathy 2002, Dr. 4th Edition, 1992, Government of Tamil Nadu
- 6.S.Praveena, D.Thabashini, A.P.Uma. (2017). Detailed Discrimination of Fomentation (Ottradam) in Siddha System. Int. J. Curr. Res. Med. Sci. 3(7): 108-111.
- 7.Janani L et al. Review on external medicines in siddha system of medicine, International Journal of Research in Pharmaceutical and Nano Sciences, 6(1), 2017, 16-25.
- 8.Unanimous, Agathiyar Nayana vithi & Naga muni Nayana vithi, Palani Dhandayuthabani Publications 1986, 2nd Edition 1995. 7
9. Dr.G.Senthilvel, Dr.J.Jeyavenkatesh, A Complete Manual on Siddha External Therapies

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

How to cite this article:

S.KarthikNagarajan, P.Samundeeswari, V.Mahalakshmi, N.J.Muthukumar, V.Bhanumathi. (2017). Literature evidences for Ottradam (Fomentation) – An external therapy in Siddha medicine. Int. J. Curr. Res. Med. Sci. 3(12): 1-6.

DOI: <http://dx.doi.org/10.22192/ijcrms.2017.03.12.001>