

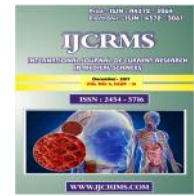


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Development of standard operative procedure for specialised siddha external therapy - *Thokkanam*

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Abstract

Siddha system is the traditional system of medicine, *Thokkanam* or *Marthanam* is one of the 32 forms of Puramaruthuvam in siddha medicine. *Thokkanam* is a word framed by combining two words *Thokku* and *Anam*. *Thokku* means skin, *Anam* means support/tones/heat. It is a physical manipulation procedure usually done by hands on the body in nine different methods with (or) without application of medicated oil along with or without Internal medicines. These are *Thattuthal*, *Irukkal*, *Pidithal*, *Murukal*, *Kaikattal*, *Amarthal*, *Izhuthal*, *Malathuthal*, *Asaithal*. It is mentioned specially to treat *Vaadha* diseases like *Pakkavaadham* (*Hemiplegia*), *Arunavatham* (*Paraplegia*), *Ekavaadham* (*Monoplegia*), *Thasaivadham* (*Muscular Dystrophy*), *Iyakka Narambu vila noi* (*Motor Neuron Diseases*), *mugavatham* (*Bell's Palsy*) etc. By improves the blood circulation, facilitates lymphatic drainage, improves skin tone and promotes the vitality. It not only improve muscle tone and power in the affected muscle like physiotherapy, but also give relaxation of muscle, relief mental distress and relief the pain of affected joints. Standard operative procedure is a highly mandatory thing to follow to do any kind of procedures in order to attain consistency in its processes, to improve the quality and manage safety issues. Here the standard operating procedure is established for the above mentioned nine types of *Thokkanam*. This will lead into the systemic establishment of these procedure globally and can help to get the assured effectiveness of *Thokkanam* therapy.

Keywords: Siddha Medicine, External Therapies, *Thokkanam*, SOP, Procedure

Introduction

Siddha system is the traditional Dravidian system of medicine, It has three methods to cure or conservative the disease these are *Agamarunthu*, *Puramarunthu*, *Unavu & Vazhviyal muraikal* (diet and living methods). *Thokkanam* is one of the 32

forms of Puramaruthuvam in siddha medicine. *Thokkanam* is a word framed by combining two words *Thokku* and *Anam*. *Thokku* means skin; *Anam* means support/tones/heat. It is a physical manipulation procedure usually done by hands on

the body in nine different methods with (or) without application of medicated oil along with or without Internal medicines. These are *Thattuthal*, *Irukkal*, *Pidithal*, *Murukal*, *Kaikattal*, *Amarthal*, *Izhuthal*, *Malathuthal*, *Asaithal*. It is mentioned specially to treat *Vaadha* diseases like *Pakkavaadham* (*Hemiplegia*), *Arunavatham* (*Paraplegia*), *Ekavaadham* (*Monoplegia*), *Thasaivadham* (*Muscular Dystrophy*), *Iyakka Narambu vila noi* (*Motor Neuron Diseases*), *mugavatham* (*Bell's Palsy*) etc. By improves the blood circulation, facilitates lymphatic drainage, improves skin tone and promotes the vitality. According to *therayar*, *Thokkanam* strengthens blood, flesh and skin. Standard operative procedure is a highly mandatory thing to follow to do any kind of procedures in order to attain consistency in its processes, to improve the quality and manage safety issues. Here the standard operating procedure is established for the above mentioned nine types of *Thokkanam*.

Materials and Methods

- 1) Pre operative procedure
- 2) Application of Thokkanam
- 3) Post Operative procedure

Pre-operative procedure:

Therapy Room features:

- 10×12 feet room
- Screen
- Stool for sitting
- Table measurement: 7×2.75×3 feet's
- Wash basin
- Exhauster fan
- Attached bathroom
- Geysar
- Room should warm and dry
- The room should be well ventilated and should soft natural light

Non-eligibial criteria:

- Pregnant women
- Feeding Mothers
- Women with professed p/v bleeding
- Post epileptic condition

- Unconscious persons
- Children below 1 year
- Renal disease patients
- At the time of fever
- Diarrhoea patients
- Cellulites patients
- Infectious disease patients
- Communicable disease patients

Eligibial criteria:

- Vaadha disease
- Mental depressions

Preparing of patient:

- Adv the pt to pass urine before therapy
- Remove any metal jewellery, hearing aid, contact lenses and eye glasses
- Adv the pt to wear two piece swimming suit or under brief
- Assure vitals normal
- Assure the pt is free from tobacco, smoke and beverages like alcohol, coffee or tea,
- Ensure 4 hours time gaps between meals and thokkanam,
- Ensure 1 hr time gap between water intake and thokkanam,
- Explain the procedure to the patient

❖ Application of thokkanam:

I. *Thattuthal* – Percussion or tapotement

The Striking of two objects each other; Characteristic feature of this group of techniques is the application of intermittent touch and pressure to the body surface

Variations:

A) Clapping:

In this technique the slightly cupped hands strike the chest wall one after the other in a predetermined rate

Caution:

should not be avoid the anterior chest wall

B) Hacking: Only the ulnar border of medial three fingers (little finger, ring finger and middle finger)

SITES: Back, Thigh

C) Tapping: Only pulp of fingers strike the body part. Either one or both the hands may be used.

Sites: Over face, Neck, Other smaller areas. It can be conveniently used on children

D) Beating and pounding:

Beating – The anterior aspect of fist strikes the part

Pounding – The lateral aspect of fist strikes the part

Sites: Back, Thigh

E) Tending: Modified clapping technique. The concavity is produced between the index and the ring finger with the middle finger slightly elevated and placed over them. This technique is very effective for loosening of the viscid secretion

F) Contact heel percussion: Modified clapping technique

The chest wall is struck with a concavity produced between thenar and hypothenar muscle

Position: Standing , Sitting , Walking , Lying supine and Lying lateral position

Contra-indication:

- Haemoptysis
- Pleuritic pain
- Acute pulmonary tuberculosis
- Osteoporosis
- Rib fracture
- Over surgical incisions
- Metastatic deposition in ribs and spine

Caution:

- Cardiac arrhythmia
- Bronchospasm
- Flexor withdrawal and aggravating spasticity in the spastic paraplegia patients

I. Irukkaal – vibrations:

Hand or part thereof with the patient's skin and the application of rapid intermitted pressure without changing position of hand. It can be produced by one finger tip or palm.

Uses:

- To mobilise viscid secretion from lung.
- Post operating sputum retention.
- COPD.
- Cystic Fibrosis.
- Neonatal respiratory distress associated with sputum retention.

Caution:

- Unstable thoracic spine injuries.
- Rib and sternal fracture.
- Persons receiving prolonged steroid therapy
- It should not be more compacted on the long bone and joints

Position: Standing , Sitting , Lying supine and Lying lateral position

II. Pidithal - Deep stroking & picking up

It is performed by physician using his palmar surface of the hand and place over the muscular areas of patient by smearing with or without medicated oil

Variation:

A) Deep stroking

Application:

i. Both hands – on the opposite side of the segment such as medial and lateral aspects of thigh

ii. One hand - may follow the other with both the hands ending strokes with in a short interval of time

iii. Other hand is used to support or changes the position of massage segment especially in upper limb

Duration :

SLOWER STROKES : 10 – 12 strokes per min

Contra-indication:

Newly healed scar tissues, Resent skin grafts, open wounds

B)Picking up:

It is involves lifting of the tissue up at right angle to the underlying bone, squeezing and releasing it. It is most common performed with one hand only. It is one of the most difficult technique of massage to master.

Position: Standing, Sitting, Walking, Lying supine and Lying lateral position

Uses: More effective in stroke and spondylolysis

III. Murukkal- wringing

It is performed by the physician or the therapist on the affected areas using thumb and index finger of both hands

Uses:

- to mobile adhesion and soft tissue shoeing adoptive shortening, e.g. chronic inflammation, Organised oedema, traumatic adhesion
- To improve mobility of skin by loosening and softening the scar in burn, post operative scar
- to improve circulation particularly in the muscle in fatigue following intensive muscle activity, disuse atrophy
- To reduce muscle tension in spasm associated with pain, tension headache

Caution:

1. pressure manoeuvres should be used with caution over the areas afflicted with flaccid paralysis
2. If the patient dislike the wringing the procedure should be withdrawn

Position: Standing , Sitting , Walking , Lying position

IV. Kaikattal- mobilization with impulse technique:

Tying or hugging or binding of hands is performed passively by the physician or the therapist by joining the hands of the patient from front or back position

Uses:

To immobilization of lower limb joints due to chronic vaadha disease

Position: Standing, Sitting , Walking , Lying supine and Lying lateral position

V. Azhuththal-kneading

It involves alternate compression and release of the part to be manipulated with moving friction

Variation:

Digital kneading – The kneading movements are executed either with thumb or fingers

A) Finger kneading

Variations:

- i. Whole Finger Kneading or Flat kneading-** performed with palmer surface of 2,3,and 4 digits in broad contact area, usually applied over the less muscular or poor padded area, i.e. mandible
- ii. Finger Pad Kneading-** contact of pulp of finger. It is used around the joint line, extensive scar and along the line of ligaments
- iii. Finger Tip Kneading-**Only tip of the pulp remains in contact with skin, it is used to long and narrow interosseous space and over localised thickening fibrocystic nodules

B)Thumb kneading:

- i. Thumb pad kneading
- ii. Thumb tip kneading
- iii. Palmar Kneading- It is performed with the either whole of palmer or with the heel of heal
- iv. Reinforce Kneading

Position: Standing, Sitting position

Precaution:

Avoid on chest cage and head

I. Izhuththal:

The physician using their palms and fingers, generally pull or friction from top to bottom downwards and bottom to top upwards on the affected area of limbs

Variation:

- a. **Rolling-** Lift and stretching of the skin between thumb and finger as well as moving over the skin over the subcutaneous tissue
- b. **Traction-** It is a slow gentle pulling action with body part along its axis

Uses: It is used to intensive care dysfunction, spasm and sprain

Position: Standing, Walking, and Lying lateral position

II. Mallaththal – slump long sitting:

It is performed slowly without any urgency by bending the patient with assistance of physician in forward, backward, lateral as bow

Uses:

It is used to treat all bone and joint disorders, pot belly, dilated loop, pelvic adhesion and infertility.

III. Asaiththal – shaking:

It is done by holding the affected muscles firmly and shaken with pressure in a wave pattern with or without applying oil

Uses:

Respiratory disorders

Position: Standing, Sitting, Lying supine and Lying lateral position

Contra –indication:

- Severe haemoptysis
- Acute pleuritic pain

- Acute pulmonary tuberculosis
- Fractured rib
- Osteoporosis

➤ **Duration:**

30-60 minutes with an interval of 5 minutes in every 10 minutes

❖ **Post operative procedure:**

Ask the pt to relax on the table for 10 minutes

Ask the patient to take luke warm water shower bath

Ask the patient to wear clean dress

Allow the pt to wait for 15 minutes in a ventilated room after bath

Conclusion

Puramaruthuvam(External therapy) is most important like Agamaruthuvam (Internal medicine) in the management of health and disease. Thokkanam is a renowned specialised therapy needs huge attention in the field of research, standardization and documentation. This article tries to standardize the methodological application of thokkanam and also take initiation to compare with the modern techniques

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