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Suttigai [Cauterization] in Siddha system of Medicine.

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Abstract

Siddha system of Medicine is one of the ancient systems of medicine practice in Southern part of India. This system is elaborately written in Tamil literature. There are 32 types of external Medicines in this system of medicine. Asuravaithiyam is one of the external medicines which is practiced in this system when Internal medicine did not respond or combined with internal medicine. Suttigai is one of the external medicines comes under Asuravaithiyam. Suttigai is elaborately said in Siddha system by Saint Therayar and Yoogi. Suttigai has five types Uloga suttigai- Metal cauterization, Maram suttigai- Suttigai with plant's part, Man suttigai- Suttigai with brick or earthen vessel, Kaal suttigai- Exposure to blowing hot air, Kaanthi suttigai- Sun bath. It mainly cures kabha related diseases. The standard operative procedure is to prepare the patient with oil bath and purgation on first two days. Then internal medication will be prescribed depending upon the condition. This is the way to prepare the patient for the procedure. During this procedure the patient should take breakfast and sit on a comfortable couch. The object which is used to do this procedure is heated until it becomes red hot and allow it to cool up to tolerable heat. At the tolerable temperature the heated object is placed on the affected area for 2-4 seconds then remove it. Then some medicated external application will be done on the affected area to prevent the burning sensation and boils. This procedure will be repeated depending upon the condition and severity of the disease.

Keywords: Siddha, Suttigai, Asuravaithiyam, Uloga, Maram, Man, Kaal, Kaanthi

Introduction

Siddha system of medicine is one of the ancient system of medicine presently practiced predominantly in south India. Various internal and external treatment methods are mentioned in Tamil literature by saint Siddhars. There are 32 external therapy procedures from simple kattu (bandage) to complex aruvai (surgical procedure)

were mentioned in the text of Theraiyarsiddhar. Siddhararuvai Maruthuvam (surgical procedure) has a three major class. 1 Aruvai, 2 Akkini, 3 Kaaram. Suttigai comes under the major class of Akkini. In siddha system of medicine suttigai is broadly using procedure when internal medicine does not respond to the diseases. Suttigai is meant for Vaatham and Kabam related diseases depending upon the disease and severity.

There are five types of suttigai in Siddha System of Medicine:

1. Uloga suttigai-Metal cauterization
2. Mann suttigai-Suttigai with brick or earthen vessel
3. Mara suttigai-Suttigai with plant parts
4. Kaatru suttigai-Exposure to blowing hot air
5. Kaanthi suttigai-Sunbath.

Methodology

SOP of application of Suttigai

Depending upon the severity of the disease, one of the above mentioned suttigai method is selected. The patient advised to take breakfast before one hour to this procedure and allowed to sit on a comfortable examination table. The affected part is cleaned with normal saline to remove any cream or oil application and the place leave to dry. The suttigai method is determined by the examiner and that object is ignited to red hot and allowed to cool for tolerable heat then touch the affected part for a sec to 4 sec depending upon the procedure

Materials and Methods

There are 5 types of Suttigai in Siddha system of medicine.

1. Man Suttigai

It is one of the type of 5 Suttigai. It is named by the instrument and procedure which is administered in this therapy. The instruments used in this procedures are earthen vessels, *Notchi* leaves (*Vitex negundo*).

Procedure

The heated earthen vessel is placed on the site covered by the *notchi* leaves either in vertex, forehead, back, chest and legs depend upon the conditions which is the method of indirect heat application.

The procedure is indicated for sannai, vidaduram, pidippu, vali (pain).

2. Mara Suttigai

In this method, the parts of the plants are used in the heat application. Such parts are root, tuber, rhizome, etc., directly placed on the diseased part. Eg. Most commonly used turmeric rhizome.

Procedure

The particular part of the plant is heated upto optimum temperature and placed on the diseased part at tolerable heat about 2-4 seconds.

Indications

- ❖ Lower lip- Kapha diseases
- ❖ Dorsum of the foot- Andavayu
- ❖ Lower border of chest- Soolai, Gunmam

1. Kaal suttigai

It is treated through the blowing hot air which acts by increases the sweating.

2. Kaanthi suttigai

It is treated through exposure to the sunlight particularly at the evening time. it is applied on all other surfaces of the body except head. It is mainly indicated for Vaathasanni.

3. Uloga suttigai

It is a type of suttigai by using some metal instruments to remove the extra growth or apply on the diseased part or to arrest the bleeding. it is given in severe illness conditions.

Eg. Aazhisuttukaruvi and Pottusuttukaruvi

Mechanism of Suttigai

As per physics the heat is transformed from one place to another place by three method.

1. Conduction,
2. conversion,
3. Radiation.

In suttigai therapy, conduction and radiation method is used to cure the disease.



From this above pictures the suttigai mechanism can easily understand. In that first picture the amount of heat is low, so we can easily blow off the fire by using air. But in sec picture, the amount of heat is transferred from one are to another area by air.

As per this theory, the application of suttigai method in different temperature to cure the different diseases.

At the all the type of Suttigai the application of the heat is the primary goal, but the intensity and the duration of the heat is differ from various types depend upon the condition. It is the multi factorial therapeutic manner . It does not act through a single mechanism.

The mechanisms are

- Through vasoconstriction of cutaneous blood vessels while the application of higher temperature



Mechanism of Kaal Suttigai

In this procedure the exposure of the blowing air caused vasodilation and the cutaneous blood vessel and leads to excessive sweating.

- Through increases the endorphin level
- Through vasodilation (Kaal Suttigai, Kaanthe Suttigai)

Based on physiology, if large amount of heat exerted in a small place for short duration that leads to arrest of cutaneous circulation. But if a small amount of heat causing lilation of cutaneous blood circulation.

Mechanism in Kaanthe Suttigai

In this type low amount of heat is received from the sunlight to the body surface. It is used to treat some illness and improves the healthy status. It acts through vasodilation and some hormonal production.

Mechanism of Man, Maram, Uloga Suttigai

They are all used to treat neurological pain through stimulation of nerve impulses to the brain and increases the endorphin level.



In above mentioned methods, the uloga suddigai is superior to all because it falls on the direct application of large amount of heat in very small duration of time. Mann and Mara suddigai comes second to uloga suddigai. Kaatru and Kaanthi suddigai comes third because of small amount of heat expressed in large area for long duration.

Contra indication

Haemophilia, purpura, Thrombocytopenia, Liver failure, Etc.,

Conclusion

The Suddigai therapy should be done under supervision only. It is one of the very effective external therapy mainly uses the heat to treat

various diseases in various dimensions (Intensity and duration).

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