



## Detailed Discrimination of Fomentation (Ottradam) in Siddha System

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### Abstract

Fomentation is a significant part of external therapy treatment applicable in Siddha system of Medicine. This procedure plays a vital role to reduce the pain and swelling around the injured area. It is usually prepared from herbs and minerals. By our presentation we are giving detailed discrimination of Fomentation in Siddha system of Medicine.

**Keywords:** Siddha system, Ottradam, external therapy.

### Introduction

Puramaruthuva Ottradam is one of the best home remedy for reduce pain and swelling around the injured area. Ottradamis followed since among Tamil tradition. It is a simple procedure recommended for treating trauma, open wound, muscle sprain, abscess, and dislocation of joints and fracture as explained by Therayar in his book Tharu. It is placed in third place at thirty two external therapy series. This procedure involves the purification, local healing, analgesic and anti-inflammatory action of the topical applications and fomentation applied in the form of compression and relaxation of medicated wet or dry packs. Ottradam removes wastes as toxins through the skin and balances three humours. It is also dilating all body channels for the cleansing. Ottradamis the applications of hot or cold packs or the substances so applied. It is normally done

with materials heated to appropriate temperature. Due to Fomentation the heat is increased and the far get mobilized. While throwing out wastes as toxins through the skin. It also helps disperse aggregated doshas. It is the good procedure recommended for warding off pain due to deranged vaatham in forehead, jaw, ear, nose, abdomen, vertebral region, shoulder, sole, vertex, umbilical, intercostal, lumbo sacral, pelvic griddle regions.<sup>[1][5]</sup>

**Definition:** In general, Ottradamis prepared and administered as follows. The required plant parts, grains, and others are put in a container, fried, or boiled or heated and then tied in a cloth bag. The bag is put on the affected areas and then gently compressed and released in a rhythmic manner for few minutes or till the heat subsides. It is also called otral. Bronze, iron, rod, sand, cloth, mud

vessels are also heated and used for fomentation to give relief from pain. It may be defined a method of rhythmic compression and relaxation of a hot or cold paste or cloth bags or vessels on the affected areas.<sup>[5]</sup>

Classification: According to physical nature fomentation is classified as,

- Fomentation by plant parts including grains and others
- Fomentation by hot or cold water filled bottles or dipped cloths
- Fomentation by plants leaves e.g: Nochi (vitexnegundo) fried with oil
- Fomentation by mud vessels<sup>[5]</sup>

Therapeutic sources: Plant Parts such as leaves, barks, tubers, pulses, cereals husk , lime,egg yolk, brick powder, sand, salt, metal and clay vessels.<sup>[5]</sup>

### Materials and Methods

**For preparation :** Stone mortar and pestle for grinding, steel mortar and rod for crushing, stove or oven, mud or iron deep fryer, knife , wood and steel spoon, metal and clay vessels, cloth strap.

**For Administration :** A screen for privacy, bath towel ,sets of cloths, sterile hot and cold water container, a tray containing gauze roll , cotton roll , bath Soap, surgical spirit, surgical knife, surgical scissor, castor oil, gingelly oil , waste bin.<sup>[5]</sup>

**Appropriate therapy timing:** The ideal timing for applying ottradam are in the morning for curing vali related problems, noon for azhal disorders and evening for iyam disorders.<sup>[5]</sup>

**Procedure:** For preparation purify (sutthimurai) the required drugs and crush or grind or fry or boil with liquids. Take the prepared contents as a single pack or fill it in a pouch. For administration assemble all the articles at therapeutic room bedside. Patient is to be asked to pass urine before beginning the procedure and assure the vitals normal. Explain procedure to the patient. patient may be perform either in sitting or lying down position. screen the patient for privacy. Cover the areas with apron or cloth except the affected area. Wash the site and clean dry with sterile cloth gently. If needed medicated may be applied on the site. Take the ottradam content or the pouch gently press it on the affected area with a constant rhythm. Repeat the fomentation with short interval(1-2 minutes). Maintain the temperature of the pouch uniformly. Ask the patient wait for 15 minutes without moving the areas after completing fomentation. Ottradam is usually given for 2 times in a day at an interval of 8 to 8 hours. The entire treatment of ottradam may be continued for 10 to 15 days. Remove the contents from the table and wash the site with lukewarm water or soap water.<sup>[5]</sup>

Fomentation <sup>[2]</sup>	Diseases <sup>[2]</sup>
Paddy husk	Body pain
Wheat husk	Bronchial asthma, body pain
Calcium carbonate powder	Delirium
Nochi (Vitexnegundo)	Arthritis,paralysis,seizure
Thazhuthazhai (Cleodendrumplomoidis)	Arthritis, paralysis
Erukku(Calotropisgiantea)	Arthritis, paralysis, seizure
Vaathanarayanan (Delonixelata)	Arthritis, paralysis
Brahmi( Bacobamonneri)	Joint Swelling
Castor oil seeds(Ricinuscommunis)	Chronic abdominal colic
Oil soaked mud vessel	Toothache
Cold pack	Fainting <sup>[4]</sup>
Omam(Trachyspermumammi) and brick powder	Muscle cramps
Granite pieces	Delirium due to typhoid or malaria

**Fomentation for Delirium:** 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 Vaambu (*Azadiracta indica*) 670 grams.<sup>[3][1]</sup>

**Fomentation for Calcaneal spur:** Erukku (*Calotropis gigantea*) leaves are stir fried and placed on warm brick and patient is made to stand on it in calcaneal spur.<sup>[1]</sup>

**Fomentation for Fistula:** *Plumbago zeylanica* (chitramoolam) root bark is soaked in sesame oil, stir fried and used for fistula as fomentation. Though this is given in literature it may cause blister so needs to be done with utmost care.<sup>[1]</sup>

**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 hemorrhoids.<sup>[1]</sup>

**Fomentation for scrotal swelling:** The juice of *Datura metal* (oomathai) is applied in the scrotal region and fomentation is given with heated rice bran.<sup>[1]</sup> Root and leaves of Arasu (*Ficus religiosa*), Murungai (*Moringa tinctoria*), Mudakatran (*Cardiospermum halicacabum*), kodiveli (*Plumbago zeylanica*), kazhartchi leaves (*Caesalpinia bonduc*) are kept on the mud pot then boil the materials and tied on the cloth. It placed on the affected area before reducing the heat of materials.<sup>[6]</sup>

**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 for fomentation in affected areas.<sup>[6]</sup>

**Fomentation for fever:** Cold pack of breast milk soaked cloth applied on the forehead is the most common treatment for hepatic fever.<sup>[1]</sup>

**Fomentation for trauma:** Cloth pouch is made up of turmeric and salt can be used in the condition of swelling due to trauma.<sup>[2]</sup>

**Indication :** Arthritis, headache, disc diseases, calcaneal spur, ano- rectal diseases, lymphedema, bronchitis asthma, chest congestion, muscle spasm, gallstones, dysmenorrhoea, insomnia, sprain, conjunctivitis, fissure foot, soft tissue swelling, few skin diseases, toothache, headache, sinusitis.<sup>[5]</sup>

**Contra indication:** Cold pack in asthma, hot pack in cellulitis, serious fracture and dislocation of bone and joints, using hot fomentation in anaesthetic areas, haemorrhagic areas , gastric and duodenal ulcers, malignancy, embolism, using cold fomentation in peripheral vascular diseases.<sup>[5]</sup>

## Discussion

Fomentation promote increase in circulation of white blood cells and increases blood flow to the skin thereby relieving internal congestion. Relieve muscle spasm by increasing circulation and releasing muscle tension. Increases elimination of toxins by promoting sweating. It also stimulate or sedates according to the temperature of application.

## Conclusion

On our point of view we concluded by saying that fomentation is very easiest 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 does not require any other expert. It can be sorted by utilizing the ordinary household materials.

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