



Significance of Ennai Kuliyal in Siddha system of medicine - A Review

Gunambikai M¹, Magendiran S², Muthukumaran M³

¹Siddha Consultant, Dhanalakshmi Siddha and Varmam Clinic, Thiruvallur

²Siddha Consultant, Siddhar Ear Foundation, Chennai

³Head of The Department, Department of Noi Nadal,
Government Siddha Medical College, Chennai

Abstract

The Siddha System of medicine is one of the world's oldest traditional system of medicine, practiced in southern parts of India particularly in Tamil Nadu. It uses scientific and holistic approach to provide preventive, curative, rejuvenative and rehabilitative health care. It not only treating physical body and also mind. According to WHO, "Health is a state of complete physical, mental, social wellbeing not merely an absence of disease". To attain this perfect state of health, Siddhars have formulated certain principles. "*THERAN PINI ANUGA VITHI*" explains life style habits and practices to improve the quality of life and to prevent diseases. Of these Ennaikuliya or Ennaimulukku is one of the important practices among that. Regular practice of oil bath balances thiridhosam and rejuvenate the body. Nowadays people discontinues regular practice of Ennaimulukku. Siddha literatures has been mentioned lot of details about oil bathing technique, significance, and also about pathiyam and apathiyam to be followed on the day of oil bath. This review focuses on Siddha literatures about ennaikuliya for better understanding.

Keywords: Ennaikuliya, Ennaimulukku, Neimulukku, Abayangam, Oil bath.

Introduction

The Siddha System is a divine art of medicine has its own nature. Siddhars have formulated certain principles to lead healthy life. *THERAN PINI ANUGA VITHI* explains life style habits and practices to improve the quality of life and to prevent diseases. Of these Ennaikuliya is one of the important practices among that. Regular practice of oil bath balances thiridhosam and rejuvenate the body. In olden days ennaimulukku is practiced as a tradition in tamil culture. It is practiced in the occasions like

ennaikaappalangaram in temple festival, marriage rituals, baby bath ceremony, gangasnanam during diwali. Regular practice of oil bath reduces body heat and promotes health.

Procedure of oil bath

Generally sesame oil, mukoottuennai, cow ghee and medicated oils are used for oil bath.

The step by step of oil bath is given below

Starts to apply oil on the top of the head and do gentle massage.

Put 2 drops of oil in each nostril.

Put 3 drops of oil into the both ears.

Put 1 drop of oil into the eyes.

Apply oil gently all over the body including back side of the ear, arm pits, navel, foot, genital and anal orifices.

Allow it to soak in body for 20 to 30 minutes.

Take a bath with lukewarm water.

Use shigaikkai powder for body and hair wash.

Best time to take oil bath in each season:

Siddhar Theriayar, explained specific time duration for taking oil bath for each season.

1 Naazhigai is equal to 24 minutes.

In the Tamizh month of Chithirai, Vaigasi, one should take oil bath within 5 Naazhigai from the time of sunrise.

In Aani, Aadi within 8 Naazhigai from the time of sunrise.

In Aavani, Purattasi, Ippasi, Karthigai within 4 Naazhigai from the time of sunrise.

Margazhi, Thai within 2 Naazhigai from the time of sunrise.

Maasi, Panguni within 3 Naazhigai from the time of sunrise.

Ideal days for oil bath

According to Siddha concepts Kanda Snanam is not advisable. Daily practice of oil bath is good for health. Taking oil bath twice in a week or once in 4 days helps to prevent diseases. As per Siddha literatures, oil should be taken in specific days. Men and women have to take oil bath on that particular days.

Avvaiyar, a great tamil saint who said “SaniNeeraadu” which means oil bath should be taken on Saturday.

Siddhars mentioned Wednesday and Saturday are the finest day for men to take oil bath.

Tuesday and Friday are the finest day for women to take oil bath for women.

Uses of oil application in specific parts

Application of oil in foot cures eye related disorders.

Instillation of oil in eyes cures ear diseases.

Instillation of oil in ears cures head disorders.

Application of oil in head clears all dhosams in the body.

Benefits ofennai mulukku

Balances thiridhosamvaatham, pitham and kabam.

Oil bath prevents body from diseases.

Helps to maintain personal hygiene.

Reduces and maintain body temperature.

Relaxes and rejuvenate the body.

Remove dead cells from skin and give lustrous to skin.

Reduces ageing and premature greying of hair.

Reduces hair fall, dandruff and maintains moisture in scalp.

Improves blood circulation to all organs.

Reduces muscle tension and strengthen bones
Relieves joint stiffness.

Strengthen five sense organs.

Eliminates toxins in the body.

Improves appetite.

Promotes deep sleep and reduces stress.

Frequently using oils and its uses

Cow ghee is mostly used for children, adults and older people. Using cow ghee for oil bath reduces pitham, burning sensation in the skin, mental disturbances, blood pressure, menorrhagia and other bleeding disorders.

Castor oil is best for vaathanoigal.

Ghee is best for pithanoigal.

Sesame is best for kabanoigal.

Mukoottuennai (mixture of castor, ghee, sesame oil in equal quantity) balances three dhosams in the body.

List of some medicated oils and it's uses:

Medicated oils	Indications
Ashwaganthibalalakshathithylam	All diseases
Bringamalagathylam	Eye diseases, deafness
Balamadakkuthylam	Sinusitis, burning sensation of body, fever
Kumarithylam	Diabetes mellitus, leucorrhea, pitha diseases
Teekkamallithylam	Sinusitis, chronic rhinitis
Chukkuthylam	Sinusitis
Nochithylam	Bronchial asthma

Arraippu for specific oils

For sesame oil, manipungan powder is used as a bath powder.

For ghee, paasipairu powder is used as a bath powder.

For all medicated oils, shigaikkai powder is used as a bath powder.

Contraindications

Patients who have kaba diseases should avoid oil bath.

Persons who have loss of appetite should not practice oil bath.

Taking oil bath during menstruation is not recommended.

On the day of oil bath, one should follow diet regimen.

Should not sleep in the day time.

Avoid chicken, mutton, fish, crab, pork.

Avoid pumpkin, ash gourd, mango, bitter gourd, brinjal.

Avoid sesame, ground nut, mustard, black gram.

Avoid cold water, milk, curd, high carb foods.

Discussion

From the review of different literatures it has been observed that oil bath is mostly indicated for specific diseases. It is most commonly widely applied treatment procedure. Beyond treatment regular practice of oil bath protects body from diseases. The rich source of nutrients in the oil deeply penetrates into the skin and exfoliates the cells. Vitamin A, in the oil helps the epidermal cells to regenerate. Infused herbs in the medicated oil balances the aggravated dhosams.

Conclusion

Siddha system prescribes ennaikuliyaal as a life style habit to prevent diseases. It also recommends specific oil baths for diseases. There

are various literatures provides procedure, benefits, indications and contra indications of oil bath. This review paper recollects the information and helps to restart the practice of oil bath.

References

1. R.C. Mohan, Theraiarthailavarukasurukkam moolamumuraiyum, Thamarai Noolagam, 2nd Edition, 2017
2. G. Durairasan, NoiIlla Neri, Department of Indian Medicine and Homeopathy, Chennai, Edition 2017
3. Dr. K.S. Uthamarayan, Siddha Maruthuvanga Churukkam, Department of Indian Medicine and Homeopathy, Chennai, Edition 2016
4. Dr.K.N. Kuppasamymudhaliyar, Siddha Vaithiya Thirattu, Department of Indian Medicine and Homeopathy, Chennai, Edition 2014
5. S. Kannusamy Pillai, Chigicharathinadheebam part 2, Thirumagal Vilasa Printers, Edition 1927

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

How to cite this article:

Gunambikai M, Magendiran S, Muthukumar M. (2024). Significance of Ennai Kuliyal in Siddha system of medicine - A Review. Int. J. Curr. Res. Med. Sci. 10(1): 1-4.

DOI: <http://dx.doi.org/10.22192/ijcrms.2024.10.01.001>