

## LITERATURE REVIEW ON SIDDHA FORMULATION OF *KOLIYAVARAICH CHAATTRU ENNEI* FOR SKIN DISEASES

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### ABSTRACT

Skin diseases are the most common problem. Several drugs are available in Siddha system of medicine. Skin diseases have been treated by internal and external medicines. *Koliyavaraich Chattru Ennei* (KCE) is one of the important drugs for skin diseases. It can be treated following diseases. There are all types of *Kiranthi*, *Kuttam*, *Sori*, *Siranku*, *Thinavu*, *Pun* and *Karapan*. In skin diseases *Piththa thosham* and *Raththa thaathu* are going to imbalance from the ordinary equilibrium. So ingredients of *Koliyavaraich Chattru Ennei* neutralize *Piththa thosham* and *Raththa thaathu*. *Eattu Maruthuvam* text book has been referred for this study.

Effects of the drugs were evaluated by using the characters of ingredients have 44.45% of bitter taste, 25% of sweet, 36.12% of astringent, 30.55% of Pungent, 2.77% of Sour. According to the potency ingredients, they have 58.34% of *Seetha veeriyum* (Cold), 41.67% of *Ushna veeriyum* (Hot).

According to the actions of ingredients, they have disinfectant – 21.49%, Astringent – 14.23%, Diuretic – 15.84%, Laxative – 13.48%, Anthelmintic- 16.67%, Blood purifier – 6.39%, Antipruritic – 3.56%, Antibilious – 2.78%, Alterative – 5.56%. Through the results ingredients can neutralized the *Piththa Thosa*, Purify the blood, easy to evacuation in the body. As well as disinfection in affected part of skin, improve the colour complexion of skin,

rearrange the character of skin. Therefore *Koliyavaraich Chattru Ennei* is very effective medicine for skin.

**Keywords :** *Koliyavaraich Chattru Ennei* (KCE), Skin Diseases, *Suwai*, *Veeriyam*, Siddha

## INTRODUCTION

Siddha system of medicine have mentioned about several drugs to treat different kind of skin diseases. They are *Kudineer*, *Chooranam*, *Maaththirai*, *Lekiyam*, *Ennei* and etc. *Ennei* (oil) is one of the most important medicine in Siddha system. It can use externally and internally. *Eattu maruthuvam* text book is mentioned *Koliyavaraich Chattru Ennei* for skin diseases. This *ennei* (oil) can treat *Kiranthi*, *Kuttam*, *Sori*, *Siranku*, *Thinavu*, *Pun* and *Karapan*. Different types of *Koliyavaraich Chattru Ennei* mentioned in many book.

*Koliyavaraich Chattru Ennei* have selected for my research work from *Eattu Maruthuvam* text book (Department of Ayurveda, Sri Lanka Publication). In skin diseases are *thadippu* (Swelling), *Vedippu* (Fissure), *Neer kasivu* (Watery discharge), *Thinavu* (Itching), *Pungal* (Wound), *Erichal* (Burning), *Nira maatam* (Pigmentation), Redness, Blisters, Bleeding and Damage of the cells{Shanmugarajah.S}. Ingredients of *Koliyavaraich Chattru Ennei* should neutralize *Piththa thosham* and *Raththa thaathu*. So, the Bitter, Sweet and Astringent tastes with cold potency contain drug with blood purification mostly to maintain the balance vital humors in the body.

## JUSTIFICATION

There are so many treatment is available in Siddha system for skin diseases. But the *ennei* is very effective medicine for skin diseases. It can treat the diseases externally as internally. Therefore we select *Koliyavaraich Chattru Ennei* for this study.

## AIMS OF THE STUDY

Literature survey on *Koliyavaraich Chattru Ennei* for skin diseases.

## OBJECTIVES OF THE STUDY

- ✚ List out the Ingredients of the *Koliyavaraich Chattru Ennei*
- ✚ To identify Action of the ingredients
- ✚ To identify *Suwai* (Taste) of the ingredients
- ✚ To identify *Veeriyum* (Potency) of the ingredients
- ✚ Describe the Siddha philosophical action of the skin disease.

Describe the Siddha philosophical way for treatment of skin disease.

## MATERIALS AND METHODS

Descriptive study.

“*Eattu Maruththuvam* text book” text book has been referred for this research.

Literature survey on *Koliyavaraich Chattru Ennei* for skin diseases.

60 Ingredients have been indentified in *Koliyavaraich Chattru Ennei* and analysis.

Three month (January 2018 – March 2018)

Analyzing of data.

## RESULT AND DISCUSSION

### 01. List of the Ingredients in Koliyavaraich Chattru Ennei

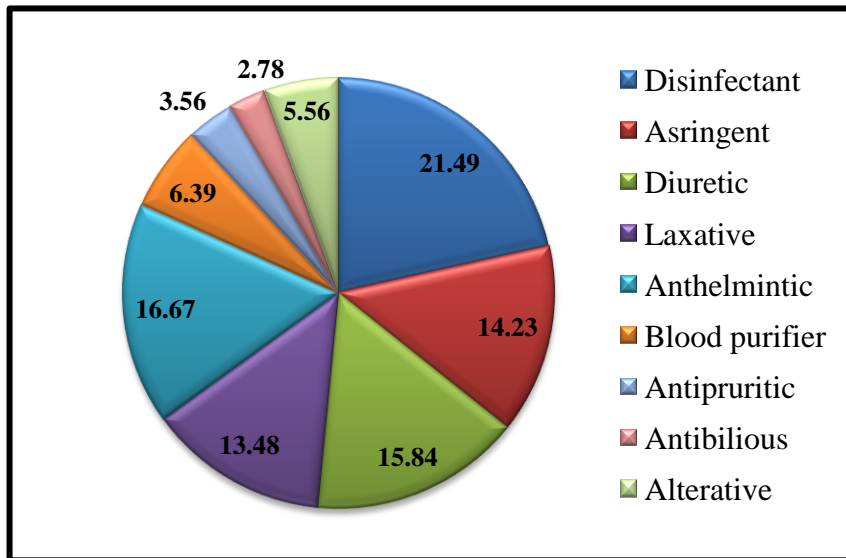
S.N	Tamil Name	Botanical Name	Family	Part Use
01	<i>Katpuravalli</i>	<i>Anisochilus carnosus</i>	Lamiaceae	Leaf
02	<i>Vallarai</i>	<i>Centella asiatica</i>	Umbelliferae	Leaf
03	<i>Mullai</i>	<i>Jasminum auriculatum</i>	Oleaceae	Leaf
04	<i>Adutheendapalai</i>	<i>Aristolochia bracteata</i>	Aristolochiaceae	Leaf
05	<i>Kanchori</i>	<i>Fagonia indica</i>	Zygophyllaceae	Leaf
06	<i>Musumusukkai</i>	<i>Bryonia scabra</i>	Curcubitaceae	Leaf
07	<i>Kunrimani</i>	<i>Abrus precatorius</i>	Papilionoideae	Leaf
08	<i>Kakkanagkovvai</i>	<i>Coccinia cordifolia</i>	Cucurbitaceae	Leaf
09	<i>Kaiyanthakarai</i>	<i>Eclipta prostrate</i>	Asteraceae	Leaf
10	<i>Pirami</i>	<i>Bacopa monnieri</i>	Scrophulariaceae	Leaf
11	<i>Sitravarai</i>	<i>Dolichos albus</i>	Fabaceae	Leaf
12	<i>Ponnagnkanni</i>	<i>Alternanthera sessilis</i>	Amaranthera	Leaf
13	<i>Sarakonrai</i>	<i>Cassia fistula</i>	Fabaceae	Leaf

14	<i>Kuppaimeni</i>	<i>Acalypha indica</i>	Euphorbiaceae	Leaf
15	<i>Nayuruvi</i>	<i>Achyranthes aspera</i>	Amaranthaceae	Leaf
16	<i>Paruththi</i>	<i>Gossypium indicum</i>	Malvaceae	Leaf
17	<i>Semmulli</i>	<i>Barienia priontis</i>	Acanthaceae	Leaf
18	<i>Uthamakani</i>	<i>Pergularia extensa</i>	Asclepiadaceae	Leaf
19	<i>Poduthalai</i>	<i>Verbena nodiflora</i>	Verbenaceae	Leaf
20	<i>Viizhi</i>	<i>Cadaba indica</i>	Capparaceae	Leaf
21	<i>Kiranthi Nayagan</i>	<i>Hemigraphis hirta</i>	Acanthaceae	Leaf
22	<i>Seppu Nerungil</i>	<i>Ehretia viminea</i>	Boraginaceae	Leaf
23	<i>Vishnukiranthi</i>	<i>Evolvulus alsinoides</i>	Convolvulaceae	Leaf
24	<i>Saththavari</i>	<i>Asparagus racemosus</i>	Asparagaceae	Leaf
25	<i>Koliyavarai</i>	<i>Canavalia obtusifolia</i>	Fabaceae	Leaf
26	<i>Karutha Kakanavan</i>	<i>Clitoria ternatea</i>	Fabaceae	Leaf
27	<i>Chenkaththari</i>	<i>Niebuhria linearis</i>	Capparidaceae	Root
28	<i>Vellarugu</i>	<i>Exacum pedunculatum</i>	Gentianaceae	Root
29	<i>Sivanaarvembhu</i>	<i>Indigofera aspalathoides</i>	Fabaceae	Root
30	<i>Nannari</i>	<i>Hemidesmus indicus</i>	Asclepiadaceae	Root
31	<i>Iruveli</i>	<i>Coleus forskohlii</i>	Laminaceae	Root
32	<i>Thuthuvalai</i>	<i>Solanum trilobatum</i>	Solanaceae	Root
33	<i>Ilamichchu</i>	<i>Andropogon aromatic</i>	Poaceae	Root
34	<i>Muththakkasu</i>	<i>Cyperus rotundus</i>	Poaceae	Root
35	<i>Seenthil</i>	<i>Tinospora cordifolia</i>	Menispermaceae	Root

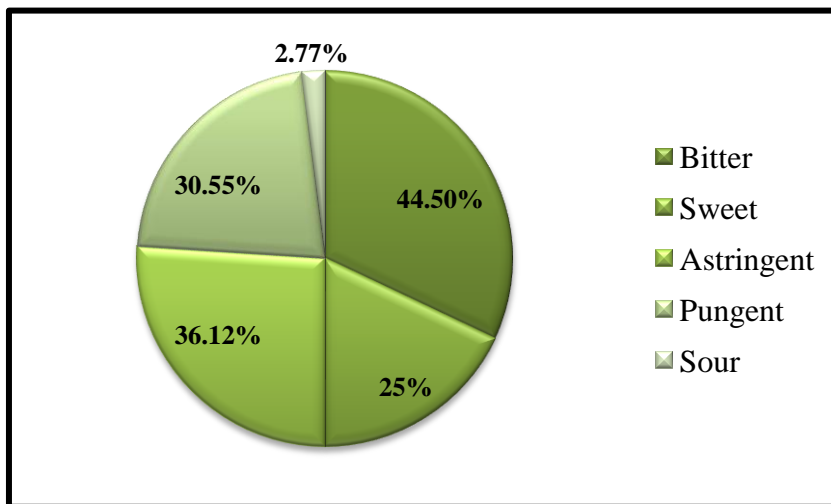
36	<i>Sinkuli</i>	<i>Abrus fruticulosus</i>	Papilionoideae	Root
37	<i>Adhathodha</i>	<i>Justicia adhatoda</i>	Acanthaceae	Root
38	<i>Mathulai</i>	<i>Punica granatum</i>	Lythraceae	Fruit
39	<i>Karumpu</i>	<i>Saccharum officinarum</i>	Poaceae	Stem
40	<i>Karaampu</i>	<i>Caryophyllus aromaticus</i>	Myrtaceae	Flower bud
41	<i>Cheeragam</i>	<i>Cuminum cyminum</i>	Umbelliferae	Dry fruite
42	<i>Karuncheeragam</i>	<i>Cuminum nigram</i>	Umbelliferae	Seed
43	<i>Peenari</i>	<i>Cymbopogon citrates</i>	Gramineae	Dry fruite
44	<i>Thippili</i>	<i>Piper longum</i>	Piperaceae	Dry fruite
45	<i>Kadukkai</i>	<i>Terminalia chebula</i>	Combretaceae	Dry fruite
46	<i>Mayakkai</i>	<i>Quercus pachyphylla</i>	Fagaceae	Corn
47	<i>Vasuvasi</i>	<i>Myristica fragrans</i>	Myristicaceae	Fruit cover
48	<i>Ealam</i>	<i>Elettaria cardamomum</i>	Gingiberaceae	Dry fruite
49	<i>Athimathuram</i>	<i>Glycyrrhiza glabra</i>	Fabaceae	Stem
50	<i>Kirumisathuru</i>	<i>Nigella sativa</i>	Ranunculaceae	Seed
51	<i>Nelli</i>	<i>Phyllanthus emblica</i>	Phyllanthaceae	Dry fruite
52	<i>Thanri</i>	<i>Terminalia bellirica</i>	Combretaceae	Dry fruite
53	<i>Chenchandhanam</i>	<i>Santalum rubrum</i>	Santalaceae	Stem
54	<i>Vasambhu</i>	<i>Acrous calamus</i>	Acoraceae	Rhizome
55	<i>Sathikkai</i>	<i>Myristica aromatica</i>	Myristicaceae	Dry fruite
56	<i>Ulli</i>	<i>Allium sativam</i>	Liliaceae	Stem bulb
57	<i>Asamatha Oomam</i>	<i>Carum roxburghianum</i>	Umbelliferae	Seed
58	<i>Paal</i>	Milk		

59	<i>Ilaneer</i>	Coconut water
60	<i>Nallennei</i>	Gingili Oil

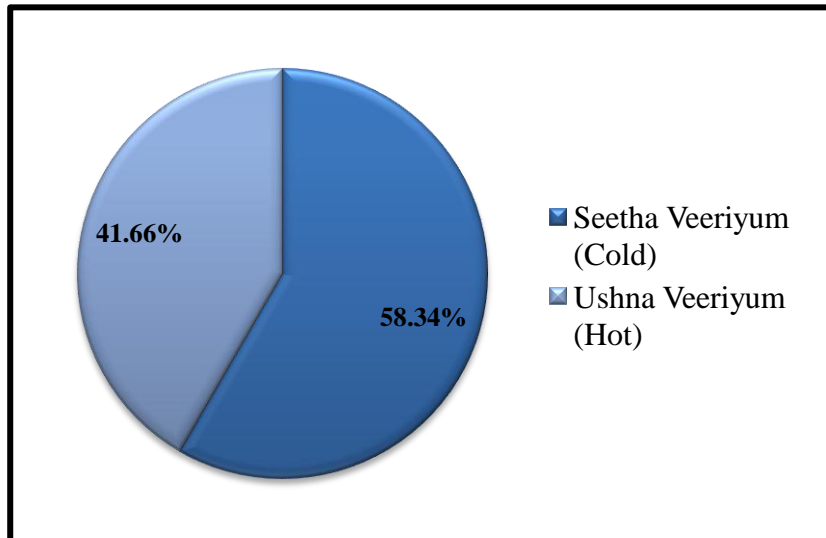
**02. Percentage of action in the ingredients.**



**03. Percentage of *Suwai* (Taste) in the ingredients.**



#### 04. Percentage of Veeriyum (Potency) in the ingredients.



#### 05. 1. Describing the “Gunas” of the *Piththa thosha* in Skin disease<sup>7</sup>.

*Piruthuvi and Theyu pancha poothas* (Five Elements) formed *Piththa thosham*.

*Piththa Thosham = Piruthuvi + Theyu*

*Gunas* (Characters) of the *Piruthuvi*

- |             |              |
|-------------|--------------|
| 1. Hard     | 4. Drough    |
| 2. Sweet    | 5. Bad odor  |
| 3. Laxative | 6. Heaviness |

*Gunas* (Characters) of the *Theyu*

- |   |                  |
|---|------------------|
| 1. Dryness                              | 2. Heat          |
| 3. Digestion                            | 4. Wound healing |
| 5. Give colour and light to the objects |                  |

So, elevate the *Piththa thosham* from the ordinary level.

#### 05. 2. Describe the Taste and Potency in the *Piththa thosham*<sup>7</sup>.

*Piththa thosham* has sour and pungent tastes. These are *Ushna verriyum* (Hot).

So, elevate the taste and potency. That's why *Raththa thaathu* also affected.

Above the two conditions was coursed to skin disease.

## **06. Describing the basic philosophy of the treatment for skin disease.**

In the treatment for the skin disease *piththa thosha and Raththa thaathu* should neutralize from the elevated level.

Line of treatment

1. The toxicity treatment for (blood purification)
2. Increase the *Seetha veeriyum*
3. Bitter, Sweet and Astringent taste drugs are use for the treatment

### **Bitter**

Bitter taste has *Vaayu and Akaya poothas*.

Character of the bitter taste

1. Disinfectant
2. Softening
3. Remove the debris

### **Sweet**

Sweet taste has *Piruthuvi and Appu poothas*.

Character of the Sweet taste

1. Laxative
2. Promote the seethe veeriyum
3. Healing
4. Moisture

### **Astringent**

Astringent taste has *Piruthuvi and Vaayu poothas*.

Character of the Astringent taste



1. Laxative
2. Disinfectant
3. Softening

## CONCLUSION AND RECOMMENDATION

We have found ingredients of *Koliyavaraich Chattru Ennei*, medicinal actions, *suwai* and *veeriyum* of the ingredients, and also describe the philosophy of the skin disease and treatment method for skin disease. Ingredients of *Koliyavaraich Chattru Ennei* have appropriate features to treat the skin diseases. This is the very effective medicine for skin diseases. But further research is important for analyze the drug interaction. This action can be synergistic (when the drug's effects is increased) or antagonistic (when the drug's effects is decreased or new effect can be produced. So, want to carry out research on this type of specific Siddha drugs in scientific way.

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