



Review Article

UNDERSTANDING THE CONCEPT OF PURGATION IN SIDDHA MEDICINE: A REVIEW

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ABSTRACT

Siddha system of medicine is a traditional medicinal system followed in South India. In a human body imbalance of humours causes various diseases with major symptoms. We found out the disease by the signs of symptoms and curable by Siddha medicines. Purgation is one of the major treatments of Siddha system. Purgation medically induced elimination of stools to calm down excessive vitiated *Dosha*. Though purgation is used in modern system it is mainly confined to gastro intestinal diseases. But in Siddha system purgation is used in first line of treatment for many diseases. In this article, purgation based on medicines, various methods of purgation, procedures of purgation, different diseases, contra indications, signs and symptoms of inadequate purgation, excessive purgation and complication and dietary regimens is explained in a holistic manner. Siddha literature and published papers were explored to found the rationale of purgation treatment. Purgation is one of the advisable therapies for chronic diseases. Purgative medicines making in the form of *Kudineer*, *Kuzhambu* and oil. *Agasthiyar Kuzhambu* is essentially for purgation treatment. This medicine helps to cure fifty four various diseases like fever, cough, bleeding piles etc.

INTRODUCTION

“Viresanathal Vadham Thazhum”

Purgation literally means medically induced elimination of stools, which is widely used in traditional medicine systems to eliminate certain kinds of substances which cannot possibly excreted through sweat glands, lungs, kidneys, stomach etc. [1] According to Siddha system of medicine it eliminates excessive vitiated *Doshas*. It is a great way to wash and make a colon healthy. Doing an internal cleanse for detoxification is the supreme idea behind Siddha medicine do purge all impurities of the body. To get relief from any disease, purification therapy is essential. Our herbal cleanse acts like a broom to sweep away the mucus plaque and colon debris, to restore and enhance our own health. [2] Under normal circumstances, if a patient suffers from diarrhoea,

then certainly there is loss of electrolytes from the body resulting in weakness, development of cramps due to dehydration, low blood pressure, etc., but in purgation therapy these symptoms will not occur. It make simple for your bowel to better digest food helping you remain strong. This leads to a healthy lifestyle, which by itself decreases the toxicity in own body. [3] The entire process will be beneficial for your body’s immune system, digestive system, and even nervous system, hence helping us to inch closer towards purity of the soul, mind and body. [4]

Methods of Treatment

According to medical works the treatment given to patients are of three different kinds. They are

1. Divine treatment
2. Rational treatment
3. Surgical treatment.

Divine Treatment

This is superior method of treating diseases with the compounds of mercury, sulphur, metal and mineral salts, by preparing incredible medicines like *Kattu*, *Kalangu* etc., based on the principles laid down in Tamil Siddha system.

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Rational Treatment

Treatment with herbal decoction, powder, pills etc., is called as rational treatment.

Surgical Treatment

Methods like surgical procedure, heat application, blood-letting and leech application are included in this method of treatment.

The metals and mineral preparations should be used only if the herbal treatment does not yield good result.

So, it is inferred that the diseases that are not cured by the first two methods should be treated by *Aruvai*, *Agni* and *Kaararam*.

Various Methods

In the Siddha system diseases are classified for three humours (*Vadha*, *Pittha*, *Kapham*). These diseases are treated with various methods: [5]

- Purgative therapy
- Emetic therapy
- Fasting therapy
- Steam therapy
- Oleation therapy
- Physical therapy
- Solar therapy
- Bloodletting therapy

Diseases curable with herbal medicines, diseases curable with metals and mineral preparations. Though they are various methods in Siddha system and the first line of treatment in purgation.

Procedure of Purgation

Every four months once purgative medicine should be taken. [6]

On the day of purgative treatment, if the patient has weak digestion strength, coated feeling in the gut, and if the digestion symptoms of previous food are not seen, then the patient is made to fast for a few hours. The patient is ensured of good sleep in the last night.

- In the morning, after *Kapha* time (4am -6am) has lapsed purgation drug is given. The kind and quantity of purgation medicine should be determining the nature of his alimentary tract, bowels.
- Factors like disease state, body constitution, age, diet, humors, climate, time and mental condition needs to be taken into consideration.
- A person with soft intestines, even milk will induce purgation.

For a person with hard bowels, intestines, even a purgative herb might cause purgation with great difficulty.

- For *Vadha*, drugs with unctuous, oily, hot and salt tasting herbs are used. For *Pittha* purgative drug with astringent and sweet herbs are used. For *Kapha* pungent herbs are used.

Purgative medicine difference in the variation of some Medicinal drugs, *Vadha*, *Pittha*, *Kapha* diseases, time, diet, mind and age.

The Favourable Seasons for Purgative Treatment [7]

Only during the month of *Aani* and *Aadi* (mid June to mid August) purgation therapy should be given the decoctions, pastes and medicated oils are preferred for purgation.

Purgative Medicine Based On

- *Kudineer*
- *Kalkam*
- Oils
- *Croton tiglium* containing medicines
- Spurge milk containing medicines
- Salt containing medicines.

Purgative Decoction

Purgative decoction is made up of the following:

Operculina turpethum (*Shivathai*), rose bud, *Terminalia chebula* fruit (*Kadukkai*), *Carus roxbin*, *Cassia fistula* (*Sarakkonrai*), *Cassia angustic folia* (Tirunelvelicenna), *Picrorhiza krura* (*Kadugurohini*), *Vitis vinifera* (*Drakshai*) and *Ficus racemosa* (*Atthi*) are given at different dose levels based on the age, weight and the physical nature of the patient.

Drugs for Kalkam

Root park of *Ricinus communis* (*Amanakku*) is made into a paste and given in the dose of *Solanum torvum* (*Sundai*). *Caesalpinia bonducella* (*Kalarchi*) is given as purgative in elephantiasis.

Oils Used for Purgation

The following oils are prescribed for purgation:

- *Vellai Ennai*
- *Vatha Nasa Thailam*
- *Kazharchi Ennai*
- *Merugan Kizhangu ennai*
- *Meganatha thailam*
- *Rasa Thailam*

The above purgatives should not be given [8-10] during the months of *Avani-puratasi* (rainy season), *Marghazhi-tha* (early winter) and *Masi-panguni* (late winter). But in these seasons, various medicinal preparation of salt and mercury, croton tiglium extract to be given.

Purgative Made of Croton Tiglium

- *Meganatha* pills
- *Lavangathi* pills
- *Ashta bairavam*
- *Thaazhampoo mathirai*

- *Soolai boopathy*
- *Poora mathirai*
- *Murukkan vithai mathirai*
- *Virechana boopathy*
- *Kakana mathirai*
- *Agasthiyar kuzhambu*
- *Kausikar kuzhambu*

Medicines Made with Spurge MilkEg: *Siddhathi Ennai***Medicines Made of Salts**

1. *Nava uppu mezhugu*
2. *Navachara kuzhambu*
3. *Nayuruvi kuzhambu*

Purgation for Different Diseases

S.No	Medicines	adjuvant	Dosage	indications
1.	<i>Nava uppu mezhugu</i>	Rice and hot water	One pepper size	Scrotal pain, arthritis of restricting nature, sinusitis, peptic ulcer, neuralgia, dysmenorrhea, paralysis
2.	<i>Navachara kuzhambu.</i>	-	120mg	Retention of urine, constipation, ascites, liver diseases
3.	<i>Nayuruvi kuzhambu</i>	-	120mg	Abdominal disease like ulcer, paralysis, ascites, hepato spleenomegaly
4.	<i>Siddhathi ennai</i>	-	1, 2.5 or 10 drops (based on age, weight etc.)	Colic, throbbing pain in the head, ascites, renal calculi, hiccough, retention of urine, syphilis, constipation, skin disease, bubo, ulcer, flatulence, tied tongue, convulsion, alopecia, dysmenorrhoea
5.	<i>Meganatha thailam</i>	-	15ml to 30ml	Gonorrhoea, ulcer in the stomach, retention of urine, dysuria, peripheral neuritis, constipation, gonococcol arthritis
6.	<i>Rasa thailam</i>	Rice and hot water (salt should be avoided).	7.5gm	Veneral disease, bubo, skin disease, ulcer, leprosy, fissure, hyperpigmentation, cervical spondolysis, lymphatic obstruction
7.	<i>Soolai boobathy pills</i>	-	120mg	<i>Soolai</i>
8.	<i>Poora mathirai, Murukkan vithai pills</i>	Palm jaggery, tender coconut water, ghee, milk or sugar	Coriander seed size 120mg	Digestive problem in children associated with fever, helmenthiasis, distended abdomen, phlegm
9.	<i>Kakkanam mathirai</i>	Decoction of dry ginger.	130mg (1 tab)	Dyspepsia and distention of stomach in children
10.	<i>Virechana boopathy</i>	-	Green gram size	Disease marked by gurgling sound in the abdomen
11.	<i>Maantha ennai</i>	-	7.5ml to 15ml	Indigestion
12.	<i>Salodharimani mathirai, Agasthiyar kuzhambu, kousikar kuzhambu</i>	-	120mg	Hernia, flatulence, retention of urine, constipation, bee sting, insect bite, monkey bite, bite of unknown and poisonous creatures
13.	<i>Ashta bairavam</i>	Decoction of myristica	-	Poisons with fragrance

14.	<i>Sanjeevi mathirai</i>	Lime juice	-	Snake bite, bite of centipede, bite of an unknown creature, bites of insects
15.	<i>Vellai ennai, Meganatha mathirai</i>	-	15-30ml	Bronchial asthma
16.	<i>Meganatha kuligai</i>	Decoction of Indian jalap	1 or 2 pills	Asthma which signifies attacks of hard breathing, jaundice

Purgative medicines for *Agasthiar Kuzhambu* ^[11]

	Adjuvants	Indication
1.	<i>Chukku thool</i> (Dry ginger powder)	<i>Suram</i> (fever)
2.	<i>Kadukkai thool</i> (<i>Terminalia chebula</i>)	<i>Erumal</i> (cough)
3.	<i>Chukku+milagu podi</i> (powder of pepper and zinger)	<i>Kulir suram</i> (fever with rigor)
4.	<i>Pasu nei, erumai nei</i> (Ghee, buffalo milk)	<i>Ratha moolam</i> (bleeding piles)
5.	<i>Milagu thool or Venkaya saru</i> (Pepper powder, onion juice)	<i>Pandu</i> (anemia), <i>Sogai</i> (dropsy), <i>Veppupavai</i> (type of Pitta disorder), <i>Neeramai</i> (epileptic disorder due to abnormality of <i>Vatham, Pitham</i> and <i>Kapam</i>).
6.	Honey, <i>Inji saru</i> (Ginger juice)	<i>Janni</i> (epileptic disorder due to abnormality of <i>Vatham, Pitham</i> and <i>Kapam</i>)
7.	<i>Veppa Ennai</i> (Neem oil)	<i>Suga Janni</i> (type of epileptic disorder)
8.	Mixing with juice of <i>Puttrilai karisalai</i> (<i>Wedelia calendulacea</i>)	<i>Paru</i> (acne vulgaris), <i>Pilavai</i> (carbuncle), <i>Thodaivalai</i> (inguinal lymphadenopathy), <i>Araiappu</i> (bubo), <i>Silanthei</i> (abscess), <i>Punkal</i> (external ulcers), <i>Mulaikuthu</i> (inflammation of the breast)
9.	<i>Nochi saru</i> (<i>Vitex nigunda</i>)	<i>Susika vali</i> (types of psychiatric disorder) <i>Gunmangal</i> (peptic ulcer)
10.	<i>Kancha saru</i> (<i>Cannabis sativa</i>)	<i>Kasam</i> (chronic bronchitis due to various causes), <i>Peenisam</i> (sinusitis)
11.	<i>Milagu</i> (Pepper)	<i>Vatha thalai</i> (neurologic pain due to <i>Vatha</i> disorder)
12.	<i>Thiripugai</i>	<i>Kapalavali</i> (painful conditions of the head)
13.	<i>Thazhai viluthu saru</i> (<i>Pandanus odoratissimus</i>)	<i>Neerperukku</i> (excessive urination), <i>Neer siruppu</i> (scanty urination), <i>Kalladaippu</i> (renal stone)
14.	<i>Sangakuppi Saru</i> (<i>Azima tetraacantha</i>)	<i>Theera kiranthei</i> (chronic syphilis), <i>Karappan</i> (Eczema)
15.	<i>Velluli kiyalam & Kalarchi kudineer</i>	<i>Vaagai sanni</i> (epileptic disorders)
16.	<i>Navalpattai, Vellattu pal+Seeragam</i>	<i>Soothaga vayu</i> (disorder of the uterus leading to female infertility), <i>Soothaga vali</i> (menstrual disorder).
17.	<i>Nochi saru, Saranai ver, Milagu</i>	<i>Soothaga vayu, Soothaga thiratchi</i>
18.	<i>Murungaipattai, Pungu, Erukkan ver, Inji ver</i>	<i>Piravi kolaru</i> (congenital abnormalities)
19.	<i>Elavangapathiri, Kirambu, Adhimadhuram, Thalispapathi, Aavin vennai</i>	<i>Nenju vali</i> (chest pain)
20.	<i>Avuri, Aavin vennai</i>	<i>Veeriyani visham</i> (Toxicity of veriyani snake)
21.	<i>Agathi elai, Thulasi elai</i>	<i>Thelkadi visham</i> (Scorpion bites)
22.	<i>Vellam, Milagu, Peipeerku</i>	<i>Vazhalai visham</i> (toxicity due to Vazhalai snake)
23.	<i>Milagu, Venkaram, Pasunei</i>	<i>Neerkattu</i> (anuria)
24.	<i>Nochi saru</i> (<i>Vitex negundo</i>)	<i>Vishapagam</i> (poisonous symptoms)
25.	<i>Thirikadugu</i>	<i>Veekam</i> (swellings)

26.	<i>Chukka kudineer</i>	Psychiatric disorder
27.	<i>Kadukkai kudineer</i>	<i>Pitha suram</i>
28.	<i>Thippili podi, Kirambu</i>	<i>Sethuma suram</i> (fever due to <i>Kapa</i> disorder)
29.	<i>Chukka kudineer, Vellulli thailam, Panchamooligai kudineer, Sithiramoolam, Perarathai.</i>	13 type <i>Janni</i> (epileptic disorders)
30.	<i>Elaneer, Vellaripinchu, Thippili kudineer</i>	<i>Neeradaippu</i> (Oliguria)
31.	<i>Kaadi</i> (1 day old rice water)	<i>Vaanthi</i> (vomiting), <i>Neerkkasuram</i> (burning micturition)
32.	<i>Pasumpal</i> (Milk)	<i>Moolathil seelvadithal</i> (infected pile mass)
33.	<i>Inji surasam</i>	<i>Moola vayu</i> (<i>Vatha</i> disorder of lower intestine), <i>Kulir suram</i> (fever with rigor)
34.	<i>Vellattu pal</i> (Goat's milk)	<i>Karpa vippuruthi</i> (tumor of the uterus with amenorrhoea)
35.	<i>Pasumpal</i> (Milk)	<i>Udalparuman nanmai yundaka</i> (obesity)
36.	<i>Agathi saru</i> (<i>Sesbania grandiflora</i>)	<i>Mahotharam</i> (ascites)
37.	<i>Inji saru</i> (Ginger juice)	<i>Anda vatham</i> (hydrocele), <i>Anda suram</i> (fever due to inflammation of the scrotum), <i>Vatha viruthi suram</i> (fever due to <i>Vatha</i> disorder), <i>Vayu suram</i> (fever due to <i>Vatha</i> disorder)
38.	<i>Thenkkai pal</i> (Milk of coconut)	<i>Moolavatham</i> (<i>Vatha</i> disorder of intestine)
39.	<i>Karuppatti</i> (Palm jaggery)	<i>Anandha vayu</i> (type of <i>Vatha</i> disorder), 18 <i>Soolai</i> (neuralgic disorder)
40.	<i>Inji</i> (Ginger)	<i>Vatham</i> (<i>Vatha</i> disorder)
41.	<i>Pasumpal</i>	<i>Pitham</i> (<i>Pitha</i> disorder)
42.	<i>Kadukkai</i> (<i>Terminalia chebula</i>)	<i>Aiyam</i> (<i>Kapa</i> disorder)
43.	<i>Vellam, Nochisaru</i>	<i>Thapa suram, Vatha suram</i> (different type of fever)
44.	<i>Kothamalli kudineer</i> (<i>Coriandrum sativum</i>)	<i>Pithasuram</i> (fever due to <i>Pitha</i> disorder)
45.	<i>Thippili kudineer</i>	<i>Ayasuram</i> (fever due to <i>Kapa</i> disorder)
46.	<i>Elumichai pazha saru</i> (Lime juice)	<i>Kamalai</i> (jaundice)
47.	<i>Kummatti saru</i>	<i>Gunmam</i> (peptic ulcer)
48.	<i>Nalla ennai</i> (Gingelly oil), <i>Veppaennai</i>	<i>Aarathapun</i> (chronic non-healing ulcers)
49.	<i>Vellattu thayir</i> (Goat's curd)	<i>Vaittrukaduppu</i> (dysentery)
50.	<i>Pasuvinn thayir</i> (Curd)	Neuralgic pain of the vagina
51.	<i>Vilamichanver</i>	<i>Vettai</i> (gonorrhoea)
52.	<i>Semariyattu pal</i>	Breast development
53.	<i>Vettrilai</i> (Betel leaf)	<i>Visham theerum</i> (toxicity due to poisons)
54.	<i>Thaipal nasiyam</i>	<i>Ottrai thalaivali</i> (migraine)
55.	External application with breast milk at the frontal area	<i>Kannoi</i> (eye disorder), <i>Kapalavayu</i> (<i>Vatha</i> disorder of the head)
56.	Grinding with the breast milk and instilling as eye drops	Unconscious due to sudden fall, fainting due to drowning, incurable fever, facial palsy (<i>Mugavatha janni</i>)

Administration for Purgation^[12-15]

- This medicine is very effective for purgative. It administrate in lower dosage.

- If it is intense purgation a decoction of *Seeragam (Cuminum cyminum)*, *Puli (Tamarindus indica)* or *Elumichan saru* (lime juice) shall be administered.
- Rice with butter milk or *Vasambu cutta kari* (ash collected from burned *Acorus calamus*) may also be given.
- When grinding the medicine take rice with butter milk and grind and the person who is grinding the medicines has to apply coconut oil throughout his body.

Other Medicines for Purgation

S.No	Chooranam	Adjuvants	Dosage
1.	<i>Kadakarogini chooranam</i>	Hot water	
2.	<i>Elathy chooranam</i>	Pure water	
3.	<i>Kaduthraya chooranam</i>	Ghee	45mg
4.	<i>Kazharchi chooranam</i>	Hot water	488mg
5.	<i>Sivadhai chooranam</i>	Hot water	488mg
6.	<i>Thirugu kalli chooranam</i>	Hot water	488mg
7.	<i>Manimandhathi chooranam</i>	Hot water	488mg
8.	<i>Avipatthi chooranam</i>	-	10.2gm
Kalkam			
1.	<i>Vellai kakanam</i>	Hot water	
Tablets			
1.	<i>Linga mathirai</i>	Water, Butter	-
2.	<i>Vala aridhara kuligai</i>	Cooling water	390mg
3.	<i>Rasadhi kuligai</i>	Zinger juice or banana	130mg (2 tab)
4.	<i>Vala rasadhi tablet</i>	Cooling water	488mg
5.	<i>Vala linga tablet</i>	-	130mg
6.	<i>Vala nabi tablet</i>	Hot water	1 tablet
Kasayam			
1.	<i>Kadukkai kudineer</i>	-	-
2.	<i>Bramiya vazhukai kudineer</i>	-	-
Kuzhmbu			
1.	<i>Kallipal kuzhambu</i>	Hot water	Lablab been size
2.	<i>Umattai kuzhambu</i>	Palm jaggery	Unarmed night shade (sundai) size
Vadagam & Urundai			
1.	<i>Kadugurohini</i>	Hot water, ginger	Unarmed night shade (sundai) size
2.	<i>Madhu pushpathi</i>		45 mg
3.	<i>Kottam</i>	Peper	1 or 2 tab
4.	<i>Kallipal urundai</i>		1 tab
Legium			
1.	<i>Virecana legium</i>	Hot water	Cotton seeds size
Salts			
1.	<i>Kumatti uppu</i>		-
External Medicines			
1.	<i>Bei peerku vidhai poochu</i>		

Other Persons suitable for Purgation ^[16]

- Tumors of the abdomen
- Piles
- Anemia, ulcers, abscess, jaundice, liver disease, disease of the spleen, Splenomegaly, chronic fever, ascites.
- Poisoning, chronic poisoning
- Blindness, cataract
- Pain in the large intestine
- Diseases of male and female urogenital system
- Gout, bleeding disorders of upper parts of the body (such as nasal bleeding)

- Dysuria, constipation
- Bronchial asthma, rheumatoid arthritis, Hemiplegia.

Contra indications [17]

- Acute fever
- Poor digestive activity
- Bleeding disease of lower part of the body (such as bleeding per rectum and vagina)
- Wounds, ulcers of the rectum
- Diarrhoea, dysentery
- Children, pregnant women, old
- Persons who naturally have hard bowel movement
- Persons who have undergone excess of oleation treatment
- Tuberculosis
- Prolapse of rectum.

Signs and Symptoms of Inadequate Purgation

- Nausea, feeling of increase (overflowing) in *Kapha* and *Pitta*
- Bloating
- Anorexia, lack of taste
- Vomiting, weakness, lack of lightness
- Stiffness of hip and thigh
- Sense organ tiredness,
- Itching, rhinitis
- Obstruction of *Vata*
- Discomfort in the region of the heart and abdomen,
- Too much of *Kapha* and *Pitta* increase in the intestines (because they are not properly thrown out of the body) or expulsion of *Doshas* coming out through the mouth
- Burning sensation, skin eruptions, blocking of flatus and constipation.

Management for Purgation

If, on the day of consuming the purgative drug, the patient responds poorly, he should be allowed to take his food on that day and the purgative drugs administered again on the next day.

Signs and symptoms of excessive purgation [18]

- Excretion of feces, *Pitta*, *Kapha* and *Vata*.
- Excretion of liquid through anus, resembling a mix of water from blood, fat and muscle tissue.
- Excretion of black colored blood without *Kapha* and *Pitta*.
- Feces which is white, black or slightly red in color, resembling the water in which meat has been washed or resembling a piece of fat;
- Prolapse of the rectum, thirst, giddiness sunken eyes and diseases caused by excess of vomiting.

The patient should abstain from the following for the whole day

- Speaking aloud
- Excess eating
- Sitting at one place for long time

- Walking long distances
- Anger and grief
- Exposure to sun
- Travelling
- Indulging in sexual intercourse, sleeping during day time
- Waking up at night, avoiding sleep foods with opposite qualities,
- Intake of diet exclusively having one taste, intake of diet deficient in nutritive value, or heavy or irregularly mixed up.

Complications of Purgation

- Tympanitis
- Cutting pain
- Cardiac discomfort
- Stiffness
- Hemorrhage
- Confusion.

Dietary Regimen During Purgation [19]

- Milk, butter milk, rice and hot water only, are to be taken.
 - *Thespesia populnea* root bark is ground well with milk and the paste is best for skin disease.
 - Only rice with milk may be taken. Salt is best avoided.
 - The root bark is made into a paste by grinding it will with the lime juice and is taken in the size of an area nut. This should be given only for three days as it causes purging with vomiting.
- Avoid drinking cold liquids with your meals
- Eat your main meal at noontime when the environmental *Agni* is strongest, and eat a lighter meal at night.
 - Eat a calm atmosphere and sit down when you eat.
 - Avoid foods that are deep fried or too heavy.

DISCUSSION

According to Siddha system of medicine diseases are caused by vitiated *Doshas*. Bringing back the vitiated *Doshas* to normal position is necessary in the line of treatment. Purgation not only helps to bring back the normalcy of the vitiated *Doshas* but also eliminates the impurities present in the body. Patient should be prepared before taking purgation therapy like good sleep, fasting few hours before taking the therapy etc. Purgative medicines shall be administered in various forms such as decoction, *Kalkam*, oil, tablet etc. Different drugs are used for purgation which depends on the type of disease. Oily, sweet and pungent herbs are used in *Vatha*, *Pitha* and *Kapha* diseases respectively. Decoctions, pastes and medicated oils are preferred in the month of *Aani* and *Aadi* (mid June to mid August). *Vellai ennai*, *Vathanasa thailam*, *Kazharchi ennai*, *Merugan kizhangu ennai*, *Meganatha thailam* and *Rasa thailam* should not be

administered during rainy and winter season. Croton based oils are preferred during those seasons. Pills such as *Meganatha* pills, *Lavangadhi* pills, *Soolai boopathi* are some of the examples of purgatives based on *Croton tiglium*. Purgatives can also be prepared from salts like *Nava uppu mezhu*. Adjuvants vary from medicine to medicine and disease to disease. Same purgative drug can be administered with different adjuvant for treating different disease. Powerful purgatives are administered in low dosage as intense purgation leads to complications. Purgatives administered in Siddha system of medicine are always safe if it is administered in recommended dose. Before and after the purgation treatment undertaken an electrolyte study. These treatment is clear that the deviation for normal range. And the vital parameters pulse and blood pressure are the normal limits. These result in statistically, they are decrease in serum sodium, potassium and chloride levels and increased in serum calcium level. But all the changes were within normal limit. Though the change in electrolyte levels was statistically significant, they were within the normal range. So, it is evident by this review, purgation therapy used in traditional system of medicine is safe and effective.

CONCLUSION

Purgatives are used commonly in Siddha system of medicine for not only eliminating toxic substances but also to bring back the normalcy of the changed *Dhosas*. Clinically giving purgation therapy before administering medicine for appropriate disease can give good prognosis. But it is necessary to prove it scientifically by doing further research about purgation therapy for which this review will be more helpful.

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