

PEECHU AND PATTI KATTAL FOR THE MANAGEMENT OF UTHIRAVATHA SURONITHAM (RHEUMATOID ARTHRITIS) IN Siddha SYSTEM

Kayalvizhi P¹, Srinivasan M R², Rajakumar K², Nithya C¹, Harish Anbu Selvan V², Uthrapathi S³, Anbarasan B⁴, Vedha Merlin Kumari H⁴

¹ Siddha Physician, Dr. Cheenu Siddha Cosmetology Care, Chennai.

² Medical Officer, National Institute of Siddha, Chennai.

³ Faculty, Sivaraj Siddha Medical College, Salem.

⁴ Faculty, National Institute of Siddha, Chennai.

Corresponding author: Kayalvizhi P, Siddha Physician, Dr. Cheenu Siddha Cosmetology Care, Chennai.

Abstract

The Siddha system is a traditional way of healing with medicines. Sage Yugi has detailed eighty different sorts of vatha diseases, including uthiravatha suronitham. Evidence-based science compares this to rheumatoid arthritis. This polyarthritis has an autoimmune cause. In the Siddha system, the Peechu and Pattikattal activity is a unique method of external manipulation. Peechu (Citramutti oil) and Pattikattal (Citramutti oil) are used to treat a 57-year-old female patient for seven days. Analysis was done on both the laboratory and symptomatic evaluations prior to and following the conclusion of treatment. Following treatment, major and minor joint pain, edema, and stiffness have decreased.

Keywords: Uthiravatha suronitham, Rheumatoid arthritis, Peechu, Pattikattal.

INTRODUCTION:

The Siddha system is a conventional method of healing with medicines. One of the world's first traditional medical systems, Siddha treats the mind and soul in addition to the body. The Tamil term Siddhi, which means "an object to be attained," "perfection," or "heavenly bliss," is the source of the English word Siddha. Siddha was also born in India, which is the cradle of many classical philosophies. This system's origins are deeply ingrained in Tamil civilization's past. The medications in the Siddha system are both exterior and internal. According to the Siddha system, exterior therapies are just as important as internal therapy and are well-supported by research. There are 32 different categories of external medications, which include peetchu and patti kattal. *Peechu* is done using medicated water / medicated oil to evacuate rectum. It reduced the *vatham*. *Patti kattal* is reduced swelling in the affected joint, reduced warmth and pain.

A chronic inflammatory autoimmune illness affecting multiple systems, rheumatoid arthritis (RA) has an unknown cause. The disease initially affects synovial joints, which gradually proceed to continuous inflammation, joint deterioration of the cartilaginous and bony components, and discomfort and impairment as a result. A range of extra-articular multisystem symptoms is also displayed by the disease. The prevalence of RA is still underreported globally; data from Western countries showed that prevalence rates for white people ranged from 0.5 to 1%, while rates for black people saw similar ranges (0.6 to 0.9%). In rheumatoid arthritis, the ratio of women to men is 2:1 to 3:1. In comparison to dizygotic twins, monozygotic twins exhibit a high concordance rate of 12–15%. An autoimmune condition called rheumatoid arthritis causes

attacks by your body's immune system.

The autoimmune disease rheumatoid arthritis is characterized by an attack on the membrane lining the joints by the body's immune system. The immune system's motivation for doing this is not well known. It appears that a person's genetic makeup affects their likelihood of developing rheumatoid arthritis. There exist views regarding the role of specific viruses or bacteria in inducing autoimmune reactions. Smoking contributes to the onset of rheumatoid arthritis and may worsen the condition's progression. Other behavior-related risk factors are not known to exist.

PREVALENCE

Around 1% of adult Germans suffer from rheumatoid arthritis. People over 50 are typically the ones who develop it. Seldom does it start earlier in life, occasionally even in adolescence. Rheumatoid arthritis strikes women two to three times more frequently than it does men, and it usually strikes them 10 years sooner. In women as well, the condition is frequently more severe than in men.

RHEUMATOID ARTHRITIS DISEASE IN THE SIDDHA MEDICAL SYSTEM

Vatham, which governs bodily movement, was created beneath the abdomen and dispersed throughout the body. In *Yugi Vaidhiya Chinthamani*, *Saint Yugi* categorized Vatha illnesses, or neuromuscular skeletal ailments, into eighty different categories. The condition under vatha illness is called *Vatha Suronitham*.

Vatha Suronitham was divided into seven categories by Yugi.

1. Vatha suronitham
2. Uthira Vatha suronitham
3. Sithu Vatha suronitham
4. Vaigitha Vatha suronitham
5. Paithiya Vatha suronitham
6. Slethuma Vatha suronitham
7. Uthara Vatha suronitham

Uthira Vatha suronitham.,

“Vaikitamāyk kaṇaikkālu muḷaṅkāl tāṇum maṛkaṭāñ cantupura vaṭiyum vīṅkic
ceykitamāñ cīruviralkaḷ mikavum nontu
cintaitaṭu māriyē calippuṇ ṭākum
paikitamām payittiyat tillāta miñcip pāramāy
pāramāy urpavittu aḷaluṇ ṭākum
uykitamām acaṇatu tāṇum vēṇṭā
utiravātac curōṇitatti ṇuṇarcci ya”

Song No 319 Yugi Vaithiya Chinthamani

The primary cause of Uthira Vatha Suronitham is an increased likelihood of vatham and pitham. Siddhar Yugimuni, who is described in the song below, explains the clinical features of

Table 1. Symptomatic Comparison of Uthira Vatha suronitham and rheumatoid arthritis

S. No	Symptoms of Uthira Vatha suronitham	Symptoms for Rheumatoid Arthritis
1	Vaikitamāyk kaṇaikkālu muḷaṅkāl tāṇum maṛkaṭāñ cantupura vaṭiyum vīṅkic	swelling in the knee, ankle, and hand's minor joints. The proximal and distal interphalangeal joints' flexion and extension resemble the hands and necks of apes. Anomaly
2	ceykitamāñ cīruviralkaḷ mikavum nontu	Pain and soreness in the little joints, particularly the phalanges
3	cintaitaṭu māriyē calippuṇ ṭākum	Depression and apathy
4	paikitamām payittiyat tillāta miñcip pāramāy urpavittu	Inflammatory Signs (Elevated of Pitham), Pain and Restricted movements of the joints (Derangement of vatham)
5	aḷaluṇ ṭākum	Pyrexia
6	uykitamām acaṇatu tāṇum vēṇṭā	Loss of appetite

The Table 1 shows the Symptomatic Comparison of Uthira Vatha suronitham and rheumatoid arthritis

CASE REPORT:

A 57 years old female came to Ayothidoss pandithar hospital, National Institute of Siddha, OPD no:1, with the main complaints of pain in all minor, major joints, morning stiffness, swelling present in right knee joint, right wrist joint, difficulty to use all joint, constipation and loss of appetite. Patient was suffering from above symptoms for 9 months. Patient was admitted in Ayothidoss pandithar hospital. No any past surgical history noted by patient.

Name - Mrs. XXXX
Age /Sex - 57 Yrs / Female
Ip Number - 1370-19
Bed Number - Ls1 59
Op Number - L-49291
Date of Admission & Time - 1 /11 /2019, 11.45am
Department - Maruthuvam

HISTORY OF PAST ILLNESS:

- The patient is not K/C /O DM, HT, PTB, CA, BA, Epilepsy, CAD, Thyroid dysfunction

FAMILY HISTORY:

- Patient has no relevant family history.

MENSTRUAL HISTORY:

- Menopause attend before 3 years

HABIT:

- Diet - Mixed diet
- Bowel - Affected (Constipation)

- Bladder - Normal
- Sleep - Disturbed
- Appetite - Poor

ON EXAMINATION:

- Pain and restricted movement present in all minor and major joints.
- Swelling and warmth present in the left wrist joint and right knee joint.

PEECHU THERAPY (DOUCHE APPLICATION)

Peetchu is one of the external therapies in which herbal decoction or medicated oil are Allowed to pass gently through openings like anus or vagina.

Ariyavāta eṇṇeykaḷil amarātā kilatuvē yuṭkonṭu
uriya pura eṇṇeyiṇāl tāraiyeḷu nāḷi viṭṭaṇ
kariya vatti kaṭṭiṭuki lariya vātam viṭṭōṭum
periya cikiccai conṇōm nām pēṇiyarintu ceytiṭilē.
-Song No 240 Theraiyar vagadam

Vattikkop pillai varuttañ cekuttiṭu
muttamāt tīrvu utaranōy- mottamāyp
pōkkum malaṅkirumi pukkakumpi vāyuvaiyum
pōkkuṇ curamum pukaḷ.
-Song No 245, Theraiyar vagadam

REQUIREMENT OF PEECHU THERAPY:

- 50 ml of citramutti oil
- 100 ml of glycerin syringe
- Gloves

PROCEDURE OF PEECHU THERAPY:

- This therapy was given to the patients in early morning with empty stomach lying in left lateral position.
- Then 50ml of citramutti oil is loaded in 100 ml of glycerin syringe.
- Locate the anal region with your index finger and pour the oil slowly and carefully.
- Then ask the patient to be in the same posture for 30 minutes.
- Peechu therapy continues for 7 days.

PATTI KATTAL

- *Patti kattal* is the one of the external therapy in which medicated oils are soaked in the affected joints with the

help of gauze.

REQUIREMENT OF PATTI KATTAL THERAPY:

- Sufficient quantity of kunthirikkam oil
- Gauze
- Gloves

PROCEDURE OF PATTI KATTAL THERAPY:

- Patient advised to relax the joints.
- In the affected area the gauze is thickly wrapped.
- Pour the medicated oil over the gauze until it becomes wet.
- Patient advised to wait for 2 hours. Then the bandage was removed.

Table 2. PEETCHU PROCEDURE DONE FOR 7 DAYS

DATE	DAYS	PROCEDURE
3 /11 /2019	Day 1	<i>Peechu</i> procedure done
4 /11 /2019	Day 2	<i>Peechu</i> procedure done
5 /11 /2019	Day 3	<i>Peechu</i> procedure done
6 /11 /2019	Day 4	<i>Peechu</i> procedure done
7 /11 /2019	Day 5	<i>Peechu</i> procedure done
8 /11 /2019	Day 6	<i>Peechu</i> procedure done
9 /11 /2019	Day 7	<i>Peechu</i> procedure done

The table 2 shows the PEETCHU PROCEDURE DONE FOR 7 DAYS

Table 3. PATTIKATTAL PROCEDURE DONE FOR 7 DAYS

DATE	DAYS	PROCEDURE
3 /11 /2019	Day 1	Pattikattuthal procedure done on left knee joint
4 /11 /2019	Day 2	Pattikattuthal procedure done on left knee joint
5 /11 /2019	Day 3	Pattikattuthal procedure done on left knee joint
6 /11 /2019	Day 4	Pattikattuthal procedure done on left knee joint
7 /11 /2019	Day 5	Pattikattuthal procedure done on left knee joint
8 /11 /2019	Day 6	Pattikattuthal procedure done on left knee joint
9 /11 /2019	Day 7	Pattikattuthal procedure done on left knee joint

The table 3 shows the PATTIKATTAL PROCEDURE DONE FOR 7 DAYS

Table 4. VITAL SIGNS DURING TREATMENT PERIOD:

DAYS	BP	HR	PR	RR	TEMP.
Day 1	130 /80mmHg	76 /mint	75/mint	17 /mint	98.4°F
Day 2	120 /80 mmHg	75 /min	77 /min	18 /mint	97.6°F
Day 3	120 /80 mmHg	77/mint	79 /min	16 /mint	98.6°F
Day 4	110 /80 mmHg	78/mint	77/min	16 /min	97.5°F
Day 5	130 /80 mmHg	75 /mint	80 /min	17 /mint	98.6°F
Day 6	110 /90 mmHg	76/mint	77 /min	18 /mint	98.7°F
Day 7	120 /90 mmHg	79/mint	79 /min	16 /mint	98.6°F

The table 4 shows the VITAL SIGNS DURING TREATMENT PERIOD:

Table 5. RESULTS OF LAB INVESTIGATION

TEST	BEFORE	AFTER
Haemoglobin	10.5gm/dl	10.7 gm/dl
TWBC count	7,700cells/μl	7,600 cells / μl
DC	P -60%, L -36%, M -01%, E -03%, B -0%	P – 60%, L – 38%, M – 0%, E –2%, B -0%
Platelet Count	4.9 lakhs/μl	4.9 lakhs/μl

ESR	1 /2 Hr- 42, 1Hr - 60	1 /2 Hr-36, 1Hr - 54
TRBC count	4.5 millions/ μ l	4.5 millions/ μ l
ASO titer	Negative	Negative
RA factor	Positive	Positive
Anti CCP	Positive	Positive

The table 5 shows the RESULTS OF LAB INVESTIGATION

Table 6. Results of the Treatment

PAIN SCALE	BEFORE TREATMENT	AFTER TREATMENT
Joint distribution	5	1
Serology	2	2
Acute phase reactants	1	1

The table 6 shows the Results of the Treatment

DISCUSSION

In the course of treatment Peetchu patients relieve their symptoms from the 3rd day. The swelling in the left knee joint is significantly reduced from the 4th day of *Pattikattal* therapy. Appetite and sleep also get improved. Constipation is relieved. No irritable symptoms or adverse effects were arising during Peetchu therapy. Patient feels comfortable when stiffness is reduced. Swelling gradually reduced in left knee tenderness and warmth also reduced. In the end of the therapy swelling was well reduced and pain in minor joints was reduced.

CONCLUSION

In the current scenario pain management in rheumatoid arthritis is achieved by giving. Steroids and it has many side effects, steroid withdrawal symptoms etc., Hence pain management in rheumatoid arthritis is the very big challenge in this world, it can be achieved by non invasive therapy Peetchu and *Pattikattal* mentioned in detail by Saint Theraiyar in his theraiyar vagadam. Thus future studies have to be done to prove the therapeutic efficacy of Peetchu and *Pattikattal* in pain management.

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