



## REVIEW OF PUGAI (FUMIGATION) IN SIDDHA SYSTEM OF MEDICINE IN THE TREATMENT OF PEENESAM (SINUSITIS)

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### ABSTRACT

Each and every system of medicine has unique specialities. Traditional Siddha system of medicine is having Super Speciality such Pura Maruthuvam. Pura Maruthuvam is not only for Curing, diagnostic purpose and also to promotion of health. In 32 external therapies PUGAI (fumigation) denotes the artificial impregnation of the atmosphere with fumes/smokes of medicated substance like plant leaf, medicated wick, arsenic, sulphur etc. It is used for certain diseases like eye disease, Prevention of infection, Eczema, healing ulcer, respiratory illness, non healing ulcer etc. The Sinusitis is the condition in which cavities are inertial passage became inflamed. It is most common in India. More than 10 million people are affected per year in India.

Fumigation for Sinusitis describe in Siddha literature is very simple and very effective.

**KEYWORDS:** Ayush, Peenesam, Pugai, Siddha, Fumigation, Sinusitis.

### INTRODUCTION

Ancient Siddha system of medicine treating with Holistic approach. Our siddhars left their imprints not only in the medicine and also in therapies. Siddha system has 32 external therapies. Pugai (fumigation) is one of the External therapies. In modern term peenesam is compared with Sinusitis. It is defined as acute inflammatory of Para nasal sinus mucosa and almost associated with acute inflammation of nasal mucosa. Inadequate drainage of those sinuses owing to the position of the ostium which is situated near the roof of its wall. It is most common in India; more than 100 million peoples are affected per year. The most common Sinusitis is maxillary Sinusitis.

**Siddha aspect**

A health individual is defined to have a healthy balance between Dhosham (Vadham, Pitham and Kabam). Peenesam is a disease with elevated pitham with the combination of activity which increases Kabam, so that the treatment is to reduce the Pitham and Kabam. Pugai along with internal medicine is used to reduce and control the secretion of nasal pathway. Pugai is done, usually after vamanam and nasiyam.

**Pura Maruthuvam**

The Siddha system of medicine is a vast repository of external therapies particularly, administration of drugs through routes other than oral. Pura Maruthuvam is not only for curing and diagnostic purpose and also to promotion of health. These of some procedures used as regular frequency as daily regimen or seasonal regimen to maintain balance of *Dhosham*. In Siddha system has 32 categories of external therapies. Pugai(Fumigation) is one of the best therapy followed since many years among tamil tradition.

**Pugai (fumigation)**

Fumigation denotes the artificial impregnation of the atmosphere with the fumes or the smoke of any herbal or aromatic or Mercurial substance. The process of pugai is making a wick with medicated herbs for several times finely powdered materials with herbal juice, pasted in cloth roll as wick. The dried wick is burned in its tip and the fumes are inhaled or applied on the affected body parts. Nose inhalation of fume is used for sinusitis. Mouth inhalation of fumes is the treatment for throat infection. The cheroot of medicated leaf is used to treating respiratory illness.

**Contra indication**

The following conditions are contra indicated for Pugai(Fumigation)

- Kan noi(Eye diseases)
- Sira noi(Head diseases)
- Paandu(Anaemia)
- Mega noi(Venereal diseases)

Commonly used single herb for fumigation is on table 1

Table 1

S.NO	USED HERB	BOTANICAL NAME	ACTIVITY
1	Manjal	<i>Curcuma longa</i>	Anti-inflammatory, Anti bacterial
2	Milagu	<i>Piper nigrum</i>	Anti-asthmatic, Anti-inflammatory, anti oxidant
3	Kandankathiri	<i>Solanum xanthocarpum</i>	Anti-inflammatory, Anti asthmatic
4	Chukka	<i>Zingerber officinalae</i>	Anti-inflammatory, anti oxidant
5	Tipilli	<i>Piper longum</i>	Anti-inflammatory
6	Vaambu	<i>Azadirecta indica</i>	Anti bacterial, Anti-inflammatory
7	Oomathai poo	<i>Datura metal</i>	Anti microbial activity, Anti fungal

The main purpose of fumigation is infection control. It is a method by which medicine can be taken to the deeper organs by the process of respiration. Fumes not only inhaled, it also used in the treatment of chronic ulcer, fistula, ano-rectal diseases, carbuncles, non healing ulcer, lepromatous ulcer, certain skin diseases etc. Mercurial prepared fumigations are used in the treatment of haemorrhoids, fistula and vaginal cancer.

#### Some of prepared medicine for Pugai (Fumigation)

S No	Pugai Medication	Diseases
1	Agasthiyar kulambu	Moorchai(Faint)
2	Kuthirai kulambu	Epilepsy for children
3	Chukku thiri	Sinusitis
4	Agasthiyar kulambu	Nasi adaippu(Nasal block)
5	Sambirani pugai	Sinusitis
6	Virana doobam	Non healing ulcer

*Thiriyenna poovarasam vellarukin vaerum*

*Thiramana malaithanki kasthurimanjal*

*Uramana sirunagam vediuppum puzhum*

*Uthamanae pugaiylaichar vitu atti*

*Thiramaga seelaiylae purattikundu*

*Theerkamayanar koluthi nasikaetra*

*Paramna peenisamum puzhuvum kooda*

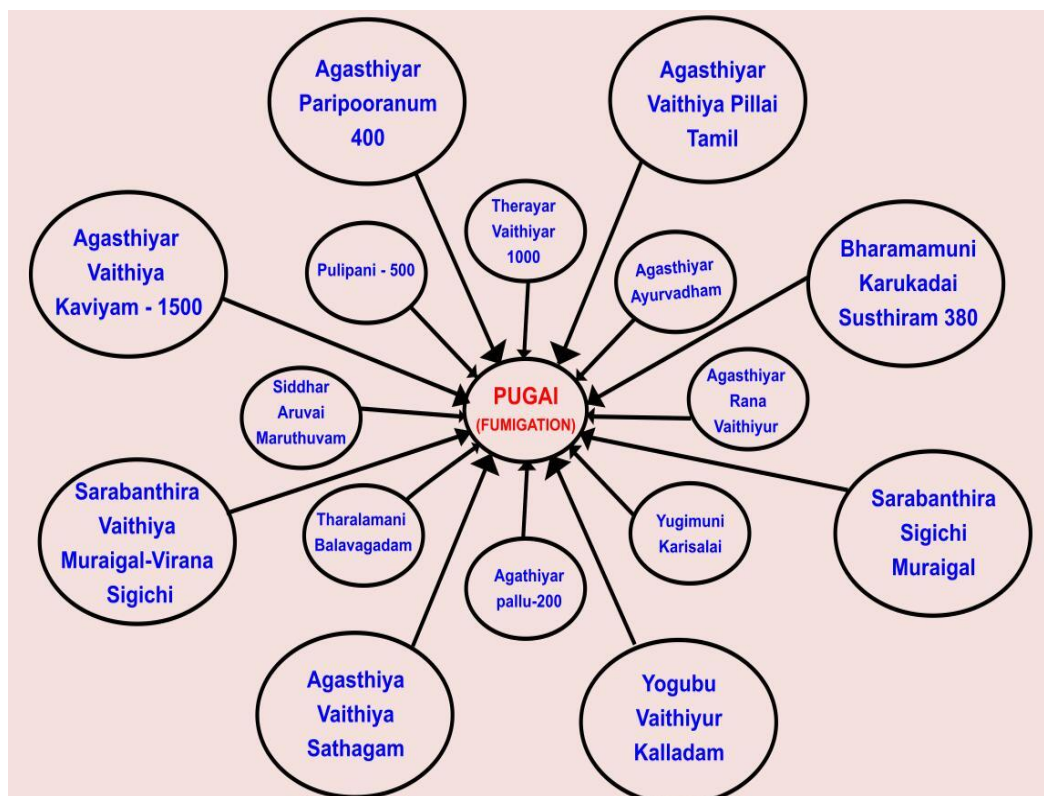
*Palaganae theernduvidum pagamlae*

-Agasthiyar Paripooranam-400(341).

The following materials are grained as fine power with the juice of *nicotiana tobacum*(pugaielai) and applied on a cloth, rolled into a wick and dried. Roots of *Thespesia*

*populnea(poovarasu)*, *calotropis procera(kasthuri manjal)*, *mesua ferrea(sirrunagapoo)* and *Pottasium nitrate(vediuppu)*. Burn the tip of wick, the fume is inhaled to relive sinusitis.

### Some of Siddha classical text book explore pugai for peenisam



Traditional Siddha classics have also described about the smoke pipe (sukkan and peerkankuzhal) and for certain diseases (ex-asthma). Apart from herbal materials, animal products including peacock feather snake slough, / dropping of elephant, horns, nails of certain animals are also used to the fumigation.

### CONCLUSION

This study aims to give salient features about pugai and its contribution in Siddha system medicine in the treatment of peenesam (sinusitis). Nowadays increasing prevalence of peenesam has created a need to identity and scientifically explores alternative traditional remedy. Pugai(Fumigation) is one among the specialties in our Siddha system, has many literary evidence which it's to be proceed for further more documentation and studies towards peenesam(sinusitis). Hope this article helps for further extension work and research on pugai.

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