



## Research Article

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### EFFECT OF OODHAL (BLOWING) IN IYYA MANTHAM (INDIGESTION): A CASE STUDY

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#### ABSTRACT

In Siddha system indigestion can be correlated with Iyya Mantham. In Iyya mantham due to aggravation of Kapha humour, ingested food does not get digested, remains in the stomach for long time causing abdominal distension, abdominal pain, dyspnoea, excessive salivation, polydipsia and restlessness. Indigested food remains in the stomach without being vomited or belched. Oodha (Blowing) is one of the treatment procedures which is comes under the 32 External therapies of Siddha system. Generally, Oodhal (Blowing) can be done in Ear, Nose and Eyes. In Siddha literature Oodhal (Blowing) is usually mentioned for Varma treatments. But this paper deals with the Traditional Oodhal (Blowing) procedure practiced in Theni district for Indigestion. Though there are many Shastric Medicines mentioned for Indigestion, Oodhal (Blowing) is a cost effective, different in approach and simple remedy that can be used in Clinical practices. It also gives immediate relief to the patient. This is a single case study which showed significant result in Indigestion. It can also be performed as a pre-treatment procedure while initiating other External therapies for various illnesses. So, it has to be extended further as a Clinical trial to create scientific evidence.

**Keywords:** Siddha, Oodhal (Blowing), External therapy, Iyya mantham, Indigestion.

#### INTRODUCTION

Siddha is the unique system of medicine practiced in the southern part of India especially Tamilnadu. Siddha System aims at reconciliation of the earthly and divine bodies, bringing into harmony the secular conduct and spiritual pursuit. It is a firm belief in Siddha system of medicine that without understanding the true knowledge of natural laws, everything will remain forever a system of theories, mere opinion and of passive observation and inactivity. According to Siddha system of medicine our body has several supports to the soul for the existence and sustenance of life. They are five elements (Pancha Boothas), Six Plexuses (Aaru Atharanga), Three Naadis, Three humours etc<sup>1</sup>.

Siddha medicines are classified into internal medicine and external medicine based on the route of administration. External medicine/ therapy is a feather in the crown of Siddha medicine. Though there are 32 external therapies mentioned in siddha literatures<sup>2</sup> not all therapies are practiced. Oodhal(Blowing) is one such external therapy which is very rarely practiced. Oodhal (Blowing) is a method of blowing chewed drugs into the orifices generally Ear, Eye and Nose<sup>3</sup>. It is usually performed by the Varmam practitioners for the management of Varma diseases<sup>4</sup>. Another important feature of this procedure is the safety and easiness by which it can be administered without any major side effects.

The word Mantham signifies the state of incomplete process of digestion on ingested food. The main reason for Mantham is the weakened digestive fire. Incomplete digestion due to weakened digestive fire leads to unprocessed state of food causing Mantham<sup>5</sup>. The digestive fire determines the quality of Saram formed. As it is a well-known fact that saram is subsequently converted to Seneer, Oon, Kozhupu, Enbu, Moolai, Sukkilam,

deterioration of saram will result in derangement of other udal thathus<sup>6</sup>. Thus, impaired digestion will result in disease of respective udal thathus. Based on the symptoms and etiological factors Mantham is classified into three types viz Iyya mantham, Kol mantham and Nanju mantham<sup>5</sup>. Generally, weakened digestive power is not taken seriously butas mentioned earlier hampered digestive power is the root cause of several diseases. So, it is necessary to treat indigestion.

#### Case Presentation

A 47 years old female attended the Varmam / Sirappu maruthuvam OPD, at Govt. Siddha Medical College Hospital, Palayamkottai - with the symptoms of lower abdominal pain, dyspnoea, polydipsia, restlessness, decreased appetite, unable to sit in upright position, pricking pain in the middle of the back. These symptoms were present for 3 weeks. The symptoms were intermittent in nature. The patient had familial history too. Patient mentioned it in colloquial terms as 'Vayu thollai', 'Moochu kuthu' etc. On examining the patient completely, it was concluded that patient suffers from indigestion (bloating in the abdomen) due to intake of heavy foods like Potato, Unripe Banana etc. Informed consent was taken from the patient

#### DIAGNOSIS

Based on Siddha diagnostic parameters patient was diagnosed as having Iyya mantham. The symptoms of Iyya mantham are aggravation of Kapha humour leading to indigestion of ingested food remaining in the stomach for long time causing abdominal distension, abdominal pain, dyspnoea, excessive salivation, polydipsia and restlessness. Indigested food remains in the stomach without being vomited or belched. So, it can be correlated with indigestion

## Treatment

The Traditional Oodhal (Blowing) Procedure practiced in Theni district, Tamil nadu is followed for the treatment of Iyya mantham.

## Precautions and Preparations

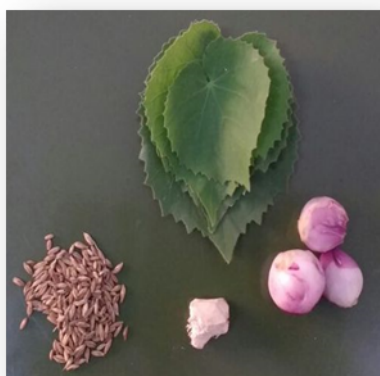
**Table 1: Precautions and preparations to be followed before performing Oodhal procedure**

For the patients	For the physicians
1. Ear-external auditory meatus of the patient was cleaned. 2. Patient was asked to sit in upright position facing eastward.	1. Doctors who have dental carries and any other infective illness of oral cavity should avoid doing the procedure by his own. 2. Mouth should be cleansed thoroughly with water. 3. Mouth wash prepared with the <i>Piper betle</i> leaf soaked in water can also be used. 4. Hand should be washed.

The below mentioned ingredients are chewed and blown in the ear. This Oodhal (Blowing) procedure is mainly practiced reliving Indigestion.

**Table 2: Ingredients used for Oodhal (Blowing)**

Ingredient	Part used	Requirement
<i>Cuminum cyminum</i>	Dried fruit	4 pinches
<i>Abutilon indicum</i>	Leaf	3 palm sized leaves
<i>Allium cepa</i>	Bulb	2 bulbs
<i>Zingiber officinale</i>	Dried Rhizome	5 grams



**Figure 1: Ingredients used**



**Figure 2: Method of Oodhal**

## Method of Oodhal (Blowing)

1. The purified fresh and raw drugs are chewed by the Physician.
2. Both the hands of the Physician are made like hallow tube (a special apparatus made by Copper may be used).
3. After chewing well, the Blowing is done into the patients Ear (only Air and not the saliva or the chewed things should be blown).
4. Blowing is continuously done 3 times on each ear alternatively.

## RESULT

The patient gets belching instantly and the symptoms are completely relived in three sittings (alternative days). The patient is advised to change their dietary habits, daily habits as per Siddha system.

## DISCUSSION

The drugs used are mainly carminative and so they tend to promote the appetite by pacifying the vitiated Kapha dosha. The

probable mode of action is that in the stomach, they may act as local irritants, dilating the vessels producing hyperemia, giving a feeling of well-being. At the same time, they may stimulate motor activity and cause expulsion of accumulated gases through belching.

## CONCLUSION

Though there are many Shastric medicines mentioned for indigestion, Oodhal (Blowing) is a cost effective, different in approach and simple remedy that can be used in Clinical practices. It gives miraculous relief to the patient, compared to available conventional treatment Oodhal (Blowing) proves to be excellent treatment. There was no recurrence during the follow up. It is one of the rarely practiced therapies which needs more focus. Oodhal (Blowing) can be done for other illnesses too. It is being practiced by traditional practitioners for other pathologies. This is a single case study which showed significant result in Indigestion. It can also be performed as a pre-treatment procedure while initiating other External therapies for various illnesses. So Oodhal (Blowing) will prove to be effective external therapy with high RCTs and large sample size.

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