

A Descriptive Exploration Of Varma Kizhi Ottral (Medicated Pouch Fomentation Therapy) And Its Therapeutic Relevance Across Southern Tamilnadu, India

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ABSTRACT:

Background: Varma Medicine has strong roots in Southern Tamilnadu, India. It is a specialized branch of siddha medicine system which encompasses unique internal medicines and external therapies. Medicated Pouch Fomentation Therapy (MPFT) is a type of external therapy in varma medicine. Based on the ingredients used it is classified as Ilaikizhi, Podikizhi, Thaniyakizhi, Mamisakizhi, Pazhakizhi, etc. **Aim:** To identify and document the different types of pouch fomentation practiced by traditional varma practitioners and siddha physicians in southern districts, Tamilnadu, India. **Methods:** Traditional varma practitioners and siddha physicians in southern districts of tamilnadu were selected by convenience sampling technique. Data were collected through semi structured questionnaire in a face to face manner. The study was conducted for a period of 4 months. **Result and discussion:** In this study, the documented components of pouch were given in tables that include respective botanical name, family name, recorded local name and their therapeutic purpose. The participants commonly preferred plant based ingredients. Likewise the commonly preferred oil was gingelly oil. **Conclusion:** The study has documented 48 pouches which they are further enclosed within ten types of pouch. The study has also documented components of pouch such as plants, metals, minerals and animal origin. The result of the study shows about the importance of pouch fomentation which is a simple and conventional therapy in the management of various ailments. This documentation will be beneficial to physicians for their external therapy procedures.

Key Words: Varma, kizhi ottral, medicated pouch, fomentation, siddha physicians.

INTRODUCTION:

Varma Medicine is the crown of siddha Medicine system. Varma means the science of bio energy. The life energy flows inside the body and drives the human body. These are the sources of the human body. If these affected, the functionality of the human body is affected. The aim of Varma Medicine to provide a healthy body condition by correcting physical body (Paru udal – Surya mandalam), Kundalini (Electro Magnetic power which induce 72000 channels - Nunnudal – Agni mandalam), Brain and nervous system (Karana udal- Chandra mandalam) through varma internal medicines and external therapies which aids to provide Prevention and relief from diseases, restoration of wellness and rejuvenation of body. In siddha system of medicine external therapies are 32 in types. Among that Pottanam or Kizhi (Pouch), Ottradam (Fomentation) are two individual types. But in practice we commonly use the term Kizhi Ottral (Medicated Pouch Fomentation Therapy) which is also called *Kizhi Oondral* in varma medicine. Kizhi is an ancient Tamil word. Pouch fomentation is a type of external therapy performed using small satchels containing herbal powder, fresh herbs, rice or sand and so on. Depending upon the types of material used kizhi is classified as Podikizhi, Elaikizhi, Navarakizhi, Pazhakizhi, Dhaniyakizhi, Mamisa kizhi, etc. The ingredients of pouch, herbalised oils are selected according to the type and course of ailments. It is

used to relieve pain, stiffness, numbness, to regulate blood flow, to stimulate appetite, to develop immune system, to strengthen the body, helps the body get rid of wastes & toxins thus leaving the body rejuvenated, improve the color and quality of the skin by adding shine and lustre.

AIM & OBJECTIVE:

To document the pouch fomentation methods practiced by traditional Varma Practitioners and siddha physicians in southern districts, Tamilnadu, India.

MATERIALS AND METHODS

During the study data were gathered through semi structured questionnaire with traditional varma practitioners and siddha physicians. Among 15 participants 5 were traditional varma practitioners and 10 participants were siddha physicians. Prior signed consent was obtained from each of the participants after the topic explanation and objectives of the study. The survey started with participants selected through convenience sampling in face to face manner. Among 15 participants 14 of them had above 20 years of experience in MPFT. Interviews were conducted in their clinic, hospitals, pharmacy. The information collected from the interviewees focused on the types of pouch used in various diseases, ingredients used in pouch, used parts of medicinal plants, treated conditions, method of preparation and application, oils and decoctions prefer for pouch fomentation, conditions to avoid fomentation.

RESULT

LIST OF THE INGREDIENTS AND METHOD OF PREPARATION USED IN VARIOUS TYPES OF KIZHI I] ILAIKIZHI

1) ADATHODAI KIZHI-I

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Justicia adhatoda</i>	Adathodai	Leaf	Take each handful leaves of first three ingredients and boil it. Add some amount of <i>Aloe vera</i> gel. Wrap it in a pouch and use it for fomentation.
2	<i>Vitex negundo</i>	Nochi	Leaf	
3	<i>Pergularia daemia</i>	Veliparuthi	Leaf	
4	<i>Aloe vera</i>	Katralai	Leaf	

2) ADATHODAI KIZHI- II

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Justicia adhatoda</i>	Adathodai	Leaf	Take each handful leaves and boiled it. Take the boiled leaves and make it as a pouch. Use it for fomentation.
2	<i>Vitex negundo</i>	Nochi	Leaf	
3	<i>Coleus aromaticus</i>	Karpooravalli	Leaf	
4	<i>Piper betle</i>	Vettilai	Leaf	
5	<i>Azadirachta indica</i>	Veppilai	Leaf	

3) NOCHI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Vitex negundo</i>	Nochi	Leaf	Take each handful leaves and boiled it. Take the boiled leaves and make it as a pouch. Use it for fomentation.
2	<i>Justicia adhatoda</i>	Adathodai	Leaf	

4) MUDAKKARUTHAN KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Cardiospermum halicacabum</i>	Mudakkarthan	Leaf	Take each handful leaves. Stir fry the leaves with gingelly oil and make it as a pouch. Use it for fomentation.
2	<i>Vitex negundo</i>	Nochi	Leaf	
3	<i>Clerodendrum phlomidis</i>	Thazhuthalai	Leaf	
4	Gingelly oil	Nallennai	-	

5) NATHAICHOORI KIZHI (Reference: Formulary Of Varma Medicine)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Spermacoce hispida</i>	Nathaichoori	Leaf	Take some amount of <i>nathaichoori</i> leaves. Saute it with gingelly oil. Wrap it in a pouch. Use it for fomentation.
2	Gingelly oil	Nallennai	-	

6) UMATHAI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Datura metal</i>	Umathai	Leaf	Take some amount of <i>datura</i> leaves. Stir fry the leaves with castor oil and make it as a pouch. Use it for fomentation.
2	Castor oil	Amanakkennai	-	

7) BRAHMI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Bacopia monnieri</i>	Brahmi	Leaf	Saute some amount of <i>brahmi</i> leaves with gingelly oil and make it as a pouch. Use it for fomentation.
2	Gingelly oil	Nallennai		

8) VATHANARAYANAN KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Delonix elata</i>	Vathanarayanan	Leaf	
2	<i>Datura metal</i>	Umathai	Leaf	

3	<i>Vitex negundo</i>	Nochi	Leaf	Take equal quantity of above all the ingredients. Make it as a pouch. Dip the pouch in heated neem oil. Use it for fomentation.
4	<i>Clerodendrum phlomidis</i>	Thazhuthalai	Leaf	
5	<i>Cardiospermum halicacabum</i>	Mudakkaruthan	Leaf	
6	<i>Pergularia daemia</i>	Veliparuthi	Leaf	
7	<i>Zingiber officinale</i>	Inji	Rhizome	
8	<i>Calotropis gigantea</i>	Erukku	Leaf	
9	<i>Cissus quadrangularis</i>	Pirandai	Leaf	
10	<i>Dodonaea viscosa</i>	Virali	Leaf	
11	<i>Moringa oleifera</i>	Murungai	Leaf	
12	<i>Allium sativum</i>	Poondur	Bulb	
13	Neem oil	Veppennai	-	

9) ERUKKILAI KIZHI- I

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Calotropis gigantea</i>	Erukku	Leaf	Take each handful leaves. Saute the leaves with castor oil. Make it as a pouch. Use it for fomentation.
2	<i>Vitex negundo</i>	Nochi	Leaf	
3	<i>Clerodendrum phlomidis</i>	Thazhuthalai	Leaf	
4	Castor oil	Amanakkennai	-	

10) ERUKKILAI KIZHI- II

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Calotropis gigantea</i>	Erukku	Leaf	Take some amount of <i>erukku</i> leaves and saute it with gingelly oil and make it as a pouch. Use it for fomentation.
2	Gingelly oil	Nallennai	-	

11) VATHAMADAKKI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Clerodendrum phlomidis</i>	Thazhuthalai	Leaf	Take equal quantity of all ingredients. Saute it with <i>vathakesari</i> oil. Make it as a pouch. Use it for fomentation.
2	<i>Calotropis gigantea</i>	Erukku	Leaf	
3	<i>Vitex negundo</i>	Nochi	Leaf	
4	<i>Azadirachta indica</i>	Vembu	Leaf	
5	<i>Cocos nucifera</i>	Thengai	Grated coconut	
6	Vathakesari oil	Vathakesari thylam	-	

12) MOOLA MULAI KIZHI- I (Reference: Sigitcha Rathna Deepam Part-II)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
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1	<i>Ricinus communis</i>	Amanakku	Leaf	Make a pouch with the dried powder of leaves (1/4) and grated coconut (3/4). Dip the pouch in heated vessel. Use it for fomentation.
2	<i>Cocos nucifera</i>	Thengai	Grated coconut	

13] MOOLA MULAI KIZHI- II (Reference: Sigitcha Rathna Deepam Part-II)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Punica granatum</i>	Madhulai	Tender leaf	Make a pouch with dried powder of all ingredients (equal quantity). Dip the pouch in the heated cow's ghee. Use it for fomentation.
2	<i>Cassia auriculata</i>	Avarai	Tender leaf	
3	<i>Phyllanthus multiflorus</i>	Neerpoola	Tender leaf	
4	<i>Pistia stratiotes</i>	Agayathamarai	Leaf	
5	Cow's ghee	Pasu Nei	-	

II) THANIYA KIZHI

1] ARISITHAVIDU KIZHI- I

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Oryza sativa</i>	Arisi thavidu	Rice bran	Dissolve the salt with water. Sprinkle the water on the rice bran and boil it. Wrap the boiled bran in a pouch. Use it for fomentation.
2	Sodium chloride (Common salt)	Uppu	-	

2) ARISI THAVIDU KIZHI- II

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Oryza sativa</i>	Arisi thavidu	Rice bran	Stir fry the rice bran and salt. Make it as a pouch. Use it for fomentation.
2	Sodium chloride (Common salt)	Uppu	-	

3] ARISI THAVIDU KIZHI - III

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Oryza sativa</i>	Arisi thavidu	Rice bran	Stir fry the rice bran and make it as a pouch. Use it for fomentation.

4) KOTHUMAI THAVIDU KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Triticum vulgare</i>	Kothumai	Wheat bran	Stir fry the wheat bran and make it as a pouch. Use it for fomentation.

5) UMI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
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1	<i>Oryza sativa</i>	Umi	Husk	Stir fry the husk and make it as a pouch. Use it for fomentation.
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6) NELSOTRU KIZHI (Rajaram's Varma Maruthuvam Serial-6)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Oryza sativa</i>	Nel	Seed	Leave cow's ghee in the hot boiled rice. Wrap it in a pouch. Use it for fomentation.
2	Cow's ghee	Pasunei	-	

7) NAVARAI KIZHI (Rajaram's Varma Maruthuvam Serial-6)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Oryza sativa</i>	Navarai arisi	Seed	Make <i>kurunthotti</i> decoction. Mix cow's milk with the decoction. Boil the <i>navarai</i> rice in it and strain. Wrap the boiled rice in a cloth. Dip the pouch in strain water which is used for fomentation.
2	<i>Sida cordifolia</i>	Kurunthotti	Root	
3	Cow's milk	Pasumpal	-	
4	Water	Thanneer	-	

8) KOLLU KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Dolichos biflorus</i>	Karuppu kollu	Seed	Make a decoction with <i>karuppu</i> kollu. Take some amount of grated coconut and make it as a pouch. Dip the pouch in decoction and use it for fomentation.
2	<i>Cocos nucifera</i>	Thengai	Grated coconut	

III) PAZHAKIZHI

1) ELUMICHAIPAZHA KIZHI (Rajaram's Varma Maruthuvam Serial-6)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Citrus limon</i>	Elumichai pazham	Fruit	Take half piece of lemon. Wrap it in a cloth to make a pouch. Dip the pouch in heated gingelly oil and use it for fomentation.
2	Gingelly oil	Nallennai	-	

2) NARANGA KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Citrus limon</i>	Elumichai pazham	Fruit	Take half piece of lemon and salt (required amount). Wrap it into a cloth. Use it for fomentation.
2	Sodium chloride (common salt)	Uppu	-	

IV) MANAL KIZHI

S.No	COMMON NAME	RECORDED LOCAL NAME	METHOD OF PREPARATION
1	Sodium chloride (Common Salt)	Uppu	Stir fry the salt and sand (required amount). Wrap it into a cloth. Use it for fomentation.
2	Sand	Manal	

V) KARKA KIZHI

1] SUKKU KARKA KIZHI-I

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Zingiber officinale</i>	Sukku	Rhizome	Make coarse form of first three ingredients. Wrap it into a cloth. Heat coconut oil in a vessel. Dip the pouch in the oil vessel till the water content is absorbed. Use it for fomentation.
2	<i>Moringa oieifera</i>	Murungai	Flower	
3	<i>Cocos nucifera</i>	Thengai	Grated coconut	
4	Coconut oil	Thengaiennai	-	

2] SUKKU KARKA KIZHI- II

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Zingiber officinale</i>	Sukku	Rhizome	Grind <i>sukku</i> with <i>veliparuthi</i> leaf juice and make it into a ball. Boil it in coconut oil. Wrap the boiled ball into a cloth. Use it for fomentation.
2	<i>Pergularia daemia</i>	Veliparuthi	Leaf	
3	Coconut oil	Thengaiennai	-	

3] ADATHODAI KARKA KIZHI- I

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Justicia adhatoda</i>	Adathodai	Leaf	Grind <i>adathodai</i> leaves and make it into a ball. Boil it in <i>murivennai</i> . Wrap the boiled ball into a cloth. Use it for fomentation.
2	-	Murivennai	-	

4] ADATHODAI KARKA KIZHI- II

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Justicia adhatoda</i>	Adathodai	Leaf	Grind <i>adathodai</i> leaves make it into a ball. Boil it in <i>kayathirumeni ennai</i> . Wrap the boiled ball into a cloth. Use it for fomentation.
2	-	Kayathirumeni ennai	-	

VI) PODI KIZHI

1] PULIYAMVITHAI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Tamarindus indica</i>	Puliyamvithai	Seeds	Make a fine powder of tamarind seeds. Stir fry the powder. Wrap it into a cloth. Use it for fomentation.

2] AKKINI KIZHI (Rajaram's Varma Maruthuvam Serial-6)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Plumbago zeylanica</i>	Kodiveli	Root	Take each 60 gm of first 5 ingredients, 120 gm of <i>manjal</i> , each 30 gm of raw drugs in no 7-9 and 13, 14 and each 15 gm of raw drugs in no 9-12, each 360 ml of both oils. Make coarse form of all raw drugs. Wrap it into a cloth. Dip the pouch in heated oil. Use it for fomentation.
2	<i>Crataeva magna</i>	Mavilingam	Bark	
3	<i>Azadirachta indica</i>	Vembu	Bark	
4	<i>Strychnos nux vomica</i>	Etti	Bark	
5	<i>Clerodendrum phlomidis</i>	Thazuthalai	Root	
6	<i>Curcuma longa</i>	Manjal	Rhizome	
7	<i>Piper nigrum</i>	Milagu	Fruit	
8	<i>Shorea robusta</i>	Kungiliyam	Resin	
9	<i>Calotropis gigantean</i>	Erukku	Root bark	
10	<i>Cedrus deodara</i>	Devadarum	Wood	
11	<i>Sterculia foetida</i>	Boothakarappan	Bark	
12	<i>Aloe vera</i>	Katralai	Root	
13	<i>Brassica nigra</i>	Kadugu	Seed	
14	<i>Barringtonia acutangula</i>	Kadalpazham	Leaf	
15	<i>Neem oil</i>	Veppennai	-	
16	<i>Castor oil</i>	Amanakkennai	-	

3] VATHA PODI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Andrographis paniculata</i>	Nilavembu	Leaf	Take equal quantity of raw drugs in no 1-7. Make fine powder of all ingredients. Wrap it into a cloth. Heat gingelly oil in a vessel and dip the pouch in it. Use it for fomentation.
2	<i>Acorus calamus</i>	Vasambu	Rhizome	
3	<i>Alpinia officinarum</i>	Chitrarathai	Rhizome	
4	<i>Cedrus deodara</i>	Devadaru	Wood	
5	<i>Aquilaria agallocha</i>	Agil	Wood	
6	<i>Lannea coromandelica</i>	Odhimaram	Bark	
7	<i>Plumbago zeylanica</i>	Kodiveli	Root	
8	Gingelly oil	Nallennai	-	

4] AMUKKARA KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Withania somnifera</i>	Amukkara	Root	

2	<i>Delonix elata</i>	Vathanarayanan	Leaf	Take equal quantity of all ingredients and make it into fine powder. Wrap it in to a cloth. Dip the pouch in the heated vessel. Use it for fomentation.
3	<i>Vitex negundo</i>	Nochi	Bark	
4	<i>Clerodendrum phlomidis</i>	Thazhuthalai	Root	
5	<i>Alpinia officinarum</i>	Chitrarathai	Rhizome	
6	<i>Morinda tinctoria</i>	Manjanathi	Leaf	

VII) MAMISA KIZHI

1) ONAN MAMISA KIZHI

S.No	BOTANICAL/ ZOOLOGICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Calotes versicolor</i>	Onan	Flesh	Take some amount of garden lizard flesh, grated coconut, chopped small onions. Dip the pouch in heated neem oil. Use it for fomentation.
2	<i>Cocos nucifera</i>	Thengai	Grated coconut	
3	<i>Allium cepa</i>	Vengayam	Bulb	
4	Neem oil	Veppennai	-	

2) PANCHAMAMISA KIZHI

S.No	ZOOLOGICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Capra aegagrus hircus</i>	Aadu	Flesh	Take each 30 gm flesh of goat, hen, quail, cow and dog. Wrap it into a cloth. Put the pouch in water and boil it. Make it as a soup. Dip the pouch in the soup. Use it for fomentation.
2	<i>Bos Taurus</i>	Maadu	Flesh	
3	<i>Gallus gallus domesticus</i>	Kozhi	Flesh	
4	<i>Canis lupus familiaris</i>	Naai	Flesh	
5	<i>Synoicus ypsilophorus</i>	Kaadai	Flesh	

VIII) KAL KIZHI

1) VELLAIKAL KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Garcinia xanthochymus</i>	Pachilai	Leaf	Take some amount of <i>pachilai</i> and <i>vellaikal</i> . Make it into a pouch and boil them. Use it for fomentation.
2	White rock stone	Vellaikal	-	

2) VATHA KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Calotropis gigantea</i>	Erukku	Flower	

2	<i>Cocos nucifera</i>	Thengai	Grated coconut	Make a pouch of above ingredients (each a handful). Dip the pouch in heated medicated oil. Use it for fomentation.
3	<i>Vitex negundo</i>	Nochi	Flower	
4	<i>Euphorbia ligularia</i>	Erumai nakku kalli	Leaf	
5	White rock stone	Vellaikal	-	

3] KARUNGAL PARAI KIZHI

S.NO	COMMON NAME	RECORDED LOCAL NAME	METHOD OF PREPARATION
1	Black granite dust	Karungal parai	Make a pouch of black granite dust. Dip the pouch in heated vessel. Use it for fomentation.

IX) KALAPPU KIZHI

1] VELIPARUTHI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Pergularia daemia</i>	Veliparuthi	Leaf	Mix rice flour with <i>veliparuthi</i> leaf juice and make it into balls. Make it as a pouch. Use it for fomentation.
2	<i>Oryza sativa</i>	Pacharisi	Seed	

2] MUTTAI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Citrus limon</i>	Elumichai pazham	Fruit	Make two halves of lemon and boiled the egg. Wrap them into a cloth. Dip the pouch in heated gingelly oil. Use it for fomentation.
2	Hen's egg	Kozhi muttai	-	
3	Gingelly oil	Nallennai	-	

3] ELUMICHAİ PAZHA KIZHI- III

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Citrus limon</i>	Elumichai pazham	Fruit	Saute the leaves of <i>erukku</i> with gingelly oil. Add half piece of lemon. Wrap it into a cloth. Use it for fomentation.
2	<i>Calotropis gigantea</i>	Erukku	Leaf	
3	Gingelly oil	Nallennai	-	

4] ELUMICHAİ PAZHA KIZHI-IV (Reference: Bogar 700)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Citrus limon</i>	Elumichai pazham	Fruit	Slit the lemon into four sides. Fill it with iron powder. Wrap it into a cloth and heat it in the vessel. Use it for fomentation.
2	Iron oxide powder	Ayapodi	-	

5] SANNI KIZHI (Reference: Bogar 700)

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Vitex negundo</i> (white variety)	Vennochi	Leaf	Take each 7.69% of raw drug in 1-11. Make a pouch with dried powder of the ingredients. Dip the pouch in the heated neem oil. Use it for fomentation.
2	<i>Moringa oleifera</i>	Murungai	Bark, Flower	
3	<i>Tinospora cordifolia</i>	Seenthil	Leaf	
4	<i>Carum copticum</i>	Omam	Fruit	
5	<i>Nigella sativa</i>	Karunjeeragam	Seed	
6	<i>Azadirachta indica</i>	Vembu	Seed	
7	<i>Crataeva magna</i>	Mavilingam	Bark	
8	<i>Allium sativum</i>	Vellai poondu	Bulb	
9	<i>Strychnos potatorum</i>	Thetran vithai	Seed	
10	<i>Acorus calamus</i>	Vasambu	Rhizome	
11	Ammonium chloride	Navacharam	-	
12	Neem oil	Veppennai	-	

X] OTHER KIZHI VARIETIES

1] AMANAKKU KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Ricinus communis</i>	Amanakku vithai	Seeds	Peel the skin of <i>amanakku</i> seeds. Wrap it into a cloth and dip the pouch in a heated vessel. Use it for fomentation.

2] SAMBAL KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Achyranthes aspera</i>	Nayuruvi	Whole plant	Stir fry the ashes of cow dung and <i>nayuruvi</i> . Wrap it into a cloth. Use it for fomentation.
2	Cow's dung	Mattu sanam	-	

3] SANA KIZHI

S.No	COMMON NAME	RECORDED LOCAL NAME	METHOD OF PREPARATION
1	Cow's dung	Mattu sanam	Make a pouch of fresh cow dung. Dip the pouch in a heated vessel. Use it for fomentation.

4) PURA ECHA KIZHI

S.No	ZOOLOGICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Columbia livia domestica</i>	Pura	Dropping	Make a pouch with dropping of dove. Dip the pouch in a heated vessel. Use it for fomentation.

5) PIRANDAI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Cissus quadrangularis</i>	Pirandai	Stem	Saute <i>pirandai</i> stem in gingelly oil. Wrap it into a cloth. Use it for fomentation.
2	Gingelly oil	Nallennai	-	

6) INJI KIZHI

S.No	BOTANICAL NAME	RECORDED LOCAL NAME	PART USED	METHOD OF PREPARATION
1	<i>Zingiber officinale</i> (Green ginger)	Ingi	Rhizome	Make a pouch with sliced pieces of ginger. Boil it with water till the water turn golden color. Use it for fomentation.

THERAPEUTIC USAGE OF MEDICATED POUCH FOMENTATION THERAPY

S.No	CONDITION	NAME OF THE KIZHI
1.	PERUMOOTUVATHAM- AZHALKEELVAYU (OSTEOARTHRITIS)	vatha kizhi, vathapodi kizhi, Amukkara kizhi Akkini kizhi, Adathodai kizhi-II, Erukkilai kizhi -I, Adathodaikarka kizhi-II, Sukkukarka kizhi-II, Sambal kizhi, Muttai kizhi, Vellaikal kizhi, Vathamadakki kizhi, Kothumaithavidu kizhi, Navarai kizhi, Umi kizhi, Naranga kizhi, Ingi kizhi
2.	UTHIRA VATHASURONITHAM (RHEUMATOID ARTHRITIS)	Puraecha kizhi, Amanakku kizhi, Vatha kizhi, Amukkara kizhi, Vathapodi kizhi, Elumichaipazha kizhi-I, Sukkukarka kizhi-II, Navarai kizhi, Ingi kizhi
3.	NARAMBU ISANGAL- THAMARUM VALI (CONTUSION WITH PAIN) & ADIPATTA VEEKAM (TRAUMATIC SWELLING)	Adathodai kizhi-III, Arisithavidu kizhi-III, Brahmi kizhi, Umathai kizhi, Akkini kizhi, Vatha kizhi, Veliparuthi kizhi, Sana kizhi, Sukkukarka kizhi-I, Manal kizhi, Elumichaipazha kizhi-I, Nathaichoori kizhi
4.	PIDARIVATHAM- SAGANAVATHAM (CERVICAL SPONDYLOSIS)	Amukkara kizhi, Akkini kizhi, Adathodai kizhi-I, Adathodaikarka kizhi-II, Erukkilai kizhi-I, Vathanarayanan kizhi, Vellaikal kizhi
5.	KORAI VATHAM- THANDAVAYU (LUMBAR SPONDYLOSIS)	Amukkara kizhi, Akkini kizhi, Erukkilai kizhi-I, Kothumaithavidu kizhi, Naranga kizhi, Sukkukarka kizhi-II, Vathanarayanan kizhi, Vellaikal kizhi

6.	VATHASTHABAM (SCIATICA)	Adathodaikarka kizhi-I, Erukilai kizhi-I, Vellaikal kizhi
7.	IDUPPU VALI (LOW BACK ACHE)	Adathodai kizhi-II, Karungal parai kizhi, Muttai kizhi, Onan mamisa kizhi, Sambal kizhi, Umi kizhi, Vatha kizhi, Vathapodi kizhi, Vathanarayanan kizhi, Ingi kizhi
8.	KUMBAVATHAM (FROZEN SHOULDER)	Adathodaikarka kizhi-II, Akkini kizhi, Erukilai kizhi-I, Vellaikal kizhi, Ingi kizhi
9.	PATHA ULLADI VATHAM (PLANTAR FASCIITIS)	Arisithavidu kizhi-II, Elumichaipazha kizhi-III, Erukilai kizhi-II, Vellaikal kizhi, Ingi kizhi
10.	KUTHIKAL THASAINAN AZHARCHI - KUTHIKALVATHAM (ACHILLES TENDINITIS)	Akkini kizhi, Mudakkaruthan kizhi, Ingi kizhi
11.	NANURAIPAI AZHARCHI (BURSITIS)	Akkini kizhi, Elumichaipazha kizhi-I
12.	IRAIPPIRUMAL (ASTHMA)	Amanakku kizhi, Arisithavidu kizhi-I
13.	KASAM (COMMON COLD)	Arisithavidu kizhi-III, Nochi kizhi
14.	NATTELLU PITHUKKAM (DISC BULGE)	Adathodaikarka kizhi-I, Onan mamisa kizhi
15.	MANIKKUGAI KURIGUNA THOGUPPU (CARPAL TUNNEL SYNDROME)	Akkini kizhi, Vathapodi kizhi
16.	PURAMUNDU MUNAI AZHARCHI (TENNIS ELBOW)	Akkini kizhi, Sukkukarka kizhi-II
17.	KOCHAL (SPASM/CRAMPS)	Pancha mamisa kizhi, Navarai kizhi
18.	KOLUTHU-PISAGU (HOOKING PAIN)	Vathamadakki kizhi, Umi kizhi, Ingi kizhi
19.	KALLADAIPPU (URETERIC CALCULI)	Amanakku kizhi, Ingi kizhi
20.	ASANAVEDIPPU (ANAL FISSURE)	Amanakku kizhi
21.	KIRUMIKANTHA THALAI NOKKADU (MASTOIDITIS)	Amanakku kizhi
22.	SURYAVARTHAM & CHANTHIRAVARTHAM (ORBITAL & CLUSTER HEADACHE)	Elumichaipazha kizhi-IV
23.	MOOLA NOI (PILES)	Moolamulai kizhi-I, Moolamulai kizhi-II
24.	POUTHIRAM (FISTULA IN ANO)	Moolamulai kizhi-I, Moolamulai kizhi-II
25.	PEENISAM (ACUTE SINUSITIS)	Amanakku kizhi
26.	SANNI (DELIRIUM)	Sanni kizhi

27.	MUGAVATHA SANNI (TRIGEMINAL NEURALGIA)	Pirandai kizhi
28.	SAITHIYA KATTI (ACUTE TONSILITIS)	Sanni kizhi
29.	NEERIZHIVU PILAVAI (DIABETIC CARBUNCLE)	Moolamulai kizhi-I, Moolamulai kizhi-II
30.	VIPPURUTHI (GLUTEAL ABSCESS)	Moolamulai kizhi-I, Moolamulaikizhi-II
31.	ANDAVEEKAM (HYDROCELE)	Kollu kizhi
32.	SIRUNEERAGA AZHARCHI (NEPHROTIC SYNDROME)	Ingi kizhi
33.	BAKER NEERKATTI (BAKER'S CYST)	Kollu kizhi
34.	MUGAVATHAM (FACIAL PARALYSIS)	Puliyamvithai kizhi
35.	NAADIPUN (ARTERIAL ULCER)	Amanakku kizhi
36.	AARAPUN (CHRONIC NON HEALING ULCER)	Amanakku kizhi
37.	SATHAI ADAIPPU (STRICTURE URETHRA)	Amanakku kizhi
38.	SINAIPPAI NEERKATTI (PCOD)	Kollu kizhi
39.	MOOTHIRAPAI THABITHAM (CYSTITIS)	Amanakku kizhi

OILS USED FOR MPFT

The various oils used for pouch fomentation by participants are listed below

Gingelly oil	Neem oil	Castor oil
Coconut oil	Murivennai	Kayathirumeni oil
Mudavasavennai	Vasavennai	Ulundhu thylam
Mahanarayana thylam	Kayasavangam oil	Karunchoorathi thylam
Pakkavatha thylam	Pinda thylam	Vishamushti thylam
Odivumurivu ennai	Vathavarma thylam	Varma thylam
Thirumeni thylam	Rajasavanga kayathirumeni thylam	Mukkootu ennai
Chitramutti thylam	Karpoorathi thylam	Thali ennai
Narayana thylam	Vathakesari thylam	Kanchirapazha thylam
Pirandai thylam	Savanga thylam	Devadhoopa thylam
Sathapoo thylam	Vathakodali thylam	Vathasanjeevi thylam

Oils used for pouch fomentation based on the patient condition, availability of the oil, etc. Among 15 participants 40% (6) of them are using their own preparation and they are not willing to reveal the preparation except pakkavathathylam. 60% (9) of them purchase selected proprietary medicines from GMP certified pharmaceuticals.

DECOCTIONS USED FOR MPFT

1. *Dasamoola kasayam*
2. *Karuppu kollu kasayam*
3. *Kurunthottipal kasayam*
4. *Pancha mamisa kasayam*

DISCUSSION

The study was conducted among 5 traditional varma practitioners and 10 siddha physicians who are practicing MPFT in southern districts, Tamilnadu. Traditional varma practitioners belong to traditional *vaidyar* family who had gained their traditional knowledge from their ancestors and other asans. out of 10 siddha physicians, 1 participant was traditional varma practitioner too. All of them were in practice from a minimum of 3 years to maximum of 50 years. Although they are using plants, metals, minerals and animal origin as their components of pouch, they commonly prefer herbals based. The therapy was mostly done in the morning. Mostly the treatment procedure was followed for a period of 5 days, 10 days, alternate days and also daily until the diseased condition is relieved. The duration of the therapy varied between 15 minutes to 1 hour. The post therapeutic medical advices were given by most of the participants. The prognosis of the conditions reported by the participants was usually good. Most of the participants avoid pouch fomentation in skin diseases and infectious conditions.

CONCLUSION

This study has documented 48 pouch which belongs to ten types, 81 medicinal plants, 5 *thatthu* (metals and minerals) and 8 *jeevam* (animal origin) used by participants for MPFT. Even today the traditional practitioners are not fully disclosing their knowledge. This has made the dissemination of knowledge difficult. The result of the study shows about the importance of MPFT such as it provides symptomatic relief, reduces the severity of the condition and usage of internal medicines which induce psychosomatic stress. In the current era of newly emerging illness, pain management needs multimodality of therapies. *Kizhi ottral* (MPFT) is the simple and conventional therapy in pain management. Now a days we can also use the already prepared *podikizhi* (powder pouch) varieties which will be less time consuming for both patients and physicians. This documentation will be beneficial to all physicians for their external therapy procedures.

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