

# A Review on Medication For "Kanakadi" (Urticaria) In Classical Literatures.

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**Abstract-** Siddha System of Medicine is a unique system which has been flourished with a wide range of treatment and medication methods and provide definite cure to vast number of diseases. In the Siddha System, the Siddhars have provided us with knowledge in the field of toxicology as such how the toxin affects the human body and also provided the treatment and cure to a wide range of toxins ranging from plant biotoxins to animal biotoxins in the literature. Urticaria also known as hives is a dermal Vascular reaction of the skin characterized by the appearance of usually Pruritic Wheals, elevated(oedematous), pale or erythematous, transient, and evanescent plaque lesion due to dermal oedema due to multiple factors. These lesions usually do not stay beyond 24 hours. In Siddha text, 'Siddha Maruthuvam Sirappu' the symptoms of kannakadi are itching, wheal formation, erythematous localized swelling of the skin which is correlated in modern medicine as Urticaria. The review showed that there is various clinical manifestation of kanakadi found in Siddha Literature. The most common symptoms are itching, wheal formation, erythematous localized swelling of skin. The symptoms of kanakadi found in siddha text, which is correlated in modern medicine as urticaria. The most used plants are *Coleus aromaticus*, *Acalypha indica*, *Zingiber officinale*, *Piper nigrum*, *Indigofera tinctoria*, *Cynodan dactylon*, *Eletaria cardamonum*, *Aconitum napellus*, *Smilax chinna*, *Gymnema sylvestre*, *Aristolochia indica*, *Clerodendrum inerme*, *Syzygium aromaticum*. This Review Study stated that Siddha Classical literatures had a wide collection of medicines ranging from Herbal, Herbo-mineral, metallic drugs to treat kanakadi (Urticaria).

**Key words.** kanakadi, Nanju Maruthuvam, Sidhha medicine, Treatment.

## INTRODUCTION.

Siddha System of Medicine is a unique system which has been flourished with a wide range of treatment and medication methods and provide definite cure to vast number of diseases. In the Siddha System, the Siddhars have provided us with knowledge in the field of toxicology as such how the toxin affect the human body and also provided the treatment and cure to a wide range of toxins ranging from plant biotoxins to animal biotoxins in the literature. [1] Around 15\_20% of people have Urticaria at least once during their lifetime. Though no age is bar for urticaria and/or angioedema, urticaria is seen most commonly after adolescence. The highest incidence of urticaria is seen in young adults. Worldwide it occurs in 0.1\_3% of Population. Women are twice commonly affected compared to men. [19] Urticaria also known as hives is a dermal Vascular reaction of the skin characterized by the appearance of usually Pruritic Wheals, elevated(edematous), pale or erythematous,transient, and evanescent plaque lesion due to dermal edema due to multiple factors. These lessions usually do not stay beyond 24 hours.. Around a quarter of people with acute urticaria and half a people with chronic urticaria also develops angioedema (which is a deeper swelling of tissues), anaphylactic allergic and impacted negatively with person`s mood and quality of life. [7] In Siddha text, 'Siddha Maruthuvam Sirappu' the symptoms of kannakadi are itching, wheal formation, erythematous localized swelling of the skin which is correlated in modern medicine as Urticaria.[17] Based upon duration and occurrence of symptoms urticaria is classified into Acute and Chronic Idiopathic Urticaria(CIU). The pathogenic Mechanism is clearly understood with the central role of histamine release and the mast cell degranulation, the main triggering factors responsible for the sequence of clinical events occurring in urticaria.

## SYNONYMS OF காணாக்கடி.(T.V. Sambasivam pillai Tamil-English Dictionary)

1. இன்னதென்று விளங்காத கடி - the bite of the unknown creature.
2. காணாது விஷந்தீண்டல்/சில்விஷக்கடி -poisonous bite of which is not aware.
3. காணாக்கடி சொறி - பூச்சிக்கடியினால் உண்டாகும் சொறி (Itching due to poisonous bites.)
4. காணாக்கடி விஷம் - சில்விஷம் (The poisonous effects of an unknown insect or creature.)[3]

## TYPES OF URTICARIA.

There are five types of Urticaria .

### 1. Physical urticaria

urticarial attacks are brief lasting for 30-60 minutes, which includes the following subtypes,

(a)*Dermographism* (write-on-skin)-stroking the skin with blunt metallic. instrument results in an exaggerated triple response.

(b)*Pressure urticaria* -pressure under tight clothing, on the hands after manual work, on the buttocks and lower back after sitting, and on the feet after walking.

(c)*Cholinergic urticaria*- decrease in core body temperature (small, intense pruritic papules). Itching wheals appear within minutes of exertion, in hot climates or after emotional disturbances or even after eating spicy food.

(d) *Cold urticaria*-due to cold air or water.

(e) *Heat urticaria*-due to heated object.

(f) *Solar urticaria*-due to sun exposure.

(g) *Exercise induced* due to exercise.

(h) *Aquagenic pruritus/urticaria* due to contact with water

(i) *Vibratory angioedema*- due to handling vibratory instruments, rubbing the towel across the back produces lesions.

**2.Contact urticaria**-On coming in contact with potato, onion, nitrogen mustard, etc. develops urticaria at the site of contact.

**3.Papular urticaria**-It is characterized by pruritic urticarial papules (3-10 mm) that result from hypersensitivity reaction to mosquito bites, fleas, or bed bugs bites. This condition commonly occurs in children and lesions tend to appear in groups on exposed areas such as extensor aspects of the extremities.

**4.Autoimmune urticaria**-Some patients of chronic urticaria have various autoantibodies such as IgE and anti- FcRI antibodies, which lead to histamine release and wheals. These cases are labelled as having autoimmune urticaria. They are diagnosed utilizing autologous serum skin test. Rule out underlying collagen vascular disorders, malignancy, or any psycho genic cause. The association between thyroid autoantibodies and urticaria has been suggested by many authors.

**5. Idiopathic:** No cause found.[19]

## MEDICINES FOR KANAKADI(URTICARIA).

### Siddha Pharmacology- Gunapadam.

There are some plants and minerals explained in Gunapadam for urticarial treatment i.e., given below.

### GUNAPADAM MOOLIGAI[6]

#### Medicinal Plants.

- Vetrillai(*Piper bettle*).
- Thel kodukku/Thek kadai(*Heliotropium indicum*)
- Thumbai(*Leucas aspera*).
- Sirusini(*Acalypha fruticosa*)
- Sirukurinchan(*Gymnema sylvestri*)
- Kudiottu poondu(*Argemone Mexicana*).
- Kuppaimeni(*Acalypha indica*)
- Manjal(*Curcuma longa*).

### GUNAPADAM THATHU JEEVAM PART II.[7]

- Sangu(*Conch shell*).

### PHARMACOPOEIA OF HOSPITAL OF INDIAN MEDICINE.[20]

- ✓ **sivanar amirtham,**

Dosage:1/2 to 1 gram with honey twice a day.

- ✓ **sanjeevi mathirai**

Dosage: 1 to 2 pills with lime juice.

- ✓ **Vida kuzhambu.**

Dosage: 1 to 2 grains as often as required.

### ADDITIONAL PHARMACOPOEIA [13]

- ✓ **Parangipattai Kudineer**

Dosage:30 ml. to 60 ml. Three times a day.

- ✓ **Arugan kattai kudineer**

Ingredients: Aruganpul (*Cynodon dactylon*, Milagu (*Piper nigrum*)

Method. Purify the items and make it into a coarse powder individually and mix. Prepare the decoction by adding eight times of water and reducing it into 1/8. Filter and keep it for use.

Dosage:30ml to 60ml.three times a day.

### AGASTHIYAR VAITHIYA SUTHIRAM 650[10]

- ✓ **Vanga parpam.**

Dosage: pana edai (488 mg) with thiripala chooranam and honey

### PULIPANI VAITHIYAM 500.[2]

❖ Grind the sirukurinchan root (*Gymnema sylvestri*) with hot water and take internally for three days (twice in a day).

**Pathiyam.** Should be advised and maintain the Pathiyam for next three days,then on the 7day take oil bath.

### AGASTHIYAR VAITHIYA RATHINA SURUKAM.[9]

- ✓ **Elathy chooranam.**

Dosage: verukad(1.35g).

### PHARMACY AND PHARMACEUTICALS OF SIDDHA MEDICINE.[12]

- ✓ **palagarai parpam.**

**Dosage:**50 -100 mg twice daily with lime juice.

### SIDDHA VAITHIYA THIRATTU [8]

INTERNAL MEDICINE

✓ **Raasaboobathi mathirai.**

Dosage: Milagu alavu or ulunthu alavu.

Pathiyam: Avoid sesame seed, mustard seed, tamarind, bitter taste foods and meat.

✓ **Elathi chooranam.**

Dosage: Verukadi alavu(1.35g).

EXTERNAL MEDICINE.

✓ Kowshigar kuzhambu-apply at the site of the bite.

### ATHMARASHAMIRTHAM ENNUM VAITHIYA SARASANGIRAGAM[4]

✓ **Milagu ilagam**

Dosage. kottai pakku alavu(6.02g)

✓ **Oma ilagam(p-446)**

Dosage: kazhanju alavu(5.10g)

✓ **Avuri nei(p-563)**

Dosage: oru karandi alavu(240ml).

✓ Root of punnai (*Pongamia pinnata*) mixed with milk and take internally.

✓ Root of sivan vembu (*Indigofera aspalathoides*) mixed with milk and taken internally.

✓ Root of poovarasu (*Thespesia polpulnea*) mixed with milk and taken internally.

### SIDDHA SYSTEM OF TOXICOLOGY.[18]

INTERNAL MEDICINE.

❖ Bring the thick leaf of karpooravalli (*Coleus aromaticus*) and crush them to collect juice the patient may be given 50ml juice at the time.four times a day.

EXTERNAL MEDICINE.

❖ Make a paste of kuppaimeni (*Acalypha indica*) with common salt and apply it at the site of bite.

❖ Apply slaked lime (*chunnambu*) at the place.

❖ Bring some leaves of karpooravalli(*Coleus aromaticus*) and crush them to collect juice.apply the above juice on the place where the bite is seen.

❖ Bring the leaf of Indian borage and crush them to collect juice. Apply the above juice on the site of bite.

### NANJU MARUTH UVAM.[13]

INTERNAL MEDICINE.

❖ Crush the karpooravalli leaf (*Coleus aromaticus*) to make extract, then take internally.

Dosage: 50ml,4times a day.

Pathiyam: avoid salt, tamarind, spicy food and sesame oil.

❖ Grind the root of karuseevathai (*Black turpeth*) and take internally.

Dosage: kottai pakku alavu (6.022g).

❖ Grind the root of vellai kakkanam (*Clitoria ternata*) with hot water, then take internally.

❖ Grind the root of Milagaranai (*Toddalia asiatica*) with hot water , then take internally.

❖ Take a fine powder of Naagathali (*Opuntia dilleni*) mix with water, then take internally.

❖ Dry the root of sivan vembu (*Indigofera aspalathoides*) and make fine powder,the take internally with water.

EXTERNAL MEDICINE.

❖ Crush the karpooravalli leaf (*Coleus aromaticus*) to make extract, apply it at the site of bite.

❖ Make a paste of manjal (*Curcuma longa*) with cow`s dung and apply at the site.

❖ Prepare the paste of manjal(*Curcuma longa*) with common salt and Kadugu (Brassica alba) and the apply at the site.

❖ Burnt the rhizome of manjal (*Curcuma longa*) and the urticarial rashes is exposed to the emanating fumes for faster healing.

### 16.SANGARA SINTHAMANI.[15]

✓ **Silvida chooranam.**

Method. Take all this drug, dry it separately & make a fine powder.The above said powders are equally mixed and put in a new casket & cover it. This powder should take with diet.

### PULIPANI MARUTHUVAM.[11]

EXTERNAL MEDICINE.

❖ Make a extract of seerukanpeelai (Aerva lanata). use the leaf extract as eye drop.

❖ Take purified thurusu(copper sulphate) mixed with water. Use as nasal drop.

**SIDDHA MARUTHUVA SIRAPPU.[7]****INTERNAL MEDICINE.**✓ **Vidathari chooranam.**

Dosage:10 – 15 nel edai, with water.

**EXTERNAL MEDICINE.**✓ **Sivappu kukil thailam** – apply externally at the site.✓ **Arugan oil thailam** \_ apply externally at the site.**DISCUSSION.**

The review showed that there are various clinical manifestation of kanakadi found in Siddha Literature. The most common symptoms are itching, wheal formation, erythematous localized swelling of skin . The symptoms of kanakadi found in siddha text, which is correlated in modern medicine as urticaria. The most used plants are *Coleus aromaticus*, *Acalypha indica*, *Zingiber officinale*, *Piper nigrum*, *Indigofera tinctoria*, *Cynodon dactylon*, *Eletaria cardamonum*, *Aconitum napellus*, *Smilax chinna*, *Gymnema sylvestre*, *Aristolochia indica*, *Clerodendrum inerme*, *Syzygium aromaticum*. This Review Study stated that Siddha Classical literatures had a wide collection of medicines ranging from Herbal, Herbo-mineral, metallic drugs to treat kanakadi(Urticaria).

**CONCLUSION.**

This review study concluded that this Documentation will help as a Clinical reference for emergency need and management care in case if kanakadi. Therefore this study provided a need of clinical assessment of Siddha management in Modern Scientific way and introducing to globe level in future.

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