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**A drug review on Karappan poosu ennai
(Siddha medicated oil) for the management of Karappan**

Dr.M. Krishnayini¹, M. Swathi²

¹Siddha Physician, Karaikal

²Lecturer, Pannai college of pharmacy, Dindigul

Abstract

Pediatric skin disorders can affect children's self-esteem, relationship with caregivers and peers and performance in school and activities. Skin conditions also affect one's personal, professional and social life. This disease is referred as Karappan in siddha literature. Karappan affected children mostly had those issues so there is a need to support the children to overcome it. So, Karappan Poosu Ennai, the medication described in the siddha literature for karappan is validated for efficacy. Hence the ingredients of this medicated oil are assessed for related property and characteristics for its management. The information is analysed and documented here for further reference.

Keywords: siddha, Pediatric skin disorders, Karappan Poosu Ennai

Introduction

Skin diseases can have a devastating effect on person's physical and psychological wellbeing. It adversely affects almost every aspect of a person's life. They can also seriously affect the lives of other family members and caretakers.

The psychological impact of skin disease on an individual is not directly related to overall area affected or to the objectives severity of the condition. However, there is a evidence that suggests being affected in visible places such as face, head, hands or intimate genital areas causes higher level of distress as they are less easily

covered and can precipitate or perpetuate relationship issues. So, in the case of **Karappan**, it has been exposed to environment which mainly leads to the development of social and psychological impact for both children and their parents.

Pediatric skin disorders can affect children's self-esteem, relationship with caregivers and peers and performance in school and activities. Children those are affected with **Karappan** and other skin disease really face many difficulties. Common psychological problems associated with the skin diseases include feeling of stress, anxiety, anger, depression, shame, social isolation, low self-

esteem and embarrassment. Skin conditions also affect one's personal, professional and social life. Karappan affected children mostly had those issues so there is a need to support the children to overcome it.

It shows the importance of management of skin disease in childhood. Siddha literature provides various treatment procedures and formulations in order to manage the condition called Karappan and it is correlated with the modern term Dermatitis. According to our literature Bala Vagadam, it has 18 types which have its own characteristics. It is an allergic condition triggered by both food and environment and is characterised by erythema, wheals, papules, pustules, vesiculation, scaling and oozing. It specifically describes that it can be caused by the intake of maize, Pearl millet, Kodo millet, Kar rice, Plantain and Cat fish.

Karappanpoosu Ennai is one of the medications indicated as an external application for treating all 18 types of karappan in the textbook of Pillai pini maruthuvam part II. To evaluate the efficacy of the siddha medicine the review of drugs are analysed and documented.

Description of Karappan Poosu Ennai



State	Liquid
Nature	Slightlyviscous
Odour	Characteristic
Touch/ Consistency	Greasy
Flow Property	Free flowing
Appearance	Dark yellowish brown

Drug Selection

These trial drugs are selected from the siddha paediatric literature Pillai Pini Maruthuvam Part II described as medication for Karappan.

Collection of Plant Materials

Plants are collected from the fields of Melapalayam of Tirunelveli district and the raw drugs were brought from a well reputed raw drug store in Tirunelveli Town.

Identification and Authentication of the Drug

The herbarium of plants specimen and raw drugs were identified and authenticated by the Head of the Department of Post graduate Department of Gunapadam, Government Siddha Medical College, Palayamkottai. The sample specimen of each raw material and herbarium is stored in the PG Department of Gunapadam for future reference.

Purification

Purification of raw drugs were done as per classical *Siddha* literature.

Ingredients

S. No	Name	Botanical name	Family	Part used	Quantity
1	Milagu	<i>Pipernigrum</i>	Piperaceae	Fruit	8 g
2	Velluli (vellaipoondu)	<i>Allium sativum</i>	Alliaceae	Bulb	8 g
3	Vasambu	<i>Acorus calamus</i>	Araceae	Rhizome	8 g
4	Vengayam	<i>Allium cepa</i>	Alliaceae	Bulb	17.5 ml
5	Nellivatral	<i>Phyllanthus emblica</i>	Euphorbiaceae	Fruit	1 pidi
6	Poovara sampoo sutta saambal	<i>Thespesia populnea</i>	Malvaceae	Flower	1 pidi
7	Aadutheenda paalai	<i>Aristolochia bracteolata</i>	Aristolochiaceae	Leaves	Required amount
8	Gingellyoil				500 ml

Preparation of the Drug

Make the raw drugs into paste with the extract of *Aristolochia bracteolate* (Aadutheendapaalai) and

mix it with gingelly oil and then boiled in the pan until the watery fractions gets evaporated. It is then filtered and then packed according to packaging requirement.

Properties of the Ingredients

Si No	Name of The Plant	Organoleptic character	Phytoconstituents	Pharmacological Action
1.	Milagu (Black Pepper)	Taste: Bitter, Pungent Potency : Hot Division : Pungent	Chavicine, Piperine, Piperidine, Piperetine, Essential oil.	Acrid, Carminative, Antiperiodic, Rubefacient, Stimulant, Resolvent, Antivatha, Antidote
2.	Velluli (Garlic)	Taste: Pungent Potency: Hot Division : Pungent	Allicin, Allisatin, Essential oil.	Carminative, Stomachic, Tonic, Alterative, Stimulant, Expectorant, Diuretic, Antihelminthic

3.	Vengayam (Onion)	Taste: Bitter, Potency: Hot Division : Pungent	Essential oil, Catechol, Protocatechuic acid.	Stimulant, Expectorant, Diuretic, Emmenagogue, Rubefacient, Demulcent, Aphrodisiac
4.	Vasambu (Sweet Flag)	Taste: Pungent Potency: Hot Division : Pungent	Glucoside (Acorin), Acoretin, Calamin, Terpenes (Calamen, Calamenol, Asarone)	Antiperiodic, Stomachic, Stimulant, Carminative, Nauseant, Emetic, Disinfectant, Germicide.
5.	Nelli Vattral (Dried Indian goose Berry)	Taste: Sour, Astringent, Sweet Potency: Cold Division: Sweet	Vitamin C, Tannin	Astringent
6.	Poovarasam Poo (The Portia Tree)	Taste: Bitter, Astringent_ Potency: Hot Division: Pungent	Flavanoids, Sesquiterpenoids, Tannin, Saponins, Alkanes, Essential oil.	Anthelmintic, Depurative.
7.	AadutheendaPaalai (Indian Birth Wart)	Taste: Bitter Potency : Hot Division : Pungent	Phenols, Terpenoids, Tannins, Flavonoids, Glycosides, Carbohydrates	Anthelmintic, Emmenagogue, Stimulant, Tonic, Purgative, Alterative, Antiperiodic.
8.	Gingelly oil	Taste: Sweet Potency: Hot Division : Sweet	Vitamin E, Sesamin, Sesamolin, Phytosterol	Demulcent, Laxative, Nutritive, Emollient

Medicinal Uses

1. Milagu (Black Pepper)

-) It helps in treating respiratory illness
-) It is a Universal Antidote
-) It is indicated as medicine for the diseases like Anemia, Ulcers, Hemorrhoids, Diarrhoea and other Gastric illnesses.

2. Velluli (Garlic)

-) It helps in the treatment of vadha diseases
-) It also helps in the management of tumours, hearing impairment, hydrocele, hemorrhoids, dysentery, chronic cough, breathlessness, cephalgia

3. Vengayam (Onion)

) It reduces the ailments like Hypertension, Hemorrhoids, Scabies, Mouth Ulcers, Diarrhea, Polydipsia

4. Vasambu (Sweet Flag)

) It acts as a potential antitode
) It helps in treating diseases like Seissures, Tumours, Hypertension, Ulcers, Hepatic Disorders, Filariasis, Worm Infestations

5. Nelli Vattral (Dried Indian goose Berry)

) It helps in the management of illnesses like Tuberculosis, Hypertension, Hysteria, Oliguria, Leukorrhoea, Menorrhagia, Genital Ulcers

6. Poovarasam Poo (The Portia Tree)

) Bark of this tree helps to cure leprosy
) It heals wounds and eczema
) It is indicated for Urticaria, Ascites and Inflammation

7. Aadutheenda Paalai (Indian Birth Wart)

) It treats Asphyxia, Eczema, Alopecia and Hairfall

8. Gingelly Oil

) It strengthens the body and mind
) It helps in relieving eye disorders, ear disorders and cough
) It heals wounds and scabies.

Conclusion

Karappan Poosu Ennai includes both fresh herbs and raw drugs. Most of the ingredients of this drug contains the property of treating skin diseases. It was evident by the reference of poem about the ingredients of drug in our siddha literature. It also contains the chemical constituents which helps in treating skin diseases. Most of the ingredients possess the taste of Pungent, Astringent, Bitter, it has the specific property in treating skin disease which is described in our literature. Hence based on our literature, the ingredients possess those taste contained medicines has the efficacy in treating skin disease. This evaluation will be the future reference for scientific validation.

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