



## A Review on Medicated Oil and Procedures for Oil bath

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### Abstract

An ancient traditional habit followed in Tamil Nadu is oil bath using medicated oil. In siddha system it is used as a traditional habit and also a pre-treatment procedure. The benefits of medicated oil is used for diseases should not affect the body, give strength and energy to *panchentriyangal* (eyes, ear, nose, body, mouth) and maintain good condition of head and knees and relieve headache. Moreover it gave *tejas* to the body. In siddha, oil bath is used for treatment purpose and says some medications rules to follow like to avoid day sleep and cool foods and should use the hot water for oil bath. Based on the oils and medicated acts, they should use the specific bath powder only. They denote the particular time for oil bath in different months.

### Keywords

Oil Bath, Siddha System, Medicated Oil, Bath Powder.

### Introduction

In fast paced life, humans are facing hazardous illness in their body. This hymn denotes two things. One is protection of health of individual and second is alleviation of diseases of a patient. Here healthy individual means *mukutras* (vatham, pitham and kabam) are in normal state. Due to the changes in food style and lifestyle, the *uyirthathukal* (vatham, pitham and kabam) of human body get altered i.e. diseased condition.

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According to modern life style, body *tridhoshas* are changed from normal condition. Due to changing of the *tridhoshas* the human body gets diseased easily. Because they shouldn't follow the traditional method of oil bath, diet, fasting and normal individual activities.

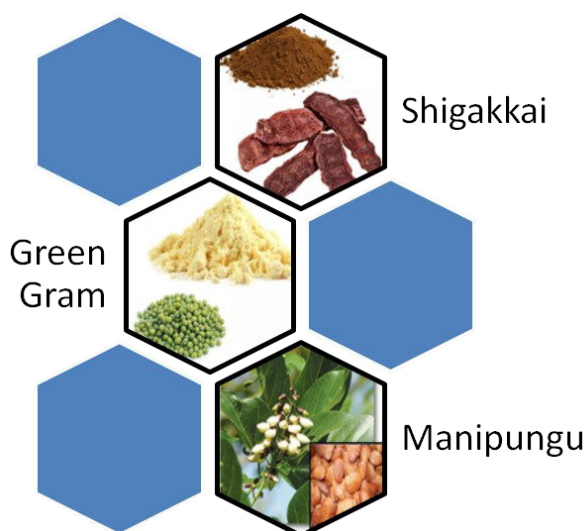
Now food styles are changed as fast food, junk foods etc., this leads to less consumption of food, increased intracranial pressure, hypertension and diabetes, decreased immunity. So the disease spread through the contaminated food and adulterant foods. Due to fewer nutrients the body built, characters get changed. So the diseases occur easily. In this article there is remedy for unhealthy human body by using medicated oils, it should be used in particular timings and rules and regulations to be followed. It helps in digestion stimulates *agni*, diminished toxins and impurities and promotes deeper sleep, increases mental alertness, improves blood circulation.

## MATERIALS AND METHODS

- Ancient and traditional treatment of oil bath
- Medicated oils and uses
- Bath powder for medicated oils
- Types of medicated oil based on preparing methods
- Types of medicated oil based on using methods
- Precautionary measures for oil bathing
- Exceptions for the medicated oil

## ANCIENT AND TRADITIONAL TREATMENT OF OIL BATH

The traditional method of oil bath has followed by men and children used as every Saturday and women as every Friday. They took oil bath to reduce body heat and maintain the *tridhoshas*. According to Siddhar concept they kept particular time and month for medicated oils such as;



## BATH POWDERS FOR MEDICATED OILS

Highly valued oils – Shigakkai (*acacia sinuata*), Eengai bark (*mimosa rubicaulis*)

Cow ghee - Green Gram (*vigna radiata*)

Oils - Manipungankai (*sapindus laurifolia*)

Oils taken from melted meat - Sirukarai plant (*catunaregum spinosa*)

Of Crow, Pigs, Monitor, Lizard (whole plant powder) Psoriasis and scabies - Usilam powder (*albizia odoratissima*)

Wounds - Eluppaipinnakku (*madhuca longifolia*)

## TYPES OF MEDICATED OILS BASED ON PREPARING METHOD

The oils are named based on preparing method. There are twelve types of oil. They are *kothinei*, *urukkunei*, *pudanei* or *kuzhipudanei*, *theneernei*, *suriyapudaneioraadhavanei*, *man nei*, *maranei*, *silainei*, *neernei*, *aavinei*, *sudarnei*, *porineiorenthiranei*.

### KOTHI NEI

In this method the oil is bought by smash some drugs like castor seed and mixed with water and boiled

### URUKKU NEI

In this method the oil is bought by melting some drugs like butter, egg yolk etc.,

### PUDA NEI OR KUZHI PUDA NEI

In this method the oil is bought by using kuzhipudakaruvieg. serankottai, sivanarvembu, etc.,

### THENEER NEI

In this method the oil is bought by using theneervalai eg. Sandal wood

### SURIYAPUDA NEI OR AATHAVA NEI

In this method the oil is bought by some drug grind with sesame seeds and put it in sunlight

### MAN NEI

In this method oil bought from earth directly

### MARA NEI

In this method oil bought from shredded part of tree

### SILAI NEI

In this method oil bought from mountain

### NEER NEI

In this method oil bought by some drugs soaked in water eg. Punugusattam

### AAVI NEI

In this method oil bought by evaporation of some drugs eg. Mattipal, sambirani

### SUDAR NEI

In this method oil bought by using sudarthylakaruvu

### PORI NEI OR ENTHIRA NEI

In this method oil bought by grind in sekku or machine

**Table. 1 Season and time**

Season	Month of Season	Ancient Time	Modern Time
		01 nazhigai	24 minutes
<i>Chithirai, Vaikasi</i>	mid April to mid may, mid may to mid June	<i>udhayathi 5 nazhigai</i>	2 hrs
<i>Aani, Aadi</i>	Mid June to mid July, Mid July to mid august	<i>udhayathi 8 nazhigai</i>	3.12 hrs
<i>Aavani, Puratasi, Iyypasi, Karthigai</i>	mid august to mid September, mid September to mid October. mid October to mid November, Mid November to mid December	<i>udhayathi 4 nazhigai</i>	1.36 hrs
<i>Margazhi, Thai</i>	mid December to mid January, mid January to mid February	<i>udhayathi 2 nazhigai</i>	48 mins
<i>Maasi, Panguni</i>	mid February to mid march, mid march to mid april	<i>udhayathi 3 nazhigai</i>	1.12 hrs

**Table. 2 Medicated oil and its purpose of use**

Medicated Oil	Purpose of use
<b>Chukku thylam</b>	Nasal drops - sinusitis, headache Gargle - tooth problems Ear drops - karnasoolai Headache - Expectorant
<b>Seeraga thylam</b>	Hypertension Headache
<b>Vadhakesari thylam -</b>	it cures the vadham in body use it as massage and fomentation
<b>Cittramutti thylam -</b>	it cures diseases of uterus and dysmenorrhoea, use it as external and
<b>Kalingathi thylam -</b>	it cures infertility by taking it as 3 day in morning during menstruation
<b>Ulunthu thylam -</b>	it cures vadham by it use as massage
<b>Vishamusti thylam -</b>	it cures severe vadha diseases by using it as massage
<b>Vathay ennai -</b>	it cures mega vagaigal, soolai, thimirvatham, muscle spasm
<b>Akilkattai thylam -</b>	it used for massage before bath it cures skin diseases and urinogenital disorders
<b>Aruganver thylam -</b>	it is used for massage before bath it cures spinal problems Excessive heat on the scalp, bile, gas trouble, venereal ulcers, abdominal colic, burning of stomach, chest pain, urinary disorders and dryness of the skin.
<b>Sambera thylam -</b>	it is used for diseases of head
<b>Sirusanthanathi thylam</b>	it is used for asthisuram, untreatable shayam, kaba related disease like swasakasam, piles, fistula, ascities, jaundice, unmatham, anaemia and drowsy
<b>Kalinga thylam -</b>	it is used for female infertility, it gave at first three days of menstrual cycle with fermented
<b>Saranathi thylam -</b>	it is used for massage before bath it cures body pain.

**TYPES OF MEDICATED OIL BY USING METHODS**

The oils are named based on using methods. There are five types. They are mudinei, kudinei, pidinei, tholainei, silainei

**MUDI NEI**

This oil used for head called as mudinei

**KUDI NEI**

This method of oil used as internal medicine. It is in two types.

They are ennai and nei

**PIDI NEI**

This method of oil used for massage

**THOLAI NEI**

This method of oils poured through nine holes of body

**SILAI NEI**

This method of oil used for fistula with blood or pus

**MEDICATED OILS AND USES**

According to theraiyarthailavarkasurukam there are many oils are used for treatment. Some of them are listed in table 2.

**PRECAUTIONARY MEASURES FOR OIL BATHING**

After taking medicated oils the bath water should heated with mango leaves. For bathing, the water is filled with two tanks was the body. One tank until the powder got removed, take deep swallowing in one tank and clean bath in other tank.

They should avoid crabs, fish, chicken, goat, pig in non vegetarian. In vegetables they should avoid papaya, mango, coconut, green leaves and stems, agathi leaves, bitter guard, brinjal, milk, curd, tamarind, cold water etc

They should take avaraipinchu(tender lablab bean), manathakalivatral (black night shade), sundaivatral (unarmed night shade), ponnagani (sessile plant), curry leaves, pepper, cumin seeds in vegetables. In non vegetarian they should be taken white goat, kavuthari(chukar partridge), saltless food. They must avoid sexual contact.

**EXCEPTIONS FOR MEDICATED OIL BATH**

Person those who are taking purgative, emetic, indigestion, and the person with kabha disease, they must avoid the oil bath.

**OILBATH FOR BABIES**

*Pasunei* (ghee of cow) – used to male baby for oil bath

*Vathumainei* (ghee of prunusdulcis) - used to female baby for oilbath

*Gingelly oil* – used to both babies for oilbath

*Egg white* - if baby has disease called sevaappu and karuvappu (a newborn disease) to avoid oil bath for 3months and use egg white for bath

**CONDITIONS FOR OILBATH FOR BABIES**

After applying of oil the bath water should heated with fenugreek and henna

**BATH POWDER**

Person should use green gram powder or shikakai (soap nut) powder as bath powder. According to this review article, the tridhoshas and diseases are cured by using medicated oils. The medicinal valued oils gave good results by the follows the rules and conditions.

**DISCUSSION AND CONCLUSION**

According to this review article, the tridhoshas and diseases are cured by using medicated oils. The medicinal valued oils gives good results by the follows the rules and conditions.

By gathering this literature and clinical practice the oils prepared by drugs that named as medicated oils, while using or taking medicated oil bath it give good result and decreases the diseases of the patient then increases the life span.

**CONFLICT OF INTEREST**

None declared

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