



A Literature review on Seelai (Medicated Gauze) in Siddha System of Medicine.

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ABSTRACT

Seelai – Medicated gauze or Plaster is the topical application in a wound to promote wound healing. Seelai is a normally made by using herbals and metals in purified form.

To review the therapeutic application of Seelai in Siddha system of medicine. To collect the literary data documents about Seelai available in siddha classical literatures. To classify the Seelai in basis of disease aspect respectively in siddha system and to document the types of medicine used in Seelai.

Literature review was conducted with the descriptive design from library of Government Siddha Medical College, Palayamkottai. In our Siddha system there are 32 types of aga marunthugal and 32 types of pura marunthugal. In 32 types of pura marunthugal, Seelai is one of the vital technique, we treat the various kinds of disease. But the documentation has not attained our satisfactory level we need to work and document this kind of technique, so that our system reaches globally

Keywords:

Siddha medicine, herbal drug, Seelai

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INTRODUCTION

Siddha system is an ancient traditional system of medicine. Various internal and external therapies mentioned in literature considered as the treasury of siddha system. External therapies are used alone or along with internal medicines according to the disease condition. 32 external therapies were mentioned in the text of Saint THERAIYAR. According to Theraiyar Tharu, Seelai is one of the topical applications of the skin.

A Medicated gauze or plaster is an adjunct used for application to a wound in order to promote healing and prevent further harm. Inorganic drugs are ground in water or herbal juice and a piece of cloth is soaked in this and a medicated gauze is made and applied into deep non healing wounds.

VARIOUS PREPARATIONS OF SEELAI

KUNGILIYA SEELAI

Equal quantity of Vellai kungiliyam (Shorea robusta) and thenmezhugu (bees wax) are melted with Coconut oil. This is filtered in water and collected on next day. Apply it as thin Layer on a cloth and applied on wounds. The plaster is applied on wound After gentle warming.

KARUNGUNGILIYA SEELAI

Equal quantity of Vilampisin (Feronia elephantum), Kuthrukkam (Vateria indica) and castor oil are gently heated and filtered. Apply it as a thin layer on cloth And used to treat wounds. Warm the plaster before applying on wounds.

VELLAI KULAMBU

Vellai kungiliyam (Shorea robusta) is made into fine powder and added to Sesame oil and melting. It is poured into cold water and churned well. A butter like material will appear. This is collected and stored. This is applied on a white cloth and used in the treatment of ulcers.

KARUTHA KAARASEELAI

Equal amount of Carbonised powders of Manjal (Curcuma longa), Erukku (Calatropis gigantea), Vasambu (Acorus calamus),Thurusu (Cupric acetate),Paalthutham (Calamine), Gowri (Yellow lumps), Vellaipadanam (White

arsenic), Sanguparpam (Calx of conch shell)grinded together with breast milk, and subsequently with juice of Karisalai and applied on a cotton cloth. This medicated cloth is used for all types of non healing ulcers, poisonous bites. This also helps in pruritis, scabies and other pustular lesions.

EEYACHENDHURA PLASTHRI

70 grams of Eeya chendhuram, 280 grams of Vellai kungiliyam (Shorea robusta), 10 grams of Pooram (Calomel) are powdered and mixed with molten Vellai mezhugu-70 grams. This ointment is applied on a cotton cloth. This plaster is used for chronic ulcers.

AGNI PLASTHRI

Melt 41.6 grams of bees wax and add 20.8 grams of the fine powder of Veeram (corrosive Sublimate) in the molten state and add a small quantity of castor oil, filter in water and collect after cooling. Spread it thinly over a cloth and dry is ready for use. Apply lime juice and powder of Navaacharam (Sal ammoniac) on the painful region of the body and apply the plaster over it. Remove the plaster on formation of blister or abscess and drain the fluid.

PACHAI SERVAI SEELAI

Lingam(Mercuric sulphide)– 5.12 grams, Thurusu (Cupric acetate)– 10.24 grams, Mirutharsingi (Litharge)-2.60 grams, Kungiliyam (Shorea robusta)– 124.8 grams are powdered, Rasam (Mercury) - 41.6 grams is added into it and triturated with sesame oil for three hours and rinsed with clean cool water Seven times and stored. This is applied on a clean cotton cloth. This plaster is used for abscess, fistula, sinus and ulcers.

PACHAI ERUVAI

Vellaipadanam (White arsenic)–4.16 grams, Arithaaram (Yellow orpiment)-4.16 grams, Thurusu (Cupric acetate)–16.64 grams, Karchunnam (Calcium carbonate)-8.32 grams, Sivappukungiliyam (Vateria indica)-4.16 Grams are powdered and heated with sesame oil for three hours and rinsed with Clean cool water. This is applied on a cotton cloth and applied on ulcers, fistula with prulent discharge, tumours and swellings.

ARAIAPPUKKU SERVAI

Milk of arali (Nerium odorum) is smeared on a cloth and applied for treating pubo (araiappu).

GOWRI PAADANA SEELAI

Gowri (Yellow lumps) is grinded with lemon juice. It is smeared on a white cloth and applied for pubo (araiaappu).

MANJALKARA SEELAI

Each 5.56 grams of the Rasam (Mercury), Veeram (Corrosive sublimate), Gowri (Yellow lumps), Aritharam (Yellow orpiment), Flowers of Kadukkai (Terminalia chebula), Karkadagasingi (Rhus succedanea) are powdered and mixed with egg albumin and the yellow ointment is applied on a cotton cloth. This plaster is useful in the treatment of corn foot.

SARVA RANAGALUKUM

Each 5.56 grams of Sambirani (Styrax benzoin), Palthutham (Calamine), Thurusu (Cupric Sulphate), Karunkungiliyam (Canarium strictum), Kungiliyam (Shorea robusta gum) and triturated with sesame oil and rinsed with water five times and stored in a porcelin container, applied on clean white cotton cloth. This plaster is used for non healing ulcers, neoplasm in the legs, and syphilitic ulcers.

VELLAI SEELAI

Each 10.4 grams of Rasam (Mercury), Pooneeru (Fullers earth), Karchunnam (Calcium carbonate), Kungiliyam (Shorea robusta gum) Sangu parpam (Calx of conch shell) are made into a powder and grinded with breast milk for six hours and applied on a cotton cloth. This is applied on cancerous and other non healing ulcers.

NEELA SEELAI

Each 10.4 grams of the following ingredients Mandaiodu (Calx of skull bone), Sangu parpam (Calx of conch shell), Palthutham (Calamine), Vellaipadanam (White arsenic), Veeram (Corrosive sublimate), Aritharam (Yellow orpiment), Pooneeru (Fullers earth) and 70.28 grams of Thurusu (Cupric acetate) are powdered and grinded with breast milk. This blue colour paste is applied on a cloth and used in ulcers and tumours.

MEDICATED PLASTER FOR THERMAL BURNS

- Each 8.32 grams of the Sangu (Calx of conch shell), Venkaram (Borax), Kungiliyam (Shorea robusta), Padikaram (Alum)

Palthutham (Calamine), Mandaiottu parpam (ash of calx of skull bone), Sambirani (Styrax benzoin) are powdered

and grinded with palm toddy for nine hours. A cloth is soaked in this medicated liquid and applied for thermal burns and non-healing ulcer.

- 12.48 grams each of Kasturi manjal (Curcuma aromatica), Karkadagasingi (Rhus succedanea), rind of Kadukkai (Terminalia chebula), Palthutham (calamine), 12.48 grams of Mirutharsingi (Litharge) is powdered and grinded with palm toddy for nine hours. A cloth is soaked in this medicated liquid and applied for thermal burns and non-healing ulcers.
- 4.1 grams of Rasam (mercury), Gandhagam (Sulphur), 8.2grams of Mirutharsingi (Litharge), Seeragam (Cuminum cyminum), 24.6 grams of Karunjeeragam (Nigella sativa), 2.1 grams of Thutham (Zinc sulphate) are powdered and grinded. It is smeared on a cotton cloth and applied for thermal burns.
- Equal quantity of sesame oil and mezhugu (wax) is heated and melted. 12.3 grams of Vanga chendharam, 4.1 grams of Kavikkal (Red ochre), Mirutharsingi (Litharge), Milagu (Piper nigrum), Thutham (Zinc sulphate) are powdered and mixed with molten wax. This applied on a cotton cloth and used for thermal burns.

PLASTER TO CONTROL BURNING SENSATION IN ULCER

- Each 10.4 grams of Manjal (Curcuma longa), Gowri (Yellow lumps), Aritharam (Yellow Orpiment), Neelam (Blue vitreol), Kungiliyam (Shorea robusta) are powdered and grinded with palm for twelve hours. A cloth is soaked in this medicated liquid and applied on ulcers with burning sensation and tumours.
- Each 10.4 Grams of Rasam (Mercury), Sangu (Calx of conch shell), Thalaiodu (Calx of skull bone), Kaavikal (Red ochre), Lingam (Cinnabar), Palthutham (Calamine), Mayilthutham (Blue Vitreol), Karkadagasingi (Rhus succedanea), Kadukkai (rind of Terminalia chebula) the above ingredients are powdered and triturated with palm toddy for nine hour and a cloth is soaked in this

medicated liquid. This is applied on inflammatory ulcers to control the burning sensation.

- 8.32 grams each of Rasam (Mercury) and Gandhagam (Sulphur) are grinded and 8.12 grams each of carbonised of Manjal (Curcuma longa) and Vasambu (Acorus calamus), Padigaram (Alum), Thurusu (Blue vitreol) are powdered and grinded with palm toddy for twelve hours. A cloth is soaked in this medicated liquid and applied for treating chronic sinus ulcers to control the burning sensation.

MEDICATED LIQUID SOAKED GAUZE

- The cloth is soaked in medicated liquid and applied on ulcers. Usually this used for ulcers with burning sensation. These are act as demulcent and reduce the pain and burning sensation.
- 2.56 grams each of Rasam (Mercury) , Gandhakam (Sulphur), Thalaiodu (Calx of skull bone), Kungiliyam (Shorea robusta), Thurusu (Cupric acetate) and 12.56 grams of Neelam (Blue vitreol) are grinded with old toddy . A cloth is soaked in this liquid and applied on ulcers with inflammation.

OTTU ERUVAI

- 140 grams of bees wax is added to 350 grams of coconut oil and heated. The following powders are added to the molten bees wax, 35 grams of Pooram (Calomel), 17.5 grams of Mirudharsingi (Litharge) , 8.75 grams of Thurusu (Cupric Acetate), heated and filtered. The filtered material is grinded with 140grams of Kungilium (Shorea robusta) for 3 hours. This Ointment is rinsed in water six times, stored in a vessel, applied on a clean cloth. This is used in for healing ulcers.

MEDICATED PLASTER FOR CERVICAL LYMPHADENOPATHY:

- Equal amount of Neikottanpazham, whole plant of Impooral (Oldenlandia umbellata), Adambuvithu (Prunusdulcis), Manjal (Curcuma longa), Thutham (Zinc sulphate), Thurusu (Cupric acetate), seenakaram (Alum), Nilakumizhver (Gmelina asiatica), Korukkaipulli (Pithecello biumdulce) are powdered and grinded with leaf

juice of Adathoda (Justicia vasica). It is smeared on a cotton cloth. This plaster is used for cervical lymphadenopathy.

- Indhuppu (Rock salt), Thurusu (Cupric acetate), Seenakaram (Alum) are powdered and grinded with Marukkarai (Catunaregum spinosa) fruit juice. This is applied on clean cotton cloth.
- Mayakkai, Thippili (Piperlongum), Narseeragam (Cuminum cyminum), Madhuram (Glycyrrhiza glabra), Nutmeg (Myristica fragrans), Champaga poo (Michelia champaa) are powdered and grinded with Marukkarai (Catunaregum spinosa) fruit juice. This is smeared on cotton cloth .

MEDICATED PLASTER FOR EXTERNAL HAEMORRHOIDS:

- Each 35 grams of the Gowri (Yellow lumps), Karchunnam (Calcium carbonate), Mirutharsingi (Litharge), Aritharam (Yellow orpiment), Palthutham (Calamine), Vellai Kungiliyam (Shorea robusta) above ingredients are powdered and mixed. This is applied on a cotton cloth. It is used for External haemorrhoids.

MEDICATED PLASTER FOR INFECTED ULCERS WITH TISSUE GROWTH

- Equal quantity of Rasam (Mercury) and Gandhagam (Sulphur) are grinded & 10.8 grams of Thurusu (Cupric acetate), Thutham (Calamine), Vangalam (Synthesized blue vitriol), Aritharam (Yellow orpiment), Neelam (Blue vitreol), are powdered added to Mercury-Sulphur mix and grinded with tender coconut water for six hours. This is applied on a cotton cloth and used in deep, infected ulcers with tissue growth.

KAARA SEELAI

- Each 5.1 grams of Thurusu (Zinc sulphate), Rasam (Mercury), Lingam (Cinnabar), Gandhagam (Sulphur), Venkaram (Borax), Aritharam (Yellow orpiment) the above ingredients are powdered and grinded with juice of Vellaerukkan poo (Calotrophis gigantea) and juice of Oomathai (Datura metal). This is smeared on cloth and

applied for chronic ulcers, fistula, lepromatous ulcer.

- 17.5 grams of Neelam (Blue vitriol), Aritharam (Yellow orpiment), 70grams of Pachai vettu are mixed and grinded. It is smeared on a cloth and applied on the affected areas to treat non healing ulcers, syphilitic ulcers, chronic sinus ulcer.
- Each 8.75 grams of Rasam (Mercury), Lingam (Cinnabar), Aritharam (Yellow orpiment), Gowri (Yellow lumps), Mirutharsingi (Litharge), Kaavikal (Red ochre) are powdered and grinded with lemon juice for six hours after that grinded with breast milk for six hours. This paste is smeared on a white cloth and used for the treatment of non healing ulcers, carbuncle, fistula.
- Each 35 grams of Vellaipadanam (White arsenic), Gowri (Yellow lumps), Vellaikungiliyam (Vateria indica)

Kungiliyam (Shorea robusta), Savuttuppu are powdered and mixed together with 490 grams of carbonised cloth. This is applied on white cloth and used for ulcers.

- Each 5.2 grams of vellaipadanam, Gowri, Aritharam, Manjal, Neelam and 70 grams of Pachaivettu are powdered and grinded with sesame oil for six hours. This Green color paste is rinsed with water 7 times and smeared on cotton cloth. This is applied for carbuncle, extra tissue growth in ulcers, non healing ulcers.

MARUNTHIDU VEGAM:

The rice is cooked in Cow's Milk and made into a paste. This is applied on white cloth. It is kept around the abdomen to reduce the drug toxicity.

PARANYCHIA

- Sivappu Kukkil Thylam is applied on a cloth. It is applied externally for paronychia.
- Vellai kungiliyam (Shorea robusta) or kunthrukkam (Vateria indica) or Vilampisin (Feronia elephantum) are heated and melted. It is applied on a cotton cloth and used for paronychia.

DISCUSSION

In our siddha system there are 32 types of Agamarunthugal and 32 types of Puramarunthugal. In 32 types of Puramarunthugal, Seelai is one of the vital technique, we treat the various kinds of disease. But the documentation is not attain our satisfactory level we need to work and document this kind of technique, our system reaches globally

CONCLUSION

In this study, I explore the significance of Seelai (Medicated plaster) and its therapeutic uses. Various kinds of Seelai varieties of cases were seen in our siddha literature. This study helps to divulge the different types of Seelai and its benefits. I conclude that the siddha system of medicine deals various kinds of external therapies. Seelai technique is one among them. In our external treatment, Seelai plays a major role to treat the various disease like abscess, thermal burns, piles, fistula, ulcers, neoplasms, pubo, non healing ulcers, etc., . In this study helps to the younger generation, for improving skills and their knowledge in medicated plaster.

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