



## A Literature review on Suttigai (Cauterization) - the External therapy

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### ABSTRACT

Siddha system is ancient Medicine system. It includes 32 internal medicines and 32 external medicinal therapies. In this external treatment includes from simple kattu(bandage) to complex aruvai (surgical procedures). Where mentioned in the text of Therayar siddhar in Theraiyar Tharu. Among them suttigai (thermal cauterization) is a special type of external medicine, is the application of heat with an object to treat disease. Suttigai comes under the major classification of Agni. Suttigai used to treat vadha and kabha related diseases depends on the disease severity.

### Keywords:

*Siddha, suttigai, external therapy.*

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## INTRODUCTION

Siddha system is one of the ancient Medicine system of medicine practice in South part of India. There are 32 internal medicine and 32 external therapy system of medicine. Asura vaithiyam is one of the external medicine which practice in this system when internal medicine did not respond or combined with internal medicine. Suttigai is one of the external medicine comes under asuravaithiyam. Suttigai is described by Siddha system by the saint Therayar and yoogi.siddhar aruvai maruthuvam ( surgical procedure) has a 3 major class.1.Aruvai 2.Akkini3.Kaaram.suttigai comes under the major class akkini.

Suttigai (cauterization) is burning of the tissue . According to Therayar Tharu ,a treatise our different therapeutic procedures of siddha explains that suit is the only procedure by which multiple swelling in the body could be used.

There are five types of suttigai procedure

### 1.Kaanthi suttigai :(sun bath)

It may cures kabha related diseases

### 2.kaatru suttigai or kaal suttigai:

Induce sweating and helps to remove toxin from the body.

### 3.Mann suttigai:

Suttigai with brick or earthen vessels.

After spreading vitex negundo (nochi) leaf and earthen pot in Which oil was used earlier and applied vertex,forehead,chest dorsum torso and foot.The direct heat application is done on delirium toxemia, muscular sprain .

### 4.Mara suttigai:

Among them marasuttigai is done with rhizome of turmeric plant (manjal kombu).Areas to apply Mara suttigai is mentioned in Siddha texts for following disease.

## 5.Uloga Suttigai:

Application of dry heat using a metal probe for lymphnode enlargement and tonsillitis.

### Mechanism of suttigai as per physics:

Heat conducts 3 methods.

Convection

Conduction

Radiation

In suttigai conduction and radiation used to cure the disease.

### Mode of action according to Siddha traditional science:

Suttigai is veppa chikichai .The kabha blockage from the affected region is removed by heat application. It is indicated in the disease caused by vatham and kabham because of quick action of heat. According to Siddha classical texts pain is caused anywhere in the body is due to imbalance of vaatham. Skin is one of the seat of vaayu bootham.suttigai performed to release the agnimantham (obstruction )of vaayu .Being used that heat application in that surface pain relieved immediately.

**Painful skin surface**



**Suttigai**



**Release Agni mantham (obstruction of vaayu)**



**Pain relieved immediately**

According to Siddha science ,every thathu ( tissue) has its own thathu Agni .Which is responsible for nourishment , increase and decrease of thathu .when this Agni becomes decreased disease begin to manifest. Thus condition suttigai aggravates the heat and reduced pain and swelling.

Place	Disease
Base of the nasal bridge	Seizures
Philtrum	tetany
Above the eyebrows	Kabha disease with oozing nature
Lower lip	Kabha disease
Leg – Lateral Aspect	Anda vaayu
Below the chest	Gunmam (APD)
Upper part of penis	Orchitis
Ankle	Anaemia

**Probable mode of action according to modern science :**

Several theories can adopt explain the mechanism according to the conditions.

**1. Proinflammation theory :**

In the site of acute inflammation increase the in the amount of lymphocytes, neutrophils, histamines and prostaglandins . This rectify the chronic inflammation site. Thermodynamics theory applied upon yah biological system suggest that when thermal energy is transferred from an instrument to a tissue its internal energy increases and the heat energy gets transferred to the the cells. Thermostatic centre of the body immediately gets activated by distribute this localised rise in in temperature throughout the body. As a result vasodilation occurs and blood flow increases.

**2.Superficial nerve ending theory:**

Free nerve endings can detect temperature, mechanical stimuli (touch pressure stretch) or pain. Thermal nociceptors are activated by noxious heat for cold at various temperature. There a specific nociceptor transducers that are responsible for response the thermal stimulus.

**Free nerve endings**

**Thermal application (or) Mechanical stimuli**



**Activation of thermal receptor**

**(Stimulate Trp V1 – Transient receptor potential cation channel)**



**Stimulate V member**

**(Other name “capsaicin” receptor)**



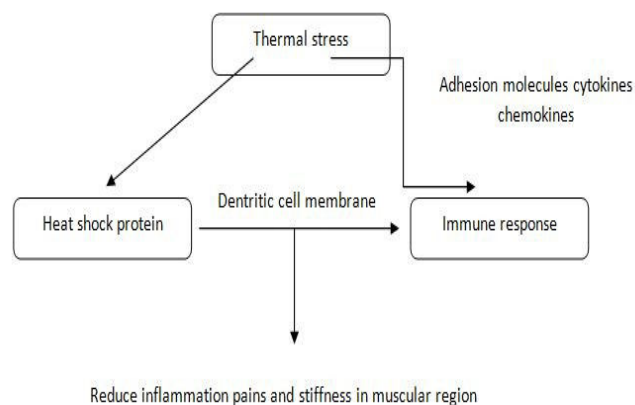
**Stimulus involved in sensory perception of pain**

**3. Heat shock protein theory:**

Suttigai induces the heat shock proteins (Hps) are stress proteins also called “chaperons” in local tissue . As and endogenous protective mechanism hps can be synthesized in cells in response to hyperthermia and another environmental stresses. Suttigai is induced the Hps of it’s mechanism of action and helps to reduced inflammation ,subdues pain and stiffness in the muscular region.

**CONCLUSION**

Suttigai is one of the best external therapy mainly uses the heat to treat various disease in various dimensions when internal medicine does not respond to the disease.



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