

SIGNIFICANT ROLE OF OODHAL [MEDICATED BLOWING] IN EMERGENCY MANAGEMENT- A REVIEW

S. Dheivani^{*1}, R. Meena², G. Ganesan³ and S. Sujatha⁴

^{1,2}P.G Scholar, Department of Pura Maruthuvam, Government Siddha Medical College, Palayamkottai, Tirunelveli.

³Lecturer, Department of Pura Maruthuvam, Government Siddha Medical College Palayamkottai, Tirunelveli.

⁴Professor and HOD Department of Pura Maruthuvam, Government Siddha Medical College Palayamkottai, Tirunelveli.



*Corresponding Author: Dr. S. Dheivani

P.G Scholar, Department of Pura Maruthuvam, Government Siddha Medical College, Palayamkottai, Tirunelveli.

Article Received on 06/07/2025

Article Revised on 26/07/2025

Article Accepted on 16/08/2025

ABSTRACT

Aim and Objective: This study will establish the significant role of oodhal in emergency management and to study the necessary reference which mentioned oodhal for emergency management. **Materials and Method:** Relevant siddha and modern literatures are the materials of this paper. **Discussion:** Emergency is a condition which requires immediate treatment in patients with either conscious or unconscious. A medical emergency is an injury or illness that is acute and poses an immediate risk to a person's life or long term health. Siddha system of medicine have enormous Internal and External medicine. There are 32 types of Pura Maruthuva Muraigal [External Medicine] and many of them are used in several emergency conditions, and oodhal (Medicated Blowing) is one of them. It is also known as medicated aerosol. It is a method of chewing fresh plants or raw drugs and blow the aromatic air into the nose, ears, eyes etc. **Conclusion:** Oodhal therapy can also be useful in emergency conditions.

KEYWORDS: Oodhal, Emergency management, External therapy, Siddha medicine.

INTRODUCTION

A medical emergency is a sudden injury or illness or health condition that requires immediate medical attention to prevent death or serious harm. These situations often involve life-threatening conditions, where delay in treatment can lead to permanent damage or fatality. Medical emergencies are cardiac emergencies, respiratory emergencies, neurological emergencies, trauma and injury and etc. Siddha is a traditional system of medicine and mainly based on a holistic approach to the treatment of disease and maintenance of health. Oodhal (medicated blowing) in siddha is one of the external therapies that plays a role in emergency management. It is also known as medicated aerosol and similar to puffer or inhaler. It is a method of chewing fresh plants or raw drugs and blow the aromatic air into the nose, ears, eyes and the affected site also.

TYPES

It is mainly classified into 2 types

1. Blowing by mouth
2. Blowing via blow pipe

THERAPEUTIC SOURCES FOR THERAPY

1. Fresh plant parts like leaf, flowers.

2. Dry powders like ginger powder.

BLOWING SITES

According to Varma pothu maruthuvam, seven sites are mentioned for oodhal therapy.

- Nose
- Ears
- Eyes
- Vertex
- Umbilicus
- Throat
- Chest

INDICATIONS

- Varma point injury
- Unconsciousness
- Delirium
- Cardiac arrest
- Scorpion bite
- Snake bite

AIM AND OBJECTIVE

- To explore the significant role of oodhal in the management of emergency conditions.

- Explore the necessary references that mentioned this therapy.

MATERIALS AND METHODS

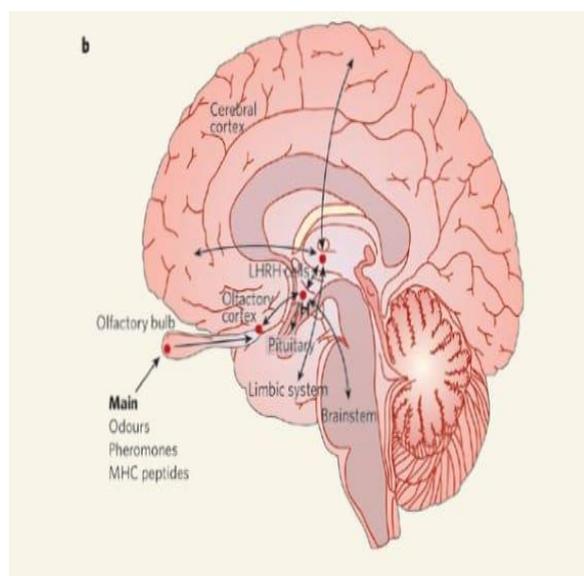
Materials and methods section of this study relies on a comprehensive review of both siddha and modern literature and relevant articles.

DISCUSSION

Hypothesis

Relation between ear and autonomous nervous system and heart: A study done in chain saw workers showed that those exposed to too much noise and vibrations showed negative effect on autonomous nervous system. It was also seen that the vibrations in the ear due to chain saw made changes in the internal factors of blood vessels and thus the heart too. A method said to allow non-invasive cervical vagus nerve stimulation through the skin of the neck has been developed and is under investigation in patients with cluster headache and migraine. This current study shows the relation between the vagus nerve stimulation in the ear and its connection with the heart functions. This may be the reason how oodhal works in poisoning treatment by keeping the heart functions low and tumbling the speed of spread of poison in circulation.

One more case study has showed interrelation between the ear and heart through the vagus nerve. The vagus nerve innervates the sinoatrial (SA) node and atrioventricular (AV) node in the heart. The auricular nerve branch of the vagus nerve, supplies the inner portion of the external ear. Study shows that vagus nerve stimulation has therapeutic potential for myocardial infarction induced ventricular arrhythmias. From this study it was seen that the vagus nerve stimulation was able to reverse hypersympathetic nerve activity –induced ventricular electrophysiological changes and subdue the occurrence of ventricular fibrillation.



Relation between nose and brain

Administering medication directly to the brain via the nasal cavity, bypassing the blood brain barrier. It has two primary pathways

- a) Neuronal pathway (major pathway)
- b) Through systemic circulation, by crossing the BBB (minor pathway)

Neuronal pathway

1. Olfactory pathway
2. Trigeminal pathway.

Olfactory nerve cells penetrate the cribriform plate of the ethmoidal bone and project to the olfactory bulb in the CNS. The olfactory bulb relays sensory information to the amygdala, orbitofrontal cortex, and hippocampus. In the olfactory bulb, the drug can enter the brain through axonal transport, passive diffusion, or carrier – mediated transport depending on the drug's characteristics. The extracellular pathway involves absorption through paracellular space of the olfactory mucosa, into the lamina propria, the drug undergoes different transport mechanisms along the nerves, vessels, and lymphatics, namely intracellular and extracellular transport, perivascular pumping, and bulk flow. Then the substances deliver into the brain parenchyma. The ophthalmic and maxillary branch of trigeminal nerve innervates the upper part of the nasal cavity (anterior ethmoidal nerve), middle and lower part of nasal cavity (posterior nasal branches and nasopalatine nerve). Trigeminal nerve endings are mainly found in lateral and posterior nasal passages. Drugs move along the extracellular (perineural) spaces surrounding the trigeminal nerve fibres, this allows bypassing the BBB. The trigeminal nerve fibres project centrally to the trigeminal ganglion, brain stem, from there drug may diffuse or be transported to other CNS regions. Areas responsible for wakefulness. The nose has a rich vascular supply from ethmoidal arteries branching from the ophthalmic and internal carotid artery. Drugs may travel through the perivascular spaces along these vessels into the CNS.

PROCEDURE

Oodhal is an effective emergency management. Required drugs are taken in equal quantity, cut into small pieces. This is then chewed by three people who are devoid of any intoxication or have not consumed any high potency drugs similar to visam. Patient is made to sit comfortably on a chair and two of the attendees stand near the ears of the patient and one at the back. After thorough chewing of the drugs the air should be blown into the ears centre portion of the scalp-top of the head neither too hard nor too slow synchronously. This procedure can be done up to 150 times. If the condition is improving then the procedure can be repeated for more number of times. Care should be taken not to spit out the medicines kept in the mouth.

This therapy is very effective against vatham and kabam symptoms that are produced by poison in the first three Dhatus (major structural components of the body).

How Oodhal(blowing) can be an emergency procedure?

Let us consider the patients presenting with a spectrum of altered or impaired consciousness, which implies reduced alertness or awareness or both or coma, i.e.,

completely unaware patient not responding to external stimuli. This occur due to diffuse insult to both cerebral hemisphere or disruption of ascending reticular activating system in midbrain and pons.^[24] Thalamus play a crucial role in maintaining arousal. In short, this treatment procedure can be conceptually applied in unconsciousness arising due to neurological and metabolic causes, diffuse physiological brain dysfunction as seen in certain drug poisoning, alcohol etc.

DISEASE	DRUGS
Unconsciousness (due to varma point injury)	Chukku(Zingiber officinale)
	Chukku +Milagu+Vettilai(Piper betel)
	Kolunji engira minni patchilai(Tephrosia purpuria)+Chukku+Vengayam(Allium cepa)
	Arathai podi(Alpinia galanga)+Chukku+Thippili(Piper longum)
	Vellai kolunji ver(root of Tephrosia purpuria)
Delirium	Chukku+Milagu+Omam(Tachyspermum ammi)
	Thumbai ilai(Leucus aspera)+Chukku+Milagu
	Navacharam+Thurusu(cupric acetate)+Eluppai punnakku(Madhuga longifolia)
Poisonous bite	SCORPION BITE
	1.Semmurukkan virai(Butea monosperma)
	2.Saathipathiri(Myristica fragrans)
	3.Arugan ver(Cynodon dactylon)+uppu
	4.Sivanar mirtham- kadugu alavu
SNAKE BITE	
Arugam pul(Cynodon dactylon)	
KOMBERI MOOKAN KADI	
Avuri ilai(leaf of Indigofera tinctoria)+ Naayuruvi ilia (leaf of Achyranthes aspera)	
CENTIPEDE BITE	
Vettilai + Paakku(Areca catechu)	
Cardiac arrest	Thippili(Piper longum)

CONCLUSION

Emergency management technique has a vital part in all medical conditions. Without such procedures patient may not survive in some critical conditions. Oodhal can also be useful in emergency conditions. An attempt has been made to highlight the effectiveness of oodhal therapy in emergency conditions.

REFERENCES

- Dr. K.S. Murugesu Mudaliyar, Textbook of Materia Medica(gunapadam) mooligai, Directorate of Indian Medicine and Homeopathy, Chennai, 2008.
- Dr. S. Chithambarathanu pillai, Textbook of Nanchu Maruthuvam, First edition, 1993.
- Dr. T. Kannan Rajaram, Textbook of Varma Marunthu Seimuraigal, First edition, 2008.
- Dr. T. Kannan Rajaram, Textbook of Varma Maruthuvam (pothu), First edition, 2008.
- Swathi et. al "Oothu Chikitsa (Blowing Therapy)-A Review on Crisis Management in Snake Bites, 2022; 5(6): 82-87.
- G, Aswathi & C.G, Sreevidya & M, Sirosha. (2022). A Conceptual Study on Oothu Chikitsa or Blowing Therapy- An Emergency Treatment Procedure. International Journal of Ayurveda and Pharma Research, 91-94. 10.47070/ijapr.v10i10.2575.
- M. Agrawal et al, Nose-to-brain drug delivery: An update on clinical challenges and progress towards approval of anti-Alzheimer drugs, <http://doi.org/10.1016/j.jcumrel.2018.05.011>.
- Brain Meets Body The Blood Brain Barrier as an Endocrine Interface <https://www.researchgate.net/publication/229015733>
- Effects of Eugenol on the Central Nervous System Its Possible Application to Treatment of Alzheimer's Disease Depression and Parkinson's Disease <https://www.researchgate.net/publication/233657483>.
- Cooksley T, Rose S, Holland M. A systematic approach to the unconscious patient. Clin Med (Lond), Feb. 2018; 18(1): 88-92. doi: 10.7861/clinmedicine.18-1-88. PMID: 29436445; PMCID: PMC6330912.
- Dr.G. Senthilvel, Dr. J. Jeyavenkatesh, A complete manual on siddha external therapies, first edition, 2017.