

A MUKKUTRAM-BASED ANALYSIS OF NASIKAPEEDAM AND ITS SIDDHA
MANAGEMENT WITH PAVANAK KATUKKAY

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ABSTRACT

In the Siddha system of medicine, *Nasikapeedam* refers to nasal issues caused by an imbalance in the body’s three vital forces — *Vatham*, *Pitham*, and *Kapham*. This condition closely resembles modern medical descriptions of **Nasal polyps**, which are soft, painless growths in the nasal cavity that lead to blockage, mucus accumulation, and difficulty breathing. These symptoms are often linked to disturbances in *Kapham* and *Vatham*. This study examines the use of Pavanak Katukkay, a traditional Siddha formulation mentioned in *Agathiyar Vaithiya Sinthamani 4000*, which helps treat nasal polyps by bringing the body’s internal energies, *Vatham* and *Kapham*, back into balance. This medicine works by reducing the excess *Kapham* and calming the *Vatham*. When these two humors are balanced again, the swelling from the polyp naturally subsides, the nasal blockage clears, and breathing becomes easier. Classical Siddha texts and supporting scientific references suggest that **Pavanak Katukkay** could offer a natural, safe option for managing *Nasikapeedam*. More research is needed to confirm its full therapeutic value through clinical studies.

KEYWORDS: *Vatham*, *Pitham*, *Kapham*, *Nasikapeedam*, Siddha Medicine, Nasal polyp, Humoral imbalances.

INTRODUCTION

Nasikapeedam, commonly recognized as sinus-related nasal discomfort, is a frequent complaint seen in everyday clinical practice. In Siddha medicine, this condition is viewed not just as a physical ailment but as a reflection of internal imbalance, specifically among the three fundamental life forces or **Mukkutram**: *Vatham*, *Pitham*, and *Kapham*. When *Kapham* and *Vatham* become aggravated, they contribute to the symptoms of nasal blockage, headache, heaviness, and impaired breathing.

The Siddha system of medicine emphasizes treating the root cause by restoring the natural balance of these humors. One such medicine is *Pavanak Katukkay*, a time-tested herbal formulation believed to possess anti-inflammatory, expectorant, and mucolytic properties. This paper explores the condition of *Nasikapeedam* through the lens of *Mukkutram* imbalance and discusses how *Pavanak Katukkay* can be effectively used in its management, based on classical Siddha principles.

RESEARCH DRUG - *Pavanak Katukkay*
INGREDIENTS

<i>Katukkay</i>	Terminalia chebula	100 No’s
<i>Kariuppu</i>	Sodium chloride	25 gm
<i>Attuppu</i>	Boiled salt of Potassium Nitrate	25 gm
<i>Milagu</i>	Piper nigrum	280 gm
<i>Indhuppu</i>	Sodium chloride impura	280 gm
<i>Vasambu</i>	Acorus calamus	280 gm
<i>Chukku</i>	Zingiber officinale	280 gm

Omam	Trachyspermum ammi	280 gm
Kodiveli	Plumbago zeylanica	160 gm
Seviyam	Piper nigrum	160 gm
Thippili moolam	Piper longum	160 gm
Elumichai saaru	Citrus lemon extract	5.1 litre
Inji saaru	Zingiber officinale extract	5.1 litre

PREPARATION

➤ All these drugs are purified, as per classical Siddha texts.

Katukkay, Kariuppu, and Attuppu were taken separately, boiled in buttermilk, and then dried thoroughly in the shade. The remaining herbal ingredients were purified as per classical Siddha literature and then ground into a fine powder. After all the ingredients were prepared, they were mixed. Fresh lemon juice (Citrus lemon) and ginger juice (Zingiber officinale) were then added to the mixture. The entire formulation was spread out to dry in a shaded, dust-free area. Once completely dried, the medicine was collected and stored in a clean, dry container for future use.

DOSAGE

- 500mg -2g (Depending on the age)
- Bd with honey after the diet

DURATION

21 days.

INDICATION

Nasikapeedam.

Disease View

இந்த நோயில் நாசியில் ஒரு பக்கம்/இரண்டு பக்கத்திலும், சிறு முளை போல் சதை வளர்ந்து நாசியில் முழுவதுமாக அல்லது ஒரு பாதி அடைத்து மூச்சு விட சிரமத்தை உண்டாக்கும். இதனை தொடர்ந்து தலைபாரம், தலைவலி, மூக்கில் நீர்பாய்தல் போன்ற குறிகுணங்கள் ஏற்படும்.

மேற்சொன்ன குறிகுணத்தில்

- மூக்கில் சதை வளர்ச்சி (பருமன், வளர்ச்சி), தலைபாரம் ஆகியவை மண் பூத பண்பையும்,
- மூக்கில் நீர் பாய்தல் நீர் பூத (தோய்ந்து போதல்) பண்பையும்,
- தலை வலி வாயு பூத பண்பின் காரணமாக உண்டானவை

நாசிகாபீடம் = மண் + நீர் + வாயு



கபம்



வாதம் = கபவாத நோய்

"Fundamental Principles of Herbal Classification in Siddha Medicine: Suvai, and Viriyam"

In Siddha medicine, the ancient healing system rooted in Tamil tradition, each herb or remedy is categorized according to two primary qualities.

1. **Suvai** – Taste
2. **Viriyam** – Potency / Bioactivity

These two help doctors understand **how a medicine works in the body** and how it affects the three vital (humour) energies (called **Mukutram**): *Vatham, Pitham, and Kapham*.

SUVAI (Taste) – சுவை

Suvai refers to the **taste** of a substance, perceived by the tongue, and it plays a vital role in determining the pharmacological effect of the drug. Siddha classifies **six basic tastes (Arusuvai)**

“வாதமே விட்டால் மதுரம் புளியுப்பு

சேத முறச்செய்யும் சீரையான் –
ஓதக்கேள் !

காரந் துவர்கசப்புக் காட்டுஞ்
சுவையெல்லாம்

சாரப் பரிகாரஞ் சாற்று”

இனிப்பு, புளிப்பு, உப்பு இம் மூன் உசுவைகளும் வாதத்தை சமன்படுத்தும். காரம், துவர்ப்பு, கசப்பு இம் மூன்று சுவைகளும் கபத்தை சமன்படுத்தும்.

“பித்த மதிகடிப்பின் பேசும் பரிகாரம்

சுத்தத் துவரோடு சொல்லினிப்புச்-
சத்தாகும்

கைப்புச் சுவையே கருத வதன்வீறு

எய்ப்படையு மென்றுரைத்தா ரிங்கு.”

- கண்ணுசாமியம் என்னும் வைத்திய
சேகரம்.

பித்தம் அதிகமாயின் துவர்ப்பு, இனிப்பு, கைப்பு முதலிய சுவைகளை உண்டு வரின் பித்தம் சமன்படும்.

Table 1: In Siddha aspect – Suvai.

Tamil Name	English	Related Element	Action
Inippu	Sweet	Earth + Water	Nourishing, cooling, and building tissues
Pulippu	Sour	Earth + Fire	Stimulates digestion, increases <i>Pitham</i>
Uvarpu	Salt	Water + Fire	Moistening promotes appetite
Kaippu	Bitter	Air + Space	Detoxifying reduces <i>Pitham</i> & <i>Kapham</i>
Kaarppu	Pungent	Fire + Air	Stimulating, clears sinuses, reduces <i>Kapham</i>
Thubarppu	Astringent	Air + Earth	Drying, healing, reduces <i>Pitham</i> & <i>Kapham</i>

Table 2: Modulation of Mukkutram by Six Tastes.

<i>Mukkutram</i>	Increased by	Decreased by
Vatham	Pungent, Bitter, Astringent	Sweet, Sour, Salt
Pitham	Sour, Salty, Pungent	Sweet, Bitter, Astringent
Kapham	Sweet, Sour, Salt	Pungent, Bitter, Astringent

Viriyam (Potency/Bioactivity)

Viriyam refers to the **inherent potency** of a drug or ingredient – how it acts **bio-energetically** within the body. It helps determine **how quickly, how strongly,**

and **in what direction** the medicine will act in the **Mukkutram-based system** (*Vatham, Pitham, Kapham*). It is closely related to the **temperature, energy, or hot/cold nature** of the drug.

Table 3: In Siddha aspect – Viriyam.

Type	Potency	Action
Ushna Viriyam (உஷ்ண வீரியம்)	Hot potency	Increases <i>Pitham</i> , decreases <i>Kapham</i> , and helps digestion
Seetham Viriyam (சீத வீரியம்)	Cold potency	Reduces <i>Pitham</i> , Regulates <i>Vatham</i> , cooling action

Table 4: Taste, Potency, and Effect on Humours of the drug ingredients.

S.No	Botanical Name	Parts Used	Taste(s)	Potency (Viriyam)	Effect on Humours (Vatham, Pitham, Kapham)
1	Terminalia chebula	Tender young fruit(Outer part only)	All tastes except salt	Hot	Balances <i>Vatham, Kapham</i> ; mildly increases <i>Pitham</i>
2	Sodium chloride	Salt	Salty	Hot	Increases <i>Pitham</i> , balances <i>Kapham</i> , reduces <i>Vatham</i>
3	Boiled salt of Potassium Nitrate	Salt	Salty	Hot	Increases <i>Pitham</i> , balances <i>Kapham</i> , reduces <i>Vatham</i>
4	Piper nigrum	Fruit	Bitter, Pungent	Hot	Reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
5	Sodium chloride impura	Salt	Salty	Hot	Increases <i>Pitham</i> , balances <i>Kapham</i> , reduces <i>Vatham</i>
6	Acorus calamus	Root	Bitter	Hot	Reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
7	Zingiber officinale	Rhizome	Pungent	Hot	Reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
8	Trachyspermum ammi	Seeds	Pungent	Hot	Reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
9	Plumbago zeylanica	Root	Pungent	Hot	Strongly reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
10	Piper nigrum	Root	Bitter, Pungent	Hot	Strongly reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>
11	Piper longum	Stem	Pungent	Hot	Reduces <i>Kapham, Vatham</i> ; Increases <i>Pitham</i>
12	Citrus lemon extract	Fruit	Sour, Pungent	Cold	Reduces <i>Pitham</i> , Balances <i>Vatham</i> , mildly reduces <i>Kapham</i>
13	Zingiber officinale extract	Rhizome	Pungent	Hot	Reduces <i>Kapham, Vatham</i> ; increases <i>Pitham</i>

Mukkutram

It consists of.

- **Vatham** – Air and space elements; responsible for movement and communication
- **Pitham** – Fire and water elements; responsible for metabolism and digestion

- **Kapham** – Earth and water elements; responsible for structure, lubrication, and immunity.

Table 5: Correlation Between Mukkutram Imbalance in Nasikapeedam and the Therapeutic Action of Pavanak Katukkay.

Mukkutram	Normal Function	Imbalance in Nasikapeedam	Siddha Treatment Goal	Role of Pavanak Katukkay
Vatham	Governs movement, nerve impulses, airflow, and communication	Obstructed by thick <i>Kapham</i> ; causes pain, dryness, and difficulty in breathing	Regulate <i>Vatham</i> and restore normal movement	Hot potency helps unblock flow; Salty regulates <i>Vatham</i> without drying excessively.
Pitham	Controls digestion, metabolism, heat, and transformation	Aggravated in chronic cases; causes inflammation, burning, or infection	Prevent <i>Pitham</i> aggravation and control inflammation	Though hot, astringent taste balances excess <i>Pitham</i> , prevents an inflammatory response
Kapham	Provides structure, lubrication, moisture, and immune protection	Becomes thick and excessive; causes nasal blockage, congestion, and mucus retention	Liquefy and expel excess <i>Kapham</i> ; reduce swelling and mucus production	Bitter and Pungent tastes + hot potency actively reduce Kapham and clear sinuses
Mukkutram Balance	Ensures equilibrium between all three vital forces	<i>Kapham</i> ↑, <i>Vatham</i> ↓ (obstructed), risk of <i>Pitham</i> ↑ if untreated	Restore Mukkutram balance by removing <i>Kapham</i> , regulating <i>Vatham</i> , and protecting <i>Pitham</i>	Pavanak Katukkay effectively balances all three mukkutram , especially Kapham and Vatham

CONCLUSION

Nasikapeedam, a condition characterized by nasal obstruction, congestion, and inflammation, is primarily caused by an imbalance in the **Mukkutram**, especially **Kapham** and **Vatham**. In Siddha medicine, this condition is understood as the accumulation of thick *Kapham* blocking the nasal channels, thereby disrupting the flow of *Vatham* and, in chronic cases, aggravating *Pitham*.

The classical Siddha formulation, **Pavanak Katukkay**, offers a holistic approach to managing this disorder. Its **bitter and astringent tastes** help in drying and eliminating excess *Kapham*, while its **hot potency** stimulates circulation and unblocks *Vatham*. Though hot in nature, it also contains elements that help prevent the aggravation of *Pitham*, making it suitable for restoring mukkutram balance.

Therefore, **Pavanak Katukkay effectively addresses the root causes of Nasikapeedam** by.

- **Reducing Kapham** (removing mucus and swelling),
- **Regulating Vatham** (restoring airflow and reducing pain), and
- **Protecting Pitham** from inflammatory changes.

Its Mukkutram-balancing action supports both symptom relief and long-term management, making it a reliable and scientifically aligned choice within the Siddha system for nasal disorders like Nasikapeedam.

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