



Case Study

TREATMENT OF COMMON WART USING A CLASSICAL SIDDHA FORMULATION *SIRATTAI THYLAM*: A CASE REPORT

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ABSTRACT

Siddha system of medicine is the philosophy-based medicine that deals with holistic approach to health and soul basically it is a way of life that emphasizes positive mindfulness. The essential life style for healthy living has been instructed in *Siddha* system, according to the geographical and seasonal varieties. As per *Siddha* concept there is 32 internal and 32 external medicines. *Thylam* (medicated oil) was popularly used for various ailments us *Mudi thylam*, *Kudi thylam*, *Pidi thylam*, *Thulai thylam*, *Silai thylam*. *Sirattai Thylam* is prepared by *Kuzhi thylam* method (destructive distillation method). It can be used for *Naatpatta thole noigal* (chronic skin diseases), *Sori* (itches), *Padar thaamarai* (ring worm), *Padaigal* (eczema), *Thole thadippu* (thickening of skin), Useful in mosquito bite scars, sun tan, white heads, sensitive skin, fungal infections. This case study addresses the successful treatment "the wart" (It's a local outgrowth of the epidermal layer of the skin) using *Sirattai Thylam*.

INTRODUCTION

According to world health organization (WHO) Human papillomavirus (HPV) is a small, non-enveloped deoxyribonucleic acid (DNA) virus that infects skin or mucosal cells. The circular, double-stranded viral genome is approximately 8-kb in length. The genome encodes for 6 early proteins responsible for virus replication and 2 late proteins, L1 and L2, which are the viral structural proteins^[1]. In *Siddha* system of medicine external applications like *thylam* plays a vital role in curing various ailments. *Siddhar tharayar* classified *Thylam* into five major divisions on the basis of its usage i.e., *Mudi thylam*, *Kudi thylam*, *Pidi thylam*, *Thulai thylam*, *Silai thylam* and based on production it is divided into 12 types some of them are *Uruku*, *Man*, *Neer*, *Sudar*, *Aavi*, *Pori*, *Kuzhi Thylam* etc. *Sirattai Thylam* is prepared by *Kuzhi thylam* method (destructive distillation method).

The wart is a small, fleshy bump on the skin or mucous membrane caused by human papilloma virus. According to *Siddha* the wart is roughened hard, painless protrusion from the epidermal layer of skin grows day by day, some may or may not be fell down automatically^[2]. *Sirattai Thylam*^[3] is a herbal preparation made up of coconut shells. Antifungal and antibacterial studies have been done on *Sirattai Thylam* which showed effective against candida sps, aspergillus sps, gram positive and gram-negative bacterial^[4].

MATERIALS AND METHODS

Materials Required

1. Coconut shell (*Sirattai*)
2. Earthen pot with few holes at bottom
3. Oil collecting vessel
4. Cow dung cakes (*Varatti*)
5. Cotton cloth
6. Mud

Preparation of Medicine

Take an earthen mud pot with a few holes at the bottom. Pass thin wires through these holes and bend them at the end, so that they converge at a point a few inches above from the base.

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Take coconut shell (*Sirattai*) make it into small pieces then put them into the earthen pot. Fill the pot with shell pieces and seal the top with *Seelai* (cotton with mud). Prepare oil *Kuzhi Pudam* method^[5] (destructive

distillation) by placing a collecting vessel in the Centre of a pit and supporting the pot on it. And applying heat only to the pot by heaping and igniting with cow dung cakes (*Varatti*) arranged around and above the pot.



Fig.1. Coconut Shell



Fig.2. *Kuzhi Puda Karuvi*

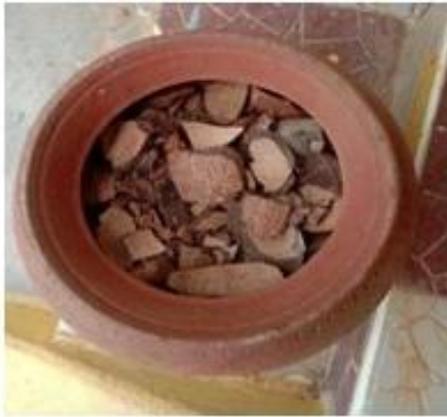


Fig.3. Earthen pot with Coconut shell



Fig.4. Sealed *Kuzhi Puda Karuvi*



Fig.5. *Kuzhi Puda Karuvi* ignited with cow dung cakes



Fig. 6. After Completion of heating with cow dung cakes



Fig. 7. Sirattai Thylam



Fig.8. Before Treatment



Fig.9. After Treatment



Fig.10. Removed Wart

CASE REPORT

A 19 years old boy noticed that he had a wart on his elbow joint. It looks like a small blackened rough swelling. He said that he had not experienced any itching, pain, irritation but whenever he used to saw that he felt disgusting. There is no past history of any diseases like diabetes, hypertension. He doesn't under gone any treatment earlier. I prescribed him to apply *Sirattai Thylam* which was prepared by myself. We took photos with mobile phone before and after the treatment.

After applying *Sirattai Thylam* twice a day for six days the wart fell down automatically which leaves a wound at that place. I prescribed him to apply *Mathan Thylam* for 8 days. The wound got healed.

Treatment Protocol

Clean the pronated side of elbow joint where the wart is present. As *Sirattai Thylam* is much concentrated, so the dilution is done by adding equal quantity of coconut oil, mixed well. With the help of cotton bud a drop of *Sirattai Thylam* is placed on the wart, avoid spilling over other area than the wart. Continued the process twice a day for 6 days.

RESULTS AND DISCUSSION

After 6 days, the wart fell down. The area where the wart located become wounded. The wound was treated with *Mathan Thylam*, a herbomineral *Siddha* external medicine. Within 5 days the wound got healed. *Sirattai Thylam*, a classical *Siddha* external medicine showed very effective result against wart

within short duration of time with no side effects. It's totally safe to use under the guidance of practitioner.

CONCLUSION

Sirattai Thylam is potential to be used to treat external fungal infections. Herbal drugs are major drugs for future perspective because of its safety against synthetic drugs. However, further studies should be conducted to know various activities of *Sirattai Thylam*.

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