

# AN ASSESSMENT AMONG SIDDHA PHYSICIANS INCORPORATING THE PRACTICE OF VIRECHANAM (PURGATION) IN THEIR ROUTINE CLINICAL PRACTICE - A CROSS SECTIONAL STUDY

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**Abstract-** Siddha system aims at the elimination of excessive Doshas from the body to maintain the state of health for a longer duration, Virechanam is one of the siddha therapies where in purgation is induced by drugs and it specifically aims at the elimination of excessive Dosha from the body. Normally, after Virechanam patient does not complain of having any untoward like those present after diarrhea due to dehydration. This study was conducted to evaluate cross sectional survey of Virechanam among the siddha practitioners to ascertain the safety of therapeutic purgation.

## INTRODUCTION

Siddha system of Medicine is an indigenous traditional system of medicine. Widespread literary evidences regarding Etiology, Management, Prevention and Treatment modalities of varied diseases are available. According to the Siddha system of Medicine, the root cause of any disease is the disequilibrium of the three humors (Vaadham, Pittham, Kabham). So, identifying and equalizing the deranged humor is the first and foremost line of treatment for any disease. Virechanam (Purgation) is a treatment modality through which the aggravated Vaadham humor is equalized. It is evident from the literature quoted “*Virechanamthaal Vaadham Thazhum*”. Virechanam is incorporated for both therapeutic and prophylactic purposes.

## PROPOSED METHOD

### Study population

Siddha Practitioners in and around Tirunelveli district are selected.

### Study type

Cross sectional study

### Study place

Tirunelveli District

### Study period

4 months

## DATA COLLECTION

Primary data is collected using questionnaire and secondary data is collected from Texts, Journals, Magazines and other sources.

## ETHICAL REVIEW

### Institutional screening committee approval

The proposal is approved by Screening committee.

## ETHICAL ISSUES

The data from the Siddha Practitioners in and around Tirunelveli are kept confidentially. They are informed about the study.

Informed consent is obtained from the practitioners.

This study involves only the necessary enquiries.

No other unwanted enquiries are done.

**QUESTIONAIRES**

1. Do you use Virechanam marunthugal in your practice?

- i) Yes                      ii) No

2. In which kind of Virechanam marunthugal do you use?

- i) Kuzhambu              ii) Kuligai      iii) Oil based      iv) Chooranam      v) Others

3. Do you give oil bath to the patient before the day of Virechanam ?

- i) Yes      ii) No

4. Do you follow any food specification before the of Virechanam?

- i) Yes              ii) No

5. In which time you will choose to give Virechanam marunthugal to the patient?

- i) 4 to 5am      ii) 5 to 6 am      iii) 6 to 7am      iv) 7 to 8 am

6. Do you follow any food specification In the day of Virechanam ?

- i) Yes      ii) No

7. Choosing of Virechanam maruthungal:

- i) Age      ii) Sex      iii) body weight      iv) envagai thervu      v) others

8. After the day of procedure of Virechanam when will you start the medication?

- i) At the day      ii) The next day      iii) The day before      iv) others

9. Do you give Virechanam maruthungal after the medication?

- i) Yes      ii) No

10. Have you faced any ADR in during administration of Virechanam?

- i) Yes                      ii) No

**A1.1 .USING OF VIRECHANAM MARUNTHUGAL**

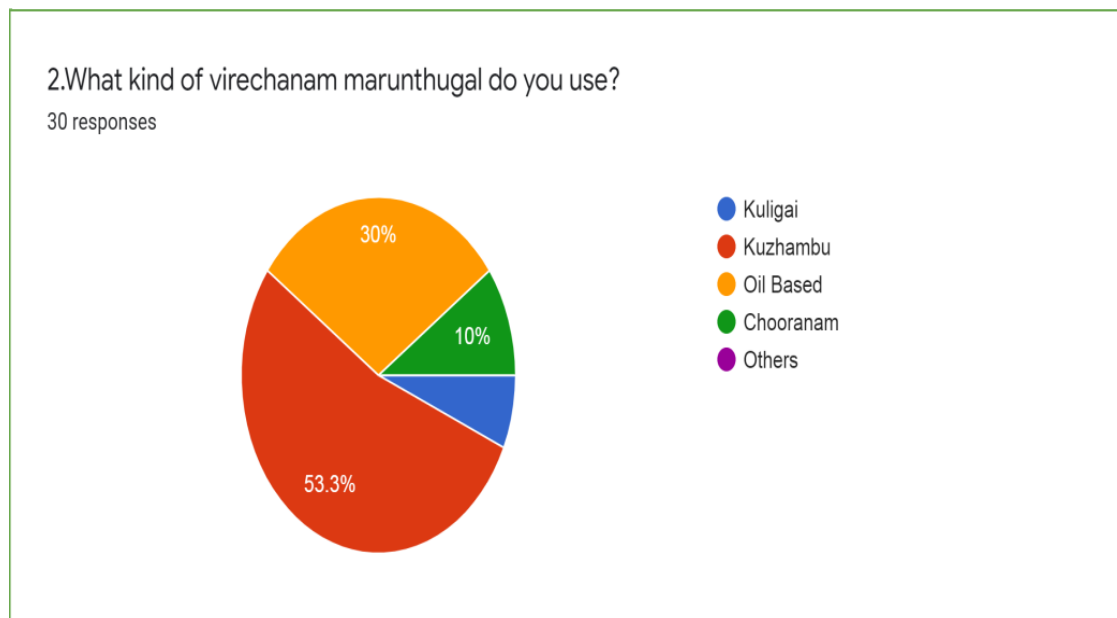
YES	NO
27	03



From the above chart (A.1) it is inferred that 93.3% of siddha practitioners are prescribing Virechanam marunthugal in their practices, rest of 6.7% of practitioners are not prescribing Virechanam marunthugal in their practices

<b>Kuzhambu</b>	<b>16</b>
<b>Oil based</b>	<b>8</b>
<b>Chooranam</b>	<b>3</b>
<b>Kuligai</b>	<b>3</b>
<b>others</b>	<b>0</b>

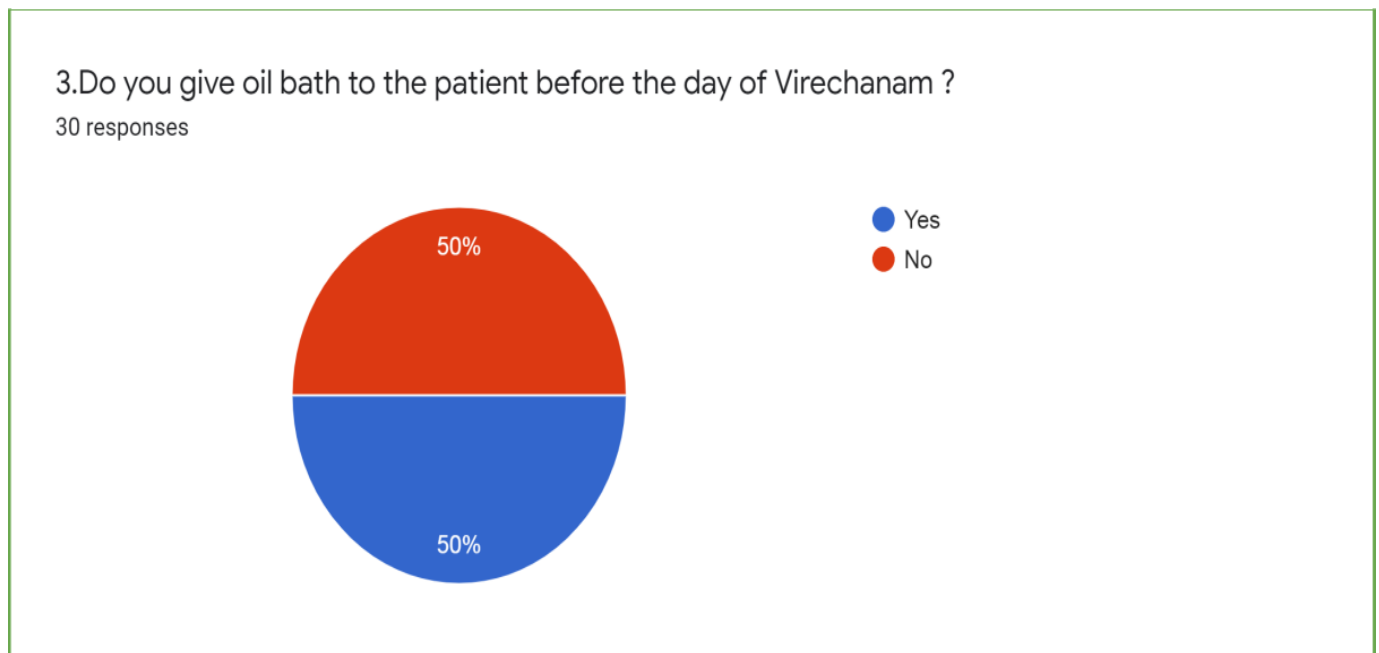
### B.2.2 TYPE OF VIRECHANAM MARUNTHUGAL



This chart (B.2) shows that 53.3% of practitioners prescribing kuzhambu based virechanam marunthugal, 30% of practitioners prescribing oil based virechanam marunthugal, 10% of practitioners prescribing chooranam based virechanam marunthugal, 6.7% of practitioners prescribing kuligai based virechanam marunthugal to induce virechanam.

**C. 3.3 OIL BATH BEFORE THE DAY OF VIRECHANAM**

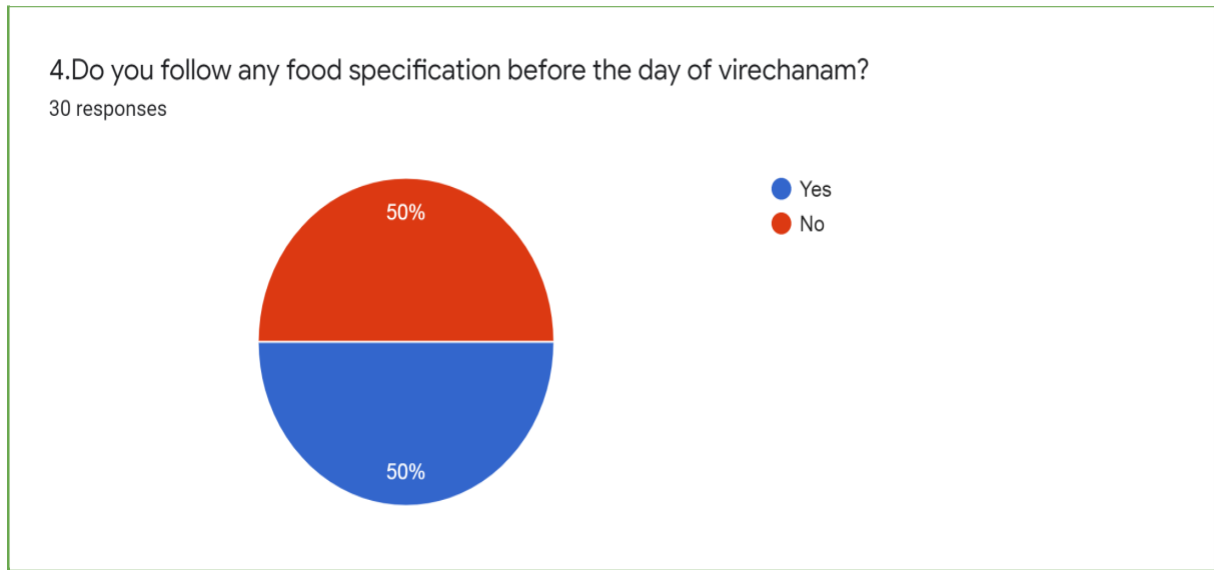
YES	NO
14	16



It is (C.3) evident that 50% of siddha practitioners advise to take oil bath to the patient before the day of Virechanam, 50% of practitioners do not advise oil bath to the patient before the day of Virechanam

**D.4.4 FOOD SPECIFICATION BEFORE THE DAY OF VIRECHANAM**

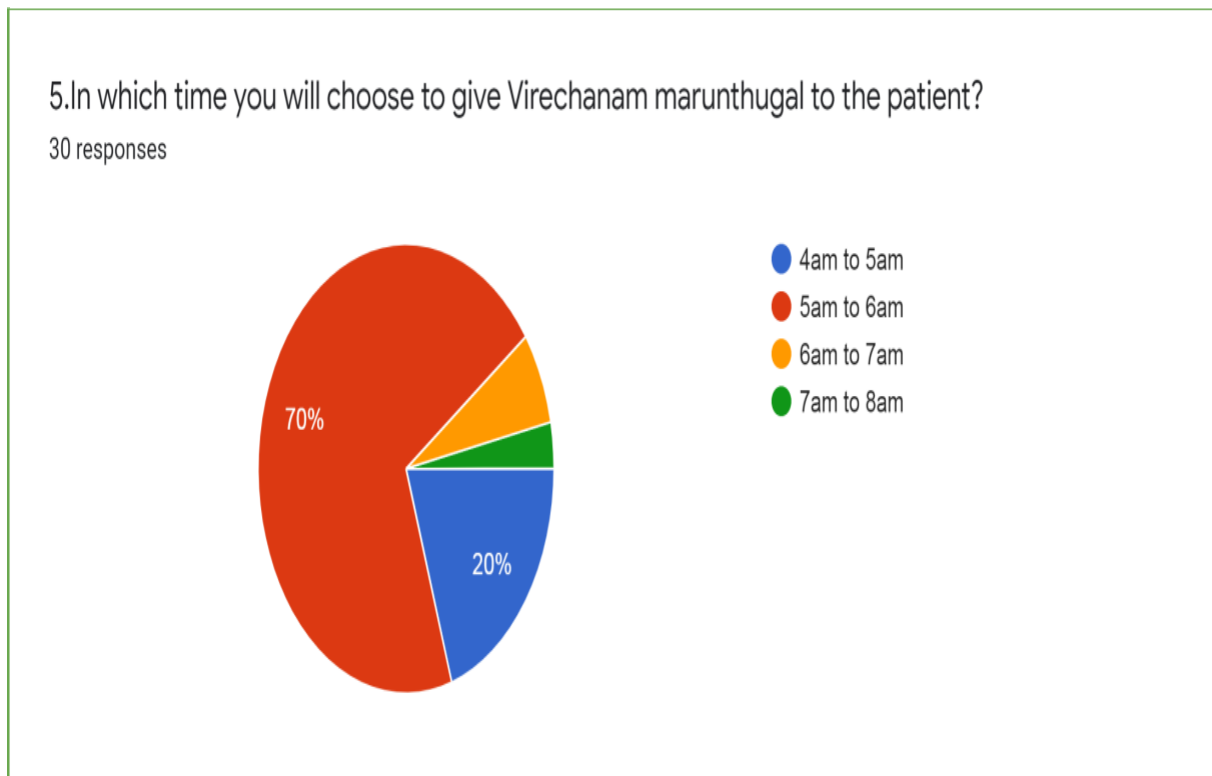
YES	NO
15	15



50% of siddha practitioners advice the patient's to follow food specification before the day of Virechanam .(D.4),50% of practitioners do not advice the patient's to follow food specification before the day of Virechanam .

**E.5.5 CHOOSING OF TIME TO GIVE VIRECHANAM**

<b>4 to 5 am</b>	<b>5</b>
<b>5 to 6 am</b>	<b>22</b>
<b>6 to 7 am</b>	<b>2</b>
<b>7 to 8 am</b>	<b>1</b>

**MARUNTHUGAL**

In this survey 70% of siddha practitioners are advising to take Virechanam marunthugal during 5am to 6am, 20% of practitioners are advising 4am to 5am, 6% of practitioners are advising 6am to 7am and rest of the 4% of practitioners are advising 7am to 8am to the patient (E.5)

**F 6.6. FOOD SPECIFICATION IN THE DAY OF VIRECHANAM**

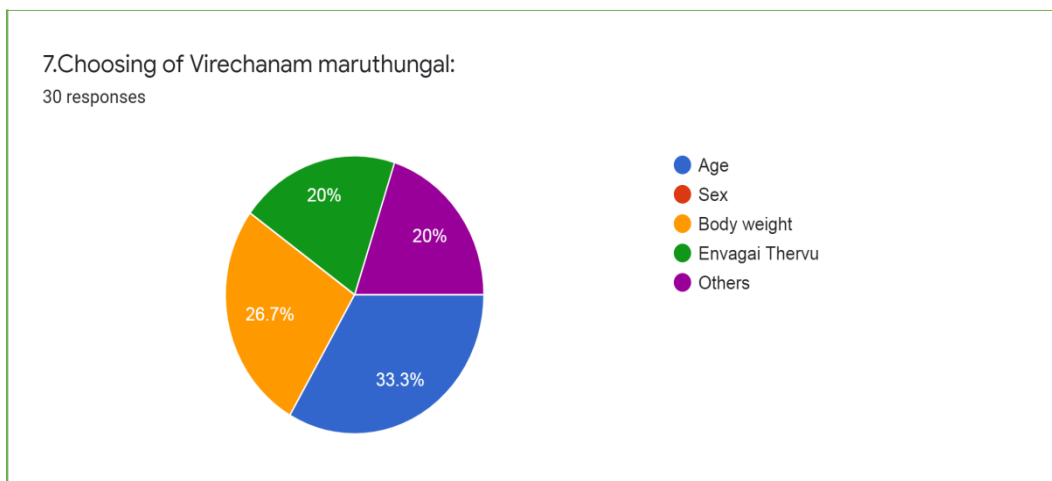
<b>YES</b>	<b>NO</b>
<b>30</b>	<b>0</b>



<b>Age</b>	<b>10</b>
<b>Sex</b>	<b>0</b>
<b>Body weight</b>	<b>8</b>
<b>Envagai Thervu</b>	<b>6</b>
<b>others</b>	<b>6</b>

From above this chart 100% of siddha practioners are preferring food specification to the patient in the day of Virechanam (F.6)

**G.7.7..SELECTION OF VIRECHANAM MARUNTHUGAL**

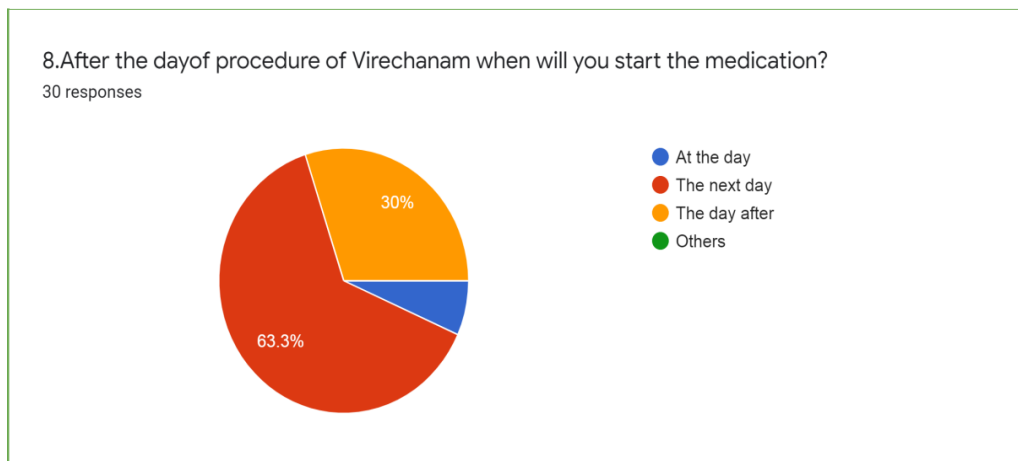




<b>At the day</b>	<b>02</b>
<b>The next day</b>	<b>18</b>
<b>The day after</b>	<b>10</b>
<b>Others</b>	<b>0</b>

,33.3% of practitioners choosing the patients age,26.7% of practitioners choosing the patients body weight, 20% comes under others category 20% of siddha practitioners are choosing their Virechanam maruthugal based on their interpretation from Envagai Thervu(siddha examination)of the patient, None of them choosing patient’s gender .(G.7)

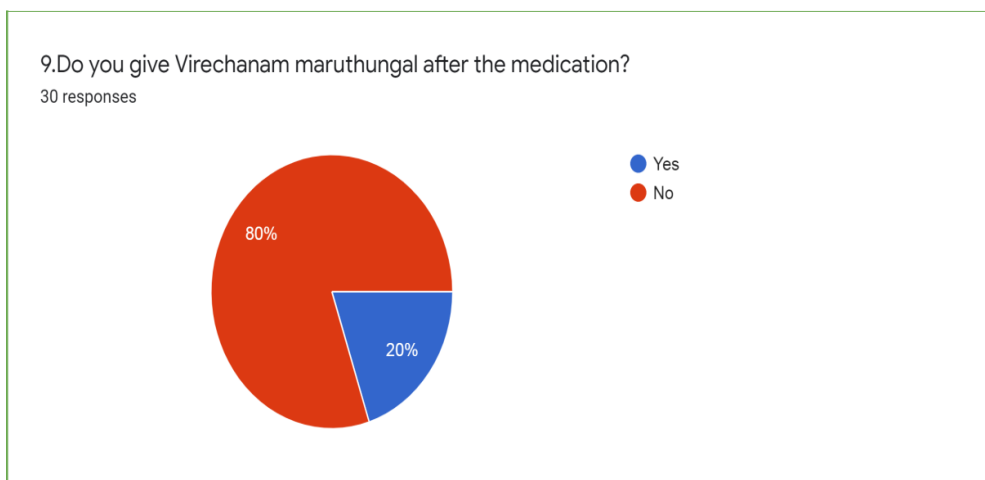
**H.8.8. STARTING DAY OF MEDICATION AFTER VIRECHANAM**



<b>YES</b>	<b>NO</b>
<b>6</b>	<b>24</b>

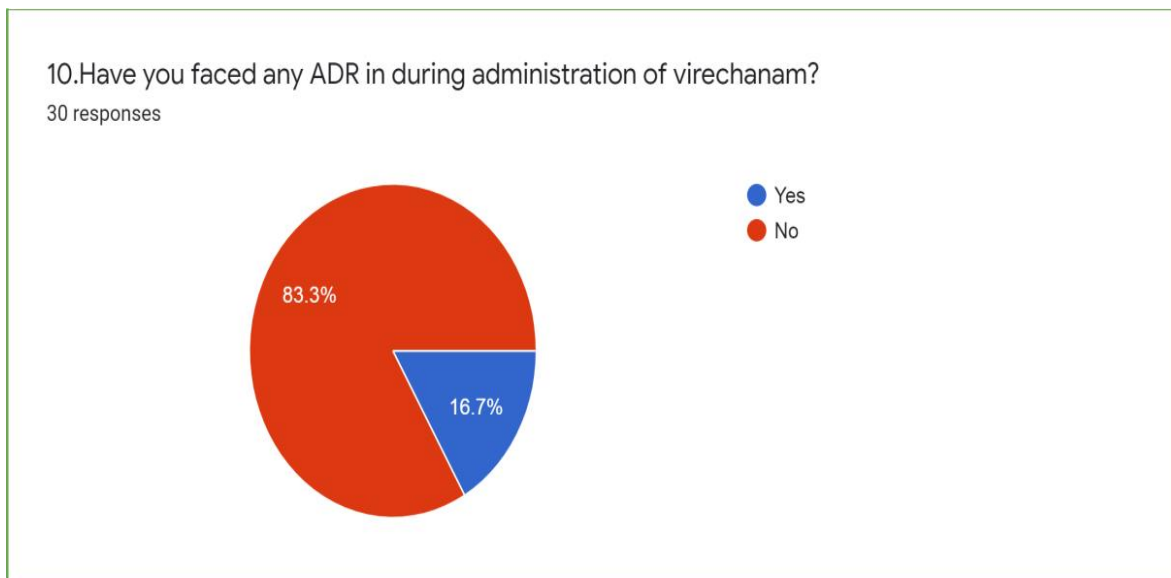
63.3% of siddha practitioners start their medication to the patient the next day of Virechanam,30% of practitioners start their medication the day after, rest of 6.7% of siddha practitioners start their medication on the day of Virechanam. (H.8)

**I.9.9 .VIRECHANAM AFTER THE MEDICATION**



80% of practitioners do not repeat the virechanam after the medication,Only 20% of practitioners are repeating Virechanam to the patient after the medication.(I.9)

**J.10.10. .ADVERSE DRUG REACTION DURING VIRECHANAM**



YES	NO
5	25

From above this chart 83.3% of practitioners did not face adverse reaction .  
(J.10) only 16.7% of patients faced adverse reaction to the Virechanam .

### Discussion & observation

The practitioner were first asked if they prescribing Virechanam marunthugal in any way clearly and it was found that 93.3% of practitioners using Virechanam marunthugal in their practice and rest of 6.7% of practitioners are not prescribing it(A.1.1). The study is mainly aimed at cross sectional study about Virechanam marunthugal among siddha practitioners. A siddha system Virechanam is one of the technic to equalize three vital humors in the body which is also used for prevention.

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### CONCLUSION

Reviewing Siddha literatures revealed that use of siddha therapies especially Virechanam is found to be used since long time. It is generally thought that siddha classics have their major role in contribution of body detoxification procedures. Unfortunately, due to scattered form of references of Virechanam, it has become difficult to establish proper method of body detoxification procedures. This research paper was an attempt to study from Virechanam perspective. Scholars would be delighted to know how immense research one can carry out in these Virechanam and bring new knowledge in front of the world.

### REFERENCES:

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2. [http://granthaalayah.com/Articles/Vol8Iss1/28\\_IJRG20\\_B01\\_3026.pdf](http://granthaalayah.com/Articles/Vol8Iss1/28_IJRG20_B01_3026.pdf)
3. siddha marurhuvaanga surukkam
4. siddhar aruvai maruthuvam