

# A Review on Siddha Drug "Peenisa Kirutham" For the Management of Sinusitis (Peenisam)

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## ABSTRACT

Siddha system of medicine describes 32 forms of External medicines in Siddha Literature: Medicated Nasal Application is one of the 32 external therapies. The Siddha formulation "Peenisa Kirutham," which is mentioned in *Kannusamy Parambarai Vaidhyam*, is indicated for 'Ratha Peenisam' (Sinusitis). The goal of this review to validate Peenisa Kirutham with its pharmacological activities for the treatment of sinusitis. Based on Siddha literature, modern medicine knowledge and research-based studies also provides pharmacological activities in the ingredients of Peenisa Kirutham which helps to cure sinusitis.

**Keywords:** Peenisa Kirutham, Pharmacological activity, Siddha, Sinusitis, Scientific community.

## INTRODUCTION

Sinusitis is an inflammatory condition which involves the mucosa of the paranasal sinuses and the nasal cavity. It commonly occurs due to the invasion of infection, allergy, structural obstruction, or environmental factors. The swelling in mucosa leads to obstruction of sinus drainage, accumulation of secretions, and secondary bacterial growth. The clinical features of sinusitis are nasal blockage, purulent nasal discharge, facial pain, and fever<sup>2</sup>.

In Siddha literature, Peenisam (Sinusitis) occurs mainly due to excessive heat production in Moola tharam, one of the 6 Aadharam (psychophysical centres), and increased Azhal Iyam in Tridhoshas<sup>3</sup>.

In the Siddha System of medicine, Peenisa Kirutham is mentioned in *Kannusamy Parambarai Vaidhyam* for the treatment of Peenisam. This review focuses on the pharmacological activities of each ingredient that supports treating sinusitis.

## MATERIALS AND METHODS

This review of literature is taken from the classical Siddha texts & research journals.

## REVIEW OF LITERATURE

### Ingredients:<sup>1</sup>

- 1.Kungumapoo - 5.1g
- 2.Korosanai - 5.1g
- 3.Kostam. - 5.1g

4. Athimathuram - 5.1g
5. Koraikizhangu - 5.1g
6. Kasthuri - 488mg
7. Pachai karpooram - 488mg
8. Pasu nei - 1.3L

Table 1: Ingredients of peenisa kirutham <sup>4</sup>.

S.No	Tamil Name	Botanical Name	Family	Parts Used
1.	Kungumapoo	Crocus sativus	Iridaceae	Flower
2.	Korosanai	—	Bovidae	Purified
3.	Kostam	Costus speciosus	Costaceae	Root
4.	Athimathuram	Glycyrrhiza glabra	Fabaceae	Root
5.	Koraikizhangu	Cyperus rotundus	Cyperaceae	Root Tuber
6.	Kasthuri	—	Moschidae	Musk
7.	Pachai Karpooram	Cinnamomum camphora	—	—
8.	Pasu nei	Bos indicus	Bovidae	Cow's Ghee

Ingredients mentioned above are taken and made into a coarse powder. Then, the ghee was heated. The powder was mixed with ghee and heated well until ghee was separated from powder. The final product of ghee was strained, collected, and stored in airtight container.

- **Dosage:** Used as medicated nasal application into both nostrils up to 1-2 drops.
- **Indications:** Ratha Peenisam (Sinusitis)
- **Application:** used as external use only

Table 2: Actions and Chemical Constituents of peenisa kirutham <sup>5</sup>

Name	Actions	Images	Chemical Constituents
<b>Kungumapoo</b>	Anodyne, Anti-inflammatory, Anti-microbial		Volatile oil composed of terpenes, crocin, picrocrocin.
<b>Korosanai</b>	Anti-spasmodic, Expectorant, Laxative, Anti-inflammatory		Cholic acid, Glycocholic acid, Taurocholic acid.

<b>Kostam</b>	Tonic, Stimulant, Diaphoretic		Steroidal Saponins, Dioscin, Costosaponins, Gitogenin A-G.
<b>Athimathuram</b>	Emollient, Demulcent, Mild expectorant, Laxative		Glycyrrhizine, Liquiritin, Isoliquiritin.
<b>Koraikizhangu</b>	Astringent, Demulcent, Diuretic, Tonic, Anti-inflammatory		Flavonoid, glycoside, Cyperine.
<b>Kasthuri</b>	Stimulant, Tonic, Expectorant		Muscone, Cyclopentadecanone, Cyclohexadecanone, Epiandrosterone.
<b>Pachai Karpooram</b>	Cooling, Anti-microbial, Anti-inflammatory		Borneols, Monoterpenes such as Boronyl acetate, Isoborneol.
<b>Pasu nei</b>	Tonic		Triglycerole, Mono saturated fatty acids, palmitic acids, Stearic acid, Calcium <sup>6</sup> .

## RESULT AND DISCUSSION

1. **Kungumapoo:** Anti-inflammatory, Anodyne & Anti-microbial activities reduce swelling which treats sinusitis<sup>4</sup>.
2. **Korosanai:** Laxative and Expectorant activities act on Kapha dhosha, and Anti-inflammatory activity reduces inflamed mucosa of paranasal sinuses which cures sinusitis<sup>5</sup>.
3. **Kostam:** Diaphoretic activity reduces body heat which neutralizes Pittha dhosha and can cure sinusitis<sup>5</sup>.
4. **Athimathuram:** Demulcent activity reduces the internal heat of the body which neutralizes Pittha and helps in curing sinusitis<sup>5</sup>.
5. **Koraikizhangu:** Astringent activity stops nasal bleeding; anti-inflammatory and diuretic activities reduce inflammation which helps in curing sinusitis<sup>5</sup>.
6. **Kasthuri:** Muscone compound present in Kasthuri contains an anti-inflammatory effect which reduces swelling and leads to curing sinusitis<sup>7</sup>.
7. **Pachai Karpooram:** Anti-microbial activity reduces inflammation helping in curing sinusitis.
8. **Pasu nei:** Anti-inflammatory activity reduces inflammation of mucosa. Calcium present in Pasu nei acts as a clotting factor which arrests bleeding in Ratha Peenisam (Sinusitis).

These pharmacological activities present in ingredients of Peenisa Kirutham help to cure sinusitis<sup>6</sup>.

## CONCLUSION

From the literature review, ingredients of Peenisa Kirutham have the therapeutic evidences for the management of sinusitis mentioned in the Siddha text *Kannusamy Parambarai Vaidhyam*<sup>1</sup>. Therefore, further research analysis on *in vivo* and *in vitro* is needed for public and scientific community acceptance.

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