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Review Article

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ENHANCING PUBLIC HEALTH THROUGH SIDDHA: A PATHWAY TO HOLISTIC WELLNESS" KANN THINAVU (ALLERGIC CONJUNCTIVITIS): A SIDDHA PERSPECTIVE

S.Heamavathi.,M.D(s)^{1*}, S.Shankar.,M.D(s)², S.Karthi.,M.D(s)³, K.Tabitha Esther.,M.D(s)

¹Junior Research Fellow, Peripheral Pharmacovigilance Centre GSMC Chennai.

²Co-ordinator, Peripheral Pharmacovigilance Centre GSMC Chennai.

³House Officer, National institute of Siddha.

⁴PG Department of Gunapadam, Government Siddha Medical College Arumbakkam Chennai-106

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***Corresponding author**

Dr.S.Heamavathi.,M.D(s)

Background

Kann Thinavu is one of the 96 eye diseases described in Siddha medicine. It is characterized by itching, redness, irritation, watery discharge, and blurred vision, correlating with allergic conjunctivitis in modern medicine. Siddha literature attributes its pathogenesis to deranged Pitham, Kapam, and Vatham due to internal and external factors.

Aim and Objective

To explore the etiology, pathogenesis, clinical features, and treatment modalities of Kann Thinavu as per Siddha medicine and its correlation with allergic conjunctivitis in modern science.

Materials and Methods

This study analyzed Siddha texts on Kann Thinavu, its classification, symptoms, and treatments. Investigations such as Neer kuri, Nei kuri, Manikkadai nool, and modern diagnostic tools like skin prick tests and serum IgE were considered. Management included step-wise normalization of Uyiraththukkal, internal and external medications, special therapies, and dietary regulations.

Results

Stage-wise treatment of Kann Thinavu yielded effective symptom management.

- Stage 1: Internal medicines (Chooranam, Lekiyam), external therapies (Anjanam, Kann Kazhuval), and lifestyle modifications showed relief in redness and irritation.
- Stage 2: Advanced medications like Parpam and oil baths improved burning sensation and swelling.
- Stage 3: Comprehensive treatment with Chenthuram, Pathangam, and external therapies reduced severe inflammation and secondary infections.
- Stage 4: Severe cases required referral due to complications like corneal ulceration.

Conclusion

Kann Thinavu, when addressed with Siddha principles and staged treatment, shows promising outcomes in symptom relief and prevention of complications. Preventive measures such as regular oil baths, purgation, and avoiding allergens play a crucial role. Siddha system offers a holistic approach to managing allergic conjunctivitis.

Keywords: Kann Thinavu, Siddha Medicine, Allergic Conjunctivitis, Uyiraththukkal, Eye Diseases, Preventive Care.

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Introduction [1-3]

Siddha medicine is a traditional system that classifies diseases into 4448 types, with 96 specifically affecting the eyes. Kann Thinavu, characterized by redness, itching, and irritation, corresponds to allergic conjunctivitis in modern medicine. This study investigates the Siddha perspective

on this condition, emphasizing its unique diagnostic and therapeutic methods.

Definition [2]

Conjunctivitis, an inflammation of the conjunctiva, presents as redness and irritation in the eyes. Kann

Thinayu shares similar clinical manifestations but has distinct etiological factors rooted in Siddha principles.

Aetiology [2, 3]

In Siddha, Kann Thinayu is attributed to:

- Seasonal allergens such as pollen and molds.
- Perennial irritants like house dust mites.
- Allergies to animal dander.
- External factors like sun exposure and impure water.
- Derangement of Thirithosam (Pitham, Kapam, and Vatham).

Clinical Features

The condition is staged from I-IV, progressing from mild irritation to severe symptoms, including secondary infections and corneal ulceration.

Pathogenesis

Vitiation of Pitham and Kapam primarily causes Kann Thinayu, affecting the skin and leading to symptoms such as redness, itching, and watery discharge.

Investigations

Diagnostic tools in Siddha include:

1. Neer Kuri and Nei Kuri.
2. Skin prick testing.
3. Serum allergen-specific IgE testing.

Treatment

1. Normalization of Uyirthathukal:
 - Vomiting for Pitham.
 - Nasiyam and Anjanam for Kapam.
 - Purgation for Vatham.
2. Internal Medicine:
 - Chooranam, Lekiyam, Parpam, Chunnam, and more.
3. External Medicine:
 - Eye drops, eye washes, and oil baths.
4. Special Therapies:
 - Pranayama and meditation.

Prevention [1-3]

1. Regular oil baths and purgation.
2. Avoidance of allergenic foods, artificial additives, and narcotics.
3. Lifestyle modifications, including avoiding daytime sleep and prolonged sun exposure.

Discussion

The Siddha system provides a holistic framework for managing Kann Thinayu. The emphasis on detoxification, herbal formulations, and preventive care offers a sustainable approach that complements modern medicine.

Conclusion

Kann Thinayu management in Siddha emphasizes both therapeutic and preventive measures, showcasing its potential in addressing allergic conjunctivitis. Future

studies should aim to integrate these traditional practices into contemporary clinical settings.

Conflict of Interest

None declared

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