

Management of *Mulai Mookadaipu* (nasal polyp) with *Manjal Kara* applications: A case study

Sabaratnam Ganesan¹, Anpuchelvy Sritharan², Ganesh Sritharan³

¹Jaffna Municipal Council Siddha Dispensary, Jaffna, Sri Lanka, ²Faculty of Siddha Medicine, University of Jaffna, Jaffna, Sri Lanka, ³Herbal Health Care Centre, Jaffna, Sri Lanka

Abstract

The Siddha system of medicine, one of the oldest and most spiritually rooted healing traditions, integrates external therapies and internal medicines for managing health and disease. Nasal polyps, which commonly affect young and older adults, are closely associated with *Mulai Mookadaipu* in Siddha medicine. This condition is characterized by the abnormal growth of *Oon* (muscle) and *kozhuppu* (fatty tissue) within the nasal passages. This case study focuses on a 50-year-old female patient who presented with symptoms of nasal blockage, difficulties in breathing, and anosmia. Clinical examination revealed left maxillary sinus tenderness and nasal polyps in the left nostril, confirmed by a computerized tomography scan. The patient, who had a history of nasal blockage, had previously undergone allopathic treatment but declined the recommended surgical intervention. Instead, she opted for Siddha medicine, where her condition was treated as a chronic nasal polyp using a combination of nasal applications (*Nasiyam* and *Karam Therapy*) and internal medicines. The holistic Siddha treatment approach effectively managed the patient's symptoms, leading to significant improvement in nasal blockage and breathing.

Keywords: *Kozhuppu*, *Manjal Kara*, *Mulai Mookadaipu*, *Oon*

Address for correspondence: Dr. Sabaratnam Ganesan, Jaffna Municipal Council Siddha Dispensary, Jaffna - 40000, Sri Lanka.

E-mail: drsganesan69@gmail.com

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INTRODUCTION

Nasal polyps are soft, painless, noncancerous growths that develop on the lining of the nasal passages or sinuses.^[1] These growths, often resembling teardrops or grapes, are typically a result of chronic inflammation and are commonly associated with conditions such as asthma, recurring infections, allergies, drug sensitivity, or certain immune disorders.^[2] While small nasal polyps may not cause noticeable symptoms, larger growths or clusters can obstruct nasal passages, leading to difficulties in breathing, a loss of smell, and frequent infections.^[3] Nasal polyps are

particularly prevalent among adults, especially in younger and older populations.^[4]

Generally, conventional treatment approaches for nasal polyps involve medications aimed at shrinking or eliminating the growths, with surgery being an option in more severe cases.^[5] However, the recurrence of nasal polyps post-treatment is a common issue, with research indicating that individuals prone to nasal polyps might have distinct immune system responses and specific chemical markers in their mucous membranes compared with those without such growths.

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International standard terminologies on Siddha medicine were published by the World Health Organization. According to Siddha literature, general characteristics of *Peenisam* (sinusitis) are *Thummal* (sneezing), *Mookku neer paaitthal* (rhinitis), *Mookil erichalum arippum untaathal* (itching and burning sensation present in nasal cavity), *Kanneer vadithal* (watery eyes), *Mukkataippu* (nasal blockage), *Kaathadaiththal* (war fullness), *Mookai adaiththaar poal pesaithal* (hoarseness of voice), *Naasi vali* (facial pain/pressure), *Talai noathal* (headache), *Mookilirunthu seezh, sali, kuruthi veliyathal* (watery nose, occasionally pus and blood discharge), and *Moochu vida siramam* (difficulties in breathing).^[6] Present clinical features of patients in cold (*Iyam*), rhinitis (*Mookku neer paaitthal*), nasal congestion (*Mukkataippu*), sneezing every morning (*Thummal*), itching present in both nasal cavities (*Naasi azharchi*), pain present in nasal polyps are closely correlated with a condition known as *Mulai Mookadaipu*.^[6] This condition, characterized by a sense of nasal blockage, is classified by *Siddhar Yugimuni* into nine types in the classical medical text *Vaithiya sinthamany*, which includes *Mulai Mookadaipu* (nasal polyp) among others.^[7]

Patient information

A 50-year-old female patient presented at the Herbal Health Care Center with primary complaints of a blocked nose, difficulties in breathing, and anosmia (loss of smell). On examination, tenderness was detected in the left maxillary sinus, and rhinoscopic examination revealed the presence of nasal polyps in the left nostril. This diagnosis was further confirmed through a computerized tomography (CT) scan, which showed features of antrochoanal polyposis.

Timeline

The timeline of this study is as follows:

- **Initial symptoms:** The patient initially experienced nasal blockage, difficulties in breathing, and loss of smell.
- **Allopathic treatment:** The patient previously sought allopathic treatment for nasal blockage, which included medication but was advised to undergo surgery.
- **Presentation at Siddha clinic:** The patient visited the Herbal Health Care Centre after declining surgery, seeking alternative treatment.
- **Siddha diagnosis and treatment initiation:** The patient was diagnosed with chronic nasal polyps (*Mulai Mookadaipu*) and began treatment with Siddha medicine, including nasal applications (*Nasiyam* and *Karam* therapy) and internal medicines.

Therapeutic intervention

Preparation of *Manjal Kara* (MK) lotion

The ingredients are as follows^[8]:

- *Curcuma longa* powder (*Manjal*)—one part
- Yellow oxide of arsenic (synthetic)/*Gowry paasanam*—one part
- Yellow arsenic trisulfide (*Aritharam*)—one part
- *Galena sulfide* (lead ore) *venpaasanam*—one part
- Limestone (*Chunnampukal*)—one part
- Sulfate of zinc (*Thutbham*)—one part
- Resin of *Shorea robusta* (*Venkunkilium*)—one part

Each ingredient was taken in equal quantities for the preparation of a corrosive alkaline solution.

The ingredients were mixed and ground into a powder form, then mixed with sterile water or glycerin to get semisolid liquid foam [Figure 1].

The therapeutic approach involved the application of this *MK servai* nasally, targeting the *Oon* (muscle) and *Kozhuppu* (fatty tissue) that were involved in the formation of the polyps. The treatment aimed to reduce the thickness of the mucosal tissue, alleviate the nasal blockage, and promote the shrinkage of the polyps, thereby addressing the chronic symptoms and preventing recurrence [Figure 2A].

Pre-procedure

All aseptic precautions were maintained throughout the procedure. The patient was instructed to abstain from eating or drinking for 4 h before the procedure.

Procedure

The patient was positioned upright with a pillow placed under the back of the shoulders, ensuring that the head and nose were tilted slightly back. This position was maintained for 2–3 min. The patient received a gentle massage over the head, forehead, and face. Using a dropper, five to eight drops of *Peenisa ennai* were instilled into each nostril as a *Nasiyam* (nasal drops) procedure. Afterward, MK lotion was applied to the polyp mass using a dropper and left in place for 1 min [Figure 2B]. Then, the lotion was removed by wiping it off with cotton.

Post-procedure

The patient was advised to avoid exposure to cold, dust, and air. The following regimen was recommended:

- *Thripala tablet*: two tablets taken twice daily after meals (twice a day post meals) for 14 days.
- *Peenisa ennai* (reference *Sudbesaondatbatbiraddu, Jaffna*): 10 mL, with five to eight drops instilled into each nostril twice daily.

- MK lotion: two drops applied to each nostril twice daily for 14 days [Figure 2C].

The application of MK continued every second day for 3 weeks until the nasal polyps completely disappeared.



Figure 1: *Manjal Kara* lotion

The patient was instructed to appear for a follow-up review after 1 month. *Varmam* is an ancient practice that involves applying pressure to certain energy points on the body to restore balance and alleviate ailments.^[9] In the treatment of *Mulai Mookadaipu* (nasal polyp) in Siddha medicine, specific *Varmam* (the points where life force resides and flows in the human body) points are manipulated to relieve symptoms.

Varmam points for *Mulai Mookadaipu* (nasal polyp)^[9]

1. *Thilantha Varmam*

Location: between the eyebrows.

Symptom relief: helps in clearing nasal blockages and improves breathing.

Pressure (Mathirai): one to two Mathirai.

Method: gentle circular pressure is applied using the tip of the index or middle finger.

2. *Kundiri Varmam*

Location: below the nose, above the upper lip.

Symptom relief: alleviates nasal congestion and enhances the sense of smell.

Pressure (Mathirai): 1– mathirai.

Method: mild pressure is applied in an upward direction, toward the nose, using the thumb or index finger.

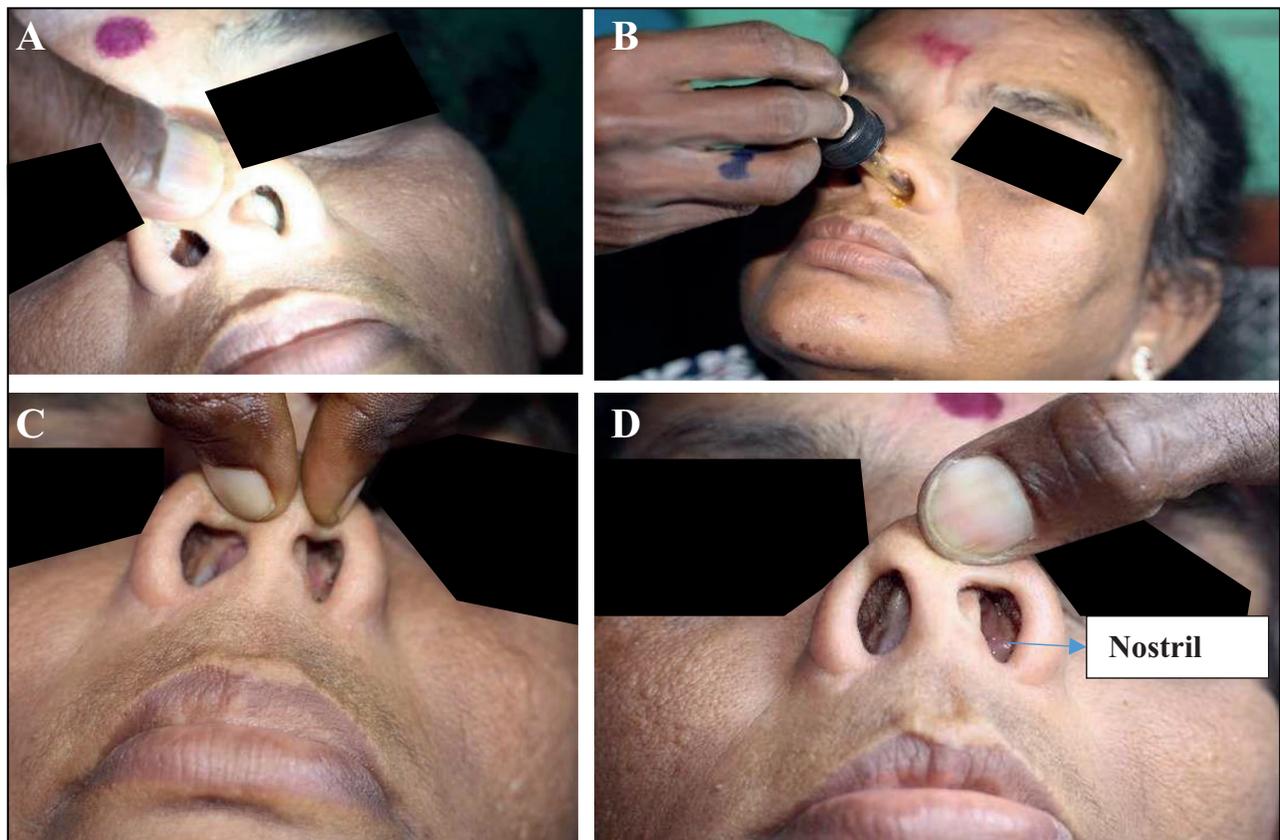


Figure 2: (A) Nasal polyps. (B) Application of the *Manjal Kara* lotion. (C) During the treatment. (D) End of the treatment

3. *Sevikutri Varmam*

Location: behind the ear, in the groove where the skull meets the neck.

Symptom relief: reduces headaches associated with nasal polyps and relieves ear pressure.

Pressure (Mathirai): two to three Mathirai.

Method: firm, steady pressure is applied with the thumb in a downward and inward motion.

4. *Mookkadal Varmam*

Location: on the sides of the nose, near the nostrils.

Symptom relief: directly impacts nasal passages, helping to shrink the polyps and clear nasal passages.

Pressure (Mathirai): one to two Mathirai.

Method: gentle pressing with the index finger, moving in small circles.

5. *Kaichuli Varmam*

Location: the inner wrist, near the base of the thumb.

Symptom relief: helps in overall respiratory function and supports nasal decongestion.

Pressure (Mathirai): 1.5–2 Mathirai.

Method: apply steady pressure with the thumb of the opposite hand, moving in small circular motions.

Method of manipulation

Mathirai units

A *Mathirai* is a traditional unit of pressure in *Varmam*, where 1 *Mathirai* is equivalent to gentle finger pressure. The exact force applied depends on the patient's condition and sensitivity.

Duration

Each point is typically manipulated for about 30 s–1 min.^[9]

Frequency

The manipulation may be repeated two to three times during a session, depending on the severity of the symptoms.

By carefully manipulating these *Varmam* points, symptoms associated with nasal polyps, such as nasal blockage, difficulties in breathing, headaches, and loss of smell, can be effectively alleviated.

RESULTS

Follow-up

During the follow-up period, the patient experienced yellow-colored discharge from the nose. However, other symptoms, such as sneezing and headaches, were significantly reduced within 12 days and the yellow-colored discharge disappeared in three weeks. Monthly follow-

ups were conducted over three months, during which no recurrence of the nasal polyps was observed. The patient reported marked relief from symptoms, including nasal blockage and difficulties in breathing, and was free from all symptoms by the end of the follow-up period [Figure 2D].

DISCUSSION

This passage outlines of traditional Siddha medical approach to treating nasal polyps using a combination of procedures and herbal formulations. The above therapeutic regimens are a combination of Siddha classical medicines. *Thalisathi chooranam* is a classical Siddha polyherbal formulation and it is indicated to treat 96 types of *Kabam* diseases cold, cough, fever, *Peenisam*, gastritis, sore throat, tuberculosis, and urinary tract infections.^[10] *Thalisathi chooranam* has bronchodilators, anti-inflammatory, immunomodulatory, anti-pyretic, and anti-microbial activities. *Thalisathi chooranam* was safe and very effective in treating respiratory diseases.^[11] *Sangu parpam* has anti-spasmodic, anti-histaminic, antipyretic, anti-inflammatory, and anti-microbial activity.^[11]

Karam, a para-surgical procedure in Siddha medicine, is cost-effective and does not require prolonged hospitalization. It is increasingly practiced in Siddha surgery (*Aruvai maruthuvam*) and eye, nose, and throat treatments (*Siraroga maruthuvam*) among various *karams*.^[10] Specifically, MK is chosen for treating nasal blockages, although there is no direct reference in Siddha texts for its use in nasal polyps. However, it is used in our traditional methods.

The procedure involves the application of *Karam* nasally, which helps in shrinking thickened mucosal tissue, thereby increasing nasal cavity space and relieving symptoms like nasal blockage. A combination of *Thalisathy choornam*, *Karam sangupuspam*,^[10] *Thiripala* tablet, and *Kanchanara guggulu*^[12] is used. These drugs possess *Lekanam* (scraping) and *Ropanam* (healing) properties. In *Nasiyam* treatment, *Peenisa* oil is used as *Nasiyam* drops are employed to balance the vitiated *Kutram* (skin diseases) and repair the inflamed mucosa. This approach is especially useful in chronic cases of nasal polyps. Furthermore, *Nasiyam* is effective in restoring nasal health, reducing inflammation, and preventing recurrence.

Overall effectiveness

This holistic approach reflects the Siddha principles of treating the root cause of ailments, leading to not only the resolution of symptoms but also the prevention of recurrence. *Karam* is one of the para-surgical procedures that can be performed at the outpatient department level. It is cost-effective and does not require prolonged hospitalization,

making it accessible to many patients. The *Karam* possesses both *Shodanam* (cleansing) and *Ropanam* (healing) properties. When applied nasally, *Karam* helps shrink the thickened mucosal area, thereby increasing the nasal cavity space and alleviating symptoms like nasal blockage. In this treatment, *Thalisathy choornam* was mixed with *Karam* (internal medicine) *Sangupuspam* and *Kanchanara Guggulu*. All these drugs have *Lekanam* (scraping) and *Ropanam* (healing) properties, aiding in the reduction of nasal blockage. Additionally, *Peenisa* oil used as *Nasiyam* drops is employed to balance the vitiated *Tosham* (*Doshas*) and repair the inflamed mucosa. Together, these interventions help to eradicate nasal blockages, providing significant relief to the patient. The success of the treatment can be attributed to its ability to specifically target and heal the vitiated *Doshas* (*Kutram*), which are believed to be the underlying cause of the condition according to Siddha principles. By addressing these imbalances, the treatment not only reduced the inflammation and eliminated the polyps but also restored overall nasal health, preventing recurrence. *Karam*, known for its *Shodanam* (cleansing) and *Ropanam* (healing) properties,^[12-14] plays a crucial role in the treatment of nasal polyps. When applied nasally, *Karam* helps shrink the thickened mucosal area, thereby increasing the space within the nasal cavity, which is essential for alleviating nasal blockages.

CONCLUSION

Mulai Mookadaipu shows abnormal growth or blockage in the nasal passage, involving the *Oon* (muscle) and *Kozhuppu* (fatty tissue) *thatbus*. The treatment approach using *Karam* therapy is particularly effective because it not only promotes healing but also contributes to the shrinkage of abnormal mass. MK is specifically highlighted for its effectiveness in treating nasal polyps, as it helps in reducing the thickened mucosal tissue and fatty deposits within the nasal cavity. By doing so, it alleviates nasal blockage and facilitates the restoration of normal nasal function. This treatment aligns with the Siddha principle of addressing the underlying tissue imbalances to achieve long-term relief and prevention of recurrence.

Declaration of Patient Consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient(s) has/have

given his/her/their consent for his/her/their images and other clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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Conflicts of interest

There are no conflicts of interest.

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हिंदी सारांश:

मंजल कारा अनुप्रयोगों के साथ मूलई मूकडैप्पू (नेसल पॉलीप) का प्रबंधन - केस अध्ययन

चिकित्सा की सिद्ध प्रणाली, सबसे पुरानी और सबसे आध्यात्मिक रूप से निहित उपचार परंपराओं में से एक है, जो स्वास्थ्य और बीमारी के प्रबंधन के लिए बाहरी उपचारों और आंतरिक दवाओं को एकीकृत करती है। नाक के पॉलीप्स, जो आमतौर पर युवा और वृद्ध वयस्कों को प्रभावित करते हैं, चिकित्सा की सिद्ध प्रणाली में मूलई मूकडैप्पू से निकटता से जुड़े हुए हैं। इस स्थिति की विशेषता नाक के मार्ग के भीतर ऊन (मांसपेशियों) और कोझुप्पु (वसायुक्त ऊतक) की असामान्य वृद्धि है। यह केस अध्ययन एक 50 वर्षीय महिला रोगी पर केंद्रित है, जिसमें नाक में रुकावट, सांस लेने में कठिनाई और एनोस्मिया के लक्षण दिखाई गई है। नैदानिक जाँच में बाएं मैक्सिलरी साइनस की कोमलता और बाएं नासिका छिद्र में नाक के पॉलीप्स का पता चला, जिसकी पुष्टि सीटी स्कैन द्वारा की गई। रोगी, जिसकी नाक में रुकावट का इतिहास था, उन्होंने पहले एलोपैथिक उपचार कराया था लेकिन अनुशंसित सर्जिकल हस्तक्षेप से इनकार कर दिया था। इसके बजाय, उन्होंने सिद्ध चिकित्सा का विकल्प चुना, जहां नाक के अनुप्रयोगों (नासियम और कारम तेरेपी) और आंतरिक दवाओं के संयोजन का उपयोग करके उनकी स्थिति को क्रोनिक नाक पॉलीप के रूप में इलाज किया गया था। मरीज को 2 से 3 मिनट तक तकिए के सहारे सीधा रखा गया। पीनिस एण्णै की बूंदें नासियम के रूप में प्रत्येक नासिका छिद्र पर लगाई गईं। मंजल कारा (एमके) लोशन को एक मिनट के लिए ड्रॉपर के साथ पॉलीप द्रव्यमान पर लगाया गया और फिर कॉटन से पोंछा गया। एमके को तीन सप्ताह तक हर दूसरे दिन लगाया जाता था जब तक कि नाक के पॉलीप्स पूरी तरह से गायब नहीं हो जाते। इस मामले के अध्ययन में, लक्षणों को दूर करने के लिए विशिष्ट वर्मम बिंदुओं में हेरफेर किया गया था। उपचार के दौरान, रोगी को 12 दिनों के भीतर पीला नाक साव, छींक और सिरदर्द में सुधार हुआ, और तीन सप्ताह में साव ठीक हो गया। तीन महीने के बाद, नाक के पॉलीप्स की पुनरावृत्ति नहीं हुई। रोगी को नाक बंद होने और सांस लेने में कठिनाई जैसे लक्षणों से राहत मिली और उपचार के अंत तक वह लक्षण-मुक्त हो गया। समग्र सिद्ध उपचार दृष्टिकोण ने रोगी के लक्षणों को प्रभावी ढंग से प्रबंधित किया, जिससे नाक की रुकावट और सांस लेने में महत्वपूर्ण सुधार हुआ।