

Effectiveness of '*Arugan kattai Thailam*' on Management of Skin Disease – A Review

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Siddha medical system is becoming as flourishing medical system in the world among the traditional systems of medicine. There are 64 types of '*aga*' and '*pura marunthukal*' are used such as '*chooranam*', '*thailam*' (oil), '*lehiyam*', '*kulampu*', '*kuligai*' which described in the literatures. The aim of study to review '*Arugan kattai thailam*' is one of the most effective oil to manage the skin diseases. Initially siddha drug's books were selected from the texts, then extracted the books which says 'thaila' preparations. Finally separate the 11 texts which contains '*Arugankattaitailam*' in different names and compiled data related to the pharmaceutical inventories and prescribed medical conditions. Based on table analysis, among 10 ingredients, 50%(05) of literatures mentioned '*arugampul*', '*arugamver*', coconut oil, water 30%(03) of literatures mentioned gingelly oil, 20%(02) mentioned '*athimathuram*', cow milk, 10%(01) mentioned '*koraikilanku*', '*poomisarkaraikilanku*', '*amukirakilanku*'. Higher percentage of herbs are *Cynodon dactylon* and *Glycyrrhiza glabra*. Among 31 diseases, 54.54%(06) of literatures mentioned '*piththam*', '*moolachchoodu*', 45.45%(05) mentioned '*siranku*', '*kapalachchoodu*', '*nenjuno*', '*varadsi*', '*neer kaduppu*', 36.36% (04) mentioned '*karappan*', '*sori*', '*vatham*', '*vajitu erichchal*', 27.27% (03) mentioned '*kiranthi*', 18.18% (02) mentioned '*erivu*', '*soolai*', '*udalakkini*', '*kunmam*', '*soolai vaivu*', 9.09% (01) mentioned '*kaikalerivu*', '*thee padda pun*', '*tholpinikal*', burning sensation in genitalia, '*kapasoolai*', '*alalai*', bad odour from body, '*marpu no*', '*neerkovai*', '*alukiranthi*', '*vajituvai*', '*mekakankai*'. From our study majority of skin diseases were cured by '*Arugan kattai thailam*'.

Key Words - Skin disease, Herbs, Drugs, *Arugan kattai thailam*