

# A Comprehensive Siddha review of *Kuttam* W.S.R to Psoriasis

## Review Article

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## Abstract

According to Siddha science the imbalance or disturbance of the trihumours (*Vatham, Pitham, Kabam*) leads to a disease. The total number of diseases in Siddha system of medicine is said to be 4448, the sub classification, methodology and enumeration differs from one author to other. Skin diseases in Siddha system of medicine can be brought under a common entity *Kuttam*. Psoriasis is formally termed as *Kalanjagapadai* in Siddha, and the symptoms of which can be correlated with the aforesaid. The objective of this article is to provide deep descriptive information regarding different school of thoughts on *Kalanjagapadai* (Psoriasis). A comprehensive literature review to identify the available literary evidences and published data on *Kuttam* with a particular highlight to *Kalanjagapadai* (Psoriasis) was carried out. A number of 11 literatures were identified to be dealt about *Kuttam* and Plaque Psoriasis is alluded in most of the literatures however with different terminologies. Emotional disturbances are the common etiologic factors mentioned in almost all Siddha texts. 17 dissertations have also been identified with two keywords *Kuttam* and *Kalanjagapadai*. Out of which 16 of them are Clinical Trials and another one is based on the Siddha diagnostic tool on Psoriasis. This article also elaborates the classical details of *Kuttam* that can be correlated with the clinical features of *Kalanjagapadai* along with its modern counterpart.

**Key Words:** *Kalanjagapadai, Thirithodam, Kuttam, Siddha, Psoriasis, Skin diseases.*

## Introduction

The congregation of Siddhars fully recognizes the ninety-six *tatwas* and further add that the human body is composed of 72,000 bloodvessels, 13,000 nerves, 10 main arteries, 10 vital air all together in a form of network; and it is owing to the derangement of the three humors becomes liable to cause a disease(1). The dominative Siddha *mukuttram* (*thirithodam*) theory plays a major role in the diagnosis and management of any disease. Though the total number of diseases in Siddha system of medicine is said to be 4448, the subclassification, methodology and enumeration differs from one author to other. Skin which is the largest organ in the body is described as one of the "*Iympulanga*" in Siddha classics. The Siddha system of medicine describes the skin diseases under a common entity "*Kuttam*". 18 types of *Kuttam* are generally reported by various Siddhars like *Agathiyar, Yugi munivar* and *Dhanvanthri* in various Siddha literatures.

Psoriasis is an immune-mediated disease that causes raised plaques and scales on the skin. It affects not only the skin but also the joints, nails and other internal organs. It is prevalent worldwide. It affects

people of all ages, regardless of their ethnic origin, in all countries. The average global prevalence of Psoriasis is reported to be approximately 2-4%. The prevalence of Psoriasis in Indian adults from evidence derived from hospital-based studies varies from 0.44 to 2.8%, with a much lower prevalence in children. The prevalence of Psoriasis may differ from region to region due to changes in the environment and genetic factors(2).

In Siddha, Psoriasis is formally termed as *Kalanjagapadai* the symptoms of which can be correlated with the aforesaid.

The objective of this article is to provide deep descriptive information regarding different school of thoughts on *Kalanjagapadai* (Psoriasis) from various Siddha literatures. This article also elaborates classical details of *Kuttam* that can be correlated with the clinical features of *Kalanjagapadai* along with its modern counterpart.

## Materials and methods

Literature collection was conducted with the available Siddha literatures in the library of SRRI, Puducherry and National Institute of Siddha, Chennai. Electronic databases such as PubMed, Medline and the grey literatures available in the online repository of The Tamil Nadu Dr. M.G.R. Medical University were also included for data collection. Searches were made using the key word *Kuttam, Kalanjagapadai* and Psoriasis. All the data were collected, compiled and analyzed.

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### Classification of Psoriasis

According to modern science Psoriasis is clinically classified into 2 groups: Pustular and Non-pustular lesions.(3)

#### Non-pustular Psoriasis

- Psoriasis vulgaris (early and late onset)
- Guttate Psoriasis
- Erythrodermic Psoriasis
- Palmoplantar Psoriasis
- Psoriatic arthritis (PsA)
- Inverse Psoriasis

#### Pustular Psoriasis

- Generalized Pustular Psoriasis (Von Zumbusch type)

- Impetigo herpeticiformis
- Localized pustular Psoriasis
- Palmoplantar Pustular Psoriasis (Barber type)
- Acrodermatitis continua of Hallopeau

### Classification of Kuttam

The Siddha system of medicine has adopted multiple approaches for the classification of diseases. Most of the Siddhars have classified with various criteria such as *thirithodam* (trihumours), external appearance of the skin, location, prognosis and intensity of the disease. The classification of *Kuttam* by different Siddhars is explained in Table 1A&1B.

**Table 1A: Classification of Kuttam**

	<b>Agathiyar Ayurvedham 1200</b> (4)	<b>Yugi Vaithya Chinthamani</b> (5)	<b>Dhanvanthri Vaithiyam</b> (6)	<b>Anubava Vaithiya Deva Ragasiyam/ Jeevaratchamirtham</b> (7,8)	<b>Pararasasekaram</b> (9)
<b>Number of types</b>	18	18	18	10	5
<b>Name of the types</b>	<ol style="list-style-type: none"> <li>1. Mudhalang Kuttam</li> <li>2. Irandang Kuttam</li> <li>3. Moondrang Kuttam</li> <li>4. Nangang Kuttam</li> <li>5. Aindhang Kuttam</li> <li>6. Aarrang Kuttam</li> <li>7. Ezhaang Kuttam</li> <li>8. Ettang Kuttam</li> <li>9. Onpathang Kuttam</li> <li>10. Pathang Kuttam</li> <li>11. Padhinorang Kuttam</li> <li>12. Panirendang Kuttam</li> <li>13. Padhymoonrang Kuttam</li> <li>14. Padhinangang Kuttam</li> <li>15. Padhinaindhang Kuttam</li> <li>16. Padhinaarang Kuttam</li> <li>17. Padhinezhavathu Kuttam</li> <li>18. Padhinettavathu Kuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Pundareegam -Padathamara</li> <li>2. Virpodagam-Koppula perunoi</li> <li>3. Bamam-Sirangu perunoi</li> <li>4. Gajasarumam-Yaanai thol perunoi</li> <li>5. Karnam-Kaadhu perunoi</li> <li>6. Sikuram-Thol perunoi</li> <li>7. Krishnam-Karu perunoi</li> <li>8. Avuthumbaram-Athikkai perunoi</li> <li>9. Mandalam-Valaya perunoi</li> <li>10. Abarisam-Vali perunoi</li> <li>11. Visarchigam-Sori perunoi</li> <li>12. Vibathigam-Sengkuttam</li> <li>13. Sarmathalam-Thol vedippu perunoi</li> <li>14. Kideebam-Pandrithol perunoi</li> <li>15. Thethru-Thadippu perunoi</li> <li>16. Sithuma-Na perunoi</li> <li>17. Satharu -Purai perunoi</li> <li>18. Suvetham-Venkuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Kabala Kuttam</li> <li>2. Sanmeega Kuttam</li> <li>3. Kideeba Kuttam</li> <li>4. Udhumbara Kuttam</li> <li>5. Visharchiga Kuttam</li> <li>6. Mandalakira Kuttam</li> <li>7. Aguvai Kuttam</li> <li>8. Thathru Kuttam</li> <li>9. Pundareega Kuttam</li> <li>10. Bama Roga Kuttam</li> <li>11. Kaghanandhi Kuttam</li> <li>12. Sithuma Kuttam</li> <li>13. Vibathiga Kuttam</li> <li>14. Sadhariga Kuttam</li> <li>15. Vispoda Kuttam</li> <li>16. Sarmathala Kuttam</li> <li>17. Ven Kuttam</li> <li>18. Alasa Kuttam</li> </ol>	<p><b>Vatham</b></p> <ol style="list-style-type: none"> <li>1. Kabala Kuttam</li> </ol> <p><b>Pitham</b></p> <ol style="list-style-type: none"> <li>2. Avuthumbara Kuttam</li> </ol> <p><b>Kabam</b></p> <ol style="list-style-type: none"> <li>3. Mandala Kuttam</li> <li>4. Visharchiga Kuttam</li> </ol> <p><b>Vathapitham</b></p> <ol style="list-style-type: none"> <li>5. Rusiya Jimmiga Kuttam</li> </ol> <p><b>Kabapitham</b></p> <ol style="list-style-type: none"> <li>6. Saruma Kuttam</li> <li>7. Yega saruma Kuttam</li> <li>8. Kidaba Kuttam</li> <li>9. Sithma Kuttam</li> <li>10. Alasa Kuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Ven Kuttam</li> <li>2. Karung Kuttam</li> <li>3. Seng Kuttam</li> <li>4. Visha Kuttam</li> <li>5. Azhuganni Kuttam</li> </ol>

**Table 1B: Classification of Kuttam**

	<b>Tamil medical science</b> (10)	<b>Gajarasasekaram</b> (11)	<b>Sanni, Vaisuri, Paithiyam, Kuttam matrum Oozhi noi thoguthi.</b> (12)	<b>Athmaratchamirtham</b> (13)	<b>Siddhar Aruvai Maruthavam</b> (14)
<b>Number of types</b>	18	18	18	4	18
<b>Name of the types</b>	<ol style="list-style-type: none"> <li>1. Ven Kuttam</li> <li>2. Sori Kuttam</li> <li>3. Karung Kuttam</li> <li>4. Perum Kuttam</li> <li>5. Seng Kuttam</li> <li>6. Pori Kuttam</li> <li>7. Viri Kuttam</li> <li>8. Yeri Kuttam</li> <li>9. Viral kurai Kuttam</li> <li>10. Sadai Kuttam</li> <li>11. Yaanai Kuttam</li> <li>12. Thimir Kuttam</li> <li>13. Virana Kuttam</li> <li>14. Kaai Kuttam</li> <li>15. Azhi Kuttam</li> <li>16. Kirumi Kuttam</li> <li>17. Aara Kuttam</li> <li>18. Neer Kuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Ven Kuttam</li> <li>2. Karun Kuttam</li> <li>3. Seng Kuttam</li> <li>4. Pun Kuttam</li> <li>5. Sori Kuttam</li> <li>6. Pulli Kuttam</li> <li>7. Padar Kuttam</li> <li>8. Panchavarna Kuttam</li> <li>9. Vedi Kuttam</li> <li>10. Aanai Kuttam</li> <li>11. Varatchi Kuttam</li> <li>12. Sarpa Kuttam</li> <li>13. Adalai Kuttam</li> <li>14. Singavanna Kuttam</li> <li>15. Mulai Kuttam</li> <li>16. Karappan Kuttam</li> <li>17. Thaemar Kuttam</li> <li>18. Moola Kuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Pundareega Kuttam</li> <li>2. Virpuda Kuttam</li> <li>3. Parama Kuttam</li> <li>4. Gajasaruma Kuttam</li> <li>5. Karana Kuttam</li> <li>6. Sigura Kuttam</li> <li>7. Karung Kuttam</li> <li>8. Avuthambar Kuttam</li> <li>9. Mandala Kuttam</li> <li>10. Avara parisa Kuttam</li> <li>11. Visa seezhu Kuttam</li> <li>12. Vaiyathi Kuttam</li> <li>13. Kidiya Kuttam</li> <li>14. Saruma Kuttam</li> <li>15. Thaethiru Kuttam</li> <li>16. Sithuma Kuttam</li> <li>17. Satharu Kuttam</li> <li>18. Suvetha Kuttam</li> </ol>	<ol style="list-style-type: none"> <li>1. Ven Kuttam</li> <li>2. Karung Kuttam</li> <li>3. Seng Kuttam</li> <li>4. Peruviyathi</li> </ol>	<p><b>Vatham</b></p> <ol style="list-style-type: none"> <li>1. Kabala Kuttam</li> </ol> <p><b>Pitham</b></p> <ol style="list-style-type: none"> <li>2. Athikkai Kuttam</li> </ol> <p><b>Kabam</b></p> <ol style="list-style-type: none"> <li>3. Mandala Kuttam</li> <li>4. Sori Kuttam</li> </ol> <p><b>Vatha Pitham</b></p> <ol style="list-style-type: none"> <li>5. Marainakku Kuttam</li> </ol> <p><b>Pitha Kabam</b></p> <ol style="list-style-type: none"> <li>6. Thimir Kuttam</li> <li>7. Yaanai thol Kuttam</li> <li>8. Pandri thol Kuttam</li> <li>9. Pudai Kuttam</li> <li>10. Koozhangal Kuttam</li> </ol> <p><b>Vatha Kabam</b></p> <ol style="list-style-type: none"> <li>11. Vedipu Kuttam</li> </ol> <p><b>Thirithodam</b></p> <ol style="list-style-type: none"> <li>12. Thadipu Kuttam</li> <li>13. Porai Kuttam</li> <li>14. Padarthamarai Kuttam</li> <li>15. Erikopalam Kuttam</li> <li>16. Sirangu Kuttam</li> <li>17. Pilappu Kuttam</li> <li>18. Kagha Kuttam</li> </ol>

### Aetiology of Psoriasis

The exact cause of Psoriasis according to western science is not known, but there are some common triggering factors which may lead to Psoriasis are given below(15)

- Infections such as Streptococcal throat or skin infection.
- Weather especially cold and dry conditions
- Injury to skin such as cut or scrape, a bug bite or severe sunburn
- Alcohol consumption and smoking.

The aetiology in accord with the Siddha literatures include contact with the infectious person using their belongings, eating more rotten or decomposed sea foods, practising yoga immediately after eating, excessive hot, excessive cold, some inflammatory conditions, indigestion, sorrows, hypersomnia is said to be the main cause of skin diseases(16).

### Pathogenesis of Psoriasis

According to the conventional system, the pathogenesis of Psoriasis has been hypothesized that the disease begins with the activation of T cells by an

unknown antigen, which leads to the secretion of an array of cytokines by activated T cells, inflammatory cells and keratinocytes. The characteristic lesion of the Psoriasis is due to the hyper-proliferation of the keratinocyte(17).

As per Siddha medicine the pathogenesis of any disease is elicited mainly based on the changes in *Uyir thathukkal* and *Udal thathukkal*. In consonance with T.V. *Sambasivampillai*, the pathogenesis of *Kalanjagapadai* is as follows:

The enraged *Vatham* in combination with the agitated humour (*Vatham* and *Pitham*) enters into the blood vessels or ducts and transversely spreads over the body. *Vatham* deposits the *Pitham* and *Kabam* on the skin surface through the medium of their channels and spreads entire surface of the body. The part of the skin which the aforesaid morbid diatheses are deposited becomes marked with circular ring or patches. In course of time if the disease is neglected at the outset, it enters deeper into the tissues and destroys the fundamental parts of the human body.(10)

### Clinical signs and symptoms of Psoriasis

Psoriasis is a common, chronic papulosquamous skin disease occurring worldwide, leading to a substantial burden for individuals and society.(18)

Psoriasis can appear even on the eyelids, lips, ears, skin folds, hands, feet, nails and anywhere on the body. Plaques can be a few small patches or can affect large areas. It's possible to have Psoriasis plaques and scales in more than one location on the body at a time. It's even possible to have more than one type of Psoriasis at the same time and more than one type in a lifetime. Every individual experience their own unique expression of the disease. It is associated with several other important medical conditions, including depression, Psoriatic arthritis, and cardiometabolic syndrome.

### Epidemiological data of different patterns of Psoriasis

The most common form of Psoriasis is Plaque Psoriasis and it occurs in about 90% of the cases.

- Flexural Psoriasis affects one-quarter of people living with Psoriasis.
- Erythrodermic Psoriasis is rare, affecting about 2 % of people living with Psoriasis.
- Pustular Psoriasis affects about 3% of people living with Psoriasis.
- Between 12 and 16 % of people living with Psoriasis have Palmoplantar Psoriasis(19).

### Plaque Psoriasis

Chronic plaque or Psoriasis vulgaris, is a consequence of genetic susceptibility, the presence of the HLA-C risk allele is considered as main genetic cause. The environmental triggers such as streptococcal infection, stress, smoking, obesity, and alcohol consumption are the risk factors(20).

The disease appears as erythematous plaques with sharp boundaries covered by squamae. Lesions are localized in the knees, scalp, elbow and sacral region mostly with symmetrical distribution. They are covered by silvery-white scales which on removal show pinpoint bleeding spots (Auspitz sign). This is an important clinical sign although not pathognomonic in the diagnosis of plaque Psoriasis. The squamae fall off as layers of white lamellae that resembles like a candle wax. The presence of isomorphic (similar) lesions along the line of trauma indicates active disease and is known as the Koebner phenomenon. Fissuring is a common feature on palms, soles, and thick plaques of the limbs and lower back (18).

As mentioned before Plaque Psoriasis is the most common type of Psoriasis, its symptoms & clinical features have been already mentioned by Siddhars in many Siddha literatures such as *Yugivaithiya chinthamani*, *Anubava Vaithiya Devaragasiyam*, *Dhanvantri Vaithiyam*, *Gajarasasekaram*, *Sanni Vaisuri Paithiyam Kuttam Matrum Oozhi Noi Thoguthi*.

The clinical features of Plaque Psoriasis explained by different Siddhars are elucidated in Table 2 and the clinical features of other variants of *Kuttam* and its modern comparison is explained in Table 3.

**Table 2: Interpretation of the types of Kuttam with Plaque Psoriasis**

S.no	Name of the book	Type	Explanation
1	<i>Yugivaithiya Chinthamani</i> (5)	<b>Gajasaruma Kuttam</b>	<ul style="list-style-type: none"> <li>• Black discolouration of the skin presents all over the body. Scaling, redness dryness, fissures and itching appears all over the body.</li> <li>• Swelling of the toes and pain prevails all over the body</li> </ul>
2	<i>Yugivaithiya Chinthamani</i> (5)	<b>Virpodaga Kuttam</b>	<ul style="list-style-type: none"> <li>• Itching, fissure, erythema and burning sensation all over the body.</li> <li>• The lesions appear pale and later changes into red patches on scratching. The elevated pale skin lesion resembles the snake hood.</li> <li>• These symptoms are commonly associated with anxiety and despair</li> </ul>
3	<i>Anubava Vaithiya Devaragasiyam</i> (8)	<b>Eka saruma Kuttam</b>	<ul style="list-style-type: none"> <li>• The skin becomes as thick as an elephant's trunk and exhibits an aggressive appearance.</li> <li>• There will be exfoliation of skin, redness, dryness, roughness and itching throughout the body.</li> <li>• There will also be roughening and swelling of toes and fingers.</li> <li>• This condition is known as <i>Yaana kushtam</i> or <i>Sadai kushtam</i></li> </ul>
4	<i>Dhanvanthiri Vaithiyam</i> (6)	<b>Sithuma Kuttam</b>	<ul style="list-style-type: none"> <li>• The skin becomes shiny and while rubbing produces fine scaling.</li> <li>• Further, the skin becomes red and has a foul smell resulting in paleness and a rough bumpy skin.</li> <li>• The cheeks and chest turn white similar to that of the flowers of <i>Citrus medica</i> plant.</li> </ul>
5	<i>Gajarasasekaram</i> (11)	<b>Adalai Kuttam</b>	<ul style="list-style-type: none"> <li>• There appears ash like flaky scaling.</li> <li>• Severe pain, itching, emaciation with fatigue, depression and insomnia are the clinical features of <i>Adalai kuttam</i>.</li> </ul>
6	<i>Sanni, Vaisuri, Paithiyam, Kuttam matrum Oozhi Noi Thoguthi</i> .	<b>Gajasaruma Kuttam</b>	<ul style="list-style-type: none"> <li>• The skin peels off and appears red. The body becomes dry and fissures appear all over the body.</li> <li>• This may cause pain and bleeding. The hands and soles become numb.</li> <li>• Feels Fatigue and the fingers of the hand and foot reduces in length.</li> <li>• The vision becomes blurred.</li> </ul>

**Table 3: The Clinical features of other variants of *Kuttam* and its modern comparison:**

S.no	Book Name	Siddha explanation	Modern comparison
1	<i>Dhanvanthiri Vaithiyam</i> (6)	<b><i>Viyathiga Kuttam</i></b> <ul style="list-style-type: none"> <li>Fissures appear on the palm and sole accompanied by pain and itching.</li> <li>Later these lesions turn red</li> </ul>	<b>Palmo plantar Psoriasis</b> <ul style="list-style-type: none"> <li>This type of Psoriasis symmetrically involves palms of the hands and soles of the feet, and thenar regions are more frequently affected than hypothenar regions.(21)</li> <li>Symptoms include red/discolored, dry and thickened skin, as well as painful, deep fissures (cracks) on the soles of the feet(22).</li> </ul>
2	<i>Anubava Vaithiya Devaragasiyam</i> (8)	<b><i>Vibathiga Kuttam</i></b> <ul style="list-style-type: none"> <li>The skin in the hands and foot develops hard reddish blisters leading to the formation of ulcer.</li> <li>Fissures develop all over the body and gives a disgusting appearance.</li> <li>Fissure along with swelling progresses over the legs, eyes, ears and trunk. This appearance resembles the snake skin.</li> </ul>	<b>Erythrodermic Psoriasis</b> <ul style="list-style-type: none"> <li>Erythematous lesions are seen, typical papules and plaques lose their characteristic features. Desquamation is not so distinct.(3)</li> <li>This type of Psoriasis can cause intense redness and shedding of skin layers in large sheets. It often affects nearly the whole body(19)</li> <li>Dermatopathic lymphadenopathy and severe pruritus may be observed(3).</li> </ul>
3	<i>Gajarasasekaram</i> (11)	<b><i>Sori Kuttam</i></b> <ul style="list-style-type: none"> <li>The skin develops itching and swelling all over the body. It causes pain and oozing.</li> <li>Scaling appears in the whole body.</li> <li>The subject also experiences chills and fever</li> </ul>	
4	<i>Yugivaithiya Chinthamani</i> (5)	<b><i>Vibathiga Kuttam</i></b> <ul style="list-style-type: none"> <li>Fissures develop and later transforms into non-healing wound.</li> <li>The lesions manifests with burning sensation and inflammation in the hands, legs, ears and trunk.</li> <li>The skin glitters like the snake skin.</li> <li>Blackish discoloration develops over the flexor areas.</li> </ul>	<b>Flexural Psoriasis</b> <ul style="list-style-type: none"> <li>Localized in skinfolds</li> <li>Squamous lesions do not form due to friction and moisture in skin folds.</li> <li>Lesions manifest as bright red, symmetric, infiltrative, fissured plaques with distinct contours (20)</li> </ul>
5	<i>Yugivaithiya Chinthamani</i> (5)	<b><i>Sigura Kuttam</i></b> <ul style="list-style-type: none"> <li>The lesions appear green, pale and later remodels itself into red and black toned with pruritis.</li> <li>Swelling and pus discharge appears.</li> <li>Burning sensation and roughness appears in the muscle tissue and abdomen region.</li> </ul>	<b>Pustular Psoriasis</b> <ul style="list-style-type: none"> <li>This form of Psoriasis progresses with pustules.</li> <li>Symptoms include pustules which are white, pus-filled, painful with bumps and may be surrounded by inflamed or reddened skin(19).</li> <li>Pustular Psoriasis may appear only on certain areas of the body, such as the hands and feet, or it may cover most of the body. (19)</li> </ul>

***Kalanjaga vatham***

Other than *Kuttam* a separate entity has been illustrated under the 80 types of *Vatham* diseases which can be correlated with Psoriatic arthropathy. The characteristic feature of *Kalanjaga vatham* is pain in the the smaller joints of the hands, feet, knees and ankle. The joints become rigid due to morbid enlargement. The whole body becomes pale and experiences intolerable pain. Well-defined erythematous lesions appear on the skin accompanied by itching. There is also loss of taste and giddiness.(5)

This above stated symptoms can be correlated with **Psoriatic arthropathy** which is an inflammatory disease where the cutaneous manifestation of Psoriasis coexists with arthritis(23). The classic course of the disease with involvement of the distal interphalangeal joints and destructive form of arthritis with asymmetric involvement is the most common form. Involvement of the smaller joints of the hands and feet, especially distal interphalangeal joints, seems to be a characteristic feature. These lesions are accompanied by proliferative lesions of bone tissue located at erosion margins(24).

## Discussion

We conducted a comprehensive literature review to identify the available literary evidences and published data on *Kuttam* with a particular highlight to *Kalanjagapadai* (Psoriasis). A number of 11 literatures were identified to be dealt about *Kuttam*. They are *Agasthiyar Ayurvedham 1,200*, *Yugivaithya Chinthamani*, *Dhanvanthri Vaithyam*, *Anubava Vaithiya Devaragasiyam*, Tamil Medical Science, *Gajarasasekaram*, *Sanni*, *Vaisuri*, *Paithiyam*, *Kuttam mattrum Oozhi noi Thoguthi*, *Pararasasekaram*, *Jeevaratchamirtham* and *Athmaratchamirtham*, *Siddhar Aruvai Maruthuvam*. The types of *Kuttam* described in *Jeevaratchamirtham* and *Anubava Vaithiya Devaragasiyam* was found to be facsimiled. Hence the details were not discussed in detail. Out of these literatures except *Athmaratchamirtham* and *Pararasasekaram* all other literatures categorize *Kuttam* in to 18 types. *Athmaratchamirtham* classified *Kuttam* in to 4 types and *Pararasasekaram* sorted it to 5 types.

The types of *Kuttam* were further categorized under *Mukkuttram* concept in the texts *Anubava Vaithiya Devaragasiyam* and *Siddhar Aruvai Maruthuvam*. The text *Anubava Vaithiya Devaragasiyam* cites other 3 types of *Kuttam* namely *Karna Kuttam*, *Krishna Kuttam*, *Abarisa Kuttam* apart from the fundamental 18 types. Though Saint *Agasthiyar* narrates 18 types of *Kuttam* in his text *Ayurvedham 1200*, the author didn't spot any significant correlations with his description of classification with Psoriasis.

The etiology of *Kuttam* was discussed by *Yugi*, *Agasthiyar* and *Sanni*, *Vaisuri*, *Paithiyam*, *Kuttam mattrum Oozhi Noi Thoguthi*. As per Siddha literatures Excessive cold/heat, violent behavior, emotional disturbances, contaminated food intake, immoral activities are the common etiologic factors for *Kuttam*. According to *Yugi*, some inflammatory conditions, indigestion, vomiting, sexual intercourse, sorrows, hypersomnia are said to be the causes for skin diseases. Saint *Agasthiyar* in his book *Kanma Kandam* narrates that *Kanmam* (genetic predisposition) is the main cause for *Kuttam*. The various other causes mentioned according to *T.V. Sambasivampillai* dictionary are constant use of milk in combination with meat of any domestic, aquatic or amphibious animal, sexual intercourse immediately after partaking any oleaginous substance etc.

Mostly the symptoms of Plaque Psoriasis are alluded in most of the literatures, however with different names. The clinical features of Plaque Psoriasis can be closely compared with symptoms of *Gajasaruma Kuttam* mentioned in *Yugivaithya Chinthamani*. The signs and symptoms of *Vibathiga Kuttam* described by *Athmaratchamirtham* can be correlated with Erythrodermic Psoriasis at the same time the characteristic features of *Vibathiga Kuttam* described by *Yugivaithya Chinthamani* is mimicking with Flexural Psoriasis. Hence it can be concluded that, signs and symptoms described by each author is unique and cannot be compared with others work.

To identify the research works carried out on Psoriasis, searches were made in the online repository

of The Tamil Nadu Dr.M.G.R Medical University using the key words *Kuttam* and *Kalanjagapadai*. 17 dissertations were available on these two key words, out of which 16 of them were Clinical Trials and one of them was based on the Siddha pathology emphasizing more importantly the Siddha diagnostic tools on Psoriasis patients. The clinical features of Plaque Psoriasis explained in *Yugivaithya Chinthamani* have been commonly used by most of the scholars as reference for their literature review work. 2 scholars have compared Psoriasis with *Virpodaga kuttam* and *Sadharu kuttam* (25,26) and 2 of them have correlated Psoriasis with *Kalanjagapadi* (27,28). Then 3 of the dissertation works have correlated Psoriasis with the characteristics of *Virpodaga kuttam* (29–31) and 3 of them have associated the symptoms of Psoriasis with *Thaethiru kuttam* (32–34). 6 Scholars have compared Psoriasis with the symptoms of *Sadharu kuttam*, *Virpodaga kuttam* & *Thaethiru kuttam*, (35–40) in their dissertation works.

One of the dissertation works has been done specifically to collect the Siddha literary evidences mainly about *Vibathiga Kuttam* and have compared it with Palmopantar Psoriasis(41).

Most of the scholars in their dissertations have focused on assessing the clinical efficacy of their trial drugs (both internal and external medicines) in their study. Majority of the external medicines used for the research interventions were oil-based preparation. Only one researcher used *Lebam* as the trial drug(41). Since Psoriasis is a psychosomatic disorder practice of *Yogam* and *Pranayamam* has been recommended by most of the physicians as a therapeutic intervention.

## Conclusion

The indigenous Siddha system of medicine classifies human diseases into 4448 types. Here an attempt has been made to compare the types and symptoms of *Kuttam* mentioned in various Siddha literatures with the symptoms of Psoriasis in modern science. This current endeavor is a new step in bringing out the wisdom of Siddhars who have meticulously classified and described all types skin diseases under a single cluster '*Kuttam*' several thousand years ago. This strive has been made to acquaint the readers the strength and wealth of knowledge available in the Siddha literatures.

A comprehensive literature search is very much important before conducting any research since it consolidates the evidence and details so far available in the same topic. A greater number of reviews on Siddha literature will bring the Siddha terminologies into lime light to the entire scientific community.

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