

# An Overview of Siddha External Therapies for Nagir Katti (Breast Abscess)

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Abstract :

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**Background:** According to siddha literature 'NAGIR KATTI' ( breast abscess) ,Synonym: Marbu katti is a disease that occurs in women of particular age (15-25 years). It generally occurs in breastfeeding women. It is a non cancerous breast tumor. It can be treated with external application like pattru – poultice.

**Objectives:** The pattru – poultice method helps in curing of several diseases like abscess . Hence this article especially focuses on the external application ( pattru – poultice) for breast abscess in siddha medicine. In siddha literature there are more numbers of external treatment f breast abscess.

**Methodology:** An extensive analysis of literature across books and several research papers, studies, reviews, PubMed , AYUSH and other data base, were studied.

**Results:** Various studies from literature reveal about external therapies for breast abscess in Siddha Examples include: Amukkara ( Withania somniferum )and Red sandal wood ( Pterocarpus santalinus) with lemon juice (Citrus limon).

## Conclusion:

Hence the external application from siddha medicine helps in curing breast abscess. Key words: (Siddha medicine, Nagir katti, Breast abscess, External therapies )

## Introduction:

“ NAGIR KATTI ”denotes the enlarged painful mass (benign) present in the breast (unilateral or bilateral) with fever, present mostly in lactating and post-menopausal women. 7

Siddha medicine is one of the traditional indigenous system of medicine practiced in southern parts of India and some of the Asian countries.

The non oral therapy is known as external therapies – Pura maruthuvam.

In siddha medicine 32 external therapies can be used to treat several diseases Poultice is one among them, used to treat cuts, abscess, furuncles, boils, puffy indurations, haemorrhoids, eczema

Poultice(also called a cataplasm) one among them, is a soft moist mass, often heated and medicated, that is spread over the skin to treat an ache, inflamed or painful part of the body .It can be used on cuts, abscess, furuncles, boils, puffy indurations, haemorrhoids, eczema, etc., as a emollient, fungicidal, germicide and so on. It is much safer to use topical preparations made from plants to treat pain even severe pain.1

In siddha literature the disease is treated on the basis of mukkutram vatham, pitham , kabbam.

## Breast abscess– Nagir katti in context of Siddha includes

1. Vali nagir katti
2. Azhal nagir katti
3. Iyya nagir katti
4. Mukkutra nagir katti
5. Adipaduthalal undana nagir katti.

## Primary Kutram Affected:

Vatham/Kabam

## Secondary Kutram Affected:

Pitham and Kabam.

## Siddha Pathogenesis:

It is explained by derangement of Vatham altered with Pitham/Kabam. In seven Udalthathukkal, saaram, senneer, oon, kozhuppu get affected..7

### Causes and Influencing Factors:

Fibrocystic breast disease : Its is a most common begin lesion . It generally observed between 20-50 years of age .The etiology is unknown but occur may be due to alteration of estrogen, progesterone ratio..4

Interductal papilloma:: The papilloma occur in larger duct that occur as layered columnar Fibroadenoma of the breast: The begin encapsulated tumour occur in smaller duct that occur in columnar epithelium. Fibroadenoma is the benign encapsulated tumour .That occurs in the young women of age (15-25) years . It's a hyperplasia of ABERRATION OF NORMAL DEVELOPMENT AND INVOLUTION (ANDI). These smooth, rubbery "breast mice" lumps . It is one of the most frequent causes of breast lumps and is characterized by a firm, smooth, and mobile mass within the breast tissue. Fibroadenomas are composed of both glandular breast tissue and fibrous connective tissue, which is why they are called "fibro"-adenomas. These lumps are usually painless and can vary in size from a few millimeters to several centimeters. 4,7

Injury to the breast : injury to breast is the common cause for breast abscess in now – a- days ..7

Breast cyst- breast cyst is a common, usually benign, fluid-filled sac in the breast that may cause a smooth, movable lump, pain, or tenderness.7

## Premonitory signs and symptoms:

The promonitory signs and symptoms include Local pain associated with Redness ,Swelling and Warmth.7

## Common Signs and Symptoms:

The common sign and symptoms include Pain and tenderness/warmth to the touch in associatied with Swelling of the breast. Pain or burning sensation present while breast-feeding . The common symptoms include Skin redness, often in a wedge-shaped pattern. The major symptoms include Fever, Fatigue, Weight loss, Lymphadenopathy, Discharge from nipple.7

## Modern Medical Investigations:

In modern medical investigation include Complete Blood Count (CBC), Erythrocyte sedimentation rate

(ESR) ,USG – Breast.7

### **In Tertiary care hospital:**

In hospital care management Mammogram can be used, FNAC. ,Biopsy, Histopathologic examination of biopsy tissue ,Breast milk- leucocyte counts and bacteria quantification.7

### **Siddha diagnostic features:**

#### **Envagai Thervu (Eight Fold System of Clinical Assessment):**

**Naadi - Vathakabam/Kabavatham**

**Sparisam - warmth / tenderness**

**Naa - pallor/ dryness/coated/ fissure**

**Niram -Pallor**

**Mozhi -Low pithched**

**Vizhi - pallor**

#### **Malam - yellow / pale colour Moothiram:**

**Neerkuri – Yellowish urination**

**Neikuri – oil may spread in the form of pearl / snake**

**External therapies :** Siddha system of Medicine, one among the ancient traditional medical system of India that has been practiced for 2000 years and above.

Siddha system of medicine contains internal (Aga Maruthuvam) and external medicines (Pura Maruthuvam). These procedures are as important as the internal medicines in the management of health and disease. According to the mode of application, the Siddha medicines could be categorized into two classes: Aga marunthugal (Internal medicine) were used through the oral route and further classified into 32 categories based on their form, methods of

preparation, shelf - life, etc. Pura marunthugal(External medicine) includes certain forms of drugs and also certain applications (such as nasal, eye and ear drops), and also certain procedures (such as leech application). It is also has 32 external therapies.

### **External therapies – pattru especially used for breast abscess**

#### **1. Ammukara (Withania somniferum+ red sandal wood( Pterocarpus santalinus)+ lemon juice ( Citrus limon)**

Amukkara is a traditional Siddha and Ayurvedic, polyherbal, powder-based formulation, with *Withania somnifera* (Ashwagandha) as the primary ingredient. It is known for its high content of active compounds, including flavonoids, saponins, and tannins, with studies reporting around 30 mg/g of total flavonoids. Amukkara can be used externally: Amukkara a polyherbal Siddha formulation was examined for its analgesic and antiinflammatory activity at a dose of 500 mg/kg, p.o. The experimental methods used were tail immersion and acetic acid induced writhing method for analgesic and cotton pellet induced granuloma formation for antiinflammatory activity.

Red sandalwood (Pterocarpus santalinus) has significant anti-inflammatory properties, traditionally used in Ayurveda for skin conditions like acne, swelling (edema), and wounds

How it works for inflammation:Reduces swelling & edema: Its anti-inflammatory and diuretic properties help manage fluid buildup and swelling.

## 2. Sesame seed with butter milk

Sesame seeds are considered anti-inflammatory due to powerful antioxidants like sesamol, sesamin, and vitamin E, which combat cell-damaging free radicals and help reduce chronic inflammation linked to conditions like arthritis, heart disease, and diabetes. Studies show they can lower inflammatory markers and pain, especially in arthritis, through compounds that inhibit pro-inflammatory chemicals and support overall cellular health.

## 3. Jasmine flower or jasmine stem paste + water

- Skin Care:** The anti-inflammatory properties of Jasmine help soothe dermal irritation, reduce skin redness, and provide relief from conditions such as eczema, rosacea, and other skin diseases.
- Healing Properties:** A paste made from the flowers is used to treat skin ailments, including acne, itchy skin, and chronic skin infections.

**4. Katamanaku +castor oil:** It contains Anti-inflammatory and Medicinal Uses, Wound Healing&Skin: Extracts from the leaves are used to treat burns, wounds, cuts, and eczema due to their strong, anti-inflammatory and healing properties.

## 5. Karpooram+ sambaranai + agathiyar kuzhambu

Karpooram (Camphor) possesses significant anti-inflammatory properties, traditionally used in remedies for pain, skin issues (like eczema), burns, and arthritis by reducing swelling, redness, and inflammation, acting as a natural analgesic and cooling agent, though it must be used topically with care and never ingested due to toxicity, especially in children. How it Works (Mechanism): Reduces Inflammatory Mediators: Studies suggest camphor can decrease proinflammatory cytokines (like IL-1 $\beta$ , IL-6, TNF) and prostaglandin E2, which are key players in the inflammation process. Blocks Pain Pathways: It helps suppress pain signals sent to the brain and reduces neurogenic inflammation. Provides Cooling Sensation: The tingling, cooling sensation it creates distracts from pain and offers relief, as seen in products like Biofreeze or Icy Hot. Sambarani Active Ingredients: Sambrani contains compounds like resin, and often includes myrrh or frankincense, which are known for their strong anti-inflammatory qualities. **Boswellic Acid:** Some forms of sambrani (specifically *Boswellia serrata*) contain boswellic acids, which are potent inhibitors of pro-inflammatory enzymes (such as 5-LOX), helping to reduce inflammation and pain.

Skin Health: It helps in treating skin inflammations, rashes, and eruptions. It is used to accelerate the healing of wounds and ulcers, and to provide relief from skin conditions like eczema and Some other examples for external application for Breast abscess :

Amukkara ( <i>Withania somniferum</i> )	Red sandalwood ( <i>Pterocarpus santalinus</i> )	Lemon juice. ( <i>Citrus limon</i> )
Palsangu ( conch shell)	Mother milk	
Red sand	Rose water	
Sesame seeds	Butter milk	
Jasmine flower	Jasmine stem paste	Water
Jatropha gossypiifolia(katamanaku)	Castor oil	
Green palm	Jatropha gossypiifolia	Hot ash

leaf	(katamanaku leaf )	
Camphor	Sambarani ( benzoin)	.gathiyar kuzhambu

## Conclusion:

As siddha system of medicine has possessed external therapies for Nagir katti ( breast abscess ), yet further clinical validation and standardization is required. The Siddha system of medicine has a rich tradition of external therapies for various ailments, including Nagir Katti (breast abscess), and these therapies can be beneficial in managing breast abscesses. While Siddha practices have been used for centuries, modern clinical validation and standardization are essential to ensure safety and efficacy, establish clear treatment protocols, and improve acceptance and integration with conventional medicine. Externaltherapies may offer alternative or complementary options, possibly reducing the need for antibiotics or surgery and providing symptom relief and faster healing.

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