

Cross Sectional Study of Prevalence and Determinant of *Karappan* (Eczema) in Patients of GSMCH, Palayamkottai - A Siddha View

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ABSTRACT

The Siddha system of medicine is a traditional medical system that has scientific and holistic approach to provide, preventive, promotive, curative, rejuvenating and rehabilitative health care. In Today's world there is more to getting that flawless beautiful skin that justify inheriting great genes. Karappan (Eczema) is the most common skin diseases affecting all age groups. According to National Eczema Association, 10 percent of the population will develop during their lifetime. Karappan (Eczema) is a skin condition in which the skin becomes inflamed or irritant symptoms like itching, oozing, scaling and crusting. According to YUGI MUNI'S classification karappan (Eczema) has been classified into 7 types. The predisposing factors of karappan are termed as karappan pandangal which includes kambu, Thinai, kelvarughu, solam, karuvadhu, pagarkai etc. Association between dietary pattern and diseases is necessary one among the health professionals. In this study prevalence and determinants of karappan (Eczema) according to siddha system of medicine among patients attending OPD GSMCH, Palayamkottai are recorded.

KEYWORDS: Siddha, Karappan (Eczema), Yugi Muni

1.INTRODUCTION

The Siddha system of medicine is a traditional medical system that was a scientific and holistic approach to provide, preventive, promotive, curative, rejuvenating and rehabilitative health care. In Today's world there is more to getting that flawless beautiful skin that just inheriting great genes. We all know how a good diet improves the quality of our skin. It is said that there are certain foods that can give you a healthy glowing skin. Association between dietary pattern and diseases has always been a field of interest among the health professionals. skin disorders occur all over the world at a significant health burden both in developing and non developed countries. Karappan (Eczema) is the most common skin diseases affecting all over age groups. In 2022 National Eczema Association, 10 percent of the population will develop during their lifetime.

In Siddha Literature it is also stated a lot of medications, food and diet restrictions for the ailments of skin. In Siddha system Eczema can be related to karappan. Karappan (Eczema) is a skin condition in which the skin becomes inflamed or irritant

symptoms like itching, oozing, scaling and crusting. Symptoms of karappan (Eczema) can flare up if you contact an irritant or an allergen. This condition weakens your skin's barrier function which is responsible for helping your skin retain moisture and protecting your body from outside elements. For karappan and many more skin diseases, the siddha system provides safe herbal and herbomineral treatment.

According to YUGI MUNI'S literature, Karrappan has been classified into 7 types. The predisposing factors for karappan are termed as karrappan pandangal which includes kambu, thinai, kelvarughu, solam ,karuvadu, paagarkai ,Raw banana,guava,snake gaurd,dairy products etc

OBJECTIVES:

To enumerate the prevalence and determinants of karappan (Eczema)

according to siddha system of medicine among patients attending OPD, GSMCH, Palayamkottai.

MATERIALS AND METHODS:

STUDY POPULATION:

Cross sectional study

STUDY PLACE:

Out patient's department in GSMCH palayamkottai.

STUDY PERIOD:

4 Months

SAMPLE SIZE:

200(patients in OPD GSMCH Palayamkottai)

METHOD OF APPROACH:

Data collected by depth interview in face-to-face manner

RESULT AND DISCUSSION

1.AFFECTED PARTS:

S. No.	Affected Area	No of patients	Percentage (%)
1	Right Lower limb	45	22.5%
2	Left lower limb	40	20%
3	Both lower limbs	81	40.5%
4	Both lower limbs and upper limbs	34	17%

2.FAMILY HISTORY

S. No.	Family history	No of patients	Percentage (%)
1	Yes	25	12.5%
2	No	175	87.5%

3.PAST HISTORY OF ECZEMA

S.NO.	PAST HISTORY OF ECZEMA	NO OF PATIENTS	PERCENTAGE (%)
1	Yes	28	14%
2	No	172	86%

4.FOOD HABITS

S.NO.	FOOD HABITS	NO OF PATIENTS	PERCENTAGE (%)
1	VEG	35	10%
2	NON VEG	165	90%

5.SMOKING HABITS

S.NO.	SMOKING	NO OF PATIENTS	PERCENTAGE (%)
1	YES	70	35%
2	NO	130	65%

6.ALCOHOL DRINKING:

S.NO	ALCOHOL DRINKING	NO OF PATIENTS	PERCENTAGE
1	YES	63	33%
2	NO	127	67%

7. HIGHLY PREFERRED TASTE

S.NO.	HIGH PREFERRED TASTE	NO OF PATIENTS	PERCENTAGE (%)
1	SPICY	80	40%
2	SALT	56	28%
3	SWEET	50	20%
4	BITTER	10	5%
5	ASTRINGENT	4	2%

8. FREQUENTLY INTAKE OF OUTSIDE FOODS

S.NO.	OUTSIDE FOODS	NO OF PATIENTS	PERCENTAGE (%)
1	Non veg foods	90	45%
3	Tea , Coffee	20	10%
4	Fast food	10	5%
5	None of the above	80	40%

9.OIL BATH HABITS

S.NO.	OIL BATH	NO OF PATIENTS	PERCENTAGE (%)
1	Yes	64	32%
2	No	136	68%

10. CAUSES OF ECZEMA (IN PATIENT VIEW)

S.NO.	Causes	No of patients	Percentage (%)
1	Insect bite	15	7.5%
	Detergents	10	5%
	Cement allergy	18	9%
	Irritants	4	2%
	Food	30	15%
	Agricultural work	1	0.5%
2	Idiopathic	122	61%

11. INTAKE OF DIARY PRODUCTS

Dairy products	Daily use	Weekly once	Weekly twice	15 Days once	Monthly once	6 Months once	Yearly once	Omittance	Past history of intaking
Cow's Milk & Milk products	75.5%	7.5%	1%	0	0	0	0	11%	5%
Camel milk	0	0	0	0	0	0	1%	99%	0
Buffalow curd	0	0	0	0	0	0	0	85%	15%
Buffalow butter	0	0	0	0	0	0	0	95%	5%

12.IN TAKE OF VEGETABLES

Vegetables	Daily use	Weekly once	Weekly twice	15 days once	Monthly once	6 Months once	Yearly once	Omittance
Brinjal	29%	20%	17.5%	25%	3.5%	0	0	5%
Bitter gaurd	10%	25%	9%	20%	21%	5.5%	10%	9%
Cucumber	2.5%	5%	0	1.5%	10%	40%	54%	13%
Snake gaurd	32.5%	30%	25%	0	0	0	0	7.5%
Raw banana	15%	10%	20%	8.5%	14%	12%	7.5%	13%

13.INTAKE OF CEREALS:

cereal varieties	Daily use	Weekly once	Weekly twice	15 days once	Monthly once	6 Months once	Yearly once	Omittance
Karunkuruvai	0	0	0	0	2%	5%	5%	93%
Big samba	0	0	0	0	0	0	10%	90%
Solam	1%	12%	4%	2.5%	3%	35%	20%	22.5%
Kambu	1%	1.5%	2.5%	12%	16%	30%	9%	21.5%
Kelvaraghu	1%	1.5%	2%	1.5%	19%	7.5%	20%	17.5%
Thinai	1%	7.5%	2.5%	6%	20%	23%	5%	30%

14. IN TAKE OF FRUIT VARIETIES:

Fruit varieties	Daily use	Weekly once	Weekly twice	15 days once	Monthly once	6Month Once	Yearly once	Omittance
Guava	2.5%	12.5%	6.5%	5%	22.5%	29%	5%	17%
Ripe palmayra fruit	0	0	0	0	0	5%	2.5%	92.5%
Jack fruit	0	0	0	0	0	16%	30%	54%
Mango	0	0	0	2.5%	9%	34.5%	32.5%	21.5%

15. INTAKE OF NON-VEG VARIETIES:

Non veg	Daily use	Weekly once	Weekly twice	15 Days once	Monthly once	6 Months once	Yearly once	Omittance
Hen egg	13%	12%	25%	15%	0	3%	0	32%
Chicken	5%	49.5%	18.5%	5%	2.5%	0	0	18%
Mutton	1%	16%	.5%	20%	11.5%	3.5%	18.5%	29%
Fish varieties	8%	34.5%	7.5%	12%	5%	10%	4%	19%
Karuvadu	2.5%	23%	5%	26.5%	22.5%	2.5%	4.5%	13.5%

PREVALANCE

1.DISTRIBUTION OF KARRAPPAN IN SEX

S.NO	SEX	NO OF PATIENTS	PERCENTAGE
1	MALE	355	54%
2	FEMALE	306	46%

2.DISTRIBUTION OF ECZEMA IN AGE

S.NO	AGE	NUMBER OF PATIENTS	PERCENTAGE
1	0-10	61	9%
2	11-20	51	8%
3	21-30	49	7%
4	31-40	129	20%
5	41-50	145	22%
6	51-60	103	16%
7	61-70	79	12%
8	71-80	35	5%
9	81-90	9	1%

DISCUSSION

The study was conducted in GSMCH palayamkottai OPD for 4 months of study period. The total cases attended in OPD in GSMCH was about 75056. The prevalence of karappan in patient attending OPD in GSMCH was about 661 with percentage of 0.9 among the total patients. From this Prevalence ,200 samples of Karappan patients (100 Males and 100 Females) were selected as determinants. The review was conducted based on questionnaire, According to proper history taken from patients, we came to know the cause of karappan which is mostly from food habits and both lower limbs are the mostly affected part. Familial incidence is very low. Non vegetarians are highly prone to this disease with proportion of 90% as they took chicken, egg, fish varieties weekly once. The highly preferred taste in the above survey are spice, salt and sweet respectively.

In food habits daily usage of milk and milk products is high proportion (i.e)151 patients. Brinjal, Snake gourd are used in regular basis. Most of the patients took bitter guard weekly once and millets are to be taken also weekly once in the form of kanji. The prevalence of karappan in Male is(54%) and it is higher than Female (46%). The age incidence of higher proportion is 41-50 years.

CONCLUSION

As per the result obtained from this survey, further studies regarding the food combinations that are suspected to cause karappan (Eczema), should be carried out in animal model and that will help to justify the literature (i.e. karappan pandangal) in the scientific world.

Declaration by Authors

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