



Review Article

A Literature Review on Kattu Mantham in Selected Siddha Classical Literature

R. Preethi^{1*}, P.Suvedha¹, G. Sankareswari², A. M. Amala Hazel³, M. Meenakshi Sundaram⁴, R. Meenakumari⁵

1. PG Scholar, Department of Kuzhandhai maruthuvam, National Institute of Siddha, Tambaram Sanatorium, Chennai-47, affiliated to The TN Dr.M.G.R Medical university, Chennai-32, Tamilnadu, India.
2. PG Scholar, Department of Maruthuvam, National Institute of Siddha, Tambaram Sanatorium, Chennai-47, affiliated to The TN Dr.M.G.R Medical university, Chennai-32, Tamilnadu, India.
3. Associate Professor, Department of Kuzhandhai maruthuvam, National Institute of Siddha, Tambaram Sanatorium, Chennai-47, affiliated to The TN Dr.M.G.R Medical university, Chennai-32, Tamilnadu, India.
4. Professor and HOD, Department of Kuzhandhai maruthuvam, National Institute of Siddha, Tambaram Sanatorium, Chennai-47, affiliated to The TN Dr.M.G.R Medical university, Chennai-32, Tamilnadu, India.
5. Director, National Institute of Siddha, Tambaram Sanatorium, Chennai-47, affiliated to The TN Dr.M.G.R Medical university, Chennai-32, Tamilnadu, India.

*Corresponding author's E-mail: somanydreamstolive@gmail.com

Received: 22-05-2024; Revised: 28-08-2024; Accepted: 09-09-2024; Published on: 15-09-2024.

ABSTRACT

Siddha medicine is a meticulous system of medicine comprising several disciplines each holding treasure of knowledge given by our ancient sage. *Kuzhandhai maruthuvam* is a specialized branch in this system which deals with the treatment of children's ailments. *Kattu Maantham* is one among them that occurs during the childhood period. In this review, the detailed summary of etiology, clinical features, *mukkutra nilai* (tri humoral theory) of *kattu mantham* which have been mentioned in various siddha literatures in scattered form are incorporated.

Keywords: Siddha, *Maantham*, *Kattu Maantham*, children's ailments.

INTRODUCTION

In siddha system of medicine childhood period is divided into 10 stages based on child's developmental milestones. They are:

- *Kaappu paruvam*
- *Sengeerai paruvam*
- *Thaala paruvam*
- *Sappani paruvam*
- *Muththa paruvam*
- *Varugai paruvam*
- *Ambuli paruvam*
- *Sittril paruvam* in boy child & *Ammanai paruvam* in girl child
- *Siruther paruvam* in boy child & *Kazhangu paruvam* in girl child
- *Siruparai paruvam* in boy child & *Oosal paruvam* in girl child¹

Certain childhood diseases occur in specific stages pertaining to the actions and behaviour in that particular period. *Mantham* is one such disease that occurs in *thaala paruvam*, *sappani paruvam*, *mutha paruvam* and *varugai paruvam*. It is the period when complementary feed is introduced. The disease *mantham* is defined as a condition marked by drowsiness, an unusual lack of energy and mental alertness.² It has many types according to various siddha literatures listed in table 1², table 2^{3,4}, table 3.⁵

Table 1: Classification of *mantham* according to *Balavagadam*

Types of <i>mantham</i> mentioned in <i>Balavagadam</i>		
21 types	10 types	8 types
1. <i>Vali mantham</i>	1. <i>Uppal mantham</i>	1. <i>Podhu mantham</i>
2. <i>Azhal mantham</i>	2. <i>Vaanthi mantham</i>	2. <i>Seriya mantham</i>
3. <i>Iyam mantham</i>	3. <i>Varatchi mantham</i>	3. <i>Thalai mantham</i>
4. <i>Vidam mantham</i>	4. <i>Thittu mantham</i>	4. <i>Por mantham</i>
5. <i>Por mantham</i>	5. <i>Ulai mantham</i>	5. <i>Kattu mantham</i>
6. <i>Vaalai mantham</i>	6. <i>Akkaram mantham</i>	6. <i>Vida mantham</i>
7. <i>Suram mantham</i>	7. <i>Pei mantham</i>	7. <i>Neer mantham</i>
8. <i>Neer mantham</i>	8. <i>Neerkanam mantham</i>	8. <i>Suzhi mantham</i>
9. <i>Seriyamai mantham</i>	9. <i>Thodam mantham</i>	
10. <i>Kattu mantham</i>	10. <i>Karuppam mantham</i>	
11. <i>Paal mantham</i>		
12. <i>Eri mantham</i>		
13. <i>Thulai mantham</i>		
14. <i>Thalai mantham</i>		
15. <i>Kanam mantham</i>		
16. <i>Valippu (Izhuppu) mantham</i>		
17. <i>suzhi mantham</i>		
18. <i>Mukku mantham</i>		
19. <i>Sanni mantham</i>		
20. <i>Oothtal mantham</i>		
21. <i>Veekam mantham</i>		



Table 2: Classification of *mantham* according to *Anubava vaithiya theva ragsiyam*, and *Madhalai noi nool*

8 types of <i>mantham</i> mentioned in <i>Anubava vaithiya theva ragsiyam</i>	13 types of <i>mantham</i> mentioned in <i>Madhalai noi nool</i>
1. <i>Seriya mantham</i>	1. <i>Vaatha mantham</i>
2. <i>Peer mantham</i>	2. <i>Pitha mantham</i>
3. <i>Sura mantham</i>	3. <i>Vali mantham</i>
4. <i>Vida mantham</i>	4. <i>Silerpa mantham</i>
5. <i>Suzhi mantham</i>	5. <i>Nadukku mantham</i>
6. <i>oodhu mantham</i>	6. <i>Kaba mantham</i>
7. <i>Neer mantham</i>	7. <i>Por mantham</i>
8. <i>Thalai mantham</i>	8. <i>Paal mantham</i>
	9. <i>Visa mantham</i>
	10. <i>Irai mantham</i>
	11. <i>Podhu mantham</i>
	12. <i>Vinai mantham</i>
	13. <i>Sanni mantham</i>

Table 3: Classification of *mantham* according to *Pillaipini maruthuvam* (part 2)

43 types of <i>mantham</i> mentioned in <i>Pillaipini maruthuvam</i> part 2	
1. <i>Adai Mantham</i>	22. <i>Suzhi Mantham</i>
2. <i>Atcha Akkara Mantham</i>	23. <i>Seriya Mantham</i>
3. <i>Azhal Mantham</i>	24. <i>Thalai Mantham</i>
4. <i>Allu Mantham</i>	25. <i>Thittu Mantham</i>
5. <i>Eluppu Mantham</i>	26. <i>Neer kana Mantham</i>
6. <i>Uppal Mantham</i>	27. <i>Thulai Mantham</i>
7. <i>Uppu Mantham</i>	28. <i>Thoda Mantham</i>
8. <i>Ulai Mnatham</i>	29. <i>Neer Mantham</i>
9. <i>Oothu Mantham</i>	30. <i>Pal Mantham</i>
10. <i>Eri Mantham</i>	31. <i>Pul Mantham</i>
11. <i>Iya Mantham</i>	32. <i>Bethi Mantham</i>
12. <i>Kattu Mantham</i>	33. <i>Pei Mantham</i>
13. <i>Kana Mantham</i>	34. <i>Por Mantham</i>
14. <i>Kanai Mantham</i>	35. <i>Maladi Mantham</i>
15. <i>Karppa Mantham</i>	36. <i>Mukku Mantham</i>
16. <i>Kal Mantham</i>	37. <i>Valippu Mantham</i>
17. <i>Kazhi Mantham</i>	38. <i>Vali Mantham</i>
18. <i>Sakthi Mantham</i>	39. <i>Varatchi Mantham</i>
19. <i>Sanni Mantham</i>	40. <i>Vanthi Mantham</i>
20. <i>Sanni Bhatha Mantham</i>	41. <i>Val Mantham</i>
21. <i>Sura Mantham</i>	42. <i>Vida Mantham</i>
	43. <i>Veekka Mantham</i>

Etiology

- It occurs in children when they consume the following food items in excess amount
 - Buffalo’s milk, ghee and it’s sour butter milk
 - Banana, mango, coconut, tender coconut water, jaggery

- Peanut, wild dholl, Indian bean, tamarind seed
 - Lentil balls, eatables made of flour, *adhirasam* (Indian doughnut),
 - Gaseous foods, rice,
 - Meat, mud fish, carp fish.
 - Bitter gourd, bottle gourd, black gram
 - Meat, large mud fish, ribbon fish, pork, murrel fish, carp fish ²
- In breast fed children, when mother takes the above mentioned indigestible food in large amounts, the child becomes affected by *mantha noi* during intake of mother’s devitalized milk ⁶
 - Uncleanliness, irregular timing of food intake, unhygienic food habits, inadequate nutrition in children’s diet may cause *mantham* in children.
 - some psychological factors like poverty, hunger, anger, fear, desire in children have influence in the digestion process and eventually lead to *mantham* in children.⁵ These factors in mother can also affect the efficacy of milk fed to the children in this period resulting in disease.⁶

Kattu maantham

Kattu maantham is one among the various types of *mantham* described in the siddha literature *balavagdam*. It affects kids between the ages of one and three. It is a disease in children arising due to constipation.⁷

Clinical features

Thaayaar mulaiyil vaaivaithuch

Satre yunnum thikaithirukkam

Oyaa talukai sitrirumal

Vulle suramu mikavuntam

Seya malamunj salangattich

Sikkap pannum pasiyillai

Maya masakku mithukkattu

Mantha menru vakuthagare

- *Balavagadam*

- The baby doesn’t feed well on mother’s milk, remain still for some moments during breastfeeding
- Remain startled
- Incessant crying
- Cough
- Fever
- Constipation, oliguria
- Poor appetite²



Kottavi talainoyu malampo kamal
kuruvervai vayirruvali kutali raichal
thottalu mutalengkung kanalpol kayundh
thookkamathu polirunthu sornthu manthip
pattale vayirumikak kalinthi tamar
palanalu mippadiye malachik kuntaam
mattarung kulalmataveer kattu mantha
vakaiyaivir vakatanool vallir thane
 - *Balavagadam*

- Yawning
- Headache
- Constipation
- Perspiration
- Stomach pain
- Flatulence or the rumbling noise from accumulation as of gas in the intestine
- Fever
- Sleepiness
- Tiredness

Parantha meyyinil vepputa nurakkamum palakal
uraintha vervaikot taviyu mutharathil valiyum
niraintha naalmalanj cikkiyung kaliyune riraichal

araintha seerkkattu manthamen reyari yaname
 - *Balavagadam*

- Fever
- Sleepiness
- Increased perspiration
- Yawning
- Abdominal pain
- Frequent episodes of strainful defaecation
- Borborygmus²

Mukkutra verupadu (vitiation in three humours)

Derangements in the three humors namely *vatham*, *pitham*, and *kabam* are the fundamental causes of all diseases, according to the Siddha medical system. It gets vitiated according to diet, personal hygiene, environmental and seasonal changes. The state of each humors in the disease *kattu mantham* is explained below

1.Vatham

It is the one which creates spirit, regulate respiration and fourteen natural reflexes like movement of the bowels, tone up the activities of the mind and the body, regulate the function of the seven fundamental principles of the organisms in the body, gives strength to the five sense organs. It is called in 10 different forms according to its function in different sites in the body.

Table 4: Functions of different types of *Vatham* and its state in *kattu mantham*

S.no	Name of <i>Vatham</i>	Function	State of vitiation in <i>Kattu Mantham</i>
1	<i>Pranan</i>	It helps in inspiration, expiration, spitting, coughing, sneezing, belching and also in assimilation of the foods intaken.	Normal
2	<i>Apanan</i>	This <i>vaayu</i> functions downwards by excreting the faecal matter and urine, it helps in shrinking the anus. It gathers and carries the <i>anna saram</i> to the proper places	Affected that led to constipation in <i>kattu mantham</i>
3	<i>Vyaanan</i>	It is responsible for all movements of all parts of the body. It aids with tactile perception. It protects the body by filling the essences of the digested food in the proper places	Impaired and results in indolent nature of the child
4	<i>Udhaanan</i>	This <i>vaayu</i> travels upwards with the essence of digested food and stops them in the proper places. It is the root cause for speech, it creates perseverance, mental strength and give complexion to the skin	Gets vitiated leading to the poor distribution of <i>saaram</i> throughout the body, which eventually makes the child fatigue
5	<i>Samanan</i>	It dwells in the entire stomach and induces the necessary heat for digestion of food and water absorption. It separates the essence of food and roughage and provides the essence of food to all parts of the body for growth. It controls all other <i>vaayus</i> .	Impaired and doesn't control all the other <i>vaayu</i>



6	<i>Naagan</i>	It helps in stimulation, the intellect to learn all arts. It helps in opening and twinkling of the eyes, it helps in erecting the hairs of the body	Normal
7	<i>Koorman</i>	It helps in witnessing all the physical things available in the universe; it helps in pouring the tears from the eyes.	Normal
8	<i>Kirugaran</i>	It dwells in the tongue and gives greasiness and moisture to the tongue and the nose. It stimulates hunger. It helps in remembering things, it helps in creating sneezing and coughing.	Impaired and is responsible for the poor appetite in <i>kattu mantham</i>
9	<i>Devathathan</i>	It starts like an arch and causes laziness and to twist the body. It gives tiresomeness after waking from sleep. It helps in moving the eyes to and fro in several places. It causes perseverance, mood for fighting, for arguing and much of anger. It helps in remembering several things.	Normal
10	<i>Thananjayan</i>	It causes roaring sound of the sea in the ears, it causes the whole body to swell after death and it comes out on the third day of death by breaking the skull	Normal

2.Pitham

It is responsible for digestion, hunger, thirst, taste, vision, thought, intellect, strength etc., It has five divisions.

Table 5: Functions of different types of *Pitham* and its state in *kattu mantham*

S.no	Divisions of <i>pitham</i>	Function	State of vitiation in <i>Kattu Mantham</i>
1	<i>Anal pitham</i>	It has the characteristics of fire. It makes the food to be digested and helps in drying fluids.	Impaired and it is the reason for indigestion as presenting symptom
2	<i>Ranjaka pitham</i>	It helps in increasing the blood. It is responsible for the red colour of the blood	Normal
3	<i>Saathaga Pitham</i>	It helps in performing desired things with the assistance of the mind, the intellect and affinity.	Impaired because of which child cannot do desired activities and remain inactive
4	<i>Aalosaga Pitham</i>	It helps in giving vision to the eyes. It occupies the eyes and helps in visualising the shapes of all things.	Normal
5	<i>Prasaka Pitham</i>	It is having the quality of giving complexion to the skin.	Normal

3.Kabam

Give steadiness, greasiness that help in the movement of the joints, forbearance in hunger, thirst, sorrow, bewilderment. It is further divided into five.

Table 6: Functions of different types of *Kabam* and its state in *kattu mantham*

S.no	Divisions of <i>Kabam</i>	Functions	State of vitiation in <i>Kattu Mantham</i>
1	<i>Avalambagam</i>	This is considered to be support for other <i>Kabams</i> . It occupies the lungs and the heart and helps the other four by its natural quality of its spreading.	Impaired resulting in cough
2	<i>Kiletham</i>	It helps in digestion by giving moisture content to the food.	Impaired and is the reason for the symptom indigestion
3	<i>Bothagam</i>	It dwells in tongue and makes it to feel the taste of food	Normal
4	<i>Tharpagam</i>	It dwells in head and gives chillness to the eyes.	Normal
5	Santhigam	It dwells in joints and helps in attachment and movement of the joints.	Normal ⁸



CONCLUSION

From this review it is evident that kattu mantham is a common gastrointestinal disorder in children with the major presenting complaints as constipation and indigestion. Excessive intake of indigestible food being the major contributing factor in its etiology and among all the divisions of tri-humours apana vatham, vyaana vatham, udhaana vatham, samana vatham, kirukaran, anal pitham, sathaga pitham and kilethaga kabam remains affected in this disease.

Source of Support: The author(s) received no financial support for the research, authorship, and/or publication of this article

Conflict of Interest: The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

REFERENCES

1. Sivasanmugaraja S. Kuzhandhai Maruthuvam. 1st ed. Srilanka: Siddha Maruthuva Vazharchi Kazhagam; 2013. p. 3.
2. Kurusironmani P, Murugesu Mudhaliyar. Text book of Balavagadam. Chennai: Department of Indian Medicine & Homeopathy; p. 97.
3. Seetharamprasath J. Anubava vaidiya deva ragasiyam. Chennai: Rathina Nayakar & Sons; 2014. p. 372.
4. Mohanraj T. Madhalai noi thoguthi-1. Kanyakumari: A.T.S.V.S Siddha Medical College & Hospital; p. 139-144.
5. Pillaipini maruthuvam. Part 2. 1st ed. Chennai: Department of Indian Medicine & Homeopathy; 2006. p. 1, 2, 33, 34.
6. Kandhasamy Mudhaliyar V. Aaviyalikkum amudha murai surukkam. Part 1. 3rd ed. Chennai: Department of Indian Medicine & Homeopathy; p. 101.
7. Sambasivam Pillai T V. Siddha Medical Dictionary. Vol II-Part I. Chennai: Department of Indian Medicine & Homeopathy; p. 124.
8. Shanmugavelu M. Noinaadal noi mudhal naadal thirattu. Part 1. 3rd ed. Chennai: Department of Indian Medicine & Homeopathy; p. 232-240.

For any questions related to this article, please reach us at: globalresearchonline@rediffmail.com

New manuscripts for publication can be submitted at: submit@globalresearchonline.net and submit_ijpsrr@rediffmail.com

