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### Review on “Ottapparu – an Account on Diabetic Abscess”

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## INTRODUCTION

Prevalence of diabetes and its complications have been a burden to society from ancient times, in the present and will also be in the future unless proper measures are taken to prevent its manifestation. There have been an increasing number of deaths associated-amputation cases which are mainly caused by non healing wounds. Even with the latest technology and modern medicine with a highly trained medical team around, yet the majority of the diabetic ulcers end up with more or less amputation of the concerned major or minor part of the lower limb.

However, the *prameha nidana* (etiology), *samprapti* (pathogenesis), *poorva roopa* (prodromal symptoms), *lakshana* (signs and symptoms), and *chikitsa* (treatments) are extensively mentioned in our classics, the area of *prameha upadrava* (complications) and its management is not sufficiently explored. In all of our samhitas, it is

explained briefly just next to the end of the chapter. Books that rely entirely on diabetes complications are the need of the hour.

The book “Ottapparu – an account on diabetic abscess” is an English translation of the book “Ottaparuvinte chikitsa” written by K.V Ayippu. The Malayalam version was published in 1930 after being edited by his praiseworthy and righteous guru Arakkal Korath Varkki and it was printed at A.R.P Press of Kunnankulam and is available in the official website of Vaidyaratnam Oushadhasala. This book is translated into English by Dr.Anand P.K.V and assisted by Dr.Anupama S.K. This is the first edition of the book and is published by Kunnathmana ayurveda books, Thrissur in the year 2021. The price of this book is Rs 230/- . This book contains a total of 12 chapters and 80 pages and is the 14th book in Padmasree Dr.K. Rajagopalan



granthamala series.

As given in the title itself, this book is a document of a treatment protocol, developed undoubtedly from treatment experiences of a successful tradition which was practised and gone heedless later. According to the author, Ayurveda education has been narrowed to teaching selected texts and the current generation of Ayurvedic physicians has chosen to emulate allopathy doctors by ignoring the majority of the clinical skills that were already in use. He continues by saying that ayurveda might have a better chance of survival if it was blended with traditional knowledge, folk remedies, and therapeutic modalities rather than being supplanted by the allopathic system of medicine. His conviction to publish this work was boosted by this notion.

## BODY

The original work does not provide a chapter-by-chapter classification. The entire description of the abscesses is written in poetry form which may pose some challenges for the physicians of the present scenario. So Dr. Anand has divided the entire contents of the book into 12 chapters for ease of understanding. It has distinct nomenclature, clinical approaches and formulations. The first chapter titled "Mangalam" provides a broad overview of all abscesses and outlines their aetiology, types and classifications. Chapters two to nine go into detail about the distinct characteristics of each specific abscess and the title of each chapter goes like *Vatmikapparu*, *Agnijapparu*, *Vivrita*, *Antarvidhradhi*, *Angushtitotbhavam*, *Kachapi*, *Gandalaji*, *Oshtavikkam* respectively. In addition to the descriptions, images are used to illustrate the characteristic features of abscesses attractively.

The chapters 10 and 11 have no titles. The tenth chapter focuses on the dosha-based patterns and presentations of Ottapparu. For instance, the blackish shade of the swelling shows dominance of *vata dosha*, reddish hue shows the dominance of *pitta dosha* and pale white swelling shows dominance of *kapha dosha*. Associated constitutional symptoms and the need and significance of symptom-oriented medications are also explained. It is explained that abnormal perceptions which are indicative of death like carbuncles, manifested during a bad period of time needs higher efforts to cure.

Eleventh chapter is a commentary on the treatment protocol (*chikitsa krama*) of Ottapparu. This chapter actually serves as a lead-in to the subsequent chapter and focuses on the precise placement of numerous treatment

techniques. In addition to the conventional treatments, certain novel therapeutic techniques are described for the management of Ottapparu. A special preparation called *Irattikashayam*, for example, is suggested in situations where *vata dosha* is disrupted. When the swelling festers, *kaachudhara* will also probably suffice. *Neela Shankupushpam* with botanical identity *Lyndemia rotundifolia* was considered as the “secret” medicine in the management of diabetic carbuncles and its various applications are also covered in this chapter.

Twelfth chapter is a comprehensive continuation of the prior chapter. It discusses about the *samana chikitsa* of Ottapparu. The formulations for remedies are discussed in this chapter under the heading of *samana chikitsa*. The medicines are mainly divided into two headings – yoga for internal administration and for external application. Preparations like Kashaya, Mukkudi and Gutika are meant for internal administration whereas Kuzhampu preparations and Dhara are meant for external application.

In this book author has detailed 11 kashaya yoga in total, three of which are common kashaya yoga, five of which are Kizhikashaya yoga, two of which are for frequent use (Palavattam kashayam), and one of which is Irattikashaya yoga. The purpose of each kashaya yoga is also explained, for example - the sixth kashaya yoga is effective for the management of urinary incontinence, the tenth kashaya yoga is intended to induce purgation, and so on. Mukkudi and Gulika preparations are primarily used to alleviate associated symptoms. Kuzhampu preparations are applied to relieve swelling and pain whilst Dhara is mainly used for healing of abscesses.

## ANALYSIS

The book “Ottapparuvinte chikitsa” written by K.V Ayippu highlights some unique approaches and techniques that were once practised in a variety of clinical settings. This work can be considered as a sneak peek into the pre antibiotic era when a carbuncle could lead to septicaemia and death in a matter of days. In spite of liberal use of appropriate antibiotics even in this post antibiotic era modern doctors are still troubled by diabetic carbuncles. In these times when the modern system of medicine failed to some extent in discovering effective medicines for healing ulcers, it is throwing importance to proven traditional methods of treatment. Looking in that way the effort taken by Dr Anand P.K.V is highly appreciated.

Medicine is a system founded on human values, philosophy, logics and priorities but unfortunately

objectively measurable, defect oriented diagnostic classification has almost replaced the subjective, effect-oriented description of disease entity. A reversal in the trend is inevitable. According to author the apartheid between institutionally educated new generation and non-institutionally trained old generation has weakened the system and he opines that Ayurveda will have better chances of survival if it got integrated with indigenous medicines and techniques and ayurvedic community should be prepared to take up this new challenge.

The Malayalam version of the book is presented in verse and does not have separate chapters. In order to make the work easier to understand, the author has organized it into 12 chapters. The titles of each chapter reflect the names for each paru (abscess). Ayipu Vaidyar focussed mostly on a small number of distinct abscesses, which might have been most prevalent in his area at that time. He mentions that there are total 18 types of abscesses from the view of sastra but he further summarises them to eight on the basis of their peculiarities which were detailed by the author in chapter two to nine.

Abscesses are named based on their shape and site. For example, *vatmikapparu* was named after its resemblance to an anthill and *agnijapparu* appears as vesicles or blisters similar to those caused by fire. Likewise, those that appear on the cheek are known as *gandalaji* whereas those that appear on the small finger are recognised as *angushitotbhavam*. It can be said that the author’s attempt to compare the abscesses to the abscesses mentioned under *kshudra rogas* in classics has been more or less successful. Comparing *vatmikapparu*, *agnijapparu*, and *kachapi* to the *kshudra rogas*, *vatmika*, *visphota/agnirohini* and *kachapika* are few examples. The pictorial representations of the abscesses that resembled the abscesses depicted in the book also contributed to the book's increased

acceptance.

Two sections make up the therapeutic part of which the first deals with the placement of procedures and the second with individual yoga. The measurements given in the original book, such as nazhi, tutam and kazhanju might indeed cause some confusions among the new generation readers, so the author added popularly used calibrations such as Inazhi=360 ml, 1 tutam=90 ml and so on. Individual drugs from each yoga are tabulated along with their respective quantities and drugs with multiple identities are clarified by providing their botanical identity.

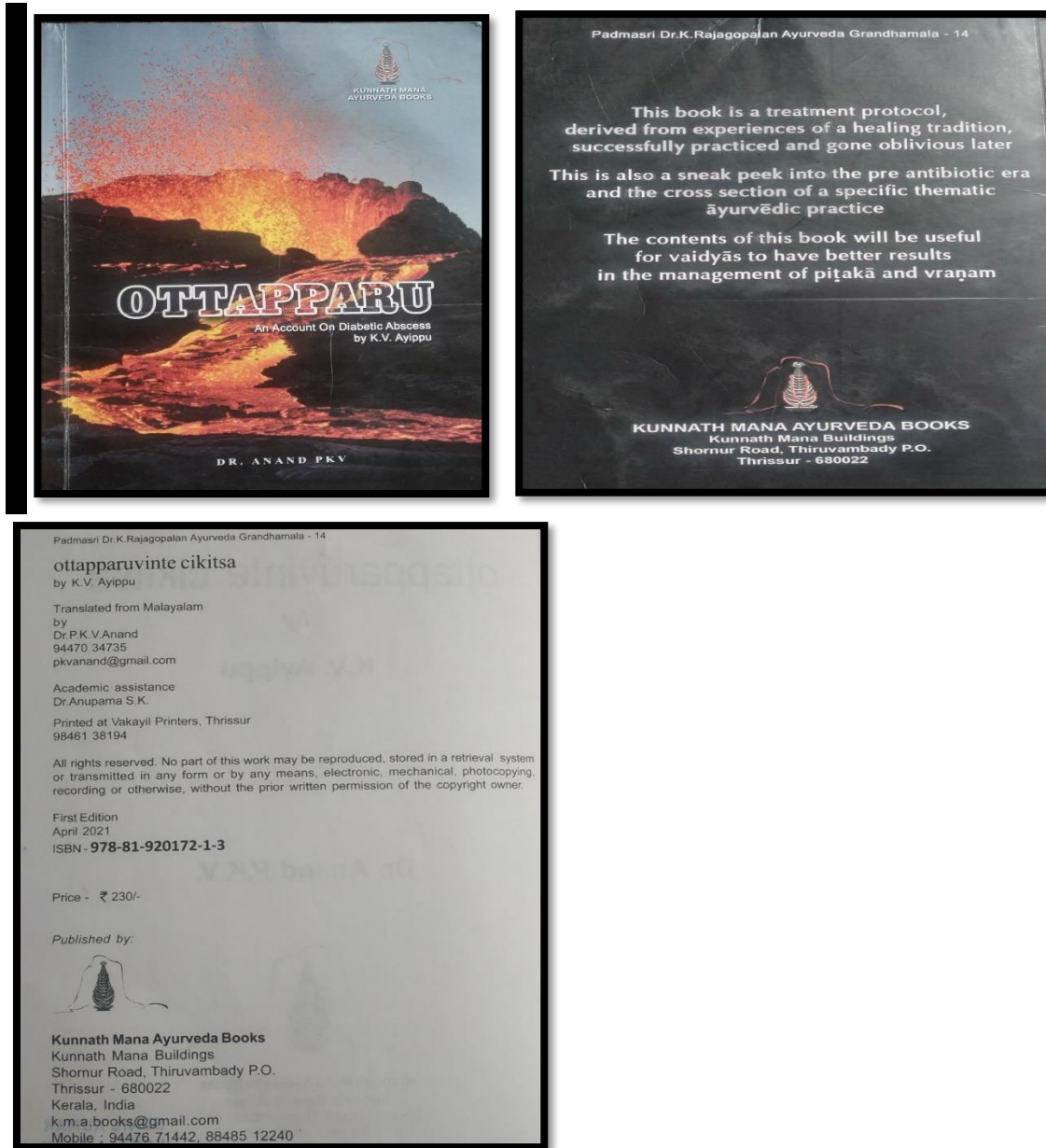
There aren't many books that focus primarily on diabetic abscess. This boosts the book's worth. Thus it is appreciated that the author made the effort to introduce such a book.

## CONCLUSION

This book offers a chance to test out time-tested remedies and is oriented more on clinical practice with *samana chikitsa* (palliative treatments). The book is a boon to the ayurvedic community in every sense. The simplicity with which the contents have been presented along with pictorial representation is yet another attraction. Knowledge is only useful if it is shared with others. Treatments passed down through the generations are usually kept under wraps, whereas Ayippu vaidyar had a wider perception. The author approached the above book with the same bravery and eloquence as Ayippu vaidyar.

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## Front and back cover of the book



The above page is the detailing inside the book regarding publisher and edition.