VOLUME 9 ISSUE 2 2023

ISSN 2454 – 3055

INTERNATIONAL JOURNAL OF ZOOLOGICAL INVESTIGATIONS

Forum for Biological and Environmental Sciences

Published by Saran Publications, India

International Journal of Zoological Investigations Vol. 9, No. 2, 420-423 (2023)

International Journal of Zoological Investigations
Contents available at Journals Home Page: www.ijzi.net
Editor-in-Chief: Prof. Ajai Kumar Srivastav
Published by: Saran Publications, Gorakhpur, India

ISSN: 2454-3055

Effectiveness of *Mochai Patru* (*Dolichos lablab* Linn.) in the Management of *Maru* (Warts) - Case Report

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Received: 8th June, 2023; **Accepted:** 22nd July, 2023; **Published online:** 25th August, 2023

https://doi.org/10.33745/ijzi.2023.v09i02.047

Abstract: Warts are benign bumps on skin or mucous membrane or epithelial proliferative lesions caused by Human papilloma virus (HPV) infection. Siddha system refers Warts by the term *Maru.* Siddha drug *Motchai patru* is indicated for the treatment of *Maru. Motchai* (*Dolichos lablab* Linn.) is a species of bean in the family Fabaceae with pharmacologically active phytochemicals. A 30-year-old Male patient from Kanchipuram working in a private company since last 4 years has suffered with warts on hands, elbow and forearm. He undergone various treatments but there were no remarkable changes. Lastly, he came for Siddha treatment at National Institute of Siddha (NIS) OPD. On examination, presence of warts was observed on hands, elbow and forearm with projections, resembling honey – bee comb appearance and it was diagnosed as common warts (*Maru*). *Motchai patru* was prescribed as external medicine for 30 days. The warts gradually reduced in size and completely cured. The present case study report suggests that the Siddha drug *Motchai patru* was efficacious in removing warts without any scars.

Keywords: *Dolichos lablab* Linn., Human papilloma virus, *Motchai Patru*, Poultice, Siddha Medicine, Warts

Citation: Jeeva Sivasimon, Mariappan Andi, Radha Sudalaimani and Meenakumari Ramsamy: Effectiveness of *Mochai Patru* (*Dolichos lablab* Linn.) in the management of *Maru* (Warts) - Case report. Intern. J. Zool. Invest. 9(2): 420-423, 2023.

https://doi.org/10.33745/ijzi.2023.v09i02.047

Introduction

Warts are contagious common skin growths that vary in shape, develop in any part of the body and are non-cancerous (benign). In general population it occurs 10% and is found to be higher in children and young adults (Amuthan and Santhi, 2020). Most warts are harmless, but they can make one feel unattractive and ashamed. Warts can occur in the hands, elbows, knees, face, and fingers. In

Siddha system, warts are referred by the term *Maru*, it resembles like Honey- bee comb, its colour may vary from greyish white, grey to reddish grey (Amuthan and Santhi, 2020).

The treatment is known to be efficacious when using Siddha external medicine like *Patru* (Poultice), *Kazlimbu* (Ointment), etc. *Motchai patru* (*Dolichos lablab* Linn.) is one among them which is mentioned in Siddha textbook and indicated for warts (Thiyagarajan, 1986). *Motchai* is a species of Fabaceae family. The seeds vary in color as white, brown, red, or black. The phytochemical analysis of *Dolichos lablab* Linn. showed the presence of terpenoids, pigments (Al-Snafi, 2017). minerals such as potassium, calcium, iron zinc, linoleic acid (Al Othman, 1999), proteins such as Arecelin, Dolichin (Ye *et al*., 2000)

Several reports have provided evidence for pharmacological effects of plant phytochemicals. Tannins are reported to have anthelmintic effects and are useful in the treatment of inflamed and ulcerated tissues and they also have remarkable activities in the cancer prevention and anticancer activity (Molan *et al*., 2000). Terpenoids have been reported to be active against bacteria, fungi, protozoa, and virus infections (Maiyo *et al*., 2010).

Siddha medicine, a traditional Indian system of medicine, has 32 types of external therapies, *Patru* (Poultice) is one among them (Thyagarajan, 2016). *Patru* or poultice is a form of medication in which the raw materials are either ground or juices of leaf, bark, root, etc. are heated or directly applied without heating and applied or pasted on the affected area which is absorbed through transcellular routes in the layers of skin. A poultice, also called cataplasm, is a soft moist mass herb often heated and medicated. It is usually applied over the skin as a treatment for ache, inflammation, or any painful conditions of the body. They can also be indicated for skin diseases as emollient, anti- microbial and anti-allergic agents. They are quite safe and efficient too. *Patru* is used to treat cuts, abscess, warts, furuncles, boils, puffy indurations haemorrhoids, eczema, etc (Thangaswamy and Balamurugan, 2017).

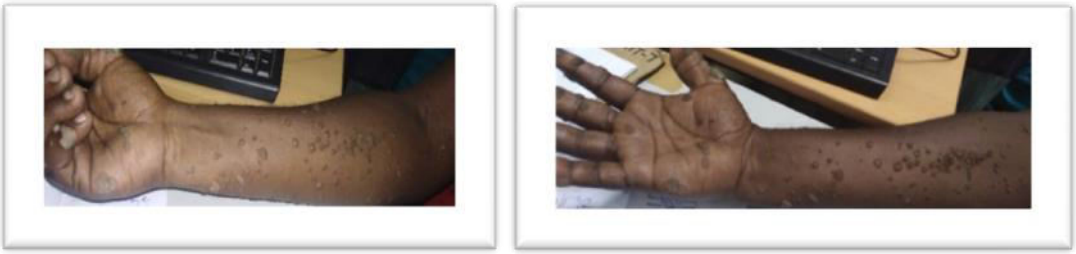
Motchai Patru is a herbal Siddha formulation that comes under external therapy i.e. *Patru* medicine which is indicated for warts. The present study is an attempt to treat warts with *Motchai Patru*.

Clinical assessment:

A small fleshy bump on the skin or mucous membrane caused by various strains of Human Papilloma Virus (HPV) in different parts of the body. Warts may spread from one location on the body to another or from person to person by direct contact.

Case summary:

A 30-year-old Male patient from Kanchipuram employed in a private company, since last 4 years has suffered with warts on both hands, elbow, and forearm. He has undergone various treatment with no remarkable changes. The patient was not under any immunosuppressive medicines. Lastly, he came for Siddha treatment at National Institute of Siddha OPD. On examination, presence of warts was observed on hands, elbow, and forearm with projections (Figs. 1, 2) resembling honey-bee comb appearance and it was diagnosed as common warts (*Maru*). With the voluntary consent of the patient, it was decided to include him in the trial. The patient was treated with NIS OPD medicines, *Seenthil Chooranam* 2 g two times a day with warm water and *Parangipattai Chooranam* 500 mg tablets 2 numbers three times a day with warm water for 3 weeks with no desired results. So, it was planned to treat the patient with external medicines *Motchai Patru* alone, which is mentioned in Siddha textbook and indicated for warts. The *Motchai* seeds were soaked in water for 12 h and ground well until it attains waxy consistency. Then it was applied on the affected area and advised to the patients to continue the *Motchai Patru* external application for 21 days. On every day, the *Patru* was freshly prepared and applied. On 4th day onwards the patients felt some progress and between 12th to 16th days of treatment, the warts were completely removed and disappeared (Figs. 3, 4). In 30 days



Figs. 1, 2: Warts present in forearm of Right hand- Before Treatment.

Figs. 3, 4: Palm of Right hand without Warts - After Treatment.

Fig. 5: Forearm of Right and Left hands without Warts.

follow up there was no relapsing and the skin colour become normal (Fig. 5). The treatment was found to be highly effective for the removal of common warts through Siddha external medicine.

Dietary advice: Advised the patient, to avoid *Agathi* spinach (*Sesbania grandiflora* Linn.), *Bitter gourd* (*Momordica charantia* Linn.), and Chicken.

In adults, warts are less likely to resolve spontaneously and are more resistant to treatment in immune suppressed patients and in those with persistent warts. Siddha system of medicine describes the features based on derangement in *Mukkutram.* In *Vatha* dominated *Maru*, patient feels pricking type of pain, in *Kabha* types it appears like nodule without changing the color of the skin and in *Pitha* type, due to the vitiation of *raktha kutram* (blood), it appears blackish in color, dry, oily, and hard in nature.

Of the 32 types of external in Siddha medicine *Patru, Kaara maruthuvam* and *Suttigai* methods play a vital role to treat the conditions like warts, abscess, tumour, etc. Whereas in modern system minor surgical procedures are followed. These indigenous treatment methods are minimal invasive procedures which do not cause to any unwanted effect and more beneficial in the treatment of warts. As observed in literature, an enormous variety of wart treatment approaches have been attempted and finally stated that the *Patru maruthuvam* is the best method to treat warts. In comparison with other available treatment modalities, the use of *Motchai Patru* is much better and low cost effective. *Motchai* is cheap, easily available, and can be

easily prepared. The phytochemicals of Motcahi (*Dolichos lablab*) possess antidiabetic, anti-inflammatory, analgesic, cytotoxic effect (Singh *et al*., 2012; Teixeira *et al*., 2014). The protein Dolichin has antimicrobial effect against gram-positive, gram-negative bacteria and Human Immunodeficiency Virus. So, *Motchai* is said to play an important role in relieving the pain experienced due to the medication, in promoting healing without scar formation and does not lead to any adverse effects.

Conclusion

This single case study result concluded that the Siddha herbal preparation *Motchai Patru* is more effective in the management of common warts (*Maru*). To confirm its therapeutic potency, further randomized controlled clinical trials need to be conducted. This supports the indication of *Motchai Patru* in treating Maru.

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