

Derangement of Aiyam in Psoriasis: A Siddha Perspective

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ABSTRACT

Psoriasis is a long-lasting autoimmune skin condition characterized by an overgrowth of skin cells and widespread inflammation throughout the body. According to Siddha medicine, psoriasis is viewed as a result of imbalances in Aiyam (Kabam), which leads to disturbances in Mukkutram (Vatham, Pitham, Kabam). This article delves into the connection between Aiyam malfunction and immune system irregularities, shedding light on Siddha pathophysiology, diagnostic indicators, and comprehensive healing methods aimed at reinstating Niraivu Nilai (homeostasis).

Keywords: Psoriasis, Aiyam (Kabam), Siddha pathophysiology, Mukkutram imbalance, Immune dysregulation, Keratinocyte hyperproliferation.

INTRODUCTION

In modern medicine, Psoriasis is considered an autoimmune and inflammatory disorder. In Siddha, disease is not seen as a local skin problem, but as a systemic imbalance of Mukkutram.

Among the three humors

Kabam – responsible for lubrication, stability, immunity, and tissue integrity. When Kabam becomes thick, cold, stagnant, and excessive, it obstructs normal circulation of nutrients and wastes in the skin. This leads to chronic scaling, thick plaques, itching, and discoloration – classical features of Psoriasis.

Psoriasis is a chronic immune-mediated inflammatory disorder in which auto-reactive T lymphocytes and B lymphocyte-derived autoantibodies play a central pathogenic role [5]. In psoriasis, these auto-reactive lymphocytes are not merely incidental findings but are the primary drivers of disease, causing pathological and functional damage to the skin, particularly the epidermis and dermal layers. The persistent activation of these immune cells leads to excessive keratinocyte proliferation, abnormal differentiation, and chronic inflammation [5].

In psoriasis, auto-reactive lymphocytes undergo polyclonal expansion due to failure of normal immune regulatory mechanisms that usually maintain self-tolerance [5]. The term polyclonal expansion denotes the presence of multiple populations of autoreactive lymphocytes, each possessing distinct antigen receptors that recognize different epitopes of self-antigens expressed in the skin. This pattern clearly distinguishes psoriasis from lymphoid malignancies, where immune cell expansion is monoclonal. The sustained polyclonal activation of autoreactive T cells, particularly Th1 and Th17 subsets, results in increased production of pro-inflammatory cytokines so it ultimately leading to the characteristic psoriatic plaques [5].

Globally, the prevalence of psoriasis is increasing, reflecting a growing burden of immune dysregulation-related disorders [5]. From a modern immunological perspective, psoriasis represents an overactive immune response directed against self-antigens of the skin, resulting in chronic inflammation, epidermal hyperplasia, and recurrent disease activity.

According to Siddha Maruthuvam, health is maintained by the harmonious equilibrium of the Mukkutram — Vatham, Pitham, and Kabam (Aiyam) [1–3].

Each humor governs specific physiological functions:

Vatham – movement, sensation, and nerve conduction.

Pitham – metabolism, heat, and biochemical transformation.

Kabam (Aiyam) – structural integrity, lubrication, stability, and immunity.

Among these, Aiyam plays a vital role in sustaining Ojas, skin nourishment, endurance, and immune balance [2–4]. In psoriasis, Iyarkai valarchi azhippu (derangement) of Aiyam leads to impaired immune regulation, abnormal tissue stability, and excessive inflammatory responses in the skin. This deranged Aiyam, often in association with aggravated Pitham, predisposes the body to autoimmune-like manifestations, resulting in the chronic, relapsing nature of psoriatic disease [1–4].



In Siddha perspective: [1–3]



Fig. no: 1- Psoriasis

Table. No:1 – Types Based On Siddha

Vatham	Movement, nerve conduction
Pitham	Metabolism, heat regulation
Kabam (Aiyam)	Structure, stability, lubrication, immunity

Concept of Aiyam in Siddha Physiology

Role of Kabam in Skin Health

According to Siddha principles

Kabam maintains skin moisture, softness, and immunity.

Normal Kabam ensures proper cell regeneration and wound healing.

When Kabam is deranged

Skin becomes thickened

Scaling increases

Healing becomes slow

Recurrence becomes frequent

Thus, Psoriasis is primarily a Kabam-dominant Kuttam.

Etiological Factors for Kabam Derangement in Psoriasis Lifestyle / Diet Factor and effect on kabam

Cold foods, ice drinks - increases cold and thick kabam Excess dairy, curd, sweets - kabam aggravation Day sleep - Block channels, increase kabam Mental stress & grief - Affect digestion and immunity Suppression of natural urges - vitiates kabam and vatham Poor digestion (Agni Mandam) - lead to ama _ kabam toxicity Maintains tissue cohesion, joint and skin lubrication, and immune defense. Its derangement predisposes to inflammatory skin disorders like psoriasis [1,2].

Composition

Neer (Water) + Mann (Earth) elements [3].

Taste:

Ayam suvai Enipu – strengthening 7 udarkatukal [3].

Functions:

- Maintains tissue integrity and lubrication.
- Nourishes muscle, fat, bone, marrow.
- Regulates immunity and Uyir Nilai [1–4].

Sites

Skin, joints, lymphatic channels, bone marrow [2].

Timing

- Idai Kalam (morning),
- Ilamai Kaalam (youth) [3].

Aiyam Perukku (Excessive Aiyam)

Causes stagnation, thickening, and blockage in microchannels (Srotas) [1-2].

Leads to immune overactivity → abnormal keratinocyte proliferation [5].

Clinical features:

Thick, scaly plaques

White discoloration, mucus accumulation
Heaviness, lethargy [1-5].

Aiyam Kurai (Deficiency of Aiyam)

Causes loss of lubrication, dryness, and degeneration of tissues.

The immune system becomes unstable and starts attacking its own components.

Clinical features (Kabam kuraivu noi):

Dryness of eyes, mouth, and skin

Heat intolerance, fatigue, hyperactivity of immune response

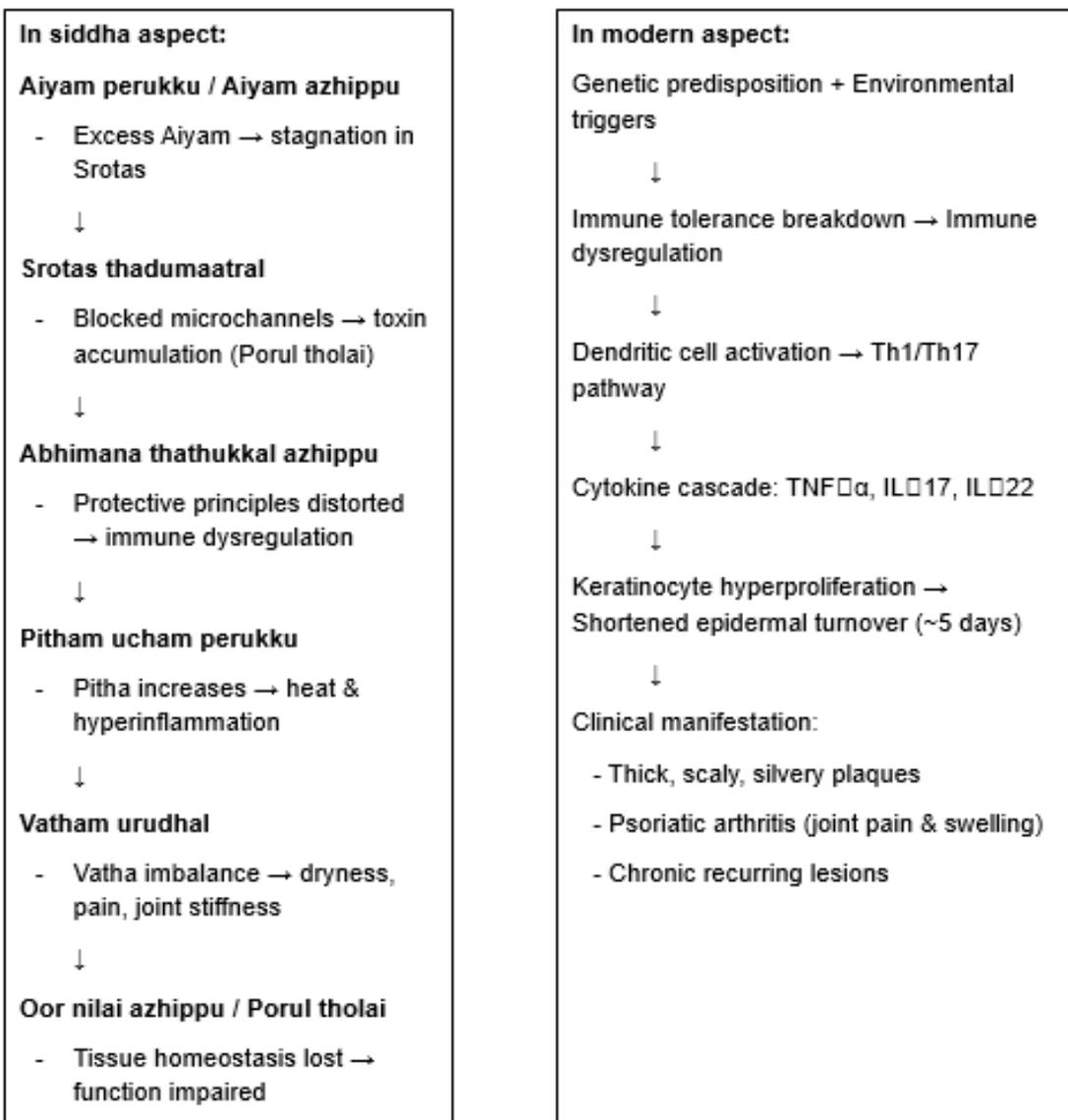
Tissue breakdown and inflammation [2-5].

Interaction with Vatham and Pitham

Pitha-Kabha imbalance →Exacerbates inflammation and scaling.

Chronic psoriasis can involve tri-dosha derangement → severe autoimmune manifestations [1-4].

Pathophysiology: [1-5]



Diagnosis in Siddha Perspective

Naadi: Kabha-Vatha or Kabha-Pitha predominance

Neerkkuri and Neikkuri: Thick, oily urine patterns in Kabha derangement

Saaram: Poor nourishment of skin and tissues

Nadi nadai: Iyam vatha naadi is commonly observed.

Clinical observation focuses on the thodam (humor) variation, environmental triggers, and Chronic scaly plaques, dryness, itching [1-3].

THERAPEUTIC MANAGEMENT IN SIDDHA

The goal is to restore Mukkutram balance, eliminate Ama (toxic metabolites), and stabilize Immune function [1-4].

1.Purification Therapy (Shodhana)

Clears deranged Aiyam and toxins

Examples: Nilavembu kudineer, Sivanarvembu kudineer [1,6].

2.Internal Medicines (Shamanam)

Arugan ver chooranam – Detoxifying, reduces inflammation

Panchamuga chooranam – Blood purifier, stabilizes Aiyam [6].

3.External Therapies (Bahya Chikitsa)

Thokkanam: Elumichai or Sevvarai thylam massage

Pugai/Podi Thimirthal: For chronic lesions

Varmam stimulation: Balances immune and endocrine function [1-4].

4.Diet and Lifestyle (Pathiyam)

Avoid cold, oily, and heavy foods (increase Aiyam)

Consume warm, dry, easily digestible foods

Include turmeric, ginger, garlic, pepper for anti-inflammatory support

Regular Yoga and Pranayama for Uyir thathu balance. [1-3]

DISCUSSION

Psoriasis represents Aiyam derangement causing hyperactive Pitham and Vatham [1-4]. Modern immunology parallels this with cytokine storms, keratinocyte hyperproliferation, and chronic inflammation [5]. Siddha therapeutics aims to restore Mukkutram balance, improve tissue tolerance, and modulate immunity holistically.

CONCLUSION

Psoriasis is not merely a skin disease but a manifestation of deep-rooted Kabam derangement. Unless Kabam is corrected at systemic level, recurrence is inevitable. Siddha medicine offers a holistic and permanent approach

by correcting the root cause rather than suppressing symptoms. Psoriasis is a clinical manifestation of Aiyam perukku leading to Mukkuttra imbalance. Siddha medicine provides a framework to address the root cause through purification, herbal medicines, external therapies, and lifestyle modifications, potentially harmonizing immune function and maintaining Uyir niraivu nilai [1-4].

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