



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A literature on siddha medicine

Ritesh Maurya, Piyush Yadav, Manish Kumar Maurya Ashvani Kumar Upadhyay, Shayam Narayan gupta

Department of pharmacy, Prasad institute of technology Jaunpur Uttar Pradesh 222001

Abstract: In ancient time siddha medicine is developed in Tamilnadu, Srilanka, and South India. Siddha is based on fire, water, air, earth and sky. This medicinal system are safe for treatment of various disease such as diabetic ulcer, warts, Vitiligo, pompholyx, leprosy and alopecia. The person who are developed siddha medicine are called siddhars. All diseases are dependent on vatta, pitta and kapha balance.

According to siddhars vatta are divine energy and self originated.

Keywords. Introduction, Principle, concept of siddha medicine

INTRODUCTION-

The Siddha system of medicine (Traditional Tamil System of medicine), which has been prevalent in the ancient Tamil land, south india and srilanka the foremost of all other medical systems in the world. Its origin goes back to B.C 10,000 to B.C 4,000. As per the textual and archeological evidences which indicate the remote antiquity of the Dravidian civilization of the erstwhile submerged land Kumarikandam, that is the Lemuria continent situated in the Indian ocean, the Siddha System of Medicine is contemporaneous with those of the submerged lands Egyptian, Mesopotamian, Chinese and Grecian medicines. The uniqueness of Siddha System is evident by its continuous service to the humanity for more than 500 years in combating diseases and also in maintaining its physical, mental and moral health while many of its contemporaries had become extinct long ago.

The ancient Siddha System are intertwined with the mythology and culture of the ancient Tamil civilization that existed in the southernmost tip of the Indian peninsula, predating much of recorded history.

Mythically, the origin of Siddha is attributed to Lord Siva, who is supposed to have handed it down to his consort Parvathi (Shakthi), who in turn passed on the sacred knowledge to Nandi, from whom it was transmitted to the first of "Siddhars". Siddha is a Tamil word derived from "siddhi"—attaining perfection in life or heavenly bliss.

The system is said to have emerged in antiquity, from the highly evolved consciousness of the Siddhars. The clarified intellect and heightened intuition of the Siddhars, resulting from their yogic powers, enabled them to explore the world around them and exploit its natural resources for the sake of humanity.

Their findings on the characteristics of plants, metals, minerals and animal products and their knowledge of the properties of drugs, its purification, processing, fixing dosage, toxicity, antidote and clinical application, were preserved in the form of verses for the use of the posterity.

This unique legacy was bequeathed to select disciples or “chides” by word of mouth. It is believed that there was a line of 18 siddhars, with Agasthya being the foremost and a large portion of siddha lore is credited to him.

The relative unawareness and ignorance of Siddha in the west is due to various cause. First, most of the siddha literature is still in Tamil. Second, when western scholars like Max Muller were provided with translated versions of Sanskrit literature, including that of Ayurveda, no such effort seems to have been taken to introduce Tamil works to Western scholars. Thousands of Siddha Literature still remains in the form of palm leaf manuscripts. Of late, Siddha is slowly gaining recognition in the world of complementary/alternative medicine. Modern medicine recognizes Siddha medicine as an alternative East Indian Medical System prevalent among Tamil speaking people.

History of siddha medicine

Siddha is an ancient of Indian traditional treatment system which evolved in South India,

[10] and is dated to the times of 3rd millennium BCE Indus Valley Civilization or earlier.[11] According to ancient literature of Siddha, it is said that the system of this medicine originated from Hindu God Shiva who taught it his consort Parvati.

Parvati then passed it on to Nandi and Nandi taught about it to nine Devtas. [12]

Most Siddha medical practitioners are traditionally trained, usually in families and by gurus (teachers).When the guru is a martial arts teacher, he is also known as an Ahsan. Traditionally, it is taught that the siddhars laid the foundation for this system of medication. Siddhars were spiritual adepts who possessed the ashta siddhis. Nandhisar is considered the first siddha and the guru of all siddhars.

Basic principle of siddha medicine

There are 96 basic principles (Thathuas) are:

Bootham -5 (Elements): Mannu-Earth, Neer-Water, Thee-Fire, Vaayu-Air, Aakaayam-Space

Pori -5 (Sense organs): Eye, Ear, Nose, Tongue, Skin

Pulan -5 (Functions of sense organs): Vision, Hearing, Smell, Taste, Touch

Kanmenthiriyam -5 (Motor organs): Hands, Lega, Mouth, Rectum, Sex Organs

Gnanenthriyam -5 (Perception of senses with the help of five sense organs)

Karanam -4 (intellectual faculties): Manam, Buddhist, Siddham, Ahankaram

Arivu -1 (Wisdom of self realization)

Naadi -10 (Channels of life force responsible for the dynamics of prana): Idakalai, Pinkalai, Sulumunai, Siguvai, Purudan, Kanthari, Atthi, Allampudai, Sanguine, Gugu

Aatharam -6 (Stations of soul): Moolatharam, Swathistanam, Manipooragam, Anakatham, Vsuthi, Aakinai

Malam -3 (Three impurities of the soul): Aanavam, Kanman, Mayai,

Thodam -3 (Three humours): Vatham, Pitham, Kapham

Vinai -2 (Acts): Nalvinai (Good Acts), Theevinai (Bad Acts)

Vayu-10 (Vital nerve force which is responsible for all kinds of movements): Pranana, Abanana, Uthana, Samana, Vyana, Naga, Koorma, Kirukana, Devadhana, Dhananja

Asayam – 5 (Visceral Cavities): Amarasayam-Stomach, Pakirvasayam-Small Intestine, Malavase-Large Intestine Especially Rectum, Chalavasayam-Urinary Bladder, Suckilavasayam-Seminal Vesicle

Kosam- 5 (Five states of the human body or sheath): Annamaya Kosam-Digestive sheath, Manomaya Kosam-Mental Sheath, Pranamaya Kosam-Respiratory sheath, Vignanamaya Kosam-Intellectual Sheath, Ananthamaya Kosam-Blissful Sheath

Mandalam- 3(Regions): Thee Mandalam (Agni Mandalam)-Fire Region, Gnayiru Mandalam (Soorya Mandalam)-Solar Region, Thingal Mandalam (Chandra Mandalam)-Lunar Region

Edanai -3 (Physical Bindings):Porul Patru-Material Bindings, Puthalvar Patru-Offspring Bindings, Ulaga Patru-Worldly Bindings

Avasthai -5 (Five states of consciousness): Ninaivu-Wakefulness, Kanavu-Dreams, Urakkam-Sleep, Perurakkam-Repose (Tranquil or Peaceful State), Uyirpadakkam-Insensibility to surroundings.

Basics of siddha medicine

The basic concepts of the siddha medicine are almost similar to Ayurveda. The only difference appears to be that the Siddha medicine recognizes predominance of vatham, Pitham and kapam in childhood, adulthood and old age, respectively, whereas in Ayurveda it is totally reversed: kapam is dominant in childhood, vatham in old age and pitham in adults.

As per Siddha medicine various psychological and physiological functions of the body are attributed to the combination of seven elements.

1. Saram (Digestive juice). Saram means Prana vayu (Oxygen) responsible for growth, development and nourishment;
2. Cheneer (blood) responsible for nourishing muscle, imparting color and improving intellect;
3. Ooun (muscle)responsible for shape of the body;
4. Kullzuppu (fatty tissue) responsible for oil balance and lubricating joints;
5. Sukila (semen) responsible for reproduction.
6. Enbu (bone) responsible for body structure and posture and movement;
7. Moolai (bone marrow-responsible for the production of RBC, etc).

Concept of disease and their cause

When the normal equilibrium of three humors (vatta, pitha and kapha) is disturbed, disease is caused. The factors which affect this equilibrium are environment, climatic condition, diet, physical activities and stress. Under normal condition, the ratio between these three humors (vatta, pitha and kapha) is 1:1/2:1/4, respectively. According to the siddha medicine system diet and life style play a major role not only in health but also **in curing disease**

Concept of siddha treatment

Treatment consists of three classes: Deva maruthuvam, (divine method); Maanida Maruthuvam (rational method); and Asure Maruthuvam (surgical method). In the divine method, medicine like parpam, chenduram, guru, kuligai prepared from mercury, sulphur and pashanams are used. In the rational method, medicine prepared from herbs like churanam, kulinee, vadagam are used. In surgical method, incision, excision, heat application, bloodletting leech application etc.

References

1. National institute of siddha (An Autonomous body under the Ministry of Ayahs) Govt.of India.Tambara Sanatorium, Chennai-600 047,Tamil Nadu, India.
2. Tamil Lexicon. 36th ed. Madras: Publications office: Univ. of Madras; 1982
3. Kk Aggarwal, VN Sharma (2014).”IMA Anti Quackery Wing” Indian Medical Association. Archived from the original on 31 January 2020. Retrieved 28 November 2019
4. Patanjali Yoga Sutras. Translated into English with notes by Swarmi Prabhavananda. Madras: Shi Ramakishna Mission; 1953
5. Balaramaiah V.Vadavaidyattukki Adi (in Tamil). Part1. Madras: Arul jyoti Printers; 1980
6. Needham J. Science and civilization in china.Vol. 5. 2. Cambridge: Cambridge University Press; 1974. P. 13, 66-9,90, 121-22.
7. Chakravarthy C. The Tantras: Studies on their religion and literature. Calcutta: Puntti Pustak; 1963
8. Siddha medicine: Basic concept Ministry of AYUSH, Government of india. 25 February 2016. Retrieved 16 February 2020.
9. Matrkabhedatantram. In: Bhattacharya C, editor. Calcutta: Metropolitan Printing and Publishing House; 1933
10. National institute of siddha (An Autonomous body under the Ministry of Ayush) Govt.of India.Tambara Sanatorium, Chennai-600 047,Tamil Nadu, India.