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Alternative Medicine: SIDDHA

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Abstract- This is usually accomplished only by persistent meditation over many lifetimes. Siddha System of Medicine is as old as mankind and dominated the civilization of the southern peninsula of India. There are some people who claim that Ayurveda is the oldest medical system, but from the research done with the help of available historical data, it is evident that Siddha system of medicine is much older and has more history than even Ayurveda. Not only is this medical system the oldest, this is a medical system with lots of specialities; its specialities far outweigh the Ayurvedic medicine. The word Siddha means established truth or "one who is accomplished" and refers to perfected masters who according to Hindu belief have transcended the ahamkara (ego or I-maker), have subdued their minds to be subservient to their awareness, and have transformed their bodies composed mainly of dense Rajatama gunas into a different kind of bodies dominated by sattva.

Keyword- Siddha: Introduction, siddha medicine system, material ingredients, methodology, concept of medicine, Basic Principle, Diagnosis and Treatments, Application.

Introduction-

Traditional medicine is playing a key role in meeting global healthcare needs. Siddha is a unique system of medicine, which is originated from Tamil Nadu and has its origin in the Tamil language. Literally, the word "Siddha" means "established truth". Siddha medicine is claimed to alleviate the root cause of the disease by maintaining the equilibrium among vatham, pitham, and kapam. There are many Siddha formulations, such as kudineer, mattirai, chooranam, parpam, chendurum, karuppu, and mezugu. The aim of the current review is to explore some of the herbal and herbomineral formulations used to prevent or treat COVID-19¹.

The use of herbal medicinal products and supplements has increased tremendously over the past three decades with not less than 80% of people worldwide relying on them for some part of primary healthcare. Although therapies involving these agents have shown promising potential with the efficacy of a good number of herbal products clearly established, many of them remain untested and their use are either poorly monitored or not even monitored at all. Several estimates on the current level of diabetes and its projected cases in the next few decades have been made in recent years².

Traditional medicine is used to maintain people's health, as well as to prevent, diagnose, improve or treat physical and mental illnesses all over the world . Medicinal plants are believed to be with healing powers, and people have used them for many centuries³.

Aimed to modern drug discovery, traditional medicinal plants have been studied and developed which is followed the ethno botanical lead of indigenous cures used by traditional medical systems. Traditional medicinal knowledge, especially using medicinal plants in the developing countries, has been in existence and use, and has been a part of therapeutic practices⁴. Siddha system of medicine is one of the oldest traditional systems of medicine, which has been originated from India and is practiced mostly in the southern part of this country for treating various diseases including even chronic conditions⁵. Pharmacopoeia of Siddha comprises of drugs derived not only from herbs but also from minerals, metals and animal products. Preparing medicines from metals and minerals is one of the unique features of Siddha system of medicine. These medicines were prepared in the form of *Parpam*, *Chendooram*, *Chunnam*, *Kattu*, *Kalangu* etc. This review article explore about the metallic nano particles (NPs) present in Siddha System of Medicine. Metal-based nanoparticles accounts for their considerable interaction with bio molecules within the cell and on the cell surface. Their high surface area promotes cell permeability. Metal nanoparticles have significant physico-chemical properties and surface charges⁶.

This short review will be focused on Siddha metal-based medicines as potential therapeutics against infectious diseases.

SIDDHA MEDICINE SYSTEM-

The Siddha medicine is one the oldest medicalsystem known to mankind. Siddha means achievements “AGASTHYA” is the father of Siddha medicinal system.It is belived that more than 10000 year ago the Siddha medicinal system originated in the south india in Tamil Nadu.

According to the Siddha medicine, various psychological functions of the body are attributed to the combination of seven elements. They are-

1. Saram (Plasma)
2. Chener (Blood)
3. Ooun (Muscle)
4. Kollzuppu (Fatty tissue)
5. Elumbu (Bone)
6. Mooli (Brain)⁷

Material and ingredients

The formulation *Vasantha Kusmakaram* tablet comprises of the following ingredients-

1. Lingam	-	Mercuric Sulphide
2. Vengaram	-	Borax
3. Lavangam	-	<i>Myrtus caryophyllus</i>
4. Thippili	-	<i>Piper longum</i>
5. Kostam	-	<i>Saussurea lappa</i>
6. Akkirakaram	-	<i>Anacyclus pyrethrum</i>
7. Adhimathuram	-	<i>Glycyrrhiza glabra</i>
8. Korosanai	-	Purified Ox bile
9. Kunguma Poo	-	<i>Crocus sativus</i>
10. Pachai Karpooram	-	<i>Camphora officinarum</i>
11. Ginger	-	<i>Zingiber officinale</i>
12. Cow's milk	-	Quantity sufficient

METHODOLOGY

Siddha system utilized the following metals in the form of nanoparticles for various kinds of diseases from the ancient period. In Siddha, *Ulogankal* (metals) are eleven in numbers, they are *Thangam* (gold), *Velli* (silver), *Sembu* (copper), *Naagam* (zinc), *Ehgu* (steel), *Irumbu* (iron), *Pithalai* (brass), *Thara* (alloy of copper and lead), *Karuvangam* (lead) and *Velvangam* (tin). All the metals are prepared as a *Parpam*, *Chenduram*, *Chunnam* format for using medicines⁸. This review focuses about the anti-microbial, anti-viral, anti-bacterial and immunomodulatory activities of metal-based nanoparticles (NPs) which were already quoted in the Siddha system of medicine for the management of Management of Emerging Infectious Diseases in pandemic situations⁸.

Concept of medicine-

The drugs used in Siddha medicine were classified on the basis of five properties: *suvai* (taste), *guna* (character), *veerya* (potency), *pirivu* (class) and *mahimai* (action).

According to their mode of application the Siddha medicine could be categorized into two classes:

1. Internal medicine and
2. External medicine.

Internal Medication- Internal medicine was used through the oral route and further classified in to 32 categories based on their form, methods of preparation, shelf life, etc.

Prescription of the medicine may vary and it depends upon the severity of the injury and its area. Here we discussed about the treatment methodology for the sports injury Ankle sprain. Ankle sprain is a major sports injury, it is an injury to the tough bands of tissue (ligaments) that surround and connect the bones of the leg to the foot. Depends upon the signs and symptoms ankle sprain had III grades.

2.2.1 For Grade I: Can prescribe T. Amukkara choornam, T. Parangipattai Choornam as internal medication. Sivappu kukkil thylam, Kaya thirumeni thylam, Visha mutti thylam as external medication Above said oils were used for the therapies Thokkanam (massage), Ottradam(Fomentation) etc..

2.2.2 For Grade II: Can prescribe internal medicines T. Kukkil parpam, Arumuga chendooram etc. along with above said medications.

2.2.3 For Grade III: Can prescribe higher order medicines C. Rasa Gandhi mezhugu etc. along with above said medications.

Every medicines must take with Siddha Physician's prescription and advice¹⁴.



Fig. 1: Thokkanam (Massage) Technique for ankle sprain and Pain over the Leg and Foot (Massage towards Arrow mark)

External Medication- External medicine includes certain forms of drugs and also certain applications like nasal, eye and ear drops and also certain procedures like leech application.

External therapies classified into 32 in Siddha system of medicine. Among thirty two types following are indicated for sports injuries Thokkanam (Physical

manipulation), Patru(Poultice), Ottradam (Fomentation), Poochu (Anointing), Seelai (Medicated Gauze or Plaster),Kombu Kattal (Fracture Immobilization),Pasai (Cream), Kalimbu (Ointment).Varma therapy is an important treatment procedure to reduce pain. Stimulation of varma points by applying pressure over the points regulates Irregular Prana and reduce the pain.

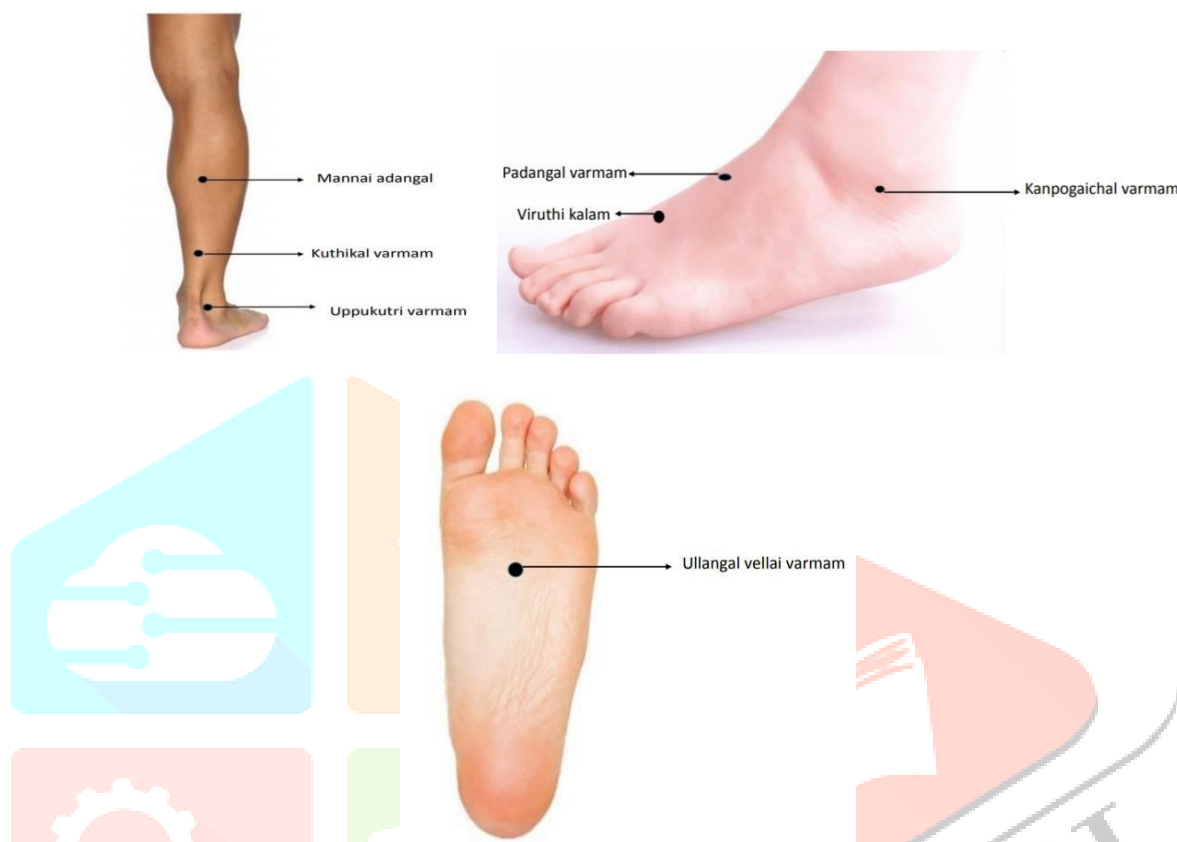


Fig. 1: Varmam Points to reduce the symptoms of ankle sprain and Pain over the foot

- **Thokkanam:** This is the physical manipulation of the body with hands either by applying oil or without oil. **Ottradam:** Lime,husk,brick powder,sand or some leaves are fried and tied in a cloth and applied as fomentation on the affected areas.
- **Poochu:** This is application of medicated oils or boiled herbal extracts on the affected areas.
- **Seelai:** Some purified toxic drugs are ground in water or in herbal extracts until it becomes semisolid consistency, then a piece of cloth is soaked and applied over the wound.
- **Kombu kattal:** This is reduction of fractured bones and immobilising them using splints (wooden sticks) and bandages.
- **Pasai:** Drugs like kungiliyam (*Shorea robusta*) are melted with molten wax or ghee and applied to wounds.
- **Kalimbu:** Paasaanas are added to astringent drug like Acacia catechu and powdered. They are then ground well with butter and applied on wounds⁹.

Basic principles-

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, Bhuddhi, 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, Sanguni, Gugu
- Vayu - 10 (Vital nerve force which is responsible for all kinds of movements): Pranam, Abanam, Uthanan, Samanan, Vyanam, Nagan, Koorman, Kirukaran, Devadhathan, Dhanenjeyan
- Asayam - 5 (Visceral Cavities): Amarvasayam-Stomach, Pakirvasayam-Small Intestine, Malavasa-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.
- Aatharam- 6(Stations of soul): Moolatharam, Swathistanam, Manipooragam, Anakatham, Visuthi, Aakinai.
- Mandalam - 3 (Regions): Thee Mandalam (Agni Mandalam)- Fire Region, Gnayiru Mandalam (Soorya Mandalam)- Solar Region, Thingal Mandalam (Chandra Mandalam)- Lunar Region.
- Malam - 3 (Three impurities of the soul): Aanavam, Kanmam, Mayai,
- Thodam - 3 (Three humours): Vatham, Pitham, Kapham
- Eadanai - 3 (Physical Bindings): Porul Patru-Material Bindings,
- Puthalvar Patru-Offspring Bindings, Ulaga Patru-Worldly Bindings
- Gunam - 3 (Three cosmic qualities): Sathuvam (Characters of Renunciation or Ascetic Virtues), Rajas (Characters of Ruler), Thamas (Immoral Characters)
- Vinai - 2 (Acts): Nalvinai (Good Acts), Theevinai (Bad Acts)
- Ragam - 8 (The eight passions): Kamam-Desire, Kurotham-Hatred, Ulobam-Stingy, Moham-Lust (Intense or Strong Desire), Matham-Pride (The Feeling of Respect towards Yourself), Marcharyam-Internal Conflict, Idumbai-Mockery, Ahankaram-Ego.

Diagnosis and treatments-

In diagnosis, examination of eight items is required which is commonly known as astasthan-pariksa.[20,21] These are:-

- Na (tongue): black in vatha, yellow or red in pitha, white in kapha, ulcerated in anaemia.
- Varna (color): dark in vatha, yellow or red in pitha, pale in kapha;
- Svara (voice): normal in vatha, high pitched in pitha, low pitched in kapha, slurred in alcoholism.
- Kan (eyes): muddy conjunctiva, yellowish or red in pitha, pale in kapha.
- Sparisam (touch): dry in vatha, warm in pitha, chill in kapha, sweating in different parts of the body.
- Mala (stool): black stools indicate vatha, yellow pitha, pale in kapha, dark red in ulcer and shiny in terminal illness.
- Nadi (pulse): the confirmatory method recorded on the radial artery.

The treatment in Siddha is aimed at restoring the original balance of the three forces so that the patient becomes healthy. Restoring the lost balance is logically simple. When any one of the three forces is aggravated causing a disease, one should use a substance, which has properties opposite to its own, so that the Force will be reduced or brought to its normal state. When a Force is deficient, some substance having properties similar to that particular Force may augment it. This is possible because the Three Forces are also made up of five elements as already stated.

Applications-

Thirty-two types of external applications and manipulations are mentioned in Siddha text and most of them are in practice even today-

Suttigai - This is heat application using needles, broken earthen pots or piece of wood in specific areas of the body. This also includes solar radiation and air radiation.

Sallagai - This is an exploratory therapy using a probe which has blunt end.

Pasai - Some drugs like kungiliya are added to molten wax or castor oil and applied to wounds.

Kazhi - Drugs like *Lepidum sativum* seeds are ground with rice flour by adding milk or water, heated and applied to affected area.

Peechu - Enema using water or soap water to evacuate rectum.

Podi - Raw drugs are powdered and applied to wounds, mostly astringent drugs are used for this purpose.

Murichal - This is the physical manipulation by which dislocated bone or joint are brought to their normal position. This is similar to bone-setting.

Keeral - Incision of boils and removal of accumulated pus, blood, etc.

Karam - Application of toxic drugs to areas to be excised or to chronic ulcers.

Attai-vidal - Leech application to locally affected areas, block or swelling.

Aruvai - This is excision of affected part of the body using specific surgical instruments.

Kombu kattal - Immobilizing fractured bone using splints and bandages - after proper reduction.

Conclusion-

Siddha system of medicine is the oldest documented medical system in the world. In the modern era, siddha system is not gaining proper popularity because of some hurdles and lack quantity of metals and other inorganic compounds. A major portion of the siddha medicines uses herbs and green leaved medicines. But sometimes situation arises when these diseases can not be cured with just green plants, then these medicines prepared from metals, minerals and salts which are in calcined forms. This is an important step to reveal the Siddha medicine methodologies to treat the Sports injuries. Here we discussed the important sports injury ankle sprain treatment methodologies. In future further more methodologies for various sports injuries will develop. Siddha system is important system for treating sports injuries, but proper treatment methodologies are essential to accept the system worldwide. If it will happen, Siddha system spread all over the world.

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