ABSTRACT

Siddha medicine is a system of traditional medicine originating in ancient Tamilakam (Tamil Nadu) in South India. Traditionally, it is taught that the siddhars laid the foundation for this system of medication. Siddhars were spiritual adepts who possessed the ashta siddhis, or the eight supernatural powers. Agastyar is considered the first siddha and the guru of all siddhars; the siddha system is believed to have been handed over to him by Murugan, son of Shiva and Parvatia system of traditional medicine originating in ancient Tamilakam. Siddha is the mother medicine of ancient Tamils/Dravidians of peninsular South India. The word Siddha means established truth. The persons who were associated with establishing such a Siddha school of thought were known as Siddhars. They recorded their mystic findings in medicine, yoga, and astrology in Tamil. Fundamental Principles of Siddha include theories of Five Elements (Aimpootham), and Three Forces/Faults (Mukkuttram). This course work discusses briefly about Herbal Medicine & Rules and Regulations preached by siddhars to lead a healthy life.

KEY WORDS: Siddha medicine, traditional medicine originating, mystic findings.

HISTORY OF SIDDHA MEDICINE

History researchers wrote that Siddha medicine is more than 5000 years old. Siddha word was formed from sid word. Sid in Sanskrit means pure knowledge. Siddha medicine means pure medical science. It is one of the best medicinal systems, discovered and developed by many siddhars (saints) and over centuries, has been traditionally followed and practiced by people all over South India. Siddhars (saints) did research on various herbs in this world and found their medicinal properties; identified and classified the herbs according to the diseases; demonstrated the methods to use herbs as medicine to the common people. They have also recorded their medicinal formulae they found, as poems in their books. They gave us many rare procedures, algorithms, formulae, mechanisms to cure many diseases simply by using ginger, coriander seeds, pepper, cumin (jeera) which we use every day in cooking at home.

Siddhars very clearly mentioned in their books about the methods, techniques and the processes to prevent/block the diseases.
• every day routine habits
• things/materials to be added and avoided in the food
• quantity and methods of eating food
• significance of physical labour and exercises
• methods of taking rest
• Siddha medicine, apart from curing the diseases, it also expels/removes the root cause factors of the diseases from the body.

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Table 1: Siddha - A Comparison of Human body with Solar System

<table>
<thead>
<tr>
<th>Solar Family</th>
<th>Glands</th>
<th>Organs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Penial</td>
<td>Heart, Stomach</td>
</tr>
<tr>
<td>Moon</td>
<td>Thyroid</td>
<td>Chest, Brain</td>
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<td>Mars</td>
<td>Parathyroid</td>
<td>Head</td>
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<td>Mercury</td>
<td>Pituitary</td>
<td>Neck</td>
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<tr>
<td>Jupiter</td>
<td>Pancreas</td>
<td>Hip</td>
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<tr>
<td>Venus</td>
<td>Adrenal</td>
<td>Face</td>
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<tr>
<td>Saturn</td>
<td>Ovary, Testis</td>
<td>Hand, Leg &amp; Thigh</td>
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</table>

**Solar Family**
- The functioning of the planets and stars of solar system also controls the changes in the human body.
- ‘Andaththil Ullathu pindam’
- ‘Pindaththil Ullathu Andam’ - Sattamuni Siddhar
- It means that the functions of the planets and stars in the solar system reflect in the human body.
- Even the formation and functioning of the living organism are controlled by Pancha bootha.
- Panchabootha in our body constitutes panchakosa, Tridosha, thasanadi, and thasavayu. If all these constituents are in balance then the person is healthy, and not affected by diseases.

**Philosophy of Siddha Medicine**
- The fundamentals of the Siddha medicine are based on the operations of the five key elements.
- The operations/functions of the five key elements viz. water, earth, air, fire, and ethereal matter (sky) are also present and functions in our body.
- The function and the operations of the five key elements are the main basic reasons/factors we live.
- Each of these five key elements in our body does its operations/function in order to maintain our good health.
- Many functions and systems occur in our body such as Respiratory system, body temperature, digestive system, blood circulation/stream, heart functioning, excretory system, secretion of hormones are all happen due to the functions/movements of the five key elements.
- The five key elements are separated into three major divisions’ viz. vatha (Catabolic dosha - Kinetic energy), pitta (metabolic dosha - Thermal energy) and kabha (anabolic dosha - Potential energy) and do their functions/operations.
  - Vatha - Air + ethereal matter (sky)
  - Pitta - Fire
  - Kabha - Water + Earth
- Vatha, Pitta and Kabha are called as tridosha. Health of our body will be hygienic when all these three energies Vatha, Pitta and Kabha functions/operates in a balanced state.
- Whenever the balance is disturbed, diseases appear in our body.
- Vatha, Pitta and Kabha are kept in a balanced state when followed with proper food habits, rest, and good habits.

**Principle of Siddha Medicine System**
- Siddha medicinal system, techniques and processes are one of the noble medical systems which pronounce the everyday actions to be followed for hygienic way of living, preventive actions to avoid diseases, and the medicinal properties of the herbs.
- Concepts of siddha medicine
- rules to prevent disease
everyday routine activities
- qualifications of the doctor
- pulse examination and evaluation (naadi parisodhana)
- medicine
- Rules to prevent disease
- drink cow milk as per the medicinal system
- take oil bath twice a week
- avoid sleeping in the daytime
- avoid peak scorching sun around noon midday
- never hold or compress urine and faeces (stool)
- sleep on your left side lying position
- don’t eat stale food (neither fresh nor pleasant)
- drink water diluted buttermilk
- eat only when hungry
- walk to a brief/small distance after food (not immediately)
- self-induce vomiting once in every 6 months
- snuff medicinal herbs through the nose for once in a month

Everyday routine activities
- Health dependent activities to be followed everyday are called dinacharya
- wake-up early morning
- exhaust the excrete
- drink clean purified water
- bath in clean hygienic water
- practice yoga and pranayama
- eat natural food
- eating only up-to half-filled stomach
- eat dinner within 6-7 PM
- sleep by 9 PM

Importance of Siddha medicine
In siddha medicine, some of the medicines have the ability to cure many diseases. A few vital medicines and their detailed information are listed below.

1. Nilavembu water:
   Nilavembu (neem - creat) leaves - 100 g
   Dry ginger (sukku) powder - 10 g
   Pepper (milagu) powder - 10 g
   Sandal (sandhanam) powder - 10 g

   All the materials mentioned above should be added into 500 ml water and then boiled until it condenses into 50 ml to drink.

Curable diseases:
- Chickenkunya
- Fever
- Knee pain
2. Tri kadugu soornam:
Dry ginger (sukku) powder
Pepper (milagu) powder
Long pepper (thippili) powder
- 5 g of the mixture (same proportions of all the above mentioned powders should be mixed well; for e.g. 1:1:1) mixed with honey, should be consumed as medicine.

Curable diseases:
Digestive problems
Stomach pain
Cough
Fever

3. Tripala soornam:
Chebulic Myrobalan (- Kadukkai) powder
Beleric Myrobalan (- Thanrikai) powder
Gooseberry (Amla - Nelli) powder
Same proportions of all the above mentioned materials should be mixed well. 5 g of this mixture should be consumed either with honey or ghee.

Curable diseases:
Eye problems
Cough
Ulcer
Constipation

4. Panja debakkni soornam:
Dry ginger (sukku) powder
Pepper (milagu) powder
Long pepper (thippili) powder
Cardamom/elaichi (elam/elakkai) powder
Cumin seeds (jeera) powder
All the above mentioned materials should be mixed well with the same proportions. To this mixture added required amount of jaggery powder and should eat (10 g) as medicine.

Curable diseases:
Fever
Headache
Digestive problems
Piles
Arthritis
Constipation

5. Vetpaalai thailam (balm)
Pala Indigo plant - 200 g
Bael leaf (vilva leaf) - 200 g
Coconut oil - 500 ml
The pala indigo plant and the vilva leaves are mixed with the coconut oil and then dried for about 5 hrs in the sunlight. Filter this oil and apply on the outer skin.

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Curable diseases:
Eczema
Psoriasis
Leucoderma

CONCLUSION
Siddha an ancient medical science originated in India and served as a prime and only medical science in south India. Various case studies prove scientific fact hidden in siddha medicine. Siddha must not be forgotten but it has to be cultivated well for human excellence.