



PHYSICAL AND MENTAL HEALTH IMPROVEMENT THROUGH SIDDHA MEDICINE**Vallikkannu Rajendran¹ and Dr. E. Martin Arogiyaraj²**¹Bharathiar University, Coimbatore, Tamil Nadu.²Research Guide & Assistant Professor, Department of Yoga and Human Excellence, Bharathiar University, Coimbatore, Tamil Nadu.**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. Agastya 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 Parvati system of traditional medicine originating in ancient Tamilakam. Siddha is the mother medicine of ancient Tamils/Draavidians 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 (Aimpotham), and Three Forces/Faults (Mukutttram). 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. **Sidha** 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.

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

Solar Family	Glands	Organs
Sun	Penial	Heart, Stomach
Moon	Thyroid	Chest, Brain
Mars	Parathyroid	Head
Mercury	Pituitary	Neck
Jupiter	Pancreas	Hip
Venus	Adrenal	Face
Saturn	Ovary, Testis	Hand, Leg & Thigh

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.

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.