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Siddha System of Medicine

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Abstract: *Siddha is one of the ancient medical systems in India considered as the mother medicine of ancient Tamils/Dravidians in south India. Siddha system of medicine is as old as mankind and dominated the civilization of the southern peninsula of India. There are some people whom 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 system the oldest, this is the medical system with lots of specialities far outweigh the Ayurvedic medicine. Ayurveda, the traditional Indian medicine, remains the most ancient yet living traditions. Although India has been successful in promoting its therapies with more research and science-based approach, it still needs more extensive research and evidence base; increased side effects, lack of curative treatment for several chronic diseases like, cancer. Disorders of the Musculoskeletal system affect all ages and ethnic groups. It also the Coronavirus diseases 2019 (COVID-19) pandemic cause by the severe Acute Respiratory syndrome coronavirus 2 (SARS-coV2) is a massive threat to public health world wide. India is a peninsula of herbal hub, in which Siddha system of medicine has flourished as an enlightenment in the field of Medicine. Currently medicinal plant have become the per amount source of drug discovery in research for treating diverse from of disease including Cancer. Food is the major source for serving the Nutritional needs but with growing modernization some traditional ways are being given up. This review gives an overview of the Ayurvedic system of medicine and its rule in traditional medicine in order to overview of the Medicine in order to overcome malnutrition and related disorders Siddha is a great subject and explains a reputed indigenous medical and health system.*

Keywords: *Anticancer, COVID-19, Siddha Medicine, Osteoarthritis and Osteoporosis.*

I. INTRODUCTION

Siddha System of Medicine is one of the traditional systems of medicine prevalent in South India. The classical siddha system mentions 4448 diseases that are development by the dearangement of three humor (vali, Azhal, and Aiyam.) These diseases are diagnosed by clinical examination and eight-fold examination (Envagaithervu) which includes the tools such as Naa (Tongue), Niram (colour), Mozhi (speech) Vizhi (Eyes), Naadi (pulse diagnosis) sparisam (sensation), Malam (stool), Moothiram (Urine) etc. and treated with siddha sastric Medicines (SSM). Siddha system was developed by Sridhar's. Sridhar's are super human being. According to them physical body plays an Important role in our life. It becomes our duty to keep it pure and perfect by regulating energy forces exiting in every individual, supplying necessary fuel to achieve proper balance, which is health and avoid Imbalance which is illness. The Siddhas were those who had renounced the world after experiencing its instability and uncertainly. They practiced the eight kinds of yogas and wrought great miracles, imbued with divine power. They kept their body unpolluted and unwrecked and lived subterranean lives in samathi for year.

The future of human society depends on the ability of children to achieve their optimal physical growth and psychological development. Early childhood development is considered to be most important phase in child's life which determine the quality of health human being, learning and behaviour across the life span, particularly during toddler stage. It is a period of great opportunity but also easily prone to many disease, so proper child care should be taken.^{1,2}

Kuzhanthai Maruthuvam is one among the treasures of Siddha system exclusively dealing with disease which affects children. It is the collection of abundant medicine that pacifies the deranged humour paving way for healthy childhood thus laying a concrete pillan for healthy society. Children between age 1 to 3 are easily prone to disease due to dietary habit of mother or of the child, if the baby has started consuming solid foods. These days working women may find difficult to maintain good feeding frequency so as to fulfill the child's need as they are not available to feed often when the child requires, which leads to supplementary foods and increased the chance of indigestion. Other than this the altered food habit of the mothers also causes indigestion. Hence much care is really essential to prevent as well as to cure digestion problems in children. Manthemis one of the diseases mentioned in Balavagadam and it is classified into 21 types it illustrate that when mother feeds baby after having foods like mangoes, jack fruit and oily foods etc. may affect child's health mentally and physically.^{3,4}

India is known for its traditional medicinal systems- Ayurveda, Siddha, and Unani. Medical systems are found mentioned even in the ancient Vedas and other scriptures. The Ayurvedic concept appeared and developed between 2500 and 500 in India^{1,2}. The literal meaning of Ayurvedic is “science of life” because ancient Indian system of health care focused on views of man and his illness. It has been pointed out that the positive health means metabolically well balanced human beings. Ayurveda is also called the “science of longevity” because it offers a complete system to live a long healthy life. It offers programs to rejuvenate the body through diet and nutrition. It offers treatment methods to cure many common disease such as food allergies, which have few modern treatments. However, one should be aware that Ayurvedic nutrition is not a “magic bullet” system but requires the full participation of the patient to succeed. It is an interactive system that is user-friendly and educational. It teaches the patient to become responsible and self-empowered. Ayurveda is not a nutritional system for those seeking an escape or excuse to further abuse their body or mind. It is a system for empowerment, a system of freedom and long life. Food is the major source for serving the nutritional needs, but with growing modernization some traditional methods are being given up. Hence, the modern food habits are affecting the balanced nutrition. There is an ever widening gap in nutrient intake due to which normal life is no longer normal. However, affluence of working population with changing lifestyles and reducing affordability of sick care, in terms of time and money involved, are some of the forces that are presently driving people towards thinking about their wellness.

Peptic ulcers are a prevalent disease, and each year peptic ulcer diseases (PUD) affects four million people around the world, the pathophysiology of PUD involves an imbalance between offensive factors (Acid, Pepsin, and *H. pylori*) and defensive factors (mucin, prostaglandins, Bicarbonate, Nitric oxide and Growth factors). Considering the several side effects (impotence, gynaecomastia and haematopoietic changes) of modern pharmacological agents, indigenous drugs possessing fewer side effects might better treat peptic ulcers sans side effects.^{5,6}

II. BASICS OF SIDDHA MEDICINE

The basic concepts of the Siddha medicine are almost similar to Ayurveda. 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) Kollzuppu (fatty tissue) responsible for oil balance and posture and movement;
- 5) Moolai (bone marrow- responsible for the production of RBC, etc.)
- 6) Sukila (semen) responsible for reproduction.

Like Ayurveda, this system believes that all objects in the universe including human body are composed of five basic elements namely, earth, water, fire, air, sky. The food, which the human body takes and the drugs it uses are all, made of these five elements. The proportion of the elements presents in the drugs vary and their preponderance or otherwise is responsible for certain actions and therapeutic results. As in Ayurveda, This system also considers the human body as a conglomeration of three humours, seven basic tissues and the waste product of the body such as faeces, urine and sweat. The food is considered to be basic building material of human body which gets processed into humours, body tissues and waste product. The equilibrium of humours is considered as health and its disturbance or imbalance leads to disease or sickness. This system also deals with the concept of the salvation in life. The exponents of this system considered achievement of this state is possible by medicines and meditation.^{7,8}

III. CONCEPT OF DISEASE AND THEIR CAUSE

A. Strength

The Siddha system is capable of treating all types of disease other than emergency cases. In general this system is effective in treating all types of skin problems particularly psoriasis, STD, Urinary tract infections, diseases of liver and gastro intestinal tract, general debility, postpartum anaemia, diarrhoea and general fevers in addition to arthritis and allergic disorders. Diagnosis and treatment. The diagnosis of diseases involve identifying its causes. Identifications of causative factors is through the examination of pulse, urine, eyes, study of voice, colour of body, tongue and the status of the digestive system. The system has worked out details procedure of urine examination which includes study of its colour, smell, density, quantity and oil drop spreading pattern. It is holistic in approach and the diagnosis involves the study of person as a whole as well as his disease.^{9,10}

- 1) *Anti-Cancer*: The primary aim of cancer therapy is to act at cellular level which includes inhibiting cancer cell, enforcing the necrosis of tumor and blocking its metastasis. The secondary aim is to maintain the haemopoietic functions to remain normal and to promote the reverse transformation from cells to normal cells. Thereby to alleviate the symptoms of anorexia, insomnia, pain and to make the patient feel comfortable (Harrison, 1998). Medicinal herbs play an important role in primary health care system among rural population since synthetic anticancer remedies are beyond the reach of common man because of the cost factors. The herbal medicine has a vital role in prevention and treatment of cancer which executes their therapeutic effect by inhibiting cancer activating enzymes and hormones, stimulating DNA repair mechanism, promoting production of protective enzymes inducing anti-oxidant action and enhancing immunity. Siddha system of medicine provides a good base for scientific exploration of potent anti-cancer herbs.
- 2) *Covid-19*: Corona virus disease is an infectious disease caused by newly discovered corona virus termed SARS-CoV-2. It is a massive threat to public health worldwide. Current estimates suggest that the novel corona virus is both highly contagious and it is more lethal than seasonal influenza (estimated CFR-2.79%). Clinical features of COVID-19 include fever, cough, fatigue, shortness of breath, expectoration, myalgia, rhinorrhea, sore throat, and diarrhea. A few people report loss of smell or loss of taste preceding the onset of respiratory symptoms. Older people and immune-compromised patients, in particular, may present symptoms such as fatigue, reduced mobility, diarrhea, loss of appetite, delirium, and absence of fever and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The traditional drug regimen that helps to reduce the onset of Covid-19 and prevent the disease progression is the need of the hour.
- 3) *Siddha Medicine*: "Siddha medicine" means medicine that is perfect nobody knows when it originated. It involved when the world started from spiritual life.

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

- a) Internal medicine and
- b) External medicine

Internal medicine was used through the oral route and further classified into 32 categories based on their form, methods of preparation, shelf life, etc.¹ External medicine includes certain forms of drug and also certain applications like nasal, eye and ear drop and also certain procedures like leech application. The internal medicines are 32 in number. They include medicines with short life period to medicine which could be used even for hundreds of years. The metallic preparation that could be preserved and used for longer duration are considered as higher medicines. They act even in very small quantity and are capable of curing chronic illness.^{5,11}

IV. OSTEOARTHRITIS AND OSTEOPOROSIS

Disorders of the musculoskeletal system affect all ages and ethnic groups. Joint diseases may arise from processes affecting bones, joint muscles, or connective tissues such as skin and tendon. The principal manifestations are pain and impairment of locomotor or function. Diseases of the musculoskeletal system tend to be more common in women and more increasing age. Two most common disorders are osteoarthritis and osteoporosis. Osteoarthritis is the most common type of arthritis and affects up to 80% of people over the age 75. Osteoporosis is the most common bone disease and affects 50% of men by their eighth decade. Diseases of the musculoskeletal system are the most common cause of physical disability in older people and account for one-third of physical disability at all ages.^{7,12}

Nowadays the management of most of the joint disorders is not completely satisfied with various kinds of medical systems in global wide. This article briefly postulates how far the Siddha system contributes in joint disorders in preventive and curative aspects as well as it helps to find the gap in joint disorders and its management and help to fill the gap in the future.¹³

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