



Literature Review of Siddha Medicines for the Treatment of Puttrunoi (Cancer) - A Review

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Abstract

In siddha system of medicine, Siddhars named cancer as 'Puttrunoi'. It is also called as vippuruthi, thurmaangisam, raja pilavai. Incidence of this disease is increasing day by day due to life style modification. Cancer is the proliferation of abnormal cells anywhere in the body. There were over 200 types of cancer in the world. Anything that may cause a normal cell to develop abnormally potential cell can cause cancer. This review article encloses some precious internal and external medicines for cancer which was mentioned in our classical texts.

Keywords: Puttrunoi, Proliferation, Cancer, Siddhars.

Introduction

Siddha medicine is one of the most powerful division of Indian system of medicines. Siddha medicines were developed by the ancient eighteen Siddhars who were proposed the philosophical scientific methods. It is the earliest medicine ever described in the world. In siddha aspect Cancer is called as Puttrunoi. It is also called as Nanjumaravaikattigal (Malignant tumour), Nachumaravaikattigal (Benign tumour). It is one of the most dangerous diseases nowadays. Siddha medicines starts from the period of origin of Tamil Sangam¹.

Ancient Siddhars delved deep into the mysteries of life through meditation and learned that diseases are not caused by accidental exposure to germs or pathogens, as medical scientists

believe. Rather, the destructive process can be reversed by adopting the time tested high-order Siddha medicines loaded with positive and constructive vibrations of Siddha mantras².

Modern concept:

Cancer is a disease of the cells in the body. The body is made up from the millions of tiny cells. There are many different type of cells in the body and there are many different types of cancer which arises from the different types of cells.

Cancer has two main classification

1. Benign tumor
2. Malignant tumor

A malignant tumor is a lump or growth of the tissue made up from cancer cells which continue to multiply malignant tumors invade into nearby tissues and organs which can cause damage. It may also spread to other parts of the body. This happens if some cells break off from the primary tumor and are carried in the blood stream or lymphatic channels to other parts of body. These small groups of cells may multiply to form secondary tumors (Metastases) in one or more parts of the body. These secondary tumors may grow, invade and damage nearby tissues and spread again.

Some cancers are more serious than others, some are more easily treated than others (particularly if diagnosed at an early stage), some have a better outlook (prognosis) than others. So cancer is not just one condition. In each case it is important to know exactly what type of cancer has developed, how large it become and whether it has spread. This will enable to get reliable information on treatment option and outlook of cancer.

Incidence:

Incidence and variety of cancer are influenced by more factors like age, gender, race, local environmental factors, diet and genetics³

Causes:

The followings are the main causes of cancer and is not all-inclusive as a specific causes are routinely added as research advances³

1. Chemical or toxic compounds exposure

- a. Asbestos
- b. Nickel
- c. Benzene
- d. Cadmium
- e. Nicotinamine
- f. Nitrosamine
- g. Vinyl chloride
- h. Benzidine
- i. Tobacco
- j. Afla toxin

2. Ionizing radiation

- a. Uranium
- b. UV rays from Sunlight
- c. X – rays
- d. Radon
- e. Rays from alpha, beta, gamma

3. Pathogens

Bacteria

- a. *Helicobacter pylori*

Virus

- a. *Human papilloma virus*
- b. *Epstein - barr virus*
- c. *Hepatitis B,C*
- d. Kaposi sarcoma associated *herpes virus*
- e. *Merkell cell polyoma virus*

Worm

- a. *Schistosoma sp.*

Signs and symptoms of cancer:

Cancer may produce no symptoms to most of the people. Some common symptoms that may occur with cancer are as follows⁴

1. Persistent cough or Blood tinged saliva
2. Altered bowel habits
3. Unexplained anemia
4. Breast lump or Breast discharge
5. Lumps in the testicles
6. Altered urination
7. Continuous itching in the anal or genital area
8. Unusual vaginal bleeding or discharge
9. Obvious change in a wart or mole
10. Unexpected weight loss, night sweats, fever

Variety of cancers:

There are many variant types of cancers. They may be malignant or benign. The (Table1, 2, 3, 4, 5) given table below deals with various siddha medicines that are used to treat cancers. Our Siddha medicines apart from their therapeutic effects have been observed to provide tranquility of mind in the patients. Method of treatment depends upon the site and type of cancer. The following types of cancer treated with Siddha medicines,⁵

- a. Breast cancer-Maarbuputtru
- b. Vaginal cancer-Yoni puttru
- c. Cervical cancer-Kazhundhuputtru
- d. Vulval cancer-Alkkulputtru
- e. Prostate cancer-Lingaputtru
- f. Liver cancer-Eeralputtru
- g. Stomach cancer-Vayitruputtru
- h. Ovarian cancer-Andaputtru
- i. Mouth cancer-Vaaiputtru
- j. Tongue cancer-Naakuputtru

Table.1: Common medicines used in all types of cancer.

S.No	Medicine	Internal /External	Type	Dose	Adjuvant
1.	Agathiyar kuzhambu ⁶	Internal	Herbomineral	Milagu Alavu	Sukkuneer
2.	Panchakalpa chendhooram ⁷	Internal	Herbomineral	Arisi Alavu	Sarkkarai, Pasumpaala, Vellattupaala, kazhuthaipaala, panaivellam.
3.	Guru sanjeevi mezhugu ⁸	Internal	Herbomineral	Kundri Alavu	Sukku, Vennai, Panaivellam
4.	Aadutheendapalaai chaaru ⁹	Internal	Herbal	1 Teaspoon	Gingelly oil
5.	Veppilaikodhi neer ⁹	External	Herbal	Bathing	-
6.	Thippili ¹⁰	External	Herbal	Paste	Paruthichaaru
7.	Rasa vanga pugai ⁸	External	Mineral	Sundaialavu tablet	Puliyanthanal

Table.2: Medicines for certain type of cancer.

S.No	Medicine	Internal/ External	Type	Dose	Adjuvant	Indications
1.	Chithiramoola kuligai ¹¹	Internal	Herbomineral	Milagualavu	Panaivellam	Lingaputtru, Yoniputtru
2.	Gaanthaparpam ¹²	Internal	Herbomineral	45 mg	Uruthratharasam	Lingaputtru, Yoni puttru
3.	Rasaganthi mezhugu ⁶	Internal	Herbomineral	Sundaialavu	Panaivellam	Idi puttru, Yoni puttru, Lingaputtru
4.	Gandhaga mezhugu ¹³	Internal	Herbomineral	2 – 4 Kundrialavu	Panaivellam	Yoni puttru, Lingaputtru
5.	Gandhagapooraparpam ¹³	Internal	Herbomineral	Kundrialavu	Karunjeeragailagam, vennai, honey, ghee	Lingaputtru, Yoni puttru
6.	Singi thayilam ¹⁴	External	Herbomineral	Bandage	-	Peejaputtru, Lingaputtru
7.	Kowshigar kuzhambu ⁶	External	Herbomineral	Fomentation	-	Yoni puttru, Lingaputtru

Table.3: Internal and external medicines for oral cancers.

S.No	Medicine	Internal/ External	Type	Dose	Adjuvant	Indication
1.	Atta sootha parpam ¹⁵	Internal	Herbomineral	Arisialavu	Milagu, Sukku, Kayam,oomam	Naakuputtru, Vaaiputtru
2.	Gandhaga rasayanam ¹⁶	Internal	Herbomineral	¼ - ½ varagan	Sarkkarai	Naakuputtru, Vaaiputtru, Lingaputtru
3.	Ayaveera chendhooram ⁷	Internal	Herbomineral	Kundrialavu	Honey	Kannaputtru
4.	Vellai seelai ¹⁴	External	Mineral	Bandage	-	Vaaiputtru
5.	Vathiranjana pugai ¹⁵	External	Herbomineral	Fomentation	-	Naakuputtru

Table.4: Internal medicine for genital cancers.

S.No	Medicine	Type	Dose	Adjuvant	Indication
1.	Pusandarama Bhana mathirai ⁸	Herbomineral	1 tablet	Honey, ghee, vennai, sarkkarai	Alkkulputtru, Andaputtru, Kuzhiputtru
2.	Neelakandapaalai parpam ⁸	Herbomineral	1 Varagan	Neelakandapalaich ooranam with Ghee	Alkkulputtru Lingaputtru
3.	Gandhaga chooranam ¹³	Herbomineral	1 Varagan	Vennai, Honey, Ghee	Alkkulputtru, Lingaputtru
4.	Gandhaga chendooram ¹³	Herbomineral	¼ - ½ kundri	Honey, Ghee, Vennai	Alkkulputtru

Table.5: Medicines for variant type of cancers.

S.No	Medicine	Internal/ External	Type	Dose	Adjuvant	Indication
1.	Ayathaambira chendhooram ¹⁷	Internal	Herbomineral	Arisi Alavu	Honey, Ghee	Maarbutputtru
2.	Vanga Chendhooram ¹²	Internal	Herbomineral	100 mg	Karumbu charu	Kazhuthin viranaputtru
3.	Amuthabalathi Chooranam ¹⁶	Internal	Herbal	1 ¼ - 2 Varagan	Sarkkarai	Vayitril undagumputtru
4.	Thulasiilai + Milagu karkkam ⁹	Internal	Herbal	Nelli Alavu	4 –5ounce Butter milk	Vayitruputtru
5.	Idi vallathy mezhugu ⁶	Internal	Herbomineral	Sundaialavu	Panaivellam	Arai puttru
6.	Nandhi mai ⁶	Internal	Herbomineral	Thettranvithaialavu	Panaivellam	Kaalputtru
7.	Kulirnthapatchai ¹⁴	External	Mineral	Powder	-	Parangiputtru
8.	Kodaasoori kuligai ⁶	External	Herbal	Sirupayaru Alavu	Saathikkaithayilam	Paathaputtru

Conclusion

The above mentioned medicines are effectively used for treatment of cancer. They are very effective to cure the disease. As per Siddha texts we concluded that the most of the perumarundhugal used to treat puttrunoi. The proposed cure (as an alternative to the modern treatment that focuses on killing the cancer cells) is to restart normal metabolism which allows the cells to revert back to being normal cells again. In Future, clinical trial will be conducted by using these medicines.

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