



Uses of Greens in Siddha Medicine – A Review

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Introduction

Food is defined as one that strengthens the body, gives energy for the vital organs to function properly. The food we consume should not only be energetic but also be easily digestible and compatible. The health and disease of an individual is determined by what persons eats.

Therefore proper and appropriate nutrition are considered to be important in Siddha Medicine. Among that greens are very important South Indian food.

Greens

Eating a diet rich in Greens can offer numerous health benefits because it is rich in Vitamins, Minerals such as Vitamin A, Vitamin C, Iron, Magnesium, Pottasium and Calcium. It supports vision and for healthy skin. It boosts immune

system and helps to maintain a healthy weight. It also contains anti-oxidant. Mostly greens have cold potency. As they are also laxatives. Greens should be cleaned by removing the insects, worms and grass and then the fresh greens and tender stems should be finely cut and washed. After draining the water, it can be cooked as curry, soup or mashed curry, thuvattal and thuvaiyal. Some of the important greens and its uses are discussed here.

1.Mulai keerai (*Amaranthus blitum*)

Is useful for young and old alike. It is tasty and cures fever and cough due to tuberculosis. It also increases appetite.

2. Arukeerai (*Amaranthus tristis*)

It cures fever with rigor, delirium, derangement of kaphavatha humours. It acts as an aphrodisiac.

3. Sirukeerai (*Amaranthus campestris*)

It cures conjunctivitis and other diseases of the eye, cough, inflammation caused by the toxicity of mercury, urinary disorders, swelling, pitha diseases, and the poisons of minerals and plants.

4. Siru pasalai (*Spinacia oleracea*)

The tasty one, it aggravates the kapha humour. It quenches thirst and reduces the sense of heat. It also acts as a laxative.

5. Nalla pasalai (*Portulaca quadrifida*)

It cures burning micturition, dysuria, leucorrhoea, anorexia and vomiting.

6. Pannaikerai (*Chamissoa albida*)

It is a laxative. It cures eczema, tumour, skin diseases and ulcers and good for stomach.

7. Ponnanganni keerai (*Alternanthera sessilis*)

It cures the disease of the eye, sense of heat, vatha diseases, diseases of spleen and hemorrhoids. It gives golden complexion to the body.

8. Vallarai (*Centella asiatica*)

It cures of sense of heat, diarrhoea and tenesmus due to dysentery.

9. Murungai keerai (*Moringa olifera*)

It cures indigestion, sense of heat, severe headache, unconsciousness due to pitham and eye diseases.

10. Agathi (*Sesbania grandiflora*)

It cures the ill – effects caused by the drugs, insanity and helps in the easy digestion of food. But it also causes gastritis and eruptions on the waist.

11. Thoodhualai (*Solanum trilobatum*)

It cures deafness, ear diseases, cough, pruritis, psychiatric disorders, indigestion, derangement of

three humours, throbbing pain and spermatorrhoea.

12. Puliyaarai (*Oxalis corniculata*)

It cures fainting due to pitham, anorectal diseases, diseases of vathakabham, diarrhoea and haemorrhoids.

Conclusion

Adding greens in our diet provide a great way to support health, maintains good gut health and reduce oxidative damage from free radicals. Greens are the nutritional powerhouse, so we utilize and get benefits of it.

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