

Review Article

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A comprehensive review and documentation of Jeeva porutkal (Animal products) used as medicine in Varmam traditional literature

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Abstract

Background: Varma Maruthuvam is a branch of Siddha medicine which is based on vital energy that flows throughout the body. Any blockage in the flow of vital energy may result in illness which is treated by therapeutic manipulation of Varmam points along with the use of internal and external medications; to reconstruct the flow of vital energy in equilibrium. Hence Varmam literature has stated various internal and external medications, which remains scattered throughout. In Siddha system of medicine, the source of raw drugs are mainly from plants (mooligai), animals (jeevam) and minerals (thathu). The Raw drugs of Animal origin possess great effectiveness in *varmam medicines*. The various parts of Animals such as flesh, fat, shell, bones, horns, etc. are used in varmam medicines.

Aim: To compile and document the preparation and therapeutic usage of *Jeeva Porutkal* in *Varmam* literature and authentication of exotic drugs used in the preparations.

Materials & methods: It is a descriptive study in which classical Varmam literatures of Jeeva porutkal are summarized, reviewed and documented from the collected data through various libraries.

Results: Jeeva porutkal which are profoundly used in varmam medicines with their therapeutic usage is revealed.

Conclusion: This review will be a basic source for future studies and will be evaluated by expert panels for Academic purpose in clinical research programs about the effectiveness of Jeeva Porutkal in the management of various diseases. It will be an initiative to disclose various medicines available in the Classical Varma literatures.

Keywords: Siddha, Varmam, Varmam literatures, Jeeva Porutkal

Introduction

Siddha system of medicine is a traditional system of medicine. Siddha is the mother medicine of ancient Tamils/Dravidians of peninsular South India.

Varmam is the branch of siddha system of medicine. The points where life force resides and

flows in the human body are known as varmam. The concentration of pranic energy in a particular points is called as varmam points. The varmam points are located in the junction of nerves, muscles, bones and joints etc. The high pranic energy concentrated centre is called as paduvarmam. Paduvarmam points are 12 in numbers. These points are considered to have

either direct or indirect contacts with central nervous system. The low points energy concentrated centre from the higher frequency centre, is known as the paduvarmam which is also called as thoduvarmam. These points are 96 in number. According to varma manuscripts there are totally 108 main varmam points (vital points) present in the human body. When we stimulate the varmam points with appropriate pressure it produces a clear therapeutic efficacy. When the varmam points is injured it can be rectified by varmam therapy, through the energy lost can be restored by internal and external medicine made of animal and animal products.

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varmam medicines. The various parts of Animals such as flesh, fat, shell, bones, horns, etc. are used in varmam medicines.

Materials and Methods

It is a descriptive study in which classical Varmam literatures were summarized, reviewed and documented from the collected data through various libraries including Dr. Ambedkar central library of Indian system of medicine, Chennai, Central Council for Research in Siddha-Chennai, Government Siddha Medical College library, Palayamkottai, ATSVS college library - Munchirai, Literatures available from Traditional Varmavaithiyars and Siddha Varma practitioners. 36 books were identified and collected for this study.

Reviewed varmam literatures:

S.No	Book name
1	Varma Gnani Odivu Murivu Sarasoothiram -2200
2	Varma Odivu murivu saari - 1500
3	Odivu murivu saari - 1500
4	Varma soodamani panchikarana pinnal - 1500
5	Odivu murivu saari - 1200
6	Varmam Odivu Murivu Sarasoothiram - 1200
7	Odivu murivu saari Nigandagarathi - 1200
8	Urpaththi Narambarai - 1000
9	Sathuramani soothiram - 600
10	Adivarma Sootcham - 500
11	Laada soothiram -300
12	Varma odivu murivu gnanam - 300
13	Varma Nithanam -300
14	Theraiyar Paanda vaipu nool – 300
15	Varma Thiravukool – 225
16	Varma Saari – 205
17	Agasthiyar varma saari -205
18	Varma guru nool – 130
19	Varmani naalumathirai – 120
20	Varma Nithanam -115
21	Varmani – 101
22	Varma soothiram – 101
23	Paduvarma nithanam – 101
24	Varmani soothiram – 100
25	Varma Beerangi – 100
26	Varma villum visaiyum – 100

27	Varma kandi – 60
28	Varma Bheerangi vaithiya soothiram – 50
29	Thattu varma thirattu
30	Thodu varma Nithanam
31	Varma alavai nool
32	Sigichai murivu saari
33	Villisai kaivaliyam
34	Varma soothiram
35	Narambarai soothiram
36	Varma sootcham

Taxonomical classification of animal resources in varmam traditional literature

S.No	Classification	Animals name
1	Phylum : Chordata	
	Class : Mammalia	Sciurus
		Goat
		Bos taurus
		Bos bison
		Rat
		Camel
		Bear
		Equus asinus
		Deer
		Equus ferus
		Monkey
		Canis lupus
		Canis familiaris
		Sus domesticus
		Viverra cveltina
		Felis Catus
		Brachylagus idahoensis
		Mice
		Elephus maximus
	Class : Aves	Owl
		Cuckoo
		Crow
		Patridges
		Peacock
		Gallus domesticus
	Class : Reptilia	Turtle
		Varanus varius
		Serpentes
	Class : Amphibia	Frog
2	Phylum : Mollusca	
	Class : Gastropoda	Snail
3	Phylum : Annelida	
	Class : Clitellate	Hirudo medicinalis
		Earthworm

4	Phylum : Arthropoda	
	Class : Insecta	Kerria lacca
		Honey bee
		Ant
5	Others	Fish
		Caterpillar
		Pearl oyster

Some of the medicines which consists of Jeeva porutkal as ingredient

Internal medicine	External medicine
<p>I. KASAYAM/KIYAZHAM</p> <ul style="list-style-type: none"> ➤ Aatellu Kashayam I ➤ Eeral varma kasayam ➤ Adathodai kasayam I, II, III, IV ➤ Uruthiravarmakukkuda kasayam ➤ Aanandhavaayu kasayam ➤ Kukkuda kasayam I, II, III, IV ➤ Kudal varma kasayam ➤ Sitramutti kiyazham- I ➤ Thasamoola kasayam II, III ➤ Thilarthavarma kasayam ➤ Varma kasayam III, VI, VII, XI <p>II. CHOORANAM</p> <ul style="list-style-type: none"> ➤ Krosaaniooma podi ➤ Arukonavarma chooranam' ➤ Nalla milagu podi ➤ Vilvaver chooranam ➤ Naarkonavarma podi – II ➤ Murivikku chooranam ➤ Maavilangu chooranam ➤ Thirisaathi podi <p>III. LEGIYUM</p> <ul style="list-style-type: none"> ➤ Arimaethai legiyum ➤ Karisalai legiyum ➤ Thazhampoo legiyum ➤ Nannari legiyum ➤ Vellaragu legiyum ➤ Vellaatu legiyum ➤ Karungkozhi legiyum ➤ Koozhpaandalegiyum ➤ Sitramutti legiyum ➤ Varma vaasathi legiyum 	<p>I. POOCHU</p> <ul style="list-style-type: none"> ➤ Aaliya poochu – I, II ➤ Kaara poochu ➤ Thulasi poochu ➤ Siruneerpidipuku poochu ➤ Thalaivali poochu ➤ Narambupidipuku poochu <p>II. OTRADAM</p> <ul style="list-style-type: none"> ➤ Kombaraku otradam ➤ Nanjaruthaan otradam <p>III. THALAM</p> <ul style="list-style-type: none"> ➤ Kandankathiri thalam ➤ Karuncheeraga thalam ➤ Santhana thalam <p>IV. THAARAI</p> <ul style="list-style-type: none"> ➤ Thaila thaarai – III, IV ➤ Paal thaarai – II, V ➤ More thaarai I, II <p>V. OTHER</p> <ul style="list-style-type: none"> ➤ Naasi thool – ➤ Odivu kattumpasai I, II ➤ Murivu kattumpasai III

IV. NEI/GRITHAM

- Anil gritham
- Rasanga gritham- I,II,III
- Uthamathaali gritham
- Karungkurinji gritham
- Kukkuda nei – I,II,IV
- Varmasaya nei
- Chippi nei
- Veliparuthi nei –I, II
- Kombaraku nei
- Vellaragu gritham

V. THAILAM/ENNAI

- Achurathi ennai
- Anjennai thailam – I,II,III,IV
- Sanjeevi thailam
- Kabaraajanga thailam
- Karunethira thailam
- Kaayaraajanga ennai I,II,III
- Tharunaraajanga thailam
- Karunethira thailam
- Prathaarani thailam
- Nathaisoori ennai

VI. OTHERS

- Vilvaver rasayanam
- Varma kandivaatru
- Urai marunthukavalam
- Panja moola kanji
- Varma kanji – II,III,IV
- Raajanga kuligai
- Kukkuda parpam

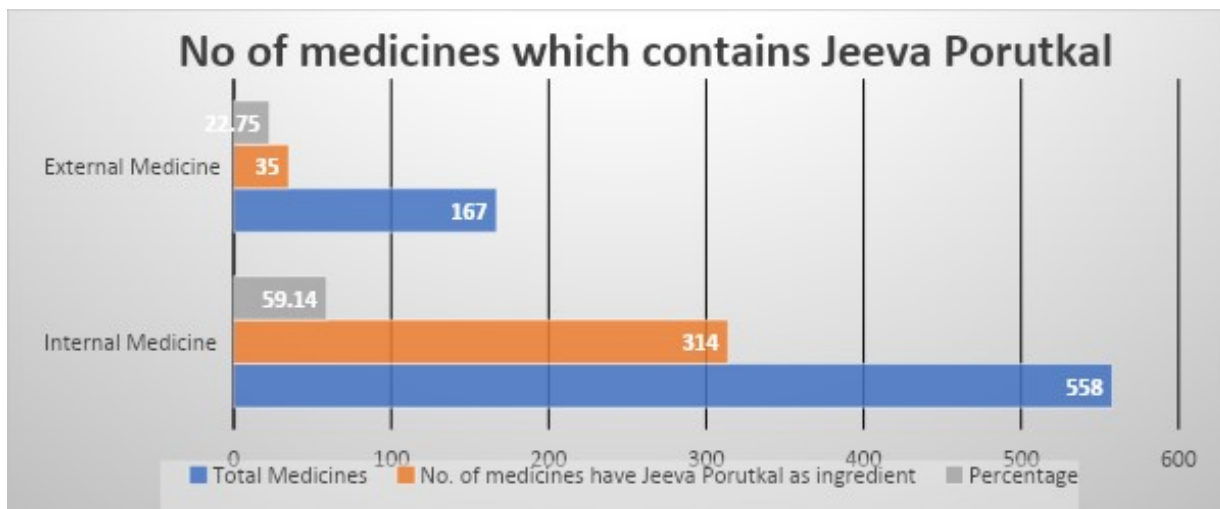
Results

This is comprehensive review and documentation of *Jeeva Porutkal* in varmam literatures.

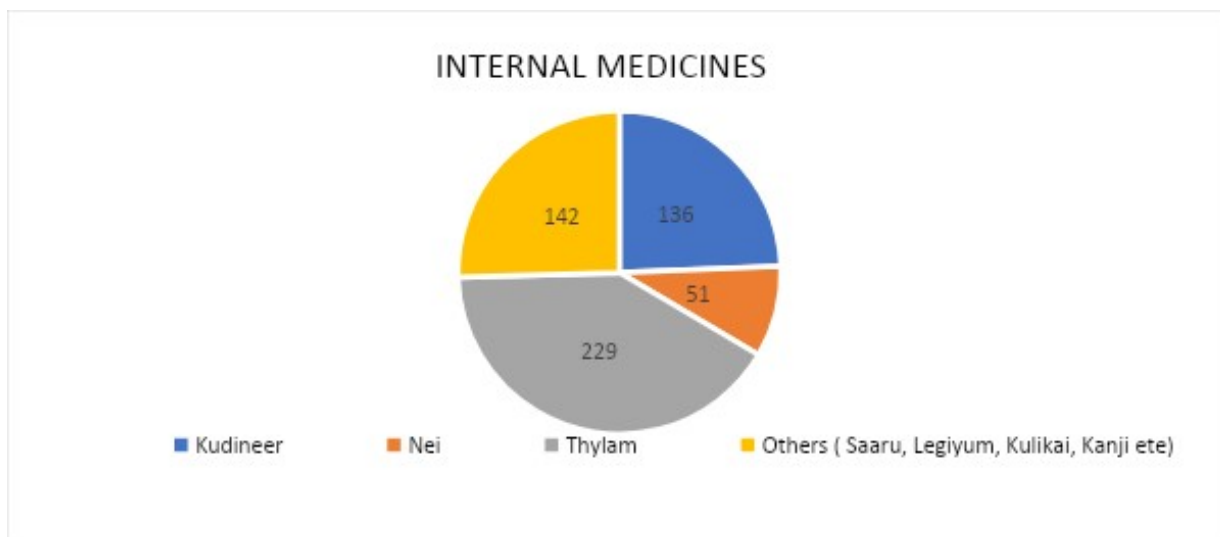
- In this study 39 Siddha varmam literature were reviewed.

- About 49 Jeeva Porutkal found in varmam literatures are reviewed and documented.
- A total of 775 medicine preparation were reviewed in which 349 medicines (Internal and external medicines) constitutes *Jeeva Porutkal* as components.

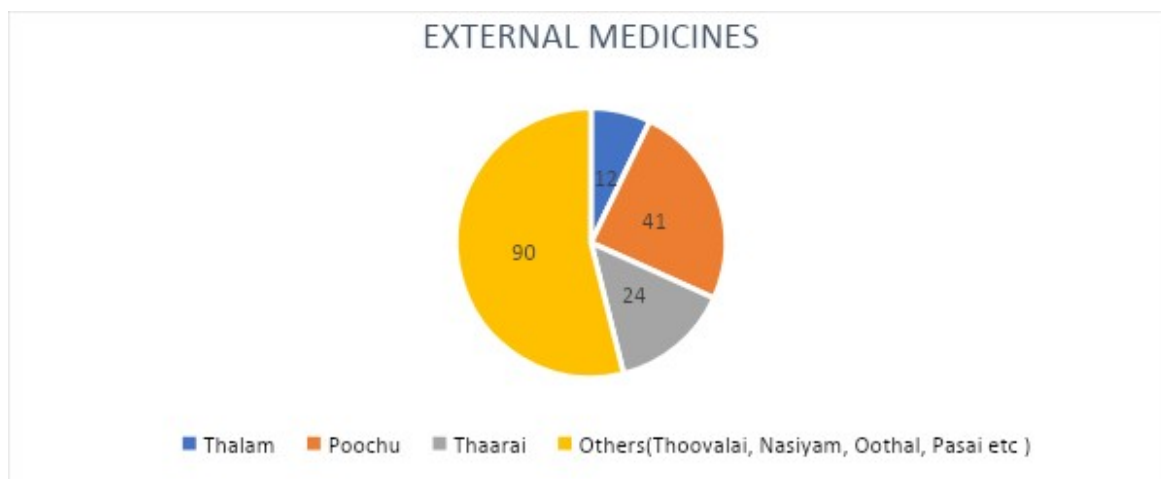
	Total medicines	No. of medicines have Jeeva Porutkal as ingredient	Percentage
Internal	558	314	59.14%
External	167	35	22.75%



	Total	No. of Internal medicines which have Jeeva Porutkal as ingredient	Percentage
Kudineer	136	51	37.5%
Nei	51	51	100%
Thylam/ennai	229	164	71.62%
Others (saaru, legiyum, kulikai, kanji, etc..)	142	73	51.41%



	Total	No. of External medicines have Jeeva Porutkal as ingredient	Percentage
Thalam	12	4	33.33%
Poochu	41	10	24.39%
Thaarai	24	10	54.17%
Others (thoovalai,nasyam, oothal,pasai,etc..)	90	11	12.22%



Discussion

- In Indian traditional system of healthcare practices, plants are used abundantly but animal products are used comparatively less.
- However, intake of milk and milk products and their important role in the restoration of health is having inseparable relation in our traditional heritage.
- About 39 literature books were identified and collected for the study. Out of which 36 literatures contains Jeeva Porutkal.
- About 49 Jeeva Porutkal found in varmam literatures are reviewed and documented. Out of 49 Jeeva Porutkal, only 31 were discussed.
- The medicine “ THARUNA RASANGA ENNAI ” has the most number of animal products found among the reviewed literature.
- A total of 775 medicines (Internal and External medicines) were reviewed in which 349 medicines consist of Jeeva Porutkal as components.
- As of Internal medicines that were reviewed,
 - 72% of Thailam / Ennai
 - 38% of Kudineer
 - 100% of Nei
 Consists of Jeeva Porutkal as ingredients.
- As of External medicines that were reviewed,
 - 33% of Thalam
 - 24% of Poochu
 - 54% of Thaarai
 Consists of Jeeva Porutkal as ingredients.

- From the reviewed literature, Internal medicines contain more Jeeva Porutkal as compared to External medicines.
- There are no Legiyum and Nei without Animal Products.
- Medicines such as kashayam and choornam contains the least number of Jeeva Porutkal.
- Moreover, the conditions like rapid human population growth, deforestation and urbanization and others are responsible for declining of natural resources and ultimately leading to drastic reduction in animal population.
- Thus, more or less therapeutically important species such as Musk deer, Tiger, wolf, Turtle etc. have been enlisted under vulnerable category by Red Data Book of Indian Animals which ultimately indicates need for their conservation and sustainable utilization.
- There is need for prioritization of the therapeutically important animal products so that they can be utilized judiciously.

Conclusion

Jeeva Porutkal(Animal products) which are profoundly found in varmam literatures is revealed. This review will be a basic source for future studies about the effectiveness of *Jeeva Porutkal*. The Study report is prepared and published as a booklet.

I hope this review will be beneficial for the enclosed documentation of *Jeeva Porutkal* in the book siddha pharmacopeia. It will be an initiative to disclose various medicines available in the classical varmam literatures.

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