



Literature Review on Siddha Medicines in the treatment of Shayam (Tuberculosis) – A Review

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Abstract

Siddha system of medicine is an ancient medicine nowadays, it become popular throughout the world. It claims high curative value with minimum toxicity. It cures many acute and chronic diseases. Many medicines were written in palm leaf manuscripts to cure lots of infectious disease. Likewise Tuberculosis (Shayam) is a deadly disease in once upon a time. Nowadays there are lot of procedure and treatments for this disease. In siddha system many medicines were available in literature. The preparation of medicine is in the form of herbals, herbo minerals, and metals. For the treatment of Tuberculosis in siddha system has been discussed.

Keywords: Siddha, Minimum toxicity, Tuberculosis (Shayam), Infectious Disease, Herbo Mineral Form.

Introduction

Siddha medicine is a system of ancient medicine originated in ancient tamilagam now (Tamil nadu) by Siddhars.

Siddhars were spiritual adopts who possessed the astama siddhis, or the eight supernatural powers. Agathiyar is considered as the first siddhar and the Guru of siddhars. According to siddha medicine diet and life style, play a major role in health and in curing diseases. Siddha is a traditional treatment which are described in palm leaf manuscripts. The treatment in siddha

medicine is aimed at keeping the three humours in equilibrium and maintenance of seven elements. When a physician is well qualified and the other agents possess the necessary qualities even several diseases can be cured easily.

Likewise one of the disease Shayam (Tuberculosis). By tuberculosis about 33% of people frequently affected among them 1.3 million of people were died in 2016 reported by World Health Organisation ⁽¹⁾. More than 95% of death occurs in developing countries and more

than 50% in India, China, Indonesia and Pakistan⁽¹⁾. In siddha system of medicine there is lot of medicine were available in literature and many of them were used in day to day life.

Materials and Methods

The literature collection about the Siddha medicine, disease, types, causes, and treatment were collected in Govt. Siddha Medical college library, Palayamkottai.

Tuberculosis:

Tuberculosis is an infectious disease which is caused by Mycobacterium tuberculosis which causes tuberculosis in lungs and other tissue of human body.

The mode of transmission is Inhalation, Ingestion, Inoculation and Trans placentalroute⁽²⁾.

Types of Tuberculosis:

- Primary tuberculosis (Childhood tuberculosis)
- Secondary tuberculosis

Signs and Symptoms:

- Chronic Cough
- Fever
- Evening raise of temperature
- Blood in sputum
- Weight loss

- Night sweats
- Loss of appetite
- Secondary infections
- Weak immune system

Siddha Aspects⁽³⁾:

Synonyms:

- Eelai
- KhabaNoi
- ArasaNoi
- Shayam
- Ilaipu
- Raja Yashma
- Yashma
- Sushasy

Types of Shayam⁽³⁾:

- OorthuvakathaThodam
- AthogaThodam
- KottakathaThodam
- ThiriyakathaThodam
- SanthikathaThodam

Nadi Nadai⁽³⁾:

- Raise of KabhaNadi
- Mixture of KabhaVathaNadi

Siddha treatment for Shayam:

Nei / Ennai

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	KarisalaiNei	KottaipakkalavuAlavu	-	Internal ⁽⁴⁾
2.	PoosaniNei	3 Kazhanji	Milk	Internal ⁽⁴⁾
3.	KandankathiriEnnai	SiruKarandiAlavu	-	Internal ⁽⁴⁾
4.	ThevathaliEnnai	KasuAlavu	-	Internal ⁽⁴⁾
5.	SaranaiKizhanguEnnai	OruKasuEdai	-	Internal ⁽⁴⁾
6.	GanthiyathiThailam	-	-	External ⁽⁵⁾
7.	ThoothuvalaiNei	Aria Palam	-	Internal ⁽⁵⁾
8.	VallaraiNei	1¼ Varagan	-	Internal ⁽⁵⁾
9.	NilapanaiNei	3 Varagan	-	Internal ⁽⁵⁾
10.	AmukuraKizhanguNei	2 Varagan	-	Internal ⁽⁵⁾
11.	MuyalNei	3 Kazhanji	-	Internal ⁽⁵⁾
12.	ThevathariNei	2 Kazhanji	-	Internal ⁽⁵⁾

Rasayanam / Leghiyam:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	TippiliRasayanam	KazharchiAlavu	-	Internal ⁽⁴⁾
2.	KoozhPaanda Legiyam	ElumichankaiAlavu	-	Internal ⁽⁴⁾
3.	SandamaruthaLegiyam	ThandrikaiAlavu	-	Internal ⁽⁴⁾
4.	HarithagiLegiyam	1 Palam	-	Internal ⁽⁵⁾
5.	KoosmandaRasayanam	3¼ Varagan	-	Internal ⁽⁵⁾
6.	VasathiLegiyam	¼ Palam	-	Internal ⁽⁵⁾
7.	AmuthaSakkaraiRasayanam	3 Varagan	Ghee / Honey	Internal ⁽⁵⁾

Rasam:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	NeelakandaRasam	KadalaiAlavu	TippiliThool	Internal ⁽⁴⁾
2.	AnandaRasam	KundriAlavu	InjiSaaru	Internal ⁽⁴⁾
3.	ShanmugaRasam	KundriAlavu	Kombu Then /Vaazhaipalam	Internal ⁽⁴⁾

Khritham:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	VasathiKhritham	KazharchiAlavu	Milk	Internal ⁽⁵⁾
2.	Asvaganthathi Khritham	2 Varagan	-	Internal ⁽⁵⁾
3.	NarayanaKhritham	5 Varagan	-	Internal (5)
4.	KooshmandaKhritham	¼ Palam	Milk	Internal (5)

Chooranam:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	Vilangathi Chooranam	VerugadiAlavu	Ghee	Internal ⁽⁴⁾
2.	KadukaiChooranam	KasuEdai	-	Internal ⁽⁴⁾
3.	IlaikalliChooranam	AthiKai Alavu	Ghee	Internal ⁽⁴⁾
4.	ThalisapathiriChooranam	VerugadiAlavu	Sugar	Internal ⁽⁴⁾
5.	Thalaga Ma Chooranam	PaakuAlavu	Honey	Internal ⁽⁵⁾
6.	MahaelathiChooranam	VaraganEdai	Nei	Internal ⁽⁵⁾
7.	KukuluChooranam	3¼ Varagan	Honey / Ghee	Internal ⁽⁵⁾

Mathirai:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	ThalisapathiriVadagam	KazharchiAlavu	-	Internal ⁽⁴⁾
2.	ThirikaduguMathirai	MilaguAlavu	ThipiliThool	Internal ⁽⁵⁾
3.	Swarnamalinivasantham	3¾ Kundri	Honey	Internal ⁽⁵⁾
4.	ThirikadukathiVadagam	ThandrikaiAlavu	Ghee	Internal ⁽⁵⁾

Parpam /Chendooram:

S.No	Medicine Name	Dose	Adjuvant	External / Internal
1.	Thiriloga Chinthamini	Varaganedai	Honey/Thipilichooranam	Internal ⁽⁵⁾
2.	Pavazha Parpam	3½ Kundri	Ghee	Internal ⁽⁵⁾
3.	Sornachendooram	NelEdai	Honey	Internal ⁽⁵⁾
4.	Gandha Parpam	KundriAlavu	Honey	Internal ⁽⁶⁾
5.	Gandha Chendooram	Panavedai	Milk	Internal ⁽⁶⁾
6.	Thanga Parpam	UlunthuEdai	Milagurasam	Internal ⁽⁶⁾
7.	Rasa Parpam	UlunthuEdai	Honey ,Ghee, Sugar	Internal ⁽⁶⁾
8.	Ganthaga Chendooram	2 - 4 UlunthuEdai	Ghee	Internal ⁽⁶⁾
9.	Talaga Parpam	½ - 1 Kundri	Palm jaggery	Internal ⁽⁶⁾
10.	Rasa chendooram	½ kundri	Sivakaranthai juice	Internal ⁽⁶⁾

Herbs which used in the Treatment of Tuberculosis⁽⁷⁾:

Tamil name	Botanical name
Adathodai	<i>Justica beddomei</i>
Arathai	<i>Alpinia galangal</i>
Adhimathram	<i>Glycyrrhizaglabra</i>
Kandankathiri	<i>Solanum surattense</i>
Kunglium	<i>Shorea robusta</i>
Kostam	<i>Costus speciosus</i>
Thandri	<i>Terminalia bellirica</i>
Thulasi	<i>Ocimum sanctum</i>
Valmilagu	<i>Piper cebuba</i>
Sambirani	<i>Styrax benzoin</i>
Karpooravalli	<i>Anisochilus carnosus</i>
Impooral	<i>Oldenlandia unbellata</i>
Utthamani	<i>Pergularia damia</i>
Thumbai	<i>Leucus aspera</i>

Special Medicines⁽³⁾:

For loss of appetite:

- NanduTheener
- NathaiNei
- UdumbuNei
- MuyalNei

Mathirai:

- ShayakulanthaMathirai
- Poorana Chandrodayam
- Mahavasanthakusmakaram

Parpam/ Chendooram:

- Thalaga Parpam
- Vellaikal Parpam
- Ponadalai
- Velliadalai
- Ayanaga Adalai

Diet Chart:

S.No	Do's	Don't's
1.	Leafy dark greens	Tobacco
2.	Plenty of grains	Alcohol
3.	Antioxidant Vegetables	Coffee / tea
4.	Fruits like blueberries and cherries	Sugar, white bread , white rice
5.	Unsaturated fats like olive oil, Vegetable oil	High fat, red meat, poultry

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