

A VALIDATION OF SIDDHA BASIC PRINCIPLES USING A SCIENTIFIC PARAMETER

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ABSTRACT

Siddha, a common sense science deals with the grossest to subtle aspects of the body. Here Dhoshas, the functional intelligence within the body - mind complex plays an indispensable part in disease determination. Any alterations in the harmonious actions of these Dhoshas will terminate in disease. Every Taste has relation with the three Dhoshas and herbs with meticulous taste should be favored to tame a rouge Dhoshas and restore balance to the whole body. The Three Herbs *Tinospora cordifolia* (Seenthil), *Vetiveria zizanioides* (Veti Ver), *Aerva lanata* (sirukan peelai) were chosen based on their tastes and has been scientifically reviewed with the previous Antimicrobial Activities carried out for this herbs against E coli, since Ecoli is the common organism that cause Urinary tract infection(UTI). This study has been done to justify scientifically the precedence of Dhosha and Taste in the treatment of Urinary tract Infection.

Keywords: Siddha basic principles

INTRODUCTION

Siddha system of medicine treats not only the body but also the mind and soul unlike the other systems of medicine. Here the

disease pathology mainly relies upon the variations of Three dhoshas (Three Humors) viz. Vatha, Pitha, Kabam¹. These three dhoshas are related to Arusuvaigal (Six Tastes) based on their Pancha Bootha (5 elements) composition.

Table 1: Panchabootha composition of 3 Dhoshas and Arusuvaigal

Sweet ¹	Water+Earth	Vatham ¹	Air+Space
Pungent ¹	Fire+Air	Pitham ¹	Fire
Sour ¹	Earth+Fire	Kabham ¹	Water+Earth
Bitter ¹	Air+Space		
Astringent ¹	Earth+Air		
Salt ¹	Fire+Water		

Table 2: Relationship between the Three Dhoshas and Six Tastes

Activity	Sweet ¹	Pungent ¹	Sour ¹	Bitter ¹	Salt ¹	Astringent ¹
Increases	Kabha	Vatha&pitha	Kabha&Pitha	Vatham	Kabha&Pitha	Vatha&Kabha
Decreases	Vatha&Pitha	Kabam	Vatham	Kabha&Pitha	Vatham	Pitham

Tridhosa theory for urinary tract infection

Urinary tract infection is caused by various microorganisms like E.coli, Klebsiella, Pseudomonas, commonest being Ecoli. The symptoms of UTI are Fever, Scanty and Burning micturition etc. According to Siddha Philosophy these symptoms are due to alterations in the **Pitha and Kapha** dhoshas².

Treatment for UTI

From the Table 2 it is evident that the only taste that pacifies both the aggravated Pitha and Kapha dhoshas is the **Bitter** taste. Based on this, the three herbs *Vetiveria zizanioides* (Vetiver), *Tinospora cordifolia* (Seenthil), and *Aerva Lanata*(Siru Kan Peelai) with Bitter taste were chosen for Scientific evaluation.

	<i>Tinospora cordifolia</i> ³	<i>Aerva lanata</i> ³	<i>Vetiveria zizanioides</i> ⁴
Taste	Bitter	Bitter	Bitter
Potency	Ushna(Hot)	Ushna(Hot)	Seetham(Cold)
Post Digestive Taste	Pungent	Pungent	Pungent
Actions	Antiperiodic, Demulcent, Mild diuretic	Diuretic, Demulcent.	Tonic,Refrigerant

DISCUSSION

Antimicrobial activity of alcoholic and aqueous extract of *Vetiveria zizanioides* against E.coli, *Pseudomonas*, *Klebsiella* was studied by Devprakash et al⁵. Antimicrobial activity of Two plants *Tinospora cordifolia* and *Cassia fistula* against Human pathogenic bacteria was studied by Ravi kant Upadhyay⁶. Antimicrobial activity of *Aerva lanata* against multi drug resistant E.coli and *P.aeruginosa* was studied by Amutha Kuppusamy⁷. These studies reveals that the above three herbs have potent Antimicrobial activity.

CONCLUSION

The discussion of the above mentioned herbs and their scientific studies are just an example to prove the exemplary work of Siddhars.

There are thousands of such medicines left unseen in our Siddha Literatures. When these medicines are studied scientifically based on Tridhosa theory more potent drugs will be evolved for the use of community.

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