

## UTILIZATION OF HERBALS AND THEIR FORMULATION IN SIDDHA TREATMENT FOR VARIOUS TYPES OF DISEASES

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### ABSTRACT

Alternative medicine is any practice that is put forward as having the healing effects of medicine but is not based on evidence gathered using the scientific method. Herbalism "herbology" or "herbal medicine" is use of plants for medicinal purposes, and the study of such use. Plants have been the basis for medical treatments through much of human history, and such traditional medicine is still widely practiced today. Modern medicine recognizes herbalism as a form of alternative medicine, as the practice of herbalism is not strictly based on evidence gathered using the scientific method. The scope of herbal medicine is sometimes extended to include fungal and bee products, as well as minerals, shells and certain animal parts. Naturopathy is based on vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. We have meet several siddha vaithiyars, and collected information about their treatment, the herbals used in the preparation of various formulations used to cure several diseases. Siddha vaidhiyas gave information of the treatment for various diseases. They are acute, chronic and common diseases. Thus we make awareness about the preparation of siddha formulations so, that it is easy to treat the various diseases without complication.

**KEY WORDS:** Siddha vaithiyam, Siddha vaithiyar, Churanam, Khasayam, Thailam,

### INTRODUCTION

Alternative medicine is any practice that is put forward as having the healing effects of medicine but is not based on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies using alternative medical diagnosis and treatments which typically have not been included in the degree courses of established medical schools or used in conventional medicine. Examples of alternative medicine include homeopathy, naturopathy, chiropractic, energy.

medicine and acupuncture. Herbalism "herbology" or "herbal medicine" is use of plants for medicinal purposes, and the study of such use. Plants have been the basis for medical treatments through much of human history, and such traditional medicine is still widely practiced today. Modern medicine recognizes herbalism as a form of alternative medicine, as the practice of herbalism is not strictly based on evidence gathered using the scientific method. Modern medicine, does, however, make use of many plant-derived compounds as the basis for evidence-tested pharmaceutical drugs, and phytotherapy works to apply modern standards of effectiveness testing to herbs and medicines that are derived from natural sources. The scope of herbal medicine is sometimes extended to include fungal and bee products, as well as minerals, shells and certain animal parts. Naturopathy is based on vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. Diagnosis and treatment focus on alternative therapies which naturopaths claim promote the body's natural ability to heal. Naturopaths focus on a holistic approach, often completely avoiding the use of surgery and drugs. Naturopaths aim to prevent illness through stress reduction and changes to diet and lifestyle, often rejecting the methods of evidence based medicine. In India, Ayurvedic medicine has quite complex formulas with 30 or more ingredients, including a sizable number of ingredients that have undergone "alchemical processing", chosen to balance "Vata", "Pitta" or "Kapha".

### SIDDHA VAITHIYARS VIEW OF ACUTE DISEASE

#### insects poisoning

Pirayan Churanam

Streblusasper (Pirayan) whole plant is collected, dried and powdered. Then 25 gram of powder mixed with milk, boil, taken orally, three times daily.

#### Vakkanathi Khasayam

Diospyros montana (Vakkanathi) whole plant was collected, dried and powdered mixed with Piper nigrum (Milagu) powder. Then 20 grams of powder mixed with milk and boil, taken orally, twice a daily.

#### snake bite poisoning

#### Ponnavirai Khasayam

Cassia sophera root (Ponnavirai) was collected, dried, powdered and mixed with Piper nigrum (Milagu) powder. Then 15 gram of powder mixed with water, taken orally, three times daily.

#### Siddha vaithiyars view of chronic disease

#### JAUNDICE

#### Kilaneli Churanam

Whole plant of the Phyllanthus niruri (Kilaneli) is collected, dried and powdered. Then 3-4 gram of powder mixed with water taken orally, twice daily.

#### Adhimadhuram Maathirai

Take equal quantity of Glycyrrhizalabra (Adhimadhuram) and Cardiospermum halicacabum (Sangam) root bark and add citrus lemon (Lemon) juice. It was prepared in tablet form and mix with milk before taken. Then 2-3 gram, mixed with water or milk, taken orally, three times daily.

#### URINARY TRACT INFECTION

#### Aavari Churanam

Cassia auriculata (Aavari) flower is collected, dried and powder. Then 5 gram of powder mix with hot water taken orally, three times daily.

#### UREMIA

**Viralimanjal podi**

35gm each of Aadhatodavasica leaf (Aadhatoda), Curcuma aromatic root (Virali) powder were taken and mixed with water to get the extract, filter to collect the filtrate. The extract is dried. Then 4-5 gram taken orally, twice daily for three days.

**INFERTILIT****Kattuvalli Churanam**

Dioscoreabulbifera (Kattuvalli) plant is collected , dried and powdered. Then 5 gram of powder, mixed with water or milk, taken orally, twice daily.

**UTERUS INFECTION****AaduTheendapalai Khasayam**

20 gm of Aristolochia bracteolata (AaduTheendapalai) is collected , dried and powdered, mixed with water, boiled for ½ hr. Then Orally, early in the morning.

**PSORIASIS****Aralichedi Thailam**

Neriumindicum (Arali chedi) samoolam, (Samoolam means whole part of plants) Terminalia chebula (Kadukai) fruit skin were burnt slightly, powdered, mixed with Azadirachta indica oil. Then Apply 2ml of oil on affected part.

**WHITE LEPROSY****Katuseeragam Churanam**

2-4 gram of Verminia anthelmintica (Katuseeragam) fruits were taken and powdered. Then Three times daily taken with hot water.

**SKIN RASHES****Kaarbhaga Churanam**

2-3 gram of Psoralicorylifolia (Kaarbhaga) seed is taken and dried, powdered. Then Powder mixed with milk and boil, taken orally three times daily.

**ASTHMA****Pathri Churanam**

Powder of Zingibera officinalis (Sukku), Piper nigrum (Milagu), Piper longum (Thippili), Myristica fragrans (Jathikkai), Launaeapinnatifida (Pathri), Elletaria cardamom (Clove), Piper cubula (Valmilagu), Santalum album (Akilsandhanam), Adathodavasaka (Adhatoda) root, Geophilaobvallata (Esanga) root, Aegelmarmelos (Vilva) root Akira miyawaki (Aakira) were mixed well and converted into powder form. Then 3-4 gram of powder mixture was taken with water, orally, twice daily.

**HEART DISEASE****Sembaruthi Arishtam**

Hypiscus rosasainnans (Sembaruthi), Rosa centifolia (Rose flower), Elletaria Cardamom (Elakai) were taken and powdered. Then 0.2-0.5gm of powder mixed with milk and boil, taken orally, three times daily.

**STROKE****Thaluthalalai Churanam**

Three leaves of clerodendrum plomidis (Thaluthalalai) leaf and Vitex negundo leaf (Nochiilalai), were taken and boiled with water, filter. This filtrate is collected and dried. Then 10 gram of powder mixed with water, taken orally, twice daily. Castor oil is applied on affected part with friction.

**DIABETES MELLITUS****Atthipattai khasayam**

Twenty five grams of each Ficus racemosa bark (Attipattai), Cassia auriculata bark (Avampattai), Terminalia arjuna bark (Attimaruthu), Asteracanthalongifoliaroot (Neermulliver), Tamarindus indica root (Puliyampattai), Tinospora cordifolia (Seenthilkodi), Hemidesmus indicus root (Nannari), Cyperus rotundus rhizomes (Koraikizhangu), Aloe vera resin (Katralai), Piper longum (Thippili), Piper nigrum (Milagu), zingiber officinalis (suku), Abies weebiana (Thalisapathiri) were taken. 4 grams of Ferula foetida (Perungayam), Eugenia caryophyllus (Kirambu) were taken, dried on a white cloth in shadow place and powdered, collected in a glass container. Then 2-4 gram of powder boiled with water, cool, orally taken, twice daily.

**Siddha vaithiyars view of common disease****DENTAL CAVITIES****Kirambu Thaila**

Oil of Eugenia caryophyllus (Kirambu) is taken in a cotton and placed on a tooth.

**TOOTH POWDER****Aalam churanam**

Ficus benghalensis (Aalam bark) Zingiber officinalis (Sukku) Piper nigrum (Milagu) Emblica officinalis (Nellikai) Terminalia chebula (Thandrikai) were taken and powdered. Then 2-5gm, used for brushing. Two times daily.

**UTERUS DISEASE****Ashokachuranam**

Saraca asoca (Ashoka bark) Ficus racemosa (Athi) Phyllanthus amarus (Keelanelli) were taken and powdered. Then 1-2 gram of powder mixed with water taken orally, twice daily.

**TOOTH ACHE****Piramathandu baspam**

Argemone mexicana linn (piramathandu) samulam (all part of plant) were taken and burnt to collect ash. Then 4-5gm is used for brushing. Two times daily.

**Karumpula Churanam**

Phyllanthus reticulatus (Karumpula) is collected, dried and powdered. Then 4-5gm of powder is used for brushing, two times daily.

**INFLAMMATION****Anthimantharai Churanam**

Mirabilis jalapa leaf (Anthimantharai) is collected, dried and powdered. Then 2-5 gram, taken orally, twice daily.

**STOMACH PAIN****Aamanakku Khasayam**

Aamanakku leaves were collected crushed, water was added, boiled, filtered by using clean cotton cloth. Then 2-4g of Khasayam, taken orally, three times daily.

**CONSTIPATION****Kanavaazhi Khasayam**

Commelinabenghalensis (Kana vaazhilalai) leaves were collected, boiled with water, filtered by using clean cotton cloth. Filtrate was collected. Then 5 ml, taken orally, three times daily.

**DYSENTRY****Masikai Churanam**

20 gram of Quercus infectoria (Maasikai) was burnt in an earthen pot to get ash. Then 0.2-0.5gm, mixed with honey taken orally, three times daily.

## ANTHALMINTICS

### Kaatusiragam Churanam

Vernoniaanthelmintica (Kaatusiragam fruits were collected, dried and powdered. Then 2 to 4g, mixed with honey, taken orally, three times daily.

### COUGH

### Thippili Churanam

piperlongum (thippili) grind it to become powder.

**Dose:** 1-2gm, mixed with water taken orally, twice day.

### CONCLUSION

The Alternative system of medicine such as siddha system is used for various types of diseases comparatively to the allopathic system of medicines. This is proved by the siddha vaithiyars in India and worldwide. So we have made an attempt to document the work of siddhavaithiyars in and around our native places. They have informed about the utilisation of various medicinal plants to prepare siddha formulation. We have meet several siddha vaithiyars, and collected information about their treatment, the herbals used in the preparation of various formulations used to cure several diseases. Siddha vaidhiyasgave information of the treatment for various disease.They are acute, chronic and common diseases .The diseases are treated by having various formulations like churanam,

kashayam, thailam,pilis etc. More of the common diseases, acute diseases, and chronic diseases are treated by various preparations. Thus we make awareness about the preparation of siddha formulations so, that it is easy to treat the various diseases without complication.

### REFERENCE

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