

What Is Siddha and Who Is a Qualified Siddha Doctor

– A Brief Review

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Abstract:

Siddha System of Medicine practiced in South part of Indian constituency. It is one of the ancient Traditional systems of India, mostly followed by Tamil peoples. Adhi Sivan and 18 Siddhar's are the founders of Siddha system of medicine. Traditional systems are highly focused worldwide after covid 19 pandemic situations. In Tamil Nadu which is southern state of India Siddha system of medicine highly prescribed during Chikungunya and Dengue spread. More peoples are benefited through the system. In India, Ministry of AYUSH, focusing on traditional Indian system of medicines for the treatment of Covid 19. Siddha Medicine is one among the AYUSH system. In this situation author wish to explore the details of Siddha medicine in the way of what is Siddha? Who are Qualified Siddha Doctor and Pattern of Study etc.... This review is helpful to the scientific world to know, who is Registered Siddha Medical practitioner and many details about Siddha System of Medicine.

Key words: Siddha, AYUSH, COVID 19, Dengue, Chikungunya, Siddhar's, Traditional Medicine

Introduction:

Siddha Medicine is a Traditional Indian system of medicine practiced majorly in Tamil Nadu which is a southern part of India. There are numerous traditional systems are followed throughout the world. Siddha system comes under the Ministry of AYUSH, Government of India. Siddha medicine is also practiced in other countries like Malaysia, Singapore and Sri Lanka ¹. Thousands of herbs and minerals were included in siddha system which was effective in curing all acute and chronic diseases. Siddha system is also called as science of longevity as treatment modalities are based on food habits and life style modifications. Siddha system utilizes the several metals and minerals in the form of nanoparticle preparation for various kinds of diseases from the ancient period.

Higher order medicines that are unique germ stones of siddha system are chendooram , parpam etc., act as Novel Drug Delivery System.¹ By approaching via Novel Drug Delivery System , a drug may become smart drug with increased therapeutic value and bioavailability.² .Such advanced nano technology were have been practiced in siddha system. Within the advisable body limits, metals are neither cytotoxic, mutagenic nor teratogenic.^{3,4} .In the present situation most of the pharmaceutical companies are moving to bio-prospecting to gain beneficial and safer leads.^{3,4} . In addition many infectious diseases have become drug resistant and adverse effects of some medicines create interest in research on the scope of siddha medicines both preclinical and clinically. This is right time to explore the wealth of siddha system. It is our duty to create awareness on the benefits of siddha medicines on an urgent basis. Region wise Proper

documentation of the benefits of various siddha treatments are to be done which would facilitate in appropriate knowledge sharing. Even today siddha system is maintaining its holistic approach towards prevention and treatment of diseases. Main objectives of siddha system are

- Educating the Principles of preventive care to entire family
- Detoxification and rejuvenation of body
- Promotion of self-healing and resistance against infections

Thus harmony and balance can be re-established. This review attempts to explore the academic side of siddha system and awareness about the system.

History of Siddha Medicine:

As per the textual and archeological evidences origin of Siddha Medical System goes back to 10000 B.C. to 4000 B.C. land of Origin is the submerged Kumarikandam (Kumari, Lemuria).⁵ Siddha comes from the word "Siddhi" which means "an object to be attained" or "perfection" or "heavenly bliss".⁶ Adhi Sivan, a Hindu God who is a founder of Siddha Medicine also known as Tamil Maruthuvam, and developed by the 18 Siddhar's. There are 18 Siddhars are Chief in Siddhar Community. They are Agathiyar, who is a Prime Siddhar among 18 and Thirumoolar, Konganavar, karuvurar, Sundaranandhar, Vanmeegar, Nandhi devar, Pappaatti, Bogar, Machamuni, Korakkar, Pathanjali, Thanvanthari, Kuthambai siddhar, Idaikaadar, Ramadevar, Kamala muni, Satta muni are the other siddhar's.⁷ Veedu peru adaithal (an object to be attained – Samathi) is the primary aim of all Siddhar's. As a human being average survival years is about 100 years in olden days. To attain samathi stage, Siddhar's need more years to survive. So they need to maintain their body and become healthy for more years. Tamilian's mythology says Body is Temple and conscience is God. Siddhar's need to protect the body from Internal and external harmful things which influence the survival years.

For protecting themselves from various diseases developed in the body during survival in the earth they take Kayakarpam (Rejuvenating medicines) and also for the concern of good health of other human beings, they developed Siddha medicines.

Siddha Medicine:

Treatment base of Siddha medicine depends on basic elements called Uyir Thathukkal [Vadham (Bio energy movement), Pitham(Bio energy fire) and Kabam (phlegm)]. It also depends on the Udal Thathukkal [Saaram (Chyle), Senneer (Blood), Oon (Muscle), Kozhuppu (Adipose tissue), Enbu (Bone), Moolai (Bone marrow), Sukkilam/Suronitham (Semen/Ovum)] , And Thegam Thegi (wheather comes under Vadham or Pitham or Kabam or combination of any two uyir thathukkal) methodology.⁸ Diagnostic procedures are named as Envagai thervugal includes, Naa (Tongue Observations), Niram (Colour observations), Mozhi (Speech observations), Vizhi (Eye Observations), Malam (Stools observations), Moothiram (Urine observations).⁸ In Urine observation Siddhar's provide two unique diagnostic proceedings ie. Neerkuri (Diagnosis by Colour of Urine) Neikuri (Single drop of Sesame oil drop into Urine, Diagnosis made by Spreading of sesame oil over the surface of urine).⁸

Medicines are divided into Internal and External medicines. 32 forms of Internal medicines are, [Surasam(Decantent), Saaru (Juice), Kudineer(Decoction), Karkam (Herbal paste),Utkali (gruel), Adai(Pan cake), Choornam (Medicinal poeder), Pittu (Steam boiled), Vadagam(Lozenges), Vennai (Medicated Butter), Manappagu (Syrup), Nei (Medicated gee), Rasayanam(Dainties),

Ilagam (Electuary), Ennai (Medicated oil), Mathirai (Pills), Kadugu (Filtrates), Pakkuvam (Processed drugs), Thaen ural (Infused honey), Theeneer (Distilled extracts), Mezhugu (Medicinal Wax), Kuzhampu (Medicinal semi liquid form), Pathangam (Sublimates), Chendooram (Calcined red oxides/sulphides), Parpam (Calcinated oxides), Kattu (Non combustible and consolidated form of combustible inorganic), Urukku (Solidification), Lalangu (Amalgam), Chunnam (Calcinated compounds), Karpam (Rejuvenating drugs), Saththu (Concentrates extracted from the ore of minerals), Guru guligai (Reputed pills)].⁹

32 forms of external medicines are [Kattu (Dressing), Patru (Paste), Ottradam (Fomentation), Poochu (Anointing), Vedhu (Vapour bath/Steam bath), Pottanam (Bolus fomentation), Thokkanam (Oil massages), Pukhai (Fumigation), Mai (Corrylium), Podi Thimirdhal (Powder Anointing), Kalikkam (Corrilyum), Nasiyam (Nasal instillation), Oodhal (Blowing with mouth), Nasikaparanam (Nasal dusting), Kalimbu (ointment), Seelai (Medicated cloth/ Poultice), Neer (Medicated liquid for wash, Varthi (Medicated wick for deep ulcers/fistula), Suttigai (Cauterization by solid materials), Salaagai (Probes), Pasai (ointment-wax), Kali (Paultice), Podi (Dusting powder), Murichal (Bone setting), Keeral (Incision), Kaaram (Caustic therapy), Attaival (Leech therapy), Aruvai (Surgery), Kombu kattal (Splints), Urinjal (Aspiration of pus ,blood, etc.. by a instrument), Kuruthi vangal (Bloodletting procedure), Peechu (Enema)].⁹

The abovementioned treatment methodologies are developed and followed by the Siddhar's to treat patients. If we use all 64 types of medicines flawlessly, this system will reach worldwide.

Contemporary of Siddha Medicine:

Ministry of AYUSH.¹⁰, Central Council for Indian Medicine¹¹, Directorate of Indian Medicine and Homoeopathy¹², The Tamil Nadu Dr.MGR Medical University, Tamil Nadu¹³, are the Responsible bodies for Siddha Medicine. Central Council for Research in Siddha (CCRS) is the apex body pertaining to research in Siddha system of Medicine. CCRS do their activities through 8 peripheral Units throughout India.¹⁴

Undergraduate Degree termed as B.S.M.S., which means Bachelor of Siddha Medicine and Surgery and Post graduate degree termed as M.D (S), which means Master of Degree in Siddha Medicine.

In Tamil Nadu 2 Government Siddha Medical Colleges and 9 Private medical colleges are available and nearly 650 Students pass out every year as Siddha Doctor.¹⁵ One private Siddha medical college situated in Kerala and 50 Students pass out every year.¹⁶ Under graduation study period is 5 ½ years. It includes 4 ½ years study and 1 year Internship program.

In Under graduation there are 13 Departments are avail the knowledge (as per Regulation 2016)¹⁷

1. Siddha Maruthuva Moola Thathuvam (Basic Principles of Siddha Medicine)
(Subject Tamil and Communicative English comes under the department of Siddha Maruthuva Moola Thathuvam)
2. Udal Koorugal (Anatomy)
3. Udal Thathuvam (Physiology)
(Subject Uyir Vedyal (Bio Chemistry) comes under the department of Udal Thathuvam)
4. Gunapadam – Marunthial (Pharmacology)
(Subject Maruthuva Thavaraviyal (Medicinal Botany) comes under the department Gunapadam –

Marunthial (Pharmacology))

5. Gunapadam – Marunthakaviyal (Pharmaceuticals)
6. Noi Naadal and Noi Mudhal Naadal (Pathology)
(Subject Microbiology comes under the department of Noi Naadal and Noi Mudhal Naadal.)
7. Sattam Sarntha Maruthuvamum Nanju Maruthuvamum (Forensic Medicine and Toxicology)
8. Sool and Magalir Maruthuvam (Obstetrics and Gynaecology)
9. Maruthuvam (Medicine)
10. Aruvai, Maruthuvam (Surgery)
11. Kuzhanthai Maruthuvam (Paediatrics)
12. Varmam, Sirappumaruthuvam (Varmam and Special Medicine)
13. Noi Anugaa Vidhi (Hygiene) Including Research Methodology and Medical Statistics

1.Siddha Maruthuva Moola Thathuvam (Basic Principles of Siddha Medicine) : This Subject deals with the Basic & Fundamental Principles of Siddha system of medicine. It is based upon the 96 basic concepts called '96 Thathuvangal', with a detailed description of the Philosophical knowledge gifted by Siddhars, the Spiritual Scientists.

2.Udal Koorugal (Anatomy): This branch of Science deals with the structure of the human body and it is studied in the different dimensional forms like Gross, Regional, Microscopic, Clinical & Surgical Anatomy. It includes Theory and Dissection classes.

3.Udal Thathuvam (Physiology): Deals with the functioning of living systems in a human body. The Department of Human physiology includes both as Siddha Physiology and also Modern Physiology to impart both the ancient and modern way of understanding the physiology of human body. It includes Theory and Practical classes.

Uyir vediyal (Bio Chemistry): Biochemistry is the science concerned with the chemical basis of life dealing with the structure, properties and chemical reactions of living systems. It is related to human health and diseases which focuses on the methodology and interpretation of clinical tests in support of diagnosis and treatment. It includes Theory and Practical classes.

4.Gunapadam – Marunthial (Pharmacology) :It plays a vital role in Siddha system. This subject deals with the detailed study about many herbs and their descriptions, their therapeutic actions and their identification. Also deals with Minerals and Animal origin drugs and their usages, physiological effects, mechanism of action, absorption, metabolism and excretion.

It includes Theory and Practical classes.

Maruthuva Thavaraviyal (Medicinal Botany): The subject deals with the History and Importance of Flowering and non-flowering plants as well as in Plant biology, Plant Anatomy, Ecology and Plant Tissue Culture as well as Plant Pharmacology.

5.Gunapadam – Marunthakaviyal (Pharmaceuticals): Siddha system of medicine has its unique method of pharmaceutical science. Drug Preparations procedures like Calcination, Sublimation, Distillation, Dissolution, Fusion, Separation, Purification, Extraction, Cupellation are described. It includes Theory and Practical classes.

6.NoI Naadal and Noi Mudhal Naadal (Pathology): It is the scientific study of the Nature of diseases, its causes, processes, development and consequences. The Department of Noi Naadal and Noi

Mudhal Naadal includes both as Siddha Pathology and Modern Pathology to impart both the ancient and modern way of understanding subject Pathology. It includes Theory and Practical classes.

Microbiology: It deals with the 'Microorganisms' includes Bacteria, viruses, fungi, algae and detail about the Morphology of the organisms, their physiological nature, Antigens with which they cause diseases, Pathogenicity of the organisms, clinical symptoms that it causes and the classical methods and modern techniques involved in diagnosing them. It includes Theory and Practical classes.

7. **Sattam Sarntha Maruthuvam Nanju Maruthuvam (Forensic Medicine and Toxicology):** It deals with the examination and diagnosis of individuals who have been injured or who have died because of unnatural causes such as poisoning, assault, suicide or Homicide or accidental and other forms of violence. Toxicology deals with the diagnosing and treating exposures to toxins and toxicants. Visit to De-addiction centre, Visit to Autopsy classes included in the curriculum.

It includes Theory and Practical classes.

8. **Sool and Magalir Maruthuvam (Obstetrics and Gynaecology) :** It deals with the subjects regarding Obstetrics and Gynaecology both siddha and modern view of aspects. It includes Theory and Clinical session.

9. **Maruthuvam (Medicine):** It deals with the causes, signs and symptoms, diagnosis and treatment methodologies of the diseases both siddha and modern point of view.

It includes Theory and Clinical session.

10. **Aruvai Maruthuvam (Surgery) :** The subject deals with the causes, signs and symptoms, diagnosis and treatment of the diseases which needs surgical intervention. It describes sathirayuthangal (Siddha surgical instruments) and minor surgical procedures like Attai Vidal (leech therapy) , Suttigai (cauterization), Vedhu (steam therapy), Pugai (fumigation), orttadam, karanool etc. The subject also includes eye, ear, nose and dental diseases and their diagnosis and treatment methodologies. It includes Theory and Clinical session.

11. **Kuzhantai Maruthuvam (Paediatrics):** The subject deals with the causes, signs and symptoms, diagnosis and treatment of diseases of Children, both Siddha and modern point of view. It includes Theory and Clinical session.

12. **Varmam, Sirappumaruthuvam (Varmam and Special Medicine):** It deals with the subjects regarding Kayakarpam (Rejuvenation), Pranayamam, Yoga, kirigai (psychiatric diseases), Varmam, Enbu murivu (Orthopaedics) ,both Siddha and modern point of view.It includes Theory and Clinical session.

13. **Noi Anugaa Vidhi (Hygiene) Including Research Methodology and Medical Statistics:** It delivers a comprehensive education and training portfolio, including undergraduate health, primary health care, desire for lifelong learning, evidence-based practice, interdisciplinary team work, and professional and ethical behavior in practice in order to improve and sustain the health of the population. Research methodology and Biostatistics describes what is research, and the techniques obtained in research and how to implement a reasonable and effective statistical tool in researches in both Siddha and Modern point of view.

Students who have completed their Under graduation including internship, they need to attend AIAPGET (All India Ayush Post Graduate Entrance Test) for doing their Post graduation.3 Colleges are available in Tamil Nadu for Post graduation. One is National Institute of Siddha comes under the

central government of India and other Two colleges comes under the State Government of Tamil Nadu. Nearly 140 Post graduate doctors pass out every year.

In Siddha Post graduation MD(S), Following 8 Branches are existing. ^{.18}

1. Pothu Maruthuvam (Medicine)
2. Gunapadam (Pharmacology)
3. Siddhar Yoga Maruthuvam (Yoga Medicine)
4. Varma Maruthuvam (Varma Medicine)
5. Pura Maruthuvam (External Medicine)
6. Noi Naadal (Pathology)
7. Kuzhanthai Maruthuvam (Pediatrics)
8. Nanju Maruthuvam (Toxicology)

Duration of the Post graduation is 3 years. Apart from subject, syllabus includes, Minor project in first year and Dissertation work (Project) in their concern specialties in Final year. A student need to spend 8 ½ years to study Siddha Medicine including Post graduation.

Discussion and Conclusion:

Siddha system of medicine is a holistic science to heal the diseases not only by Physically and also by mentally. Siddha system mostly adapting philosophical approach and treating the patients in a holistic view. In recent era scientific world need a valid proof to prove their medicine for treating the patients. In Siddha system, medicines are made by Herbals, minerals, metals and marine origin too. Recent days many countries bans the metallic type of medicines due to side effects. In siddha system of medicine purification methodology is a special procedure. Various research articles published in a peer reviewed journals by Siddha community to prove that metallic medicines are also highly safe after proper purification and preparation methodologies obtained from Siddha literatures.

Globally percentage of acceptance of Traditional medicine is increased remarkably. In Tamil Nadu Many pandemic situations are managed by Siddha Medicines. For example Nilavembu kasayam and Pappaya leaf extracts are the notable medicines in Dengue spread and also in Chikungunya spread. In India First wave of Covid 19 pandemic situation Ayush medicines are mostly obtained by the government for the treatment. In Tamil Nadu Government explore the Kabasura Kudineer for the treatment of Covid 19. In second wave along with Kabasura kudineer, more number of Siddha medicines are used to treat the patients. Most of the pandemic situations are overcome by Siddha medicines in Tamil Nadu.

In Siddha system of medicine , Single herb and many Compound drugs are available to treat various type of diseases. 32 forms of Internal medicines and 32 forms of External medicines are available. Only few forms and few medicines are used for treating the diseases. If all type of medicines are explore to the people they are highly benefit through the system.

Nearly 850 Qualified Siddha doctors are passed out every year. People should aware about qualified Siddha doctors and take treatment from them. And also should aware about the fake doctors and must avoid them. Value of treatment depends upon the quality of doctor. So people select the qualified doctor and get the valuable treatment. Aim of this article is modern world

should know who is Siddha Doctor and what is Siddha Medicine. This article is essential in this current situation to explain about Qualified Siddha doctors.

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