

## **SIDDHA SYSTEM OF MEDICINE**

This system was practiced in the south India, especially Tamilnadu. This system is believed to be older than Ayurveda and the latter was derived from Siddha system. 'Agastya' was believed to be the father of Siddha medicine and he wrote a book known as 'Agattiyar' Charkku"

### **Basic principles of siddha system**

It is based on three principles vata, pitta and kapha, which are known as 'Trigunas'.

- Vata: People with predominant vata are characterized by stout, black, cold and inactive personalities. Increased vata develops flatulence, acidity, obesity, heart attacks, etc
- Pitta: People with predominant pitta are characterized by lean, whitish complexioned hot personalities. Increased pitta shows early greying of hair, reddish eyes, burning chest, mental derangement, anaemia.
- Kapha: People with predominant kapha are characterized by well built, good complexioned, well behaved personalities. Increased kapha leads to jaundice, heart attack, high fever,

A particular guna in the body increases according to the time:

- Vata is predominant at 6.00am to 10.00am and 6.00pm to 10.00pm.
- Pitta is predominant at 10.00am to 2.00pm and 10.00pm to 2.00am.
- Kapha is predominant at 2.00pm to 6.00pm and 2.00am to 6.00am.

### **Diagnosis in siddha system**

- During the diagnosis the physician studies eight things, they are:
- Nadi (Pulse), Dhvani (Speech), Twaka (Tongue), Deham (Body), Neeram (Colour), Malam (Faeces), Mutram (Urine) and Vizhi (Eyes).

### **Treatment**

- Siddha physicians give knowledge of one thousand herbs and their effectiveness in specific composition and formulation.
- Commonly medicines are prepared freshly for specific diseases.

- The formulations are prepared using plants, animals, minerals, metals like mercury, gold, silver, sulphur, zinc, copper, aluminium, borax and arsenic are used in small quantities.

The following formulations are commonly used in Siddha system:

- Kashayam (Decoction)
- Churna (Powder)
- Tailam (Medicated oils).
- Ceulligai (Pills & Tablets)
- Chenduram (Metal complexes)
- Bhasma (Calcinated drugs).

### **Diet in siddha**

- Siddha system also gives importance to "Pathya" (restriction on diet), following are the examples of restricted and non restricted diets.
- Non restricted foods, wheat, milk, ghee, pulses, tender vegetables, goat meat, sugar, etc.

Restricted foods: chicken, mangoes, coconut, fenugreek, mustard, sesame, almonds, etc.