

## Siddha Management in Thamaraga NOI (Cardio Vascular Diseases) – A Literature Review

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**ABSTRACT:** Cardiovascular diseases (CVDs) have now become the leading cause of mortality in India. Ischemic heart disease and stroke are the predominant causes and are responsible for >80% of CVD deaths. The Global Burden of Disease study estimate of age-standardized CVD death rate of 272 per 100 000 population in India is higher than the global average of 235 per 100 000 population. Some aspects of the CVD epidemic in India are particular causes of concern, including its accelerated buildup, the early age of disease onset in the population, and the high case fatality rate. In India, the epidemiological transition from predominantly infectious disease conditions to noncommunicable diseases has occurred over a rather brief period of time. Premature mortality in terms of years of life lost because of CVD in India increased by 59%, from 23.2 million (1990) to 37 million (2010). Despite wide heterogeneity in the prevalence of cardiovascular risk factors across different regions, CVD has emerged as the leading cause of death in all parts of India, including poorer states and rural areas. Siddha system of medicine is a person – centered medicine as a every siddha theory is conceptualized based on Thegam, Thegi & Kutra ilakkanam. so, the author focuses on classifying herbs treating cardio vascular ailments stated in siddha literatures in a brief manner. The herbs preferred to treat or strengthen cardio vascular system are classified according to taste which may interpret the idea of person centered cardio vascular medicines.

**KEY WORDS:** Cardio vascular diseases, thamaraga noi, noncommunicable diseases, siddha system, herbs.

### I. INTRODUCTION:

Cardiovascular diseases (CVDs) have now become the leading cause of mortality in India. The Global Burden of Disease study estimate than the global average of 235 per 100 000 population. In India, the epidemiological transition from predominantly infectious disease conditions to noncommunicable diseases has occurred over a rather brief period of time. Premature mortality in terms of years of life lost because of CVD in India increased by 59%, from 23.2 million (1990) to 37 million (2010). so, the author focuses on classifying herbs treating cardio vascular ailments stated in siddha literatures in a brief manner. Siddha system of medicine is a person-centered medicine as every siddha theory is conceptualized based on Tekam, Teki & Kutra ilakkanam. The herbs preferred to treat or strengthen cardio vascular system are classified according to taste which may interpret the idea of person-centered cardio vascular medicines.

### II. AIM:

According to siddha system any disease condition is caused due to imbalance in three humours (vatham, pitham, kabam) and the treatment is based on the choice of herbs which is able to correct the deranged humour by its nature of opposite action due to its suvai (taste). Each taste is the combination of two basic elements and influences the specific humour.

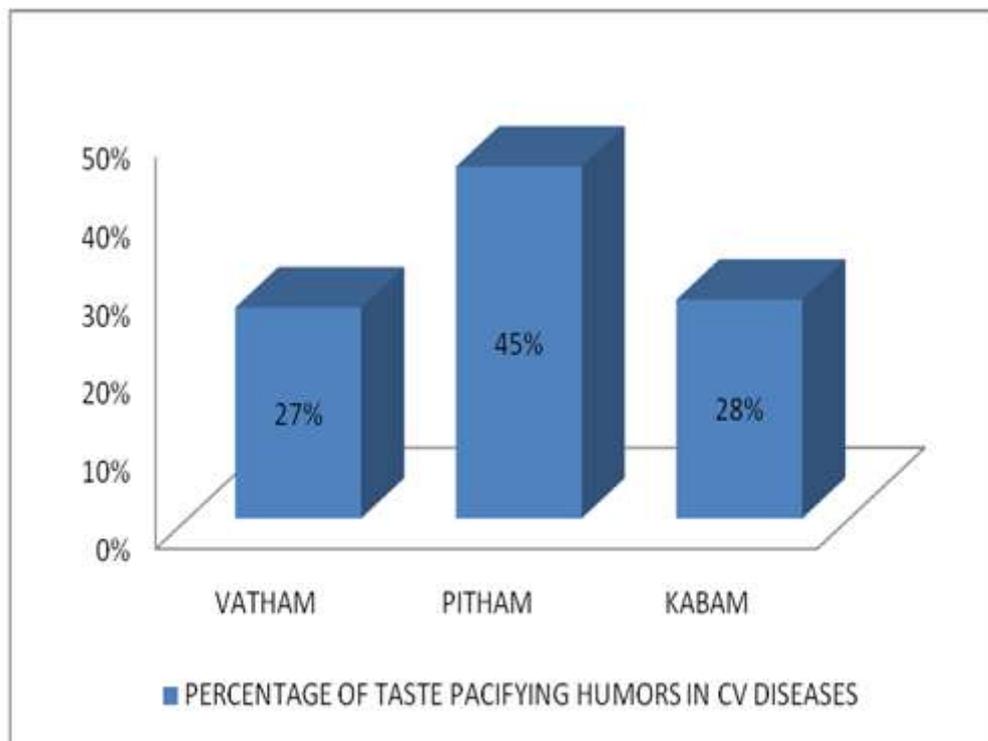
### The Relationship of Suvai and three Humours:

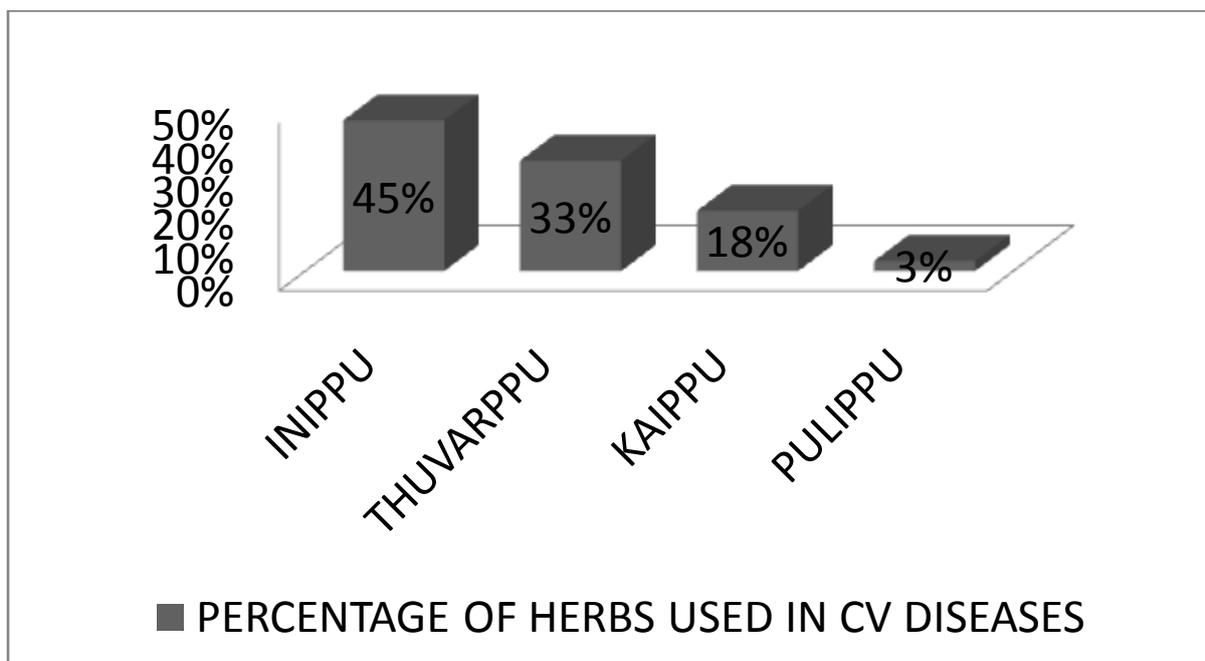
Humour	Pacifying tastes
Vatham	Sweet, Sour, Salt
Pitham	Sweet, Bitter, Astringent
Kabam	Pungent, Bitter, Astringent

**Cardiovascular diseases treated by balance the tridhosam based on Taste of Herbs :**

PLANTS NAME	BOTANICAL NAME	TASTE	PACIFY
Asogu	Saraca asoca	astringent	Pitham , Kabam
Alishivithai	Linum usitatissimum	Sweet astringent	Vatham, Pitham Pitham , Kabam
Alli	Nymphaea nouchali	Mild astringent	Pitham , Kabam
Arugambul	Cynodon dactylon	Sweet	Vatham, Pitham
Adatodai	Justicia beddomei	Bitter	Pitham , Kabam
Mul ilavu	Bombax malabaricum	Sweet astringent	Vatham, Pitham Pitham , Kabam
Pericheu	Phonex dactilifera	Sweet	Vatham, Pitham
Echchura –muli	Aristolochia indica	Bitter	Pitham , Kabam
Elikkadilai	Merremia emerginata	Sweet	Vatham, Pitham
Kurosani omam	Hyoscyamus niger	pungent Mild Bitter	Kabam Pitham , Kabam
Kadukkai	Terminalia chebula	astringent	Pitham , Kabam
Kala	Carissa carandas	Sweet sour	Vatham, Pitham Vatham
Kichchilip pazham	Citrus aurantium	Sweet	Vatham, Pitham
Kuruver	Vetiveria zizanioides	Sweet	Vatham, Pitham
Jadamanji	Nardostachys grandiflora	Sweet	Vatham, Pitham
Por – seendil	Tinospora cordifolia	Bitter	Pitham , Kabam
Chemparuthi	Gossypium arboretum	astringent	Pitham , Kabam
Thamarai	Nelumbo nucifera	Sweet astringent	Vatham, Pitham Pitham , Kabam
Thrakshi	Vitis vinifera	Sweet	Vatham, Pitham
Thiripalai	Three myrobalans	astringent	Pitham , Kabam
Thettran	Strychnos potatorum	Bitter	Pitham , Kabam
Naruvili	Cordia dichotoma	Mild Sweet	Vatham, Pitham
Neitharkizhangu	Nymphaea pubescens	Mild Sweet	Vatham, Pitham

Sirunerunjil	Tribulus terrestris	Astringent Sweet	Pitham , Kabam Vatham, Pitham
Parutti	Gossypium herbacem	Astringent Sweet	Pitham , Kabam Vatham, Pitham
Maruthu	Terminalia arjuna	astringent	Pitham , Kabam
Vendayam	Trigonella foenum	Bitter	Pitham , Kabam





### III. DISCUSSION:

The result of the study indicates most of the herbs used for the management of cardiovascular diseases in siddha classical literatures having inippu suvai (sweet). According to siddha literatures inippu suvai pacifies pitham. So, I conclude cardiovascular diseases are mostly caused by the pitham related disorders.

### IV. CONCLUSION:

This study highlights the siddha perspective of pathogenesis of cardiac diseases based on the derangement of three humours vatham, pitham, kabam and the treatment methodological in siddha to pacify the deranged humours based on the fundamental knowledge of siddha which emphasise the taste of the cardio protective herbs. Research studies of various herbs mentioned in classical siddha literature potentiates the work on cardio protective plants for further clinical researches and for finding the way out to reduce the mortality of cardiovascular diseases.

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