

A REVIEW- COVID 19 AND PREVENTIVE MEASURES IN SIDDHA SYSTEM OF MEDICINE

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ABSTRACT

Siddha system is oldest known medicine in this world appeared many millennia ago. This system was formulated and established by our "Siddhars". Siddha system of medicine include not only curative medicines, they have also suggested ways to take care of themselves in Siddha medicine and they also emphasized what we should do, not to do, how to keep ourselves clean in the time of illness through many literatures. COVID -19 is an infectious disease that affects the lungs. Recently, we know that COVID 19 has rocked our world for months. We have lost many lives in the world because of this life-threatening disease. Now a days, the COVID-19 has spread across the country very fast because it spreads easily from one infected person to another person. This review is about how to control COVID-19 and how we protect ourselves as stated in Siddha system.

KEYWORDS: Siddha System, COVID-19, Preventive Measures

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INTRODUCTION

Corona virus disease 2019 (COVID-19) is defined as illness caused by a novel corona virus now called severe acute respiratory syndrome corona virus 2 (SARS-CoV-2; formerly called 2019-nCoV), which was first identified amid an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China.^[1] It was initially reported to the WHO on December 31, 2019. On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency.^[2, 3] On March 11, 2020, the WHO declared COVID-19 a global pandemic, its first such designation since declaring H1N1 influenza a pandemic in 2009.^[4] Illness caused by SARS-CoV-2 was recently termed COVID-19 by the WHO, the new acronym derived from "corona virus disease 2019."

Transmission is believed to occur via respiratory droplets from coughing and sneezing, as with other respiratory pathogens, including influenza and rhinovirus.^[5] Virus released in respiratory secretions can infect other individuals via direct contact with mucous membranes. Droplets usually cannot travel more than 6 feet.

That's what our ancestors told us "NOIKKU EDANGODEL" that means they are suggested a way to protect themselves from germs despite the disease. Clean the house to keep germs out of reach of us and many diseases can come to us if we don't have good wind and sunlight.

The food and actions of a person should be in association with the nature of his body. Any increase or decrease in a Humour (Vali, Azhal, Aiyam) causes diseases. Siddhars have said that our body varies and adapt according to time or Period (KAALAM) and Land (NILAM). They are divided the period into six categories and compare it with the Tamil months,

- Kaar kaalam – Aavani & Purattasi
- Koothir kaalam – Iyepasi & Karthigai
- Munpani kaalam – Marzhali & Thai
- Pinpani kaalam – Maasi & Panguni
- Elavenir kaalam – Sithirai & Vaigasi
- Mudhuvener kaalam – Aani & Aadi

They also suppressed these six periods in two major categories that is 1.Aadhana kaalam (Maasi – Aadi) and Visarka kaalam (Aavani – Thai). Naturally, the body's vitally decreases during the Aadhana kaalam because of the heat and drought .So the humans are more vulnerable to the disease in this time and we know that the COVID-19 is spread during this time. According to the Siddha system, we will no longer look for ways of protecting ourselves and protecting those around us.

MATERIALS & METHODS

Steps to Keep Ourselves from Getting Sick

பிணியணுகா விதி:

“திண்ண மிரண்டுள்ளே சிக்க வடக்காமற்
பெண்ணின்பா லொன்றைப் பெருக்காமல்- உண்ணுங்கால்
நீர்கருக்கியோர்பெருக்கி நெய்யுருக்கி யுண்பவர்தம்
பேருரைக்கிற் போமே பிணி”

- One should consume boiled water, diluted butter milk, melted ghee.
- Over indulgence in sex should be avoided.

“பாலுண்போம்;எண்ணெய்பெறின் வெந்நீர் குளிப்போம்;
பகற்புணரோம்;பகற்றுயிலோம்;பயோதரமு மூத்த
ஏலஞ்சேர் குழலியரோ டிளவெயிலும் விரும்போம்;
இரண்டடக்கோம்;ஒன்றைவிடோம்;இடது கையிற் படுப்போம்;”
“மூலஞ்சேர் கறி நுகரோம்; மூத்த தயிர் உண்போம்;
முதனாலிற் சமைத்த கறி அமுதெனினும் அருந்தோம்;
ஞாலந்தான் வந்திடினும் பசித் தொழிய உண்ணோம்;
நமனார்க்கிங் கேதுகவை நாமிருக்கு மிடத்தே”

Drinking Cow's Milk

- After rubbing the oil, take a both in warm water
- Sleep with your left hand under your head like pillow while sleeping is good.

You should eat fermented yogurt (Curd)

The following are to be avoided,

Sexual activity & sleep during day time

Sexual contact with an elderly woman

Exposure to sun's rays in the early morning

Food cooked on previous day should not be eaten again.

- Eating without proper appetite

“உண்பதிரு பொழுதொழிய மூன்று பொழு துண்போம்;
உறங்குவதி ராவொழிய பகலுறக்கஞ் செய்யோம்;
பெண்கட மைத் திங்களுக்கோர் காலன்றி மருவோம்;
பெருந்தாக மெடுத்திடினும் பெயர்த்து நீரருந்தோம்;
மண்பரவு கிழங்குகளிற் கருணையின்றி புசியோம்;
வாழையினம் பிஞ்சொழியக் கனியருந்தல் செய்யோம்;
நண்புபெற வுண்ட பின்பு குறுநடையும் கொள்வோம்;
நமனார்க்கிங் கேதுகவை நாமிருக்கு மிடத்தே”

- Eating three times a day,
- Day sleep, frequent sexual indulgence and drinking of water during eating are to be avoided.
- Tubers except elephant foot yam and early ripened plantain are to be avoided
- One should have a short walk after a meal.

“ஆறுதிங்கட் கொருதடவை வமன மருந்த யில்வோம்;
அடர்நான்கு மதிக்கொருகாற் பேதியுறை நுகர்வோம்;
தேறுமதி யொன்றரைக்கோர் தரநசியம் பெறுவோம்;
திங்களரை கிரண்டுதரம் சவரவிருப் புருவோம்;
விறுசதுர் நாட்கொருகால் நெய்முழுக்கைத் தவிரோம்;
விழிகளுக் கஞ்சன மூன்று நாட்கொருகாலிடுவோம்;
நாறுகந்தம் புட்பமிவை நடுநிசியின் முகரோம்;
நமனார்க்கிங் கேதுகவை நாமிருக்கு மிடத்தே”

Emetic treatment should be done once in six months

- Purgatives once in four months
- Nasal application (Nasiyam) should be done once in 6 week

- Shaving the face twice in a month
- Oil bath should be taken twice a week
- Apply corillium to the eyes once in three days
- The fragrant of flowers should not be smelt at midnight

“பகத்தொழுக்கு மாதரசங் கரந்துடைப்ப மிவை தூட்
படநெருங்கோம்; தீபமைந்தர் மரநிழலில் வசியோம்;
சுகப்புணர்ச்சி யசனபச னத்தருணஞ் செய்யோம்;
துஞ்சலுண விருமலஞ்சை யோகமழுக்காடை
வகுப்பெடுக்கிற் சிந்துகச மிவை மாலை விரும்போம்;
வற்சலந்தெய் வம்பிதுற்சற் குருவை விடமாட்டோம்;
நகச்சலமு முளைச்சலமு தெறிக்குமிட மணுகோம்;
நமனார்க்கிங் கேதுகவை நாமிருக்கு மிடத்தே”
-பதார்த்த குணசிந்தாமணி

- One should stay away from women during their menstrual period dust and pollution of goat, donkey and broom.
- One should not stay below the lamp posts or trees at night
- One should not indulge in sexual action immediately after the intake of food
- Consumption of food should be avoided at dusk.

METHODS OF PROTECTING THE SENSORY ORGANS

There are 5 sensory organs. The eye, nose and mouth are important parts because germs easily pass through the body when we rub the parts. Whether COVID-19 spreads in the body through these three sensory organs.

Let us discuss how to protect these three elements in Siddha system,

1. EYE

- Apply ink to your eyes once in three days (Made the ink with the herb of ‘KARISALAI’ (*Eclipta prostrata*) & ‘PALA KIRAMBU PAKKUYA VENNAI’ is good for eyes)
- Take oil bath twice a week.
- Before going to bed at night, rub on your feet with ghee and apply rice bran with the cloth. Then wash your feet with cold water and apply sandalwood to the next morning.
- Before going to bed at night, rub three drops of water on each eye then look at the moon.
- Siru keerai (*Amaranthus tricolor*), Ponnagannai keerai (*Alternanthera sessilis*) Pannai keerai (*Celosia argentea*) should be included in the lunch.
- Wash the eyes daily in the morning in soaked herb water mixed with dissolve camphor. The herbs are Kadukkai (*Ternalia chebula*), Nellikai (*Phyllanthus emblica*), Thandrikkai (*Terminalia bellirica*)

2. NOSE

- When taking oil bath, poured two drops of oil on each nose.
- The fragrant of flowers should not be smelt at midnight
- Nasal application (Nasiyam) should be done once in 45 days

3. MOUTH

- Brush your teeth with Aal (*Ficus benghalensis*), Vel (*Acacia nilotica*), Pala (*Artocarpus heterophyllus*)
- Wash your mouth 14 times after eating.
- Astringent based powders should be used for brushing.

BATHING SYSTEM

- Patients, children and elderly peoples should be bath in warm water.
- According to the body of nation, period, condition should bathing in soaking the water of MAA (*Mangifera indica*), NELLI (*Phyllanthus emblica*)
- By bathing the oil once in eight days, no illness will reach us.
- Take coconut oil and rub it on the body with little amount of saffron.
- Take gingili oil, castor oil, cow's ghee and rub it on the body.
- According to PADHARTHA GUNA SINDHAMANI, many diseases do not come closer to us because of using turmeric powder & PANCHA KARPAM

Meaning

Take

- Kasthuri manjal,
- Milagu(Pepper) ,
- Veppam vidhai (Neem seeds) ,
- Kadukai thol
- Nelli paruppu (Amla seeds).

These should be grinded with black cow's milk to boil it well and rub the head before taking bath.

WATER PURIFICATION METHODS

- Take 2 to 3 THETTRAN SEEDS (*Strychnos potatorum*) soaked in water in 5-6 hours.
- Should be drink soaked NELLI (*Phyllanthus emblica*) water.
- Drink with 6 glass of water mixed 780mg of Padigaram.

TIME & DISEASE CONTROL DIET

Naturally, the body's vitality decreases during the Aadhana kaalam (Maasi – Aadi) because of the heat and dryness. This period includes six months and following these steps, we can make our body healthy.

1. PINPANI KAALAM: (Maasi & Panguni)

- Exercise in the morning then take oil bath to removing Vadham.
- Eat sweet, sour and salt flavoured foods.
- Foods made with Meat, jiggery, rice and grapes can be consumed.

2. ELAVENIR KAALAM: (Sithirai & Vaigasi)

- Do emetic treatment and nasal application during this period
- Eat foods with mild drought.
- You can eat soaked sandalwood water, honey, wheat and mango.
- The sweet and sour flavoured foods are should be avoided.

3. MUDHUVENIR KAALAM: (Aani & Aadi)

- Avoid spicy, sour and salt flavoured foods
- Avoid doing exercise.
- Don't go outside during the day time.
- Alcohol should not be consumed.
- They can be eaten with Samba rice, meat, banana, jackfruit
- Sandalwood paste can be applied to the body.

Steps to keep Ourselves and Around us

The W.H.O advises that the individual space must be strictly followed to prevent COVID-19 because it spreads so fast that humans are very close to it. Siddhars have said on many texts to realize the essentials of this unique space. They explained that there must be so many peoples in certain area. You can see it below,

Table 1

NAME	AREA	POPULATION
Gramam(Village)	3,13,600 gajam	100 families (400 peoples)
Puram	1 mile	500 families
Pattanam	10 mile	2500 families
Nagaram	100 mile	12,500 families
Puri	1000 mile	62,500 families

We can also prevent the spread of disease by observing it.

AND SOME SAFETY METHODS

- The cow's dung provides many germs when washing the house
- Sambirani (*Styrax benzoin*), Kungiliyam (*Shorea robusta*) smoke helps to disinfect the air.
- Clean the kitchen daily
- The house should be cleaned twice in a day
- The dishes we cook should be kept in a clean container (It is best to use soil pots)
- Take care not to throw too much debris into the house
- Dispose of waste around the house
- We must wash the house with turmeric water in times of infection
- Neem leaves should be built outside the house where the infection occurred
- When you go outside, wash your face and feet immediately.
- Hair and nails should be removed at least once a week
- Wash the areas where dirt may accumulate in your body
- Covering your mouth while sneeze, laugh
- Even when speaking, you need to cover your mouth
- The water in the nail and hair should not be spraying.
- Do not let the fingers into the nose frequently.
- Do not sit or lie down in close quarters.

CONCLUSION

If we follow the above mentioned safety procedures, no disease will reach us. We must adhere to the security measures that COVID-19 and any other pestilence do not reach us.

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