

JOINT CARE IN SIDDHA MEDICINE - REVIEW ARTICLE

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ABSTRACT

Disorders of the musculoskeletal system affect all ages and ethnic groups. Joint diseases may arise from processes affecting bones, joints, muscles, or connective tissues such as skin and tendon. The principal manifestations are pain and impairment of locomotor function. Disease of musculoskeletal system tend to be more common in women and more increasing age. Two most common disorders are osteoarthritis and osteoporosis. Osteoarthritis is the most common type of arthritis and affects up to 80%, of people over the age of 75. Osteoporosis is the most common bone disease and affects 50%, of women and 20%, of men by their eighth decade. Diseases of musculoskeletal system are the most common cause of physical disability in older people and account for one-third of physical disability at all ages. This article briefly

postulates how far *Siddha* system contributes in joint disorders in preventive and curative aspects. According to *Siddha* system *Keelvayu* is a general term which includes all kind of joint disorders. *Vatham* that is affects the *Keel* or joint. Joint diseases originate due to vitiation of *Vatham* and *Kapham* under various causes. *Siddhars* classified joint disorders into 10 type basis of *Thritthosam* and said about the treatment for joint disorders not only for removal of the disease but also for prevention and improving the body condition. This is said as *Kappu*, *Neekam*, *Maruntheedu*. Based on that *Siddhars* mentioned various kind of medicinal plants, metals and minerals to prepare medicines in the form of simple and or compound drug formulas. The treatment method includes internal and external therapies. The

internal treatment consist 32 types of internal drugs such as decoction, *chooranam*, tablets, etc. The external treatment includes 32 type of external therapy such as oil application with massaging fumigation, sudation, fermentations, bandaging etc. Further *Siddhars* mentioned *yoga asanas*, diet and lifestyle modification to not only cure the joint diseases but also prevent the joint diseases in future.

KEYWORDS: *Keelvayu*, *vatham*, *kapham*, *Siddha Medicine*, *Osteoarthritis* and *Osteoporosis*.

INTRODUCTION

Disorders of the musculoskeletal system affect all ages and ethnic groups. Joint diseases may arise from processes affecting bones, joints, muscles, or connective tissues such as skin and tendon. The principal manifestations are pain and impairment of locomotor function. Disease of musculoskeletal system tend to be more common in women and more increasing age. Two most common disorders are osteoarthritis and osteoporosis. Osteoarthritis is the most common type of arthritis and affects up to 80%, of people over the age of 75. Osteoporosis is the most common bone disease and affects 50%, of women and 20%, of men by their eighth decade. Diseases of musculoskeletal system are the most common cause of physical disability in older people and account for one-third of physical disability at all ages (Brain et al., 2014).

According to *Siddha* system *Keelvayu* is a general term which includes all kind of joint disorders. *Vatham* that is affects the *Keel* or joint. Joint diseases originate due to vitiation of *Vatham* and *Kapham* under various causes. *Siddhars* mentioned various medicinal preparations by using herbs, metals and minerals to cure the joint disorders (Sanmugawelu., 2002).

Nowadays the management of most of the joint disorders is not completely satisfied with various kind of medical system in global wide. This article briefly postulates how far the *Siddha* system contributes in joint disorders in preventive and curative aspects as well as it help to find the gap in joint disorders and its managent and help to fill the gap in future.

MATERIAL AND METHODOLOGY

The review article describes preventive as well as curative aspect of joint care in *Siddha* system based on ancient *Siddha* books stanzas, *Siddha* text books, allopathic medical books and journal articles.

RESULT AND DISCUSSION

According to the *Siddha* system the treatment not only for removal of the disease but also for the preventive and improving the body condition after removal of disease. This is said as *kappu*, *neekam* and *niraippu*. When treating for removal of the disease the following principal must be noted, “*noi nadi noi muthal nadi athu thanikum vai nadi vaippach seyal*”.

So it is essential to know the diseases and the cause for the disease, before treating the patient. So also to the nature of patient, the degree of illness, and the season and time of the occurrences of the disease must be noted.

In *keel vayu* the following principal are kept in mind. The causative factor should be noted and removed. Rest is said to be essential for the reduction of the inflammation and Pain, preservation of function and prevention of deformity. In *Keel vayu* the vitiated *Vayu* must be brought to normal condition. For this purgatives are given as a first measure. Many prepared medicines are used for this. But all medicines are not given in all season. Generally the following medicines are used in *Keel vayu* as purgatives. It is given in the previous night in suitable doses. Some are given in the early morning. Purgatives in the form of pills *Kodasoori* pill, *Sanjeevi* tablet, *Jeevarathna* pills, *Suha virechana* pill, *Asta bairavam* and *Meha natha kuligai*. The oils are *Kalatchi ennai*, *Merukulli ennai*, *Vellai ennai*, *Vatha nasa thailam* and *Agasthiyar kulambu*, (Supramaniyam, 1983).

Internal medicines: After purgatives are given and the vitiated *Doshas* are being set right, direct remedies for the disease are given. For this there is one principle to be adopted. That is “*Ver paru thazhai paru minjinal Mella mella patpa chendooram paaru*”.

Common herbs which are used in joint diseases *Vitex negundo*, *Ricinus communis*, *Delonix verrucosa*, *Cissampelos pareira*, *Cardiospermum halicacabum*, *Clerodendron phlomides*, *Pavetta indica*, *Calotropis gigantean*, *Piper nigrum*, *Eclipta prostate*, *Barringtonia acutangula* (Murugesamuthaliyar., 2013).

Herbal medicines such as *Pirappam kilangu* decoction, *Parangi kilangu* decoction, *Mutakku chooranam*, *Amukara chooranam*, *Vellaruku paspam* are used in joint diseases. Chopped the *Sevamanakku* leaves and temper in castor oil. Then use it for fomentation while in luke warm. It can cures the swelling in joints and pain. *Vathanarayana* leaves curry cures *Keel vayu*. *Musutai* can be cooked and eat for *Vatha* disease condition. *Mudakathan* can be used

in the form of *Rasam* to cures *Vatha* diseases. Mildly heat the leaves of *Pavatta* and bandage over the joints and can be use for fomentation (Ramanathan., 2002).

As first herbal remedies must be tried. If not relieved the powerful *Paspams* and *Chendoorams* of inorganic preparations must be given. They are *Aya veera chendooram*, *Arumuga chendooram*, *Sanda marutha chendooram*, *Thanga chendooram*, *Poorana chandrothayam*, *Vanga patpam*, *Velli patpam*, *Veera mezhugu*, *Rasa kanthi mezhugu*, *Vaan mezhugu*, *Nanthi mezhugu*. (Supramaniyam, 1983).

External applications - *Patru*: *Moosambara patru*, *Kalatchi patru*, *Kavikal patru*, *Kukkil vennai*, *Azharchi vennai*. *Kattu* made with *Birammi* leaves, *Murungai* leaves, *Vellai keerai* and *Tharaakeerai* are used. External oil: *Vathakesari ennai*, *Etti ennai*, *Kukkil ennai*, *Sadamanjil ennai*, *Uzhunthu ennai*, *Merukulli ennai*. For fomentations *Chunnambu karai*, cobwebs, wheat or rice bran and brick powder are fried and used for fomentation. Paste : mysakshi is rubbed with *Uthamani pal*, warmed and applied to the swelling and effusion of the joint. Dried bark of aged tamarind tree is collected, burnt over a broad stone *Uthamani* leaves juice plus *Karchunnam* powder mixed together poured over the heatedstone after removing the ash. It boiled into semisolid paste which is applied to the joint in bearable heat.

Fumigation of the affected joint Consisting of *Kantham*, *Patharasam*, *Palthutham*, mustard, *Kariyan kuntharikam*, *Gowri*, *Vella padanam*, *Gendhi*, *Lingam*, *Erukam ver*, *Thalakam* of each 2 *kalanju* mercury and *Kareyam* to be subjected to *Thondippu*. Other drugs powdered added mixed as per rule. rubbed with beetle leaf juice made into pills of about *Kalarchi kai* size, dried and preserved. one pill to be powdered, put in tamarind bark burnt up fire and fumigation applied to the affected joint morning and evening for 6 ½ days. (Supramaniyam, 1983).

Thokkanam: In *Siddha thokkanam* is done for *Mudakku vatham*. The procedure for this is said as *Kaikattal*. This process must be done only in sitting posture. This must be done with application of oil in the body (Uththamarayan., 2009).

Yogic asanas: Progressive use of toe touching in standing and sitting position (*Padahasta* and *Patchimonthana asana*), the cobra pose (*Bhujangasana*), plough pose (*Hariasana*) bow pose(*Banurasana*) alternate toe touching (*Trikona asana*) sitting forward twist

(*Arthamachendra asana*) and its variation can be used beneficially according to the necessity of the patient.

Pranayamam: Breathing exercises – diaphragmatic and abdominal are necessary to maintain mobility and full expansion of thorax. They should be started as early as possible.

Diet and life style modification: While there is fever liquid conjee should be given. later double boiled rice, tender Brinjal, *Bvarai pinchu*, *Murungai pinchu*, and Dhall may be used. Depending upon the recovery of *Keelvayu*, easily digestible foodstuffs can be given gradually soups prepared from goats chest bone and joints bones may be administered. Next to goat mutton, *Kadai* or *Kaudari* birds may be prepared with suitable dishes and taken. *Thamaraga kudineer* (goats heart decoction) can be given if the heart is involved. It is depends upon the digestive power of the patient. (Supramaniyam, 1983).

CONCLUSION

According to Siddha system the management of joint disorders said as *Kappu*, *Neekam* and *Niraippu*. Based on that *Siddhars* mentioned various kind of medicinal plants, metals and minerals to prepare medicines in the form of simple and or compound drug formulas to treat with internal and external therapies and also Further *Siddhars* mentioned *yoga asanas*, *pranayamam*, diet and lifestyle modification to not only cure the joint diseases but also prevent the joint diseases in future.

Recommendation

As per the Siddha system, it is give an adequate and appropriate management in most of the joint diseases.

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