

MODULE 3: NOI ILLA NERI

Description on land and habitation – suitable and unsuitable lands for living. Village, town planning, areas of a town and industries.

1. Describe the land divisions and characteristic features of each land
2. Mention which land is suitable for living.
3. mention about habitations of land
4. mention the benefits of studying different geographical
5. describe about a village
6. How town planning was done earlier days and describe the facilities made in town.
7. Describe about streets, tanks, ambalam gardens / parks, angaadi, fortress in towns.
8. mention about the industries of earlier days

II. Discussion on sanitation – classification of waste products, ancient drainage methods

1. How the sanitation facilities were made in towns?
2. classify the waste products and their method of disposal
3. Mention about ancient drainage methods.
4. Mention the recent advances in the concept of housing
5. Which are the places not suitable for house site.
6. Mention the suitable height level for house site.
7. Describe about the deity of house site – vaasthu.
8. Mention the qualities of earth for house site. Describe the different testes to be made
9. How the plan for construction of house is to be made
10. Describe about the materials for the construction of houses.
11. How the following should be in construction of house (a) basement (b) Wall (c) Floor (d) Roof (e) entrance (f) Back entrance (g) Front yard (h) Mutram (i) doors (j) Drainage (k) garden.

IV. Description on methods of disposal of corpses

1. Describe the methods of disposal of corpses

V. Discussion on seasons:

1. Describe about the different seasons and to the importance for maintaining good health.
2. Mention about the properties of different waters
3. How the water is purified and stored

VI. Importance of fire and Heat:

1. Describe the different varieties of fire and the different varieties of fire and its characteristic features.

VII. Importance of air and breathing:

1. Mention about the properties of pure air.
2. How the impurities formed in air and how they are removed.
3. Mention the varieties of fan and its uses.
4. Describe the breathing techniques

VIII. Description on space and internal feelings:

1. Describe space and sound
2. Describe the characteristic features of different types of songs and the feelings created by them.

IX. Discussion on five sense organs:

1. What are the causes for eye diseases?
2. Mention the ways and means to protect eye diseases.
3. How will you protect nostrils from diseases
4. How the ears are to be protected
5. Describe the methods for keeping the mouth and tongue clean
6. Mention the methods to keep to skin clean

X. Siddha approach on ozhukkam and exercises:

1. What are daily regimens?

XI. Daily Ozhukkam

1. Describe the regimens of early rise and morning routine in detail
2. What are the regimens to be followed in clothing and ornaments?

XII. Description of food, beverages, chewing betel nut.

1. Describe relationship between appetite and digestion
2. Food should be free from three indifferences or antagonistic feature. What are they and How?
3. Describe the proper use beverages
4. Describe the regulations to be followed while using betel nut.

XIII. Sleep:

1. Method suitable time and duration (types of mattresses and qualities): Describe sleep and its various experts like method, suitable time duration etc.
2. Describe ill effects insomnia and disturbed sleep and its prevention.
3. Describe the effects of day sleep and excessive sleeping.
4. Who are the persons restricted from sleeping.
5. Describe the types of beds, mattresses and bed spreads.
6. Describe the righteous living.

XIV. Seasonal Regimens:

1. Describe the regimens to be followed in each season:

XV. Siddha concept of food materials:

1. Write the Siddha concept of plant products and olineral products in food.
2. Mention different varieties of rice and its qualities.
3. Mention different varieties of food item prepared out of rice and wheat and its benefits.
4. Enumerate the other varieties of food grains and its uses.
5. Describe the various types of pulses and its uses.
6. Mention the varieties of green used as food and their effects in body.
7. Describe the uses of various unripe and ripe fruits and timbers.
8. Describe the seeds used in food.
9. Describe the various kinds of honey and their uses.
10. Describe the uses of milk and milk products.
11. Describe meat products and fish varieties
12. What are the substances which maintain the equilibrium of 3 humors

XVI. Usage of utensils and cooking

1. Mention the points to be observed in using of different utensils.

2. Describe the various aspects to be observed in diet and dietetics
3. Describe about natural drugs

XVIII. Mother and child care:

1. What is the conducive age for conception
2. Mention the three days treatment in each month of pregnancy for safe delivery and good health of mother and baby.
3. Describe other care during pregnancy during delivery and after delivery

XVIII. Human pathogens:

1. Describe the various human pathogens
2. Describe the important infectious diseases and its prevention

XIX.

1. Describe the Scientific Explanation of preventive measures mentioned by Theraiyar.
2. Compare Siddha method of disinfection
3. Write about nutritional programme
4. Describe HIV and AIDS. Describe AIDS in Siddha system and its controls
5. Mention about various national health programme and the role of Siddha system of medicine.

Advanced Concept Of Bathing And Method With Using Of Various Siddha Herbal Preparations, Paste, Diet Restriction Of The Day Of Oil Bath, Clothing And Ornaments

1. What are the processes of oleation?

When liniments are applied on the body, three drops must be instilled into each ear and two drops into each nostril and in both eyes. Application of oil should start from the vertex of the head downwards to all parts of the body and gently rubbed well, without emission of heat. Due to the oleation massage the blood circulation improves. If the outer skin is soaked in the oil for sometime the essence of the oil will be absorbed into the body.

2. What is the time suitable for taking oil bath?

If one takes oil bath within the specific time as shown below he will have a healthy physique. During the Tamil month of,

Chithirai&Vaikasi(Mid April-Mid June) → within 120 minutes from sunrise.

Aani&Aadi (Mid June- Mid August) → within 192 minutes from sunrise.

Aavani, Purattasi, Aippasi& Karthigai

(Mid August-Mid December) → within 96 minutes from sunrise.

Margazhi&Thai(Mid December- Mid February) → within 48 minutes from sunrise.

Maasi&Panguni(Mid February-Mid April) → within 72 minutes from sunrise.

3. What are the specific areas of oil application during oleation?

The oil should be used lavishly for head, legs and ears. One must apply four drops of oil in nose and six drops of oil in ears. Oil should be applied lavishly on the head, body and the sole of the feet and rubbed till it becomes warm and then took bath in hot water, wipe out the moisture and oil from the body completely, with a dry cloth and keep it dry.

If we rub the sole of the foot with suitable medicinal oil, it removes the eye disease. If we instil the oil into the eyes the ear troubles are relieved. If we instil a few drops in ears the head ache is relieved. If we rub the medicinal oil on the scalp all the aches are relieved.

4. What are the types of De-oleaginous substances?

For wound, scabies, itching etc. the powdered form of *Accacia pinnata* and *Bassia longifolia* should be used. *Alternanthera sessilis* and soap nut should be used to remove the oleaginous substances applied on scalp while bathing. The green gram powder should be used to remove the ghee applied on scalp and the powder of *Ranidia demectron* should be used during bathing for removing the lard applied.

5. What are the suitable pastes to be applied during oil bath?

Oil	Paste
<ol style="list-style-type: none"> 1. Gingelly oil 2. Medicated oil 3. Cow's ghee 4. Ghee obtained by melting the double- tonged lizard, crow & pig's fat 	<p>Sapindus laurifolia</p> <p>Mimosa rubicaulis, Acacia sinuate</p> <p>Green gram</p> <p>Emetic nut, Canthium parviflorum</p>

6. What are the pastes to be applied in scabies, pruritus and ulcers?

Disease	Paste
<ul style="list-style-type: none">• Scabies& pruritus•Ulcers	Black siris Oil cake of South Indian mahua

7. What is Pancha karpam?

It is paste made of five drugs namely, dried fruit of Embilica officinalis, white pepper, Curcuma aromatic, the seed of margosa, Terminalia chebula having the component of the earth, water, fire, air and space in one and a half, one and a quarter, one, three fourth and half measures respectively. These drugs are grinded with cow's milk and boiled. This medicinal paste is called as pancha karpam.

8. Write the uses of pancha karpam?

If we apply it on the scalp and take oil bath regularly, it removes vata diseases of the head and chronic sinusitis and strengthens the gums of the teeth on brushing with it. It removes the diseases of the eye and eye lids caused by facial paralysis, gray hair and giddiness due to pitham. It also prevents obesity and weakness of the body.

9. How do you bath the baby?

After the umbilical cord has fallen off, oil bath must be given once in two or three days. It is better to use cow's ghee for male children and almond oil for female child for oil bath. First a little oil should be applied from the spine to the back of the neck and massaged with two fingers. By this, tiredness, exhaustion, the sprain called "uram" and the problems caused by lying in the same position or by improper carrying or lifting the baby are removed.

10. What are the diseases cured by oleation therapy?

The following are the different medicated oils to be used in various diseases.

Disease	Medicated oil
1. Shuddering of head	Ulundhu thailam
2. Ear disease-Deafness	Ulundhu thailam, Milagu thailam, Chukku thailam.
3. Impaired hearing&otalgia	Milagu thailam, Notchi thailam
4. Diseases of the throat inclusive of sore throat	Notchi thailam
5. The growth of Uvula	Ulundhu thailam
6. Hoarseness of voice	Chukku thailam, Milagu thailam, Inji thailam, Kaiyan thailam
7. Nasal obstruction	Notchi thailam
8. Sinusitis	Notchi thailam, peenisa thailam
9. Nasal obstruction,Epistaxis and dried nose	Nasigaroga nasa thailam
10. Eye irritation	Nasigaroga nasa thailam
11. Dark opacity of cornea	Sagadevi thailam
12. Cataract	Bringamalaga thailam
13. Diseases of the head	Arakku thailam, Chukku thailam

11. Who are the persons should avoid oil bath?

Persons who are afflicted with kapha diseases and who had taken purgatives, emetics and diseases of the urinary bladder and those who are suffering from indigestion should avoid oil bath.

12. What are the diet restrictions to be followed while taking oil bath?

Sour taste food, milk, bitter gourd, sesbania grandiflora, fish, meat except goat's meat, tobacco, sleep and sexual activities are to be avoided on the day of oleation and on the subsequent day also. Tamarind water, jiggery, green gram, sour butter milk and ground nut are to be avoided during medication.

13. What are the hazards of bathing?

- [Drowning](#) is one possible danger of bathing. Drowning has been known to occur in a shower, though the risks are less than in an immersion bath.
- [Heatstroke](#) can also result from the use of sauna baths or other hot baths.
- [Hypothermia](#) from using cool baths and not being sensitive to the cold, as a result of falling asleep for example.
- [Ear infections](#), also known as [swimmer's ear](#) can result from water building up and the resulting increase in bacteria.
- [Impact injuries](#) are also possible from landing inappropriately in a bath, from an elevation, or from collision with other bathers, or with the sides of the bath.
- [Irritation](#) caused by bathing solutions or other cosmetic products.
- [Infection](#) caused by sharing dirty bathwater or bathing with others.
- [Collapsing](#) when getting out of the bath because of the sudden change in blood pressure can occur, particularly when the bath is hot. Fainting can lead to accidents (including drowning if one falls back into the bath).
- The wet surface of the floor is a hazard and can lead to falling. Therefore, it is advisable for people with less dexterity or balance be seated during bathing.
- With advanced [age](#), some people experience a diminished ability to [sense temperature](#), and must use extra care to avoid accidentally [scalding](#) themselves while bathing. This is also true of individuals of any age with [sensory nerve](#) damage.
- Caution is needed with [children](#) as well, as their body is much more sensitive to temperature and pain and they are more vulnerable to changes in temperature; this is particularly the case with infants.

- Bathing [infants](#) too often has been linked to the development of [asthma](#) or severe [eczema](#) according to some researchers, including Michael Welch, chair of the [American Academy of Pediatrics](#)' section on allergy and immunology.
- Tap water often used for bathing most likely contains chlorine that may have negative effects on skin.

14. What is a steam bath?

Not unlike a sauna in that it induces sweating, but with entirely different atmospheric conditions, the steam bath not only relaxes you and renews your energy, but also promotes your health and beauty as well. It is operating most effectively at temperatures of between 43C (110F) and 46C (116F) and a relative humidity above 100%. In a steam bath, steam (or to be more scientifically correct, MIST) should be permanently present. This requires an efficient steam generator, a precise control system and a steam-tight cabin to prevent steam escaping and damaging the fabric of the surrounding room.

15. What is the physiological effect of steam bath?

The body tries to increase its heat loss through all possible avenues-especially the skin and lungs. If the environmental temperature exceeds that of the body, the only way to lose heat is through sweating. The body cannot maintain a constant temperature when the environmental temperature is as high as that reached in a steam bath or sauna, and so the body temperature begins to rise. As the cutaneous circulation increases, heat is accepted more readily by the body from the environment. A reduced skin circulation would reduce the rise of body temperature, but this is not possible. The rise in body temperature depends mainly on (a) the temperature and humidity content of the steam bath, (b) the sweating capability of the bather, and (c) the bathing time. Body temperatures have been found to range from 37.6C (99.6F) to 40C (104F). Thus, the physiologic changes that occur during the bath are due in part to the rise in body temperature and in part to the influence of the reflexes of the hormonal and nervous systems, which attempt to increase the heat loss.

The research results revealed that, given the correct choice of temperature and duration, a steam bath produces the same thermal effect on the body as a sauna and is equally beneficial. This is due to the fact that the saturated level of humidity in a steam bath is markedly counter-balanced by lower temperatures than in a sauna. The enjoyment and benefits that the steam bath affords thus depend critically on the correct temperature being set and maintained. In a steam bath, the optimum temperature lies within a narrow 43-46C (110-116F) range. These temperatures are not only experienced as the most pleasant, they are also the most beneficial. If the maximum temperature is exceeded by as little as 2-3C, the atmosphere is felt to be too hot. Proper steam bath control systems prevent such a temperature rise and maintain the optimum conditions with the utmost reliability, regulating the temperature, the supply and density of the steam, the intake of fresh air and the extraction of spent air entirely automatically.

16. What are the effects of steam bath

A steam bath is health giving as well as enjoyable. As a supportive activity, a steam bath is especially recommended to alleviate the conditions listed below by virtue of its high steam content and the general benefits of moist heat. The list was confirmed by the research carried out at the Institute of Medical Balneology and Climatology at the University of Munich: Bronchial asthma, bronchitis, catarrh of the upper respiratory tract, coughs, hoarseness, expectoration (particularly with the assistance of essential oils) non-acute rheumatic complaints and restricted or painful movements of the joints.

In addition, again as a supportive measure the steam bath is beneficial for persons suffering from: Sleeping disorders, particularly through over excitability, poor skin circulation, dry, chapped skin, muscular tension, muscular weakness in the subcutaneous blood vessels, and sensitivity to sudden changes of temperature.

A great advantage of the steam bath lies in its highly beneficial effect on the skin, a feature particularly appreciated by women. The moist heat stimulates the subcutaneous blood flow and cleanses the skin intensively, opening the pores, removing dead skin and impurities and leaving the skin feeling soft, clean and silky smooth.

17. What is the correct way to take a steam bath?

Shower before the first session-time the stay in the steam bath in accordance with your personal sensitivity-do not exceed 15-20minutes- cool off with cool fresh air and cool water without shocking the system and avoid shivering-take a warm foot bath if you have cold feet- do not take more than 2-3 sessions in the steam bath. In the case of combined facilities like sauna and steam bath, which provide for different types of bath, you may also switch from one type to another. What is essential though is that you cool off thoroughly after each session. Never start a fresh session if your body is warm (or worse still, hot) and never change from one type of bath to another until you have cooled down properly. To do so could overtax your circulation. Unless the body has cooled down properly after a steam bath, even a swim in a heated pool could be physically harmful as it can be after a sauna. Enjoyed correctly, a steam bath will help to overcome the stresses of everyday life, to relax and recover and to gain new strength and improve general physical and mental well being.

18. What is Balneotherapy?

Derived from the Latin word balneum meaning bath, balneotherapy (sometimes referred to as water therapy or spa therapy) involves the immersion of patients in thermal or mineral waters for the treatment of various illnesses (psoriasis being one of the major illnesses). This form of therapy goes back to early civilisation and has rapidly evolved into the use of mud packs, saunas and steam baths, physical exercises, inhalation of water vapour, and drinking mineral water; all these come under the general name of balneotherapy.

The process involves particular types of water, which have healing properties; these include, sulphur springs and concentrated salty water, such as found at the Dead Sea. Hot springs, which are high in Radon (a radioactive substance) are also said to possess particular healing properties.

Mineral waters are natural solutions, which are formed under specific geologic conditions and characterised by what is known as chemico-physical dynamism.

Originating in springs, they are bacteriologically pure and have a therapeutic potential. In recent times, thousands of health resort areas have developed around hot springs, and each spa resort is differentiated according to location (sea side or mountain area) and the chemical composition of their mineralised water. Mineral waters may be classified in many ways according to their distinctive chemical and physical elements, such as temperature, molecular concentration, chemical composition, and mechanism of therapeutic action. Spa waters can be said to be salty, sulphurous, carbonic, arsenical, bicarbonated, sulphated, and ferruginous based on their chemical content. Water temperature is described as being cold (<20°C), hypothermal (20°C-30°C), thermal (>30°C-40°C), or hyperthermal (>40°C). According to Matz *et al* (2003) the waters used to treat dermatologic disorders have varying chemical and physical properties, but are generally rich in sulphur, hydrogen sulphide, and sulphates.

19. What are the therapeutic effects of Dead Sea bath?

The waters of the Dead Sea have been renowned for their therapeutic effects since ancient times. They are unique in that they contain 27% of various salts as compared to 3% in normal sea water. In addition, while sodium accounts for approximately 80% of the salt content of normal sea water, it comprises much less of the salt total in water from the Dead Sea. The balance of the salts in Dead Sea water is magnesium, potassium, calcium chloride and bromides.

Beneficial effects of these salts are,

1. Magnesium is important for combating stress and fluid retention, slowing skin aging and calming the nervous system.
2. Calcium is effective at preventing water retention, increasing circulation and strengthening bones and nails.
3. Potassium energises the body, helps to balance skin moisture and is a crucial mineral to replenish following intense exercise.
4. Bromides act to ease muscle stiffness and relax muscles.

5. Sodium is important for the lymphatic fluid balance (this in turn is important for immune system function).

All of these help indicate that bathing in high quality sea salt could replenish the minerals which are critical to our skin metabolism. `

Since ancient times the beneficial effects of the Dead Sea Salts on the skin and their unique therapeutic and beautifying powers have been recognised. This recognition was such that Cleopatra, who was considered the most beautiful woman in the world, went to great expense to obtain exclusive rights over the Dead Sea area, and at her command, pharmaceutical and cosmetic factories were built near the Dead Sea. Their remains can still be seen at Ein Bokek and Ein Gedi till date. Based on the beneficial effects of Dead Sea salts, a number of spa resorts the world over make use of Dead Sea bath salts for balneotherapeutic treatments.

20. How does balneotherapy heal?

SaltWorks lists eight ways in which balneotherapy heals,

1. Bathing in hot springs gradually increases the temperature of the body, thus killing harmful germs and viruses.
2. Thermal bathing increases hydrostatic pressure on the body, thus increasing blood circulation and cell oxygenation. The increase in blood flow also helps dissolve and eliminate toxins from the body.
3. Hot springs bathing increases the flow of oxygen-rich blood throughout the body, bringing improved nourishment to vital organs and tissues.
4. Bathing in thermal water increases body metabolism, including stimulating the secretions of the intestinal tract and the liver, aiding digestion.
5. Repeated hot springs bathing (especially over 3- to 4- week period) can help normalize the functions of the endocrine glands as well as the functioning of the body's autonomic nervous system.
6. Trace amounts of minerals such as carbon dioxide, sulphur, calcium, magnesium, and lithium are absorbed by the body and provide healing effects to various body organs and system. These healing effects can include stimulation of the immune

system, leading to enhanced immunity; physical and mental relaxation; the production of endorphins; and normalized gland function.

7. Mineral springs contain high amounts of negative ions, which can help promote feelings of physical and psychological well-being.
8. The direct application of mineralised thermal waters (especially those containing sulphur) can have a therapeutic effect on diseases of the skin, including psoriasis, dermatitis, and fungal infections. Some mineral waters are also used to help the healing of wounds and other skin injuries.

21. What are the Medical conditions exempt from balneotherapy?

Individuals suffering from certain conditions may be exempt from balneotherapy. These include acute alcoholic states, epilepsy, psychiatric conditions, severe varicose veins, and hypersensitivity to mineral water, open wounds, inadequate balance, and cardiac dysrhythmias. Such patients need to consult their physician before attempting to go ahead with balneotherapy. Hot baths can also be dangerous for pregnant women and young children, and as such proper advice needs to be sought.

22. What is Balneophototherapy?

Balneophototherapy uses a combination of balneotherapy and light therapy to recreate elements of the Dead Sea therapy. At the Dead Sea, patients are typically exposed to natural sunlight after a dip in the magnesium-rich waters. With balneophototherapy, Dead Sea salts or highly concentrated salt water are used to prepare baths for patients, after which they are exposed to Narrowband Ultraviolet B (UVB).

Many patients generally receive between 15 and 25 treatments of balneophototherapy in order to achieve 80 to 85% clearance of skin lesions. Remission may vary based on factors such as environmental conditions, stress levels and the severity of the disease. A number of patients choose to maintain their remissions by visiting their chosen spas once or twice a week.

Balneophototherapy helps eliminate the need for costly medications that require extensive monitoring or pose a long-term risk to patients. As such, potential side effects resulting from current therapies may be avoided, thereby improving quality of life for patients.

23. What are the different types of cloths and theirs uses?

- Dress and blankets→ to preserve health and protect the whole body.
- Cloth-pad etc.→ To cover up specific organs
- Curtains, screens etc. →To hide the interior happenings.
- Bifold cloth sheets→ For painting
- Flag, head turbans etc.→ for making an hour or denote the status.

24. What are the diseases cured by different types of cloths?

Cloth	Disease	Other uses
High quality silk	insanity, kapha diseases	Gives joy, wisdom, perspiration and bright complexion to the
White silk	High fever, rigors and vatha diseases.	Gives beauty and attraction to the body.
White cotton	vatha diseases.	Increases once longevity, beauty, happiness, intelligence and strength.
Yellow	Burning micturition, cough,fever ,chronic pruritus, intermittent fever and constipation	-
Green	Derangement of kapham	Gives coolness to the eyes and brightness to the body.
Black	Cough, fever, anorexia, toxicity of snake venom and insanity.	-
Red	Diseases would become worse.	-

25. What is the suitable dress for the physician?

Blue, red and dress with multi colored spotted cloth and dress with many designs or spots the silk and leather dress are to be avoided by physicians. A physician should wear only a clean white dress.

26. What are the uses of different foot wear?

One must walk with foot wear made of the wood of cutch tree, deodar, pala indigo plant, and Indian mulberry or Ficus benghalensis banyan. This prevents the diseases like athlete's foot and eye diseases. It increases the libido and cures the derangement of three humours. By walking with the slipper made of the goat's skin or cow's skin, prevents the fever, injuries caused by wooden logs stone, and thorns and the harmful effects of scorpion and insects.

27. Compare nine planets with nine gems?

Planets		Gems
1.	Sun	Ruby
2.	Moon	Pearl
3.	Mars	Coral
4.	Mercury	Emerald
5.	Jupiter	Topaz
6.	Venus	Diamond
7.	Saturn	Sapphire
8.	Rahu	Sardonyx
9.	Kethu	Lapis Lazuli

28. What are the medicinal uses of ornaments?

It is considered that if sardonyx stone is worn, intelligence and life span will be increased; kapha and muscular strains will be cured; if a ring made of conch is worn on the right ring finger and the face is washed daily with it, pimples are removed; if a ring made of yellow arsenic with lead is worn on the left ring finger and used for cleaning after defecation regularly, haemorrhoids are cured. If the root of a sea weed is worn, it cures throbbing pain due to vatha humour. If the hard solidified globule of mercury is worn, all success in life is bestowed.
