

## **MODULE-6: SIDDHA MEDICATIONS**

Siddha medicines are classified into two types:

1. Internal medicines
2. External medicines

### **INTERNAL MEDICINES : Medicines which have to be used within 3 hours**

#### 1) **Surasam** (Decantent)

Surasam is prepared by either pounding or grinding or by squeezing the leaves. These are extracts of leaves, roots, flowers, barks, rhizomes, fruits etc. Which are boiled so that its water content is greatly reduced.

#### 2) **Caru** (Juice)

They are extracts of leaves, roots, barks, flowers, fruits etc. obtained by grinding them or baking them or obtained by adding some astringent substances.

#### 3) **Kudineer** (Decoction)

These are decoctions prepared by mixing drugs in the specified quantity of water and then boiled, so that the water content is greatly reduced to  $1/4^{\text{th}}$  or  $1/6^{\text{th}}$  or  $1/8^{\text{th}}$  of the water as required. In some cases, some substances are not directly added to the water but instead they are tied in a clean white cotton cloth and immersed in the water. The different medical decoctions are prepared at different concentration. It is good if the decoctions are prepared afresh every time.

#### **Adai kudineer:**

This is a decoction made from substances like roots, barks, tubers, legs, gums, leaves, flowers, fruits, seeds and added to water after powdering and soaking them well.

#### 4) **Karkam** (Herbal Paste)

These are paste obtained by grinding wet drug or adding water or decoction to the dry powders. The pestle and mortar should be cleaned and all the drugs added to it are properly mixed. Iron filings used for grinding.

5) **Utkali** (gruel)

This is named as gruel because the inner contents are wet and like paste while the outer surface is dry. This is prepared by using raw or boiled rice, fried and pounded to a flour form or by grinding black gram into a paste or by powdering seeds and adding water sufficient to make a paste and with this sugar or jaggery is added and heated on a fire keeping the paste in a mud-pot until it is cooked into a gruel form, some ghee is added, and the gruel should not be sticky.

6) *Adai* (Pan cake)

Some herbs are added to rice flour and grounded into a paste and baked in hot oven.

**Medicines which could be used for three months from the date of preparation**

7) *Churanam* (medicinal Powder).

The dried drugs are taken separately, purified, fried and made into fine powders. Separately sieved in a fine cotton cloth and mixed in the given proportion. Sugar or Jaggery is added to it.

Purification of *Chooranam*:

The chooranam prepared as mentioned above is baked in a mud pot with water and milk. The milk is reduced and it is ensured that the vapour is not lost. Subsequently the baked powder is sun dried and finely powdered again.

8) *Pittu* (steam boiled flour)

The drugs are cleaned and made into fine powder separately. Then mixed baked in a mud pot using milk and water. Subsequently sugar or jaggery is added to it.

9) *Vadagam* (Lozenges)

The raw drugs are purified and made into fine powder separately and then jaggery or palm sugar is added to it and baked in a mud pot using milk and water, until the milk evaporates completely. It is grounded when it is hot and made into small pills.

10) *Vennai* (Butter).

The required substances are taken in a prescribed quantity and well powdered. It is then heated by adding cow's ghee twice its weight in an iron spoon on fire. After proper heating the substance, it is poured into a mud pot containing water and churned. The outcome of the process is the Butter.

**Medicines effective for six months**

11) *Manappahu* (Syrup)

Some herbal drugs are made into decoctions separately or fruit juices are taken and boiled by adding sugar or sugar crystals, till an aromatic smell appears. Some drugs could also be added at this stage.

12) *Nei* (Medicated ghee).

Some juices or pastes or decoctions of herbs or tubers are added to cow's ghee and boiled till the drugs completely mix with the ghee and is in the form of the ghee.

13) *Suvaippu / Rasayanam* (Dainties)

To the powdered substances, sugar and ghee are added in a specific proportion and cooked into a semisolid form.

14) *Ilagam* (Electuary)

Some decoctions or juices are mixed together; sugar is added to it and boiled in mild fire. When an aromatic smell appears, fine powders are

sprinkled in it, ghee is added to it and then, honey is added till it mixes well.

**Another method of *Ilagam* preparation:**

Certain amount of sugar, jaggery or palm jaggery is taken in a mud-pot containing a measured quantity of water or milk and heated. When a smell comes, honey is added and when it is half cooked, the medicinal powders are added slowly followed by honey and ghee.

**Medicines effective for one year**

15) *Ennai / nei* (Medicated Oil)

The oils extracted from the seeds, creepers, barks and herbs are termed as nei (Oil).

**Different Medicinal Oils**

There are twelve different kinds of oils based on the extraction process:

(i) Kothi nei - Oil got by boiling process:

Substances like castor – seeds are fried and after pounding, mixed with water and boiled in an oven. The oil extracted by the above process is known as kothi nei.

(ii) Urukku nei – Oil got by process of melting:

Got by melting substances like butter or the yellow yoke of an egg.

(iii) Puda Nei.

*Semicarpus anacardium* or *Indigofera aspalathoides* are taken in a mud pot, which contains a lot of pores, and covered using cloth and clay. This is kept over a small porcelain vessel inside a pit and it is heated by the process of *pudam*.

(iv) Theeneer- Nei:

This is extracted from small wooden pieces of the trees like sandal-wood or other aromatic wood, keeping them in an earthen pot and adding water, closing the lid with a nice piece of cloth, filtered and then the extraction is cooled.

(v) Sooriya puda nei or Aadhava nei

Along with sesamum seeds, appropriate substances are added and grinded well to become a paste and this medicinal paste is placed in the hot sun and the Oil that comes out due to the hotness of the sun is collected and known as *Sooriya puda nei*.

(vi) Man Nei:

The oily substance that comes out from the damp free soil.

(vii) Mara Nei:

The oily substance that comes out from the cut part of the tree.

(viii) Silai Nei:

That which flows from high mountains.

(ix) Neer Nei:

The Oil extracted from ventricles or sac of the civet cat from its bag by squeezing it well and soaking in water.

(x) Aavi Nei:

The process of cooling aromatic vapours emerging from frank incense, that is heated in a mud plate.

(xi) Sudaar Nei:

Substances like sulphur are grinded with the ghee suggested by the physician and the paste is spread over a new piece of cloth, which is already soaked in water squeezed and dried well, and the piece of cloth containing the paste is well tied round a long piece of iron rod and held above the fire. The liquid drops that comes out due to this process of heating is collected and this is *Sudar Nei*.

(xii) Pori nei or Iyandira Nei.

The oil extracted by oil presses from the seeds like sesame seeds.

All the above mentioned twelve kinds of Oils are administered by the following five methods.

1. *Mudi Nei* - Oil applied on the scalp.

2. *Kudi Nei* - Oil used as internal medicines
3. *Pidi Nei* - Oil used in physio therapy
4. *Tholai Nei* - Oil used in the orifices of the body.
5. *Silai Nei* - Oil used for all skin diseases, ulcers, fistula as an external application.

#### 16) *Mathirai* (Pills)

The term mathirai means quantum. Medicine made in a specified quantum is therefore called as Mathirai. The drugs are grinded well by adding juices of leaves, ginger, breast-milk, or some decoctions and made into small pills according to its dose and dried.

#### 17) *Kadugu* (Filtrates)

Kadugu is a small measure of mustard size, certain medicinal ingredients are mixed with ghee or other oils and then heated till the specific period of time. A small quantity of the sediment of the medicine so prepared, to the size of a mustard-seed is taken in and the oil is smeared on the body.

#### 18) *Pakuvam* (Processed drugs)

The drug to be processed is soaked in raw rice water, or water. Subsequently soaked either in butter milk, lime juice, ginger juice or some leaves juices (e.g.) lemon is soaked in five varieties of salt and cooked.

#### 19) *Thaen ural* (Infused honey)

Ginger, Indian gooseberry, or Gall-nut are first soaked in water and small pieces are made in it and it is subsequently soaked in honey or jaggery syrup. Infuse Soak

#### 20) *Theeneer* (Distilled extracts)

This is the process in which drugs are boiled with water in special distillation pots. The vapour of the medicated water is cooled and collected.

In the same process, salts are also used instead of drugs. They are also called as “Pugai Neer” or Thiravagam or Sakthineer.

### **Medicines that could be used for five years**

#### 21) *Mezhugu* (Medicinal wax)

They are of two kinds.

##### i). *Araippu Mezhugu* (obtained by grinding)

Certain mercurial compounds are grinded separately or with other raw drugs by adding juices or honey into a semi solid form.

##### ii). *Surukku Mezhugu* (obtained by heating oily substances)

Mercurial drugs or poisonous substances are slowly heated adding oil substances or juices and made into a semi solid form and grinded well. Wax

#### 22) *Kuzhampu* (Medicinal Semi-Liquid).

Some juices or single juice kept in a vessel and raw drugs are added to it in fine powder form, heated and taken in a liquid form. Some drugs are grinded well with oily substances and taken into the semi-solid form.

### **Medicines useful for ten years**

#### 23) *Pathangam* (Sublimates)

This is the process of sublimation. Mercurial compound are made to sublime in specialized pots by keeping them in a small container called *Moosai* and salt and red soil.

### **Medicines used for seventy five years**

#### 24) *Chenduram* (Calcined red oxide /Sulphides)

Metallic substances or toxic salts are made into red coloured powder, by the process or either burning them or drying them or exposing to the sunlight or keeping them in specialized tubes by adding decoctions, liquid or victory (Ceyaneer), acid etc.

## **Medicines useful for hundred years**

### 25) *Neeru, Venneeru'* or *Parpam* (Calcinated oxides)

Metallic poisonous substances and organic substances are made into white powders by the process of burning or frying or blowing them by adding juices, or liquid of victory or acids.

*Pudam* is the process in which the drug is kept in shallow earthen plate covered by an identical plate. The mouth is closed by mud pasted cloth and kept in a pit, and heated by using the given number of cow dung cakes.

### 26) *Kattu* (Non combustible and consolidated form of combustible inorganic)

Some *pashanas* are made into solid substances, which never vaporize, melt, or dissolve in water, by adding liquid of victory, acids, juices, breast milk or honey and binding them.

The other process by which it is made solid is by grinding them by adding juices or milk, after they are made into *parpam* or *chenduram*.

### 27) *Urukku* (Solidification)

Some metals or *Pashana* substances after adding synergetic drugs or antagonistic drugs are kept in "*Moosai*" and blown using natural charcoal fire.

### 28) *Kalangu* (Amalgam)

Mercurial compounds are kept in *pudams* after burning them with liquid of victory, acid and juices and blown till, they become beads, and then gold and zinc are added to it.

## **Medicines powerful for five hundred years**

### 29) *Chunnam* (Calcinated compounds)

Mercurial, poisonous substances or metals either individually or combinedly are ground in *Kalvas* by adding juices, acids and dried and then kept in "*Moosai*" blown and made into white powders. They become

red when turmeric powder is added to it because of the presence of lime in it (Calcium).

### **Strength for many more years**

#### 30) *Karpam* (Rejuvenating drugs)

This is a process in which leaves, herbs, roots, salt and metals are consumed in a specific dose for a given period of time, along with the dietary regimen prescribed for it. They could be prepared daily or already prepared medicines could be used.

#### 31) *Saththu* (Concentrates extracted from the ore of minerals)

Drugs like Iron powder, magnetic iron, Organic salts, poisonous drugs are ground well with white yolk of an egg and kept in *moosai* and blown. Later mercury gold, and sulphur are added to it, and made into *chenduras* by burning them.

#### 32) *Guru guligai* (Reputed pill)

The sublime mercury is made into beads in its amalgam forms.

## **EXTERNAL MEDICINES**

Thirty two external applications and manipulations are listed below:

### 1. **Kattu** (Dressing):

This is the application of medicines made of herbs or metals, minerals, organic and inorganic salts to the affected areas and bandaging it.

The application is made on the head for delirium, over the eye for eye diseases, for peripheral neuritis on the palms and soles, for the swelling of the leg and furunculosis on the leg, for the scrotal swelling and for bubo in the groin.

### 2. **Patru** (Paste):

It is the application of paste obtained from plant extracts or by grinding raw drugs with or without heating them.

### 3. **Ottradam** (Fomentation):

It is the application of fomentation using pulses, cereals husk, lime, brick powder, leaves salts or drugs like Carum capticum.

4. **Poochu** (Anointing):

This is the external application of leaf juices or oils, after gently heating them.

5. **Vedhu** (Vapour bath/Steam bath):

This is the inhalation of fumes or steam by adding raw drugs in the boiling water. The fumes are obtained by making a wick using clothes and raw drugs. The wick is burnt in a mud lamp using neem oil. For steam application Curcuma longa, Vitex negundo or brick powder is used.

6. **Pottanam** (Bolus fomentation):

Small cloth bags containing powdered raw drugs are soaked in warm neem oil or other oily substances and applied over affected area of the body fomentation. 7.

7. **Thokkanam** (Oil Massages):

This is the nine types of physical manipulation over the body either by applying medicated oil or without.

8. **Pukhai**(Fumigation):

This is the application of fumes to the different parts of the body. The fume is generated by using peacock feather, cumin seeds, horns of animals, snake skin etc., Apart from that prepared medicines like Agathiyar Kuzhambu, Koushikar Kuzhambu are applied in a cloth wick and burnt in castor oil.

9. **Mai** (Corrylium) :

a. This is the collyrium for the eye. The carbon or smoke formed by burning dried wick, soaked in Eclipta alba in confined air and mixed in cow's butter.

b. Antimony Sulphate is used as the drug in preparing the wick and its carbon in ground well with flower juice of Carissa carandus and honey.

10. **Podi Thimirdhal** (Powder Anointing):

Rubbing the body with horse gram flour or turmeric powder with or without camphor, is called Podi Thimirdhal.

11. **Kalikkam** (Corrilyum):

Applying eye drops obtained by dissolving medicated pills in honey, breast milk, plant juices etc. is known as Kalikkam.

12. **Nasiyam** (Nasal instillation):

Some prepared medicines are used as nasal drops dissolving them in breast milk or fresh juice is known as Nasiyam.

13. **Oodhal** (Blowing with mouth):

This is a manipulation in which physician chews the medicated substance and blows the aroma into the ears or the nose of the patient.

14. **Nasikaparanam** (Nasal dusting):

Raw drugs are either powdered or soaked in milk or herbal juices dried, made into fine powders and applied into the nostrils.

15. **Kalimbu** (Ointment – Butter based):

Pashanas are powdered with astringent drugs like Terminalia chebula, Areca nut, Quercus infectoria and ground well with butter and applied on wounds.

16. **Seelai** (Medicated cloth / Poultice):

Toxic drugs are grinded with water or herbal juice. A piece of cloth is soaked in this and applied to the wounds.

17. **Neer** (Medicated liquid for wash):

Some raw drugs are soaked in water and made into decoctions, or toxic substances are greatly diluted and used to wash wounds. They act as antiseptics.

18. **Varthi** (Medicated wick for deep ulcers/fistula):

Some toxic substances are grinded well with juices of plants or decoctions and a piece of cloth is soaked in this and a wick is prepared. This wick is used in deep ulcers and fistula.

19. **Suttigai** (Cauterization by solid materials):

This is a heat application using needle, broken earthen pots or piece of wood are also used in a specific area of the body.

20. **Salaagai** (Probes):

This is an exploratory therapy using a probe, which has a blunt end. It is also used in calculi.

21. **Pasai** (Ointment – wax / oil based):

Some drugs like guggulu are added to melted wax or castor and applied to wounds.

22. **Kali** (Poultice):

Drugs like Lepidium sativum seeds are ground with rice flour by adding water or milk heated and applied to the affected area.

23. **Podi** (Dusting Powder):

Raw drugs are powdered and applied on wounds. Mostly astringent drugs are used for this purpose.

24. **Murichal** (Bone setting):

This is bone setting method. A physical manipulation in which dislocated / fractured parts are brought to normal position.

25. **Keeral** (Incision):

This is incision of boils and removal of accumulated pus, blood etc.

26. **Karam** (Caustic Therapy):

Application of toxic drugs to areas to be excised or to chronic ulcer is called Karam.

27. **Attavidal**(Leech application):

Leech application to locally affected areas, blocks or swelling, is known as Attai-vidal.

28. **Aruvai** (Surgery):

This is excision of the affected part of the body using specific surgical instruments.

29. **Kombu Kattal** (Splints):

Immobilizing fractured bone using splints and bandages – after proper reduction, is called *Kombukattal*.

30. **Urinjal** (Aspiration of pus blood etc.):

Drainage of accumulated pus, blood etc. by sucking with proper drains in known as *urinjal*.

31. **Kuridhi Vangal**(Blood letting):

This is the process of blood-letting where there is accumulated blood.

32. **Peechu** (Enema):

This is the method of enema using water, medicated oils for treatment or to evacuate rectum.