
INTERNATIONAL JOURNAL OF CURRENT RESEARCH IN BIOLOGY AND MEDICINE

ISSN: 2455-944X

www.darshanpublishers.comVolume 3, Issue 8 - 2018

Review Article

DOI: <http://dx.doi.org/10.22192/ijcrbm.2018.03.08.004>

A literary review of Kaasam to treat with Siddha drugs and justified Siddha concept

Ramya Saravanan¹

¹Siddha physician, DRS Siddha Clinic, 10-2 Thirumalainagar, Nallagoundanpalayam, Gobichettipalayam, Erode-638452.

*Corresponding author: ramya2saran@gmail.com

Abstract

From past many decades diseases is being increased in number with more severities. To treat the diseases ancient doctors called siddhars had a lot of simple and compound remedies to treat such cases for the betterment. Those medicines are mentioned in palm leaf manuscripts in ancient days. In siddha system the term *kaasam* refer to tuberculosis. Various other names are also available such as *Yasama*, *Rajayasma*, *ilaippunoi* etc. Beingan infective diseases it affects peoples with low immune power easily. Even children are affected to it mostly now a days. As mentioned in the siddha texts many siddha medicines are available with a better result. This paper deals with a remedy for *kaasam* with the justification in siddha concepts.

Keywords: *Kaasam*, infective diseases, siddha medicines.

Introduction

18 siddhars are the pillars of the siddha system in them father of this system is *Agathiyar*. Practicing siddha system of medicine as a traditional medicines are oldest system have gained a lot of importance towards people. Siddha system has external and internal medicines are 32 types in each category. All the medicines are available in various forms internal medicines in the form of *choornam*, *parpam*, *maathirai*, *legiyam* etc., and external medicines are in the form of *kalikam*, *pattru*, *otradam*, *kalikkam*, *nasiyam*

etc. it is crystal clear that siddha medicines were there for several thousand of years. *kaasam* affects all the vitals in body such as seven constituents (*udalthaadhukkal*), three humours (*uyirthaadhukkal*), 96 philosophies (96 *thathuvams*). Imbalance in all these causes a diseases. Our culture is blended with our system of medicine so it is considered as a holistic medicine and helpful in treating the diseases *kaasam*^[1]. *Kaasam* occurs with the raise in *kabha* from its own state (*thannilai*) and it is compared with siddha aspect and modern aspect.

Table 1. Comparison of Kaasam with raise in Kabha In siddha concept and modern concept

S.No	Characters of raise in kabha	Siddha aspect of Kaasam	Tuberculosis
1.	<i>Agni manthapadal</i> ^[2]	Hate towards food. ^[3]	Loss of appetite ^[4]
2.	<i>Ookamkuraidhal</i> ^[2]	Day by day body gets weaker. Lean stature ^[3]	Emaciation Weakness or fatigue ^[4]
3.	<i>Kulirchiadaithal</i> ^[2]	Running nose (Rhinorrhoea) Sputum with blood (hemoptisis) Hoarseness of voice ^[3]	Chills ^[4]
4.	<i>Irumal</i> ^[2]	Initially:mild cough Later:severe cough ^[3]	a bad cough ^[4]

From this comparison we understand that kaasam is purely a kabha diseases.

Siddha drugs used for Treating kaasam:

- 1.Swasakudorimaathirai.
- 2.Thaalagakaruppu.
- 3.Muthuchippiparpam.

Table 2.Swasakudori Mathirai: SVT^[5]

S.No	Plant name [5]	Botanical name	family	Part used
1.	Vellerukanpoo	<i>Calotropis gigantea</i>	Asclepiadaceae	Flower
2.	Pepper	<i>Piper nigrum</i>	Piperaceae	Fruit

Method of preparation

Both are taken in an equal ratio which are triturated and made into a tablets.

Dosage : kundri size (130 mg)

Adjuvant:Thalisadikudineer

Indications: cough ,Kaasam.

Table 3.Thaalaga karuppu: SVT^[5]

S.No	Ingredients	Names	Ratio
1.	Thaalagam	Orpiment	1 part
2.	Nathai	Fresh water snail	2 parts

Method of preparation:

Both the ingredients are triturated well and made into a single cakes and subjected topudam then it is made into a powder.

Dosage:1-2 ulunthedai (130 mg)

Adjuvant: honey,thalisadichoornam.

Indications: suvasakasam,kaasam, suram.

Table 4. Muthu chippi parpam: SVT^[5]

S.No	Name	Common name\Botanical name	Family	Part used
1.	Muthuchippi	Pearl oyster shell	-	Shell
2.	Adathodai leaf juice	<i>Justice beddomei</i>	Acanthaceae	Leaf
3.	Nochi leaf juice	<i>Vitex negundo</i>	Lamiaceae	Leaf
4.	Nilapanai juice	<i>Curculigo orchioides</i>	Hypoxidaceae	Rhizome

Method of preparation:

Muthuchippi is mixed with the juices one by one and subjected to pandripudam (50 dung cakes).

Table 5: Taste and actions of the drugs: ^[6]

S. No	Ingredients	Taste	Character	Digested taste	Actions
1.	Erukkanpoo	Bitter Pungent sweet	hot	pungent	Expectorant tonic
2.	Pepper	Bitter pungent	hot	pungent	stimulant
3.	muthuchippi	Bitter sweet	cold	sweet	expectorant
4.	Adathodai	Bitter	hot	pungent	Expectorant antispasmodic
5.	Nochi	Bitter Pungent astringent	hot	pungent	expectorant
6.	Nilapanai	sweet	cold	sweet	Tonic Diuretic emolient

Table 6: Actions ^[7]

S.No	Name	actions
1.	Thaalagam	Tonic antipyretic
2.	Nathai	-

Table 7: Role of kabam in ^[2]

S.No	Raise in kabha from its own state	Kabha comes to its own position
1.	Intake of any kabhaporutkal Exposed to any cold conditions which promotes the growth of kabha from its normal state.	Herbs with the taste of fire (thee bootha) among the five elements are needed the most which is present in pungent taste. Brings back the deranged kabha to the normal state.
2.	Tastes which promote kabha growth: Sweet	Taste which equalizes the deranged kabha: Bitter Pungent Astringent

Table 8: Taste: ^[2]

Taste that increase kabha	Taste that equalise the kabam
Sweet	Pungent
Sour	Bitter
salt	astringent

From this to understand that drugs are chosen in order to equalize the increased kabha.

As mentioned in Sadaga naadi: ^[2]

Increased kabha + seethalam—obstruction of the respiratory tract.

Table 9: Kabam own qualities with opposite qualities: ^[2]

Own qualities	Opposite qualities
Heavy	Light
Cold	hot
Moist	dry
Soft	rough
Sweet	pungent
Immobile	mobile

Discussion

As mentioned above kaasam is being a respiratory illness. Kaasam mainly occurs due to the development of kabam from its normal state. So to equalize the deranged kabam a medicines with the taste that equalizes kabam (thannilaiadaya) is needed as mentioned in table 7. As quoted in the tabular column 9 of own qualities and opposite qualities. Which denotes the own qualities as a medicines to be used to treat deranged kaba. The medicines being pungent and with a composition of fire in it which acts on the phlegm which makes immobile kabha to a mobile on as expectorant. The drugs involved are similar to the characters of the opposite qualities of kabha. Hence it is chosen. With its elemental composition of air (vali) and fire (thee) where it paves the way for kabam or the accumulated phlegm (koolai) in the cells to breakdown them and clears the obstruction which promotes the normal breath. The above mentioned medicines with its properties in table 5 which has the pungent taste which is the one among the three equalizing taste with expectorant action acts well to maintain the homeostasis of the body.

Conclusion

Here by I conclude that the above mentioned medicines for the respiratory illness that is kaasam a kaba diseases is cured by the herbs with the pungent taste (a main composition of fire-thee) with expectorant nature in it. It acts well on this conditions.

References

1. A guide to Siddha medicine, National institute of Siddha, Ministry of AYUSH e-book.
2. Shanmughavelu, H.P.I.M., *Noinaadal Noimudhalnaadalathirattu* Part 1, First Edition, Published by D I M&H, Chennai.
3. kuppusamymudhaliar H.P.I.M., *Siddhamaruthuvam (pothu)*, published by D I M&H, Chennai.
4. <https://www.cdc.gov/features/tbsymptoms/index.html>
5. kuppusamymudhaliar H.P.I.M., *Siddhavaidhyathirattu (SVT)*, published by D I M&H, Chennai.

6. Vaithyaratnam. K.S. Murugesamuthaliyar, Gunapadam – Muthalpagam, Siddha Materia Medica, Indian Medicine, Homeopathy unit Chennai, 2013.
7. Dr. R. Thiyagarajan. L.I.M, *Gunapadam Thathu-Jeeva Vagupu*, Published by Directorate of Indian Medicine and Homeopathy, Chennai, 2nd_ 3rd part.

Access this Article in Online	
	Website: www.darshanpublishers.com
	Subject: Siddha Medicine
Quick Response Code	

How to cite this article:

Ramya Saravanan. (2018). A literary review of Kaasam to treat with Siddha drugs and justified Siddha concept. Int. J. Curr. Res. Biol. Med. 3(8): 15-19.

DOI: <http://dx.doi.org/10.22192/ijrbm.2018.03.08.004>