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Review Article

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Review of diagnosing disease by using Envagai Thervugal in Siddha aspect

Selvam. M¹, Uma Maheswari. M², Kingsly. A³, Essakkypandian.G⁴,
Antony Duraichi. R⁵

^{1,2} P.G Scholar, Department of Gunapadam, Govt.Siddha Medical College, Palayamkottai.

³ Head of the Department of Gunapadam, Govt. Siddha Medical College, Palayamkottai.

^{4,5} Assistant Lecturer, Grade. II, Department of Gunapadam, Govt. Siddha Medical College, Palayamkottai.

E-mail: vijayaselvamsms24@gmail.com

Abstract

'En Vagai Thervu' of Siddha diagnostic are the bottom line of this system and the 'tridosha' theory of basic physiology. 'Eight-fold assessments'(En vagai thervu) are rational parameters, comprehensive to understand the status of one's health and disease. Our texts book said, 'En Vagai Thervu' is nothing but Tongue, Colour, Language, Eyes, Faeces, Urine examination, Pulse, Touch sensation and Nature of skin. Siddha physicians offer scientific diagnosis more than 6,000, treatment and care.

Keywords: 'En Vagai Thervu', Siddha physicians, health and disease.

1. Introduction

The ancient systems of medicine is one of the Siddha system which flourished in South India along with the Dravidian culture. Siddhars out of their supernatural wisdom have best owed to this world many wonderful remedies for myriad type of ailments. In Siddha system the main methodology of diagnosis of the disease is based on Envagai thervu (Naa, Niram, Mozhi, Vizhi, Malam, Neer (Neerkkuri – Neikkuri),Naadiand Sparisam) according to Sage Theraiyar.

The envvagai thervugal are

நாடிஸ்பரிசம்நாநிறம்மொழிவிழ
மலம்மூத்திரமிவைமருத்துவராயுதட ;
- தேரையர்

1. Nadi (Pulse)
2. Sparisam (Palpation)
3. Naa (Tongue examination)

4. Niram (colour of the body)

5. Mozhi (Speech)

6. Vizhi (Eye examination)

7. Malam(Motion examination)

8. Moothiram(Urine examination)

The envvagai thervugal are explained in below:

1. Naadi (Pulse)

Naadi is considered to be the prime gadget of all of Envagai thervugal. It hasbeen considered to be the most important for assessing the prognosis and diagnosis ofthe disease since ages past.

Site to feel Naadi

” கரிமுகனடியைவாழ்த்திக்கைதனில்நாடிபார்க்கில்
பெருவிரலங்குலத்தில்பிடித்தடிநடுவேதொட்டால்
ஒருவிரலோடில்வரதமுயர்நடுவிரலிற்பித்தம்
திருவிரல்மூன்றிலோடில்சேத்துமநாடிதானே.”

Naadi should be felt for along the radial bone with tips of index, middle and ring fingers over the lower end of the bone but one inch above.

2. Sparisam (Palpation)

By sparisam, the temperature of skin, warmth or cold, smoothness, dryness, patches (macules or papules) abnormal growth, tenderness, ulcer types can be found out.

3. Naa (Tongue)

In the examination of tongue its colour, coating, dryness, deviation, movement, variation in taste and the conditions of teeth and gums are also to be noted. Careful examination should be done to exclude malignant growth, inflammation or any ulceration if present.

4. Niram (Colour)

The colour of the skin, nails, hair, conjunctiva, teeth, mucous membrane etc. are to be noted.

5. Mozhi (Speech)

Here the quality of the voice is assessed whether of nasal character, shrill or bass, hoarse, slurred, in articulated or confabulation. Types of aphasia whether expressive or comprehensive, dysphonia be recorded.

6. Vizhi (Eye)

In the examination of vizhi the change of colour of the eye such as yellowish, pallor, dryness, opacity like cataract etc., And then dryness like exophthalmic conditions, Bitots spots, Increased lacrimation, acuity of vision, pupillary response, condition of eyelashes (ectropion or intropion) inflammation or uncertain of any type are to be noted.

7. Malam (Stools)

In the examination of malam its nature whether it is solid, semisolid or liquid its colour, increased or decreased quantities are to be noted. Other findings such as diarrhoea, presence of blood (occult blood), and mucous membrane, undigested matter in the stools and odour all are to be noted.

8. Moothiram (Urine)

In our system the examinations of urine are

- ❖ The colour
- ❖ Odour
- ❖ Quantity
- ❖ The presence of deposits
- ❖ Froth
- ❖ RBC
- ❖ Pus
- ❖ Small stones

And the frequency of urination can be noted. The diagnosis is usually arrived at by methods of urine examinations called

1. Neerkuri

2. Neikuri

”ஆடிக்கலசத்தாவியேகாதுபெய்
தொருமுகூர்த்தக்கலைக்குட்படுநீரின்
நிறக்குறிநெய்க்குறிநிரூபித்தல்கடனே“
-தேரையர்.

A drop of gingelly oil was taken by tip of arugam pull and it was placed slowly on the urine specimen and the neikuri changes were observed.

2. Diagnosing technique

2.1 The Method of Diagnosis (envagai thaervu)

The Siddha methodology of diagnosis is based on the following eight investigations:

1. Tongue (Na niram)

The tongue is an important diagnosis of En Vagai Thervu.

If the tongue is indicates the,

- | | |
|-------------------------|-----------------|
| 1. Black or Blue colour | - Vatha disease |
| 2. Red colour | - Pitha disease |
| 3. Kapa disease | - Kapa disease |

2. Skin (Mei niram)

The same inferences as in tongue color.

3. Speech (Mozhi)

The Speech is another element in diagnosis of En Vagai Thervu. The voice, tone, and clarity indicate the type of problem.

4. Eye (Vizhi)

Eye discoloration is a critical indicator. The color indications are the same as for the tongue.

5. Body Heat and Sweat Patterns (Sparisam)

Excess of vadha disease indicates the Excessive sweating. Constipation indicates the sweat on the forehead.

6. Urine Examination (Neer kuri)

A sample of the early morning urine after a night fast is collected. The color of the urine is indicative of various diseases.

- | | |
|--------------------------|------------------------------|
| 1. Straw colour | - Indigestion; |
| 2. Reddish-yellow colour | - Excessive heat; |
| 3. A rose tinge colour | - Blood pressure, and so on. |

7. Oil in Urine Examination (Nei kuri)

Urine is kept in a tray, in sunlight. A drop of oil is placed gently on it with a rod. If it,

- | | |
|-------------------------|------------------|
| 1. Spreads like a snake | - Vatha disease, |
| 2. Appears as a ring | - Pitha disease; |
| 3. Floats like a pearl | - Kapha disease; |

8. Pulse examination (Naadi)

The most important diagnostic tool of Siddha medicine is Naadi. The tempo and pace of the pulse indicate the irregularities and the type of constitution, present in the body.

3. Conclusion

From the above discussion, it is clear that the writing of the theraiyar about theenvagai thervugal. Envagai thervugal is the best method for diagnostic and the prognostic purpose. Also many researches are yet to be done in Siddha system of diagnostic method.

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