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Review Article

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Siddha in the treatment of Type 2 Diabetes

Dr. U. Deeptisarada¹ and Dr. M. Thiruthani²

¹PG Scholar, Nanju Noolum Maruthuva Neethi Noolum Dept, Govt Siddha Medical College, Palayamkottai
E-mail: deepti.sarada@gmail.com

² Head of the Department of Nanju Noolum Maruthuva Neethi Noolum, Govt Siddha Medical College, Palayamkottai. E-mail: thirumu1962@gmail.com

Abstract

Diabetes is a serious, chronic disease and is an important public health problem. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades. Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980. The global prevalence (age-standardized) of diabetes has nearly doubled since 1980, rising from 4.7% to 8.5% in the adult population. This reflects an increase in associated risk factors such as being overweight or obese. Over the past decade, diabetes prevalence has risen faster in low- and middle-income countries than in high-income countries.

Keywords: Siddha Medicine, Diabetes, prevalence, treatment, Madhumegam, Neerizhivu.

Introduction

Diabetes is a modern life style disorder in which the sugar level in blood increases over a prolonged period and it eliminates via urine. As per the WHO, diabetes mellitus is defined as a hetero-genous metabolic disorder characterized by common feature of chronic hyperglycemia with the disturbance of carbohydrate, protein, fat metabolism. According to international Diabetes Federation 415 million people had diabetes worldwide, with type 2 DM making up about 90% of cases with equal rates in both male and female. According to WHO diabetes doubles a person's risk of early death. DM is expected to consider as major health problems owing to its serious complications, especially in the end stage renal disease, ischemic heart disease(IHD),gangrene of the lower extremities and blindness in adults. Siddhamedicine regulates the insulin production, strengthen the pancreas, regulates the flow of insulin and improves the insulin tolerance in the body.

Signs and symptoms

- Sticky and concentrated urine
- Polyuria
- Polydipsia
- Polyphagia, hunger
- Frequent skin infections, itching
- Fatigue
- Vulvitis, balanitis
- Tachycardia, Hypotension
- Muscle wasting, weight loss
- Delaying of wounds
- Blurry vision
- Burning of palms and soles
- Drowsiness and low libido
- Sweetness in mouth
- Sweetish smell in urine, ant are attracted to the place of urine voided
- When urine is heated it gives honey odour

Diagnosis

As per the Siddha literature, diagnosis is done by en vagaiheruvu, patient complaints and its confirmed by the modern laboratory procedures.

Siddha Treatment**Bathing**

Vilamichuverthailam

Kudineer

1. Seendhil Kudineer
2. Avarai Kudineer
3. Thetranvidai Kudineer
4. Vilva Kudineer
5. Vila ver Kudineer

Mathirai

1. Maha Vindhathi Kuligai
2. Vasantha Kusumagaram Pills
3. Maha Elathi Kuligai

Chooranam

1. Madhumega Chooranam
2. Naavalkottai Chooranam
3. Seendhil Chooranam
4. Triphala Chooranam
5. Sandhanapodi
6. Madhumegapattaitool

Parpam, Chendooram

1. Silasathu Parpam
2. Abraka Chendooram

3. Abraga Parpam
4. Gowrisindhamani chendooram

Other medicines

Sambiranipadhangam
Lavanga Leghiyam
Meganadhathailam

Home Remedies

- *Acacia catechu* (Karunkali) soaked water
- *Cassia fistula tamarind* and normal tamarind soaked water
- *Syzygium cumini* (Naaval) root soaked water
- Dried *Ficus racemosa* (Athi) fruit powder.
- *Cassia auriculata* (Aavarai) Leaf, flower, fruit, root, bark are having the property to treat DM. Especially flower is cooked and boiled root water is taken.
- *Zingiber officinale* (Inji) juice with palm sugar.
- *Benincase hispida* (Vellaiapusani) reduces blood sugar level
- *Coccinia grandis* (Kovai) root tuber juice 1-3 teaspoon
- *Steychnos potatorum* (Thetran) fruit covering powder or Seed powder with milk
- *Mimosa pudica* (Thottalsinungi) leaf and root is dried and powdered 4-8gms
- *Syzygium cumini* (Naaval) bark boiled water. its fruit reduces polydipsia in DM
- *Tinospora cordifolia* (Seendhil) reduces thirst in DM patients.
- *Croton tiglium* (Nervalam) increases the body weight.
- *Luffa acutangula* (Peerku) leaf juice 1 teaspoon
- *Mangifera indica* (Maa) Dried young leaf powder 800mg to 1gm

Some other herbs which is having the property to reduce DM are,

Botanical Name	Tamil Name	Parts Used
<i>Nymphaea nouchali</i>	Alli	Flower
<i>Phonex dactilifera</i>	Pericham	Fruit
<i>Salacia reticulata</i>	Kadalazhinjil	Bark
<i>Lodoicea maldivica</i>	Kadalthengai	Coconut
<i>Phyllanthus amarus</i>	Keezhanelli	Whole plant
<i>Triticum aestivum</i>	Kodhumai	Rice
<i>Gossypium arboreum</i>	Chemparuthi	Leaf, Flower, Bark
<i>Hemidesmus indicus</i>	Nannari	Root
<i>Curculigo orchioides</i>	Nilapanai	Tuber, Root
<i>Nymphaea pubescens</i>	Neitharkizhangu	Seed

<i>Smilax china</i>	Parankipattai	Tuber
<i>Stereospermum colais</i>	Pathiri	Root
<i>Terminalia arjuna</i>	Marudhu	Leaf, Fruit, Bark
<i>Anacardium occidentale</i>	Mundhiri	Root bark
<i>Bambusa arundinacea</i>	Mungkil	Rice
<i>Convolvulus repens</i>	Vallaikodi	Cooked Leaf
<i>Prunus dulcis</i>	Vadhumai	Oil extracted Seed
<i>Plectranthus vettiveroides</i>	Vilamichuver	Root
<i>Acacia nilotica</i>	Vel	Latex

Diet

The DM patients can use Mani samba rice, Moongil rice (*Bambusa arundinacea*), Common wheat for eating.

Use jaggery instead of sugar.

Avoid sugarcane, sesame seed which increases blood sugar level.

Avoid carbohydrate and protein rich diet.

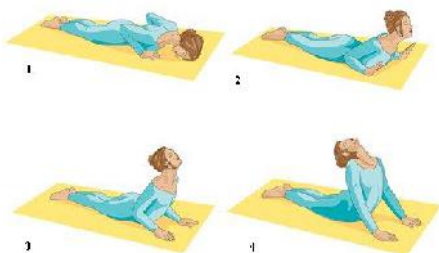
Eat vegetables like white pumpkin, ivy guard, Cabbage, Cauliflower, Broccoli, celery, greens, tomatoes, and Raw banana.

Fruits like blueberry, dates, melon, oranges.

Eating the right amount of food will also help to decrease DM. Split the meal and eat.

Yogasana

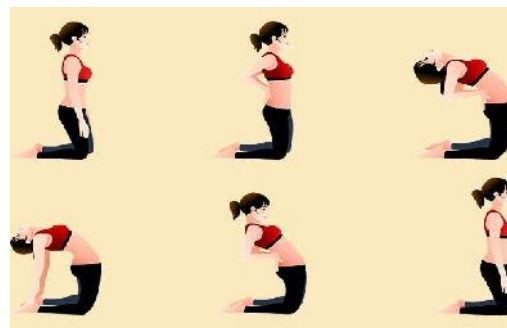
1. Bujangaasana



- ❖ Lie flat on stomach with pointed toes.
- ❖ Plant palms on floor, below and slightly outside the shoulders.
- ❖ Engage legs and stomach by flexing, press hips and top of feet into floor.
- ❖ Tilt head back until chin points forwards and neck is compressed.
- ❖ Inhale, mimic head movement with rest of body, by straightening arms.
- ❖ Keep hips planted firmly on floor and navel off ground.
- ❖ Roll shoulders back and down. Bend evenly through lower, middle and upper back.
- ❖ Breath and hold pose.

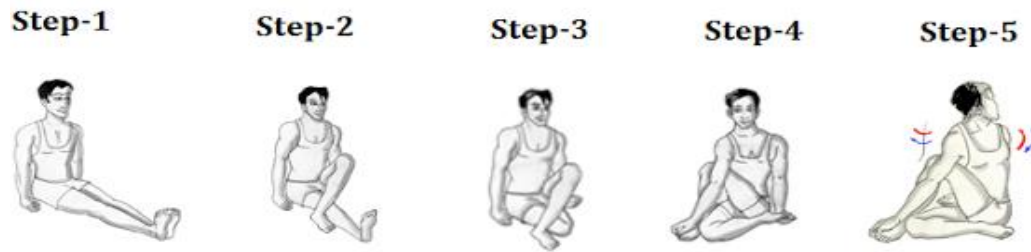
- ❖ Exhale. Bend arms, lower navel to floor, then chest, shoulders, and forehead.

2. Ustrasana



- ❖ Come to your knees, with your legs hip-width apart. Place your hands on your hips, with your thumbs on your sacrum, the bony plate at the base of your spine. Keep your hips over your knees and internally rotate your thighs, squeezing them toward each other.
- ❖ Inhale to engage your lower belly and reach your tailbone toward your knees, creating space between your lower vertebrae.
- ❖ On another inhalation, lift your sternum and draw your elbows toward each other, allowing your rib cage to expand.
- ❖ Keep your chest raised, your core engaged, your spine long, and your chin tucked as you drop your hands toward your heels.
- ❖ Press the heels of your hands into the heels of your feet while draping the fingers over the soles. Keep lifting through your sternum.
- ❖ Now lift your shoulders to allow the trapezius muscles between the shoulder blades to rise up and cushion your cervical spine. Gently lower the head and neck and gaze at the tip of your nose.
- ❖ To exit the posture, bring your chin back toward your chest and your hands to your hips with your thumbs on your sacrum. Engage your lower belly and use your hands to support your lower back as you come up slowly.

3. Arthamatyendrasana



- ❖ Sit with the legs straight and relax the whole body.
- ❖ Place the sole of the right foot flat on the floor on the outside of the left knee.
- ❖ Bend the left leg and lay the left heel beside the right buttock. Both buttocks remain on the floor.
- ❖ The back is upright and relaxed.
- ❖ Bring the left arm to the outside of the right knee and grasp the right ankle.
- ❖ Turn the upper body as far as possible to the right, place the right arm across the back and look over the right shoulder.
- ❖ Breathing normally remains for a few minutes in this position and relax the whole body. Slowly return to the starting position. Practice the exercise to the other side.

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