

## The Glory of Indian Medical System during Vedic Period and Subsequently and the Development of Siddha Medicine Particularly In South India When Ayurveda Was Confined To Northern India Thereon By the Exponents

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**ABSTRACT:** In Ancient India especially during Vedic Period and subsequently Maharshis and Acharyas have developed with the help of Vedas especially Atharvanaveda, a system of Healthcare to eradicate the diseases and ailments and extend the life of people in a Healthy manner without any diseases. In this regard, the Atharvanaveda is mainly devoted about health, healthcare, duties of health professionals and such other relevant information and also a traditional system of medicine with the help of the Herbal and Herbal Plants identified by the Maharshis and gave it to the mankind, their medicinal values and how to apply them when a person is effect with the some form of disease or ailment. In addition they have developed not only medicines and medicinal formulations from the Herbs and Herbal Plants identified them with respect to their qualities and properties and mineral values. They also adopted prayers to keep the heart and soul free from stress and strains, as they believed that these stress and strains are to certain extent makes the body defunct or partially defunct making once own way of life disturbed from the normal course. In Ancient India Maharshis believed that in addition to medicines prayers and appease the Gods to control the diseases through Mantras and Meditation and they have developed the system, this kind of meditation by Mantras in different ways for different diseases. They also believed that the Panchabhootas (Agni, Vayu, Prudhvi, Varuna, Akasam (Ether)) controls the Universe and any one of these Gods are displeased they will create imbalance in human activities. Hence, in Ancient India the Maharshis and Acharyas believed that in addition to the medicine one has to please the Panchabhootas to eradicate the disease or ailment from the human bodies.

In this regard, the eminent scholars like Sushruta who wrote Sushruta Samhita and Charaka who wrote Charaka Samhita are considered to be the founders fathers of Ancient Indian Medical System in Vedic Period and subsequently. Each one has developed their own system of medicine and surgery when the rest of the world is sleeping and another system of Indian Medicine namely Ayurveda also called as Upaveda was developed this Ayurveda is mainly spread in Northern Parts of the Country where it was predominantly used and brought to fore by these Maharshis, Acharyas and Vaidyars in the Southern Parts of the Country mainly in Tamilnadu, a unique system of Ancient India called "**Siddha Medical System**" or "**Siddham**" is developed as an healthcare procedure slightly different from Ayurveda and other forms of Procedures.

This Siddha Science or Siddham is an Indian Traditional Treatment System generated from Dravidian Culture and the Mythological story says that,

**"Lord Shiva described this system to their divine lady (wife) Parvati. Ma Parvati explained this system of knowledge namely Siddham to her son Lord Muruga and it was passed on from Lord Muruga to his disciples Sage Agasthya. From Maharshi Agasthya it was spread to 18 disciples of Maharshi Agasthya called 18 Siddhars and they propogated this knowledge of Siddham to the mankind"**.

Siddha System of medicine focused mainly on "**Ashtamaha Siddhi**" that includes eight super natural powers, and those persons who achieved this "**Ashtamaha Siddhi**" are called as Siddhars. The Ancient System of India reveals there are twenty two principle Siddhars who learnt this Ancient System of Medicine to Maharshi Agasthya and passed on to the subsequent generations of the families.

According to "**Siddha Medicine or Siddham**" psychological and physiological functions fo the body are attributed to the combination of seven elements and any imbalance in them will cause illness.

In this article, an attempt is made to bring out the glimpses of Ancient Indian Medical System from the Vedic Period and Subsequently, in particular Siddha Medicine which lost its glory due to passage of time and negligence by subsequent generations and the governments, still it is being used in certain pockets by the Tamil speaking people. If the government and although the medical fraternity like the Ayush should take steps that are needed to bring out this Ancient form of Siddha Medical System or Siddham and its valuable contribution to the mankind with regard to health, healthcare and healthcare procedures with the help of naturally available herbs and medicinal plants it will have greater impact on the healthcare sector because there are so many diseases for which there is no answer for some of the major diseases in the modern medical system namely Allopathy but there are solutions to certain extent in Siddham.

**KEYWORDS:** Siddha Medicine, Siddha Day, Siddhars, Palm Leaf Manuscripts Fragments, Vaadham, Pitham and Kabam, Devamaruthurvam (Divine Method), Manudamaruthurvam (Rational Method), Asuramaruthurvam (Surgical Method), Ashtma Siddhi (eight super natural powers), Pranayama.

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## **I. INTRODUCTION:**

### **“Pranayamaat Pustihi Gotrasya Stejo Yashobalam”**

The meaning of the above caption is **“with Pranayama body gets strength, vigor and concentration”**. If these things are developed by Pranayama the diseases or ailments are afraid of coming nearer to you.

*Drussena Saradaam Satam  
Sunyama Saradaam Satam  
Prabavama Saradaam Satam  
Adhinaa Syama Saradaah Satam  
Bhuyama Saradaah Satam*

*Means,  
"one has to live for Hundred years"  
How?*

*With good habits like See Good, Hear Good, Speak Good and Live with Integrity  
“A healthy body is the dweller of sound mind”*

According to World Health Organization (WHO), it is a

**“State of complete physical, mental and social well-being  
and not merely the absence of disease or infirmity”**

## **II. AIM AND OBJECTIVE:**

The aim and objective of the Article is to bring out the glimpses of Ancient Indian Medicinal System from Vedic Period and subsequently especially with respect to Siddha Medicine or Siddham which is getting dwindled slowly, to revive it be known to the present generation so as to make use of the same in the present situation, where the other modern systems have no answer.

**“SIDDHA”**: The Ministry of Ayush (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) of the Government of India coordinates and promotes research in the fields of Ayurveda and Siddha Medicines. The Central Council of Indian Medicine (CCIM), a Statutory body established in 1971 under Ayush, monitors higher education in areas of Indian Medicine that includes Siddha Medicine, to fight bioprospecting and unethical patents, the Government of India setup the Traditional Knowledge Digital Library in 2001, as a repository of 2,23,000 formulations of various systems of Medicine common in India such as Ayurveda, Unani, Siddha Medicine and Homeopathy.

The former Chief Minister of Tamilnadu (Late) Karunanidhi announced that,

**“Tamil New Year’s day as World Siddha Day”**

The first World Siddha Day was celebrated on **14<sup>th</sup> April, 2009** and was addressed by (Late) his Excellency Sri. Shurjit Singh Barnala, the then Governor of Tamilnadu and the Second World Siddha Day was celebrated on

**14<sup>th</sup> April, 2010** at Chennai and attended by more than 2000 students, Post Graduates, Practitioners and Traditional Vaidyas and subsequently the Third World Siddha Day was celebrated on **14<sup>th</sup> and 15<sup>th</sup> April, 2011** at Kerala and a website was launched to give more information about Siddha and Siddha Medicine and such other particulars for the common man to know about this type of Indian Ancient Medicinal System.

When Ayurveda was flourishing in the northern parts of Ancient India and as the South India could not depend on the herbs and herbal medicines are not available throughout the year in this part of the country (South India), another system of curing the diseases/ailments, it was developed by Siddha Saints and it became **Siddha Medicine** in Five BC. The Siddha Medicines were made from a combination of everyday spices and fruits, while using certain metals, minerals and chemical products. It is also believed during those days that,

**“Preparations of mercury could provide the human body with immunity from decay”**

The Siddha System of Medicine that was practiced and flourished in South India mainly in the areas where Tamil speaking peoples lived is said to have (according to one theory) originated during Mohanzadaro Civilization thousands of years ago or even before Vedic period. The historical evidence shows that there are about 500 Siddha Medical Works containing over 3000 valuable formulae. The inscriptions on the excavations made shows that some Siddhars visited Silone, China, Arabia, Persia, Turkey and propogated this Indian Medical System therealso. These Siddhars are having good knowledge of minerals, animals and plants to a great extent and are able to use them as medicines in accordance with their properties and suitability of their application in eradicating diseases/ailments. These Siddhars are also well versed with the process of calcinations preparation of essences, extracts from minerals and also the use of mercury and arsenic and other metals. These Siddhars who are instrumental in spreading and developing Siddha Medicine in Ancient India especially in Tamil speaking areas of South India, undertook a systematic study of nature and its elements from which they have developed a highly systematic medicines and process and finally it became the Siddha System of Medicine.

The main basic principles of Siddha Medicine lies

**“the basic principles of nature and its elements after a careful and thorough study of the human system”.**

It is well known that the Siddha system originated from 18 Siddhars who are the disciples of Agastyar.

The Siddha System is well accomplished in handling all kinds of vegetable herbal products (1008 varieties), poisons (64), salts / lavana (25), metals (dhatu) (9) and in addition other organic and inorganic products numbering 12 are developed by them or known to them extensively. Their knowledge of these metals and other materials well extended to in extraction and preparation in preparing Siddha Medicines.

The Siddhars or the developers of Siddha Medical system and Medicines *“used to believe that Universe originally consisted to atoms, which contributed to the five basic elements, viz, earth, water, fire, air and ether, which synchronizes with the five senses of the human body and they were fundamentals of all the corporate kings in the world”* . They also established the theory that there is a,

*“A close relationship is existing between the external world and the internal system of human beings. Siddhars used to maintain that the structure of human body is a miniature of the world in itself. That means every substance both visible and invisible or animate or inanimate is said to be formed of Panchabhootas/the five kinds of elements viz, Pridhvi, Appu, Kutheyu, Vayu and Aakash”*

In Ancient India, the seers propounded the theory called *“Thidhatu”*, which explains that there are three vital elements namely Vata, Pita, Kaba. These Thidhatu in their normal condition regulate all physiological activities and keep the body healthy. It is also propounded by the seers and siddhars that when these thidatus become abnormal or when their natural instinct is disturbed/dislocated and that situation is called Tridosha and this situation is the root cause for ill health. It is also believed and proved by the seers and other people of the ancient India. There are certain laws peculiar to the living organism called *“Vital laws”* which work in any living organism and without accepting this the functioning / work of the body cannot be accounted for fully and adequately. Siddha medicine is mainly professes to fill up this void and compliment the science of physiology by stating that *“it is due to the three vital elements namely the vital energy (vayu), the vital fire (pitha) and the vital elements (kaba), that the living organisms behaves differently from the inorganic world and shows the three characteristic properties of automaticity, assimilation and growth”*.

It is surprising to note that many of the Siddha Medicines were also used as preservatives,

**“to prevent bodies from decomposing, making it the first in the World to be used as a preservative”**

**“Siddha Medicine (Tamil Citta OR Tamil Maruttuvam) is a system of Traditional Medicine originating in Ancient Tamilakam in South India. A Siddha Science is a Traditional Treatment System generated from Dravidian Culture. Palm Leaf manuscript say that the Siddha System was first described by Lord Shiva to his wife Parvati. Parvati explained all this knowledge to her son Lord Muruga. He taught all these knowledge to his disciple, Sage Agasthya. Agasthya taught 18 Siddhars and they spread this knowledge to human beings”**

The Principle aim of Siddha System is,

**“The Prevention of Disease”**

The Siddha System of Medicine is carried in **“Gurukula System”** and it can be traced in the earliest Dravidian Civilization and that is the reason this system of Medicine uses Tamil Language.

Most of the practicing Siddha Medical Practitioner are traditionally trained usually in those families and by gurus. The Guru makes a diagnosis after a patient’s visit and set about refer to their manuscript for a suitable remedy. Then the guru prepares a compound from the thousands of herbs and herbo mineral resources and prepare the medicine. While doing so the Guru (Siddha) keep his/her prodigy beside him and teaches him about the patient, disease, the herbal and mineral products that are to be identified and how to prepare the medicine.

### **III. WHAT IS SIDDHA/SIDDHA MEDICINE?**

**A.** Siddha Medicine focused on,

**“Ashta Maha Siddhi”**, the eight super natural powers.

Those who attained or achieved the above said powers are known as **Siddhars**. There were eighteen important Siddhars in Ancient India and they developed this System of Medicine namely Siddha Medicine; that is why it is called **Siddha Medicine**. The Siddhars wrote their knowledge in,

**“Palm Leaf Manuscripts Fragments** of which are found in South India”, mainly.

According to **Manikandam**,

There were twenty two principal **Siddhars** and of these **Agastya** is the father of the Siddha Medicine.

The basic concept of **Siddha Medicine** is similar to **Ayurveda**. The only difference appears to be that,

The **Siddha Medicine** recognizes Predominance of **“Vaadham, Pitham and Kabam”** in Childhood, Adulthood and Oldage respectively whereas in Ayurveda, it is totally reverse.

The System of Siddha which was developed in Ancient India during Vedic Period and subsequently which was predominantly developed **“in handling all kinds of vegetable herbal products (1008), poisons (64), salts (28), metals (9) and other organic and inorganic products (12) and such other things identified by Siddhars, connected with the extraction and preparation of the respective medical extracts”**.

Siddha System of Medical Science is based on the presumption that **“the universe originally consists of atoms (anuvu), that are responsible to contribute to the five basic elements earth, water, fire, air and ether which synchronizes with the five senses of the human body and they were fundamentals of the corporal things in the world. A close relationship is found existing between the external world and internal system of human beings, Siddhars maintain that the structure of the human body is miniature of the World in itself. In other words every substance both visible or invisible, animate or inanimate are said to be formed of Panchabhootas”**.

According to **Siddha Medicine** various psychological and physiological functions of the body attributed to the combination of seven elements such as,

- **OONEER** (Plasma – responsible for growth, development and nourishment)
- **CHENEER** (Blood – responsible for nourishing muscles, imparting colour and improving intellect)
- **OON** (responsible for the shape of the body)
- **KOLUPPU – KOZHUPPU** (responsible for body structure and posture and movement)
- **ELUMBU** (Bone) responsible for body structure and posture and movement.
- **ELUMBU MAJJAI** (Bone Marrow) responsible for formation of Blood corpuscles and the last one
- **SUKKILAM** (Semen) responsible for reproduction.

#### **B. PRINCIPLE UNDERLINED IN SIDDHA MEDICINE:**

The main principle underlined in the treatment/procedure in Siddha Medicine is,

***“Aimed at keeping the three humors in equilibrium and maintenance of seven elements”***

Siddha Medicine is strictly adopted, disciplined life and prompt taking of medicine and directions of the Siddhars. In this regard, Saint Tiruvalluvar, a poet and exponent of Tamil Literature mentions, the patients, the attendants, the physician and the medicine are the four requisites for a successful Siddha Treatment.

#### **C. Siddha Treatment is classified into three categories namely**

- a. **Devamaruthurvam** (Divine Method)
- b. **Manudamaruthurvam** (Rational Method) and
- c. **Asuramaruthurvam** (Surgical Method)

#### **D. According to the treatment of Siddha, they could be further categorized into**

- a. Purgative Therapy
- b. Emetic Therapy
- c. Fasting Therapy
- d. Steam Therapy
- e. Oleation Therapy (Snehana, or Oleation Therapy, is **one of the most important therapies that prepares the body to receive specialized Panchakarma treatment.**)
- f. Solar Therapy
- g. Blood Letting Therapy

The treatment in *Siddha Medicine* aimed at keeping the *three humors* (meaning: *The fluids that are called humors were blood phlegm yellow bile and black bile*) in *equilibrium* and maintenance of *seven elements*. So, ***proper diet, medicine and disciplined regimen of life*** are advised for healthy living and to restore equilibrium of humors in deceased condition. ***Saint Tiruvalvar*** explains four requisites of successful treatments. These are ***the Patient, the Attendant, Physician and Medicine***. When the physician is well qualified and the other agents possess the necessary qualities even severe diseases can be cured easily according to these concepts.

### **IV. WHAT IS THE PHILOSOPHY BEHIND SIDDHA MEDICINE?**

The Physicians who practiced Siddha Medicine in its Ancient form as mentioned in Dravidian culture who are known as Siddhars and are eighteen in number initially. There is a strong belief in Dravidian Culture that these eighteen Siddhars have divine power and received their knowledge in Siddha Medicine from Lord Shiva. The main philosophy of Siddha Medicine is “to preserve and prolong life”. To obtain this philosophy the Siddhars used to practice and understand the loss of nature (Panchabhoothas) and they believe that these Panchabootas control the universe and the living in the universe. Though all the governments propagate and preach untouchability and equality the same principle was laid down thousand of years ago by the Siddhars as they are unconcerned with Caste, Creed and Color or even nationality. These Siddhars strongly believed and practiced to gain knowledge and eternity and alchemy and yogic way of living. It is believed that these Siddhars are having ***“Ashtma Siddhi (eight super natural powers)”***.

### **V. LITERATURE REVIEW AND DISCUSSIONS:**

#### **A. DIAGNOSIS (IDENTIFICATION OF THE DISEASE/AILMENT):**

Siddha System of Ancient Indian Medicine which is similar to Ayurveda, but as its own distinctive nature depends on, examination of eight items which are commonly known in Tamil as,

**“Enn Vakaith Thervu”**

**a. Na (Tongue):** By observing the Tongue and its colour, such as i. Black in Vaadham, ii. Yellow or red in Pitham, iii. White in Kabam, iv. Ulcerated in Anemia.

**b. Varnam (Colour):** Dark for Vaadham, Yellow or red in Pitham, Pale in Kabam

**c. Kural (Voice):** Voice will be normal in Vaadham, if it is high pitched it is Pitham and if it is low pitched it is Kabam, slurred in Alcoholism.

**d. Kaan (Eyes):** Muddy Conjunctiva, Yellowish or red in Pitham, Pale in Kabam.

**e. Thodal (Touch):** It is dry in Vaadham and warm in Pitham and chill in Kabam and sweating in different parts of the body.

**f. Malam (Stool):** If it is black it is Vaadham and if it is Yellow it is Pitham and if it is Pale it is Kabam. If it is dark red that can be identified as Ulcer and if the stool is shiny it is a terminal disease.

**g. Neer (Urine):** Normally in Siddha diagnosis process early morning urine is examined and that straw colour can be diagnosed as indigestion, if it is reddish-yellow colour it represents excessive heat and if it is rose it represents blood pressure, saffron colour in jaundice, if it looks like meat washed in water it can be diagnosed as renal disease.

**B. WHAT ARE SIDDHA MEDICINES?**

The drugs used by the *Siddhars* could be classified into *three groups*,

- **Thavaram** - Herbal Products
- **Thandhu** - Inorganic Substances
- **Zangamam** - Animal Products

The Thandhu are further classified as,

- a. **Uppu** : Water soluble inorganic substances or drugs that give out vapour when put into fire
- b. **Pashanam** (Drugs not dissolved in water but emit vapor when fired),
- c. **Upasaram** (Similar to Pashanam but differs in action),
- d. **loham** (Not dissolved in water but melt when fired),
- e. **Rasam** (Drugs which are soft),
- f. **Gandhagam** (Drugs which are insoluble in water like sulphur)

**i. THE DRUGS/MEDICINES USED IN SIDDHA WERE CLASSIFIED ON THE BASIS OF FIVE PROPERTIES NAMELY,**

1. **Suvai** (Taste)
2. **Gunam** (Character)
3. **Veeryam** (Potential)
4. **Pirivu** (Class)
5. **Mahimai** (Action)

**ii. THE SIDDHA MEDICINES ARE CATEGORIZED INTO TWO GROUPS BY VIRTUE OF THEIR APPLICATION.**

**a. Internal Medicine:** Used through the Oral Route – and is further classified into thirty two categories based on their form, method of preparation, self-life etc.

The Siddha Medicines are very safe because they are made out of natural and very effective as they are made out of flora and fauna that contains rich minerals is a God Gift by Mother Nature.

**b. External Medicine:** includes certain forms of drugs and also certain applications (Nasal, Eye and Ear drops) – Certain Procedures (Leach application). This External medicine is also sub classified into thirty two categories.

The External Therapies which are called as Thokkanam (Nine unique Siddha Physiotherapeutic Techniques), Ottradam (formulations), Vedhu (Steam Therapy), Varmam (Stimulation of Vital points of body), Kaya Karpam, Attangayogam (eight limbs of Yoga) are very effective to ward of the diseases like Hemiplegia (Paralysis of one side of the body), Parkinson Disease, Arthritis. The uniqueness of Siddha Medicine is there is no expiry date and these medicines can be preserved as long as possible and these formulations are prepared by Siddhars, thousands of years ago.

### **C. THE APPLICATION OF SIDDHA TREATMENT (PROCEDURE) AFTER DIAGNOSIS:**

After diagnosis regarding the disease/ailment by the Siddhars, the procedure should be adopted at the earliest so that the spread of the disease can be controlled,

Normally,

The Siddhars or the Vaidyas of Siddha Medicine apply three types of treatments,

**a. Devamaruthvam (Divine Method):** In this type of method, the drugs like Parpam, Chendooram, Guru, Kuligai made of mercury, Sulphur and Pashanam are used,

**b. Manudamaruthurvam (Rational Method):** In this type of procedure, the Siddhars use medicines made out of herbs like Choornam, Kudineer, Vadagam are mainly used.

**c. Asuramaruthurvam (Surgical Method):** In Shalya Chikitsa (Surgical method or Surgery), incision, excision, heat application, bloodletting, leech application are the main applications to sum up the Siddha Medicine.

Therapies adopted Siddhars can be further classified into

- a. Purgative Therapy
- b. Emetic Therapy
- c. Fasting Therapy
- d. Steam Therapy
- e. Oleation Therapy (Snehana, or Oleation Therapy, is **one of the most important therapies that prepares the body to receive specialized Panchakarma treatment.**)
- f. Solar Therapy
- g. Blood Letting Therapy

**D. Siddha – the Ancient Indian System of Medicine** which is predominant in south india especially in Tamilnadu and other predominantly Tamil dominated areas, has a unique system of identifying the diseases/ailments and their effect on the body. The Siddhars who observe the Varmam (vital parts in the body) which act as energy transformers or batteries. These Varmams or energy transformers have different locations in the human body for boosting the life force (Uyir) through the complicated Nadi System; this Nadi system is magnificently designed to protect these vital centres namely energy transformers and are placed deeply inside the body and are being covered with tissues and skin and are inaccessible in normal course, and that is nature's design to protect life of any living creature including humans. Siddha Physician not only heals the disease/ailment through Siddha Medicine but also provides. Provides prayers to keep the mind peaceful. As an example, the patient suffering Psoriasis in addition to the application of medicines spiritual counseling such as prayers, are needed to keep the disturbed mind and soul calm that is why the Siddhars, while treating the patient not only administers the medicines but also prays for the patient in addition to spiritual counseling to keep the patient free from the disturbed mind and soul and is possible because this system of medicine is between one to one (Physician, Patient).

In Siddha System of Medicine, this Varmam Therapy plays an important role in tackling the deficiencies in the body mind and spirit. The Siddhars or the Acharyas who practiced Siddha Medicine and Varmam can understand the link between the body, the vital forces that are in the body and the mind.

The **Varmams** have been classified into five categories namely,

- i. Kudu Varmam: This type of Varmam is due to any injury.
- ii. Nakku Varmam: By licking/tongue massage.
- iii. Thodu Varmam: By touch
- iv. Thattu Varmam: By blows
- v. Nokku Varmam: By starring

The widely practiced and used Varmams by the Siddhars are 12 Pandu Varmams and 96 Thodu Varmams. These Varmam therapies to apply, the therapist should have deep knowledge about the body system (Nadi Mandalam) and also the physical structure for a better treatment. However due to the lapse of time and less encouragement this type of therapy and therapists are getting extinguished as there is no patronage either from the public or from the government.

**E. PRANAYAMA:** As already mentioned above to keep the body and soul free from stress and other strains, these Siddhars of the Siddha Medical System use to practice and propogate and educate their patients regarding the importance of “**Pranayama**” to keep the body healthy and the soul and mind pure.

In Sanskrit, “**Prana**” means “**breath**” and in Siddha Medicine “**Pranayama**” is the most important functions to cure the disease/ailment in addition to medicine. It is nothing but control in the breathing as described by the Siddhars.

#### **F. ANCIENT SYSTEM OF SIDDHA – TODAY:**

With the introduction of Modern System of Medicine (Allopathy) universally, as the belief is it is a scientific method of healing, the popularity of Siddha Medicine dwindled even in Tamilnadu, where it was born and develop in Ancient India. However, there are some pockets in Tamilnadu and few people have confidence in the system of ancient medicine namely Siddha, feel that it is a better medicine for jaundice than the present Allopathy.

However, some doctors like Dr. Ramalingam, IMPCOPS, President, Chennai, C.N. Devanayagam, made few attempts to popularize Siddha System of Medicine to bring back its glory. In 2012, VA Shiva Ayyadury, an MIT Systems Scientist and Tamilian by birth started a programme for doctors through the Chopra Center with the help of Deepak Chopra to integrate the concepts from the traditionally Indian Medical Systems that have flourished during Vedic Period and subsequently, such as Siddha, Ayurveda and also Tribal Traditional Medicines with the present systems.

After the country became independent, the successive governments of Tamilnadu have started six siddha medical colleges under both Government and Private with Tamil medium. However, a college is English medium in Siddha Medicine started in Kerala in Thiruvananthapuram. In all these colleges, it is 5 to 5 1/2 years and after successful completion of the course the college will award a degree in Siddha Medicine as Bs.Ms (Bachelor of Siddha Medicine and Surgery) and these colleges are also started Post Graduates (PG) and Research (PhD) for those students who wants to pursue their qualification further more.

There is a strong belief and notion and the present treatment/procedures followed in other Indian ancient medical systems such as **Physiotherapy, Panchakarmam, Marmam, Acupressure, Naturopathy and Yoga.** Though are separately followed but brought out from the Ancient Siddha System of Medicine called Siddham. Siddha System of Medicine not only makes the body healthy and free from all diseases it also emphasizes on peaceful mind and pure soul.

#### **F. TAMIL NADU GOVERNMENT RUNS A FIVE AND HALF YEAR COURSE IN SIDDHA MEDICINE (BS.MS-Bachelor in Siddha Medicine Surgery) LOCATED IN CHENNAI.**

The Central Government is also keen in developing Ancient Indian System of Medicine by introducing Ayush, with the help of Central Council for Research in Siddha and National Institute of Siddha. Oflate many people are believing that Modern System of Medicine i.e. Allopathy is not complete and is changing its standards and procedures often people are turning towards Ancient Indian System of Medicine for a permanent cure to some of the diseases/ailments where there is no cure in Allopathy/modern medicine/surgery except containing the disease and prolonging the life. Siddha Medicine is a Ancient Tradition System of Medicine and it is transferred



from father to son and are called as Vaithyars have no documentation except transferring the knowledge from mouth to mouth.

Today the treatment like,

**“physiotherapy, Panchakarma, Marmam, Accupresure, Natuorpathy and Yoga are well known separately, but it can be confirmed that all these are evolved from Siddha System of Medicine or Siddham.”**

The above methods are projected in this single system of Siddha Medicine. Siddha System Emphasysis not only **healthy body, peaceful mind and pure soul.**

#### **i. Siddha Medical System,**

**“Is a part of way of live of Dravidian Civilization which emphasizes the importance of Spirituality for soul, peace for the mind and health for the physical body.”**

Siddha Medicines are formulated from, *Flora Fouma* and *rich mineral resources of mother earth.*

Counseling such as *prayer, Yoga* and *meditation* also play a major role in *Siddha Medicine.*

#### **Siddha System of Medicine emphasize that,**

**“Healthcare procedure is oriented not merely to disease, but also has to take into account the patient, environment, age, habits, physical condition. Siddha literature is in Tamil and it is largely practiced in Tamil speaking parts of India and abroad.”**

One more School of Thought has emerged during or subsequently which was founded by “**Maharshi Agastya**” as “**Siddha Medicine**” which is more prevalent in Tamilnadu and this system was developed later and are called as “**Siddhars**” . “**Maharshi Agastya**” who is the founder of “**Siddha Medicine**” . The Principle of “**Siddha Medicine**” according to “**Maharshi Agastya**” – “**diseases are first originated in Mental Plane, Gradually they descend to Pranic Plane and then they start effecting Physical Planes like various Nervous System, Arteries, Veins, that inturn result in body ailments**”.

#### **ii. According to Siddha,**

“**Yugi Muni**” the diseases are classified into 448 based on the following entities.

1. Clinical signs and symptoms
2. Derangement of the three physiological units i.e. Vatha, Pitha and Kapha
3. Causative factor of a particular disease.
4. Injury to the body vital points (Varma points)
5. Psychological causes.
6. Involvement of the affected parts of the body.
7. Worms’ infestation and other infective organisms
8. Genetical inheritance which are sometimes known as “Karma Dhosas”

Siddha System of Medicine practiced only in South India especially in Tamilnadu, and the exponents of Siddha System are called **Siddhars** and they are believed to be having super human powers which they acquired by meditation and yoga. The system is mainly based on,

**“Anda Pinda Thathuvam ”**

means

**“relationship between the Universe and the human body, and these two are interlinked through the five basic principles which are knowns as Panchabootas. The structural aspect of the human body is said to be Udal Dhatus (the physical component of the human body) and the functional units of the human body is said to be Uvier Dhatus (the psychological units that is Vatam, Pittam and Kapham).**

One of the Ancient System of Indian Medicine that is Siddha Treatment is based on,

**“Panchabhootha Panchekaranam”**.

Siddhars believe that functional cooperation of these two are essential for the maintenance of the health. However, the Siddha Medicine practice has been neglected and only traces of them can be found in Tamilnadu.

#### **VI. UGC RECOMMENDATIONS REGARDING INDIAN SYSTEM OF MEDICINE IN VEDIC PERIOD:**

It is appropriate to bring this news updated in Indian Express 15<sup>th</sup> April, 2023 regarding,

**“University and College Students may soon be encouraged to study Plastic Surgery as described in the Ancient Sanskrit Text Sushruta Samhita and Vedic Astronomy. Students of modern medicine will also be nudged to at least take up credit courses on the “Indian Systems of Medicine”, including Ayurveda and Siddha”**

The University Grant Commission(UGC) aims to help colleges and Universities to develop courses for introducing to the Indian Knowledge System (IKS). The UGC also drafted guidelines to define IKS,

**“Systematized disciplines of Knowledge developed to higher degree of sophistication in India from Ancient Times and all the traditions and practices that the various communities of India – including Tribal Communities – have evolved, refined and preserved over generations”**

The UGC also envisaged that,

**“For students of modern medicine the UGC has proposed a credit course in the 1<sup>st</sup> year on ‘Indian System of Medicine’, and two semester credit course on the ‘theory and practice of Ayurveda, Siddha, Yoga, Naturopathy, Unani and Homeopathy”**

#### **VI. WHO INTERNATIONAL STANDARD TERMINOLOGIES ON SIDDHA MEDICINE:**

Since Siddha Medicine is gaining importance and is becoming a popular health resource, the World Health Organisation published **“International Standard Terminologies on Siddha Medicine”** is an essential tool for working on other standards, guidelines, classifications, regulations and integrating Siddha Medicine into health systems that means, Internationally accepted common terms on Siddha Medicine will enable everyone to compare, assess and evaluate the data internationally. According to WHO this International Document on Siddha will facilitate professionals of Siddha Medicine, Policy makers, Health Professionals, Service Providers, Researchers and the general public to use the same concept, understanding and definitions while communicating healthcare services and healthcare records; not only this and also this documentation will support international cooperation and research, exchange of information and standardizing and classifying the Siddha Medicines at large.

#### **VII. SUGGESTION:**

As already mentioned above Siddha System of Medicine, an ancient Indian System in Vedic Period and subsequently and is one of the oldest traditional systems of Medicines in India but the system was written in the form of poems and in the South Indian Language of Tamil and even if they are available on the Data Base it is difficult for Non Tamil Speaking people to understand the inherent pressure that is embedded in the poems because of the language barrier. Hence, there is a need to develop a system to extract structured information from these texts to facilitate searching, comparing, analyzing and implementing in other languages especially in English for the International Researchers.

#### **IX. CONCLUSION:**

In this article an attempt is made to bring out the Ancient Glory in Siddha Medicine, a popular type of Ancient Indian System of Medicine that is prevailing in Tamilnadu in South India since time immemorial. The uniqueness of Ancient Indian Medicine System Siddha, according to the belief and information available it is transferred from Lord Shiva and subsequently through many Maharshis and finally to 18 Siddhars.

Unlike Modern System of Medicine, Siddha Medicine believes not only purifying the body internally and externally by applying herbal medicines and formulations prepared and applied as mentioned by Siddhars in

Ancient India but also keep the mind and soul free from stress and strain by giving spiritual counseling and prayers to appease the Gods. It is also believed that the Evil Powers of the nature will have a bearing on the human bodies to destabilize their normal functioning and as such these Siddhars believed that these Panchabootas (five elements of the nature) are to be taken into consideration while treating the patient. Another uniqueness is it is a one to one system (physician and patient) and the physician or the Siddha use to thoroughly examine the patient internally and externally and prescribes the medicines and other spiritual procedures which are looked after by the disciples (assistants) of the Siddhars. Due to Passage of Time, this Ancient System of Indian Medicine namely Siddham losts its glory even its existence but if the timely intervention of the State and Central Governments it is being revived. It is a proven fact that where there is no cure except containing the disease in Allopathy these Indian System of Medicines namely Ayurveda, Unani, Siddha, Homeopathy and Naturopathy and Yoga have answer to cure such diseases provided if the procedures are followed in Tantum.

As Mahatma Gandhi, father of the nation mentioned that,

**“Health is Wealth but not a piece of Gold and Silver”**

#### **X. ACKNOWLEDGMENT:**

I sincerely express my acknowledgment to one and all from those luminaries and icons who have mastered the subject on Ancient Indian Medical System during Vedic Period and subsequently who spent lot of time and energy to identify and bring out the glorious past in Vedic Period and subsequently in Healthcare and Healthcare procedures and those Maharshis and Acharyas who developed this System of Medicine when the rest of the World is in dark in health and healthcare, the cream and philosophy of Ancient Indian Medicine that is embaded in Sushruta Samhita, Charaka Samhita and such other valuable unparallel books in Indian Medical System from which I have taken the important parts and such other information that is needed in this article. I have got inspiration while reading those articles written by those luminaries and icons to write this article for the benefit of the subsequent generations. This my acknowledgment may be taken as an individual acknowledgment and permission in making use of their efforts to bring out this article.

#### **XI. DECLARATION:**

The author declares that there is no competing interests nor any gains whatsoever, except to bring out the past glory of the Ancient Indian and Medical System and how they are relevant and appropriate even today for certain ailments/diseases where there is no answer to cure except containing the diseases and prolonging the life.

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