

Literature review on medicine of Keel Vayu in Siddha Classical Text books

Srikajan R^{1*}, Rajarajeshwari A², Manoharan A³

¹PG Scholar, Department of Pothu Maruthuvam, ²Lecturer, Department of Nanju Maruthuvam, ³Head and Professor Department of Pothu Maruthuvam, Government Siddha Medical College, Palayamkottai, Tirunelveli, Tamilnadu, India.

ABSTRACT

Arthritis is a term, to used in any disorder can affects the joints. The most common arthritis are Osteo and Rheumatoid arthritis. Instastical analysis of Osteoarthritis affects more than 3.8%, and rheumatoid arthritis is about 0.24% in india. The arthritis is compared with the term of **keelvayu** in modern medicine. Accoding to siddha **Keel vayu** comes under the 80 types of **vadha** diseases. As there is no currable drug is not available in any other system of medicine. In this condition this is need for evaluation in new drugs . The variants siddha poly herbal, mineral drugs were mentioned in manuscripts and text books. This study focuses on different Siddha formulations to cure in arthritis. This includes **chendhuram, parpam, chunnam, mathirai, melugu, kuzhambu, chooranam, manappagu, thailam, pattru** formulations were used in siddha system of medicines. This information provides intensive keyhole for the development of potential anti-arthritic drugs.

Key words: Siddha, Arthritis, Anti-arthritic, Mudakku vayu, Vatha disease

Corresponding author

Srikajan. R

PG Scholar, Department of
Pothu Maruthuvam
srikajan1978@gmail.com

INTRODUCTION

The word “arthritis” is derived from two Greek words: arthron, meaning a joint, and -it's, meaning inflammation. Clinical features of arthritis redness, heat, swelling and tenderness and immobilization. The arthritis describes a single or multiple joints were affected, it leads to permanent damage of cartilage and bony deformities. In this conditions like osteoarthritis (OA) and rheumatoid arthritis (RA), Pain can interfere with your ability to go about your daily tasks at home and at work². Aging, inflammations, wounds, over strain, improper physiological activities are the leading causes for the arthritis³. Arthritis affects 15% people ie. Over 180 million people in India. This prevalence is higher than many well known diseases such as diabetes, AIDS and cancer. Rheumatology deals with arthritis and rheumatism. There are over 100 rheumatological disorders classified by World Health Organization⁴. Prevalence of arthritis rising among Indians. India will emerge as the capital of osteoarthritis by 2025 with more than 60 million to be likely

affected⁵. In modern medicine to treat osteoarthritis through pain reducer such as analgesics, NSAIDs, antidepressants, muscle relaxants, and some surgical procedures are available like arthroscopy, synovectomy, joint replacement, joint fusion etc. However these medications and surgical procedures are having some limitations and side effects and cost was more expensive. So, in this condition my focus to determine newer siddha drugs, to cure permanent remedies of inflammatory arthritis. In siddha system of medicine arthritis is treated in siddha medicine various form of internal (parpam, chendharam, chunnam, Mathirai, Kuzhambu, melugu, chooranam, kudineer.) or external (Thailam, Pattru, pottanam) medicines.

ARTHRITIS IN SIDDHA

Keel vayu come under 80 types of **vadha** diseases⁷. According to Yugi Vaidhyachindhamani 800 Keelvayu is classified into 10 types. They are,

1. Vali Keel vayu
2. Azhal Keel vayu

3. Iya Keel vayu
 4. ValiazhalKeelvayu
5. Valiaya Keel vayu
 6. Azhalvali Keel vayu
7. Azhalaya Keel vayu
 8. Iyavali Keel vayu
9. Iyaazhal Keel vayu
 10. Mukkutra Keel vayu

SIDDHA MEDICINES INDICATED FOR ARTHRITIS

Siddha consists of many formulations such as Single drug, Poly herbal, Herbo-mineral, Mineral, Compound formulations and external therapies to treat the arthritis, which has been mentioned in

ancient literature such as *Siddha Vaidya Thirattu*, *YugiVaidhyaChindhamani*, *AgathiarVaithiyaKaaviyam* etc. Some siddha text book here mentioned thokkanam(external) is very important to cure the Arthritis, along with internal medicines³. A few single case studies have been reported using Thokkanam in the treatment of Arthritis. The siddha formulations have been broadly discussed in selected textbooks such as Siddha maruththuvam(Pothu), Pararasasegaram, Siddha vaithyathiraddu, Sarabenthraivaithyanithanam(vatharogac hikitsai), Chikitcharathnatheepam.

The details of the medicine for keelvayu which taken from the Selected Siddha Classical text books

Mathirai	Chooranam	Parpam	Chendhuram
kodasoori	nimpathi	vanga	ayaveera
sanjeevi	gukkil	velli	aarumuga
addapairavam	seenthil	pavala	chandamaarutha
mehanaatha	parankipattai	mutththu	kaalameha
vadharadshathan	thalisathi	thanga	thanga
vangarasanjeevi	vaadharaadshatha	sangu	pooranachandrodhathayam
kodassori	guggulathi	kanthaga	kaalameha Narayana
rajarajeswari	mudakkuvadham	kaarreeya	thaalaga
sannipaatha	sarvangavatha	muddaiodu	aya
vadharadshathan (general)	jathibalathi	kaandha	kadikara

vadharadshathan	akkinikumaran	thaamira	thurusuch
emathanda		muththu	sivanaramirtham
kodassori	Mezhugu	saathilinga	rasa
pachchaikatpoora	veera	chandarasa	kaazha mega narayana
vadharaadshagan	rasagandhi	chootha	lingakaddu
virechachanapoopathi	vaan	velvanka	ayakaddu
venkaara	nandhi	thamira	panchasootha
prathapaakinipoobathi	kumaddi	veera	sandamarutha
maharaja mirukangam	chittanda	sootha	kaalameganarayana
guggulu	navauuppu	veera	ayaveera
lashunapishdi	mahaveera		ayaveera
lakshminarayana	lavana		panchabashana
vishnuchakkara	panchanavaloga		chandamarutha
mahavathavithvamshani	panchalavana		ayakantha
mega vayuk	thamira		
ayaveera	thamira		
kodaasuli	kasthoori		
kalakodirasam	veera		
	veera (Satha)		
	thaniveera		
	veera		
	mehachindamani		
	veera		
	thengai		

Kudineer	Vennai	Manapagu	Nei	Avizhtham
chittaraththai	kukkil	adathodai	vallarai	aathiyanthavidnuparakirama
rosa Poo	alarchi			

Kuzhambu	Chunnam	Legium
agasthiyar	velvanga	mathalampazha
chandamaarutha	muththuvanga	panchatheepakini
kumatti	rasa	thettrankottai
gowsigar		narasimma
nochchi		idipooranaathy
nochchi		amirthasanjeevini
		cheeranachangeevi

Mai	vadakam	Rasayanam	Karuppu	Kadugu
nandhi	thalisathi	kandhaga	kasthoorik	kalingaathik

Patru	Poddani	Ilai
moosambara	sineha	pirami
kalarchi	for 80 vaadham	murungai
kaavikkal	mudakkuvatham	velaikkeerai
muzhankalvatha		tharak
vatharoga		nochchi
vatharogam		

Oil

kazhatchi	kadugu	vayumavilinka	lashunapishdit
merugulli	vidamutti	periyamaavilinka	panchaarka
vellai	mahapirathani	manjzh	murungaiver
vaadhanaasa	thirivarkkanimpadhi	manjzh	thettraan
mehanatha	vettrilaisaatu	nochchisaatu	seeraga
rasa	kumul	aayil	poopizhu
anda	ulliyamanakku	kanthagasudar	erukku
uththamani	oil	kalarchi	Vaadham
siththaathi	piramiyavatha	merugulli	amirthasanjeevi
vaadhakesari	chandrakasha	meganatha	kai kaazhtheera
eddi	thodaivadha	mayana	aayil
kukkil	miruthasanjeevi	vadhaKesari	mudakkuvaadham
sadaamaanchil	thodaivadha	lahuvishamushdi	maragathaanchana
ulunthu	miruthasanjeevi	chiththramoola	arugu
merugulli	muthiyarKoonthal	kurinchi	naththaichoori
sathurvagaisaattu	thasamoolamosha	vaadha	chiththiramoola
panchaarkka	poopizhu	vaadhakethagi	nimpaathi
murungaiver	erukkathi	for 80 vaadham	arkkaathi
thettran	kethagi	for 80 vaadham	poothiga
ladshuminarayana	thasamoolamarisaathi	all vaadham	eranda
panchaarkka	seeraga	vishamuddi	vaadham
other			
mahanarayana	arakku	erukku	vaadham
linga	mayanath	anda	amirthasanjeevi
merugankizhangu	karunkozhi	atkashirapathy	oil
mayana	navabashanath	maina	oil
mayana (other)	narikozha	kaalaruthranga	oil
malkingini	vathakesari	masa	nirkundi
ayilpattai	vaadhapidippu	mezhugu	nirkund

Table no. 1: Internal medicines in siddha for arthritis

INTERNAL MEDICINE		
maaththirai	kodasoori	internal
maaththirai	sanjeevi	internal
maaththirai	addapairavam	internal
maaththirai	mehanaatha	internal
oil	kazhatchi	internal
oil	merugulli	internal
oil	vellai	internal
oil	vaadhanaasa	internal
oil	mehanatha	internal
kuzhambu	agasthiyar	internal
chenduram	ayaveera	internal
chenduram	aarumuga	internal
chenduram	chandamaarutha	internal
chenduram	kaalameha	internal
chenduram	thanga	internal
chenduram	pooranachandrodhathayam	internal
chunnam	velvanga	internal
patpam	vanga	internal
patpam	velli	internal
mezhugu	veera	internal
mezhugu	rasagandhi	internal
mezhugu	vaan	internal
mezhugu	nandhi	internal
kudineer	chittaraththai	internal
patpam	pavala	internal
patpam	muththu	internal
patpam	thanga	internal
chenduram	kaalameha Narayana	internal
kudineer	rosa Poo	internal
patpam	sangu	internal
chunnam	muththuvanga	internal
oil	rasa	internal
chunnam	rasa	internal
chenduram	thaalaga	internal
patpam	kanthaga	internal
patpam	kaarreeya	internal
karuppu	kasthoorik	internal
oil	anda	internal
oil	uththamani	internal

oil	siththaathi	internal
mezhugu	kumaddi	internal
kuzhambu	chandamaarutha	internal
maaththirai	rajarajeswari	internal
maaththirai	sannipaatha	internal
patpam	muddaiodu	internal
oil	mahapirathani	internal & external
maaththirai	vadharadshathan	internal
avizhtham	aathiyanthavidnuparakirama	internal
oil	thirivarkkanimpadhi	internal & external
maaththirai	vangarasanjeevi	internal
maaththirai	kodassori	internal
chooranam	nimpathi	internal
legium	mathalampazha	internal
oil	ulliyamanakku	internal
oil	oil	internal
oil	chandrakasha	internal
maaththirai	vadharadshathan (general)	internal
maaththirai	vadharadshathan	internal
chooranam	gukkil	internal
maaththirai	emathanda	internal
maaththirai	kodassori	internal
maaththirai	pachchaikatpoora	internal
maaththirai	vadharaadshagan	internal
maaththirai	virechachanapoopathi	internal
maaththirai	venkaara	internal
maaththirai	prathapaakinipoobathi	internal
maaththirai	maharaja mirukangam	internal
patpam	kaandha	internal
patpam	thaamira	internal
patpam	muththu	internal
patpam	saathilinga	internal
patpam	chandarasa	internal
patpam	chootha	internal
chenduram	aya	internal
chenduram	kadikara	internal
chenduram	thurusuch	internal
chenduram	sivanaramirtham	internal
kuzhambu	kumatti	internal
mezhugu	chittanda	internal
mai	nandhi	internal
mezhugu	navauuppu	internal

mezhugu	mahaveera	internal
kuzhambu	gowsigar	internal
chooranam	seenthil	internal
chooranam	parankipattai	internal
chooranam	thalisathi	internal
vadakam	thalisathi	internal
rasayanam	kandhaga	internal
legium	panchatheepakini	internal
legium	thettrankottai	internal
manappaku	adathodai	internal
oil	kanthagasudar	internal
oil	kalarchi	internal
oil	merugulli	internal
oil	meganatha	internal
maaththirai	guggulu	internal
chooranam	vaadharaadshatha	internal
other	kuruvundai	internal
oil	chiththramoola	internal
kadugu	kalingaathik	internal
kuzhambu	nochchi	internal
oil	kurinchi	internal
oil	lashunapishdit	internal
oil	panchaarka	internal
oil	murungaiver	internal
oil	thettraan	internal
oil	seeraga	internal
maaththirai	lashunapishdi	internal
oil	poopizhu	internal
nei	senkkoddai	internal
oil	erukku	internal
oil	Vaadham	internal
oil	amirthasanjeevi	internal
chooranam	guggulathi	internal
chooranam	mudakkuvadham	internal
oil	kai kaazhtheera	internal
oil	aayil	internal
oil	mudakkuvaadham	internal
oil	maragathaanchana	internal
oil	arugu	internal
maaththirai	lakshminarayana	internal
maaththirai	vishnuchakkara	internal
maaththirai	mahavathavithvamshani	internal

legium	narasimma	internal
legium	idipooranaathy	internal
legium	amirthasanjeevini	internal
oil	linga	internal
oil	merugankizhangu	internal
oil	mayana	internal
oil	mayana (other)	internal
patpam	velvanka	internal
patpam	thamira	internal
chenduram	rasa	internal
chenduram	kaazha mega narayana	internal
chenduram	lingakaddu	internal
chenduram	ayakaddu	internal
mezhugu	lavana	internal
mezhugu	panchanavaloga	internal
mezhugu	panchalavana	internal
mezhugu	thamira	internal
mezhugu	thamira	internal
maaththirai	miruthijunjeya rasa	internal
mezhugu	kasthoori	internal
mezhugu	veera	internal
mezhugu	veera (Satha)	internal
mezhugu	thaniveera	internal
mezhugu	veera	internal
mezhugu	mehachindamani	internal
other	akbhararakke sheer	internal
other	uyarnthaperunkayam	internal
mezhugu	veera	internal
mezhugu	thengai	internal
chenduram	panchasootha	internal
oil	kalaruthranga	internal
patpam	veera	internal
chooranam	sarvangavatha	internal
chenduram	sandamarutha	internal
chenduram	kaalameganarayana	internal
maaththirai	mega vayuk	internal
maaththirai	ayaveera	internal
chenduram	ayaveera	internal
chooranam	jathibalathi	internal
maaththirai	kodaasuli	internal
maaththirai	kalakodirasam	internal
legium	cheeranachangeevi	internal

oil	kaalaruthranga	internal
oil	masa	internal
oil	mezhugu	internal
patpam	sootha	internal
patpam	veera	internal
chenduram	ayaveera	internal
chenduram	panchabashana	internal
chenduram	chandamarutha	internal
chooranam	akkinikumarana	internal
chenduram	ayakantha	internal

Table 2: External medicines in siddha for arthritis

EXTERNAL MEDICINE		
patru	moosambara	external
patru	kalarchi	external
patru	kaavikkal	external
vennai	kukkil	external
vennai	alarchi	external
ilai	pirami	external
ilai	murungai	external
ilai	velaikkeerai	external
ilai	tharak	external
oil	vaadhakesari	external
oil	eddi	external
oil	kukkil	external
oil	sadaamaanchil	external
oil	ulunthu	external
oil	merugulli	external
ilai	nochchi	external
oil	kadugu	external
oil	vidamutti	external
nei	vallarai	external
other	leach application	external
oil	mahapirathani	internal & external
oil	thirivarkkanimpadhi	internal & external
oil	vettrilaisaatu	external
oil	kumul	external
oil	piramiyavatha	external
patru	muzhankalvatha	external
oil	thodaivadha	external

oil	miruthasanjeevi	external
oil	muthiyarKoonthal	external
oil	vayumavilinka	external
oil	periyamaavilinka	external
oil	manjazh	external
oil	manjazh	external
oil	nochchisaatru	external
oil	aayil	external
pottani	sineha	external
oil	mayana	external
oil	vadhaKesari	external
oil	lahuvishamushdi	external
oil	naththaichoori	external
oil	chiththiramoola	external
oil	nimpaathi	external
kuzhambu	nochchi	external
oil	poothiga	external
oil	eranda	external
oil	arkkaathi	external
oil	sathurvagaisaattu	external
oil	panchaarkka	external
oil	murungaiver	external
oil	thettran	external
oil	ladshuminarayana	external
oil	panchaarkka other	external
oil	mahanarayana	external
oil	thasamoolamosha	external
oil	poopizhu	external
oil	erukkathi	external
oil	kethagi	external
oil	thasamoolamarisaathi	external
oil	seeraga	external
nei	paashana	external
oil	arakku	external
oil	vaadha	external
oil	vaadhakethagi	external
oil	for 80 vaadham	external
oil	for 80 vaadham	external
oil	all vaadham	external
pottani	for 80 vaadham	external
oil	vishamuddi	external
oil	erukku	external

oil	vaadham	external
oil	vaadham	external
oil	amirthasanjeevi	external
oil	oil	external
oil	oil	external
oil	oil	external
oil	nirkundi	external
oil	nirkund	external
pottani	mudakkuvatham	external
oil	ayilpattai	external
oil	vaadhapidippu	external
oil	malkingini	external
oil	mayanath	external
oil	karunkozhi	external
oil	navabashanath	external
oil	narikozha	external
patru	vatharoga	external
patru	vatharogam	external
oil	vathakesari	external
oil	anda	external
oil	atkashirapathy	external
oil	maina	external

CONCLUSION

The Siddha system of medicine is imperative role to cure the arthritis. it can be treated internal and external therapies. According to the study, various classical preparation in different methods were mention Siddha literatures and Siddha text books. Now a days the above medicines are scientifically proven. This will be beneficial role to Siddha physicians to early diagnosis and preventive aspect of the diseases.

Prolong use of siddha medicines they are not produced any side effects and adverse effects observed. This study is useful for further research in preclinical and clinical validation of siddha medicines. Further literary and clinical studies are necessitate in future.

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CONCLUSION

Analysis of data shows that the most the people were affected in age of 40-50 years. And the majority of patients were male. The retention of urine is considered as the major cause for formation of urolithiasis. High intake of protein diet is considered as a main cause for formation of urolithiasis. Family history and intake of calcium pills are minor cause for urolithiasis. The majority of peoples are in normal body mass index. This will be important role to Siddha physicians to early diagnose and avoid the recurrence of *kalladippunoi*. Further literary and clinical studies are necessary in future.

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