

Fundamentals of Tamil Medicine - Natural biology and the theory of equilibrium

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I. INTRODUCTION

We all know that the United Nations declared 2010 as the International Year of Biodiversity. India is known to be one of the most diverse countries and has rich biodiversity and associated heritage knowledge (Biodiversity and its Conservation in India-Indian Journal of Science and Technology, 2012). We have read that the Western Ghats and the Himalayas are World Heritage Sites. At the same time, India is one of the richest countries in the world for medicinal plants. Therefore, it is their duty to make the younger generation aware of the traditional Tamil medicine of our country Siddha medicine and teach it to others.

Siddha medicine, the ancient Tamil system of medicine, is unique in its fundamental philosophies. It connects the human body (pindam) with nature (the universe) in the universe. The two main foundations of this medicine are natural biology and the principle of equilibrium. Natural lifestyle is the study of human beings living in harmony with nature, consuming natural food (food is medicine), and following a proper lifestyle, sleep and meditation to prevent diseases. The theory of equilibrium states that the balance of the five elements (earth, water, fire, air, and space) and the three elements of Vata, Pitta and Kapha is the basis of health. When this balance is disturbed, the disease occurs. The essence of Tamil medicine is to restore this through natural herbs, minerals and therapeutic methods such as varma. It is a holistic system of medicine that considers the body, mind and soul as one.

II. HISTORY OF SIDDHA MEDICINE

Siddha medicine is an ancient Tamil system of medicine. It was created by the Siddhas. Its history is thousands of years old. The Siddhas recorded their knowledge in palm leaf manuscripts. It focuses on curing diseases using natural herbs, minerals, and animal products. Siddha medicine originated in the soil of Tamil Nadu and is rooted in the culture, art, civilization and wisdom of the Dravidian tradition. Nearly three thousand years ago, in the world's most popular texts like Thirukkural and Thirumanthiram, M. Scholars have pointed out that there is evidence of Siddha medicine in the Rig Veda texts written between 4500 and 1600 AD, as well as in the Siddha

medicine manuscripts of Sarabendra, manuscripts, palm leaf manuscripts and Tamil literature of the Sangam period. This shows the age-old connection between Tamil culture and culture.

Some of the eighteen books of the Sangam period have medicinal features in their own names: for example, the Trikadugam is a book of justice in the name of three medicinal substances, namely Sukku, Pepper and Tippi (Tri Mustard). Sirupanchamoolam: A book that teaches justice in the name of five roots, namely Kandangathiri, Siruvazhuthui, Sirumalli, Perumalli and Nerunji. Elathi: A book that refers to six medicinal items including elam. The Sangam literature provides historical evidence of the development of Tamil medicine as a home remedy and wartime medicine with unique knowledge during that period. It is noteworthy that the philosophy of equilibrium of the human soul, body and five elements has been recorded many times in the Tolkappiyam, Sangam literature and Siddha texts. Dietary protocols were also provided. The Dwapara Yuga, two thousand nine hundred and fifty thousand seventy-three years before the emergence of Western civilization, has been defined as the emergence of the unique Siddha medicine.

- *Dravidian Medicine*

Siddha medicine is called Dravidian medicine because, according to historians, it is the earliest system of medicine used by the Dravidians, the Dravidians, because of its ancient antiquity and historical background. There is evidence that people living in the Indus Valley Civilization and earlier civilizations, i.e., the ancient Dravidians, used this system of medicine. Thus, it is established as a science that flourished in Tamil soil even before the arrival of the Aryans.

Based on the historical fact that Kumari is the homeland of the Tamils, where the first human species originated, it is called Dravidian medicine because it is the medicine used by the Tamils. As a part of the Dravidian culture, this nature-based system of medicine was adapted to the lifestyle, food habits and climate of the Dravidian people.

- *Tamil Medicine:*

Tamil medicine is a traditional system of medicine that is inextricably linked to Tamil culture and the ecology of the Tamil land. It originated among the ancient Tamils and was mostly developed by the Siddhas. The basic elements of Tamil medicine are the herbs, minerals and metals found in the Tamil land and the ecology of the land. This tradition is ancient and has the unique ability to integrate body, mind and soul. Its core definition made it not only routine medicine but also a holistic way of life to prevent diseases. The Tamil medical system was developed in the mother tongue and all the original texts were recorded in Tamil. Diseases, medicines and treatment methods have been written in detail in the manuscripts written by the Siddhas. The Gurukul system has presented songs, Sangam literature, inscriptions and traditional worship traditions. Even today, the purity, life and traditional way of life of Tamil medicine continue to be practiced. It is a traditional system of medicine that prolongs life, not only cures diseases but also aims at a healthy, natural life.

- *Classical Medicine*

Siddha medicine is known as Classical Tamil medicine because of its purity, antiquity and linguistic affinity of the Tamil tradition. Its theories and knowledge were written in pure Tamil in ancient palm leaf manuscripts. Even in the ancient Tamil tradition, the use of correct words and the absence of mixed languages is a unique feature. The medicinal terminology, drug names ('Chunnam', 'Baspam') and bodily features ('Vadam', 'Pittam', 'Kapham') are unique to Senthamizh. The herbs, recipes, and lifestyle environments (including diet) used in medicine all fully reflect the Tamil way of life. It is hailed as a unique medicine as Siddhas write songs in Tamil and are known for their unique medicine.

III. BASIC OF SIDDHA MEDICINE: VATA, PITTA, KAPHA

The peculiarity of Siddha medicine is that its basic principle is centered on the three nadis (basic elements) namely Vata, Pitta and Kapha. These refer to the movements of the body, heat and fluid balance. The balance of these three doshas is very important for health. Diseases are caused by imbalances in these diseases. The Siddhas divided the human body into three parts and connected them with the philosophies. With this, it is possible to clearly understand the diseases that come in every part of the body and the herbs that remove them. It is none other than the one who gives us sickness and suffering; They are siblings who are attached to our bodies. As the saying goes, "Sibling kills", these three will become friends and enemies. Friends are undivided friends, inseparable friends. Enemies are inseparable enemies, deadly enemies. Those high friends and high enemies are Vata, Pitta and Kapha. These can be compared to the king (Vata), the minister (Pitta) and the soldier (Kapha) respectively. It is not an exaggeration to say that laziness leads to rhetoric, excessive activity leads to bile and undisciplined activity leads to phlegm. The disease is caused by a change in the balance of these triple faults. Valluvar has said that it is a disease that is greater or less.

IV. SPECIALTY OF SIDDHA MEDICINE

Siddha medicine is a traditional Tamil system of medicine that thinks for the welfare of all living beings and promotes natural life with science. Its objectives are to maintain physical and internal well-being and prevent disease. The Siddhas were proficient in 64 ayak arts, mastered natural biological knowledge and developed medicinal systems suitable for the people. Siddha medicines (lime, baspam and vermilion) are purified in many steps and do not spoil for a long time. It contains antibiotics that keep the body youthful and disease-free. They are considered to be the source of the Tridosha theory, the superior medicinal system, yoga, alchemy and astrology. Below are the eighteen Siddhas (Eleven Siddhas) who laid the foundation for the development of Tamil medicine. Agasthya (Chief Siddha), Thirumoolar, Bhogar, Gorakkar, Machamuni, Sattaimuni, Konkanar, Dhanvantri, Ramadeva (Jacob), Idaikadar, Kamalamuni, Patanjali, Nandi Thevar, Bodhaguru, Pambatti Siddhar, Sundarananda, Karuvurar and Valmiki.

V. PHILOSOPHY OF SIDDHA MEDICINE: DOMINANCE OF THE FIVE ELEMENTS

Siddha medicine is based on the life of this world. Its basic principle is: "The Pindam is in the universe; The universe is in the embryo. "That is, the movement of the five elements in the world, namely land, water, air, sky and fire, is responsible for the movement of the human body (pindam). The 96 philosophies that encompass the human body, mind and consciousness are the elaborate manifestation of these five elements. Astrology or Nadi Catch is a special Nadi that is unique to Siddha medicine and is not available in any other system of medicine in the world. In this, the Siddha doctor senses the pulse of the patient using three fingers on his wrist. It is only by the movement of this pulse that the balance or imbalance of the three doshas in the body, namely Vata, Pitta and Kapha, can be accurately identified. This helps in identifying the nature of the disease and the root cause.

It is estimated that 4448 diseases will be caused due to imbalance of Vata, Pitta and Kapha. Of these, 4000 diseases are classified into humans and the rest of the diseases of other living organisms. "Food is medicine; Medicine is food. "Let's save it before it comes" (prevention). Drug Replacement Therapy for all six seasons.

VI. CONCLUSION

Tamil medicine, especially Siddha medicine, has thousands of years of tradition and unique knowledge of Tamil Nadu. It's not just a cure for the disease; It is a way of life that considers the body as the balance of the five elements and the three elements (Vata, Pitta, Kapha). It uses natural herbs, minerals and yoga to prevent and cure diseases and keep the body young (kayakalpa). From Sangam literature to manuscripts of Siddhas, preserved in Tamil, its knowledge, integrating health, mental health, spirituality, provides a holistic approach to universal health. The younger generation should consider it their duty to know and teach Siddha medicine, the traditional Tamil medicine of our country. Therefore, I wish the Tamils to protect and use medicine and live a healthy life.