

Manonmaniyam Sundaranar University
Tirunelveli

MANONMANIUM SUNDARANAR UNIVERSITY

TIRUNELVELI

Directorate of Distance Education

DIRECTORATE OF DISTANCE CONTINUING EDUCATION

TIRUNELVELI

Bachelor's degree in Tamil

Third year le;jhk; gUtk;

Siddha literature and Siddha medicine



Manonmaniyam Sundaranar University

Tirunelveli – 627 012

Siddha literature and Siddha medicine

Learning Objectives-Learning Objectives

- TO UNDERSTAND THE CONCEPTS AND life lessons of the Siddhas related to human life, body, and SOUL .
- songs about human life AND their thoughts and feelings
FIRST Utthikamalai, the code of the Amamandu .
- the Siddhamaruthuva philosophy FOUND in Tamil grammar and literature , AND WILL HAVE a basic knowledge of the natural MEDICINE OF THE TAMIL PEOPLE .
- The Siddhas of Pathipananan , the SIDDHAS OF MAHAKAMALA AND the Medicinal Religion in Life
ALSO ENGAGE in gambling and medical activities .

Unit- I	Siddhas AND SIDDHA Medicine
<p>The Siddhas are blessed BECAUSE OF their number - 18 is the number of Siddhas - the Siddhas</p> <p>Life - The Siddhas' thoughts on human life, body, and mind - Siddha songs - In Siddha songs, thoughts on life - Physical exercise, inner training, medicine , etc. - SINDHU ,</p> <p>Mesh-like patterns AND code- LIKE techniques .</p>	
Unit- II	Medicine IN Tamil literature
<p>THE ORIGIN AND Development of Siddha Medicine - Pathibanan Siddhas - Siddha Medicine Songs - Manaykantari AND Mumarakal - Siddha Medicine Miracles - Siddha Medicine Pasaythikas in Thirukkural - Thikadugam SPECIAL Edition 1 - SIRUPANCHAMOOLA 74 - Pazhalpamazhi Nanuru 56. 167 -</p> <p>The medical texts FOUND in the books Nanmanikkadimaka 12 - Asarakmahamava, 57 - Mudupamazhikanji 1:5, 8:7, 9:4 - Athisudi, 16.70,76, 91 - Paganmara Mavanthan, 60 - Neethibhavanpa 9</p> <p>The Pashaidis.</p>	
Unit- III	Mother Nature, Drinking Water , Surana
<p>Medicinal properties found in LICORICE , fig, arasu, lily, arugimara, adapadamata, aal, ginger, sukku. Erum, lemongrass, CARDAMOM , poppy , mustard, kandangathai AND OTHER HERBS ARE AMONG THE MEDICINAL PROPERTIES FOUND IN THE FIVE ROOTS .</p> <p>Siddhamaruthuva drinking water sources: Nilamavam PUK DRINKING WATER, SIDDHARATHAMADA DRINKING water, Mandoora drinking water, Im POORALKUDI water, Thiratmasakkudi water, Kadukkaikudi water, Karumavam PADMAKUDI water , Banachchi drinking water, Kizhabanalli drinking water, Neermullik drinking water.</p> <p>ARE : Thikadugu SOORANA , Thipamala SOORANA , Ashtadeepakini Soorana ,</p> <p>The Nilaavamarachura , the Amukarasura , the Elathicura , THE Thalishathicura , the Parangipadmatachura , the Panchadeepakinichuura , AND THE PALPAPADICURA .</p>	
Unit- IV	Special Roots- 1
<p>Kasalangkanni, Karimavumpu , Kattavai, Grampu , Keezhapanalli, Kumpamamani, Kumai, Sadikai,</p> <p>Sirugimara, cumin , sumara, masam PU , thippili, thirunitrupachimala, dutti, tulsi, duthumavamala, nannai,</p> <p>The medicinal properties FOUND IN THE TWENTY-TWO MEDICINAL HERBS , Nithya Kalyani, Nilamavam AND Puakiya .</p>	
Unit- V	Special Roots- 2

Among the five main herbs are: banana, papaya, banana leaf, papaya LEAF , mango leaf, turmeric, manitkali, mango leaf, sweet potato, pepper, moringa LEAF , VASAMBU , BHAVANDAYAM , pavattimala, and MAVUMBU .

MEDICAL supplies available .

For internal assessment: 1. To observe and analyze the original Mahatma plays, 2. To analyze the literature of the Siddhas AND related books, 3. To understand the changes AND philosophical changes brought about by the Siddhas in the Tamil spiritual tradition.

Writing, 4. Interacting, reading, quiz-like events.

Intermarriage.

Unit 1. Siddhas and Siddha Medicine

Siddhas have a unique place in the history of Tamil Nadu and in the history of Tamil literature . The Siddhas have expressed their wonderful treasures in various fields such as medicine for the disease - free life of the people of the world , alchemy for unending wealth , yoga for overcoming the movement of the mind , and the wisdom of realizing that what is in the universe is in the body . Siddhas are described as peaceful revolutionaries who sought the path to human unity by casting aside caste , creed , race , religion , etc. , which divide the human race , which is made up of all the elements , such as pulse , nerve, blood circulation , and organ health . They have provided spiritual medicine to this world, concerned with the well-being of all, both spiritually and physically .

Siddhas

in the creation of nature . He is rational through experience . By contemplating and understanding many truths of the creation of the world through this power, he develops himself and is the reason for the development of human society. Man alone has made many advances in his way of life compared to other living beings who explain themselves by eating, sleeping and developing their species . The reason is the mind he has acquired . With the help of this, he has been doing many useful things . Man realized that there is some great power that runs this world through the power of the mind that is naturally present . He realized that that power is within him and runs and controls him . With that, he tried to do things that average people can do . He tried to achieve that power, which is invisible to the eye, by concentrating his mind . Those who succeeded in this effort were the sages , rishis , sages and Siddhas . Among them , Siddhas were unique in their own way .

God are devotees . Those who have seen clearly are Siddhas . However, the history of the past shows that Siddhas who have seen God due to their inner turmoil cannot be restrained within a time limit . This may seem funny and unwise to those who have understood the truth about Siddhas who live through time . However, many Siddhas who have acquired infinite power have realized all eternity, which is the reality of their songs . Although these people, who are considered to have been endowed with the gift of immortality , are not available to the visions of average humans, they continue to roam the society of people in the form of songs .

Siddhas are also called spiritual revolutionaries . Just as there are revolutionary thinkers in many fields of society, Siddhas are those who have revolutionary ideas in philosophy and religion .

" If the mind is pure, one should not chant mantras ."

Will Nattakal also speak ? While Nathan is there

" Isn't it a temple ?"

" The source of the body is the salt of the palm tree. "

" One clan, one god "

" Inactivity "

" You who have read the four Vedas will understand the doctrine of wisdom " ;

Siddhas are those who sowed the seeds of social revolution and influenced the minds of people .

systems in society . All these revolutions that take place all over the world appear for a specific reason and disappear when that reason is fulfilled . But only in our country is an inner spiritual revolution that will never disappear . The people who lead this spiritual revolution are the Siddhas . These are those who have concentrated their minds on Shiva .

Those who live in solitude, thinking that everything is one, those who are good-hearted, without liking or hating, who do not care at all about external appearance, who remove the inner darkness and dance in bliss every day, those who are wise in Siva Yoga, who do not sleep with ego, who restrain the five senses, and who find happiness in sleep are Siddhas. Those who have been given the milk of knowledge through the power of the mind, such as giving coconut milk to those on the mountain, are Siddhas. They are simple to see. They are dignified, without any delay or extension.

Siddhas are the ancients who never put themselves forward. They are those who have the deep and profound perfection of "Who is mine?" They appear as a brahmin who is easy to identify. Neither sun, rain, wind, nor cold can do anything to Siddhas. They have the power to change the type of air that is the basis of our life. Neither time nor anyone can take them away! Those who have conquered time. They are birds that leave their bodies and fly away like overturning a pot in search of wisdom after the purpose of their birth is fulfilled. They can also deny birth and can mark the day of death. These are those who have placed the foot of divine knowledge

on their heads. Those who are completely renounced, to them even the five elements are subject. The mind is found to be motionless, free from thoughts, free from likes and dislikes. They are the high-minded ones who "look at the running and the red gold equally". Nandhiyam Perumal is considered the absolute leader of this Siddha tradition. One of his chief disciples is Thirumoolar. He has expressed the experiences he has seen in the Thirumanthiram. He is the embodiment of the blissful Peruveli Arulvadi of Thillaik Koothan..

"Going out into the open and spreading out,

As if immersed in the ocean,

As if glimmering in the light,

"He who is enlightened is Shiva Siddha himself!" - Thirumanthiram 124

He has sung. The Siddhas see this heaven.. The beings, the traps, the actions of the traps, along with these, the mind, the mind. They have transcended the thirty-six principles of the soul, the 24 principles of the different principles, the 7 principles of the different principles, and the 5 principles of the Shiva principles, which include the factors of intellect and ego. They are those who, taking all these principles as a ladder, see the feet of the Lord, witness the blissful dance of the Thillaik Kootha and become blissful.

Siddhas are those who know the secret of the power of grace to develop the body and the soul . They know the way to purify their soul by subjecting themselves to trials and suffering . They have a high place in spirituality . Not only did they perform miracles , but their goal was to unite with the great God . Everything they saw seemed to them like the appearance of God . One who has thus established the mind of seeing within himself is a Siddha .

The mind is the human mind's journey through three realms: what it knows , what it is knowing , and what it needs to know .

Siddhi means knowledge , success , achievement , and salvation .

The word Siddhi means to achieve . This can be seen in today 's speech as well. See " What happened is Siddhi " and " What was said is Siddhi " .

" To the great sage Sriluvarattasitthiyar"

"By the action of Siddhikumesiva "

And so on.

" The mysterious Shiva Yoga is a siddhi "

It is also a literary custom . Therefore, the attainment of a desirable state, which is considered a blessing to be attained , is considered to be Siddhi , and the one who has attained it is considered to be Siddha .

Siddha - coming from the intellect

Siddha - One who controls the intellect .

The Tolkappiyam refers to the Siddhas as “ Arivaan ” and “ Miyamozhimanthar ” . The Purananuru says “ Avirsadai Munivar ” . Those who have transcended all thirty-six philosophies are called Siddhas .

is a tradition among the Siddhas in Tamil Nadu that Lord Shiva is the first enlightener of all Siddhas . Most texts mention Nandhiyam Perumal and Agathis, who came from him, as the main gurus of all Siddhas. The names given to many Siddhas are not only their real names but also reflect the true wisdom of the sages . For example , Agathis (Agam + Thi) is the name given to someone who awakens the Kundalini energy within him, and they are named after the experiences , joys , and sayings they have experienced on their spiritual path . The one who conquers anger and lust is called Koraka .

Idakkadar (Ida – between the eyebrows) is Idakkadar because he saw God . Agappeyi (Agam + Peyi) One who controls his inner self is an Agappeyi Siddha . Bogar (Bogam)) One who lives happily . Patti – Nadar = Pattinathar Pattinathar . Patti means a place where cattle and sheep are kept. Therefore , Pattinathar means the one who protects the souls of the Pattis and the one who understands the profession of protecting people from straying . Pattinathar means the one who guides and protects the souls . The names are like this , and the number of Siddhas has been defined as eighteen .

Eighteenth

Siddhas are those who appear in any country and at any time . They are not limited to being from this country or this time . Therefore, they are not included in the list of names . We can keep saying 18, 108, 1008. However, our ancient texts say that there are eighteen Siddhas . Eighteen is a significant number in the legends and myths of India . “ The war between Rama and Ravana in the Treta Yuga lasted eighteen months : the war between Bharata in the Dwapara Yuga lasted eighteen days : the teachings of the Gita lasted eighteen chapters : the Sangha literature lasted eighteen centuries : the special dances on the days were eighteen . In this same order, the tradition of the special Siddhas may have arisen .

" Shiva Shiva, all the eighteen songs
"The key is the sixth key " - Siddharth Gnanak

" Oh my god, this time all eighteen people
With the gods and the gods
"He said, 'I know a god of breath. "' -
Shiva Gnanakkova Agasthiya Gnanam

It is understood that the number of Siddha songs is eighteen, which is a philosophical concept . Otherwise, the names in the number vary .

In the Attamaasith book written by Karuvuar

1. Kumbh Muni 2. Nandi 3. Korakar 4. Pulipani
5. Pusundarikshi . 6. Thirumoolar . 7. Theraiyar
8. Yukimuni 9. Machamuni . 10. Punnakeesar
11. Idakkadar 12. Poontkannar . 13. Sivavakkiyar
14. Chandikesar 15. Uromarikshi 16. Sattnathar .
17. Kalangi 18. Poker .

The names have been acquired .

" The immortal Siddhas are the demons"
GarudakinnararNirudarkimpurudar
GandharuvariyaKarvinjayarbhudar
Devil, sage, and sage.
As the inhabitants of the sky and the inhabitants of the earth
"Eighteen times the number of divisions "
It says Bingalam 92,

In the book Abhidhanachintamani

1. Agastya 2. Bokar . 3. Korakar 4. Kailasanatha
5. Sattai Muni 6. Thirumoolar 7. Nandi 8. Koonkannan
9. Konkanar 10. Machamuni 11. Vasamuni 12. Kurmamuni
13. Kamalamuni 14. Idakadar . 15. Uromarikshi
16. Punnakir 17. Sudhananda 18. Brahmamuni

The names are included in the book " The Lives and Creation of the Eighteen Siddhas ". Although the number of these Siddhas is long , it is not possible to determine the period of these Siddhas very precisely . After Agastya , the Siddhas are known as Thirumoolar , and after Thirumoolar, others .

The lifestyle of the Siddhas

Siddhas do not stay in one place . They travel all over the world . Their purpose of travel is to benefit people . Their rituals are very different from ours . The innermost being is the body, the temple ! They maintain a lifestyle of taking care of that temple, the body, as much as they can . Therefore, they have lived " like water on a lotus leaf " whether they are with or without the society . They were born as human beings, separated from them, and for the welfare of humanity, they wandered all over the forest without eating or sleeping, day or night, and as their fulfillment, they saw God in nature and lived a life of twofold union with Him .

By practicing pranayama, purifying the mind, and seeing the vast vision of the divine power, they attained many rare powers as attamasiddhis and taught the philosophy of " the house where Shiva dwells within " . These sages taught yoga that combined breath and speech to realize the Lord . Realizing that the mind is the cause of the movement of all the senses, if the mind is regulated, the senses are regulated , they saw that the movement of the mind is based on the movement of air. The word air literally means to move, and controlling the air called vasi, which is moving in and out, is a part of pranayama. That is, controlling or regulating the breath is pranayama . Rather than suppressing the mind, a calm mind appears by regulating or controlling it .

It suppresses the senses and diverts the mind from the path of desires , stops it in one place , stops the evil wind , namely exhalation and inhalation, stops the air in the middle of the nadi, stops the air in the middle of the nadi, knows the planet that is not in the middle of the sources such as the mooladhara , swathisthana , manipura , anagatham , and vishudhi agna , worships the deities of those sources , and moves the body using the sources in the body of the deities as a place . When doing pranayama , it is believed that the spine, which is connected to the 32 joints in the body , is like a temple flagpole . Like climbing a flag from the base of a flagpole, the white nerve that curves along the spinal cord, passing through the six sources of air, chants the Brahma Mantra at the top and reaches the Sagashraar space. Those who have followed a life of acquiring the eight Siddhas in this way are Siddhas .

The world is made of the five elements , earth , water , air , sky, and fire . Man is made of the five organs , mouth , ear , nose , and tongue . He lived in harmony with these .

The world is full of rules and regulations.

Kallarariviladahar - Thirukkural 140

He says . Those who have attained the power of Kundalini by living in harmony with nature without any limitations are called Siddhas . When Kundalini rests on every source it encounters during its upward journey, the practitioner gains certain powers . These are commonly referred to as Siddhis . They have thus attained the Atma Siddhis , which enable them to control their body and soul as they wish .

1. Anagram - Making something large in appearance appear smaller.
2. Magnification - Making something that is small in appearance seem very large .
3. Lakhima - Making a heavy object very light .
4. Karima - Making a light object heavier
5. Prati - Traveling freely in any place and in any world
6. Paragamyam - The one who enters another person's body and thinks about it

Appearance

7. Eesattva - Conducting the Five Professions
8. Vasitva - seven-faced god , human , hell , beast ,
of birds , reptiles , and trees .

In the song of Thiruma Moolarthan, the mind is unified and seeks the Supreme Being , the Supreme Being, and worships the Lord in all directions . The eight powers themselves will be there .

' Bow down and seek the supreme direction .

Courage, direction, and prayer.

The matrix is also octal in the numerical direction.

As if he had fled in the south with courage - Thirumanthiram - 640

More about its features

The atomic nucleus of the atom

Atomic reaction of the atom

To those who cannot reach the atom of the atom

You can reach the atom in the atom - Thirumanthiram 1971

This song is true . Therefore, Siddhas are considered superior to humans in terms of their status . They have given the world the divine principle of elevating the Siddha and Shiva paths through Pranayama .

The Siddhas' divine principle

Siddhas are outside the religious circles . They are not those who are subject to religious principles but those who use religious principles as a tool to convey their divine experience to the world. Their principles are unique. Many of them say that “ God, the Supreme Being , is within our hearts as a test of the soul . ” The Siddhas also believe that the sound of Om is the original sound of the world . Thus, the Siddhas , who have seen the philosophy of Natha and the philosophy of Paraveli, have lived and shown a guide to human life . Although the path they have shown is rough, they have shown a straight path without much suffering . Their divine principles have been a barrier to prevent humanity from becoming a leaf bewitched by illusion and a beacon of light for hearts stumbling in darkness . Although the divine path they showed seemed like atheistic ideas, they showed the true God .

Human life is short , fleeting , and impermanent . However, the Siddhas , who have reduced the impermanence of this life and transformed it into a divine principle, are the ones who can make it longer . They have explained the impermanence of worldly life and the necessity of living and preparing for future life, and have themselves attained the status of gods . Accordingly, they have mastered the art of controlling the body and mind in righteousness and have formulated the divine principle .

Religious people , devotees , those who believe that not even a single atom can move without Him , believe that people can live for only a hundred years. That is what they spread among the people . But the Siddhas' divine principle is the opposite of this . It means that a person can live not for hundreds of years but for thousands of years . Not only that, they say that people can live without dying .

they have committed in their previous lives . They suffer from many diseases and afflictions due to their previous sins and demerits . Such diseases are called karmic diseases . These cannot be cured without experiencing them . The Vaitheekas believe that those who have suffered from these diseases must experience their pain and overcome them . The Siddhas did not accept this .

People can live in this world without any suffering and with continuous happiness . There is a way to be happy forever without any danger . There is no such thing as karma or karmic disease . All diseases can be cured. The Siddhas believe that they can live with eternal youth . People have been practicing yoga to live happily and that is how they live .

the action that is upon him from coming. The one who completely destroys his action is the citta . Therefore , karma will not be able to exert its power on him. This is the most important divine principle of those who think that . Furthermore, the citta divine principles condemn the caste and religious differences and many superstitions that are deliberately created in the name of God .

" The philosophers who know themselves"

They will untie the knot of the previous action.

They will catch the backlash and shout.

O Lord Shiva, who is in Chennai ! - The mantra .

This song says that by placing Shiva in the chennai , one can easily understand the actions taken in the previous birth as well as the actions taken in the present birth .

Siddhas' thoughts on the human body, soul and spirit

The world is moving . We are also moving within ourselves without knowing it . The heart beats . The blood flows . The lungs, which contract and expand, are also working within us without stopping . Its movement is not bound by our will . We call the organ that moves in this way our body . So what is that which is moving within us ? Life is the answer to the question . What is the secret of that which is moving us without knowing it, separating from us ? Before separating, many feelings are arranged within him in such a way that they trigger external and internal actions . He tries to act according to the movement of those internal feelings . In doing so , he has to move , sometimes in harmony with nature and sometimes against it, doing both virtuous and unvirtuous deeds . This movement not only motivates him to perform all his karmic deeds but also separates him from the animal state . Beneficial virtue elevates him . The feelings that arise in that heart are the cause of all this movement and all this effort .

The idea that the body , soul and mind move in a straight line in this way makes one's birth meaningful is the thought of the sages . The idea that one who realizes himself will understand not only the world but also the subtleties of life clearly explains the integrated relationship between the body , soul and mind .

Life

the body - the soul moving through the body - the soul . Their life is the history of the search for God , realizing the divine essence . Their goal is to grow with God

consciousness and serve humanity in a selfless manner . For this, they themselves have explained the nature of life .

According to the Siddhas, the one who runs the world is God . He is the Supreme Soul . By His grace, beings are made to embark on the journey of life to experience the fruits of their actions . They are created by karma in seven types of births, namely, the four kulaksham yoni . One of them is human birth . That is the soul . In order to suppress the impurity of ego that is mixed with this, Lord Shiva subjects beings to birth and death by His grace . The Supreme Soul has the power to perceive everything . The soul can perceive only through consciousness . It is an illusion for the soul to stand still without seeing the Supreme Soul . Since the soul and the Supreme Soul are one, all beings are one . Adi Shankara says that there is no difference between beings . The Advaita philosophy explains the universe in this way . The illusion that we are immersed in the illusion that these differences are permanent without realizing this apparent difference is called " Maya " . The soul does not realize this due to the three impurities, and without knowing the purpose of rebirth, time passes in vain and it continues to die in the wrong births . That is why the Siddhas say that the only way for the soul , which is being conceived and then formed in the afterlife, to not become a fetus again is to find the Uttam while the soul is still alive in this human body . Life is something related to the universe . Life is what works in conjunction with the body . Therefore, the Siddhas did not separate the universe from humans . This is why their approaches to spiritual life and healthy living are based on the natural nature of the creation of life . In addition, they knew how closely the thoughts of humans are related to physical movement .

Body

Man is a strange creation of nature. The body is different from the body , and the body is visible to the naked eye. That is , it is solid . It is lifeless , formless , subtle , has no experience , and is impermanent . It is subject to destruction . However, the Siddhas believe that both are related to each other . It is impossible to live without the body , and neither can function independently . Life is living with the body . If the body is destroyed by karmic actions , life also disappears , so it becomes necessary to protect the body until one performs the karmas necessary to overcome the disease of birth . Therefore, protecting the body is protecting life . That is why the Siddhas have

shown many ways to maintain health . These three things , old age , disease and death , will leave the body . Therefore , keeping the body strong and free from defects – free from pollution – is the only way to preserve life.

" The body will perish, but the soul will perish."

He will not even join the firm, true wisdom.

I learned a strategy to improve my body.

"I have nurtured the body, I have nurtured the soul " --

Thirumanthiram - 724

Thirumoolar says . Accordingly, if the body is destroyed , the soul also perishes . Those who destroy the body will not attain the sure knowledge of the truth that gives salvation . Therefore, I have known the way to develop the body. I have developed the body without any defects. Therefore, I have developed the soul that is one with the body. We can understand the importance of the body through this . Furthermore, it can be seen in the Siddhar songs that the body is the temple where God lives .

" I was about to pull my body forward. "

I found the element inside the body.

The body has a temple of the Lord.

"I am the body and I am the soul " - Thirumanthiram 725

These verses beautifully express the wonder of the body . Since the body is a wonderful ark that preserves life, we can understand that the Siddhas have stated that to the extent that the health of the body is maintained, the life will be prosperous and attain salvation .

Soul

As the saying goes, " What is in the universe is in the body . " Every human being born in the world has many powers lying dormant . It is because he does not recognize that power that he experiences many difficulties in life . The Siddhas are the ones who came to realize this . They realized that humans also have miraculous powers like electricity and atomic energy . We do not need any mantras or tantras to activate these powers . The thoughts that form in our hearts are that great power. The miracle of realizing that is meditation that unites the mind . Through this, the body, life and soul work together . Thus, we can live young even in old age . All this can be realized in the songs of the Siddhas .

Siddhar songs

only the learned , the Siddhas sang songs with deep meaning that even the laity could sing with joy . Through that , they showed the people the experiences they had and the truth of the philosophies . They had developed the ability to understand through their practical activities and had a good understanding of the various elements of literature . In today's situation, the Siddha literatures have received all the elements that can be revealed by studying a literature and revealing the elements that are set in it . Therefore, the thoughts of the Siddhas on literature are spread and explained like their knowledge . From Sangam literature to contemporary literature , everything depicts the different times, while Siddha literature embraces all fields such as astronomy , medicine , geology , human physiology , biology , religion and socio-economics , and is a masterpiece in the Tamil literary world, adapting itself to each era .

This world was built by love , and it is only through love that it is still alive. A person who cannot love his fellow human beings cannot reach God. God is love , and love is God . That is why learn to love . said Thirumoolar .

" Love and Shiva are two things, Arivilar ."

The passive listener

After learning the sixth step of becoming passive

He was sitting there motionless ."

In this song, those who say that God is different from love are fools. Love is Shiva . Shiva is love . If you know this, the world will become filled with love . In a world filled with love , God will be everywhere . Therefore , there is no need for any difficult fasting or abstinence to see God . Through love, not only man but also God can be conquered . Therefore, speak these words that touch the heart with everyone.

" Everyone has an idol for God. "

Everyone has a mother and a baby.

Everyone should hold hands while eating.

"Everyone should tell others this ."

The mantra says , " Do not be sad that you do not have money to do charity ." The wise man says, "The fragrant words of the mind will cure the suffering of others ." And some more

Thirumoolar Songs

One family, one God.
I have no idea ; I don't know.
SendrebukungathiNumsitthatu
Stand still, think, and live.

The vision of the enlightened Guru
The name of the Guru is clear.
Listening to the Guru's clear sermon
It is the thought of a clear Guru .

Image: Ada Temple, Bhagavat, One of the Eagles
There is no place for the number of temples to walk.
The number one mobile temple
The picture of the temple is dedicated to Bhagavan.

Enjoy this pleasure that I have received.
Tell me the secret about the sky.
The mantra of awareness about food
It will be a loss of self-confidence !

Patipasupasaam, the third
Like the answer , the cow , affection , and eternity ;
The love of the cow ,
"O beloved cow , O beloved moon !"

What is born from behind ?
I used to do good deeds.
God has made me well.
He will make himself a good Tamilian !

The whole town gathered and cried loudly.
Remove the name and call it a corpse.
The sun took me to the forest and pointed me.
They were immersed in water and showered with memories.

who came to understand the nature of life , also made people understand that
life is not different from Shiva.

" He didn't know anything about me. "

After he realized something in me,
Who can see anything that is in me?

"I felt it within me ."

of the realization that Shiva is Shiva and Shiva is Shiva . The Siddha Idakkadar sings of the " milk mixed with butter " and the Bhadragiri sings of the "one who is within me , the one who stands where I am " , so we can realize that God is hidden within us .

and religious conflicts like whites and blacks , Brahmins and Paraiyars are taking place all over the world in the name of religion . The Siddhas have condemned this and sung about it in many songs .

" Don't be greedy, don't be greedy ."

The flesh, skin, and bones are all gone.

Is it greed or money?

"Look at the money and the food, my dear ."

" You say you've swallowed the water you drank. "

It should be called oral anal pain.

You will drink the water as if it were saliva in your mouth.

I'll tell you straight out of the blue ."

These revolutionary songs by Shiva Vakiya show the dominance of the society of that time .

What is yoga ? What is wisdom ? If the mind is cultivated ... no other effort is needed in spirituality, says Agathya.

" If the mind is pure, then there is no need to chant mantras ."

If the mind is pure, should we increase the gas?

If the mind is pure, should one stop reading?

"If the mind is pure, then the magic will be pure ."

Furthermore , if you read the songs of the Siddha Valaisami, you will gain insight and clarity.

" The number of steps in a house is not

Eight-leaf clover

Panchayakareer, the five great gods

"The wise woman says, 'Patiyi. '"

In this, the number 1 refers to the body and the number 8 refers to the nine limbs . If one wants to realize the yoga path, the mind must be unified .

" The hand that opens the lock is the mind "

Unlocking the lock is real.

Unable to leave the house

It is fate, wise woman.

There is an upper door at the door - that

There is a small door at the gate.

Welcome to Thiruvasala with love.

Closely, my wise woman,

The most important thing is to be careful.

But let's try a good trick.

Only if you reach the top

"Wise woman, guide to the summit "

All these songs say that Parashakti appears as the radiant energy of yoga. To realize it, one must abandon worldly knowledge and purify the mind .

If you realize yourself , you will realize the world , what is true and what is false . The benefits you get in your life should be honest , says Azhugani Chittha , this is a body that is going to stink . I have not found a medicine to leave this weak birth and take a good one . If only that medicine is found , I will want to take this human birth , I will fall at the feet of Mahasakti . He says

" From Payyur, born in Pazhur "

I went to Vedanta House to go to Meiyur.

If you know Vedanta House to go to Meiyur

n't Baiyur and Meiyur be destroyed? "

He sighs deeply, thinking of the great power . And for us

" I don't see any damage. "

Broadleaf plantain

Onion seedlings

I have been waiting for a long time.

Without eating onions

The weather is cold.

My eyes don't look like gold, do they?

but I'm not dying ."

He sighed deeply and felt pain . He explained that if he controlled his mind, he would attain liberation .

" The mind is like a cow's stomach."

O Tandava ! Liberation!

Don't think it's a good idea.

you who jump !

If anger is born, then a snake

Tandavakone – all

What is your name, aunt?

"You are a leaper ."

He is the one who enlightens with the light of enlightenment .

These songs by Pattinathar convey the sadness of people living without realizing the impermanence of turning to ashes at the end of life, whether it be a king or an ordinary person .

" Those who have no crown, no king , have no end."

I saw the earth turning into ashes,

If you don't think about a life of attachment, you are a golden arrow.

Don't you know that we are being selfish ?

" I was not born on the soil. "

I won't take you with me when I die. In the meantime.

The meaning of the word "Shiva" is not known.

"Shall I go to the dead ? O Kachiyekambane ?"

The song expresses the greed of people who hoard money until they live without realizing the inevitability of wealth .

Songs of the Kaduvelichittars who speak about life philosophies

" This wound is a bubble on the water surface - this

The fleeting illusion of time

Barmethilmethavumnesam - not at all

The strategy of not being attached .

Nandavanathilor Andy - He

I have been asking for a rooster for four to six months.

He brought a shovel - Methak

Shout out shout

It is said that people may have called him this because of the disorder in his voice. It may also have been mentioned this way because all of his songs are sung with a feeling of pity and sorrow, like crying.

" The source of the corpse is the salt that was in the pot. "

No replacement therapy is available.

If you are taking a prescription medication

My eyes are like a fountain,

"Your feet are like a rock ."

Pambatti Siddhar Songs

" The snake that lived in the golden sands"

You have entered the royal palace.

Look at the tail.

"You're sleeping, you snake ."

Four pillars on a four-way street

A golden pillar in the middle of the street

Like a lamp on a golden pole

The snake is standing on a garland of flowers .

Thus, in about 130 songs, the poet appears in the Gnanakvai , singing and chanting the snake. It is possible that he was called Patti because he sang about the ability to raise the serpent, the source, through yoga practice, or it is possible that he got this name because he sang about subduing the mind by impersonating it as a snake.

Human life in the songs of the poet .

' Into the abyss , and into the abyss,

it time to sleep without getting tired ?

Don't let it fester in the wound that hasn't healed.

it time to cultivate unwholesome thoughts ?

I spent my life looking for a new place.

it time to sleep in search of a spring ?

The state of being unattached and the blissful home found there

How long will it take to wait without seeing ?

The three candles of dawn are lit in your house.

When will the heart dance again ?

He makes the mind a bow, and makes the trap a coin.

How long will it take to become a wise person ?

As if electricity had risen and condensed in the sky

When will I know what is inside me ?

Like a lotus blossoming in the depths of water

When is it time to meditate ?

The grace that shows leaves the ship of love in the ocean of wisdom.

When will the limb sink into the ocean of mercy ?

It is a joy that illuminates the eyes.

the time for a straight forehead ?

thought about that in time . He asks, " When will you fully realize the first God in the three ages? " The path followed by the Siddhas is clearly explained in his songs .

Just as a diamond has various kinds of light within it , Bhattragiri's words radiate a flood of light within it . Even if there is a trap within you , they are words that have the power to blow it away and make it a big one .

Pattinathar songs

of worldliness and impermanence . He said, "People are like that . You have no wife or children , and when you leave and go to the forest, the daughter will stand at the door of the house and take you to the forest . They are not a relationship that will continue until the end . In fact, the sins and merits you have committed will follow you.

"What did you bring ? What are you going to take ? The wealth that came in between has gone in between . What is the benefit of sharing your soul without knowing how to give it to someone else ?" he says .

Not a native speaker , not a learned one .

Not a big deal , not a woman, but children.

There is no peace , no wealth in the land.

It is not for anyone to hear , but for you alone .'

' He who does not run and does not work for nothing, he

Without gathering, good people gather, without leaving, anger in the heart.

Without seeking, without seeking goodness, today and tomorrow

O country of Chittam, you will attain wealth without seeking it ."

' There is one God , there is all wealth.'

Andere , look at the faces of the hungry . Goodness too .

Friendship is good , let's approach each other without getting in the way.

This is my advice to you, my dear !

Even though I have been suffering for five or six months,

Choose to do it while you are still a boy.

Carrying a lotus flower on the right hand

When will I see you again ?

The previous three hundred days of fasting were spent in the

Supporting Shiva at dusk - Thonthi

The correct translation

Will I set fire to it ?

The stone-throwing and the stone-throwing ,

Leaking, leaking, and leaking.

You are the one who can pronounce the four letters of your name ,

Praise and worship

You will bear all the mistakes, O Kachi Ekamba.

The songs that are composed are evidence of the Siddhas' theistic principles.

Thoughts on the Divine in Siddha Songs

secrets are known in human development , there are still many new and mysterious things that remain undiscovered . Among them is the one about life . However, in an attempt to unearth the secrets of God and life , the Siddhas brought out many truths . The one who spoke about the existence of God very clearly and comprehensively is the Siva Vakiya . His revolutionary ideas completely eradicated ignorance in spirituality . Have those who read the Vedas attained divine knowledge ? Because they did not see , " Does the presence of ghee in milk become a lie ? Tell me, you ignorant people who roam the whole country, ' Let us come and bathe in the water of the river.' Tell me firmly where to bathe in the water of the river . Will it become a custom to bathe in the morning and evening without fail ? The toad stays in the water all the time . What has it gained ? Therefore, you should purify your mind .

What is a temple ? What is a pond ? You ignorant people who wander everywhere , the temple is within your mind . That temple will not be destroyed . That pond will not be dried up . After you remove illusion from your mind and abandon the pursuit of material things, the Supreme will seek you out . If you keep the source of your existence on the highest level and develop the ability to wander, you will be able to live forever young . The secret of the divine life of the Siva Vakya Siddha is that

a person can become not only a great man but also a great man (Manu + Isa = Manushan) .

ExerciseIndoor ExerciseMedicineFirstLifestyleNews

Siddhas are not concerned about food , clothing , or shelter . However, they are described as being able to maintain the body and mind . They have entered the state of samadhi many times for inner practice . It is a state of being without eating, sleeping , moving, or being affected by sun , rain , day , or night . When they emerge from samadhi, they have taught people the profound knowledge they have gained through their wisdom . Some have practiced pranayama .

dissolve the perishable , pure body and create a light body for the immortal soul by combining the five elements, which are imperishable, with the five elements . There is a connection between breathing and human life . Those who use their breath in moderation live a long and healthy life . If breathing is done properly, a person does not suffer from diseases .

stated that during breathing, a person generally breathes in twelve inches, exhales four inches, and exhales eight inches, so that he will live to be 120 years old without any problems .

in the breathing exercise called Pranayama . They are Pooraka , Kumbhaka and Resaka . The inhalation stage is called Pooraka, the exhalation stage is called Resaka , and the resting stage between these two is called Kumbhak. The breath alternates between the two nadis, left and right . This stage is called Itakalai and Pingala . The Siddha literature refers to Itakalai as Chandrakalai and Pingala as Suriyakalai . The stage between these two is called Suzhumunai or Sumunai and is called Agnikalai .

" What can I say about the Pingala? It 's a

"Ita Kalai Chandran Pingalai Suryan Singha"

" The moon and the sun are one and the same – that

"Art also fits in, do n't you think?"

This can be known through the songs of Gnanarathna Kuravanji .

" The rising tide is due to the wind. "

In the sixty-fourth year of the consolation

The thirty-second rite of absorption

"Change is a mere illusion " - Thirumanthiram 550

Through the songs of the Siddhas, one can learn about their physical and inner training.

found in Siddha songs . There is a close relationship between divinity and nature . That is why Bharathiyar sang , " **In the crow's wing, the color of kindness does not appear .** " All the meanings that are perceived are based on the symbolic technique . Similarly, the symbolic techniques used by the Vesidhas are also established . Although these songs are similar to the simple folk songs used by the common people, they have a hidden meaning . When read openly, the simple meaning appears, but if you read deeply, a deeper meaning is realized . Moreover, in many songs, it can be seen that they have used the symbolic technique .

Symbolism is one of the literary devices . It means that something stands in place of something else . Just as the cross on which Jesus was killed symbolizes Christianity, the crescent moon symbolizes Islam, and the sickle symbolizes communism, many symbols are also found in Siddha songs . The Siddhas do not directly state the truth of one thing, but explain it by using another similar thing .

for completing the task undertaken is also a tactic. Just as one chooses a sickle to cut the wheat , a scythe to cut a tree branch , and an axe to cut a cotton branch , the Siddhas have also chosen poetic tactics that are appropriate to the situation they have taken on . Since there are different Siddhas, various tactics and symbols are found in their songs . Among them, the Sindhukanni form, which gives importance to melodious sounds, is one . This is seen more in folk song forms .

Sindhu belongs to the genus of Kalipa in composition . The half-step before and after the monosyllabic syllable in a foot is called the Sindhiyal step . The first step usually has a single word . A minority of the second half-step has a single word . A very small minority does not have a single word . It comes in all feet from the kural step . There is no limit to the number of steps , the steps before and after the monosyllabic syllable, that is, the steps before and after the single word coincide and are called the equal-step .

" Don't be poisoned - Agapei"

The hero is the one who gets the paper.

Don't be afraid - Agapey

Don't tell me anything.

Paraparamana- dadi - Agapei

Bird-like stick

The world is a place of darkness - Agapei

Self-made

Nathvedamadi - Agapei

Nice to meet you.

Footsteps - Agapei

Spreading

Vindhunathamadi - Agapei

True story

The Five Great Demons - Agapei

Its own stick

Four feet - Agapei

Good morning.

Source - Agapei

Muthiyallavadi "

" You who are slightly inclined towards Brahma - within you

I want to keep you from getting bored. "

Songs like this have a single syllable in the first half-step and are formed into Sindhi songs.

" It's a nuisance, a telepathic person. "

No, the voice is not - Kone

No, the pipe

The Indras are not the same as the gods.

Cone - Cone

Anus .

There is no liberation from the state of monogamy.

Kanamayutukuyal - Kone

Blacksmith's pipe

Those who have left various dog-like scars

Name-calling - Kone

Name is a pipe ."

Interlude songs

Such songs have a single syllable in the second bar . If the bars before and after the single syllable are triplet, then the triplet is a doublet .

" Ignorance is gone, I am crying out – Para
We are proud of our dignity !
The mountain is said to be endowed with true wisdom .
We are climbing up !

There are also songs that have four verses and end in two steps .

" Let the two-faced cows be united - your
Please, please
The knightly knight depends on the field - the day
Only those who complete penance will attain the state of Janmashtami ."

" The arrogant cows will be slaughtered three times - the day
You can suppress what you call the ego.
A man who has set aside his cow - with
You are the one who has covered all the dust and dirt.
Mummalathan, I am a cow , I am a cow - very
May all the righteousness of the past be foreshadowed.
you put down the senses - forever.
"No, you are a death-dealing idiot ."

Interlude songs .

This is called the four-part, single-equal , and continuous song.

The steps before and after the singular word are the same as the vowels . This is also called the kanni . The melody is added to these kanni . Many of the nomadic Siddhas have used these kanni techniques to sing their compositions .

" For those who call themselves open-minded,

Pattayammedukadi – Kutambai

Swordfish

To the true scholar, to the true object of discovery and explanation.

Karpagangaledukadi – Kutambai

The golden rule

He will be missing and will have an opinion.

Veena Sai Yedukkadi - Kutambai

Veena Saiyadukadi

To those who see themselves as the path without deceit

Sanjalamedhukkadi – Kutambai

Sadness

For those who have solid foundations

Argumentative essay - anus ; mat

Argumentative essay

To the wise man who strives for the three Tamils

The sound of the sound - Kutambai

The sound of the sound

For those who belong to the self-realized leader

What is the last word ? – Kutambai

What is the last syllable?

He would be with Bardhaunthanumpati.

Uttarammedukadi – Kutambai

"Uttharamedukadi "

Kuthambaichithar songs

Sindhu is seen in the Siddha songs as the part before and after the singular word is balanced and equal. It is noteworthy that today's Bhajans are from this tradition .

Symbolic form .

the sound form became the word that indicates the meaning, the Siddhas also used many symbols . One of them is the Linga form . Living beings can only think about a form while standing . Therefore, the formless God also needs to take a form . Something that does not take a form cannot be experienced . That is why great people with spiritual vision have emphasized the worship of forms . The walking stick used in childhood is no longer necessary after the child has become accustomed to walking well . Similarly, the images of God, temples and theerthams become necessary to understand the worship of God . Begin by holding firmly to the worship of forms . The spiritual journey is completed at one stage, as mentioned by people like Sri Aurobindo . Therefore, the worship of the Linga is a common form for those who worship images and those who realize the divine essence . The Linga is the union of the two, the form and the form . Since it is the form for the one who communicates with God through the form and the formless for the one who realizes the state beyond the form, it is called the form and the form. However, the Siddhas opposed the worship of images .

In ancient times , there were many ideologies common to all people . One of them was religion . Among them, the Linga worship that emerged in the development of Hinduism. This was seen to be widespread among the Sindhi people before that time . Over time, due to the development of humanity , various types of thoughts

entered the concept of Linga. One of them is that Linga is the form of divinity . It is conical in shape . The one located at the base is Audaiyar . The Linga image known in Tamil is called Audaiyapan in Nellore language . It can be seen that various different stories about this type of Linga are circulating in the present day as fiction, as the basis of research, as mythological elements, and as news that is contrary to reason . But this has an intrinsic meaning . It is accepted by everyone . The Lingam is the form of light that takes man beyond duality . As long as he is in dualities like light - darkness , pleasure - suffering . Day - night , Rama - Ravana . Man cannot be free from worldly life . The state beyond all these is the state of transcendence , the state of transcendence beyond the feelings of difference and desire . This is what Vallu lived within.

" He joined the prayer without any need. "

"Never a year without a tomb ."

As it is said . Spiritualists call the Lingam the Shiva Shakti because it is interpreted as a symbol of the union of two different qualities . But the Siddha world is happy by embodying Lord Shiva in the form of Idangalai Pingalai Sangam.

and woman . When the Linga is interpreted as the god of creation , the ideas developed by Western scholars as the sexual organ and the idea of procreation and the female organ led to a conflict . The Linga shape is a symbolic expression of the thought about the relationships of nature . It united the male and the female . The body and the sword of Shiva are symbolic symbols indicating relationships . Therefore, without identifying the Linga shape with a narrow mind , our national poets have also said that it is the original form of the divinity that is infinitely expanded and spread .

Unit-1

tpdh;fs;

t.vz ;	le;J kjpg;ngz; tpdh LOCF Mapping			
1	The reason why Siddhas are called spiritual revolutionaries What?	K3	CO1	PO2

2	What is pranayama?	K2	CO1	PO5
3	Write the following sentences.	K1	CO3	PO3
4	Pattinathar - Note.	K4	CO2	PO2
5	Give the reasons for the special names of the Siddhas.	K4	CO2	PO3

t.vz ;	vi;L kjpngz; tpdh	LOCF Mapping		
1	Explain the lifestyle of the Siddhas.	K4	CO3	PO4
2	Explain the thinking of the Siddhas about the human body.	K2	CO1	PO2
3	To describe the true wisdom found in the songs of Thirumoolaa.	K4	CO2	PO2
4	Explain the definitions of the eighteen Siddhas.	K2	CO2	PO3
5	Discuss the divine principles of the Siddhas.	K4	CO4	PO2

Chapter 2. Siddha Medicine in Tamil Literature

when Siddha medicine was first practiced . However , it is believed to have been developed by the ancient Tamil Siddhas who lived about three thousand years ago . It is an undeniable fact that this medicine in Tamil Nadu is based on plants, roots and barks and its medical ideas and concepts continue from the Sangam literature to the present day . This field has grown tremendously since the fifth century AD .

of ancient Tamil Nadu are the Tenth and Eighth . These contain news about politics , trade , art , culture , etc. as well as medical news . Many medical scholars

lived in the Sangam period . Some of them were also great literary figures . The physician Damodaranar says that the Tamils called anything that causes suffering " noy " . It got its name because it makes a person sick . The Tamils also called hunger and thirst " noy " . The Pulavar named Kovur Kizhar has called water and food " irumarundhu " .

" The Sword of the Medicinal Tree " Page 180

He says that he should act with the feeling that it is a public asset .

A doctor is not a businessman . He is a servant of humanity . Therefore, he should not hide his art and should see the patient day and night . It is a Tamil principle that hiding it is a grave sin .

" A man who is determined to go away regretfully"

"The flag of the pharmacy "

It says Kalitogam .

during the Sangha period, when wars were frequent . They stitched up deep wounds caused by weapons with needles and thread ,

After the ice melt, the car will sink.

SiralnameNathananeduvanui

"Long-lived, broad-breasted , and well-developed ."

Through this song , we can learn the message of being pierced by a needle, like a fish and a bird falling into the water and jumping back up .

" The ear went out with the steel. "

"The Panchiyumkaliyapunna "

The old song tells us how to cleanse the wounds by opening them.

The fact that the Sangam literary tradition has included an authority called Marundhu in the Valluvarthirukkural is a wonderful testament to the modern medical thought in Tamil Nadu at that time .

" Too much or too little can cause illness ;

"The number three is the number of the air ."

Through this, it can be understood that if any of the three elements in the body, namely , phlegm , bile and kapha, is excessive or deficient, disease will occur . Furthermore, medical notes are also found in some of the eighteen books .

namely , turmeric , pepper and dill . The Sirupanchamulam expounds the medicinal properties of five roots, namely, Kandankatriveer , Siruvazhthunaiveer , Sirumalliveer , Nerunjiveer , Perumalliveer . The Elathi mentions the medicinal properties of six ingredients, namely , cardamom , clove , small navel flower , pepper , dill and turmeric . Through these, it can be seen that the medicines made from these ingredients were in use at that time .

The Pallava period inscriptions mention taxes imposed for the cultivation of medicinal plants . Among the taxes called "Sengkodikanam" and "Kannittukanam" , "Sengkodikanam" refers to the tax levied on the cultivation of Chitramula and " Kannittukanam " refers to the tax levied on the cultivation of Karisalanganni . The inscription also mentions that a grant of land called " **Maruthuperu** " **was given** to doctors .

the Saivanayans who lived during the Bhakti-Likya period . Both Aparna and Sambandar have given treatment to those who had been bitten by snakes . Sambandar has cured the disease of muyalaka . We are told that Kannapanayan saw the red blood flowing in the eyes of the Lord and tore the green idol .

During the Chola period, the first king, Rajendra Chola, maintained a free hospital called Sundara Chola Vinnakara Athurashalai and served the people . Pampati Chittar, at that time , had also written about the deadly disease called AIDS and its proper treatment .

" For the sake of the slave house,

It is a perfect pair of sandals.

The cough will be relieved and the phlegm will be relieved.

"The snake that dances like fate "

that the herbal medicine Cherupadhya is used for the above disease and that medicine containing Thaliamathri should be given for tuberculosis related to Megaketta .

Theraiyar, a great Siddhar , discovered a toad growing inside the canal and removed it through surgery . The monastery where he performed the treatment is still located at the entrance of JIPMER Hospital, Pondicherry .

The glories of Siddha medicine can be seen in the ancient literatures of the indigenous people living in all parts of Tamil Nadu. The reason is that the Siddhas named the herbs they discovered based on their medicinal properties . As an example

...

" Alumvelumtalukkuthi "

" If you have ten peppers, you can eat even in your enemy's house."

" Golden eyes, clear to the eye "

" Mudfish are poisonous to the brain, and the eel is poisonous to the stomach

."

" Ginger in the morning , ginger in the afternoon , and mustard in the evening are the medicine ."

" A waterless neti pot without ghee ."

" The elders say that the whole gooseberry must first be fermented and then eaten ."

" Drumsticks are spoiled when cooked , and agathickies are spoiled when not cooked . "

etc. are evidence of the medical knowledge possessed by the Tamil people .

The origin and development of Siddha medicine .

in the field of medicine . Siddha medicine became the medical science . At present, Tamil medicine is being practiced under the names of Siddha medicine and Nadu Vaidhyam . Lord Shiva is considered the head of Siddha medicine . He is said to have composed a book containing seven lakh verses . The Puranas say that Siddha medicine was told to Nandi through Parvati Paramasiva and through him it reached Thirumula . Agastya and Nandi are the foremost among the Siddhas . The divine sage Agathya , having knowledge of the human heart and medicinal herbs, has written a book on natural medicine called Paripuramam -400 on medicines such as nagapalpa , rasapalpa , senturam , tipili , pepper , suranam , ginger , and grape churanam .

Siddhas are those who know how to save the body from destruction . They are those who have paid special attention to the fact that the people of the world should live a good life both spiritually and physically . The Siddhas , who considered that the cause of human diseases due to diseases , old age , and death is the loss of body cells, have discovered and developed medical methods to prevent the change of cells . This is divided into two types: Vadakaviyam and Medikalkaviyam .

The body's cells move in a uniform manner, which eventually causes them to break down, so they discovered the trick of using certain herbs to prevent the cells from changing .

The male's vital fluid , the sperm , and the female's vital fluid, the seminal fluid, mix to form a child . The seminal fluid contains mercury, and the seminal fluid contains

sulfur. These two vital fluids are bound to the five elements (earth , water , air , fire , space) . They are destroyed by the combination of the five elements . The Siddhas saw that by preventing this, the destruction of the body can be prevented . That is the Vadamkaviyam and the Maruthuvakaviyam .

Rhetoric

of penance with the use of explosive salt , acacia , and other medicines is called Vadamkaviyam . Among these , Bhogar was the one who possessed extraordinary power . He was a master in all aspects of medicine , science , true knowledge , alchemy , the Kayakalp system , and the practice of yoga . Agastya considers him to be the first mind that received the grace of the Adi-mind .

New Language

The Sivathonda, having meditated on the goddess Uma, listened to her teachings and went to Palani Hill and saw the god Muruga in the form of a sword and a spear. In order to enlighten the people of the world, he made an idol of the sword and a spear in a new language . He created a new ideology and implemented the worship method appropriate to that image .

Humanity is governed by the nine planets . Realizing that, he selected nine elements that had the qualities of those elements and made a rod-like statue out of them and confined the elements into one form . It is not an ordinary thing to build an object with nine elements . Each element is different . Each element has a different quality . He mixed and kneaded them in the right way to create the common element. Even if you look at it with your eyes , it is enough . The subtle radiation emitted from it will penetrate the inside and outside of the body through the eyes and bring good . Whatever substance is applied to it, it will have medicinal properties and cure chronic diseases. Without taking care of it, it is being transformed into its original form today . The medical text "Bogar Seven Thousand" written by Bogar is unique in Siddha medicine . It explains 17,000 sutras and 700 yoga practices .

Medical poetry

herbs to cure diseases . This herbal mixture can prevent iron from rusting , copper from rusting , and silver from turning black . Similarly, herbs can prevent the destruction of the cells in the body and prevent the body from aging and old age . The Siddhas, who knew everything found in nature , including trees , plants , vines , roots , bark , leaves, fruits, and nuts , and who invented Siddha medicine, were the

ones who used these to cure many diseases such as psoriasis , scabies , ringworm , scabies , gray hair , gray hair , and old age .

Nandi , Agastya , Sanathar , Thirumoolar , Patanjali , Bulathiyar , Pusunda , Karuvurar , Dhanvantari , Sattai Muni , Theraiyar , etc. are the ones who developed and studied Siddha medicine . The medical methods of Siddhas such as pulse examination , pudampodu , and baspam preparation are currently being developed into Siddha Medical Colleges with the help of the government . Siddha Medical College in Chennai is functioning as an Annamaruthamana . Several Siddha Medical Research Institutes in Adyar produce Siddha medicines .

Eighteenth

Siddhas are innumerable . However, in Tamil there are eighteen Siddhas and in Sanskrit there are Navasithars and Muvarkachchithars . The eighteen Siddhas are called Muvarkachchithars. This sect has been living in harmony with the tradition of being the disciples of its first generation .

List - 1

Agasthiyar Ananda Kamal Muni
Bogarkonganarakorakkar
Nuntheesar Brahmamuni Sattaimuni
Punnakeesarromamunimachamuni
Karuvurarvasamuni Idakadar
Sundarananda Amalamuni Brahmamuni

List - 2

Nandi's tributes
Sunagar Agathisya Karuvurar
Sunadharpulathiyarthanavanthari
Sunandarpusundasadaimuni
Sunan Muradakalangi Theraiyar
Thirumoolarbogaryuki Muni

lists of my sisters . The names also change .

Navanatha Siddhas

SaththunatharArulinatharKadayendranathar
Kaloka Nathammadanga Nath Korakkar

Adinathammachendranath Kukkidanathar

Descriptions of these people can be found in the history books of the Siddhas .

Spiritual songs

Siddharpadals were written by our ancestors who lived thousands of years ago . They were written using paper and a pen . Unlike the literary forms that are seen naturally in literature, such as lament , ode , parable , metaphor , and imagination , Siddharpadals have acquired many subtleties in a very precise manner .

" Maybe the eater is a yogi "

The eater goes

The patient who eats three meals a day

"The one who eats four meals a day is a traitor ."

the connection between physical movement and food . However, many songs of Siddhas do not give direct meaning in many places . Their songs have hidden meaning . The nature of the story is appropriate . When read openly , a simple meaning appears, but when studied deeply , a deeper meaning is realized . When referring to the herbal extract used to make a medicine, a Siddha refers to it as " the juice of the hands of two monkeys " . Those who see the meaning externally will mistakenly take the meaning as the juice obtained by crushing the hands of two monkeys . Learners , through several words referring to one object , will know that the monkey is called " Musumusu " and the word "Kaijaaru " is added to it to make the extract made from the herb " Musumusukkai " . Theraiyarvaityam is noteworthy in Siddha medicine . When discussing the symptoms that cause the deterioration of the Vata , Pitta and Silottuma states, he recommends only one pill called " Bhupathi Kuligai " for all sixty-four types of symptoms .

" With the beautiful Chandivalanthan"

Tellundri and mustard seeds

The rapid type of the Kollukkakanam

" Good luck, good

In this, Trikadugam - Sukku , Pepper , Tipbili . Tripalai - Mustard , Danthontrikai , Amlikai . Kal - Honey , Kaiyan - Golden Anthakarai . He has sung these in code language . This is clearly understood by the wise men .

The book Samarasa Kalaigyanam, written under the name of Agastya, describes the important nerve nodes in the body. It describes the nature of nerve nodes and nerve plexuses . The book that describes the nature and structure of these nerve nodes is called ' Varma Sastra ' . In it, two verses are given from the title ' Paduvarmathirattu ' .

" Valamai Nadi Directly Downward"

Above the line

a sharp blow to the ground

Cutting with a knife

The average watch is within sixty.

With the sun, with the moon

The pain and the mouth are healed.

"Call me and I will wake you up ."

' Nadivarmam is a condition that is located just below the nadi . In this , if it is hit, kicked , tapped , or cut , within 60 minutes of lying down , there is asia and fainting . The sun also sets . The pain and gas increase, and the person suffering from Varma screams and stands up .' This is the meaning of this song . ' When the person falls down in this way, knowing the nature of the Varma and the nature of the blow or the fracture, one should understand the method of relieving it . One should not relieve it in the way a monkey would grab and pull a peg that has been hit and tightened on a tree . The patient should be made to sit with his legs folded (sammanakali) . Move the hips to the right and left , make the legs swing , "hold the patient's legs alternately and raise them and help them lift the body . Give a tap on the head and a tap on the jugular vein . Patience and massage the nasal and facial parts . The following are the songs that describe the method of correcting the affected vein in this way .

' Before I knew it,

If you look closely and explain

Like a howler monkey

Audiologist

Yes, I am sorry.

I am a humble person.

While being beaten
Hold it tightly and let it go.
' Slowly, slowly
Immediately change and hang up.
The color of the hair is not scattered.
In the ampullary artery
In the whirlpool, holding on to the sound
The black mother-in-law is the one who is the most important person.
The face is wrinkled and the nose is swollen.
I just touched it ."

If you study these sacred texts, you will see that the sages were clearly knowledgeable about the nerves.

Another book by Agasthya is Agasthya Aindu Sastras . In this, in the section titled Krigai Null 64 , there are clear explanations about 18 types of mental illnesses, their nature and their respective medical methods . For example, some of the references about the disease ' Kalleripirikai ' are given below .

" Oh, please tell me something ."
The curse of stoning is also
The mother-in-law will cry and close her eyes.
It will automatically turn into stone and cry.
The water is drowning in the Vemada water wall.
The details are not included.
Don't run away, you will often lie.
Even the best ones bite .

This song describes the nature of the disease . The next two songs describe the medicine for the disease .

" If you see the self-made
Listen, I will tell you how to solve the problem without escaping.
Veliyuda Cotton Juice
Myrrh and basil
Konana Agatheesar Root Juice
Tearing apart like a charm
Add honey, turmeric, honey and cloves.
"Be strong and courageous ."

" When the third day of the year comes,
Spicy garlic and ginger juice
The old man is wearing a towel.
If you drown in the water ,
Kallappamunsonna Girigaideerum
All the heavy bodies will be blown away.
It was as black as a thorn bush.
"You are a wise and intelligent person ."

The Siddhas' medical system is as unique as they are . They are great advocates of natural medicine, which they call "medicine" . They are the ones who found a method of treating diseases using many parts of the plant , its branches , leaves , flowers , etc.

The following song reveals that a medicine made by mixing powdered cumin, cardamom, and roasted peacock feathers with honey is a cure for intractable hiccups.

"Eight-tipped cumin seeds"
Eat it mixed with honey.
The hiccups will go away, if you don't let them go.
Burn the book.
"You will find happiness."

In this, the word "book" means peacock feather. And the virtues of cumin

"Rhinitis does not get worse with gas."
The wound is not moved, the eyes are cool – Thuyamalark
The desire that I have found in the woman of Karalika
"Eat cumin with righteousness."

The Siddhas have recorded this in their song.

Olavaiyar's song " Vakundam " is not only a blessing from God , but also a treasure trove of secrets for a healthy life .

" You have no words, you have no good intentions, Mama Malaran ."
Don't look at me, I'll open my eyes - I'll bloom
Why is it that you are so confident?
For the sake of the word 'Mapamalcharvartha ' . "

the immediate benefits of worshipping Lord Ganesha and also contains many medical truths . It refers to the combined action of the five herbs .

With a flower - take a copper flower and with it

Thirumeni - Garbage Meni

Thumbi - Thumbi

Aikayan - Kaiyanthakarai

Foot - sandal

the combined medicine of these . It tells the way to attain true wisdom with the mental health that protects the earth and the strategy to develop a body that is immune to disease .

The above five herbs, dried in the shade and ground into powder , mixed with ghee, will give clarity to the speech coming from the tongue . The mind will be enlightened . The vision of the artist will be obtained . Success in academic matters will be achieved . This song is composed with truths such as not being paralyzed by illness .

A song about the benefits of thumba

Tumbai is a divine herb . It cures many diseases . Its leaf juice is used as a medicine for snake bites . It is said that

" The hissing of the snake's feet is a pain in the ass ."

Is there an ascending gate? - Narumalarka

It's cold outside, even though it's cold outside.

"A foot-speaker named Thumbailai "

This song says . Accordingly , if a well - blossomed tree is uprooted , cleaned , placed on a stone and crushed well , the juice is released and consumed , then the diseases caused by poisonous creatures like snakes will be cured . Also , phlegm , lassitude , and cold caused by excessive cold will be cured .

Thera's song about the medicinal properties of figs .

" Puttu " made from figs is a good food to cure diseases like blood , cold , and bleeding . We can see what Theraiyar says about this in the Paribajana .

" A handful of elephants

Half-heartedly anti-Ilampincha

Horse hide

After replacing the empty powder

As soon as he killed his mother
Please take it as an eighth.
O one who is aware of death,
"The scarred Tamil is a virtue "
A handful of figs in a fig tree
Half-hearted young man – Coimbatore young man
Horse hide - Mango skin
After changing the empty powder - Small Army
With a mother's milk - Banana flower sha yum

The eight qualities that make a person wise are:

The word "singing" indicates the becoming of a bad quality .

The specialty of the killer

special distinction in the Tamil medical world . This is mentioned in the poem Agathiyargunapadakam ...

" The disease of the gynecologist is a disease of the gynecologist. "

away from the beautiful world - Thattich

For those who do not have a secretory organ,

It is not a sign of a secret.

Can you drink alcohol with a worm?

The sick and the weak - into the ground

Why is the flower of love never used?

"Take the cornflower. "

Songs like " Kodiyashulai" , "Va Tha Mkapam" , and "Va Tha Mkapam " , say that diseases such as worms in the stomach can be cured with the flower .

Properties of tamarind

The tamarind fruit is the best . The Siddhas call it " **Deedil Pulambuli** " . The tamarind fruit (which is black) cures various rheumatic diseases . It removes bile , phlegm , and diseases and gives health to the body . It is said to cure severe stomach pain , vomiting , and siddha brahma .

" The mind is dull, the body is dull ,

Buddhiyanthavarunchandipadamanj - Surangalveerun

Sarathi and Pittandhir are the best of the best.

" The middle band is the one that

It is said that tradition .

A song about the Vallalarkurumsiddha system

The use of the herb increased as the monks of Vallalar taught about its greatness .

" For a strong heart, there is a rose tree ."

The white lotus that connects the brain

A single-petaled lotus for a strong man

Strong boned caveman

Those who have strong flesh

A recipe for strong kidneys

Sugar to relieve dizziness

Dispute

Until it becomes strong

What is the meaning of shining?

Hungry six and a half

What makes him/her angry?

"Kuruvallalar had Puliyaar. "

The sage tells us many ways to maintain health . All of these are things he has experienced and practiced in his life .

Disease diagnosis methods

since all the symptoms of the disease were physical , they should not only examine the body, but also the incidents that injured the mind . They learned about the diseases that people could get through experience . In the world of that time, without any of the medical instruments of today , Siddhas used pulse patterns to calculate diseases . They knew that the human body could be affected by three types of diseases: air , heat , and doubt . By measuring the state of the body, the pulse number was calculated .

time to take the pulse as 6 am to 6.30 am . The pulse of the human body is shown correctly only in the morning . If you take the pulse in the afternoon, bile will accumulate in the body . You cannot take the pulse correctly . If bile accumulates, there will be blood-related disorders and digestive disorders. " Without a cure, there is no cure, " says the Siddhas . The book Agastya Nadisastra and Thirumula's Thirumanta describe the methods of taking the pulse .

Of the five elements , earth and sky are permanent . The three elements , water, fire and air , are also changeable . When their natural movement decreases or increases, diseases occur . In this case, no matter what disease we treat, if we give importance to the three changeable elements, we can save human lives, according to the Siddhas ' medical philosophy .

He has explained the causes of rheumatic diseases (air) , bile diseases (fire), and phlegm diseases (water) in humans and has also explained the medicines that cure them based on them . Since siddha medicines are prepared from herbs, this medicine is also called herbal medicine . The air inhaled through breathing gives more energy to bile and phlegm . Therefore, air is called the life air or breath air . Without air, there is no life . Due to the internal movement of air, various organs of the body undergo many chemical changes . The condition that appears then is called fire bile . The nervous system, skeletal system, and phlegm (phlegm) help to function well . If all three of these are present in excess or in deficiency , then disease is caused . Doctors who know this diagnose the disease by looking at this pulse .

They realized that the pulse expands and contracts depending on the blood flow. The pulse rate can be regular or irregular depending on the emotions. They used the right arm for men and the left arm for women to check.

are given by the ascetics for the changes that occur in these nadis . These medicines are made from herbs and metals and are given in the forms of soorana , karpam , baspam , lekhiyam , tailam , kashayam etc.

72,000 nadis in the human body , the Siddhashastra states that the head is the main one . Thirumoolar has mentioned the nine nadis in many of his songs: Itangalai , Pingalai , Suzhimunai , Singulai , Purudal , Kantham , Athi , Alambudai , Sangini and Guru .

" Ninety-nine gates ; inside the slatted frame"

To someone from nine countries

To the nine-legged one

"The nine-door furnace is the best " - Thirumanthiram 658

This song says that this body is a house with nine gates . In it, all nine nerves converge at the nadi at the apex of the spine . Due to the heat coming through the nine gates,

those nerves do not heal the body but torment it. If we try to control each nerve in the body, this body becomes a gateway to happiness for life .

The book Agathyarkurunadi-300 lists ten types of gases and their properties as symptoms of diseases . Through these, diseases can be identified .

Divine Medicine

Siddhas who are knowledgeable in astrology have known the planetary effects through the Vanashastra and have found out the zodiac signs and have cured the diseases of the patients through it . This is called thevamaruthuvam . After knowing the zodiac sign of the patient and knowing his real life and current age, he will perform the treatment. If a patient is treated , the astrologer will also predict how many more days he will live . Only the Siddhas who are well-versed in Siddha medicine and astrology have done this . They will perform thevamaruthuvam by considering the patient's ancestral physical features, ancient pious traditions and time periods . This has been explained as one of the ancient Tamil medical disease diagnosis systems . The book "Vaidya Saram 500", bestowed by the Tiger, clearly mentions the medicinal properties of the twenty-eight stars, from Asuvali to Revati .

"It's the first day of your hospital stay."

"The nine days of kindness will be over soon."

Saturday Revathi

If the evil one gets sick the next day

The word is final only to us.

....because of the wickedness of the wicked

I told you, you bastard, you tiger.

Psychic Aphorisms

The medical symbols of the ancient Tamils are found in the Pazhanjavadi and in many other literatures and medical books . They have used many metaphors and their meanings to denote a subject . To know their true meaning, Siddha medical dictionaries are used . There are seventy-five metaphors for the body such as Kurambai , Kanakam , Akha , Petakam , Kattama , Pandam , Tundam , Thottam , Pancharam , Pambaram , Marakalam, Kattai , Sarugu, Indrasapam , Neekumimizhi, Chirugudisai , Bivinakoodu, Satakam . Some of these can be found here .

Aku - Amukara

Fire Elephant - Garbage Man

Angali – Aloe vera

Andhakoram - Nelly

Attasidhi – Ettusidhi

Attapogam - eight garments . Clothing , tambourine , perfume , music , flowers , woman . Food

Wild water - wild water

Space - Brain

Avarai – Land

Asuram - ginger , onion

Orange - Lead

Bloodbath - Sadilingam

Lead injury - lead poisoning

Inatha – Murder

Eenam - Kali

Ugavalli - Nagavalli

Utharavani – Kandangatri

Uluwa – Fenugreek

Urvaramban - cucumber

Snail – snail

Erunthi – Eramuti . Ippi

Seven together – Chavveerapakshanam

Eli – s

S - honey

Ekam - Thippili

Doubt - Indifference - Phlegm

Ayyavi – Mustard

Aloe vera - aloe vera

Ongal - bamboo , mountain

Omai – Mango tree

Olashadam - Medicine

Evil - Panchamapadakam , 1. Murder 2. Lying 3. Theft 4. Larceny

5. Blasphemy

Golden - Four . 1. Aadagam 2. Kulichirai , 3. Sudharupam 4. Sumpuntam

Reason 4 - Mind , intellect , wisdom, ego,

Nadi 10 - Itakalai , Pingala , Suzumunai , Kandam , Atsi , Gandhari , Athi , Alambudai , Sangini , Guru .

Vayu 10 - Prana , Apan , Vyana , Udana , Samana , Naga , Kurman , Girikara , Devadatta , Dhananjaya .

Desire 5 - Food storage , nutrient storage , excreta storage , urine storage , semen storage .

Kosam 5- Anandamaya , Pranayamaya , Manomaya , Vijnanamaya , Aaharayamaya .

Source 6 - Mooladharam , Swadhittanam , Manipurakam , Anagadham , Vishudhi , Agneyam .

Zone 3 - Sun , Moon , Fire .

Malam 3 - Arrogance , pride , delusion .

generation - Taretsana , Putretsana , Videtsana .

Guna 3 - Sattvic , Rajasic , Tamasic .

Actions 2- Good action , bad action .

Raaga 8 - Lust , hatred , greed , religion , infatuation , surprise , arrogance , jealousy .

Avastha 5 - Chakram , Sopanam , Shuzhati , Duriyam , Duriyaditham .

The three evils are anger , bile , and phlegm .

More than three thousand medical terms like "□□□□□□□□□□□□□□" have been included in the medical dictionary of Dr. Damodar Narasimha . Due to scientific progress, academic dictionaries are becoming more and more numerous . Among them, medical ones are very rare .

Medical messages in the Thirukkural .

Siddha medicine has the power to cure diseases permanently . Therefore, there are no side effects or dangers. Many medicines that are scientifically discovered are also found in this Siddha medicine. As proof of this, medical information found in eighteen books has been given here .

the basic concepts of medicine . If we want to prove the medical proficiency of the Tamils , Thiruvalluvar alone is sufficient. Thiruvalluvar is one of the leading Siddhas. The principles of the Siddhas are found in his Kurals. Siddha means knowledge , Siddha means knower . In Sangam literature, Siddhas are referred to as knowers . One who knows what knowledge is is a Siddha . One who knows the great

meaning that is explained as knowledge and great knowledge is a Siddha . Being the supreme knowledge (Vaalarivan - the light-bearing knower) rules the universe and the body . Those who know the intelligent movement of knowledge are called Siddhas . They are knowledge . They are knowledge . That knowledge is the supreme meaning . Lord Valluva explains the benefits of knowing this supreme knowledge .

" Ignorance is a protective device, and it will be used to protect you ."

Inhalazikalakaaran . Thirukkural 421

He says . The great knowledge that saves you from death is knowledge . It is the tool that saves you from the great suffering and destruction of death . Is death such a great suffering ? Yes ! The dead know how it happened ! But the dead cannot hide the way they died ! What do you do? When life departs, every atom, every cell, every living being, the living being, is destroyed. It is only for those who have experienced the hellish torment that occurs. It is also for those who have become accustomed to dying while living. The main principle in the Siddha path is to get used to dying while living. Is getting used to dying so easy? The best path is to get a good death.

" Modesty is the instigator of intemperance. "

It will be drawn from the air ."

have come up with the verse so far have pointed out the virtue of remaining humble as the proof . The true masters have given a beautiful and instructive explanation of this verse .

When life departs, the life-giving sperm leaves the body . Those who die in this way, emitting a stench , will go to hell, the place of fire. Those who remain in the body without the water of life leaving will become one with the immortals and go to the heavenly world where the immortals reside . Valluvar has given some medical prescriptions for humans to attain the state of being immortal .

He has written an authority on the subject of medicine . Seven of the ten verses in it are about food . These verses point out that the cause of human disease is wrong eating habits , overeating , and wrong thoughts .

that if you eat too much food , you will get sick , and if you eat too little, you will get sick . If you eat in moderation after digesting the food, you will not get sick . The second verse is a warning that if you eat too much food, you will get sick .

" I don't want medicine, I've come to the right place. "

"You are the one who eats the food that is not eaten " - Kural 942

The third precept states that diet alone gives long life and health . The fourth precept states that one should eat wholesome food after having thoroughly digested it .

" Knowing what is lacking, not changing it. "

Dhuikkathuvarapassithu " - Kural 944

even if food tastes good, eating it in moderation is good for life .

" The unchanging unchangeable

"There is no harm to life " - Kural 945

verse says that one who knows himself and eats less will enjoy himself , but one who eats too much will suffer from illness .

" The eyes of the scornful and the gluttonous stand like a delight ."

"The eye disease of the glutton " -- Kural 946

one who eats carelessly, unaware of the extent of his hunger, will be subject to a great deal of illness.

" The evil is beyond comprehension. "

Illness is boundless " Kural 947

First, you need to know what the disease is . Then, you need to know the cause of the disease and then you need to give the medicine that will cure the disease.

" The first nerve of the disease will relieve it. "

The act of opening the mouth " - Kural 948

This is the eighth verse .

The condition of the patient , the nature of the disease , and the appropriate time for administering the medicine should be considered before administering the medicine . This is the duty of the physician, says the ninth verse .

" The amount of time, the

The action of the learned ." Kural -949.

The complete tenth stanza is very significant . It describes the method of treatment in four parts .

" The wise man will judge the medicine, and the labor will be spent ."

The medicine of the beyond " Kural 950

the patient , the doctor , the medicine , and the one who looks at the patient . It is said that if these work together , the disease will be cured quickly . Modern doctors also agree that food is the main reason for the occurrence and non-occurrence of disease . These songs are proof that the ancient Tamils knew this truth .

Trikadukam Special Thousand -1

Among the eighteen books, the famous one is Trikadugam . It was composed by Nalladhana, a Sangam scholar . He lived in the second century BC .

the three things - three - mustard , medicine , turmeric , pepper , and cardamom - cure a person's physical illness, the three moral principles mentioned in each verse of this book cure the ignorance of humans, hence the name of this book . Therefore, its special feature is that

" Mustard in the world can cure the body's diseases. "

In Ala (K) internal disease will be removed - stay still

What is Trikadugam?

"The medicine is not a cure ."

It reminds me that the verses in this book teach moral principles in a similar and metaphorical way to the medicines of turmeric , pepper and fenugreek , which cure the sufferings caused by illness and bring lasting happiness to a person. This is a testament to the greatness of the medicines that were in use at that time .

Small Panchamula

in four lines . The roots of Chiruvazhthunai root , Nerunji root , Chirumalli root , and Kandankathri root are called Chirupanchamoola . Similarly , the roots of Bilvam , Perungumizh , Thaluthazhi , and Padhirivagai are called Chirupanchamoola . Just as the Chirupanchamoola is a medicine that maintains health, the five five ingredients mentioned in the Chirupanchamoola songs also maintain health. The 74th song of this book highlights the relationship between the body and the mind .

The song " Eenyapuramdarulumenthalakkadane " says that it is the duty of a woman to give a healthy child to this society . In this song, the traditional teacher teaches the importance of fertility and how to nurture and protect it .

" The pain of childbirth ,

Elamite culture is a wonderful thing.

The one who knows how to be strong is not hungry.

"Killing is killing with good. "

The suffering that comes from not being able to bear a child, the true regret that comes from being alone , the suffering that comes from not accepting it after having received a child , the beauty that comes from raising a child , the absence of the curses of a grown child , those who have studied all these things will not kill a single living being . Therefore ,

" Preserving the fetus"

Hiding the pregnancy from others if it is broken

Buying secretly

Giving medicine when a child is sick at birth

"Raising the child without threatening him "

The fifth is the blessing of life . This should also be considered a medical virtue, according to the Chiru Pancha Moola.

Proverb Nanuru

by the Samana sage Suttaraiyanar . Each of its verses has a proverb at the end . In verses 56 and 167 , social justice and medical concepts are included as proverbs . In the fifty-sixth verse , it is not said that a doctor should only treat relatives . Anyone who is knowledgeable can also be taught this, which is called " Izhavandu Erutunda Ulppu " . The next verse, " Kuraipratham Mele Vezhalpanai", which says that neglecting one's own body is like cutting the roots of a palm tree and letting it fall on oneself , is called " Kuraipratham Mele Vezhalpanai " .

The salt that an ox eats turns into manure and becomes beneficial . Similarly, a person who has learned the subtleties of the body should be entrusted with the task . He will do the work well . That is the only benefit, says the proverb .

" I don't want to be a friend, I want to be a friend ."

Go to the teacher - Teacher

Even though I don't listen to the old man's advice

A piece of salt that is not lost is salt " - Proverb -56

If a king acts with too much trust in the ministers and assistants who are close to him, that will be his downfall . If he does not watch them as the days go by , one day they will become traitors to him . Similarly, if we do not take care of our body parts, that will be the end of our life. The old saying goes that if we do not take care of them, it will be the end of our life .

" The shepherd is the most sought after"
Standing on his hands, he did a black job.
The lie is a lie - a lie.
He who falls upon himself ." Proverb - 167

Four o'clock

because it contains four pieces of gemstones . The twelfth stanza lists the causes of illness .

" The poisonous snake is the one that kills all the people. "
Kotan is a disease-causing agent.
The sage who cures diseases of the face
The disease of the mind ."

A snake causes suffering to others with its teeth . A bull with a killing instinct causes suffering to others with its horns . Women cause suffering to men with their tongues . Sages with the power of penance cause suffering to others by cursing them . Realizing this, one does not get sick. Taking care of the body and mind is the best way to be healthy.

" The day and the night will last forever. "
The business is always the same.
Giver, taker, and other begetters
"No one will die forever ."

In this poem, the author has drawn an analogy between the nature of the world and the nature of the body and life . The stars, the moon , and the sun are eternal . Similarly, disease and its cure are eternal . They say, "I ask, I take , I give ." The nature of being born and dying is inherent in this world .

Acharya

the etiquettes necessary for civilized living . Along with the morals that provide internal purity, Mulliyar of Kayathur Peruvai has also beautifully compiled poems that emphasize external cleanliness that maintains physical health .

" The forest of the gods and the gods of the gods will burn ."
A lonely old tree stands in the village.

The day of the midday sun

"May you be free from disease . "

Those who wish to live a disease-free life should not sleep in a dilapidated house, temple, forest, tree in a deserted place, or during the day . Such places are harmful to physical health . By avoiding this, one can live a disease-free life, says Asarakovai .

Proverbs

written by Kudalur Kizhar from Madurai is called Mudhumozhi K Kanchi . Mudhumozhi is related to the word proverb . Kanchi refers to a type of necklace worn by women . The book of proverbs is called Mudhumozhi K Kanchi because it is made of many beads .

ten verses in this book , and ten proverbs in each verse . The first line of each verse begins with " Arkaali, all things to the world " . Each verse is named as the best ten and the best ten , with the word used in each verse . In this series, medical notes are also included in the interlines of verses 1.5.9 .

Song 1. The Best Pathwari - 5

All the people of the world ...

5. " The best day of youth is the absence of true happiness ."

It is good for humans to be disease -free at any age . It is especially good to be disease-free in youth .

Song 8. Simple Tenses - Line 7

the world are ...

7. " It is easy to eat and drink ."

all diseases come easily to those who eat immoderately and excessively, citing the cause of illness.

Song 9. Nalkurndapatthwari 4

the world are ...

4. " The pleasure of suffering is a good day ."

The suffering of those who do not care about their health does not bring happiness to the mind . The pleasure of the sick person relieves the suffering .

Attic

to children as soon as they start learning Tamil to teach them the alphabet and the order of virtues is the Athichudi by the medieval scholar Olavaiyar . The books written by him are Athichudi and Konraiventhan . These books also contain Syrian

medical concepts that make life perfect. These four lines , 16, 70, 76, 91, in Athichudi explain the medical properties .

16. " Shani Neeradu " If you apply oil on your head every Saturday and take a good bath in water, your body will not get heat-related diseases . It is also said that Saturn means the one who rolls . It is the astronomical thought of the Tamils that among the nine planets , Saturn continuously rolls for two and a half years in each zodiac sign . Therefore, if you take a bath in rolling water every day without stagnating, you can get a healthy body .

70. " The Subtle Nucleus "

why we get sick . One gets sick because of past actions (pā lamvīna) . Diseases can also come from the way we eat and the work we do with our mind , speech and actions . This verse warns that especially eating food without controlling the tongue and eating it improperly can cause illness . This verse reminds us that one who eats too much of snacks, which are foods that cause diseases, will suffer from indigestion .

Comment : It is wrong to eat snacks that cause illness .

76. " Do not give place to disease . "

People in the world want to live without disease . The old saying "Life without disease is wealth without deficiency" tells us that the richest person is the one who lives without disease . Therefore , to live without disease, we should take care of things like exercise , entertainment , good diet , and good habits . Things like holding urine , drinking less water, or eating spicy foods frequently should also be eliminated .

Comment : You should take care of yourself to avoid getting sick .

91. " If you wish to be above the pillar "

eat only the amount of food that our body can tolerate (it varies from person to person) . We should not eat too much , and we should not eat too often . Eating too much without physical exertion will cause the food to not be digested and many new diseases will occur. Therefore, Olavaiyar says that we should control our diet without craving for excess .

Comment : Don't be tempted to eat too much food .

Kondhavendhan 60 " Even with milk, time knows ."

" Mother and father are the gods who foreknow " is the one who gave the advice through Vendan to worship the gods who saw the parents . He says that like mother's milk , we use cow's milk as food and medicine . However, we should know

the quantity of milk and the time of consumption . Otherwise , it will not be used as medicine but will turn into a disease that will harm the body .

Comment : Even though it is a food with milk, it should be consumed with caution .

Justice

The book of righteousness is a collection of many verses . It contains 105 verses along with a hymn to God . It is a collection of verses on subjects such as education , politics , and health written by various scholars .

" Those who have two eyes, the ignorant have three ."

For those who count to seven – eat.

For those who have attained wisdom through devotion and devotional service

"Know that happiness is lost ."

This song says that all humans have two eyes , but those who have three eyes that can see tomorrow 's illness are also endowed with virtue , and those who follow it have endless life .

All these books teach us the wisdom of the ancients so that we may not be afflicted by diseases and how to deal with them if they occur .

Unit -2

tpdhf;fs;

t.vz ;	le;J kjpg;ngz; tpdh LOCF Mapping			
1	How is Navabhashana produced?	K3	CO2	PO4

2	Explain the medicinal properties of figs in a poetic way.	K4	CO3	PO3
3	Write down the principles of Vallalarukurumittha.	K1	CO2	PO1
4	Write the medical terms found in the proverb Kanji.	K4	CO3	PO4
5	Write the medical notes found in Attichusudi and Neethi Venpa.	K2	CO2	PO3

t.vz ;	vl;L kjpngz; tpdh	LOCF Mapping		
1	Explain the Siddhamaruthu songs with evidence.	K4	CO3	PO4
2	Siddhas describe the methods of diagnosing diseases.	K1	CO2	PO5
3	Compile and write the medical messages found in the Thirukkural.	K2	CO2	PO4
4	Write down the benefits of Siddhamaruthu mantras with evidence.	K3	CO1	PO3
5	Explain the origin and development of Siddha medicine.	K5	CO4	PO2

Unit 3. Herbal drinks and suntans

Natural life is well-being . We can live healthily by living by nature without destroying it . If we use it properly, we can get anti-disease methods without side effects, explains Chitthamarudva . Natural medicine is not a treatment . It is a way of life . This system is related to Chittha Ayurveda. In this field , all parts of a plant like shoots , leaves , flowers , fruits , vegetables , bark , roots are used as medicine according to their medicinal properties . This system of medicine includes traditional

medicine , folk medicine and manual medicine . Here are the specialties of fifteen herbs used by the Chitthas for this.

1. Licorice

The medicinal herb of Siddha medicine is liquorice . It grows naturally in the mountainous region . This plant grows to a height of one and a half feet . The leaves are compound . Its roots are used mostly in Siddha medicine . These roots are small and large, yellow inside and dark brown outside . It is available in dried form in traditional medicine shops .

Medical benefits and prescriptions .

The leaves are sweet and warm in taste . The roots are sweet and cool in taste . It is an excellent medicine for ulcers , thirst , jaundice , and eye diseases .

Cough control ...

50 grams of licorice and 10 grams of pepper , and grind them into powder . Mix this with a little honey and eat it . It cures cough and stomach ulcers . Mix half a teaspoon of licorice powder with a little honey and eat it both in the morning and evening for 48 days . It is good for nerves .

2. Fig

Figs belong to the family of trees. It is rare to see flowers in it. The whole tree bears fruit. Its well-ripened fruits are brick-colored. Figs are a good medicine for treating blood disorders , colds , and bleeding . It is also considered an excellent medicine for reducing body heat .

Medical Benefits and Prescriptions

Buy a few figs , break them in two, and put them in hot water to remove the insects inside . The insects will die. Then make a " pudding " of it and eat it to cure blood and blood loss. Eat figs in this way for two days a week and blood loss will be cured. Figs have an astringent taste. Cooking it cures arthritis, gallstones, impotence, gout, and skin rashes. It has the property of curing constipation.

If you cut the fig peel, crush it, grind it into powder, and apply it to any wound that is not healing , it will heal. It is noteworthy that figs have the property of curing rheumatism .

Consuming the juice of fig tree roots mixed with sugar or plantain leaves every morning at dawn cures bone aches, body heat, bilious dizziness, and insatiable thirst. Acne and milk fever can be cured quickly by applying fig juice daily.

3. Government

of trees is called the king of the kingdom . It can be seen in temples and on the banks of ponds . It is also grown in the center of the village . The reason for this is the medicinal properties of **the king tree and its roots. The proverb "If it is around the king tree every Shashti , it will come into the womb " is because if** childless women circle the king tree every Shashti , the medicinal properties of its roots will dissolve the fat in the womb of the bride and make her pregnant easily . The Siddhas, who realized this as a virtue, may have been the reason for the formation of this proverb .

Medical Benefits and Prescriptions

in boiling milk and add a little sugar, the three diseases caused by gout , phlegm , and bile will be cured . Fever will subside . Menstrual disorders in women will be relieved and the menstrual cycle will be facilitated. Take a handful of the leaves of the royal tree, put them in a clay pot, add half a liter of water, boil it to a quarter liter, mix it with a quarter of a liter of milk, and eat it for a month . Women will be free from infertility . Salt , tamarind , and salt should be reduced.

" The kingdom is a seed that changes the roots. "

Pertussis - Throat

Thirst-quenching, fat-burning, and hot air

The speed of the river is fast ;"

This is a song by Kumba Muni .

4 Lily

Lily is an aquatic plant that blooms throughout the year. It is also known as Nilodhabavam, Karuneithal Malar, and Chevalli. Chevalli has the ability to cure diseases such as urinary tract infections, cloudy urine, eye diseases caused by the sun, blood and bile disorders, and mineral deficiency.

"With the water work of the chervil flower,

The world is full of work and rest.

"Let's go to Kanninnoi Panne too"

The Agasthiyar Gunapadam mentions its medicinal properties as follows: This flower soothes the heart, reduces body heat and protects health .

If you take equal amounts of its flowers and its leaves and mix them with water mixed with sugar and make a paste, and consume it with cow's milk every morning and evening for forty days, you will find miraculous cures for diabetes. The roots cause intestinal pain and relieve constipation. Its stem, flowers, and tubers can be cooked and eaten.

Red lily seeds strengthen women's fertility. Medical texts say that white lily seeds strengthen men's sperm.

5. Half a cabbage

Greens are considered a very important food because they contain minerals that are essential for health. Spinach is rich in fiber, which helps the food we eat to be digested in the stomach. This spinach has the property of relieving constipation. It helps to expel bile and soften the stool . It prevents diseases like gout and gallstones .

It is used to increase mineral intake and increase immunity. It is good for vision problems. The minerals such as green tea, sugar, iron and starch contained in it provide the body with more immunity.

6. Don't play.

" If there is a leg of lamb and five peppers,
"Singing and singing "

It is a plant that grows tall and densely with many branches . Its leaves contain an essential oil and an alkaloid called vasin . This is the reason for its medicinal properties of bringing out mucus .

Medical Benefits and Prescriptions

Eating the leaves of Ada Thoda and making them into a drink will always keep your throat strong . Along with clearing mucus, Ada Thoda also has the ability to kill stomach worms .

Dry cough caused by smoke without a cold is a cure ...

Three leaves of the plant should be crushed and boiled in a glass of water, and half a glass of water should be taken in the morning . Consume this continuously for seven days and your cough will be cured .

from asthma and shortness of breath , you should crush the leaves and grind them into powder. You should roll the dried leaves in the mixture and keep it in your hand. Your asthma will be cured soon .

" The virtue of the leg of a goat is described in the text "

Diseases of the heart, liver, spleen, and spleen

The song is like a songbird singing.

The danger that cannot be avoided will be avoided ."

The Siddhas have sung the praises of the Aadathoda .

7. By

" Alumvelumtalukku "

"Four or two, I swear ."

of the banyan tree from this . All its components have good medicinal properties.

Medical Benefits and Prescriptions

The bark of the banyan tree is used as a medicine for constipation and cancer prevention . If women boil it, they can stop excessive bleeding . If the buds of the banyan tree are eaten on an empty stomach, stomach cramps will go away . The fruit and seeds of the banyan tree are excellent for relieving constipation . To stop vomiting, a little sugar should be mixed with the fruit .

" The cloud that is being spoken of is the darkness that is being

The deadly eye of the killer - Nalla

Milk and milk, seeds and flowers

"And there will be no more leaves . "

This hymn by Kumbh Muni explains that the fruits , seeds, and sap of the banyan tree are all good medicines for diseases such as dysentery , dysentery , and diarrhea, which are considered sexually transmitted diseases.

8. Ginger .

Ginger is a small plant with fragrant roots . It has medicinal and culinary uses as an appetite stimulant and saliva stimulant .

Medical Benefits and Prescriptions

Ginger provides heat to the body and removes gas from the intestines . It removes phlegm , phlegm , bile , and phlegm .

Crush one teaspoon of ginger juice and mix it with a little honey and drink it three times a day for seven days to cure coughs accompanied by colds.

9. Sukku

" There is no cure for sukkukuminjin ."

"There is no god greater than Subramanian Swamy ."

This is a folk proverb . If ginger is dried, it is good . It is included in the Siddha medicine, which is similar to Sanjivi .

Medical Benefits and Prescriptions

It stimulates digestion . It stimulates salivation and creates hunger . It removes bile . It is mixed with honey and eaten to stop vomiting .

Peel a piece of ginger and put it in a liter of water , add milk and sugar and drink it in the morning and evening to get rid of gas . It cures many diseases like dysentery , rheumatism , rib pain , stomach ache , dropsy , asana disease, earache , respiratory problems and others .

10. Erukku

with broad, opposite leaves . Its leaves , bark , roots , flowers , and milk all have medicinal properties . It is found widely in all parts of Tamil Nadu .

Medical Benefits and Prescriptions

It is generally spicy and hot in taste . Its leaves have the properties of inducing vomiting , increasing bile , and dissolving tumors . If you boil its leaves and apply it on the tumor with a little heat, it will quickly break . If you dry its leaves and grind them into powder and apply it with linseed oil, it will cure chronic ulcers . The sun's rays will cure gonorrhoea .

11. Lemon

is called the king of medicine . Turmeric which is seen in color . All of them are full of medicinal properties . It also plays an important role in medicine and magic . It plays a great role in giving life , removing evil spirits , divination , divination , black magic , etc. It is considered an auspicious fruit in homes .

Medical Benefits and Prescriptions

It is rich in vitamin C and A and B. It also contains iron , protein , potassium , phosphorus , citric acid , etc. It is used as an instant decongestant . It is used to prevent vomiting .

12. Auction

is not only fragrant but also beneficial for health . It is a plant with thick , fleshy, flat, underground rhizomes . Its flower clusters are formed at the base of the stem . The seeds contained in its mature pods are medicinal .

Medical Benefits and Prescriptions

Cardamom has a pungent taste and heat . It increases urine flow . It relieves thirst , headache accompanied by sweating , dryness , phlegm , etc. It increases semen . It stimulates the sense of pleasure , removes stomach acid and facilitates digestion . Cardamom , cumin and cumin seeds are taken in equal quantities, lightly roasted and ground into a powder and taken in a teaspoonful of it to cure indigestion .

13. Kandangatri

found in all parts of Tamil Nadu . All parts of this herbaceous plant , such as leaves , flowers , fruits , seeds , bark and roots, have medicinal benefits .

Medical Benefits and Prescriptions

This plant is a diuretic , a carminative , a carminative , a root - dissolves kidney stones , a fruit - cures dry throat, bronchitis , headache , etc. It is also a wonderful medicine for treating biliousness . It is also good for asthma . You should collect its whole fruit , remove its thorns , apply it to wounds and then make it into powder . Add half a teaspoon of the powder to honey and take it internally.

14. Poppy

plant that grows in the mountains . Poppy seeds have a sweet and warming taste . They stimulate the taste buds. When eaten in moderation with food, they cure ulcers of the internal organs . They increase virility. They kill intestinal worms. When consumed as part of the daily diet, they induce deep sleep.

To control colds in children, soak two teaspoons of poppy seeds in a quarter cup of milk for ten minutes, make a paste and give it internally. To gain physical strength, take equal amounts of poppy seeds, black pepper, almonds, and cardamom, grind them into powder, and eat half a teaspoon of it with honey at night.

15. Mustard

Mustard is a perennial herb . Mustard is an important medicine for dryness , loss of appetite , skin diseases , intestinal ulcers , jaundice , toothache , eye diseases , fever , cough , and burns .

Medicinal water

Various herbal medicines are prepared by boiling the purified herbs and then straining them and drinking them through drinking water . Clay pots are best for storing herbal medicines in drinking water . For example, put the herbs in an clay pot, spread them evenly and let them soak in water. Then add the required drinking water and let it boil . When the water boils and thickens a bit, strain the water with a thin white cloth and drink it.

How to make Nilavembu water

Neem leaves – cut root, lima beans , a little sandalwood powder , fenugreek seeds , ginger , pepper , and fenugreek should be taken in the appropriate quantity, cleaned, ground well, and made into a powder of thirty grams . Put it in one liter of water and make 150 ml of the mixture .

Uses

If the above-prepared Neem water is drunk before meals , both in the morning and evening , it will prevent cold , fever , biliousness , and body tremors .

Siddhatthaikudi water - preparation method

First , take 10 grams of each of the four ingredients, namely, citta - dates , jaggery - licorice , and grind them into a fine powder . Second , add 50 ml of milk to 50 ml of water , add the above powder and mix well . After mixing well, add a little lime and prepare citta drink .

Uses

of the human heart such as dry cough , cold , persistent fever , and tuberculosis . If those suffering from these diseases drink this water daily, morning and evening, they will soon recover permanently .

Mandoora water

, mandurum , well-dried mango leaves , keezhanelli , and neermulli , ten grams each. Also, dry and grind ten grams of cumin seeds into a fine powder, add half a liter of water, and boil them well . If you boil them until they are one-third dry , you will have mandurum water.

Uses

you drink Mandoora water after eating , anemia and skin diseases will disappear. Diseases like flatulence , tuberculosis , fever , and flatulence will disappear .

Imbibiotheca

Take ten grams of impural root and four grams of liquorice, crush them well. Mix this with half a liter of water and dilute it to one-fourth to prepare impural water.

Uses

like cough , vomiting , and vomiting blood, one should drink Impural water morning and evening . The body will recover soon .

Grape juice

Grapes, which are used as a fruit, food and medicine in the country, are a testament to the hospitality of the Tamils . They contain various medicinal properties . Grape juice is prepared from them and used as medicine .

Sixty grams of well-dried grapes , thirty grams of cardamom , one gram of black pepper , two grams of red rose petals , and five grams of lower gooseberry root should be ground well and made into a powder . Mix this with four liters of water, boil it and reduce it to one liter .

Uses

If you mix one liter of grapes with water and a little bit of honey and drink it three times a day , you will never get constipation.

Mustard juice

Take five grams of well-cleaned mustard seeds . Boil this in half a liter of water until it reaches one hundred milliliters, then strain and prepare mustard seeds drink.

Uses

If you take it after meals and before going to bed at night, your stool will pass easily and you will be able to get up in the morning without constipation.

Karuvelaampattai water

Take thirty grams of cardamom , masikai , kalipakku , alum , two grams of each , and grind them into powder . Mix the powder in half a liter of water and boil it . Once the mixture becomes one hundred milliliters, strain it and store it.

Uses

dry cough , hoarseness , sore throat , and sore throat can be cured quickly by drinking 0.50 ml of Karuvelapattai water in the morning and evening . Gargling with this water in the early morning will cure mouth ulcers .

Nochikwiri (soda water)

Clean the nochikozunda and take a handful . Also, take ten grams of pepper , five grams of garlic , and ten black cumin seeds , boil them well in half a liter of water, and reduce to 100 ml to prepare nochikozunda water .

Uses

colds and flu .

Keezha Nellikudzi

Keezhanelli root , Vishnu Kanthi , one handful of Karisalanganni , five grams of cumin , cardamom , and thirty grams of dried grapes should be finely chopped and boiled in two liters of water . It should be taken care of until it reaches half a liter .

Uses

If the water in the lower Nellikudi stream reaches a hundred millimetres, both morning and evening, the yellow flower will magically fly away.

Watercress

of Neermulli - Nerunjil , Nallimulli - Anise , Cucumber seeds , Suraikodi , Mustard seeds , and Danarikai seeds are mixed in half a liter of water , boiled together for four hours, and then strained to prepare Neermulli-Kudi water .

Puyans

If you drink 50 ml of water every morning, you will not get water retention or water retention.

Water for drinking

fifty grams of each of Sirupilaimoolam , Sirunjil , Peramootiveer , and Manilangaveer and grind them well to make a paste . Boil the paste in one liter of water and reduce it to one third.

Uses

If you drink a little water, both in the morning and evening, it will cure urinary disorders and diseases such as stasis.

Palasu drink

Five grams of purified fenugreek seeds - black cumin , fenugreek , fenugreek seeds - anise - should be added along with three grams of kadakarohini and boiled in 200 ml of water . After boiling for fifty ml, it can be used as a medicine .

If you drink Palasu water in the morning and evening, it will be good for you. If you drink this once every five days, you will not get constipation . This water has a great power to destroy intestinal worms .

Toothpaste

quantities of fenugreek , fenugreek , fenugreek , fenugreek , fenugreek , and fenugreek seeds , and grind them into powder (70 grams) and boil them in half a liter of water .

Uses

It cures long-lasting fever .

Siddha Medicine Suranas

digestible forms of medicine in Siddha medicine . We can prepare these very easily at home . Surana is prepared by mixing dried roots , leaves , bark , pods , fruits , seeds , resin , tubers , and bark with traditional medicine and grinding them, filtering them through a fine sieve, and then grinding them .

The medicinal substances should be taken individually in the required quantity and prepared . The substances that need to be crushed should be crushed , the substances that need to be fried should be fried until golden brown, the substances that contain oil should be placed in the mortar and ground according to the nature of the medicine . Such a solution should not be used for up to three months .

Trikadukusurana

from three important folk medicines . Take 100 grams of turmeric , 100 grams of pepper , 100 grams of fenugreek , 1 gram of honey , and 1 gram of ghee, and grind them into a powder. If you take it with one gram of honey or ghee in the morning and evening , you will get relief from diseases like loss of appetite , pain , nausea , cough , and fever .

Tripalaichuranam

Take fifty grams of mustard seed skin , tangerine peel , and dried mango leaves in equal quantities . Clean them separately , crush them into powder, grind them together, and store them in a bottle . This is Tripalai Churanam . If you eat two grams of this in the morning and evening , you will be cured of eye irritation , mouth ulcers , constipation , and cough .

Ashtada Deepakini Soorana

each of the following spices available in the country's drug stores : cumin , pepper , black cumin , Indian salt , and fenugreek . Apart from Indian salt and fenugreek , grind the other ingredients separately until golden brown, fry the fenugreek in oil with a mortar and pestle, and grind the Indian salt into powder . Mix everything together to make Ashta Deepakani Sooran .

If this Surana is mixed with five grams of water and drunk or taken with food , it will increase the digestive power . It is a wonderful Surana that can cure things like diarrhea, loss of taste , and loss of appetite .

Land clearing

of Nilaavaara , Sukku and Vaavilangam . After cleaning it well, grind it and mix it with equal amounts of sugar to make a powder. Nilaavaara Churanam is prepared.

every morning and evening , diseases like gas , bloating , hiccups , colds , diarrhea, flatulence , vomiting , bile , and constipation are cured instantly .

Amugrahasurana

640 grams of amukkra tuber , 320 grams of sukku , 160 grams of tipbili , 80 grams of pepper , 70 grams of taniya , 60 grams of cumin, 50 grams of cinnamon , 40 grams of cinnamon , 30 grams of cardamom , 20 grams of small naga flower , 10 grams of cloves . Prepare these properly - dry them in the sun - crush them separately and then grind them into powder . Then mix everything together and add panangin to the total amount to make amukkra sooranam . Keep this in a bottle .

if three grams of Amugra Soorana is taken in milk or ghee after breakfast and dinner for forty-eight days , even serious diseases like bone loss, bone fracture , shortness of breath , snoring , flatulence , loss of appetite , etc. will disappear .

Elathisuranam

10 grams of cinnamon , 20 grams of pepper , 40 grams of small snake flower , 80 grams of thalissa , 160 grams of guava juice , 320 grams of cardamom , 640 grams of cardamom , and 1280 grams of banana leaves , and dry them in the sun . Grind

these separately, grind them into powder, and mix them with two grams of honey or milk to make a gel .

If this is mixed with honey or milk and consumed , diseases related to bile, gallstones , hemorrhoids , stomach ulcers , scurvy , and other serious diseases will be cured . On the seventh day after eating, one will notice the symptoms of the disease being cured .

Thalisadhisurana

Thalisam - Mustard , Cinnamon - Cardamom - Cumin - Cloves - Centella Asiatica - Black Cumin , Cassia - Kandatipilli , Sanbhagmokku - Kostam , Sukku - Sadamanjil , Tipilli - Perungayam . Prepare these according to the procedure and take 10 grams of each type. Along with these , keep 60 grams of Danya and 120 grams of sugar separately . After roasting the rest until soft and powdered, mix it with sugar and prepare Thalishathi Soorana . It should be kept in a glass bottle .

in the morning and evening , forty diseases of the gallbladder and twenty types of rheumatism will be cured immediately . Apart from these , scabies , burning sensation, stomach pain , watery discharge , jaundice - whiteness , thirst , ringing in the ears , cough , numbness in the limbs , sore throat , sciatica , dehydration , heartburn, numbness in the limbs , indigestion , etc. , Thalishathi Soorana is an excellent medicine for various diseases .

Flying saucer

, collect 100 grams of parangipattai and 100 grams of sugarcane . Clean the parangipattai well and soak it in black pepper juice for at least four hours . You can make parangipattai sooran by mixing the two together .

This powder can be mixed with one or two grams of milk and taken twice a day . This cures whiteheads , blackheads , loss of appetite , and skin diseases .

Panchadeepakinisurana

Sukku , 100 grams , pepper 100 grams , tipbili 100 grams , cardamom 100 grams , cumin 100 grams . The above herbs should be properly prepared and roasted until golden brown . Then , an equal amount of banana leaves is ground into powder and roasted in a pancha deepa gini sooranam .

If the above-mentioned powder is mixed with honey or ghee and consumed in the amount of two grams, it cures diseases like flatulence - bile - indigestion - stomach ache - dizziness - gas - fever - and cold . Also, diseases caused by heat will not affect us .

Tooth grinding

Ingredients required for making tooth powder : - 100 grams of dried cardamom , 80 grams of alum , 80 grams of kaichukati , 80 grams of mustard seeds , 40 grams of masikai , 40 grams of velampattai , these should be crushed separately, ground into powder and then mixed and stored .

If you brush your teeth with the above solution every morning and night , diseases such as toothache , toothache , bleeding from the teeth , and toothache will be cured . Your teeth will become whiter .

very powerful in Siddha medicine . Even today, people living in small villages of our country make good use of this and live without being influenced by English medicine. It is noteworthy in today's environment that in general, there is no possibility of any side effects in our Siddha medicine .

Unit-3

tpdh;fs;

t.vz ;	le;J kjpg;ngz; tpdh LOCF Mapping			
1	What is herbal tea?	K3	CO4	PO4
2	Write the medicinal properties of turmeric and ginger.	K3	CO4	PO3
3	Write about the diseases that Nilavembu Kudi cures.	K4	CO4	PO1
4	What is Suranam?	K5	CO5	PO4
5	How is Deepakini Sooran prepared?	K1	CO5	PO3

t.vz ;	vl;L kjpngz; tpdh LOCF Mapping			
1	Explain how herbal tea cures disease.	K3	CO1	PO4
2	Explain the five trees used to make herbal teas.			

		K5	CO3	PO5
3	Describe the uses of Siddhamaruthu Suranas.	K5	CO3	PO4
4	Explain the medicinal practices that use herbs.	K3	CO4	PO3
5	Write an awareness article about natural herbs that cure diseases.	K5	CO5	PO2

Unit 4 Special Herbs Volume -1

Maintaining health is a rare art. Due to ignorance and neglect, today we are suffering from many diseases and side effects of self-medication. Only if there is a wall can we draw a picture . Similarly, only if we are healthy can we achieve the goals of life. For that, we need to live a life in harmony with nature. It is said that there is no disease that cannot be cured by the herbal wealth that nature has given us with joy.

Animals do not eat cooked food. They eat natural food raw. They live well until the end of their life. They do not have any diseases, they do not have any problems like flatulence, stomach upset, indigestion. If a dog eats something too much or something unpleasant, it will eat a nearby grass and take a rest to relieve itself. It will regulate the body. A fox bitten by a snake will lie down on some medicinal herb and roll around. It will protect itself. The Siddhas who have studied all this have identified many medicinal herbs that cure diseases for humans in the philosophy that food is medicine and medicine is food. The medicinal properties of some of the important herbs are given here.

Karisalangkanni

The herb karisalai, which is rich in iron and increases blood circulation in humans, is also known as karisalangkanni, kariapan, kaiyaan, thekarasan, phringa rajam, and kaikegi. Its small leaves, which have a rough, hairy surface, are of different shapes. The flowers are small. Karisalai also has the ability to root on branches.

Like Pon + Yes + Kaan + You = Ponnankankanni

Karisal + Am + Kaan + Ni = Karisalankannani. Karisal means iron.

Chemicals in 100 grams of turmeric.

Oil-soluble black dye	-	11.2 mg
Tannin	-	220

Carotene	-	1.4
Chlorophyll	-	3.75
Phytosterol	-	3.75
Saponin	-	500
Waxy Compound	-	29.7
Resin	-	44
Resin	-	80
Total sugar content	-	1040

All of these are raw materials with medicinal properties.

Medical uses

- The juice made from its leaves expels bile.
- It relieves inflammation of the liver and spleen and strengthens the body.
- Cures jaundice
- Controls respiratory tuberculosis
- Its juice breaks the venom of snakes.

It is used as a medicine for 105 diseases like. The following song simply mentions its medicinal properties. Kural kammal kamalai kuttamodu soyaiyuralpandu pannoi veeragum – Naratsonnameyyanthakarai yotta meeliyannu nalpulathukhaiyanthakarai othaka kaal, it can be consumed raw. It can also be eaten by frying (poriyal). Those who consume it daily will definitely live longer. It is a good medicine for making the face glow, removing phlegm and developing knowledge.

Curry leaves

We refer to curry leaves as curry leaves. It is widely used in cooking due to its importance in daily food. It has a unique aroma.

Medical uses

The leaves themselves have medicinal benefits. The leaves have a spicy and warming taste. When eaten as a medicine, they increase appetite. They strengthen the body. They expel intestinal gas. You can get the full benefits of curry leaves by eating them without leaving them out.

Medicinal use

eyesight . Lightly fry the required amount of curry leaves in ghee and make a powder. Mix one teaspoon of the powder with hot rice, add a little salt and ghee and eat it. It improves eyesight. To cure chronic cold and cough, boil its leaves well, strain and drink it.

It is also used to treat constipation. A little ginger, pepper, cumin, and cumin should be added to curry leaves and dried in the sun. Then, it should be crushed into powder and stored in a glass bottle. When eating at night, mix half a teaspoon with rice and eat it, and the stool will come out without any problems.

Curry leaves

For nausea, vomiting, and indigestion, you can fry curry leaves and a few chilies in ghee, add a little tamarind and salt, grind them, and consume them as a gargle .

Wild Auri

A small, bushy shrub, Auri is best used for medicinal purification of minerals used in Siddha medicine. The plants, with deep green leaves, grow wild in large quantities in India and Bangladesh.

Medical uses

The whole plant has a bitter taste, heat and alkalinity. The leaves dissolve swelling, tumors, etc. They break down toxins, soothe the body, act as a laxative, kill stomach worms, blacken the hair, cure cataracts, and are used as important ingredients in hair oils.

Medical methods

Auri leaves are used to treat coughs, allergies, and skin diseases. For this, a handful of green Auri leaves should be collected. Add a little pepper powder and boil two glasses of water, strain it and drink it. Drink this twice a day for a week and the above diseases will be cured soon.

Grind a handful of Auri leaves, mix it with a glass of boiled goat's milk, strain it and drink it early in the morning for three days to cure jaundice. It is also used as a medicine for snakebites.

Clove

Cloves are one of the medicinal plants that can be eaten raw. They have the ability to control asthma.

Protein - 2.3 mg,

Fat	-	5.9
Minerals	-	44,
Sugar content	-	24.1
Limestone	-	310

Contains medicinal elements like Phosphorus 40 and Vitamin C.

Medical benefits

It helps digest food , stimulates appetite, eliminates bad breath. It also relieves flatulence. It relieves cramps. It stops nausea and vomiting in pregnant women. It relieves anal itching. When mixed with food items, it can provide digestion, aroma, and flavor.

How to make asthma medicine from cloves

Take 50 grams of cloves, 10 grams each of pepper, cumin, cumin seeds, black cumin, and licorice. Then roast them separately in a pan and dry them like a flour to make a powder. In this, mix the cumin seeds with milk in a separate pan and soak it for eight hours. Then dry and sieve it, mix it with the other ingredients and keep it in an airtight clay pot for three days.

People who have had asthma for more than two years should take Sukhabeti two days before using this. The next day, take half a teaspoon of the medicine mixed with jaggery or honey and a little hot water three times a day, morning, noon, and evening, at intervals of six hours. Asthma will be cured.

Keezh Nellie

Keezha Nelli has been used in our Siddha system of medicine for centuries. It is one of the best herbs among the Kayakalp . Keezha Nelli has compound leaves in two rows. Small dark flowers and fruit clusters are found all over the lower part of the main midrib that supports the leaves. This is why it got the name Keezha Nelli. It is also called Maruvi Keezha Nelli.

Medical uses

The entire plant is used as medicine. The medicinal compound called philanthropy in its leaves controls jaundice . It also helps break down toxins in the body. It has the ability to kill germs in the blood, which reduces anemia. Only the kelp

has the special ability to keep the most important organs such as the liver, stomach, kidney, gallbladder, pancreas, spleen, uterus, etc. functioning properly without damage.

Methods of preparing medicine.

Keezhanelli is a wonderful medicine for treating jaundice and diabetes. The entire Keezhanelli plant should be collected when it is green, cleaned thoroughly and ground to a pulp. Mix a quarter liter of buttermilk with lemon juice and drink it. If you drink this medicine along with a non-vegetarian diet, the above diseases will be cured soon.

Keezhanelli is also used to cure stomach ulcers. Grinding a handful of leaves and dissolving them in a glass of buttermilk and drinking them in the morning will cure stomach ulcers. If women drink a decoction of its leaves, their vaginal discharge will be controlled.

Garbage man

The alchemical herb that turns the body into a corpse, a salty body, and a garbage-like mani into gold is the Garbage Mani. It is a weed that is very common in the plains of India. It grows up to two and a half feet tall. Its leaves are arranged in alternate and circular layers, and are of various sizes with teeth on the edges. It has clustered flowers on the leaf stalks. It is also commonly known as the Cat Worshipper.

Medical benefits

The entire plant of the fenugreek plant is used in folk medicine. It has a bitter and spicy taste and is warm. It relieves chest cold, respiratory problems, phlegm, arthritis, etc. The leaves and roots are used to induce vomiting and diarrhea. Boiling the leaves and shoots in water and drinking it will kill intestinal worms. It will reduce obesity. A patented medicine that reduces fat is prepared from the fenugreek plant.

Medical methods

To cure skin diseases, mix the juice of its leaves with the required amount of turmeric powder and apply it on the affected area. Doing this twice a day will cure long-standing skin diseases .

If you wash a handful of fenugreek root, add it to a liter of water, strain it and drink it to get rid of the tapeworms in the stomach . Some people may also get diarrhea. In this case, you can give curd rice to control it. Children should be given only a quarter of a cup. Its decoction also controls colds and coughs.

If you take equal amounts of fenugreek leaf juice and coconut oil, boil it in a pan, strain it, and then rub it on people with joint pain, the joint pain will be cured quickly.

" I have come to Sarava with a toothache. "

The root of the disease is the root of the disease.

The breath of the sun is continuous and the breath is continuous.

"Remember, because I am superior ."

A Siddha has sung praising the virtues of the garbage man.

Nutmeg

The medicinal fruit is cashew nut, cultivated in Sri Lanka and the Western Ghats of India. It grows in dense clusters of green leaves. The leaves are alternate. They are large. The male and female flowers are separate. The fruit is fleshy. The fruits, which are covered with a thin skin, are very fragrant. It is used for pickling. The dried fruits are available in herbal medicine shops.

Medical uses

Nutmeg has astringent and spicy taste and is hot in nature. Eating it daily in small quantities will remove heat from the body. The stomach and liver will become strong. It increases virility and cures tremors and paralysis. The body will function actively. Eating too much will cause drowsiness. Giving two drops of its decoction to children orally will control colds and diarrhea.

Medical methods

Grind 100 grams of nutmeg, 100 grams of cumin, and 300 grams of cumin seeds well and consume two grams daily before meals to cure indigestion.

If you grind 20 grams each of nutmeg and cumin seeds and 50 grams of cumin seeds well and mix 500 milligrams of the powder with a quarter teaspoon of sugar, you will completely cure intestinal gas.

Baby spinach

Spinach helps in health and longevity. Spinach, which grows up to three-quarters of a foot tall, belongs to the Spinach family. The slender-looking spinach can be harvested and used when it grows to a height of ten to ten centimeters, making it a delicious addition to food.

Medicinal properties

Spinach can be used to improve liver function and eliminate bile and kidney related disorders. It is a proven remedy for eye diseases, tuberculosis, anemia, gas, body irritation, and plant-induced dysentery.

Pharmacological method

If you eat spinach daily with your food, it will cure diseases and increase your beauty and vitality. You can also prepare sambar, kottu, borikhyal, etc. by mixing it with lentils and eating it as a medicine .

Cumin

Seer + Agam = Cumin. It has the property of healing ulcers and diseases in the internal organs of the human body, hence the name Cumin. " A house without a small child is not a house, and a curry without cumin is not a curry. " Cumin belongs to the plant species that can grow straight. Cumin is the seeds that burst when its pods are mature. These are widely used in food and medicine. It is also known as Pitta Nasini Bosanakutori and Metthiyam.

Medical uses

Cumin seeds have a sweet, aromatic and cooling taste. They increase body heat. They increase body strength, increase appetite, and cool the eyes. They cure diseases like stomachache, mouth ulcers, and diarrhea. They are added to food items for their digestibility and aroma.

Medical methods

Cumin is used as a medicine to control diarrhea. It is dried and powdered and taken in a dose of one gram mixed with honey or milk, morning and evening, for two days to cure the disease.

Grind cumin seeds with an equal amount of granulated sugar and consume one teaspoon each morning and evening to cure chapped lips and lip ulcers.

Zucchini

long vines, and the bitter ones contain a toxin called cucurbitacin. This should be avoided. The sweet-tasting zucchini is full of wonderful nutrients that help flush out toxins from the body and purify the blood.

Medicinal properties

Removes phlegm and bile. Provides good nutrition to the fetus through the mother's diet. Reduces body heat. Helps control liver inflammation and reduce problems caused by diabetes. It is a great medicine for weight loss for obese people.

Medical system

Drinking zucchini juice every morning on an empty stomach will help you lose weight. It should not be consumed with milk and lemon. It should not be consumed in excess as it is considered an "evil zucchini that brings about illness" .

Shampoo

Chamomile has a sweet taste like licorice. It is used as a flavor enhancer in cooking. "Do not be attached to a child, lest it sour," is a local saying.

Medicinal properties

Improves digestion. Prevents constipation. Prevents anemia. Has immense power to reduce body heat . Controls cough and blood sugar levels.

Thippili

creeping plant with heart-shaped leaves and a climbing habit . It is a fragrant plant. Its fruits are oblong in shape and are hidden in the fleshy stalk. These fruits have great medicinal properties.

Medical uses

The sweet taste and cooling properties of the thippili increase body heat. It relieves intestinal gas and is also used to make nasal powder. It is also used in indigestion medicine as a remedy for rheumatism and flatulence.

Medical methods

Mix half a teaspoon of Thippili powder with the required amount of honey and consume it for thirty days, and the skin rash that appears on the body will disappear. If you continue to use this medicine in the above manner, your voice will improve.

Holy water

highly fragrant, pale scarlet, fluffy inflorescences. The flowers are pale yellow and densely hairy. The seeds are sticky when wet. It is also known by names such as camphor basil, pachilai, and rudhracha sadai.

Medicinal properties

The whole plant has a pungent taste and cooling effect. The leaves are used as a diaphoretic and to remove heat from the body. It is generally used as a medicine for colds, fever, intestinal worms, stomach disorders, gout, etc. The leaf juice relieves nasal congestion and treats skin diseases. A fragrant substance like camphor is prepared from the leaf oil. The seeds are used to treat diseases such as leprosy, cough, and constipation.

Medical methods

Grind the required amount of leaves and apply it on the lump, they will break. Mix the leaf juice with the paste and grind it to make a paste. Mix well and apply it on the area where there are acne, they will disappear . If you squeeze the leaves and inhale the fragrance, it will cure headaches.

Thutti leaf

heart-shaped leaves, small golden yellow flowers, and cone-shaped fruits. It has soft hairs all over its body. These can cause itching if they touch our skin. The base of the leaf looks like it is coated with wax. Its leaves, flowers, seeds, roots, and bark have medicinal uses.

Medical uses

Thutti generally has a sweet taste and cooling properties. Its leaves relieve inflammation. It cures constipation and anal irritation. It relieves diseases and soothes the body. It cures blackheads, body heat, etc., and increases urine flow. It stops bleeding and increases potency. It cures anal itching, whiteheads, and blackheads.

Medical methods

Thuddhi leaves have good power to cure hemorrhoids. It should be applied to the anus, anus and other parts of the body with kerosene oil and tied with a bandage. Or, by cooking Thuddhi leaves with lentils and eating them, the above diseases can be cured.

To control vomiting of blood, eat 20 ml of leaf juice mixed with a little bit of kamkandu. To treat body pain, boil the leaves in boiling water, soak a cloth in the water, wring it out, and apply it to the painful area.

Basil

Tulsi is revered as an auspicious plant for the well-being of the home. Tamils believe that a healthy and wealthy goddess resides in a clean house with a Tulsi matam. It has a special place among divine herbs. Tulsi is an important medicinal plant

grown in homes, gardens and temples across India. Its important alternative names are Karuntulasi, Natulasi, Sentulasi, Rama Tulsi, Krishna Tulsi etc. It is also found growing densely in wastelands that are well exposed to sunlight. The entire plant of Tulsi is used as a medicine.

Medical uses

The whole plant has a spicy and warming taste. The leaves are warming. They relieve anxiety. They increase sweating. The leaf juice cures bronchitis, nasal congestion, and indigestion. The oil obtained from the leaves kills germs and stomach worms. They cure diarrhea. The seeds control urinary tract diseases.

Tulsi purifies the air around us. It provides a large amount of oxygen to the environment. It has been scientifically proven that ozone is found in the air released from it. Tulsi also has the ability to control mosquitoes. Eating a few Tulsi leaves every day increases the number of red blood cells in the blood and cures anemia. The brain also becomes stronger.

Natural soaps containing basil are still in use by people. It acts as a skin antiseptic, and basil plays an important role in hair growth balms and oils.

Medical methods

of the roots of basil controls malarial fever. Boil basil lightly and take five milligrams of its juice and drink it morning and evening for a week to cure colds. Grind a handful of basil leaves with a little ginger and make tablets the size of a pea, dry them and give them to children when needed to control dry coughs.

Ambassador

The Theraiyar Kappiyam describes the special qualities of the duthuvala as "The duthuvala is a plant that grows like a creeper . It has pinnately thorny leaves, purple or rarely white flowers, round green pods and red fruits. All parts of it, from the root to the fruit, are used in medicine.

Medicinal properties

The entire plant has a bitter and pungent taste, and is also warming. Coughs and runny noses can be quickly cured with its decoction.

Flower - Fertilizes the body. Fruit - Relieves nausea, stimulates appetite, and relieves constipation. Fruit - Controls chest congestion, chest pain, and nausea. Modern research has shown that the leaves can cure cancer.

Methods of preparing medicine

Agasthiyar Gunapadam states that the Duthuvala has the ability to completely remove tight chest mucus and persistent cough .

"The cowardly,

KubukenArazumapuneerk CoimbatoreKubuken

The heavy rain that falls on the ground

"Look, there's a fruit that's about to fall."

It is sung.

To cure cough and cold, boil a handful of fenugreek leaves in two glasses of water and drink it in a glass. The above diseases will be cured. Or, mix a handful of leaves with the same amount of powdered onion, fry it in sesame oil and make a paste. Eat it for three days continuously and then take a break for three days. If you do this for 21 days continuously, the cough will come under control.

Nannari

Nannari is a spreading plant with opposite, long, broad, cross-shaped leaves. Its roots are fragrant and used in medicine.

Medical uses

The root of Nannari has a sweet and slightly bitter taste. It has a cooling effect. It increases sweating and urination. It removes mineral heat and heals ulcers of the internal organs. It also cures beetle bites, diabetes, glandular fever, etc.

Medical methods

It is used to treat urinary irritation. Collect a handful of green roots, wash them in water, crush them, boil them in water, make a paste, add a little sugar and drink half a glass of it on an empty stomach .

Eternal wedding

Nithyakalyan is a small plant that grows up to one meter tall. Its leaves are oblong and its flowers have five petals. It is named Nithyakalyan because it blooms in all seasons. The fruits are double and contain many seeds. The entire plant has medicinal uses.

Medicinal properties

The root reduces blood sugar levels. It controls body weakness. It controls excessive urination, fatigue, and excessive thirst. Ointments are made from the flowers to treat skin diseases.

Medical methods

It should be consumed three times a day for a week . Its flower decoction is used for urinary tract diseases. Drink 25 milliliters of this four times a day for a week to cure this disease.

Ground neem

Nilavembu is an erect plant that can grow from thirty cm. to one meter in height. The segments are quadrangular. The leaves are oblong-ovate. The flowers are arranged in a cross-section at the nodes and at the tip. The pods are explosive. This plant also has alternative names like Periya Nangai, Siriya Nangai, Chilakai Nangai, Kurundu, Kodi Kurundu. Its entire structure has medicinal properties. Snakes do not come to places where Nilavembu plants grow.

Medical uses

The entire plant has a bitter taste and a warming effect. This cures dysentery, dizziness, etc., and brings about clarity of mind. It is a laxative and strengthens the minerals. It increases body temperature. Recent high-level studies have confirmed that the neem plant has anti-inflammatory and anti-typhoid properties. Studies have also shown that the belief that it can neutralize snake venom is not true.

Medical methods

Collect the entire plant and drink 30 ml of it in the morning and evening for three days to cure fever. To cure liver diseases, drink half a glass of its leaf juice twice a day for three days. A gourd-sized amount of leaf juice can be taken in the morning and evening until the fever subsides.

Neem

The entire plant, from the base to the tip, is used in Siddha medicine . It grows to an average height of fifteen meters. Its appearance is awe-inspiring with feathery leaves, white flowers, and fruits found in small clusters. It is widely cultivated for its medicinal and other uses. It is native to India.

Medicinal properties

Neem leaves kill intestinal worms, remove intestinal gas, dissolve swelling and tumors, reduce breast milk secretion, kill intestinal worms, remove poison from the seeds, cure fever, and increase physical strength.

Medical methods

stomach worms is prepared from its bark. Drinking a decoction made from a small piece of bark twice a day, morning and evening, for seven days will cure stomach worms. Applying neem oil to the area with skin diseases will cure them quickly. Boil one stem and bark in two glasses of water and gargle it to relieve toothache.

Unit -4

tpdhf;fs;

t.vz ;	le;J kjpg;ngz; tpdh LOCF Mapping			
1	Write the medicinal benefits of kaisalangkanni.	K4	CO3	PO2
2	How is asthma medicine made from cloves?	K1	CO2	PO4
3	Write the greatness of Tulsi?			

		K3	CO3	PO1
4	Write the medicinal uses of cumin.	K4	CO3	PO4
5	Write the medicinal properties of the marigold.	K2	CO2	PO3

t.vz ;	vl;L kjpngz; tpdh LOCF Mapping			
1	Explain the saying, "Food is medicine and medicine is food."	K2	CO1	PO4
2	About the herbs found in the Tamil diet For the article.	K1	CO5	PO5
3	Explain how the Siddhas used herbs.	K2	CO2	PO4
4	Proverbs about herbs found in Tamil literature Write and explain.	K3	CO3	PO3
5	Explain the uses of herbal medicine.	K4	CO2	PO2

Unit 5 Special Herbs Volume -2

Due to the invasion of modern medicine, the human society is experiencing many side effects in terms of physical condition. Tamil Siddha Medicine guides us to recover from this. A list of herbs that can be grown in one's own home garden without waiting for store-bought medicines and their medicinal benefits are included in this book as Special Herbs Volume 2.

Nelly

It is a Sangam-era story of Tamil land that Adhiyaman gave the rare gooseberry to the Tamil Perumati Olavai to help Tamil people live, and it gained fame throughout the state. It is believed that those who eat this fruit will live long without

graying, shriveling, or aging due to its medicinal properties. It is excellent in strengthening the lungs and removing phlegm. There is a proverb about its youthfulness that says , "If you eat gooseberry regularly, you will become a brother ."

"In the world of eating gooseberries,

"Long live the Tamil old woman"

Poet Desika Vinayagam Pillai has sung with joy.

Plant growth habit

The tree is a small or medium-sized, deciduous plant. The leaves are feathery. The male and female flowers are separate. They are small, pale, and green in dense clusters. The pods are also light yellow in color and are found in clusters. They are round in shape with six seeds. It grows naturally in forests and gardens.

Medicinal properties

Gooseberry has sour, sweet, and astringent flavors. It cools the eyes. It stimulates digestion. It increases urination. It removes intestinal gas. It stimulates diarrhea. It cures body heat, bone disease, dysentery, vomiting, and genital blisters. It strengthens the body and reduces cough and cold. Rubbing gooseberry oil on the head and washing the head makes the eyes bright. It controls dandruff and prevents hair loss.

A nutritious fruit that is commonly available to us is the Amla. It is an excellent liver care medicine. It has been confirmed by medical studies that it cures pulmonary tuberculosis quickly. Amla cures diseases like scurvy caused by vitamin C deficiency.

Amla can strengthen the body's immune system. Overall, amla is considered a powerful medicine in the world of Siddha medicine .

Medical methods

To control eye irritation and watery eyes, take 100 grams of mustard seeds, 100 grams of gooseberry seeds, and 100 grams of tangerine seeds in equal quantities, remove their seeds and dry them. Then grind them into powder, put them in a thin cloth, sieve them and collect them as powder. This powder should be kept in a jar. From this, boil two teaspoons of powder in half a liter of water . Then strain it well. If you wipe your eyes with this water with a cotton swab six times a day, watery eyes will be controlled.

Papaya

Papaya is one of the fruits associated with the Tamil diet. Its leaves, pulp, pods, and fruit all have medicinal properties.

Plant growth habit

Papaya has large, palmate leaves at the ends of long, tube-like stems. The entire tree is soft. It breaks easily. The leaves are found in clusters only at the top of the tree. Milk comes out when the stem or branches are broken. Male and female trees are separate. Only male trees have flowers. Female trees have fruits.

Medicinal properties

Eating a piece of papaya every day will increase your digestive power. Your eyesight will become clear. It will cure night blindness. It will make your bowel movements easier and your blood will be clean. Papaya has a sweet taste and a warming effect. The fruit, milk, etc. will kill stomach worms. It will increase breast milk secretion. It will stimulate menstruation. It will increase your appetite. The fruit will increase your urine output. It will make you defecate. It will strengthen your body. It will increase your digestive power.

Medical procedures

You can use papaya milk for tumors in the body. Or crush its leaves, boil them and apply them on the tumor to break the tumor. Peel the fruit and make sambar and eat it to increase breast milk. If you cook it together and eat it, you will lose weight. Your health will improve.

Brandy

The herb is known as Vachiravalli for its medicinal properties. It does not have many leaves. There are two types, Muprandi and Chathuraprandi. Of these, Chathuraprandi has more medicinal properties.

Growing characteristics of herbs

The plant is a perennial with a conical stem, usually growing in a climbing form. The nodes are densely packed. The peduncles are long. The leaves are solitary, easily falling off. The flowers are egg-shaped or spherical, and are greenish-yellow in color. The fruits are red in color. If the sap of the plant comes into contact with the body, it causes severe itching and irritation. Its rhizome and stem have many medicinal uses.

Medical uses

of the root to children strengthens the bones. It also helps in the rapid healing of broken bones in case of a fracture. The root of the root has a bitter taste and a warming effect. Therefore, it soothes the body. Stimulates appetite. Stimulates menstruation. It also cures lethargy, malaise, bleeding, and indigestion.

Medical methods

A decoction of the roots of the plant is used as a good medicine to cure blood diseases. For this, collect the roots of the plant, peel off the skin and cut them into small pieces. Then fry them in the required amount of ghee and add the required amount of salt, tamarind and salt and grind them. Then add mustard and urad dal and make a decoction and mix it with rice and eat it. It will cure blood diseases. This decoction will also increase memory. It will also strengthen the brain nerves.

Women can take six teaspoons of juice from the fenugreek and mix it with one teaspoon of sesame oil and consume it only in the morning to regulate their menstruation. Those who eat fenugreek juice at least once a week will definitely not get kidney stones. It is also used to speed up the excretion of urine.

Drying of plantain is good for the body. When drying of plantain is added to rice flour, adding plantain pieces to it, grinding it, drying it and eating it will cure stomach-related diseases.

Big cucumber

Perula is a dye extracted from the dried stems and roots of the Perula plant. It has a stimulating effect that increases intestinal motility.

Developmental characteristics

The yam is a herbaceous plant with large carrot-shaped roots. The leaves are different on the upper and lower sides. The flowers are small and yellow in color. The yam is grown in large quantities in Kashmir. If you cut the roots or rhizomes of the yam plant, you get a fragrant milk that is soluble in water. This is the yam.

Medical uses

Agarwood has a bitter and spicy taste. It is very warming. It controls indigestion and physical strength. It reduces severe pain in the esophagus and helps in easy breathing. It relieves bronchitis in children suffering from pneumonia.

Medical methods

For scorpion stings, dissolve this in hot water and apply it to the sting site . For earache, boil two grams of ginger in twenty milliliters of castor oil, strain and drop one drop into the ear.

Date

The best fruit that can grow in desert areas is the date fruit. Everyone, including diabetics, can eat it. But you should drink milk after eating this hot fruit. Along with vitamin A, B, calcium, and iron, this fruit provides thirty calories needed by the body.

Developmental characteristics

the desert . It has the characteristic of growing tall like a palm tree, which is also common in tropical regions.

Medicinal properties

It has the property of removing dryness and softening the skin of the human body. It soothes the nerves. It cures many eye-related diseases and removes constipation. People with bloody vomiting and stomach pain can also eat it. If dates are eaten with dry food, it can also cure malaria.

The bark, fruit, resin, nut, bark, jaggery, and stone bark of the date palm all have medicinal properties. The bark of the date palm is used as a pain reliever.

Medical methods

in honey and deseeded every morning will increase the body's iron content. Eating this fruit increases salivation and prevents dehydration. It stimulates appetite. Lying on a mat made of echca tree will cure rheumatism.

Yellow

Our people have been praising turmeric as a divine herb since ancient times. It is very effective in protecting the cells in our body from damage. Siddhar's song about this disease-fighting herb

"Even though you are a blonde, your beauty will fade away."

Mannu Pুরুkshan is bewitched - Pinni Yaeum

Vomiting, bile, doxam, doubt, argument, deepanam

"The sharp yellow color is for him "

This is how it is highlighted.

Developmental characteristics

A small plant with a branched rhizome and yellow color. It is a stemless herb with elongated, lanceolate leaves. The leaf bases are sheath- like. They are round. The flower clusters appear on a spike up to half a foot high. The flowers are light red in

color. They are large. The tubers are bright yellow in color. These are the ones that have medicinal uses. They are fragrant.

Medicinal properties

Turmeric tubers are warm with a pungent and bitter taste. They strengthen the liver. They increase appetite. They remove intestinal gas. They strengthen the kidneys. They dissolve swelling and tumors. Turmeric is a natural disinfectant .

Medical methods

To treat measles blisters and mud sores, grind equal amounts of turmeric and neem leaves and apply to the affected area until healed.

Inhaling the smoke of turmeric will quickly cure head congestion and nasal congestion . For women with facial hair loss, grind turmeric and apply it on the face at night and wash it off in the morning. This is a traditional medical method that has been in our medicine for a long time.

Manitakali

The leaves and fruits of the plant are highly medicinal and are a popular herb grown in homes and gardens.

Developmental characteristics

A small shrub growing up to 1.5 meters tall with many branches. The small branches are irregularly branched and curved. The leaves are broadly ovate or oblong. The inflorescence is a cluster of up to seven flowers. The green pods and dark blue fruits give a glossy appearance.

Medicinal properties

The leaves and fruits of the manithakali plant have a very important place in the world of Siddha medicine. This herb, which has a sweet taste and cooling properties, is rich in vitamins B and B2. It cures indigestion, stomach ulcers and other stomach-related diseases. It increases urine and sweat. It controls skin diseases. The fruit is a medicine for dysentery. It strengthens the body. It reduces the incidence of tuberculosis and skin diseases.

Medical methods

To cure mouth ulcers, fry its green leaves with ghee, rinse them and eat them with rice. Or, chew five green leaves and swallow the juice. Doing this six times a day will completely cure mouth ulcers . To cure body heat, drink five teaspoons of Manithakali leaf juice three times a day.

Mango

It is praised as the mango medicine of the Siddha medicine department.

Developmental characteristics

Masikai is a resin that comes from the Masikai tree. Masikai is used in small quantities, just as mustard is used in small quantities, but its spiciness does not diminish .

Medicinal properties

It helps to increase the immunity of children. It is used to remove the white, flour-like coating on the tongue of a child when it is born. People with mouth ulcers can gargle with water and apply it externally.

Medical methods

Mixing mango powder with honey will reduce problems like diarrhea and dysentery . Mango can be ground and applied as an ointment to treat ulcers on the feet and toes. The disease will heal quickly.

Mixing the powder of Masikai with the juice of camphor leaves and eating it will relieve tonsillitis, cough and sore throat . It is important to note that Masikai should not be used in large quantities.

Knowing oneself is called spirituality. As far as the Siddhas are concerned, they not only knew themselves but also understood the heavens and the earth. They left behind for us the clear truths they had seen. They cherished their bodies and worked hard for the physical well-being of humanity. They improved their souls and broadened our spiritual vision. **The Siddhas have given some medical tips for humans to live well. Some of the important ones are..**

- only when you are hungry .
- eat only twice a day .
- When applying oil, you should only bathe in hot water .
- Adequate sleep at night is essential . Only nuts should be used for food . Do not eat bitter melons .

- an antiemetic once every six months and a laxative once every four months .
- eat when you're not hungry, because the world is a gift .
- Even if you feel thirsty while eating, you should not drink water in between meals .

Unit -5

tpdh;fs;

t.vz ;	le;J kjpg;ngz; tpdh LOCF Mapping			
1	Write down the medicinal properties of gooseberry.	K4	CO1	PO4
2	Write about the food items prepared from bread.	K2	CO2	PO3
3	Write about the advice given by those who live well.	K3	CO3	PO1
4	How is the marigold used as a medicine?	K4	CO3	PO4
5	How is sorghum prepared?	K2	CO2	PO3

t.vz ;	vl;L kjpngz; tpdh LOCF Mapping			
1	Write an essay on the importance of turmeric in Tamil culture.	K4	CO3	PO4
2	Explain about medicinal fruits used as food.			

		K2	CO1	PO5
3	Write down the reasons why folk medicine is not developed.	k3	CO4	PO4
4	Explain that "more or less will cause illness."	K4	CO3	PO3
5	Explain the herbs used in traditional medicine.	K4	CO2	PO2

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Text book(s)	
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•	Sociological and Moral LITERATURE ENCYCLOPEDIA - Aravanan K.P., Tamil Magathamma , Basanmana 2008.
•	Mulimagamaruthuvam -(Part - 1 and 2)-K. THIRUGNANAM , Basalvi Publishing HOUSE , Tiruchirappalli 2016.
•	Tamil Piyaan, Siddha AND Pathalivikkum SIDDHA Shivavakkiyarpadalgal-Narmatha Publishing HOUSE , Basanmana600017, First Edition, 2019
•	HISTORY AND Worship of Siddhas - M.S.P.M. MADANDI , Karpagam Bookstore , BASANMANA .

•	Our national poets-Ra. MANICKAVASAKAM , Punmana Abhirami Arul, Basanmana
•	Siddharsindhamanas-Simakha . PATHAYVANAYAKA , Manivasakarpathippaka , Basanmana .

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<https://www.tamildigitallibrary.in/>

ExpectedCourseOutcomes- EXPECTED Learning Outcomes

CO 1	truth about human life, body, AND SOUL A coward.	K2,K1, K3
CO 2	The fear of death AND the forgetfulness of history of the Siddhas HAVE made the Tamil mind ALSO KNOW the traditional way of changing clothes .	K3,K1, K4
CO 3	About the philosophical thoughts and mental health of the SIDDHAS WILL be able to learn AND compare the medicinal properties of the herbs FOUND in Tamil Nadu .	K4,K1, K5
CO 4	The development of KALAMANDHAR AND Siddhamarudhva in Tamil Nadu They will evaluate.	K3,K1, K2
CO 5	Knowing and UNDERSTANDING the medical KNOWLEDGE , THE other trees from the manes .	K5, K1

K1-Remember;K2-Understand;K3-Apply;K4-Analyze;K5-Evaluate;K6- Create

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 1	PSO 2
CLO 1	3	2	3	2	2	3	2	2	2	2	3	3
CLO 2	2	2	2	3	3	2	2	3	3	2	2	2
CLO 3	3	3	3	2	2	3	3	2	3	3	3	3
CLO 4	3	2	3	3	3	3	2	2	2	2	3	2
CLO 5	2	2	3	3	2	2	3	3	2	3	3	2