



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ அமைச்சகம், இந்திய அரசு)

सिद्ध केंद्रीय अनुसंधान संस्थान

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Udal Vanmai Kuraivu - General Debility

Definition

General debility means the lack of strength and energy in people. This refers to general weakness and the inability to perform day-to-day functions normally.

Causes

- Shortage or lack of food is one of the most common reasons for general debility. If a person doesn't eat properly they may develop general debility
- Rigorous work
- Mental stress
- Chronic bronchitis
- Diabetes mellitus
- Tuberculosis
- Anaemic Conditions
- Irritable Bowel Syndrome
- Other chronic diseases
- Acute Viral infections

Preventive measures

- Avoid excess intake of salt, sour and pungent foods
- Reduce the intake of Oil, Meat and Egg
- Avoid Smoking & Alcohol

Health promoting tips

- Drink plenty of water
- Eat plenty of vegetables, greens, fruits, whole grains and legumes. These consist of immune strengthening nutrients and Anti-oxidants like zinc, folic acid, vitamin B6, selenium, vitamin C, vitamin E and beta carotene.
- Eat fibre-rich food substances
- Ensure adequate intake of Milk, Egg and Animal Proteins

Curative herbs

- Amukkara Kizhangu - *Withania somnifera*
- Thanneervittan Kizhangu - *Asparagus racemosus*
- Nellikai - *Emblica officinalis*
- Thetrankottai - *Strychnos potatorum*
- Ellu - *Sesamum indicum*
- Kaezhvaragu - *Eleusine coracana*
- Orithazh Thaamarai - *Lonidium suffruticosum*
- Maramanjai - *Coscinium fenestratum / Berberis aristata*
- Koraikkizhangu - *Cyprus rotandus*
- Nilappanai - *Curculigo orchioides*

Rehabilitation

Siddha concept says that *Udal Vanmai Kuraivu* (General debility) is mainly due to the derangement of anyone or all of the Seven *Udal Thaathukkal* (Seven Vital body constituents). This ultimately results in both physical and mental stress. Hence the Siddha treatment aims at achieving both physical and mental well being.