



**சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்**  
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**सिद्ध केंद्रीय अनुसंधान संस्थान**

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## Neerizhivu

### Definition

Neerizhivu (Diabetes mellitus) is defined as dis-ease of metabolism (metabolic disorder), in which sugar is present in large amount in the blood and is ex-creted often in the urine. Due to derangement of Pitham Bio combustion is challenged leading to Neerizhivu. Type of diabetes are

- 1) Insulin dependent (IDDM) 2) Non dependant (NIDDM) 3) Gestational

### Causes

- Obesity
- Sedentary life style
- Genetic factor
- Over eating
- Intake of heavy sweets and carbohydrates
- Lack of exercise
- Day time sleep
- Mental stress
- Lack of seriousness
- Repeated infections

### Preventive measures

#### **Do's**

- Siddha advocates specific dietary and life style changes for Neerizhivu (Diabetes mellitus).

- Diet must be moderate with regular intervals.
- Fiber rich food is advised and hence lot of vegetables such as brinjal, cu-cumber, lady's finger, green tomatoes, plantain flower, drumsticks, cabbage, spinach and green leafy vegetables can be taken.
- Milk products can also be taken in moderation to maintain the normal health of the affected.
- When there is diarrhea, athippinju (tender fruit of *Ficus racemosa*), mam-paruppu (seed of *Mangifera indica*) and sundaikkai (*Solanum torvum*) to be given.

#### **Don't's & Avoid**

- Over eating
- Sweet, cold, unctuous food, milk products etc.
- Fried food.
- Preserved and canned food.
- Alcohol should be avoided .
- Yoga should be practiced (Yoga mudra, Vakrasanam, Patchi mothan asanam)

#### **Curative Herbs**

- Avarai (Cassia curiculata)
- Konraiver (Root of Cassia fistula)
- Naval (Syzygium cuminni)
- Kadal azhhlinal (Salacia oblonga)
- Sirukurinjan (Gymnema sylvestre)
- Maruthampattai (Bark of Terminalia arjuna)
- Kadukkai (Terminalia chebula)
- Vilaver (Root of Aegle marmalos)
- Seenthil (Tinospora cordifolia)
- Santhanum (Santalum album)
- Thamarai mottu (Bud of Nelumbo nu-cifera)
- Korai kizhangu (Cyperes rotundus)