



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

सिद्धा केंद्रीय अनुसंधान संस्थान

(सी.सी.आर.एस., चेन्नई, आयुष मंत्रालय, भारत सरकार),
अण्णा सरकारी अस्पताल परिसर, अरुम्बाक्कम, चेन्नई - 600106

SIDDHA CENTRAL RESEARCH INSTITUTE

(Central Council for Research in Siddha, Chennai, Ministry of AYUSH, Government of India)

Anna Govt. Hospital Campus, Arumbakkam, Chennai – 600106, E-mail: crisiddha@gmail.com

Phone: 044-26214925, 26214809, Web: <http://crisiddha.tn.nic.in>

VELUPPU NOI - ANAEMIA

Definition

Anaemia is present when the haemoglobin level in the blood is below the lower extreme of the normal range for the age and sex of the individual. In Siddha system of Medicine it can be correlated with *Veluppu noi* (Syn. *Paandu*). It is characterized by Pallor of skin, conjunctiva and nail bed.

Causes

- Overt blood loss (*Athiga kuruthi pokku*) – Epistaxis (*Mookil kuruthi vadithal*), Menorrhagia (*Perumbadu*), Haemophilia (*Kuruthiazhal*), Bleeding piles (*Kuruthi moolam*)
- Inadequate diet (*Unavaadhi kutrangal*)
- Hook worm infestation (*Vayitru puzhu*)
- Malaria (*Murai suram*)
- Chronic diseases like T.B (*Illaippu noi*), HIV infection and AIDS (*Mega vettai*)
- Liver disorders (*Kalleeral noi*)
- Renal disorders (*Siruneeraga noigal*)
- Pica (Habit of eating ash, mud etc.)

Apart from these, Siddha system emphasizes that excessive intake of salt and sour taste results in anaemia.

Preventive Measures

- Ensure personal hygiene to avoid worm infestations.
- Increase the intake of fresh green leafy vegetables, fruits and bright coloured vegetables.
- Take iron and vitamins rich diet.
- Always prefer unpolished rice, wheat etc. than polished varieties.
- Reduce the intake of tea or coffee with meals, aerated drinks.
- Avoid excess intake of milk.

Health Promoting Tips

- Exercise regularly
- Practice yogasanam and pranayamam

Curative Herbs

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| • Karisalankanni | Trailing eclipta | <i>Eclipta alba</i> |
| • Ponnangani | Sessile joyweed | <i>Alternanthera sessilis</i> |
| • Venthayam | Fenugreek | <i>Trigonella foenum-graecum</i> |
| • Murungai | Drumstick | <i>Moringa oleifera</i> |
| • Karuveppilai | Curry leaves | <i>Murraya koengii</i> |
| • Mathulai | Pomegranate | <i>Punica granatum</i> |
| • Pappali | Papaya | <i>Carica papaya</i> |
| • Thiratchai | Grapes | <i>Vitis vinifera</i> |
| • Perichu | Dates | <i>Phoenix dactylifera</i> |
| • Atthi | Common fig | <i>Ficus racemosa</i> |