



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

**सिद्ध केंद्रीय अनुसंधान संस्थान**

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## MURAI SURAM - MALARIA

### Definition

Malaria was known even in the ancient days and has been mentioned as *Murai Suram* by *Yugimuni* in his classical text *Yugimuni Vaithiya Chinthamani*. Malaria is a parasitic disease. As the malaria parasites enter blood stream they infect and destroy red blood cells.

### Causes

- Derangement of three humours viz., Vali, Azhal and Iyam; chiefly Azhal predominance.
- Malarial parasite is transmitted by the bite of an infected female anopheles mosquito. (As per Modern text)

### Preventive measures

- Ensure general hygiene
- Avoid water stagnation to prevent breeding of mosquitoes
- Regular Herbal fumigation
- Use of mesh / net for windows

### Health promoting tips

- Siddha system of Medicine says “லங்கணம் பரம அவிழ்தம்” (*Langanam parama avizhtham*) which means fasting is the best medicine for any type of fever.
- Solid foods should be avoided.
- Take adequate amount of Congee / Medicated porridge.

### Curative herbs

- Nilavembu - *Antrographis paniculata*
- Athividayam - *Aconitum heterophyllum*
- Masikkai - *Quercus infectoria*
- Vembu - *Azadirachta indica*
- Parpataakam - *Mollugo cerviana*
- Vasambu - *Acorus calamus*
- Naabi - *Aconitum ferox*
- Arathai - *Alpinia officinarum*

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