



Review Article

NON INVASIVE COST EFFECTIVE SIDDHA DIAGNOSTIC TOOLS FOR SIDDHA AILMENTS**Shyamala Rajkumar^{1*}, Shree Devi M S², Muralidass S.D², Vasudevan R²**¹Research Officer, Central Council for research in Siddha, Arumbakkam, Chennai, Tamil Nadu, India.²Medical Consultant, Siddha Central Research Institute, Arumbakkam, Chennai, Tamil Nadu, India.**Article info****Article History:**

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Nadu, India.Email: shreemd@gmail.com**ABSTRACT**

The medication of normal procedure shall be extra legitimate if the ailment is identified by using its possess viewpoint. So the be taught was once aimed to determine the sensitivity and specificity of the Siddha diagnostic methodology. Siddha strongly advocacies every physician to seem into "what type of person is suffering from an ailment is most important than what variety of health problem he has". This holistic standpoint devises the protocol of each medication in Siddha. This distinctive primary is the delicate force and motive in the back of the existence of this method considering antiquity.

Having the above mentioned unique standards in intellect, this paper tried to fully grasp the complexity and core basics of Siddha diagnostics which indeed pave solution to unique therapeutics. The medication of normal system shall be more legitimate if the disorder is diagnosed via its own point of view. So the learn was once aimed to check the sensitivity and specificity of the Siddha diagnostic ways. Eight fold examinations displays particularly pulse studying, tongue, complexion, voice, eyes, physique examination, stool and urine. These instruments provide the framework in phrases of immediate and individualized prognosis and medication to the patient and support to recover from diseases in a timely fashion without leaving any hazardous impact on the physique.

INTRODUCTION

Siddha medicine refers to the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Siddha, an empirical and experiential knowledge diagnosed various ailments based on the eight fold assessment, which are non-invasive; fortunately still cost effective. Every ailment should be diagnosed based on eight fold assessment and substantiate by modern investigatory gadgets. Some may arise strong condemn how Siddha diagnostics can be validated by modern tools? It's not because of any prejudiced thoughts. Some complexity of Siddha tools are still not understood and exploited thoroughly. Few of the concepts behind is still look like metaphysics. Few not able to visualized to the analytical eyes of western science. So we hypotheses, till the meeting point of Siddha understanding and modern inference is come closer, it is ideal to validate each other, to authenticate each other is vital and essential. Siddha

diagnosis is based on patient examination for signs and symptoms and its correlation with environment and chronology. This system states that the Human body is made up of *Vaḷi*, *Aḷal* and *Iyam*. *Vaḷi* (Humours) is formed by combination of air and space, possessing their own characters. *Aḷal* is formed by fire called to be force of preservation. *Iyam* is formed by earth and water called to be destructive force^[1]. Siddha diagnosis is having its own unique speciality to confirm the vitiation of three humours according to individual's constitution and not for generalized^[2,3,4,5]. There are few procedures for interpretation and the outcomes of spreading pattern of oil on urine^[6]. Other examination which includes tongue, complexion, voice, eye, stool, body temperature^[7].

The present learn used to be deliberate to validate diagnostic methods of Siddha procedure with the help of conventional medical diagnostic systems. Today's gadgets of diagnostics can now capable to establish the protein particle dependable for the genome, which is underneath stress. A nano sized abnormality will also be brought beneath the light to

have an understanding of the pathology in the back of. Establish the pathogen and malfunction even in its primitive degree, in keeping with cutting-edge understanding of physiology is the core competence of brand new medical system. The exorbitant cost and science pushed intellect made the biomedical method a ways away from original man's reach. The unfortunate original man nonetheless competent to arrive essentially the most evolved gadget simplest on the time of last breathe or when last penny in hand. In the following part, we will be able to talk about physique constitution, pulse reading, and tongue analysis experiences from traditional remedy and their implication in study, schooling, and practice.

Pulse diagnosis

Pulse diagnosis is the unique and non-invasive diagnostic method that determines the state of vital forces. However, this is only justifiable if pulse diagnosis yields a consistent result. Many studies have been reported that low to very good level according to the doctors. Pulse diagnosis may be improved by standardizing the pulse taking procedure and by proper training.

Salient features in Siddha Diagnostic tools in selected ailments

The table below will explain certain salient features of selected Siddha diagnostics tools which require only intense observation to arrive confirmative Siddha diagnosis.

Table 1: Siddha diagnostics tools^[6,7]

S.No.	Name of the disease	Naadi	Constitution	Tongue	Speech	Mind/attitude
1.	<i>Mathumegam</i> (Diabetes Mellitus)	1 st stage - <i>Aḷal</i> ↑ <i>Iyam</i> ↓ 2 nd stage- <i>Iyam</i> ↑ 3 rd stage <i>Aḷal</i> ↓ <i>Iyyam</i> ↓ <i>Vaḷi</i> ↑	1. Obese, well built 2. Lean / bit emaciated 3. Weak and floppy look	1. Dry and coated 2. Wet congested 3. Dry	1. Normal 2. Wet and subtle 3. Weak	1. Tensed but normal 2. Weak fatigue 3. Fatigue with irritability
2.	<i>Keel vayu</i> (Arthritis-Rheumatoid Oseteo)	<i>Aḷal</i> ↑ <i>Iyam</i> ↓ <i>Vaḷi</i> , ↑ (varies)	Lean / firm / moderately built / obese	(varies)	No specific	No specific
3.	<i>Eraippu irumal</i> (Bronchial asthma)	<i>Aḷal</i> ↓ <i>Iyam</i> ↑ <i>Vaḷi</i> , ↑	Lean / not firm / moderately built / Obese	Congested / Bulky	Husky and low pitched voice	Euphoric/tensed/fatigue/
4.	<i>Peenisam</i> (Sinusitis)	<i>Aḷal</i> ↑ <i>Iyam</i> ↑	Lean / moderately built	Dry	High / Low pitched Voice Varies	Fatigue with irritability
5.	<i>Veluppu noi</i> (Anaemia)	<i>Aḷal</i> ↓ <i>Iyam</i> ↑ <i>Vaḷi</i> , ↓	Lean / moderately built / Obese	Dry / Pallor	No specific	Tired and give-up attitude
6.	<i>Kalladaippu</i> (Urolithiosis)	<i>Aḷal</i> ↑ <i>Iyam</i> ↓ <i>Vaḷi</i> , ↑	No specific	Dry	No specific	No specific
7.	<i>Manjal Kamaalai</i> (Jaundice)	<i>Aḷal</i> ↑ <i>Iyam</i> ↓ <i>Vaḷi</i> , ↑	No specific	Dry / yellow pigmented / pallor	Dull	Fatigue
8.	<i>Gunmam</i> (GERD/ Gastric Ulcer)	<i>Vaḷi</i> , ↑ <i>Aḷal</i> ↑ <i>Iyam</i> ↓	Lean & Thin	Dry	Anxious	Tensed / anxious / perfection
9.	<i>Penn Maha peirinmai</i> (Female infertility-PCOS Tubal Block)	<i>Iyam</i> ↑ <i>Aḷal</i> ↓	PCOS – Obese	PCOS – Congested	Dull	Fatigue and anxious PCOS-Dull
10.	<i>Karuppai Sathai Kattigal</i> (Fibroid Uterus)	<i>Aḷal</i> ↑ <i>Iyam</i> ↑	Lean / Obese	Dry	Dull	Fatigue / Proactive

Table 2: Siddha criteria vs Modern biomedical criteria^{6,7}

S.No.	Disease	Siddha criteria- to be observed	Modern biomedical criteria to substantiate
1.	<i>Madhumegam</i> (Diabetes Mellitus)	Polydipsia, Polyuria, Polyphagia, Burning sensation, Sweetness in urine, Ants in the voided urine, Delayed wound healing, emaciation (occurs during worsening), weak pulse especially <i>Alal naadi</i> .	GTT, Fasting Blood sugar, Post prandial Blood sugar, HbA _{1c} , Lipid Profile
2.	<i>Keel vayu</i> (Arthritis-Rheumatoid Arthritis, Osteo Arthritis)	Pain, Swelling, Fever, Stiffness, Constipation, Anorexia – Symptoms differs depends on the type of arthritis. Increased <i>Vali naadi</i> .	Rheumatoid Arthritis RA Factor, X-ray Osteo Arthritis X-ray Knee joint
3.	<i>Eraippu erumal</i> (Bronchial asthma)	Dyspnoea, exaggerated dyspnoea during exposure to chill weather.	Chest X-ray, Lung function assessment, Peak flow rate, ECG
4.	<i>Peenisam</i> (Sinusitis)	Nose block and congestion, Head ache, Sneezing	X-ray – Para nasal view
5.	<i>Vellupu noi</i> (Anaemia)	Feeling tired, weakness, shortness of breath or a poor ability to exercise.	Complete Haemogram, Serum Iron, Serum Ferritin, Peripheral smear
6.	<i>Kalladaippu</i> (Urolithiosis)	Pain from loin to groin, oliguria, voiding of microliths	X- ray – KUB, USG Pelvis & Abdomen
7.	<i>Manjal kamalai</i> (Jaundice)	Icterus, fever, anorexia, sluggish vague pain in abdomen, Discolouration of urine	Liver Function Test, USG Abdomen
8.	<i>Gunmam</i> (GERD/ Gastric Ulcer)	Pain in the epigastric region, increased <i>Vali naadi</i> .	GERD Barium meal X-ray, Oesophagoscopy Gastric Ulcer Barium meal X-ray, Endoscopy
9.	<i>Peṅ mahaperinmai</i> (Female infertility)	Delay in the conception, <i>Sobai</i> , reduction in <i>Alal naadi</i>	PCOS Serum Insulin, Lipid profile, USG –Pelvic & Abdomen Tubal block USG –Pelvic & Abdomen
10.	<i>Karuppai catai</i> <i>Kaṭṭkal</i> (Fibroid Uterus)	Fullness of pelvis with pain, menorrhagia followed by amenorrhoea, dysmenorrhoea, anaemia	Trans vaginal Sonogram

Treating the cause should be the bottom - line of eradicating disease. The mere existence of this system is because of its holistic intervention and targeting the reason behind and not managing the symptoms. To eradicate any ailment, understanding the clear bottom line of each ailment according to Siddha system is very essential. A narrow difference can vary the entire treatment protocols.

In *Eraippu erumal*, the basic requirement is to improve the *Alal* and to reduce the *Vali* and *Iyam*. This is the bottom line of the treatment. To reduce the *Vali*, initial purgation and subsequent laxative medications are vital. In that case, the treatment should start from *Akattiyar kuḷampu* and regular intake of *Tippili Rasayanam* is the good choices. Drugs like *Thalaga chendooram* or *Poorna chandrothyam* which can improve the *Alal* are the first choice; whereas *Pavalam* or *Sirungi* is not the choice of drug for

the management of *Eraippu erumal*. *Pavalam* and *Sirungi*, though they are anti *Iyam* medications, will not improve *Alal* instead it will reduce *Alal*. Those medicines are helpful in the management of *Peenisam*. Selection of *Seenthil chooranam*, which is an anti *Iyam* medicine for *Peenisam*, would be the apt choice because it will reduce the *Alal*, simultaneously reduce the *Iyam* too. At the same time it won't be helpful in the management of *Eraippu erumal*.

Selection of drug for erectile dysfunction is different from selection of drug for oligozoospermia. The latter one needs reduction of *Alal*, if the suffer has more *Alal* prominence in the constitution and *Naadi*. At the same time person with ED needs drugs which increase *Alal*. Selection of drug for *Senai pai kattigal* (PCOS) need drugs which increase *Alal* such as *Ashokapatti*, and not *Kumari*. Selection of drug for Tubal block or Endometriosis should reduce the *Alal*.

So mere prescribing all aphrodisiacs for male infertility and uterine tonics for female infertility is not sufficient and correct.

Invasive techniques and modern diagnostics are based on reductionist approach. That can show the changes in the cellular level and many times fails to understand the person's holistic perspective. The costs of that technique are also becoming exorbitant and lead to unethical practices in the medical world. The common man of contemporary world frustrated with those tests and techniques and feared about the leads it gives finally. Though it gives lot of insight to the disease as per modern science many times it is not a conclusive tool to arrive a Siddha diagnostics. So it is the need of the hour to validate our diagnostic tools and use it in our day to day practice.

CONCLUSION

Understanding the person's *Udaliyal* (Constitution) and the disease current status in affected person (*Naadi* status) are very vital to select the protocol for treating any ailment. To achieve this, Siddha way of understanding through Siddha gadgets are very vital. If we have confusion or difficulty to arrive the final diagnosis, it is not a wrong thing to substantiate with modern clinical investigations or biochemical variations. But selection of Siddha drug based on modern biochemical changes and modern diagnostics will pacify the symptoms and not pave way to cure! It is an attempt to find light on this area and this is not the conclusive statements. It might be a good start. Constant discussions and deliberations will further sharpen this way.

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