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HISTORY OF SIDDHA AND EPIDEMICS/PANDEMICS – A REVIEW

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ABSTRACT:

In Siddha system, Epidemics/Pandemics are mentioned as “*Uzhi Noi*,” “*Ottu Noi*” or “*Kothari Noi*”. In general; they are classified under “*Kollai Noikal*” which are most commonly occurred the time of “*Ayana Santhi*” months (Means end months of Uthara Ayanam & Thatchana Ayanam), fall on **Adi and Margazhi** month in Tamil Calendar. It is believed that in those days, immunity of human being will be low based on Thirithoda Theory. Due to the global warming and Climatical changes in worldwide, now a day, we cannot predict the happening of Epidemics/Pandemics. Siddha Physicians and Vaidyars from Madras Presidency had got reputation not only for their day today clinical practice, they were mainly got reputation based on their contribution towards the control and management of **Epidemics/Pandemics** time to time.

This article is intended to reveal the effective contribution of Siddha Physicians and Vaidyars from Madras Presidency during the time of Epidemics/Pandemics.

KEYWORDS: Siddha Medicines, Epidemics/Pandemics, Siddha Vaidhyar, Kollai Noi, Ottu Noi

INTRODUCTION:

Siddha system is one of the oldest traditional system in India. It is a medicinal heritage of Tamil speaking population. (1) Siddha system of medicine is one of the traditional systems which focus on both internal and external medicines for the treatment of various ailments. (2) Siddha system widely brought up by Siddhars who contributed to develop the Siddha system in ancient days. In early stages, Siddha knowledge was in Oral tradition and it was passed through the generations by Guru – Seedan (Teacher – Student) method. Later Siddha knowledge was written in Palm leaf manuscripts in ancient Tamil script. These Manuscripts were kept carefully by renowned Siddha vaidyars and passed through the family tradition. (1)

Siddha and Epidemics/Pandemics:

In Siddha system, Epidemics/Pandemics are mentioned as *“Uzhi Noi”, “Kothari Noi” (3) or “Ottu Noi” (4)*. In general; they are classified under *“Kollai Noikal”* which are most commonly occurred the time of *“Ayana Santhi” (5)* months (Means end months of Uthara Ayanam & Thatchana Ayanam), fall on *Adi and Margazhi* months in Tamil Calendar. It is believed that in those days, immunity of human being will be lessen based on Thirithoda Theory (Vali-Azhal – Iyyam). (6) Due to the global warming and Climatical changes in worldwide, now a day, we cannot predict the happening of Epidemics/Pandemics.

Siddha Authenticated literature “Noi Naadal Noi Muthal Naadal – Part 1” (4) is mentioning Epidemics/Pandemics as “Ottu Noi” or “Thotru Noi”. It is also mentioned that these Epidemics/Pandemics were spread through Air, Water and infected food.

1. Ammai – Chicken Pox, Mumps & other Viral infections 2. Vanthi Bedhi – Cholera 3. Mahamari – Plague 4. Surams – Viral Fevers

Viral Fevers Comparison with various type of Suram as per Siddha Literatures (7)

S.No	Name of the Viral Fevers	Suitable Type of Suram as per Siddha Literatures
1	COVID 19	Kaba Suram
2	Dengue	Pitha Suram
3	Chikungunya	Vatha Suram
4	Swine Flu	Kaba Pitha Suram

Historical involvement of Siddha in Management of Epidemics/Pandemics:

Siddha Physicians and Vaidyars from Madras Presidency had got reputation not only for their day today clinical practice, they were mainly got reputation based on their contribution towards the control and management of **Epidemics/Pandemics** time to time.

Here the list of effective contribution of Siddha Physicians and Vaidyars from Madras Presidency during the time of Epidemics/Pandemics.

1.Siddha System and Cholera Outbreaks:

During the **Cholera Outbreaks** as epidemic in Madras Presidency in **1852,1863,1881,1899**, Renowned Siddha Vaithyars like **Viruthai Sivangna Yogi, Anandham Pandithar, Trichy Ayyathurai Mathuram, Pazhani Vaithyar Kandasamy Pillai** and other Vaidyars, had effectively controlled and contributed towards the society.

1. **Viruthai Sivangna Yogi of Kovilpatti**, is one of the renowned Siddha physicians, who practiced Siddha Medicine namely **"Sivangna Siddha Vaithya Salai"**. He is believed to be the Pioneer in Modern Day Siddha Practice. He was most famous for his medicines which were treated and controlled the epidemics like Cholera, Plague etc. (8)
2. **Anandham Pandithar of Chennai** is also an eminent Siddha Physician who hailed from Tanjore King Serfoji's Vaidyar Family. He had practiced Siddha Medicine at Mint Road, Chennai Namely **"Tamil Siddha Medical Hall"**. He got reputation due to his Siddha medicines in the Management of Epidemics like Cholera, Plague, and Malaria etc. (8)
3. **Ayyathurai Mathuram of Trichy**, who was also traditional from traditional Siddha Vaithyar family. He had started a hospital in the name **"Guru Medical Hall"** at Tennur, Trichy which is running till date through the generations. He also started to manufacture Siddha Medicines namely **"Guru Marunthukal"**. His Medicine **"Guru Auge Mixture"** was very popular for the treatment of Malaria and other fevers. His Medicines not only gained popularity in India also in country like Malaysia, Burma, Singapore & Srilanka. **Trichy Ayyathurai Mathuram** was honored

with ***“Rao Sahib” & Rao Bahadur***” by British Government for his medical service. (8)

4. **Vaithyar Kandasamy Pillai of Pazhani** was also born in traditional Vaithyar family. He is close associated with ***Viruthai Sivangna Yogi of Koivilpatti***. He was very famous for his treatment of Plague and Chicken pox. (8)

2. Siddha System and Plague outbreaks:

During the **Plague outbreaks** as epidemic in **1896, 1916** in Madras presidency, ***Viruthai Sivangna Yogi, Abraham Pandithar of Tanjore, Anandham Pandithar of Chennai, C. Kannusamy Pillai of Chennai and other Vaithyars*** were played important role in control and Management.

1. **Abraham Pandithar of Tanjore** was a well-known Siddha legend who practiced Siddha medicine from Tanjore and he also was started a Siddha Hospital with 100 Acres Herbal Garden Namely ***“Karunanandhar Medical Hall”*** in Tanjore. He was famous for his ***“Chendura Sanjeevi Pill”*** which is a medicine for Treating ***Plague***. Abraham Pandithar of Tanjore got reputation for his Plague medicine not only in India, also in Srilanka, Malasiya, Burma, and Singapore etc. British Government honored him with ***“Rao Sahib”*** for his effective contribution towards society. (8)
2. **C. Kannusamysamy Pillai of Chennai** is also an eminent Siddha Physician and believed to be most famous Siddha Physician in his time. He had practiced Siddha Medicine at Sinthathiri Pettai, Chennai Namely ***“Raja Vaithya Salai”***. He got reputation due to his Siddha medicines in the Management of Epidemics like Cholera, Malaria etc. (8)

3. Siddha System and Dengue outbreaks:

1. Renowned Researcher and scientist **Thiru G.T. Naidu** and Renowned Siddha Researcher **Prof.M. Shanmugavelu** had also contributed and did lot of research in Epidemics/Endemic controlling Medicines like ***Persistent Fever decoction, Pyrexia cure powder, & Dengue influenza cure powder***. They had compiled their research

works in Siddha medicine as a treatise as "*Pharmacopeia of Research in Siddha medicines*" in 3 volumes. (9).

4. Siddha System and Chikungunya outbreaks:

During the **Chikungunya Outbreaks** in Tamilnadu in **2006**, Renowned Physician **Prof.Dr.C.N. Deivanayagam** and his Siddha Team, brought notice to Govt.of Tamilnadu of effectiveness of Siddha medicines especially *Nilavembu Kudineer* in Management of Chikungunya. (10)

5. Siddha System and HINI Swine Flu Outbreaks:

Based on the Experience in management of Chikungunya through Siddha medicines, During the **Dengue Outbreak in 2011&HINI Swine Flu Outbreak in 2015**, Honourable Chief Minister of Tamilnadu **Shri.Jeyalalitha** had ordered to distribution of Nilavembu Kudineer and other Siddha medicines along with Allopathy medicines throughout Tamilnadu. These Siddha medicines were played vital role both prophylactic and treatment aspects.

6. Siddha System and Recent COVID 19 outbreaks:

There lot of initiations taken for the implementation of Siddha medicine in management of COVID 19. Various RCT with Kaba Sura Kudineer - initiated and carried out by CCRS under the guidance of Min.of AYUSH, Govt.of India. (Multi – Centric Prophylactic Population Study, Stanley Medical College Siddha Study (11), Theni Medical College Siddha Study, SRM Siddha Study, Vyasarbadi Study and GIMS Noida Siddha Study (12)).

Conflict of Interest: Authors express that there is no conflict of interest.

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