



Siddhar Samana Marutthuvam (Siddha balancing therapies) – A novel way for treating diseases

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ABSTRACT

Siddha medicine comprises of four different therapies for the enhancement of good health and prevention of diseases in which the deranged humors are not allowed the physical body and mental soul. Siddha therapies increase the acceptability of body to various therapeutic regimens like prevention of *Narai*(premature), *Thirai*(loss of sense), *Pini*(disease), *Mooppu*(ageing)using *Samanamartutthuvam* (balancing therapy) for bio cleansing, detoxification, rejuvenation, anti oxidation etc. Siddha Samana Marutthuvam is believed to impart radical elimination of disease causing deranged humours and maintain its equilibrium. *Kaya Sutthiparigaram* (Biocleansing therapy). It is superior and first line of therapy for curative and preventive medicine like *Thodanivarthi*, *Kutrasamanam*, *Kutramthannilai* etc. explained in Siddhar texts. Bio cleansing therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of *mukkutrams*, *Marundhuparigaram* (Drug therapy) is the management of diseases by inducing appetite and specific drugs administration, *UnavuParigaram* (Diet therapy) is fasting and diet control and *Karpaparigaram* (Anti-aging therapy) is *yogam*, rejuvenative medicines and preventive medicine. *Samanamarutthuvam* plays a definite role in the management of diseases especially of neuromuscular, rheumatological and gastrointestinal origin. It also periodically utilized for the purpose of preservation, maintenance and conservation of health and the promotion of life longevity. Based on Siddha principles and own experiences, certain techniques and procedures according to *Kutram* (humours), *Thegam* (body constitution), *Siru* and *Peru Pozhuthu* (Time and Season) and *Marundhu* (specific drugs for therapy). It consists of main therapies, preparatory therapies and post operative follow-up therapies.

Keywords: *Samanamarutthuvam, Biocleansing, Detoxification, Main therapies, Preparatory therapies, Follow up therapies, Peetchu, Kazhicchal, Puramaruthuvam, Yoga karpam, Therayarpinianugavidhi*

INTRODUCTION

Siddha medicine comprises of four different therapies for the enhancement of good health and

prevention of diseases. The adapting of Siddha medicine is based on attaining almighty with

outany diseases harming physical body and mental soul.

Siddha therapies increase the acceptability of body to various therapeutic regimens like prevention of *Narai*(premature), *Thirai*(loss of sense), *Pini*(disease), *Mooppu*(ageing) using *Samanamartutthuvam* (balancing therapy) for bio cleansing, detoxification, rejuvenation, anti oxidation etc.

Siddha *Samanamarutthuvam* is believed to impart radical elimination of disease causing deranged humours and maintain its equilibrium.

Samana Maruthuvam (Balancing therapy) includes

- Elimination
- Detoxification
- Conservation
- Immune enhancement

Four folds of Siddha Medicine

The four folds of Siddha medicine are

- *Kaya Sutthiparigaram* (Biocleansing therapy)
- *Marundhuparigaram* (Drug therapy)
- *Unavuparigaram* (Diet therapy)
- *Karpaparigaram* (Anti-aging therapy)

Kaya Sutthiparigaram (Biocleansing therapy)

It is superior and first line of therapy for curative and preventive medicine like *Thodanivarthi*, *Kutrasamanam*, *Kutramthannilai* etc. explained in Siddhar texts. Bio cleansing therapy is believed to impart radical elimination of disease causing factors and maintain the equilibrium of *mukkutramas*.

- *Vamanam* (Therapeutic Emesis)
- *Kazhicchal* (Therapeutic Purgation)
- *Peetchu* (Medicated Enema/Douche)
- *Nasiyam* (Nasal liquid Application)
- *Nasikaparanam* (Nasal powder Application)
- *Kalikkam* (Ophthalmic drops application)
- *Mai* (Eye salve application)
- *Viyarvai* (Therapeutic Perspiration)
- *Thokkanam* (Physical manipulation)
- *Kuruthineekkam* (Blood letting)

MarundhuParigaram (Drug therapy)

- *Pasitheebanam* Stimulation (Inducing Appetite)
- Specific Drug administration (Internal and External drug therapy)

Unavuparigaram (Diet therapy)

- *Viradham* or *Langanam* (Fasting)
- *Patthiyam* (Diet regimen)

Karpaparigaram (Anti-aging therapy)

- *Vasiyogakarpam* (Eight folds of Siddharyogam)
- *Mooligai, Thathu* and *Seevakarpam* (Organic and inorganic internal medicines)
- *Therayarpiniyanugavithiozhukkam*

Samanamarutthuvam

Samanamarutthuvam plays a definite role in the management of diseases especially of neuromuscular, rheumatological and gastrointestinal origin. It also periodically utilized for the purpose of preservation, maintenance and conservation of health and the promotion of life longevity.

Based on Siddha principles and own experiences, certain techniques and procedures according to

1. *Kutram* (humours)
2. *Thegam* (body constitution)
3. *Siru* and *Peru Pozhuthu* (Time and Season)
4. *Marundhu* (specific drugs for therapy)

Main therapies

1. *Peetchu* (enema)
2. *Vamanam* (emesis)
3. *Kazhicchal* (purgation)
4. *Nasiyam* (nasal liquid application)
5. *Nasikaparanam* (nasal powder application)
6. *Kalikkam* (Optahlmic liquid application)
7. *Mai* (Eye salve application)
8. *Kuruthivaangal* (blood letting)
9. *Thokkanam* (Physical manipulation)

Preparatory therapies

1. *Ennaimuzhukku* (Oil bath)
2. *Viyarvaimarutthuvam* (Vedhu, Otradam, Patru, Pugai, Suttigai)
 1. *Kattu*
 2. *Patru*
3. *UdalPatru* (Poultice application on the body)
4. *SiraPatru* (Poultice application on the head)
5. *Otradam*
6. *PaguthiudalOtradam* (local body fomentation)
7. *MutrudalOtradam* (whole body fomentation)
8. *Pootchu*
9. *Uralmarutthuvam*
10. *Aga valayaUral*

<i>Puravalayauural</i>	8. <i>Podithimirthal</i>
<i>Sirasuuural (Liquid application on the head),</i>	9. <i>Kali Otradam</i>
<i>Kannuural</i>	10. <i>Suttigai</i>
<i>Tharaimarutthuvam</i>	<i>Kal, Man, Mara, Ulogasuttigai</i>
<i>Udaltharai (Pouring of decoction or oil medicine on the body)</i>	<i>Kaanthisuttigai</i>
<i>Netri and Sirathaarai (Dripping of liquid medicine on the head),</i>	11. <i>Pasai</i>
<i>Kuliyalmarutthuvam</i>	<i>Sirapasai</i>
<i>Uuralkuliyal(Hot Sitz bath)</i>	<i>Udalpasai</i>
<i>Venneerkuzhiyal (liquid heat)</i>	3. <i>Theebanamarutthuvam</i> (Appetizer and digestive medication)
5. <i>Vedhu</i>	
<i>Thanivedhu</i>	
<i>Mutrudalvedhu</i>	
6. <i>Kizhiotradam or Otradapottani</i>	
7. <i>Pugai</i>	

Table: 1 - Balancing Therapies according to the procedures

Main Therapy	Preparatory therapy		Post therapy regimen
<i>Peetchu</i> (enema)	<i>Ennaimuzhukku</i> (Oil bath)		<i>Patthiam</i>
<i>Vamanam</i> (emesis)	<i>Viyarvai</i>	<i>Kattu</i>	<i>Therayar</i> preventive regimen
<i>Kazhicchal</i> (purgation)		<i>Patru</i>	<i>UdalPatru</i> (Poultice application on the body)
<i>Nasiyam</i> (nasal liquid application)			<i>SiraPatru</i> (Poultice application on the head)
<i>Kalikkam</i> (Optahlmic liquid application)		<i>Otradam</i>	<i>PaguthiudalOtradam</i> (local body fomentation)
<i>Mai</i> (Eye salve application)			<i>MutrudalOtradam</i> (whole body fomentation)
<i>Kuruthivaangal</i> (blood letting)	<i>Pootchu -</i>		<i>Aga valayaUural</i>
<i>Thokkanam</i> (Physical manipulation)	<i>Uralmarutthuvam</i>		<i>PuravalayaUral</i> <i>SirasuUral</i> (Liquid application on the head), <i>KannUral</i>
	<i>Pootchu -</i>		<i>UdalTharai</i> (Pouring of decoction or oil medicine on the body)
	<i>TharaiMarutthuvam</i>		<i>Netri and SiraThaarai</i> (Dripping of liquid medicine on the head),
	<i>Pootchu -</i>		<i>Uuralkuliyal</i> (Hot Sitz bath)
	<i>KuliyalMarutthuvam</i>		<i>VenneerKuzhiyal</i> (liquid

<p><i>Vedhu</i></p> <p><i>KizhiOtradam or Otradapottani</i></p> <p><i>Pugai</i></p> <p><i>Podithimirthal</i></p> <p><i>Kali Otradam</i></p> <p><i>Suttigai</i></p> <p><i>Pasai</i></p> <p><i>Theebanamarutthuvam</i> (Appetizer and digestive medication)</p>	<p><i>heat)</i></p> <p><i>Thanivedhu</i></p> <p><i>Mutrudalvedhu</i></p> <p><i>Kal, Man, UlogaSuttigai</i></p> <p><i>KaanthiSuttigai</i></p> <p><i>Sirapasai</i></p> <p><i>Udalpasai</i></p>
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Table: 2 - Balancing Therapies according to Mukkutram

Vali (Vaadham)	Azhal (Pitham)	Iyam (Kapham)
Kazhicchal	Vamanam	Nasiyam
Peetchu	Kalikkam	Mai
Thokkanam	EnnaiMuzhukku	Viyarvai

Table: 3 - Balancing Therapies according to Siddha and Ayurveda

Vali (Vaadham)		Azhal (Pitham)		Iyam (Kapham)	
Siddha	Ayurveda	Siddha	Ayurveda	Siddha	Ayurveda
Kazhicchal	Vasti	Vamanam	Virechana	Nasiyam	Vamana
Peetchu		Kuruthivaangal	Raktamokshana	Viyarvai	Nasya
Thokkanam		Kalikkam			
		Mai			
		EnnaiMuzhukku			

Branches of Mukkutram and balancing therapies

The Mukkutrams are *Vali*, *Azhal* and *Iyam* which are further classified into 20 branches.

Vali and its branches

- Pranan** – Mootchupayirchi (Breathing exercise) regulates *pranan*
- Abanan** – Kazhicchal (Purgation) and Peetchu (Enema) regulate *abanan*
- Viyanan** – Thokkanam (Physical manipulation), Otradam (Fomentation) regulate *viyanan*
- Udhanan** – Vamanam (Emesis) regulates *udhanan*
- Samanan** -Ennaimuzhukku (Oil bath) regulates *samanan*
- Nagan** – Mai (Medicinal eye salve) regulates *nagan*

g. **Koorman** – Kalikkam (Ophthalmic drops) regulates *koorman*

h. **Kirukaran** – Nasikaparanam (Nasal snuff) is responsible for controlling *kirukaran*

- Devathatthan** – Kaanthisuttigai (Sun bath) regulates the functions of *devathathan*
- Dhananjayan** – Patru (Poultice) regulates *dhananjayan*

Azhal and its branches

- Anarpitham** (Gastric juice) – Vamanam (Emesis) regulates *anarpitham*
- Ranjagapitham (Blood)** – Kuruthivaangal (Blood letting) regulates *ranjagapitham*
- Alosagapitham (Aqueous Humour)** – Kalikkam (Ophthalmic drops) and Mai (Eye salve) regulates *alosagapitham*
- Prasakapitham (Bile)** – Kaanthisuttigai (Sun bath) regulates *prasakapitham*

e) **Sathagapitham (Vital force for nerve)** – Thokkanam (Physical manipulation), Otradam (Fomentation) regulates *sathagapitham*

Iyam and its branches

- a) **Avalambagam (Serum)** – Kuruthivaangal (Blood letting) regulates *avalambagam*
- b) **Kilethagam (Saliva)** – Vamanam (Emesis) regulates *kilethagam*
- c) **Bothagam (Lymph)** – Vamanam (Emesis) regulates *bothagam*
- d) **Tharpagam (Cerebrospinal fluid)** – Ennaimuzhukku (Oil bath) regulates *tharpagam*
- e) **Santhigam (Synovial fluid)** – Thokkanam (Physical manipulation), Otradam (Fomentation), and Patru (Poultice) regulates *santhigam*

First line of treatment

Bio-cleansing method in Siddha balancing therapy is considered as first line of treatment explained by Saint *Yugimuni*, *Therar*, *Agathiar* in their texts which are followed as standard operative procedures by Siddha physicians for treating a diseases or patient. Modified techniques of *Samanamarutthuvam* employed to balance deranged kutram is going to be popularized soon for its wide range of applications and their effectiveness in addition to the conventional treatments.

The introduction of *Samanamarutthuvam* procedures is compiled with a view to impart simple and basic knowledge of these procedures to the users and it has also been organized with various textual references.

Administration of *Samanamarutthuvam* is based on

1. Selection of the patient (patient's strength, constitution, age, sex)
2. Assessment of the patient (season, disease stage and other relevant factors)
3. Consent from the patient
4. Preparation of the patient
5. Selection of the specific drug and its dose
6. Effect and action of employing drugs
7. Tracking and flow of procedures
8. Frequency of the procedure
9. Condition of the disease
10. Need of bio-cleansing

Kaya SuttiParigaram (Biocleansing therapy)

It is the process of elimination of toxic elements received and stored in the body from body metabolism causes toxicity and long term harmfull effect to health.

Elimination of water soluble toxins

- Urine
- Sweat
- Other secretions like saliva, phlegm, mucus, tear etc

Elimination of fat soluble toxins

It is the process of removal of fat soluble toxic materials stored in liver, small intestine, skin etc.

- Sebum
- Fatty acids
- Glycerol

Elimination of volatile substance toxins

It is the process of elimination of volatile substances like carbon-di-oxide, volatile gases through lungs and skin.

- Carbon-di-oxide
- Ketones

Diffusion and osmosis are the processes in which the molecules having different concentrations moves from one to another when separated by semi permeable membrane. The outer skin and the mucous membrane of gastro intestinal tract provide an excellent prospectiveness for this manœuvre. Siddha balancing therapy procedures like *Vamanam* (Therapeutic Emesis), *Kazhicchal* or *Virechanam* or *Bethi* (Therapeutic Purgation), *EnnaiPeetchu* (Medicated Oil Enema), *Ennaimuzhukku* (oil bath) and *Thokkanam* (Physical manipulation) use medicated oil liberally, thereby removing toxic fat soluble waste materials and volatile gases.

Preparatory therapies like *Ennathokkanam* (Oil massage) and *Viyarvaimarutthuvam* (Mutrudalvedhu and pugai) are given to the patient to remove the liquid water soluble toxic materials from the body.

In general *Ennaithokkanam* is main therapy and *Viyarvaimarutthuvam* is performed prior to other main therapies like *Peetchu* (enema), *Vamanam* (emesis), *Kazhicchal* (purgation), *Nasiyam* (nasal liquid application) and *Kuruthivaangal* (blood-letting).

Vedhu (neeravi) procedure using hot steam helps to increase the local skin blood flow thereby enhancing the exchange process and simultaneously reduces the subcutaneous fat and mesenteric fatty acids in the gut layers.

The various balancing therapy procedures, application of more amount of medicated oil all over the skin helps to diffuse fat soluble toxins through skin pores when exposed to hot therapies. Repetition of these procedures over several days will largely remove the water soluble and fat soluble toxic wastes by concentration gradient and diffusion. Siddhar balancing therapy is safe and easy to retain and restore health without any major side effects.

MAIN THERAPIES

Peetchu (enema)

Peetchu is the method of insertion of liquid medicines to excrete or wash the internal organs using a piston and pipe. The instrument used to perform *Peetchu* is called as *Peetchukarushi*.

Vamanam (emesis)

Vamanam or *Satthi* or *Kakkal* means to induce vomiting. It is a bio-cleansing measure meant for the elimination of *Azhalkutram* accumulated in the upper gastro intestinal tract.

Kazhicchal (purgation)

Kazhicchal is the procedure by which the vitiated kutrams are eliminated through the anal route. It is the treatment of choice for *Vali* (Vaatham) predominant conditions.

Nasiyam (nasal liquid application)

Nasiyam is a method of instilling liquid into both nostrils. Fresh plant parts are crushed and filtered or boiled and filtered or the semi solid prepared medicine is dissolved in solution and filtered or prepared fatty oil is instilled into nostrils. It is widely employed to treat the diseases of ear, nose and throat and strengthens the organs above neck.

Nasikaparanam (nasal powder application)

Nasikaparanam is defined as the method of application of dry nasal powder into nostrils. It is otherwise called as nasal snuff or nasal powder. Dry raw drugs are crushed, finely powdered and

filtered using a fine cloth. The fine powder about *Panaiedai* (488 mg) is used to apply.

Kalikkam (Ophthalmic liquid application)

Kalikkam is defined as a method of ophthalmic liquid application (Eye drops). *Kalikkam* is prepared by crushing and extracting the liquid juice from fresh plant parts or packed in a cloth and soaked in a liquid and then the liquid juice extracted. The extracted juice is instilled into eyes. *Kalikkam* (Ophthalmic drops) is first instilled into left eye and then into right eye. Generally *Kalikkam* is instilled into medial eyelid of the eye up to 1-5 drops.

Mai (eye salve application)

Mai is defined as a soft external application mostly lined on the eye lashes in smaller quantity to treat eye diseases. Lining of eye lashes is usually performed by a specific probe. *Mai* is otherwise called as *Anjanam*.

Kuruthivaangal (blood-letting)

It is further divided into two types.

Attaimaruthuvam (Leech therapy in Biological blood-letting)

Application of medicinal leech to suck blood

Keeral and Kuruthivaangal (Instrumental Blood-letting and veno-suction)

Kuruthivaangal is defined as the method of leaking and removing the excess blood in specific areas. It is commonly known as instrumental blood-letting.

Thokkanam (Physical manipulation)

Thokkanam is a complex therapeutic procedure usually done by the physician and therapist hands and legs. Generally it is done with or without the application of medicated oil. It is employed for curative, palliative and preventive purposes.

The following nine methods viz. *Thattuthal*, *Irukkal*, *Pidithal*, *Murukkal*, *Kai kattal*, *Azhutthal*, *Izhuththal*, *Mallathal* and *Asaithal* are performed on the affected area or all over the body of the patient under certain force called as *Mandham* (mild force), *Matthimam* (moderate force) and *Sandam* (severe force) according to the applied pressure exerted by the physician or the therapist during massage.

PREPARATORY THERAPIES

Ennaimuzhukku (Oil bath)

It is a method of oil bath in which fatty oil is applied on the head, followed by instilling nasal drops, ear drops and eye drops. The oil is kept over the head or body or both and retained for a stipulated time. Ennaimuzhukku stands for lubrication of skin and related organ system by the administration. Application of fatty substances externally is an important preparatory procedure for bio-cleansing therapies. Plant oil, Cow's ghee, Fat and Bone marrow are generally used for ennaimuzhukku in which cow's ghee is better.

Sevithuli is done by using the same oil by pouring 2-3 drops in to the ear openings. *Kalikkam* and

Nasiyam done during *thokkanam* is already followed as main procedure

Viyarvaimaruthuvam (Sweat therapy)

Viyarvaimaruthuvam is a process to induce artificial sweating (sudation) for a patient who has already undergone *Ennaipootchu* (external oleation) or *ennaithokkanam* (oil massage).

It is one of the preparatory therapy employed to balance deranged humours especially *Iyam*. Before inducing sweat therapy the fatty balance of the patient is assessed by adipose tissue and previous intake of fatty foods like milk and ghee.

After exposure to heat therapy patient gets sweating. Generally *vamanam* (emesis) and *pugai* (nasal fumigation) is advised after getting sweat.

Table: 4 - Differentiation of heat and sweat

Area of heat	Application of heat	Nature of heat	Intensity of Sweat
Local heat	Direct	Moist heat	High Sweat
Mutrudal heat	Indirect	Dry heat	Medium Sweat
			Low Sweat

Sweating by Direct heat

Kattu

Application of fresh fried mixture is applied on the part and tied to induce perspiration. It is a one direct method using dry heat to induce perspiration.

Patru

It is a one direct method using dry heat to induce perspiration. According to Therayar *Patru* is a method of applying fine powder or crude drugs grinded with an appropriate liquid as a semi solid poultice and warmed gently or boiled before applying it on the affected area. The above therapies are performed to induce perspiration. They provide more nutritive and nourishing effect to the patients. These are considered better than bio-cleansing by depleting the severity of symptoms.

UdalPatru (Poultice application on the body)

SiraPatru (Poultice application on the head)

ThaniththaPatru (Poultice application on the local part)

Otradam

It may be defined as a method of rhythmic compression and relaxation of a hot or cold paste or cloth bags or vessels on the affected areas. It is

also called as *otral*. It is a one direct method using dry heat to induce perspiration.

1. *Paguthiudalotradam* (local body fomentation)
2. *Mutrudalotradam* (whole body fomentation)

Pootchu

It is a one direct method using dry heat to induce perspiration. It is defined as a liquid application all over the body or a part of the body or soaking the part using a paste boundary or pouring the liquid to fall on the place by a drip.

Uralmaruthuvam

- *Aga valayaUral* (Anterior part of the body)
- *PuravalayaUral* (Posterior part of the body)
- *SirasuUral* (Liquid application on the head) and
- *KannUral* (On the eye orbits)

TharaiMaruthuvam

UdalTharai (Pouring of decoction or oil medicine on the body), *Netri* and *SiraThaarai* (Dripping of liquid medicine on the head),

Kuliyalmaruthuvam

It is defined as washing or soaking a part into the liquid medicine.

- *Uuralkuliyal* (Hot Sitz bath)
- *VenneerKuzhiyal* (liquid heat)

Vedhu

It is a one direct method using dry heat to induce perspiration. *Vedhu* is defined as a method of stimulation of sweat using vapour or medicated steam. It is otherwise called as Sweat therapy. It relieves hypersensitivity of hair follicles, pricking pain and organ spasm. It relaxes and brings softness to the spastic organs. It rids chronic *Vali* diseases (Neurological disorders).

Kizhiotradam or Otradapottani or Pottani

It is defined as the strong pressing or insertion of dry or wet medicated bundles on the affected area without any rhythm.

Pugai

Pugai is defined as a method of fumigation in which the medicated fume is generated by burning the drugs directly or putting the drugs into the fire. It is a one direct method using dry heat to induce perspiration.

Podithimirthal

It is defined as the application of Churanam or fine powder on the affected body, and then allowed to fall down after absorbing moisture from the skin. It is a one direct method using dry heat to induce perspiration.

Kali Otradam

Boiled rice, grains or other seeds are boiled with water or milk or juice and then made into cataplasma. It is kept in a cloth pouch and applied gently on the body. It is a one direct method using dry heat to induce perspiration.

Suttigai

Kal, Man, Uloga, Mara Suttigai

It is a one direct method using dry heat to induce perspiration. Hard stone, sand, metal, wood are heated and applied on the body directly or with a wick. Eg: Kuthikalvaadham

Kaanthi Suttigai

Kaanthi is defined as an application of Sun rays (Sun bath) on whole body or part of the body to induce perspiration.

Pasai

Application of paste medicine on the affected area and then rubbed hardly to induce heat like

Thuvalai. It is a one direct method using dry heat to induce perspiration.

Sirapasai (Application on scalp)

Udalpasai (Application on body)

Sweating by Indirect heat

1. ***Puzhukkam*** therapy (Hypo ventilation therapy)
2. ***Kambaliporthal*** (Blanket therapy)
3. ***Langanamaruthuvam*** (Hunger therapy)
4. ***Venneerarundhal*** (Hot water therapy)
5. ***Atchamundakkal or Bayamurthalmaruthuvam*** (Frightening therapy)
6. ***Gopamundakkal or Sinamaruthuvam*** (Angry therapy)
7. ***Udaripayirchi*** (Exercise therapy)
8. ***Vilayattu, Kalari and Silambam*** (Sports therapy)
3. ***Pasitheebanamaruthuvam*** (Appetizer and digestive medication)

POST OPERATIVE THERAPIES

Pathiam

- The patients those undergone main and preparatory procedures should be advised to follow light diet such as liquids, semisolid gruels and steam boiled foods successively.
- The patient should use luke warm water in between therapies or rest on therapies.
- Itchapattiyan is adapted prior and after to therapies
- Day sleeping and night sleeplessness should be avoided before and after therapy
- Natural urges should not be controlled forcibly.
- Avoid physical and mental exertion
- Avoid smoke, excess cold, sun exposure, force wind exposure, long travel, angry, long time sitting idle are to be avoided
- Nelliilagam, Tripalachuranam, Karisalaichuranam, Seenthilchuranam, Madhulaimanapagu may be given

***Therayar* preventive regimen**

"Thinnamirandulaesikkaadakkaamar..." -- *Therayar*

According to Saint *Therayar* in his *PiniAnugavidhiozhukkam* he illustrated the do's and don'ts for healthy social life. These perspective measures for disease free life helps one to attain longevity and anti aging.

If one strictly follows the regimen, he will keep away death.

- Drink boiled water.
- Take meals twice a day.
- Take diluted buttermilk and melted ghee.
- Take sufficient quantity of milk and milk products for eating purpose.
- Never eat root tubers except Karunaikizhangu (yam).
- Never consume food that was prepared the previous day.
- Always have food after feeling hungry.
- Always consume sour and mature curd.
- Practice walking after a good diet in night.
- Use hot water while taking oil bath.
- Never suppress any natural urge.
- Never sleep during daytime.
- Always indulge in healthy sexual acts.
- **Take emetic medication once in six months.**
- **Take purgative medication every four months in a year.**
- **Take snuff medications eight times in a year.**
- **Shave hairs weekly.**
- **Take oil bath once in every four days.**
- **Apply eye medications once in three days.**
- Never smell fragrance during midnight.
- Never reside close to dust and articles related to dust.

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- Never sleep under a tree shade or near a burning lamp.

Kaya karpam

Vasiyogakarpam (Eight folds of Siddharyogam)

Eight folds of *Attangayogam* with pranayamam. When one opts to practice Pranayamam exercise (or) breathing movement, he can get complete control of mind. In *Pranayamam*, the term "*Pooragam*" is mentioned as inspiration; and "*Kumbhagam*" as retention; and "*Resagam*" as expiration.

The period or duration of these is as follows:

Inspiration (Pooragam) - 16 seconds.

Retention (Kumbhagam) - 64 seconds

Expiration (Resagam) - 32 seconds.

Mooligai, Thathu and SeevaKarpam (Organic and inorganic internal medicines)

Periodical intake of Karpa medicines as per textual reference helps to improve stamina.

CONCLUSION

Siddharsamanamarutthuvamis a word coined functionally on the balancing of three humors based on Siddha philosophy and the operative procedures are similar to available *panchakarma* procedures practiced in the southern parts of India like Kerala. The novel way of approaching the diseases will show a light for the global welcome to Siddha bio cleansing and detoxification therapies.

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