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Research article *Siddha Medicine*

Evidence of Yoga in the Siddha System of Medicine

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ABSTRACT

The Siddha system of medicine is one of the ancient codified indigenous system of medicine. This system is a comprehensive medical science dealing with the ancient scientific and philosophical methods. According to this science, the four major divisions of treatment methods are Vadham(Alchemy), Vaidhyam(Medicine), Gnanam(Wisdom), and Yogam. Siddha system of medicine is one of the ancient system contemporaneous with those of the submerged lands, Egyptian, Mesopotamian, Chinese, and Grecian medicine. The unique nature of this system is its continuous service to humanity for more than five thousand years in combating diseases and maintaining physical, mental, and moral health. The concept of the Siddha system of medicine is "to treat the man as a whole and not merely the disease alone". Siddha system of medicine also includes Martial arts like Varmam, Yogam, and other traditional lifestyle ways for healthy living. This system is confined to Tamil-speaking areas of the southern peninsular region. This system is entirely in the Tamil Language in lyrical form. Being the oldest language Tamil is known for its artistic science. The Tamil arts are sixty-four (Ayakalaigal 64) in number. Yoga is placed as the tenth art in the Ayakalai sixty-four. Yoga is one of the Kayakarpam (Rejuvenation science) methods of the Siddha System of Medicine. Yoga is not only a meditation science but it comprises eight types of Siddhis including Medical Postures (Yogasanam). It is also known as "Attanga Yogam or Aga Thavam Ettu. This Attanga yogam is said to be first learned from Lord Shiva by Siddhar Agathiyar. Agathiyar passed on this science to Patanjali sage and Pulikaal sage. Patanjali has regularly summed up the Yoga principles of Siddhar Agathiar hence Patanjali is revered as the father of Yoga Art. Yoga science is mainly dealt with by Siddhar Agathiar and Pathanjalali,. Siddhar Agathiyar and the other Siddhars have described the Attanga Yogam in various Siddha literatures. From their description, it is understood that evidence of the yoga art are extensively found in our Siddha literature. This paper deals with the widespread references of Yogam or Yoga in Siddha literatures and their connotation as well.

Keywords: Siddhar Yogam, Attanga Yogam, Eight type of Siddhis, Siddha literatures, Siddha system of Medicine, Yoga.

INTRODUCTION

Yoga is one of the Kayakarpam (Rejuvenation science) methods of the Siddha System of Medicine. Yoga is not only a meditation science but it comprises eight type of Siddhis including Medical Postures (Yogasanam). It is also known as "Attanga Yogam or Aga Thavam ettu. This Attanga yogam is said to be first learnt from Lord Shiva by Siddhar Agathiyar. Agathiyar passed on this science to Patanjali sage and Pulikaal sage. Patanjali has regularly summed up the Yoga principles of Siddhar Agathiar hence Patanjali is revered as the father of Yoga Art. Yoga science is mainly dealt with by Siddhars Agathiar and Pathnjalali. These references to the yogam which are widespread away from the Siddha

literatures have to be validation of the yogam explored for the witness.

A glimpse of Yoga in Siddha Medicine

"Kal thoandri man thoandra kaalathoavazhodu
Munthoandri mootha kudi"

The Tamil language has the pride of being the oldest language that appeared before the dawn of the calendar. Similarly today, the Tamil arts are proud of being an elder in all the arts in the world. These arts were created by our saints and sages who lived in our country. All the arts are included in sixty-four (Ayakalaigal 64) -ordinated arts. The historical news reveals that Ayakalaigal inscriptions are marked by Panjala maharishi in the Rig scripture of the original Hindu script.

Yoga art is the tenth art in the ayakalai sixty-four.In the archaeological survey of the Indus Valley Civilization; historical evidences suggest that the people idolized the statue of the Pashupati god as a yoga pose. Apart from this; Archaeologist sir. John Marcel understands that archaeological survey of moganjandaro since 5000 years before that, is evident that many statues are found in the yoga pose clay statue. This evidence of Yoga can be considered as a foundation of Yoga in Indian culture. Lord Shiva is worshiped as Yogishwarar. It is learned that he taught yoga Shashthiras to sage. The Saiva religion is firmly convinced that Yogi shiva is the best of yogis. Lord Shiva is found to be the first siddhar sage of the Siddha system of medicine. The Bhagavad Gita mentioned about the explanation of various type of yoga that rajayogam, karmayogam, and gnanayogam[1].

Two rare things related to siddhars in Siddha medicine

1. *Rasavaatham* (Alchemy) [Transform damn metal into gold by mercury]
2. *Kaayakarpam* [The power to keep the body unbearable] (Rejuvenative medication)

Yoga is one of the Kayakarpam (Rejuvenation science) methods of the Siddha System of Medicine. Yoga is not only a meditation science but it comprises eight type of Siddhis including Medical Postures (Yogasanam). The following methods of yoga are accepted and observed by everyone that; Pakthi Yogam, Karma Yogam, Gnana Yogam, Tandra Yogam, Mandra Yogam, Hatha Yogam, and Raja Yogam.Raja yogam is a psychic physical process.Raja Yogam has eight types that are called *"Attanga Yogam or Agathavam ettu"*[2].

Attanga yoga is based on "Sathgariya Vatham"[3]. This attanga yogam was originally first learnt from the lord Shiva by Agathiyar siddhar. Then Patanjali sage Pulikaal sage learnt from Agathiyar. Patanjali is revered as the father of sage yoga art because Patanjali has regularly summed up the yoga principles of sage Agathiyar Siddhar[3].

The first Siddhar Agathiyar realized &controlled the eight types of Siddhis. Siddhar Agathiyar and the other Siddhars here wrote the elaboration of the Attanga Yogam in many Siddha literatures. From their description, we can clearly witness that evidence of the Yoga art has been mentioned in our Siddha literatures.

Extensive references of Yoga in Siddha literatures

In Agathiyar 12000 Perunool Kaaviyam :- Part I[4]

"Yogamendraal yogamadhu gnam vendum
Ozhivaana pootanga zhariya vendum
---------- *puththi vaaney"* Verse no : 567 – 569

The above verses explains that; definition of Yogam and siththan.

Yoga Nishtai

"Irukkavondraa linnam vegukaezhviyundu
Ezhilaana mounamadhai Vuttrupparu
---------- *Kaanalachae"* Verse no : 570 – 574

The above verses explains about rules of yogam and Pranayamam (Practice of breathing technique) and elaborate the kundalini power and mathiyamudhu.

In Agathiyar 12000; Perunool Kaaviyam : Part II[5]

Agathiyar said that yoga rule to pulathiyar

"Thaanana pulathiyaney innangezhum

Thanmayuzha vaasanthin Vithithansolven" Verse no : 99 – 100

The above verses explains that; If you want to get sayanam (godhood) by a posture; you should wear a single face rudhratcham, sandal, Vermiche is you should be placed on forehead and you have to worship the Guru.

Yogam rule for sivaveda siddhar

"Ennalaam pulathiyaney maindhakezhu
Enadhaiyar asuvaniyaanj sonna neethi
---------- *maniyumamey"* Verse no : 104 – 106

The above verses explains that; Tiger skin, sheep skin, white blanket are should be used as yoga mat. You must have the Lada chain, Arikanda chain, Hip chain, Thandaga veera Vatta chain, Vel Shape stick.

Yoga rule for Mei Gnani

"Nadathavendraa linnamoru maarkangkezhu
Nalamena pulathiyaney maindha paru
---------- Kandasithey" Verse no : 124 – 142

The above verses explain that;

- Rudhratcham should be wear before Yogam practice.
- Stop evil thoughts and evil deeds.
- Should keep the "Sinmayam" muthirai during breathing technique.

Yoga rule for Poi Gnani

"Thirivarey pulathiyaney maintha kezhu
Thiramaana yinngmoru maarkanj solven
---------- *vithimuraiyai nadathuvarey"* Verse no : 120 – 124

Yoga rule for Illarathor

"Kandomey pulathiyaney innaji solven
Kaasini yillaraththon vithiyin maarkkam
---------- *Illaraththaanaamey"*Verse no : 143 – 150

Yoga rule for Vaathi

"Aameythaan pulathiyaney arunmaindha kezh
Anbana kanmaniye innaj solven
---------- *mandaarpaar"* - Verse no : 151 – 173

In Agathiyar Karpatheetchai 100 [6]

"Aadagaththaa lathaazha alangarithu
Aadivaruth thogaimayil thanaippoal minnai
---------- *yeduththuvaiye"* Verse no : 15

The above verses explains that the rules of yoga and yoga mat.

In Agathiyar Maamunivar Paripasha100- 4th Part[7]

Yoga rule

"*Onnaadhey sivayoga vazhkaiyellaam*
Uththamaney karuk guruvum nandrai solven
---------- *Sivayoga midhuthaaneney"* Verse no : 7

The above verses explains that; Should control your thoughts

In Agathiyar Sowmiya Saagaram 1200[8]

Vaasi Ezhuththu

"Naatiye Naazhondruk kayaakezhu
Naviluvoo Nazhigaithaa naalaakkumbi
---------- *thambiththuppaarey"* - Verse no : 1104, 1105

The above verses explains about;the chant to tell when you practice breathing technique and the chant to meditate when you practice meditation.

Dhiyanam

"Vaiththathanaich Shivamoolath dhiyanan thannai
Maindhaney solugiren maruvik kezhu
---------- *vendrvaru mezhugagum paarey"*
Verse no : 366, 367

The above verses explains that; definition and technique of meditation.

In Agathiyar Andharanga Theetchavidhi [9]

Yoga Siddhi

"Vendumendraal yogasiththi inimel solven'
Viruppamudan than kezhu kavaniththappa
---------- *Vaasi meley"* Verse no : 138, 139

The above verses describes about breathing technique and how you can see the light of wisdom.

In Agathiyar Maamunivar Paripashai Thirattu 500[10]

Yogam

"Aagumey pugaiyathanaik kanduveiya
Akkiniyudan enbadhuvey anumaanandhaan

Maadhiyamudham vaakalunney" Verse no : 60 – 62

The above verses explains that Agathiyar has explained a way to find the light of wisdom technique to Pulathiyar.

In Agathiyar Amuthakalai Gnanam 1200 [11]

Method of yogam

"Kaarappaa mayendhiramam kiriyirsendru
Karunaiyuzha pooranaththil karuththai vaithu
---------- *kathirana vannithaaney"* Verse no : 79 – 84

Retention

"Aamappaa mel moolam aaradhaaram
Andamellam thottu nirukum moolaadharam
---------- *kumbagaththin thiruththaippaarey"* Verse no : 938 – 939

Do's (Pathiyam) for yogam

"Veedarindhu mandhirathai niruththa vendum
Veettilulla pergalai virumba vendum

Maayaiyellam thazhuth thazhzhey". Verse no : 85

Apathiyam for Yogam(Don'ts)

"Thazhuvadhu yaarai yendraal gunamillarai
Sarguruvai yariyadha samayaththorai
---------- Nee arindhu thazhey" Verse no : 86

In Agathiyar Paripooranam 400[12]

"Thavarip ponj sivaraasa yogang kandaal
Tharaniyil matramatra yoga mellam
---------- *Seivaarey"* Verse no : 389 – 395

The above verses explains that; Agathiyar has said to Pulathiyar that; benefits of Siva Rajayogam.

In Agathiyar 12000 Perunool Kaaviyam Part III[13]

"Paarappa yinnamoru parmanagkezhu
Balaganey pulathiyaney machakendira
Seerappaa sivaraja yogamappaa seppugiren
---------- *samadhinilai kooruveney"* - Verse no : 810 – 817
"Thaeruven samadhinilai, yogangaana
Thezhivudaney poomithanil surangamappa

Yunmoolam thakkippaarey" - Verse no : 819 – 827

The above verses said about Siva yogam.

In Agathiyar 12000 Perunool Kaaviyam Part V[14]

"Ennavey yinnamoru maarkkankoorven
Ezhilaana pulathiyaney machakaendhiraa
Nannayamam gnanamendra shiva yogaththai
---------- *Motachavazhi thavuvadharku idangkozhvaarey"* Verse no : 345 – 351

The above verses explains that ; Sivaraja yogam.

In Agathiyar Munivar Panjakaaviyam Nigandu 7thPart[15]

Pulliyaasanam (Tiger pose)

"Sattaiyenum paasiyaana mendrum paeru
Saarvana nenavaasi gavunasana nedrum paeru
Attaiyenum poothavaasana nendrum paeru

Mukiyamaai sollivittom puliyasanathin paerey" Verse no : 127

The above verses explains to other names of puliyaasanam which are,

- *Paasiyaasanam*

- *Poothavaasanam*
- *Kevynaasanam*
- *Paravaasanam*
- *Murugaasanam*
- *Moovirudhaasanam*
- *Shiva sathiyaasanam*

Yoga Thindu (Yoga blanket)

"Kolavaana aalathindu naththitangi
Koorana pathamalai palavagaiya mendrum

Yoga thindin peyarey" Verse no : 119

The above verses explains the other names of yoga blanket /mat which are

- *Adavaasi*
- *Sorukkudam*
- *Suga naatham*

In Agathiyar 12000 Perunool Kaaviyam 4th Part – about AttangaYogam[16]

"Kaezhappa yinnamoru kevanagkoorvaen
Kaennmai konda pulasithyaney machakaendhira
---------- *Samadhimuga mevalaagi*
Guruparaney yundhamakku moadhuvaeney" Verse no : 902 – 908

In Agathiyar Vathasowmiyam– 1200[17]

"Vazhappa Astakarma siththusonen
Magaththaana Astaanga yogangkezhu

---------- *Shivaroobam than thaanthaanaachae"* Verse no : 246 – 335

The above verses described about attanga yogam and its divisions, subdivisions and method of nine types of yogam postures.

Attanga Yogam Divisions and Subdivisions

1. Iyamam (purity of mind)	:	11 subdivisions
2. Niyamam (Purity of Action)	:	10 subdivisions
3. Aasanam (Posture)	:	9 subdivisions
4. Pranayamam (Practice of breathing technique)	:	5 subdivisions
5. Prathiyagaram (Practice of controlling sense)	:	6 subdivisions
6. Dharanai (Practice of concentrating the mind)	:	6 subdivisions
7. Dhyanam(Continuous contemplation)	:	10 subdivisions
8. Samadhi (The static of Achieving the goal, Attaining Godhood)	:	5 subdivisions

In Agathiyar Maamunivar Paripooram1200[18]

Attangam : 8

"Kaanavey attanga mettuk kezhu
---------- *Kaaviyaththai kanduthaerey"* Verse no : 1121

Iyamam : 11

"Thaerappaa thaerndhumanang kandukozhzha
---------- *Naemamadhaith thiramaaikkaney"* Verse no : 1122, 1123

Naemam : 10

"Kaanavey naemamadhu eeranjappaa
---------- *Sugamaga naemavagai paththunjsithey"* Verse no : 1124

Aasanam : 9

"Siththamudan naemavagai paththukkandu ----------
Veththyuzhzha aasandhaa nonbadhappa ----------
Karpoora theebam paarey" Verse no : 1125-1126

Prathiyagaram : 6

"Muththiyudan sivayogath thirundhu kondu
---------- *aaruvagai prathiyagaram paarey"* Verse no : 1128

Thaaranai : 6

"Paaradaa thaaranaithaa naaru vagaithannai
---------- *naruvagai thaaranaithan paarey"* Verse no : 1129

Dhiyanam : 10

"Paarappa aaruvagai thaaranaiyin nindru
Pathivaana athiyanavagai paththung kezhu
---------- vagaiyai kezhey" Verse no : 1130 – 1131

Samathi 5:

"Kezhappaa samadhiyanju nandraai solven
Kirubaiyuzhzha thathvalaya samadhiyondru
---------- *sagalasiththu maadalamey"* Verse no : 1132 – 1133

The above verses are describes about Attangayogam & its divisions, subdivisions.

In Agathiyar Poorana Kaaviyam 1000[19]

"yogamendra attangam yettukkundhaan
---------- *manivizhakkai suzhiyil paarey"* Verse no : 42 – 54

The above verses are describes about Attangayogam & its divisions, subdivisions.

Thirumoolar Thirumandhiram: (Thirumandhiram – 3)[20]

"Uraiththana varkari ondru moodhiya
----------*nandhi*
Niraththa iyamam niyamamjseyi dhaney" -Verse no:549

"Iyama niyamamey ennillaa aadhanam
Nayamuru pranayamam prathiyagaranj
Samayamigu dhaaranai dhiyanaj Samadhi
Ayamurum attanga mavadhu mamey" -Verse no:552

The above versesare describes about types of Attanga yogam.

IYAMAM: (Purity of Mind)

Iyamam is practice that purifies the mind.

"Ezhundhuneer peiyinum ettuthisaiyunj

---------- *karuzhpurundh dhaaney"* Verse no : 553
"Kollaan poikooran kazhavilan
Engunan thidainindraaney" Verse no : 554

The above verses describes about technique of Iyamam (Purity of Mind) and characters of Iyamam.

NIYAMAM (Purity of Action)

Niyamam is practice that purifies the action.

"Aadhiyai Vedhaththin apporuzhanai
---------- *niyamaththa namey"* Verse no : 555
"Thooimai aruzhun surukkam poraisevvai
---------- *niyamaththa naney"* Verse no : 556
"Thavanjsebanj sandhodam aaththigandh thanaj
---------- *niyamaththa namey"* Verse no : 557

The above verses explains about technique of Niyamam and Niyamam characters

AASANAM (POSTURE)

Keeping the body or part of the body with steady and motionless in a particular posture for a specific time.

Suvaththiga Asanam

"Pangaya maathi parandhalpal aadhanam
---------- *suvaththiga menamigath*
Thanga iruppath thalaivanu mamey" Verse no : 558

Padhumaasanam

"Ooranai yappadha mooviruvin maelerit

Paarthigazh pathma sanamena laagumey" Verse no : 559

Pathiraasanam

"Thurisil Valakkaalaith thondravey maelvaiththu
---------- *pathiraasanamey"* Verse no : 560

Kukkuda aasanam

"Okka adiiyinai yuuruvil aerittu

Kukkuda aasanang kozhzhadhu mamey" Verse no : 561

Simmaasanam

"Patha muzhandhazhir paani kazhaineeti

Seerthigazh singaa dhanamenach cheppumey" Verse no : 562

Gomugaasanam, Veeraasanam, Sugasanam

"Pathiram gomugam pangayanga kaesari

Paththodu nooru pala aasanamey" Verse no : 563

The above verses describes about method of Yogaasanas.

Pranayamam (Breathins Technique)

"*Ivarkku naayagan avvoorth thalaimagan*

Poyiyaaraith thuzhzhi vizhundhidundh thaney" Verse no : 564
"Aariya nallan kudhirai induzha

Vaarip pidikka vasappadundh dhaney" Verse no : 565
" Puzhzhinum mikka puraviyai maerkondaar

Uzhzhadhu sonnoom unarvudaiyoorukkae" Verse no : 566
"Prananan manaththodum paeraa thadangip

Prana naidaipaeru petrundeeer neerey" Verse no : 567

Procedure of Breathing Technique

"Aerudhal pooragam eerettu vaamaththtaal

Maarudhal ondrinkan vanjaga mamey" Verse no : 568

Glory and benefits of Pranayamam

"Vazhiyinai vaangi vayaththil adakki

Vazhiyinum vaettu vazhiyanu mamey" Verse no : 569
"Engae irukkinum poori idaththiley

Sangae kurikkath thalaivanu mamey" Verse no : 570
"Aettri irakki irukkalum poorikkung

Aalaalam undaan aruzhpera laamey" Verse nos : 571 – 572
"Vaamaththaal eerettu maathirai pooriththey

Nattam irukka namanillai thaney" Verse nos : 573 – 574
"Purappattup pukkuth thirigindra Vaayuvai;

Kaodik kozhirekola anjsemuth thaamey" Verse nos : 575 – 576
"Pannirann daanaikkup pagal iravuzhzhadhu

Panniran daanaikkup pagalira villaiye" Verse no : 577

Prathiyaagaram: (Controlling the sense)

"Kandukan kuzhzhey karuththura Vaangizhar

Arippuru katchi amararu mamey" Verse no : 578 – 587

The above verses are describes about controlling of sense and how can feel about the knowledge of Lord Siva.

Dharanai: (Concentrating mind)

"Koanaa manadhaithk kurikkondu keezhkatti
---------- Tharithadhu dhaaranai tharparath thoadey" Verse nos : 588 – 597

The above verses are describes about concentrating mind and its benefits.

Dhinyanam: (Meditation)

"Varumaathi eerettuzh vandha dhiyanam
---------- Neriyaana anbar nilaiyarindh dharey" Verse nos : 598 – 617

The above verses are describes about continuous contempalation and its types of benefits.

Samadhi (Attaing godhood)

"Samadhiya maadhiyir traan sollak kaetkir
---------- Samadhiyi ettetunj siththiyum eiydhumey" Verse nos :618-631

The above verses are describes about how can achieving the goal, attaining godhood.

Attianga Yogapaeru

"Poadhugan thaerum purisadai yaanadi
---------- Thaariyal tharparanj serdhal samadhiye" Verse nos : 632 – 639

The above verses described abour specialities of Attangayogam. Wisdom is the speciality of Attangayogam.

In Bogar 7000 – First Part[21]

"Thaaraiyaam attanga saattrak kezhu
---------- Aayavey attaa siththtiyagum"
Verse no : 284 – 344

The above verses areexplains about divisions and subdivisions of Attangayogam.

In Bogarmunivar Vaithiya Kaaviyam1000[22]

"Unnavey agaara mudhalan paththondru
---------- thirakkaa vazhisevvamey" Verse nos : 200 – 277

The above verses are explains about breathing technique.

Attanga Yogam

" Paarendra solaiyaththi gomugaththinodu
---------- adhiththey nozhiyai kaanu" Verse nos : 282 – 297

The above verses are describes about types and sub types of Attanga yogam and its benefits.

In Ramadevar Vaiththiya Kaaviyam[23]

"Aamappaa vattanga yogamaarkkam
---------- vaarudhipo loorumdaa magizhndhu kozhzhey"
Verse Nos : 925 – 936

The above verses described about definition of Attangayogam and its divisions.

Nandheesar Sarvakalai Gnam 1000[24]

"*Aachappaa yastakarma thagadusonen*
Vazhamaana aasanandhaan sollakezhu
---------- Kanmaniye muththinida perumaikezh" Verse Nos : 159 – 160

The above verses said about which type of skin (Tiger skin, Cat skin … etc) is best to use for aasanam seat.

In Konganaar Kadaikaandam1000[25]

"Paarkira muraiyaan solven
Pathraadhae kezhu kezhu
---------- Thanich chuzhiyozhikaa naathae"
Verse nos : 576 – 578

The above verses are describes how can find sequency method of Vaasiyogam.

Chakras (Aadharam), Meditation: (Dhiyanam)

"Kaanaadhey pochchu thendru
Kasadarey viduga vaendaam

Pugazhaaga meezhu mezhae Verse no : 579, 580

The above verses described how can do meditation.

In Konganar Kadaikaandam 500[26]

Gomukaasanam (Cow Face Pose)

"Azhikkumadaa saridhaiyodu kiridhairendum Thirumoolar Thirumanthiram
Arindharidhu yogaththir solamattaar
Thezhikkummadaa gomukaasanththaik kezhu
---------- *Manaj sodhiththum pesuvaaye"* Verse no : 220 – 226

The above verses are describes about gomukaasanam (cow face pose) method.

In Konganar Nadukaandam 500[27]

"Kavizhnthittta kundaliyaik kaalaatti
---------- *poriyodey kalandhu pomey"*Verse no : 93

The above verses described about the kudalini yogam.

SOURCE

The traditional Siddha books were searched at National Institute of Siddha (NIS) Library, Chennai, Tamilnadu, India.

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CONCLUSION

This extensive literature review states that the Siddha system of medicine has treasured itself in the Yoga science which plays a vital role in maintaining the mental and physical well-being of human.By accessing the compliance of the literature evidence and exploring the extensive knowledge that shreds an evidence of Yoga in the Siddha system of Medicine to the Global community for further research and practice. Yoga is also essential for maintaining healthy life and prevention of diseases by enhancing the interaction of yogam to the human through our Siddha clinical practice and research. Even though there are the significant contribution of various siddhars to yoga science. In this Agathiyar the father of Siddha system of medicine who preach Siddha yogic science in his literature briefly. It is being followed by the sage Patanjali and others. These unexposed truths of the yogic science in the Siddha system of medicine and their sayings about the yogic science will certainly a new light to the universe.

CONFLICT OF INTEREST

None

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