



## **EVIDENCE BASED SIDDHA MEDICINES FOR *NEERIZHIVU NOI* (TYPE 2 DIABETES MELLITUS) – A REVIEW**

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### **Abstract**

Yugi have described NeerizivuNoi in their classical literature. They have described the disease occurrence by constitutional variations in udal, uyirthaathukkal, etiological factors and their pathogenesis, signs and symptoms, classical investigations and management. The etiology of *NeerizhivuNoi* has been defined by Sage Agathiyar as the disease occurrence is due to food style modifications like excessive intake of fatty food, dairy products and Lifestyle modifications like sedentary work , excessive sexual indulgence etc. (*Agathiyar 1200*). Alleviation of the aggravated Vail humor. Strengthening of Deranged Body Constituents, Prevention of risk factors and complications of the disease is the points to be considered. Some commonly used Siddha medicines are taken into account for their empirical evidences and summarizing for obtaining research leads.

**Key words**Neerizhivunoi, Diabetes mellitus, Siddha

## **Introduction:**

Yugi have described *NeerizhivuNoi* in their classical literature. They have described the disease occurrence by constitutional variations in *udal*, *uyirthaathukkal*, etiological factors and their pathogenesis, signs and symptoms, classical investigations and management. The etiology of *NeerizivuNoi* has been defined by Sage *Agathiyar* as the disease occurrence is due to food style modifications like excessive intake of fatty food, dairy products and Lifestyle modifications like sedentary work , excessive sexual indulgence etc. (*Agathiyar 1200*).<sup>1</sup>

Diabetes mellitus is defined as a metabolic cum vascular syndrome of multi etiologies characterized by chronic hyper glycaemia with disturbances of carbohydrate, fat and protein metabolism and resulting from defects in Insulin secretion, Insulin action or both. This disorder is frequently associated with long term damage which can be a failure of organs like eyes, kidneys, nerves and blood vessels. The figures 1,2, 3 shows the disease pathogenesis and complications

World Health Organization [WHO] estimated that there are 32 million people with Diabetes in India in 2000, which is projected to rise to 80 million by the year 2030. Increase in prevalence is rapid in urban areas from 2% in 1970s to 12% in 2000 in rural areas also it is now beginning to increase. In India about 10% elderly people above 65 years and more have Diabetes. At the age of 40, glucose tolerance begins to decrease and 65 to 70 years of age 25% have impaired glucose tolerance. Glucose intolerance and insulin resistance increases with age, sex, life style modifications.<sup>2</sup>

## **Siddha mode of Pathogenesis:**

According to Siddhars, the etiology is mainly due to variation in body constitution and three vital humors namely *Vali*, *Azhal*, *Iyyam* and also alteration in the food and life style. These reasons stimulate the *Abanan*, *Uthanan*, and *Viyanan* which in turn induces *Moolatharam* and manifest the disease. The aggravated *Vali* humor deranges the seven *Udarkattukal* (Seven body constituents) and cause emaciation. The provoked *Abanan* causes polyuria and constipation. The aggravated *Uthanan* is the main cause of polyphagia and polydipsia. The cause of emaciation is due to provoked *Viyanan*.<sup>3</sup>

## **Siddha Mode of Diagnosis:**

The diagnosis can be made through noninvasive procedures of eight types of diagnostic methods which are mentioned in the classical text books are easily recognisable.

The main types which are helpful in the diagnosis are *Naadinadai*(Pulse reading), *Neer*, *Neikuri*(Urine analysis). They mostly relies on *Pitha* aggravated factor.<sup>4</sup>

### Line of Treatment as in Siddha system:

Alleviation of the aggravated Vali humor which conglomerates with the *Pitham* humour. Strengthening of deranged seven types of bodily constituents helps in managing the disorder. Prevention of risk factors and complications of this disorder also a major concern. It can be managed by combined line of treatments as said in classical texts.

### Some of the interested classical medicines:

The single Siddha medicinal herbs are useful in managing the disorder. Various scientific studies reveal the hypoglycemic activity of these herbs. According to the Siddha texts some of the common medicinal plants which encounter this disorder are listed in table.1.

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S.no	Tamil name	Botanical name
1.	வெந்தயம்	Trigonellafoenum-graecum L
2.	வில்வம்	Aeglemarmelos(L.)corr
3.	சீந்தில்	Tinosporacordifolia (Wild.)Hk.foth
4.	கோவை	Cocciniagrandis(L.) voigt
5.	சிறுகுறிஞ்சான்	Gymnemasylvestre <a href="#">R. Br.</a>
6.	கீழாநெல்லி	PhyllanthusamarusSchum.&Thonn.
7.	நாவல்	Syzygiumcumini(L.) skeels
8.	கோரைக்கிழங்கு	Cyperusrotundus L.
9.	கறிவேப்பிலை	Murrayakoeingi (L.)
10.	தேற்றான்விதை	Strychnopotatorum Lf.

Table 1. Shows some Single drug therapeutics

### Compound formulations:

Some compound formulations are also useful which are readily available to usage. They are also having the hypoglycemic activity on various scientific studies. They can be prescribed and directed by the physicians. Some of the formulations are listed in table.2.<sup>6</sup>

S.no	Compound Siddha formulations
1.	<i>AavaraiKudineer</i>
2.	<i>ThetranVithaiKudineer</i>
3.	<i>ThribalaChurnam</i>
4.	<i>SeendhilChurnam</i>
5.	<i>Naval vithaiChurnam</i>
6.	<i>SanthanaThoolChurnam</i>
7.	<i>LavangaIlagam</i>
8.	<i>AbragaParpam</i>
9.	<i>SilasathuParpam</i>
10.	<i>Naga Parpam</i>
11.	<i>VelvangaParpam</i>

Table 2. Shows the some commonly used compund Siddha formulations

### Strengthening the Seven body constituents:

Siddha texts also emphasizes the medicines which can be administered to strengthen the seven types of bodily constituents which affects particularly in this disorder. But they must be taken always under medical supervision. They are listed in table.3<sup>7</sup>

S.No	Body constituents	Siddha medicines
1.	<i>Saaram</i>	<i>GandhagaParpam</i>
2.	<i>Senneer</i>	<i>AyamParpam / Chenduram</i>
3.	<i>Ooon</i>	<i>VelliParpam / Chenduram</i>
4.	<i>Ninam</i>	<i>ThangaParpam / Chenduram</i>
5.	<i>Enbu</i>	<i>KaruvangamParpam / Chenduram</i>
6.	<i>Moolai / Sukkilam</i>	<i>ChembuParpam / Chenduram</i>

Table 3.Shows the Siddha medicines to strenthen the seven bodily constituents.

### Dietetic Advice:

The following food items must be advised to control this disorder. Wheat, Millet, Brinjal, Beans, Drumstick, Lady's finger, Snakeguard, Ridge guard, Turkey berry, Fig, *Murungai poo* (flower of *Moringaoleifera.Lamk*), *Aavaram poo* (flower of *Cassia auriculata*), Arukeerai (*Amaranthusdubius*), *Murungaikeerai* (Green of *Moringaoleifera.Lamk*), Ivy gourd, *Thalikeerai* (Green of *Ipomoea sepiariaRoxb.*), Mutton, *Kaadai*(Quail), *Kavuthari*(Grey partridge) are advisable as per literatures.

**Life styles to be followed:**

The following lifestyles can be adopted to have better control over the disease. They are practicing *Pranayamam* (Breathe exercise), *Thiyanam* (Meditation) regular walking, exercise, practicing *Yogasanam* like *Sarvangasanam*, *Dhanurasanam*, *Ardhamatsyendrasanam*, *Vajrasanam*, *Yoga Mudra*, *PavanMuktasanam*, *Halasanam*, *Matsyasanam* have been found useful in diabetes.<sup>8</sup>

**Conclusion:**

Present day scientific facts are re observed and well correlated with ancient Siddha principles. They are everlasting in building healthy human life. We must stand to practice on our Siddha science not only to strengthen the Siddha science and also to build the healthy nation.

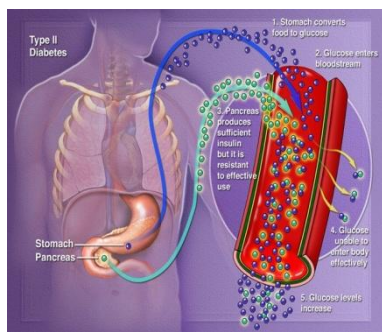


Fig.1

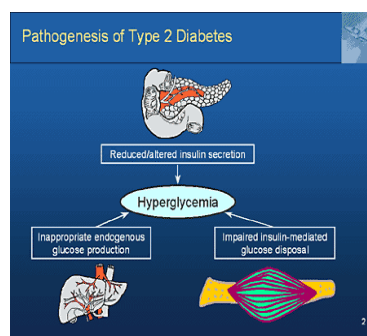


Fig.2

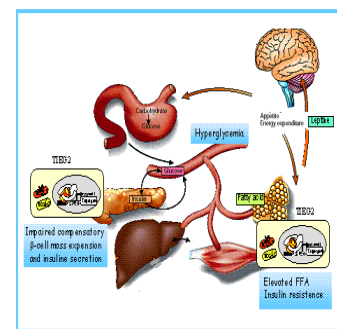


Fig.3

Fig. 1,2,3 Show the pathophysiology of Type 2 Diabetes mellitus

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