

A LITERATURE REVIEW ON REJUVENATING HERBS USED IN SIDDHA MEDICINE

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ABSTRACT

Siddha system is most ancient system of medicine originated from the Southern India which is enriched with flora, fauna and mineral resources. This system of medicine is developed within the Dravidian culture, which is of the pre- vedic period. The prevention and cure of illness are the basic aims of all system of medicine in addition Siddha system is concern for the immortality of the body. Kayakarpam (Elixir Science) is a discipline, which was developed by Siddhars for rejuvenation, longevity and spiritual well being for complete freedom from illness. “Kaya” means body and “Karpam” means stone. It totally means sturdy as a rock and ageless. There are about 108 herbs used in kayakarpam treatment. The drugs are also manufactured from inorganic compounds also. The term kayakarpam has three meanings withstanding the ageing process, maintaining youthfulness and postponement of death until the time one wishes. This requires strict daily regimen in terms of diet and medical supplement. This paper contains details of some rejuvenating herbs and the way of usage to cure certain diseases. The main objective of this paper is to provide information to gain the benefits of rejuvenating herbs at the most.

KEYWORDS

Rejuvenation, Kayakarpam ,Immortality,Siddha System.

INTRODUCTION

Siddha Tamil books are rich source of Medicinal and special preparations for treatment of various diseases. Not only that, it emphasizes on Karpa medicines and importance of it in human life. These medicines were formulated several thousand years back by our Siddhars, for the well being of the mankind. Kayakarpam is a special branch of Siddha medicine. “**Kaya**” means Body and “**Karpa**” means strong as stone. Hence it together means keeping the body as strong as stone.

Kayakarpam is the process of rejuvenation. It helps to prolong life of human beings and prevent ageing, greying of hair, wrinkling and even death. According to Siddhars, the process is also helpful in purifying the soul by preserving the body so as to attain the salvation or ultimate truth. This is well explained in the precious writings of “*Thirumanthiram*”.

*“Karpathai undaal kayam aliyathu
Karpathii nalae kaanalam kailaiyai
Karpathii nalae kaanalam jothiyai
Karpathii nalae kaalaiyuum kattitae”*

The poem reveals that karpam protects the body and it makes the body as strong as stone. As the statue made of stone does not undergo any changes for prolonged year, the body which turns into sturdy stone prevents the occurrence of diseases, aging, wrinkling of skin, and greying of hair.

The information about the Rejuvenating herbs are mentioned in texts like *Thirumoolar thirumanthiram* 3000, *Thirumoolar karukitai* 600, *Theriyar yamaga vemba*, *Bohar karpa vithi* 300, *Bohar 7000*, *Karuvuraar vatha kaviyam*, *Thiruvalluvar karpam* 300, *Pulathiar karpam* 300, *Konganar karpa murai* 100 etc.

There are some mineral karpa medicines also they are mentioned in texts like *Agasthiyar chendooram* 300, *Bohar 7000*, *Bohar 700* etc.

SIDDHARS CLASSIFIED THE HERBS INTO DIFFERENT GROUPS BASED ON THEIR COLOURS

- 1) *Karu mooligaikal*(the plants with black coloured flowers, stem, leaf branches)
 - *Karung kodivaeli- Plumbago auriculata*
 - *Karun thulasi- Ocimum basilicum*
 - *Karu vembu- Azadirachta indica*
 - *Karu nelli- Phyllanthus emblica*
 - *Karu oomathaii- Datura discolor*

- 2) *Sem mooligaikal*(the plant with red coloured flowers, stem, leaf branches)
 - *Seng kattalai- Aloe barbadensis*
 - *Sen chithramoolam- Plumbago indica*
 - *Sen naiooruvi- Achyranthes aspera*

- 3) *Ven mooligaikal*(the plant with white coloured flowers)
 - *Ven thoothuvalai- Solanum trilobatum*
 - *Ven thuthii- Abutilon indicum*
 - *Ven neermulli- Hygrophila auriculata*
 - *Ven vishnukaranthai- Evolvulus nummularis*

- 4) *Pon mooligaikal*(the plant with yellow coloured flowers)
 - *Porthalai kaiyanthakarai- Wedelia chinensis*
 - *Pon oomathaii- Datura metal*
 - *Por seenthil- Tinospora malabarica*




RESTRICTIONS & REGIMEN BEFORE TAKING KAYAKARPAM MEDICINES




- 1) It is always started in an auspicious day.
- 2) The person is counseled by giving a good concept about the therapy and its benefits. This is done to make his mind peaceful and setup for the treatment.



- 3) The person is made aware about the importance of soul and eternal truth of union of *jeevatma* and *paramatma* through a perfect body. Hence, this improve the immune power of the person by realizing this fact of protecting his body in order to protect his divine soul.
- 4) The food is maintained properly and sour, salt, fish, meat, pungent food are strictly avoided.
- 5) The medicines are given for a particular course without any break.
- 6) The Karpa drugs should be given by physicians who are experienced and renowned.
- 7) Sexual life should be avoided while taking Karpa medicines.




GENERAL BENEFITS INCLUDE




- 1) Delaying of natural phenomenon of aging.
- 2) Health and mind is strengthened.
- 3) Life style diseases like Diabetes mellitus, Hypertension, Ischemic Heart disease can be prevented.
- 4) Soul can be purified and salvation is attained.
- 5) No side effects are present as these are safe drugs.
- 6) Occurrence of diseases can be prevented.

NAME OF THE PLANT	BOTANICAL NAME	CHEMICAL CONSTITUENTS	ACTION	WAY OF USAGE
 <p>POTATO -URULAI KIZHANGU</p>	<p><i><u>Solanum</u></i> <i><u>tuberosum</u></i></p>	<p>Glucose Maltose Malto-oligosaccharides</p> <p>Total phosphorous content of starch</p>	<p>Anti-microbial Anti-spasmodic</p>	<p>After boiling, the skin is peeled, and mixed with ghee, onion, pepper and salt.</p> <p>-gives strength to the body. -increase sperm count</p>
 <p>AMUKKURA- WINTER CHERRY</p>	<p><i><u>Withania</u></i> <i><u>somnifera</u></i></p>	<p>Somniferine Withanine Perinonyine WithaferinA Cuscohygrine</p>	<p>Anti-depressant Anti-inflammatory Nervous tonic Aphrodisiac Analgesic</p>	<p>Amukkura chooranam with ghees</p>
 <p>NEEM- VEMBU</p>	<p><i><u>Azadirachta</u></i> <i><u>indica</u></i></p>	<p>Azadirachtin Azadirone Nimbin Salanin Isoprenoids Coumarine</p>	<p>Anthelmintic Anti-pyretic Anti-inflammatory Anti-diabetic</p>	<p>Young leaves and mature leaves are powdered and taken by mixing with salt & omam(bishop's weed)powder</p>



 <p>VELLAI KARISALAI- TRAILLING ECLIPTA</p>	<p><u>Eclipta</u> <u>prostratum</u></p>	<p>Wedelic acid Apigenin Wedelolactone Dimethyl Wedelolactone Lutedinstigmasterol L-terthienyl triterpene glycosides</p>	<p>Anthelmintic Alexipharmic Alterative</p>	<p>Karisalai chooranum + tendercoconutwater for 1 month. (or) Karisalai chooranum + honey for 1 month. -purifies the blood -preventaging, growing of greyhair</p>
 <p>KIZHKAI -NELLI-INDIAN PHYLLANTHUS</p>	<p><u>Phyllanthus</u> <u>amarus</u></p>	<p>Phyllanthine Epibubbialine Amarinic acid Glucopyranose Elaeocarpusin Vepandusinic acid A&B</p>	<p>Diuretic Anti-septic Deobstruent Hepato tonic Febrifuge Stomachic</p>	<p>Whole plant is powdered and taken with curd. -venereal diseases -gonorrhoea</p>
 <p>SEERAGAM -CUMIN SEEDS</p>	<p><u>Cuminum</u> <u>cuminum</u></p>	<p>CuminosideA&B Linalool Glycopyranoside Alkylglycosides 1,8-cineole</p>	<p>Anti- spasmodic Diuretic Emmenagogue Anti-diarrhoeal Anti- hypertensive</p>	<p>Powdered seeds with brown sugar is taken. -relieves cough -gives strength to the body.</p>



 <p>KUPPAI MENI-INDIAN ACALYPHA</p>	<p><u><i>Acalypha</i></u> <u><i>indica</i></u></p>	<p>Glucoside acalyphin Acalyphamide Cyanogenic Mauritianin Clitorin Nicotiflorin</p>	<p>Anthelmintic Expectorant Antitode Emetic</p>	<p>Leaves cooked with castor oil is taken for 48 days. -cure vatha and kapha diseases.</p>
 <p>SAERANKOTTAI MARKING NUT TREE</p>	<p><u><i>Semecarpus</i></u> <u><i>anacardium</i></u></p>	<p>Bhilawanol Biflavanone Semecarpetin Semecarpol Anacardic acid galluflavanone</p>	<p>Anti-pyretic Aphrodisiac Analgesic digestant</p>	<p>Saerankottai -elagam -neii -chooranam</p>



 <p>GINGER-INJII</p>	<p><i>Zingiber officinalae</i></p>	<p>Gingerols shogaols Sesquiterpenes β-bisabolene zingiberene zingiberol geranial neral</p>	<p>Heatingappetizer Anti-asthamatic Anti-oxidant Anti-inflammatory Anti-diabetic Anti-obesity Aphrodisiac</p>	<p>Rhizome soaked in honey (inji thaenooral) is taken daily at the morning. - Delay aging, - prevents from growing grey hair - gives longivety</p>
 <p>PADDY -NEL</p>	<p><i>Oryza sativa</i></p>	<p>Isoleucine Leucine Lysine Tryptophan Valine Sulphur aminoacids Methionine Carbohydrates glucose</p>	<p>Antitode Diuretic</p>	<p>Powdered rice mixed with ghee is used as kayakarpa treatment.</p>
 <p>VELIPARUTHI- DOG'S BANE WHITELOW PLANT</p>	<p><i>Pergularia daemia</i></p>	<p>Lupeol acetate Uzarigenin Triterpenes α-amyrin β-sistosterol</p>	<p>Anti-pyretic Anti-diabetic Anti-inflammatory Analgesic Anthelmintic</p>	<p>Decocotion of the leaves is used to cure some serious disorders.</p>



 <p>KORAI KIZHANGU – NUT GRASS</p>	<p><u>Cyperus rotundus</u></p>	<p>Glycerol Oleic acid Linolic acid Linolenic acid</p>	<p>Diaphoretic Lactagogue Hypo – cholesterolaemic Astringent Anti-inflammatory</p>	<p>The rhizome is made into a fine powder and taken with a sugar. -cure kapha diseases.</p>
 <p>TULSI – HOLY BASIL PLANT</p>	<p><u>Ocimum santacum</u></p>	<p>Eugenol Carvacrol Apigenin Luteolin Caryophyllene Ursolic acid Sesquiterpine Hydrocarbon</p>	<p>Anti-carcinogenic Anthelmintic Anti-septic Anti-rheumatic Anti-stress Anti-bacterial</p>	<p>Medicated oil is prepared by boiling the extract of leave & root with oil. Oil bath is taken to cure vatha & kapha diseases</p>
 <p>GOOSEBERRY- NELLIKAI</p>	<p><u>Emblica officinalis</u></p>	<p>Emblicanin A, B Ellagic acid Pedunculagin Amino acids Glutamine acids proline</p>	<p>Anti-microbial Anti-pyretic Antioxidant Analgesic Anti-tumour Anti-diarrhoeal Anti-ulcerogenic Anti-diabetic hepatoprotective</p>	<p>Extract of fruit mixed with honey is taken. -improves immunity -provide strength to the body.</p>

 <p>KADUKKAI- INK NUT</p>	<p><u>Terminalis</u> <u>chebula</u></p>	<p>Ellagic acid Gallic acid Punicalagin Coumarin Chebulagic acid Chebulinic acid Arjunolic acid Terminolic acid</p>	<p>Astringent Anti-inflammatory Analgesic Anti-hyperglycemic Anti-diabetic Retinoprotective activity Anti-anaphylactic Anti-cancers</p>	<p>The fine powder of seed is mixed with water and taken in the evening.</p> <p>-cure jaundice</p>
 <p>NANNARI- INDIAN SARASAPARILLA</p>	<p><u>Hemidesmus</u> <u>indicus</u></p>	<p>Heminine Hemidine Denicumine Hemidesterol Saponins Pregnene glycosides</p>	<p>Purgative Diaphoretic Anti-pyretic Anti-diarrhoeal</p>	<p>The parts of the plant is cooked with ghee and made it as thuvaiyal or vadagam</p> <p>- by adding tamarind, pepper & salt is taken for 48 days.</p> <p>-to remove the bad smell produced due to pitha diseases.</p> <p><u>Pathiyam</u>- avoid Mustard seeds</p>
 <p>THUDHUVALAI- CLIMBING BRINJAL</p>	<p><u>Solanum</u> <u>trilobatum</u></p>	<p>Solanine Solasonine Solamarine β- solamarine β-sistosterol</p>	<p>Anti-inflammatory Antioxidant Anti-tumour</p>	<p>Fruits are made into vadagam, pickle.</p> <p>Leaves cooked with ghee is taken for 48 days -cure kapha diseases</p>

 <p>VALLARAI- INDIAN PENNYWORT</p>	<p><u>Centella asiatica</u></p>	<p>Caffeic acid Quercetin Kaempferol Catechin Rutin Naringin Asiaticoside Asiatic acid Brahmic acid Madecassic acid Madecassoside asiaticosidem ascorpic acid</p>	<p>Diuretic Anti-hypertensive</p>	<p>Extract from the leaves with cow's milk is taken to cure nerve related Problems. -purifies blood -improve memory power & general mental ability of mentally retarded Children.</p>
 <p>PEPPER- MILAGU</p>	<p><u>Piper nigrum</u></p>	<p>Pyrrolidine alkamide Isopiperolein B Retrofractamide A Pellitorin Trachyone Pergumidiene Piperide Eugenol Safrole Limonene</p>	<p>Stimulant Analgesic Anti-pyretic Anthelmintic Anti-periodic Carminative Expectorant Antitode</p>	<p>Finely ground pepper mixed with honey taken twice a day is beneficial in amnesia or dullness of intellect. Cure cough, ulcer vatha diseases.</p>

 <p>ELUMICHAI - LEMON</p>	<p><u>Citrus lemon</u></p>	<p>Citral Citric acid Limonene Geraniol Coumarins Linalool VitaminC Potassium</p>	<p>Anti-fungal Anti-bacterial Antioxidant Anti-microbial</p>	<p>Fruit is made into pickle or extract juice and is taken for 6 months . -simplifies vatha, pitha & kapha. -cure mental disorders, Prevent grey hair growing.</p>
 <p>VEN NOTTCHI- FIVE LEAVED CHASTE TREE</p>	<p><u>Vitex negundo</u></p>	<p>Caticin Orientin Isoorientin Luteolin Glycosidiciridoids Corymbosin</p>	<p>Anti-bacterial Anti-pyretic Anti-histaminic Lactogogue Emmenogogue</p>	<p>Young leaves is cooked with dried ginger powder, sugar and ghee is taken for 48 days to cure the difficulties of chronic dysentery</p>

 <p>VEL-ERUKKU-MUDAR PLANT</p>	<p><u>Calotropis gigantea</u></p>	<p>Gigantin Giganteol Taraxasteryl acetate Iso giganteol Calotropins D1 & D2 Calotoxin Uscharidin α-amyrin β-amyrin</p>	<p>Anti-fungal Anti-cancer Anti-convulsant Anti-bacterial Analgesic Anthelmintic</p>	<p>Powder of Matured bark, root, whole plant dissolved in water with dried ginger (nel alavu)-20mg-vatha diseases. Thippili chooranum-pithadiseases pepper powder -kapha diseases</p>
 <p>PONNANGANNI -SESSILE PLANT</p>	<p><u>Alternanthera sessilis</u></p>	<p>Iron Protein Vitamin-A Sterols Saponins Lupeol</p>	<p>Anti-oxidant Anti-microbial Anti-pyretic Anti-ulcer Anti-diarrhoeal</p>	<p>Young leaves cooked without salt is mixed with butter and taken for 40 days to cure all type of eye diseases. Leaves cooked with ghee, pepper & salt is taken - transform body to golden luster. <u>Pathiyam-avoid tamarind.</u></p>

 <p>MANATHTHAKKALI – BLACK NIGHT SHADE</p>	<p><u>Solanum</u> <u>Nigrum</u></p>	<p>Steroidal glycosides Steroidal alkaloids Steroidal oligoglycosides Solamargine Solasidine Solasonine Solanidine</p>	<p>Diuretics Antipyretics Nervous tonic</p>	<p>Leaf } taken as Root } pickle/ Fruit vadagam/ Decoction</p>
 <p>VILA - WOOD APPLE</p>	<p><u>Limonia</u> <u>Acidissima</u></p>	<p>Umbelliferone Dictamnine Xanthotoxol Scoparone Isopimpinellin Isoimperatonin Marmin Psoralen</p>	<p>Diuretic Anti-spermatogenic Anti-fungal Anti-bacterial Anti-diabetic Anti- diarrhoeal</p>	<p>Leaf } taken by Fruit } decoction/ Bark } cooked Root }</p>

CONCLUSION

Kayakarpam treatment, always used for rejevunation and increased longevity has however transformed over the years: from a highly secretive, selective, and intensive treatment first developed by siddhars who used it to immortalize their physical bodies.

The datas collected from the rievew of the literatures and the articles published provides the useful information about the rejevunating herbs. Some of the above listed rejevunating herbs provide the right path to lead a young and healthy life. Many researches and

pharmacological studies related with the rejevnating herbs support in the kayakarpa treatment.

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