

## **SUPREMACY OF SIDDHARS' *KANMA YOGAM* - A REQUISITE FOR SUCCESSFUL MEDICAL PRACTICE.**

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### **ABSTRACT**

“Do your duty and leave the rest to God” is the essence of the Bhagavat Gita. Selfless service for a right cause and completely focusing towards it without any expectation should be the ultimate aim. The outcome of any work will be positive only when the work is done selflessly without any expectation. Disinterested work will not pave way to the achievement the goal. One should deeply get involved in any action which he/she is doing. We should overcome the obstacles in order to reach the destination. The destination is nothing but the eternity. Siddhars have mentioned about *Gnyaana* and *Kanma Yogam* in their Literatures and also they have followed it to attain the eternity. In the literatures, it is mentioned as *Gnyaana* maarkkam and *kanma* maarkkam. Each and every man should follow *Kanma Yogam* and should not deviate from that so as to maintain peace and health. In this paper, we have mentioned about the *Kanma Yogam*, their outcomes and benefits, *Kanma* diseases based on Siddha texts, and their corrective measures (*Kanma nivarthi*) and the current scenario.

### **KEY WORDS**

*Gnyaana Yogam, Kanma Yogam, Siddha, Kanma nivarthi*

## **INTRODUCTION**

We have to be entangled and enmeshed in our life to get an enlightened life. Nowadays, Life of many people is confined to a small circle. They do not think about the nourishment of their mind and soul, but they only think about the nourishment of their body. People are running towards a fast phased life. They don't even think about perfection and purity in their action. Only thing they want to achieve is a sophisticated life. Their expectation towards the achievement of their sophisticated life decreases their concentration on their duty. This also paves way to a lot of Stress related disorders, which the siddhars mentioned as *Kanma Noigal*. Doing pure actions without expecting anything would be a way for a better life. Here we have mentioned about the Benefits of *Kanma Yogam* and *Gnyana Yogam* and their application in the field of medicine.

## **GNYANA YOGAM**

The word '*Gnyana*' literally means knowledge. *Gnyana Yogam* is the attainment of knowledge regarding one-self and the surroundings which is the ultimate aim of birth and living. The outcome of the *Gnyana Yogam* is Knowledge on the actions to be executed.

## **KANMA YOGAM**

The word '*Kanma*' means Actions. *Kanma Yogam* is living a selfless life by doing actions without any expectation of the outcome. The outcome of the *Kanma Yogam* is the stepping towards the selfless world by the selfless actions.

## **CHAIN OF YOGAM**

Every Man who comes out of his Mother's womb can come across these questions at any point of his life : "Who am I?" "Why am I here?" "What are all the things around me?" "What should I do?" "Where should I go?" According to Swami Vivekananda, the moment we come across these questions is the beginning of *Gnyana Yogam*. The search towards the answer for these questions is the course of *Gnyana Yogam*. After attaining the answers of the questions in the *Gnyana Yogam*, the execution of the knowledge attained in this is the *Kanma Yogam*. With the *Kanma Yogam*, one can step towards the eternity of Life.

## **OUTCOMES OF GNYANA YOGAM**

Even though the knowledge outcome of the *Gnyana Yogam* has to be attained through one's own search experience; the outcomes of many of the *Gnyana Yogis* remain the same. It is the knowledge that all creatures are the small parts of the almighty God. Each and every living thing in the world have the almighty's presence inside. This knowledge yields the respect to the fellow living things. This increases the love among the community and the peace all over the world. Anger, Jealousy, Envy, Greed, Sadism, and Tyranny will come to an end. Love and fellowship will be the greatest philosophies.

## **OUTCOMES OF KANMA YOGAM**

The application of the *Gnyana Yogam* is the *Kanma Yogam*. Respecting all the fellow living things and entering into the life of selflessness by helping others without any expectation from them will be the beginning of *Kanma Yogam*. In such a lifestyle, selflessness will be achieved which is a civilized lifestyle.

## **APPLICATION OF KANMA YOGAM IN THE MEDICAL FIELD**

Practice of *Kanma Yogam* is essential for successful medical practice. Let us take the example of Siddhars' medical practice. Siddhars didn't charge any as a compulsory fee for their treatment. They considered medical profession only as a service. They treated patients with the help of herbs available in the nature. In fact they used the money offered by the cured patients to develop their medical services. Most of the Siddhars had other professions for their daily requirements. They never used medical profession as the tool of earning. This is the first thing to be followed to be a successful doctor. Another important thing is the treatment regimen for *Kanma Noigal* (diseases that occur due to *Kanma*). Men gain some diseases due to their unfair actions towards the society. In these diseases, mental health will also be affected for the patient. In such cases, Siddhars prescribed the activities that make the patient realize their bad activities and change their mind set to stop those activities. By this the mental health of the patient is restored and then Siddhars used to begin treating the disease with their regular medications. This is also essential for a physician to have a successful medical practice.

## KANMA NOIGAL AND THEIR REMEDIES IN SIDDHA LITERATURES

Siddhars' have mentioned about many *kanma* diseases in the Age-Old Literatures. This include *Kuttam*, *Kunmam*, *Puttru*, *Peenisam* etc. Also they have mentioned about the remedies for the management of the diseases; which can be scientifically correlated.

S. No.	<i>Kanma</i> Noigal ( <i>Kanma</i> diseases)	Exemptions by Siddhars	Scientific relevance
1	<i>Envagai kunmam</i> (The eight types of Ulcer)	<ul style="list-style-type: none"> <li>• <i>Theerthaadanam</i> (Holy bath)</li> <li>• <i>Annadhaanam</i>(Offering foods)</li> <li>• <i>Kodhaanam</i> (Offering cows)</li> <li>• <i>Nei Vilakketrudhal</i> (Lamp lightening with ghee)</li> </ul>	<p><i>Theerthaadanam</i> will balance the <i>sadarakkini</i> by which digestion gets normal.</p> <p><i>Annadhaanam</i> and <i>kodhaanam</i> will give a relaxation to mind; since stress is a major cause for Ulcer.</p> <p><i>Nei</i> (Ghee), which has the nature of <i>Thee bhootham</i> (fire element) is essential for the cure of <i>kunmam</i> (which arises as result of excessive <i>vaadham</i>)</p>
2.	<i>Kushtam</i> (Leprosy)	<ul style="list-style-type: none"> <li>• <i>Sevvanthi mulari naduthal</i> (Planting chrysanthemum)</li> <li>• <i>Solaikal undaakkal</i> (Creating Gardens)</li> <li>• <i>Annadhaanam</i> (Offering food)</li> <li>• <i>Nei Vilakketrudhal</i> (Lamp lightening with ghee)</li> </ul>	<p>Orange colour (The color of chrysanthemum), which has the benefit of warming the body is used in chromotherapy. This action (<i>Veppa veeriyam</i>) acts against <i>Kushtam</i> (<i>Kabha vaadham</i>)</p>
3.	<i>Peenisam</i> (Sinusitis)	<ul style="list-style-type: none"> <li>• <i>Thooba dheepam</i> (Incensation)</li> <li>• <i>Ennai kaappu</i> (Oil bath)</li> </ul>	<p><i>Thoobha dheebham</i> (Incensation) gives the benefit of <i>Pukai piditthal</i></p>

			(Fumigation) <i>Ennai kaappu</i> gives the benefits of <i>nasiyam</i> (Nasal drops) and <i>ennai muzhukku</i> (Oil bath)
4.	<i>PaanduNoi</i> (Anaemia)	<ul style="list-style-type: none"> <li>• <i>Theerthavaasam</i> (Bathing in public water sources like rivers, lakes, pond)</li> <li>• <i>Annadhaanam</i> (Offering food)</li> <li>• <i>Nei Vilakketrudhal</i> (Lamp lightening with ghee)</li> </ul>	In <i>Paandu Noi</i> , <i>Pittham</i> is affected which interferes with the normal <i>Sadarakkini</i> functions. <i>Theerthavaasam</i> helps in balancing the <i>Sadaraakini</i> and thereby <i>Paandu Noi</i> could be managed.

#### CURRENT SCENARIO AND *KANMA YOGAM*

Nowadays many practices in the medical profession are antagonistic to the *Kanma Yogam*. Some of them are discussed here.

- **Token system**

Pre-payment for getting the appointment of the doctor is nowadays present in many of the hospitals starting from basic healthcare units. This indicates that the patients who are well to do can only be eligible to meet the doctor. If we have deep view over this issue, it is almost equal to the illegal act of negligence of patients.

- **Check - up system**

This is another major problem present in the medical field. The fee a person pays for his laboratory investigations is increasing day by day with increase in the technological equipments in the medical laboratories. As it becomes a good way of earning, many business men have started investing in buying CT, MRI, etc., to have a rapid income. Diagnosis of the patient is the duty of a doctor, then how can it be fair to charge from a patient for the lab investigations. It increases the expenditure burden of the patient in a large scale.

- **Pharmaceutical Industry**

This is a fast growing industry all over the world. The market of this industry depends on the increase in the prevalence of a disease. The cost of most of the medicines is not affordable for a poor person in the society. Due to the increase in the competition among the pharmaceutical companies, more economy of the industry needs to be spent towards the advertisement and the offers to the physicians and the retailers. This further increases the medical cost for a patient.

- **Terminal care**

Most of us believe that the time of our death is decided by God. For most of the terminally ill patients, respiratory support can be given by means of artificial supply of breathing air through a ventilator. The daily cost of keeping a patient under ventilator system is very high. For some patients, the relatives cannot afford to pay for the ventilator charges. In such a case, the patient dies as he is not taken under the ventilator or cannot continue under the ventilator due to economical insufficiency. This leads to a major threat that our lifetime is decided by our economical status, which is completely unethical in views of *Kanma Yogam*.

## CONCLUSION

The holistic medical profession is to serve the mankind. It is to take away all the diseases and illnesses of the people. Nowadays the medical services are being ruled by the business minds. The unethical business minds need to be cleared away to save the holiness of the Medical profession. Service to mankind is service to God.

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