



***Kalikam* – The “Non-Invasive Siddha Speciality”**

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Abstract

With the advancement of Science & Technology, more and more non-invasive methods of treatment are made available to the general public. Instead of causing morbidity and sometimes mortality due to conventional treatment methods such as surgery etc, non-invasive treatment options are real blessings upon mankind. The traditional system of medicine are also having such specialities – especially Siddha medicine has authoritative non-invasive methods which are less known to the public and even to practicing Physicians. According to our traditional Siddha Medicine the total number of diseases is divided into 4448. Various forms of Medicine are prescribed for treating those diseases. Out of 32 internal and 32 external dosage forms, ***Kalikam*** is one of the external forms of Medicine that is applied in the eyes for curing diseases. This paper documents the efficacy of *Kalikam*, Methods of application, shelf life, effect of *Kalikam* in treating *Sanni* (Mukkutra noi – an amalgam of all the three humors, namely *Vatha*, *Pitha* & *Kapha*) and other diseases. The list of single herbs & compound drugs that can be used as *Kalikam* and their methods of application are also discussed in detail.

Key words:

Puramarunthu, *Kalikam*, Medicated eye drops

Introduction

Kalikam is one of the 32 forms of *Pura Marunthu* (external applications). *Pura Marunthu* plays a major role in Siddha system of Medicine. Kalikam is the one of the way for the systemic absorption through ocular route. Apart from treating eye diseases, Kalikam is also having proven records in treating conditions such as Sanni, Kaamalai etc. Kalikam – cures the abnormalities of the disease causing three dosas Vatha, Pitha, Kabam and their imbalance.

Method of Application

The juice extract / infusion of single drugs are taken in a pure cloth and soaked in medicated fluids and then used as eye drops, more significantly in Intensive care treatments. These eye drops can be applied by dipping with cotton (or) by using special pipettes. The eye drops should be applied on the inner angles of the eyes near the nose. 1 to 5 drops can be used during one application.

The specialty of *Kalikam* as per *Agathiar pazhu Irunooru*

Using medicated eye drops sometimes remains as a life saving technique especially in some emergencies.

KAZHIKAM FOR DIFFERENT VARIETIES OF DISEASES

1. *Table 1. Sanniku Kazhikam – Agathiar Pallu Irunooru (Page. No – 39)*

Botanical Name	Common Name	Parts Used
<i>Albizia lebbek</i>	Siriya Tree	Vakai seed Powder
<i>Zingiber officinale</i>	Dried Ginger	Sukku Powder
<i>Brassica juncea</i>	Indian Mustard	Kadugu
Sodium Chloride impura	Rock Salt	Induppu
<i>Moringa oleifera</i>	Drum Stick tree	Bark Juice of Murungai
<i>Citrus limon</i>	Lemon	Ellumichai

Indication: Sanni moorkam.

Usage : The tablet is mixed with Mother's Milk and used as eye drops

Dosage : Grain Size (mhprp msT)

2. Table 2. Kalikam for Sanni

Botanical Name	Common Name	Ingredients
Piper Longum	Long Pepper	Pepper Powder
Ferula asafoetida	Asafoetida	Fried Asofoetida Powder
		Butter

Dosage : Grain Size

Adjuvant : Lemon Juice

Indication : Sanni

3. **Kalikam for the speedy recovery from Jaundice - Eliya vaithiya muraikal-800**

The inner nut of castor is taken and used together with cow's butter.

4. Table. 3. Pala Sannikkum Vishathirukum Kalikam (Kalikam for many types of Sanni & Toxins)

Botanical Name	Common Name	Parts used
Croton tiglium	Purging Croton	Nervalam Seeds
Ricinus communis	Castor oil Seeds	Amanaku seeds
Zingiber officinale	Dried Ginger	Sukku

Then above drugs are grinded together with honey and taken in a small vessel. Mixed with lemon juice and applied on the eye.

Indication : *Pala Sannikkum, Vishathirukum*

Advice: Buffalos curd (or) Cow's Ghee (or) Mothers Milk (or) Extract from Palm's Bark are used to wash the eyes.

5. *Sanniku Kalikam*

Gingerly oil is taken in the vessel and 17.5g of Savukkaram is mixed along with it, juices of 3 lemons are also added. The above product is stored in a small vessel and applied on the eye.

Indication: Sanni, Head ache, Dryness of tongue.

6. Table.4. *Kalika Mathirai (Pills) - Anuboga vaithya muraigal*

Botancial Name	Common Name	
Mimusops Ilangi	Pointed leaved ape flower.	Magilam Vidhai

Inthuppu _ Sodium Chloride impure

Seenakkaram - Alumen

Preparation

The above three drugs is grinded in the grinding Machine for ½ hour. Vetrilai Juice is added drop by drop and grinded for 3 hours. Long capsules are made from that place it in the sun until it gets dry.

Adjuvant : *Vetrilai charu* (Juice of betel leaves)

Indication : Head ache, Sinusitis, Fainting.

Table 5. Single Drugs Used for Kalikam

S.No	Name	Botanical Name & Family	Parts Used	Phyto chemistry	Use in Siddha	Reference
1	Amanakku (<i>Castor oilplant</i>)	Ricinus Communis (<i>Euphorbiaceae</i>)	Seeds	Ricinine, β - Sitosterol	Eye Disease, Disease of Vatam, Constipation,	Data Base on medical plants used in Ayurveda and siddha. Vol - IV
2	Ell (<i>Sesame</i>)	Sesamum indicum (<i>Pedaliaceae</i>)	Flower	Pedalin, Sesamolin, Sesamol	Ulcer, Abcess, eye disease, Piles.	Medicinal plants of the world Vol – III
3.	Katralai (<i>Indian Aloe</i>)	Aloe Barbadensis (<i>Lilliaceae</i>)	Fleshy Part	Aloe Emodin, Aloesin, Aloesone	Eye Disease, Leprosy, Piles, metal Disorders	Kan Maruthuvam – V. Mathavan.
4.	Karisalai (<i>Trailing eclipta</i>)	Eclipta Prostrata (<i>Asteraceae</i>)	The whole plant	Terthienyl aldehyde, ecliptal, Flavanoid.	Jaundice, Skin Disease, inflammation, anemia, eye disease,	Indian Herbal Pharmacopoeia
5.	Nelli (<i>Indian gooseberry</i>)	Phyllanthus emblica (<i>Euphorbiaceae</i>)	Fruit	Phyllembic acid, Covilagin.	Disease of pittam, Coryza, Eye disease.	Medicinal Plants of India Vol – II S.N.Yoganarasimman
6.	Nanthiavattum (<i>East Indian Rose bay</i>).	Ervatamia Divaricta (<i>Apocynaceae</i>)	Flower	Indole alkaloid ervaticine, ervatinine.	Eye Disease, wound healing, Anti microbial, Asthuma	Sarapenthira Vaithiyamuraigal.

7.	Arugan (<i>Barmudagrass</i>)	Cynodon dactylon (<i>Poaceae</i>)	The Whole Plant	β - Sitosterol, β - carotene.	Disease of eye, hypertension, poisoning	Medinal plants of India. (An encyclopaedia).
8.	Agathi (<i>Sesban</i>)	Sesbania grandiflora (<i>Papillonaceae</i>)	Leaf, flower	cyanidin -3 - glucoside, Leucyanidaniain.	Food Poisoning, Intermittent fever, Headache	Elliya Vathiya Muraigal – 800
9.	Kuppaimeni (<i>Indian acalypha</i>)	Acalypha Indica (<i>Acanthaceae</i>)	Leaves	Acalyphine, Triacetoneamine.	Ophthalmia, Worm intestation	Medicinal Plants of India Vol-I
10.	Adathoda (<i>Malabar nut</i>)	Justicia Beddomei (<i>Acanthaceae</i>)	Flower	Adhatodine, Vasicolinone, β - Sitosterol	Conjunctivosis, ophthalmia, Cough, Dyspnoea.	Hand book of Medicinal herbs.

Table 6. Compound Drugs Used for Kalikam

S.No	Name of the Medicine	Main Ingredients	Indication	Reference
1	<i>Kalika Urundai</i>	- Sukku (<i>Zingiber officinale</i>) - Thipili (<i>Piper longum</i>) - Poondu (<i>Allium sativum</i>)	Sanni, Soolai, Headache.	Agathiar Irrantayiram Vol - III
2	<i>Milagu Kalikam</i>	- Milagu (<i>Piper nigrum</i>) - Vetrilai (<i>Piper betle</i>)	For Varma Mayakam	Formulary of Varma Medicines.
3.	<i>Olivathi Tablet</i>	- Milagu (<i>Piper nigrum</i>) - Elumichai (<i>Citrusl limon</i>)	Eye Disease	Kanmaruthuvam

4.	<i>Padikara Neer</i>	- Padikaram (<i>Alum</i>) - Neer (<i>Water</i>)	Madras eye	Siddha Vaithiya Thirattu
5.	<i>Kankasa Tablet</i>	- Sukku (<i>Zingiber officinale</i>) - Milagu (<i>Piper nigrum</i>) - Thipili (<i>Piper longum</i>)	Cattract, inflammation of cornea	Siddha Vaithiya Thirattu
6.	<i>Rama Pana Kuligai.</i>	- Kirambu (<i>Syzygium aromaticum</i>) - Elumichai (<i>Citrus limon</i>)	Cattract	Kanmaruthuvam.
7.	<i>Kanpoovukku Marunthu</i>	- Kadukkai (<i>Terminalia chebhula</i>) - Induppu (<i>Sodium chloride impura</i>)	Presbyopia	Uyire Kakkum Siddha maruthuvam.

Conclusion

The traditional systems of medicine are having many specialities – especially Siddha medicine has authoritative non-invasive methods which are less known to the public and even to practicing Physicians. Kalikam is one such speciality where medicated drops are applied in the eyes through special techniques for the management of eye diseases and other clinical conditions such as Sanni, Kaamalai etc. Through this review we are able to observe the supremacy of the Siddha Medicines in treating emergencies in its own way - the non-invasive Kalikam method.

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