

## EYE DISEASE HERBS IN SIDDHA – A REVIEW

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### ABSTRACT

Nowadays, most of the people are facing eye diseases like vision problem, burning sensation of eye, cataract, redness of eye, Night blindness and etc. The most of the eye diseases cured in modern medicine are by wearing lens and surgery. In Siddha, Siddhars prescribed some herbs to cure the eye diseases without surgery. General usage of the term “herb” differs between culinary herbs and medicinal herbs. Any parts of the plant might be considered as “herbs” including leaves, roots, flowers, seeds, root bark, inner bark (cambium), resin and pericarp. *Tabernaemontana divaricata*, *Alternanthera sessilis*, *Eclipta prostrata*, *Strychnus potatorum*, *Phyllanthus emblica*, *Azadirachta indica* were used in the eye disease. It cure the eye diseases without any adverse effect. Eye diseases can cause damage and blindness if not treated soon enough. This review deals about some particular herbs among eye disease herbs for their specificity. This work will be helpful for better therapy to eye disease and further studies in future.

**KEYWORDS:** Eye diseases, *Kan Noigal*, Siddha, *Nayana Vithi*, Herbs

### 1. INTRODUCTION

Siddha is a holistic medical system that gives importance to the mental, physical, cultural, and spiritual. It has combined all these aspects and diversified in the form of Yoga, *Pranayama*, Medicine, *Kalpa* and the humours the 96 *Thathuvam*.

The human eye is an organ. It reacts to light and pressure. It is a sense organ. The mammalian eye allows vision. Human eyes help to provide a moving image, three

dimensional, normally coloured in daylight. Rod and cone cells in the retina allow conscious light perception. The human eye can differentiate between about 10 million colours. It is possibly capable of detecting a single photon.

The eyes of other receive light signals which affect adjustment of the size of the pupil, regulation and suppression of the hormone melatonin. It is entrainment of the body clock.

## 2. SIDDHA LITERATURE REVIEW

According to Siddha literature ‘*Kan Noi*’ is a disease caused by high burden on the head, roaming in direct sunlight, avoiding to take oil bath, taking bath in polluted water, too much usage of intoxicant, when the pest entered the ear and External wound.

Etiology described in “*Thirumoolar*” as

“பாரேய்ப்பொடிசுடல்பருவெயின்மேற்படல்  
வாரேறுகொங்கையாள்மாயைமிகச்செயல்  
காரேமுழுக்கறல்கண்ணாலனல்பார்த்தல்  
சீரேறுபாடாணம்தின்றதாற்கண்ணோயே”

“கண்ணோய்வருகிறகாரணமின்னுங்கேள்  
பண்ணானமேகத்தாற்பருவெட்டைவாயுவால்  
தண்ணாமலக்கட்டால்தண்சலக்கட்டினால்  
புண்ணாமிரணத்திற்போடுங்காரத்தாலே.”

“கராச்சுறுக்காற்கருசத்தாமத்தால்  
நேரொத்தசார்நின்றமூக்கின்வாசத்தால்  
பாரொத்தபேதியாற்பலபலதண்ணீரால்  
சீரொத்தகண்ணில்சிறக்கும்வியாதியே ”

*Agasthiyar nayana vidhi,*

“கெர்ப்பத்திற் சிசுவாழ் போது கிருமிகள் சேர்ந்திட்டாலும்  
கப்பிய பசியுற் றாலுங் கலக்கங் கொள் திகில்நேர்ந் தாலும்  
செப்புமாங் கனிகாய் மெத்த தேடியே புசித்திட்டாலும்  
ஒப்புறு மகவின் கண்ணில் வியாதிவந் தினுகுந் தானே”.

## 3. MODERN ASPECT

### 3.1 GRADING OF EYE SIGNS

NO SPECS

❖ No eye signs

- ❖ Only sign seen in upper eyelid
- ❖ Soft tissue involvement
- ❖ Proptosis
- ❖ Extra ocular muscle affected
- ❖ Corneal involvement
- ❖ Sight loss- due to optic nerve involvement

### 3.2 SYMPTOMS

- ❖ Sudden eye pain, severe pain.
- ❖ Recurrent pain in or around the eye.
- ❖ Blurred, Hazy, or double vision.
- ❖ Sudden bright floating spots.
- ❖ Seeing rainbows.
- ❖ Seeing floating "spider seeing flashes of light webs"
- ❖ Seeing a "curtain coming down" over one eye

### 4. SIDDHA ASPECT

In siddha, according to *Nagamunivar* concept, it is classified into Kan Noi – 96, these are,

<i>Karu Vizhiyil</i> (Iris)	: 45
<i>Vel Vizhiyil</i> (Sclera)	: 20
<i>Imaiyil</i> (Eye brow)	: 16
<i>Kadaikkannil</i>	: 15
Total	: 96

*Agasthiyar* concept,

<i>Paavaiyil</i> (pupil)	: 27
<i>Karu Vizhiyil</i> (Iris)	: 10
<i>Vel Vizhiyil</i> (sclera)	: 13
The gap between <i>Karuvizhi Velvizhi</i>	: 9
Mellimai (upper Eyelid)	: 24
Kan muttrum (Whole Eye)	: 13
Total	: 96

*Agathiyar nayana vidhi* concept,

<i>Vazhi Miguthi</i> (Increased <i>Vadham</i> )	: 45
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<i>Pittha Miguthi</i> (Increased Pittham)	: 31
<i>Iya Miguthi</i> (Increased <i>Kabam</i> )	: 20
Total	: 96

### 3. HERBS ACTING ON EYE DISEASE

The botanical name, Tamil name, part used and medicinal uses of herbs are collected from the Siddha Material Medica (medicinal plant division).The chemical constituents are taken from Maruthuva thavaraviyal.

BOTANICAL NAME	TAMIL NAME	ENGLISH NAME	PART USED	CHEMICAL CONSTITUENTS	MEDICINAL USES
Tabernaemontana divaricate	நத்தியாவ ட்டம்	Ceylon-Jasmine	Flower	Tabernaemontanine, Fatty oil, Resin	Flower extract cures the burning sensation of eye.
Alternanthera sessilis	பொன்னா ங்கண்ணி	Sessile plant	Leaf	Plant ( $\beta$ - Sitosterol, Stigmastrol), Root-lupeol	The leaf fried with ghee then keep on the eye to cure the eye disease.
Eclipta prostate	கரிசாலை	Trailing Eclipta	Whole plant	Ecliptine, Aldehyde, Ecliptal-0.078%, Nicotine, Stem- Steroid, Flavanoids	Inunction of oil( <i>Karisalai Thylam</i> ) on cures the <i>Kan Kasam</i> .
Strychnus potatorum	தேற்றான்	Clearing nut tree	Seeds	Seed- Alkaloids, Diabolin, Oligosaccharids	Seeds triturated with rock salt and then apply on eye cures the redness of eye.
Phyllanthus emblica	நெல்லி	Indian Gooseberry	Fruits	Glucose ellagic acid, Vitamin c, Tannin	Inunction of oil( <i>Nellikai thylam</i> )on head cures the Night

					Blindness, <i>Kan Noi</i> -96.
Azadirachta indica	வேம்பு	Neem tree	Leaf, Seed, Bark, seed	Azadirachtin, Margosine, Nimbin, Nimbinin, Nimbidin	Grinding of Neem leaf, Trachyspermum roxburgianum (omam) and salt. Intake in continuously to cure the cataract, night blindness.

#### 4. DISCUSSION

The features of *Kan Noi* as said by Agasthiyar, Thirumoolar, Nagamunivar, Agasthiyar nayana vidhi correlates with the symptoms of eye diseases. This review shows that what are the herbs available and how we can use to cure the eye diseases. So siddha medicine can use in the eye disease without surgery and side effect.

#### 5. CONCLUSION

The review shows the above said herbs not only control the eye diseases but also *vadha* diseases, peptic ulcer, liver diseases, anaemia, haemorrhoids, ascites and menorrhagia. These herbs are easily available, low cost and without side effect. So Siddha medicine is best remedy than Allopathic medicines in eye diseases. The further pharmacological and clinical studies will prove their effect scientifically.

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