

A CONSPECTUS ON SIDDHA TRADITIONALPORRIDGE PANCHAMUTTI CONJEE FOR GROWING CHILDREN

D.S.Vaniswari^{1*}, J.Mohanapriya^{1*}, K.Shyamala^{2**}

1* – PG Scholars, Department of Kuzhanthai Maruthuvam ,Government Siddha Medical College,
Palayamkottai,Tirunelveli.

2** - Lecturer, Department of Kuzhanthai Maruthuvam, Government Siddha Medical College
,Palayamkottai, Tirunelveli.

E.mail.ID :- dsvani29@gmail.com

Abstract:

Widespread undernutrition in low- income countries continues to exert enormous cost in terms of survival of infants and young children.Quantitative under nutrition is significant health problems among weaning infants(above 6 months),toddlers(7-24 months) and for growing children in India. In order to overcome quantitative under nutrition and starvation, traditional Siddha porridge, PANCHAMUTTI CONJEE is recommended in the siddha text book of “Pathartha guna cintamani”.

Key words:

Traditional siddha porridge -Pancha Mutti Conjee -- weaning porridge–quantitative under nutrition – Pathartha guna cintamani-agathiyar.

Introduction:

Balanced nutrition is essential to maintain health and to prevent disease.Either excess or poor nutrition can cause disease and diseases can cause malnutrition. The basic principle of siddha science is “Food is Medicine and Medicine is Food” Hence the balanced nutritive traditional porridge is recommended in the siddha system of paediatrics for neutralizing three humours (vatha, pitha, kapha).In the siddha text book of Theraiyar

Mahakarisa mentions the symptoms of dearrangement of three humours such as emaciation of the body, phobia, flabby physique, spoiling of fame and beauty, hypothermia, hyperhydrosis, tremors, flatulence, tetanus. These symptoms are co-related with quantitative nutritional deficiency of children and starvation of adults in Modern science. Thus, consumption of Pancha Mutti Conjee, helps to neutralize the dearrangement of three humours in growing children and starvation of adults. In 2002, the World Health Assembly endorsed the following recommendations for optimal infant and young child feeding (IYCF) such as, "Exclusive breast feeding till the age of 6 months, Continuing breast feeding into the second year beyond and timely (after 6 months of age) appropriate, adequate and safe complementary feeding". According to T.V. Sambhasivam Pillai Dictionary Volume-V

-A kind of conjee,

PANCHA= Five

MUTTI=Fist

CONJEE=Porridge

The Synonym refers,

Holding of five nutritive ingredient mixed porridge by the child's fist, in order to obtain longevity of life and ensures preservation of health.

Panchamutti Conjee:

The conjee prepared with bengal gram, red gram, black gram, green gram and raw rice is called "Panchamutti Conjee"



The porridge prepared with Red gram, Black gram, Green gram, Bengal gram and raw rice is known as "Panchamutti Conjee"

Method of Preparation:

Tie each fine dry powdered ingredients in a muslin cloth and put them in a vessel containing river water which is boiled down to one eighth.

“Vaayu sura neer iratham maarum pasiyaluppum

Ooyum pala penigal unmai-aoraiyungaal

Oonti paru thidum maei yulnoi yaagum mudhichu

Sundiyeeneer conjee yernaar shol”.(pa.gu.ci).

This form of preparation is referred as Mudichu Conjee which cures vatha diseases, pitha diseases and intestinal diseases. It promotes appetite and relieves various other disease.

The digestive time for Conjee:

In the siddha text book of Pathartha guna cintamani mentions, the digestive time for conjee is two hours and forty eight minutes. It is easy to digest, hence given after appetite for adults and also for weaning infants and children.

Medicinal properties of “Panchamutti Conjee” in siddha:

“Pancha mutti conjee naadum patiniyer kollungal

Vinchanila pitha kapham veeravaam-vinchu

Mellaipatru tharakai vilakana thirku karkum

Thellaipa valum poommylaa cheppu”. -(pa.gu.cin)

The above siddha text mentions the medicinal importance of “Panchamutti Conjee” is a five ingredients mixed porridge taken after appetite to neutralize three humours, It is also suitable for fasting and relieves weakness. It cures biliousness, phlegm and wind humour and ensures longevity of life. According to the saint Agathiyar, medicinal property of Thuvurai (Bengal Gram) Uzhunthu, (Black gram), Pachai payaru (Green gram), Kadalai (Red gram), Pacharisi (Raw rice) is given below;

Thuvarai:



Botanical Name	:	Cajanus Cajan
English Name	:	Bengal gram
Used Part	:	Seed
Taste	:	Sweet
Effect (Potency)	:	Cool
Division (Post Digestive Taste)	:	Sweet
Action	:	Nutritive

The siddha text mentions the medicinal uses of Thuvarai:

It nourishes the weak persons and give strength.

Usually, It is given after appetite. It cures fever and delirium.

Uzhunthu :-



Botanical Name	:	Vigna mungo
English Name	:	Black gram
Tamil Name	:	Uzhunthu
Used Part	:	Seed
Taste	:	Sweet
Effect (Potency)	:	Cool
Division (Post Digestive Taste)	:	Sweet
Action	:	Demulcent, Refrigerant, Aphrodisiac, Galactagogue, Nervine tonic, Nutritive

The siddha text mentions, the medicinal properties of Uzhunthu (black gram).

It cures pitha diseases and tuberculosis

It gives strength to lumbar region. It improves spermatogenesis

Kadalai :



Botanical Name	:	Cicer arietinum
English Name	:	Pigeon pea, Red gram
Tamil Name	:	suuram, kadalai.
Used Part	:	Seed
Taste	:	Sweet
Effect (Potency)	:	Cool
Division (Post Digestive Taste)	:	Sweet
Action		
Seed	:	Anti bilious
Roasted seed	:	Diuretic, Nutritive.

The above siddha text mentions the medicinal properties of Red gram kadalai.

Kadalai (Red gram) nullifies the medicinal effects

Pacharisi :



Botanical Name	:	Oryza sativa
English Name	:	Raw rice
Used Part	:	Seed
Taste	:	Sweet
Effect (Potency)	:	Cool
Division (Post Digestive Taste)	:	Sweet
Action	:	Nutritive

The siddha text mentions the medicinal properties of raw rice (Pacharishi)

Pacharisi gives cooling effect to the body and cures pitha diseases

It is given after appetite.

It nourishes the weak persons and gives strength

Pachaipayaru



Botanical Name	:	Vigna radiata
English Name	:	Green gram, Mung gram.

Tamil Name	:	Pachaipayaru
Used Part	:	Seed
Taste	:	Sweet
Effect (Potency)	:	Cool
Division (Post Digestive Taste)	:	Sweet
Action	:	Nutritive, Refrigerant

Siddha text mentions the medicinal properties of Pachaipayaru (Green gram). It allays insanity.

Discussion:

Siddha Aspects of “Pancha Mutti Conjee”:

“PANCHA MUTTI CONJEE” is prepared based on the siddhar’s formulation as mentioned in the siddha text book of Pathartha Guna cinthaamani, the porridge-Pancha mutti conjee is a Conjee made out of five ingredients conjee such as Bengal gram, Red gram, Black gram, Green gram and raw rice.

Herbal Ingredients	Botanical Name	Suvai Taste	Thanmai Effect (Potency)	Pirivu Division(Post Digestive Taste)	Seikai Action
Thuvarai Bengal gram	Cajanus Cajan	Inippu (Sweet)	Thatpum (Cool)	Inippu (Sweet)	Nutritive
Uzhunthu Black gram	Vigna mungo	Inippu (Sweet)	Thatpum (Cool)	Inippu (Sweet)	Nutritive,Refrigerant, Demulcent, Nervine tonic, Galactogogue, Aphrodisiac.
Kaadalai Red gram	Cicer arietinum	Inippu (Sweet)	Thatpum (Cool)	Inippu (Sweet)	Nutritive, Anti-bilious, Diuretic

Paacharisi Raw rice	Oryza sativa	Inippu (Sweet)	Thatpum (Cool)	Inippu (Sweet)	Nutritive
Pachai Payaru	Vigna radiata	Inippu (Sweet)	Thatpum (Cool)	Inippu (Sweet)	Nutritive, Refrigerant.

It is important to note that PANCHA MUTTI CONJEE ingredients of five different herbal seeds possess common taste(suvai), effect (Potency - Thanmai) ,division(post digestive taste - pirivu)and action(seikai)-nutritive. It is known that our physical body is a composition of pancha boothas and nourished by seven thathus. Each taste is due to combination of two boothas. According to the siddha text book of “SIDDHA MARUTHUVAANGA CHURUKKAM”, the relation between the Universe and the Human body is given.

In food, Prithvi + Appu = Inippu
(Earth) + (Water) = (Sweet taste) .

In the universe, Water makes the earth supple and helps in the transmission of energy. In the human body, Appu (Water) is derived from Prithvi (Earth) and from Appu (Water) blood is created and from the blood, all the other six constituent elements of the body (Udal dhathus) are formed. In human body, bones, skin, muscles, hair, nerves and vessels represent prithivi bootham Earth in the body. Appu(water) helps in transmission of energy to blood, fat, semen, urine, perspiration and bonemarrow. Thus the sweet(earth + water) plays a key role in origin and development of the universe and the human body .

Thanmai(Effect - Potency)- Cool:

The substances which have cool potency (seetha veeriyum) usually gives pleasure and enhances longevity of life and it relieves hypertension

Division:

Mostly sweet and salt taste of food gets converted to sweet during metabolism in the body. Sweet has the property of gradual digestion in gastro intestinal tract, if it is taken in optimum level it gives strength to the body. It neutralizes vatha and pitha. Thus, this porridge (sweet taste within its optimum level) is suitable for growth and development of udal thathus in growing children.

Modern aspects of “Panchamutti Conjee” - Discussion:

Herbal Ingredients	Botanical Name	Nutritive contents	Modern Science
Thuvarai Bengal gram	Cajanus Cajan	Rich in aminoacid methionine, lysine, threonine, dietary fibres, enriched iron, potassium, low sodium, rich vitamin-, choline, selenium, folate.	Gives muscles the right boost of energy, Control blood pressure, Reduces the risk of heart diseases, Prevents cancer, nourishes nerve cells, Prevents osteoporosis, Treats anemia, Ensures proper neural development of foetus
Uzhunthu- -Black gram	Vigna mungo	Iron, folate, dietary fibres, protein, minerals.	Treats anemia, Ensures proper neural development of foetus, Builds muscle tissues, Improves galactagogue, Reduces the risk of heart diseases, anti-inflammatory, boosts immunity.
Kaadalai- Red gram	Cicer arietinum	Vitamins, minerals, calcium, Iron, magnesium, phosphorus, Potassium, zinc, iron, sodium	Cures diarrhoea and dysentery, Liver protective, Anti-microbial, Anthelmintics.
Paacharisi- Raw rice	Oryza sativa	Rich in proteins, sulphur containing aminoacids	Reduces the risk of heart diseases, Anti-microbial, lowers blood pressure.
PachaiPayaru- Green gram	Vigna radiate	Non-Meat source of protein, Iron	Lowers blood pressure. Treats anemia, Ensures proper neural development of foetus, Builds muscle tissues,

Thus consumption of five ingredients mixed porridge helps to overcome the deficiency of certain essential aminoacids in one ingredients by being supplemented from the other. Example, the limitation of lysine and threonine in rice is overcome by the thuvarai proteins, simultaneously the limitation of sulfur containing aminoacids in thuvarai is also compensated by the rice proteins. Thus, the nutritive value of “Panchamutti Conjee” can be enhanced by appropriated combination with Panchamutti ingredients. Due to the consumption of five ingredients mixed porridge. “Deficiency of essential aminoacids is most uncommon”. Further, the siddhar’s principle of mixed porridge takes care to supply adequate quantities of

essential aminoacids for growing children.. In order to overcome quantitative under-nutrition and starvation, traditional Siddha porridge,PANCHAMUTTI CONJEE is recommended in the siddha text book of “Pathartha guna cintamani” literature evidence is proven by Modern Researchers.In the siddha text book of Theraiyar Mahakaraisal mentions the symptoms ofdearrangement of three humours such as emacination of the body, phobia, flabby physique, spoiling of fame and beauty, hypothermia, hyperhydrosis, tremors, flatulence, tetanus are given which are also corrected through consumption of traditional Siddha porridge.

CONCLUSION:

Understanding traditional food practices is a big challenge for the modern health care professionals. The beliefs and perceptions of mother, families and children may be similar (or) completely different (even different language) from those of the health care professionals. To bridge this gap, health care professionals, who are sensitive to the cultured issues of their parents and willing to learn from them are better able to address their health and nutritional problem.Thus understanding the depth of siddha science in PANCHA MUTTI CONJEE preparation with traditional sensitivity willultimately help to improve the health of the children and their families.

Acknowledgement:

I wish to express my gratitude and acknowledgement to The vice-chancellor, The Tamil Nadu Dr. M.G.R. Medical University, Guindy, Chennai. The Director of Indian Medicine and Homeopathy and the Joint Director of Indian Medicine and Homeopathy Chennai and specially thank to The Principal, Government Siddha Medical College Palayamkottai and to Dr. D.K. Soundararajan HOD, Department of Kuzhanthai Maruthuvam, Dr. K. Shyamala Lecturer Department of Kuzhanthai Maruthuvam, Palayamkottai, for their full support to complete this study.

References:

- Dr.Anaivaari R.Anandan Ph.d, Principles of Diagnosis in siddha,published by Department of Indian Medicine And Homoeopathy,Chennai, First Edition,2009.
- Shri.Subramaniya Pandit, Pathartha Guna Cintamani,published by Department of Indian Medicine And Homoeopathy, Chennai, First Edition-2009.
- T.V.Sambasivampillai Dictionarybased on Indian Medical Science, published by Directorate of Indian Medicine And Homoeopathy,Chennai, Volume-5, Second Edition-1991.

- Siddha Maruthuvanga Surukkam, published by Department of Indian Medicine And Homoeopathy, Chennai, Edition 2009.
- Dr. R. Thiyagarajan, L.I.M., Tharaiyar Mahakaraisal, published by Department of Indian Medicine And Homoeopathy, Chennai, Edition-First 2009, page No.38.
- OP Ghaipiyush GuptaVK Paul, Ghai essentials of pediatrics, sixth edition.