

# THE SIDDHA SYSTEM CAN CONFRONT CORONA VIRUS (COVID-19) WITH HERBOMINERAL COMBINATIONS

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## ABSTRACT

Since the *Siddha* system is an ancient medicine and there is no knowledge about microscopes on that period of Siddhars (saints). So, the Siddha does not have vast knowledge about microorganisms. But the Siddha methodology of diagnoses is quite different from allopathic medicine. Even though there are many causes of disease like infectious disease (bacteria, virus, fungus) degenerative disease etc., the body markers produce particular symptoms. The Siddha system of diagnosis is the systematic way through eight type of diagnostic tools (*en vakai thervu*) especially by naadi and the patients have been treated with the methodology of three vital humours (Vaatham Pitham Kabam). Results as: *Utharavaatha suronitham*(utaravāta curōṇitam)-Rheumatoid arthritis (autoimmune disease), *Sevisoolai vaatham*(cevi cūlai vātam) -Otitis media(infectious disease), *Sakana Vaatham* (cakaṇa vātam). -cervical and lumbar spondylosis (degenerative disease). In Siddha these three are classified in the group of *Vaatha* disease (*Vaatham* 80) but are mentioned in various systems by allopathy. Currently the world threatening outbreak of Corona symptoms are compared with Siddha system and may considered with some disease mentioned by Siddhars(saints). Those are *Abiniyasa sanni*, *Vaatha Kaba suram*, *Pitha Kaba suram*, and *Kaba suram*. *ABINYASA SANNI* is typically correlated with COVID – 19 and other disease mentioned above may be compared corona disease. Siddha system treating the disease with unique philosophy of vital humours so it is necessary to treat the Corona as a group of the disease which are mentioned by Siddhars. Therefore, it is needed to treat this disease and combat the seriousness of the Corona by appropriate medication. So, facing the Corona by the Siddha system can help to come out from the difficult situation.

**Keywords:** Siddha Medicine, COVID 19, herbo-mineral medicines.

## INTRODUCTION

<sup>1</sup>According to siddha system of medicine, universe and human bodies are composed of primordial elements of panchabhootham which are *Nilam*(earth), *Neer*(water), *Thee*(fire), *Vali*(air) and *Aagayam*(space). In siddha pharmacology description about each raw drug is given predominant element present, taste of drug, its character, potency, bio transformation and action On the basis of five elements(*panchabhootham*) theory, raw drugs are

divided into five major categories based on the predominant element they possess. Example, Gold (Earth), Lead (Water), Copper (Fire), Iron (Air), Zinc (Space). No medicinal preparation is done without *suddhi* process. This process helps raw materials to lose their undesirable or toxic effect and thereby giving better efficacy<sup>1</sup>

<sup>2</sup>A group of spherical or pleomorphic medium sized (100-150nm), enveloped RNA viruses, containing petal or club shaped peplomers on the surface, has been classified as coronavirus (corona meaning crown). They belong to the family *Coronaviridae*. These viruses infect mammals and birds causing disease of respiratory tract, gastrointestinal tract, liver, kidney and nervous system. Only two species of the genus Coronavirus, human coronavirus 229E and human coronavirus OC43, are responsible for human respiratory disease.<sup>2</sup>

## PATIENT INFORMATION

<sup>3</sup>Coronavirus can cause multiple system infections in various animals and mainly respiratory tract infections in humans, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). A few patients with 2019-nCoV have developed severe pneumonia, pulmonary oedema, ARDS, or multiple organ failure and have died.<sup>3</sup>

## CLINICAL FINDING

<sup>4</sup>Coronavirus seems to be very contagious and has quickly spread globally. The outbreak was declared by the WHO a public health emergency of International Concern (PHEIC) as it had spread to 18 countries with four countries reporting human to human transmission.<sup>4</sup> <sup>5</sup>This virus can cross species barriers and can cause, in humans. These viruses have probably originated from bats and then moving into other mammalian hosts, Himalayan palm civet for SARS-CoV, and the dromary camel for MERS-CoV, before jumping to humans. The dynamics of SARS-CoV-2 are currently unknown, but there is speculation that it also has animal origin. The potential for these viruses to grow to become a pandemic worldwide seems to be a serious public health risk.<sup>5</sup>

**TIMELINE :** <sup>6</sup>The incubation period for COVID-19 is just over 5 days and that 97.5 percentage of people who develop symptoms will do so within 11.5 days of infection. The incubation period refers to the time between exposure to the virus and the appearance of the first symptoms.<sup>6</sup>

**DIAGNOSTIC ASSESSMENT:** <sup>3</sup>The Clinical features of COVID-19 include dry cough, fever, diarrhoea, vomiting and myalgia. Individuals with multiple comorbidities are prone to severe infection and may also present with acute kidney injury (AKI) and features of ARDS.<sup>3</sup> <sup>7</sup>The WHO and CDC have both issued guidance on key clinical and epidemiological findings suggestive of a COVID-19 infection.<sup>7</sup> <sup>8</sup>Extensive laboratory tests should be requested for patients with suspected infection. Patients may present with an elevated C-reactive protein, erythrocyte sedimentation rate, lactate dehydrogenase, creatine, and a prolonged prothrombin time.<sup>8</sup> <sup>9</sup>Full genome sequencing and phylogenetic analysis on fluid from bronchoalveolar lavage can confirm COVID-19 infection.<sup>9</sup> Investigations for other respiratory pathogens should also be performed.

## THERAPEUTIC INTERVENTION

In Allopathy treatment, Chloroquine to be tested for coronavirus treatment in the US, Favilavir, the first approved coronavirus drug in China. mRNA-1273 vaccine by Moderna and vaccine research center, A Unit of National Institute of Allergy and Infectious disease have collaborated to develop a vaccine for coronavirus, the MIGAL Research Institute in Israel announced that infectious Bronchitis Virus (IBV) vaccine developed to treat avian coronavirus has been modified to treat COVID-19. A total number of 30 therapies are being tested, including few traditional medicines for coronavirus treatment by Chinese scientist chloroquine phosphate has

shown efficacy in treating symptoms of the disease, among 30 therapies. But in our siddha system of medicine announced the herbal combination of medicine to treat symptomatically. Next step the herbomineral combination will be used to treat as symptomatically in COVID-19. Because of the minerals, metals are more effective than herbs. Namely *Gowri chinthamani rasachenduram*, *Lingakattu chenduram*, *Mahasanjeevi*. These medicines are used to treat 64 types of fever, cough, wheezing, nasal congestion, anemia, dropsy, 13 types of *sanni*, 15 types of *soolai*, 80 types of *vatha* diseases, 40 types of *pitha* diseases, 20 types of *kaba* diseases effectively. hence, <sup>10</sup>Antimicrobial study of lingakattu observed results shows lingakattu is potentially controlling the number of micro organisms even in lesser concentration. Except *Vibrio cholera* and *Pseudomonas aerogenosa*. *Staphylococcus aureus*, *Staphylococcus aureus*(coagulase -), *Enterococci*, *Micrococci*, *E-coli*, *Klebsiella*, *Citrobacter*, *Salmonella typhi*, *Morganella*, *Serratia*, can be efficiently controlled. This study was done in Department of Microbiology, Madras Medical College(MMC) at Chennai, India.<sup>10</sup>

## MATERIALS & METHODS

Research type: Systematic disease review on Siddha Literatures

Research design: selected authenticated siddha literatures and compares of modern aspect and revealed the result of study.

## RESULTS

### DISEASES ARE CORRELATED WITH COVID-19 IN SIDDHA.

- Vātakapacuram  
 ūtamañkamum poñki  
 vāntiyuṭaṇ mūccumuṇṭāy  
 pātamuñcuramum vīñki  
 yirumalōṭiḷaippum parrī  
 nātamumaṭaittukkāyantu  
 naṭukkaluñcuramumārā  
 vātaiceyvātacēṛpa  
 curameṇavakukkalāmē.  
 - yūki vaittiyacintāmaṇi
- Pittakapacuram  
 puṇkaikālmukamumvīñkum  
 perumūccōṭiḷaippuvikkal  
 aṛaittiṭumukampōla  
 neñcōṭuvilāviṭikkum  
 piṛantiṭucurameṇmēlum  
 piṭarriṭuntanṇīrvāñkum  
 ciṛantavikkunañkalpitta  
 cēṛpattincuramatennē  
 - yūki vaittiyacintāmaṇi.

**Kapacuram**

veyyacurantaṇilirumalturappuvikkal  
 meykuḷirtaluṭaṇvērvaivayuramvetumpal  
 ceyyamukaṅkarampātamveḷuttukkāṭṭal  
 tiyakkamuṛalmūcciḷaittalpiratāpaṅkaḷai  
 yaṭaittukkurukuruṭtalaticāraṅka  
 ḷaṅaleḷumpalāṅakuṇamavaikaḷkaṅtāla  
 iyacuramacātyamāmenrēyinta  
 vāyāṇṇaṇmaraiyativiyaṅpiṅārē."  
 - yūki vaittiyacintāmaṇi.

cantāpamāṅacilētmacurattaic  
 cārriṭavēnākkumukamveḷuttukkāṅal  
 mantāpamārṇōtalirumaliḷaiippu  
 varukutalvāyтуvarmatamēuruciyillai  
 tantāpamūccuviṭṭuppōkamarrāṅ  
 muyaṅkiyēvikkaloṭutākaṅkāṅal  
 cintāpamiṭaruṅontumēṅmūccātal  
 tiṅaveṭuttaltiyaṅkiṭutalcilētmamāmē  
 - yūki vaittiyacintāmaṇi.

**Apinayācacanni**

iruttavē vāta pitta cilēttumaṅ kūṭi  
 irumalōṭu cuvācamāy curama maṭittal  
 naruntavē nāḷku pala vaṅṅamāki  
 nāvatutāṅ varaṅṅunitrai mayakkamātal  
 terukkavē tēkameṅku nōtal kāṅal  
 caṭamellām viyarvai palavīṅam ātal  
 aruntavē ākameṅkumaḷaṅṅu poṅku  
 mapiṅiyācacanniṅiṭavāymai tāṅē.  
 -yūki vaittiya cintāmaṇi.

## COVID19 compared with Siddha disease

Coronavirus symptoms	வாதகப சுரம்	பித்தகப சுரம்	கபசுரம்	அபிநயாச சன்னி
<b>I. Fever</b>	✓	✓	✓	✓
Sore throat	✓	✓	✓	
Nasal congestion				
Running nose	✓			
Dry cough	✓	✓	✓	✓
Ache	✓			✓
Tiredness	✓	✓	✓	
Diarrhea			✓	
<b>II. Pneumonia</b>				
Chills				✓
productive worsening cough			✓	
Dyspnea	✓	✓	✓	
Sharp chest pain		✓	✓	
Tachycardia		✓		
Malaise	✓	✓	✓	
Cyanosis				
loss of appetite			✓	
Rapid breathing	✓	✓	✓	
Wheezing	✓	✓	✓	✓
Vomiting nausea	✓			
Excessive sweating	✓	✓	✓	✓
Clammy skin	✓		✓	
Skin dehydration	✓	✓	✓	✓
<b>III. Acute renal failure and Respiratory failure</b>				
Decreased urine output				
Swelling due to fluid retention	✓	✓		✓
Respiratory failure				
Other symptoms mentioned in siddha system.	காதடைப்பு,நடுக்கல். முகம் வெளுத்தல்,உப்புசம் ,விக் கல், வெருண்ட பார்வை,மலமும்நீரு ம் வெளியேறும், வாயில் நீர் ஊறும், அனல் வெயில் விரும்பும்,	மலம் நீர் மஞ்சள் ஆகும், நாவமுவழுத்தல், வாய் பிதற்றல், மிகுதூக்கம் தலை கழுத்து வலித்தல்	முகம் கை கால் வெளுத்தல், வாய் நீர் ஊறும், வாய் துவர்க்கும்,சுவை அறியாது.	நா பல நிறம் அடையும், மயக்கம்

	வாய் பிதற்றல், கலக்கம் மிரளல்.			
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## SIDDHA MEDICINE FOR COVID-19

Medicine for these diseases correlated with COVID-19.

	MEDICINE	வாதகப சுரம்	பித்தகப சுரம்	கபசுரம்	அபிநயாச சன்னி
1	கௌரி சிந்தாமணி இரச செந்தூரம்	✓	✓	✓	✓
2	இலிங்க கட்டு செந்தூரம்	✓	✓	✓	✓
3	மகா சஞ்சீவி	✓	✓	✓	✓

கௌரி சிந்தாமணி இரசசெந்தூரம் (GOWRI CHINDHAMANI RASA SENDHOORAM)

### INGREDIENTS REQUIRED:

- இரசசெந்தூரம்-Red Sulphide of mercury
- அரப்பொடி- Ferrous sulphate.
- நெல்லிக்காய்கந்தகம்-Sulphur
- வெங்காரம்-Borax.
- காந்தம்-Magnetic oxide of iron.
- மனோசிலை-Red orpiment.
- இந்துப்பு-Rock salt
- பாதரசம்.-Hydragyrm

### Dosage:

- 130 mg -Adult
- 80 mg- Age 5-12
- 50 mg-Age 2-5
- 30 mg. -Age Below 2
- 7-12 days.bd

**Adjuvant:**

- 4gm of thirikadugu powder (*zingifer officinale, Piper longum, Piper nigrum*)
- 4gm of honey
- 3gm of ghee.

**Indication:** Acidpepticdisorders(APD),Vaatham80,Pitham40,kabam20,Fever64,Sanni13, Soolai15,cough, wheezing, Dyspnea, Loss of appetite, nasal congestion, anaemia, dropsy, jaundice, hyperhidrosis, eczema, anxiety, aches etc.

-அனுபோக வைத்திய நவநீதம்.

**மகாசஞ்சீவி (MAHA SANJEEVI)****INGREDIENTS REQUIRED:**

- பாதரசம்- *Hydragyrum*,
- நெல்லிக்காய்கந்தகம்- *Sulphur*
- கருநாபி - *Aconitum napellus*
- வெந்நாபி - *Gloriosa superba*
- இலவங்கம்- *Syzygium aromaticum*
- மயில்துத்தம்- *Copper sulphate*
- பால்துத்தம் - *Zinc sulphate*
- சுக்கு- *Zingiber officinale*
- மிளகு - *Piper nigrum*
- அரிசித்திப்பிலி - *Piper longum*
- இந்துப்பு - *Rock salt*
- வசம்பு - *Acorus calamus*
- குரோசாணிஓமம்- *Hyoscymus niger*
- சாதிலிங்கம் - *Red sulphideof mercury*
- தான்றிக்காய்தோல்- *Terminalis bellerica*
- வெண்காரம் - *Borax*
- சீமைச்சவுக்காரம்- *Caustic soda*
- பச்சைகற்பூரம் - *Borneo camphor*
- சந்தனம்- *santalum album*
- கௌரிப்பாடாணம்-*Gowri Padanam*
- வெள்ளைப்பாடாணம் -*Arsenic trioxide*
- தொட்டிப்பாடாணம்-*Thotti Padanam*
- தாளகம் - *Yellow arsenic*
- பீதரோகிணி - *Coptis teeta*
- அக்கிரகாரம் - *Anacyclus pyrethrum*
- கடுகுரோகணி - *Picirihiza scrophilaria*
- சாதிக்காய் - *Mystiga fragruns*
- அன்னபேதி- *Iron sulphate*
- பெருங்காயம் -*Ferula asofptida*
- நேர்வாளப்பருப்பு - *Croton tiglium*

➤ சித்திரமூலவேர்ப்பட்டை- *Plumbago zeylanica*

#### DOSAGE:

- 100 mg -Adult
- 70mg – age 5-12
- 50 mg-age 2-5.
- 5-7 days. bd

#### ADJUVANT:

- 6gm of gingerjuice(*zingifer officinale*)
- 6gm of basil juice (*Ocimum basilicum*)
- 6gm of honey

#### INDICATIONS:

- 64 types of fever
- 13 types of Sanni and etc...

அனுபோக வைத்தியநவநீதம்.

#### இலிங்ககட்டுசெந்துரம் (LINGAKATTU SENDHOORAM)

#### INGREDIENTS REQUIRED:

- இலிங்கம்-*Red sulphide of mercury*
- சேராங்கொட்டை-*Semecarpus anacardium*
- ஆற்றுத்துமட்டி-*Citrus colcocychnis*

#### DOSAGE:

- 130 mg -Adult
- 100mg -age5 -12
- 80 mg-age2-5
- 50 mg- age below 2
- 10 -15 days /tds

#### INDICATIONS:

- Fever,sanni ,diarrhoea etc.

- அகத்தியர் பரிபூரணம் 400.

#### OTHER TREATMENTS:

- Adhimadhura kudineer 60 ml+honey 3gm /tds – For dry cough, headache, fever, sore throat.
- Sarva Sura Kudineer - 60ml/ tds – For Immune modulator, fever, malaise, cough
- Kaba sura kudineer60 ml/ tds – For fever, cough, malaise, breathing difficulties.
- Tab. Vasandha Kusumaharam 2/ bd with honey – For breathing difficulties.
- Nochi Karkkam– 20 gm / bd. Leaf of *Vitex negundo* 6gm+ *piper longum* 6gm+*Allium sativum* 6gm+ *Syzygium aromaticum* 2gm paste – For wheezing and cough.



## CONCLUSION

Currently the world threatening outbreak of Corona symptoms are compared with Siddha system and may considered with some disease mentioned by Siddhars(saints). Those are *Abiniyasa sanni*, *Vaatha Kaba suram*, *Pitha Kaba suram*, and *Kaba suram*. *ABINYASA SANNI* is typically correlated with COVID – 19 and other disease mentioned above may be compared corona disease. Siddha system treating the disease with unique philosophy of vital humours so it is necessary to treat the Corona as a group of the disease which are mentioned by Siddhars. If we are approaching the COVID-19 by unique Siddha methodology can lead to get a solution. This hypothesis need a clinical intervention.

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