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## ROLE OF SIDDHA IN COVID -19 MANAGEMENT AND ITS SCIENTIFIC OUTCOMES

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### Abstract

Despite the threat of coronavirus infection, the Siddha system of medicine, India's traditional medicine, plays an important role in southern India, particularly in Tamilnadu. It contributed considerably not only in the first wave of Covid-19, but also in the second wave. The Government of Tamilnadu developed Siddha COVID-19 treatment centers for asymptomatic, mild, and moderate COVID-19 positive patients in 2020. This Siddha medical practice is effective in conditions of symptoms and helps in the reduction of clinical outcomes.

Keywords: Siddha Medicine, Management, Covid-19, Scientific Outcomes

### 1. Introduction

Siddha system is one of the oldest systems of medicine in India .The term Siddha means achievements and Siddhars were saintly persons who achieved results in medicine. Eighteen Siddhars were said to have contributed towards the development of this medical system. Siddha literature is in Tamil and it is practised largely in Tamil speaking part of India and abroad. The Siddha System is largely therapeutic in nature. World Health Organization (WHO) officially declared the COVID-19 epidemics as a public health emergency of international concern. COVID-19 is an acronym that stands for coronavirus disease of 2019. The name was given by the World Health Organization (WHO) on February 11, 2020 for the disease caused by the novel coronavirus SARS-CoV-2. In Tamil Nadu a total of 3,67,430 COVID cases with death toll to 6340 of which Chennai share was 1,22,757 in total cases and 2501 in death toll. The World Health Organisation (WHO) on March 11, 2020 has declared the novel corona virus (COVID-19) outbreak a global pandemic.The incubation period (time between infection and appearance of first sign/symptom) of Covid -19 is 14 days. The elderly and people with underlying diseases are susceptible to infection and prone to serious outcomes, which may be associated with acute respiratory distress syndrome (ARDS) and cytokine storm.

## 2. History

The original Home allotted to mankind by the Creator was in the temperate and fertile region of the East and pointedly in India. It is from here that the human race began its culture and career. India may, therefore, be safely stated as that the first country from which human culture and civilization originated and spread. According to Indian history prior to Aryans migration, the Dravidian was the first inhabitant of India of whom the Tamilians were the most prominent. The Tamilians were not only the earliest civilized but also those who may more considerable progress in civilization than any other early people. The languages of India were divided into two great classes, the northern with Sanskrit as the pre-pondering element and the southern with Dravidian language as independent bases. The science of medicine is of fundamental importance to man's well being and his survival and so it must have originated with man and developed as civilization. It is, therefore rather pointless to try to determine the exact point of time to which the beginning of these systems could be traced They are eternal, they began with man and may end with him. The Siddha was flouriest in south and Ayurveda prevalent in the north. Instead of giving the name of any of individual as the founder of these systems our ancestors attributed their origin to the creator. According to the tradition it was Shiva who unfolded the knowledge of Siddha system of medicine to his concert Parvati who handed it down to Nandi Deva and he the Siddhars. The Siddhars were great scientists in ancient times.

According to tradition, the origin of Siddha system of medicine is attributed to the great Siddha Ayastiyar. Some of his works are still standard books of medicine and surgery in daily use among the Siddha Medical practitioners.

## 3. SYMPTOMS OF COVID -19

- Sore throat
- Mild fever
- Head ache
- Body ache
- Nasal congestion
- Diarrhoea and loose stools
- Nausea and vomiting
- Dry cough
- Loss of smell and taste
- Shortness of breath

## 4. COVID -19 PANDEMICS IN SIDDHA

In Siddha system, epidemics / pandemics are mentioned as “Uzhi Noi”. In general they are classified under “Kollai Noigal” (Communicable diseases). In Guru Naadi it is quoted that Thottru noigal are generally caused by Kirumi (pathogens). The disease spreads due to low immunity of human beings. In Siddha system diseases are raised based on the derangement of Mukkutram. In COVID-19 Aiya kuttram is deranged so the medicines are used to neutralize Aiya kuttram. Herbal formulations having antiviral activity has been used to prevent and treat COVID-19.

Traditional medicine is playing a key role in meeting global healthcare needs. Indian traditional medicinal systems are considered as one of the oldest treatments in human history and it plays an important role in encountering global health care needs. Siddha medicine has served to south Indian people since ancient times and played a vital role in today's medical care. Siddha medicine is claimed to alleviate the root cause of the disease by maintaining the equilibrium among vatham, pitham, and kapham. There are many Siddha formulations, such as kudineer, mattirai, chooranam, parpam, chendurum, karuppu, and mezhugu.

## 5. Siddha Formulations

Modern medicines focus on killing the virus but not on increasing the host immunity. In the case of Siddha medicine, herbs like Amukkara, Nilavembu are immune-modulator and having the capacity to inhibit the virus by enhancing and restoring Immunity of human. So, we are utilizing this strength of Siddha medicine to arrive upon a potent formulation that is both antiviral and Immuno-modulatory with minimum side effects on patients who are immune compromised as well as those who have co- morbid conditions.

The immune-boosting food and medicines are available in plenty in the Siddha system of medicine. Siddha medicine does not deal with coronavirus directly, there is a mention about the infectious diseases in Siddha classics Guru naadi, which clearly scraps out the etiology of diseases. The symptoms of COVID-19 are congruent with Kapha suram/Iya suram mentioned by the sage Yugi in his textbook Yugi Vaidhya Chindhamani. According to Siddha, Vali or vatham (Airy), Azhal or pitham (Fiery), Iyam or kapham (Watery/cool) are the three humors which are the life constituents of the human body. Predominantly Vatham is found between the perineum and umbilicus, pitham is present from the umbilicus to the chest and predominant Kapham exists from the chest to the top of the head.

## 6. Kabasura Kudineer

The Siddha classical formulation Kabasura Kudineer Chooranam consists of 15 ingredients of herbs. The Kabasura Kudineer increases the Immunity and could act as immune modulator as this virus is adversely affecting the immune response by changing the signalling pathway of TNF production. The formulation chosen are aimed at increasing Immunity and also to expel out the Kapham and reinstate respiratory health. Andrographis paniculate its bitter taste and hot potency help in all fevers by precipitating diaphoresis, in Dengue outbreak and during other disaster Mitigation interventions it was the drug of choice even by public health authorities.

## 7. Nilavembu Kudineer

Nilavembu Kudineer is a polyherbal formulation with *A. paniculata* as the main ingredient that controls all types of fever related to body pain. Nilavembu kudineer extensively controls fever through its managing consequences effects on temperature, inflammation control, body pain, and it also acts in a way to improve immunity. The components in this formulation have the bioactive molecules that show excellent activity against dengue, chikungunya, herpes simplex virus (HSV), and influenza virus.

## 8. Vajra Kandi Chenduram

It is a herbomineral preparation broadly utilized particularly in Siddha practitioners regards the management of several acute and chronic illnesses ranging from fever to chronic inflammatory disorders and immune-mediated diseases. Vajra Kandi Chenduram (VKC) through its antipyretic and anti-inflammatory activity can be the potential to prevent the release of the inflammatory mediators and cytokine storm of COVID-19 which is a major cause for severe lung complication. Therefore, this formulation can be advised as a safe and effective supportive therapy in the absence of any specific target treatment measures.

## 9. Siddhar Yogam and Varmam

Siddhar Yogam, Pranayamam contribute evidence as stress reliever and are effective in the management of depression. While teaching to the patients in an isolation ward and home quarantine, the techniques might help them overcome the fear of corona. The common yoga protocol released by the Ministry of AYUSH can be adopted for daily wellbeing (Booklet on Common Yoga Protocol. Ministry of AYUSH, Government of India, 2019). According to sources from the guidelines for Siddha practitioners for COVID-19 released by the Ministry of AYUSH, Government of India, specific Varmam points like Vilangu Varmam, Ullangaal Vellai Varmam, Naadi soothira Varmam, and Savvu Varmam boosts the immunity.

## 10. Siddha Herbo-Mineral Formulations

Siddha compound formulations *Gowri chinthamani*, *Sivanar amirtham*, *Poorana chandrodayam*, *Thalaga parpam*, *Pavala parpam*, and *Vasantha kusumasura mathirai* for screening their antimicrobial activity against *Neisseria mucosa*, *Klebsiella pneumonia*, *Streptococcus pneumonia*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, and *Aspergillus niger* and the use of these formulations in respiratory illness were justified. The drugs *Sivanar amirtham* and *Pavala parpam* have shown microbial sensitivity against all the above tested respiratory pathogens. Various metabolites like flavonoids, triterpenoids, monoterpenoids, sesquiterpenes, and phenolic and benzoic iridoid glycosides derived from the herbs were responsible for the antiviral activity.

## 11. Siddha Way of Prevention

Prevention is better than cure is a Siddha doctrine. "Food is medicine, and medicine is food" is the prime principle of the Siddha system of medicine. This reveals the importance given to a nutritious diet in boosting immunity and disease prevention. Rules for healthy living are stated in Siddha literature, which will prevent the disease entry when adhered. According to the Siddha classical textbook, Pathartha Guna Chindhamani, one should consume boiled water, diluted buttermilk, and melted ghee. Additionally, Overindulgence in sex should be avoided.

Drinking cow's milk, bathing in hot water following oleation should be practiced for a healthy living.

## 12. Anti Viral Siddha Drugs

- Inji (*Zingiber officinale*)
- Thulasi (*Ocimum sanctum*)
- Milagu (*Piper nigrum*)
- Karunjeerakam (*Nigella sativa*)
- Keezhanelli (*Phyllanthus niruri*)
- Athimathuram (*Ghycyrrhiza glabra*)
- Vellaipoondu (*Allium sativum*)
- Citra mutti (*Sida cordifolia*)
- Manjal (*Curcuma longa*)
- Seenthil (*Tinospora cordifolia*)
- Elumitchai (*Citrus limonia*)
- Vembu (*Azadirachta indica*)

## 13. Anti Viral Siddha Formulations

- Kaba sura kudineer -60 ml bd
- Nilavembu kudineer -60 ml bd
- Visha sura kudineer -60 ml bd
- Pavala parapam -100 mg bd with honey
- Velli parpam -50 to 100 mg bd with honey

## 14. Siddha in Covid-19 Management as Preventive

- Kaba sura kudineer -60 to 90 ml bd
- Nilavembu kudineer -60 to 90 ml bd
- Seenthil chooranam -1 to 2 gm bd
- Nellikai ilagam -5 to 10 gm bd
- Inji thenoral / inji tea / Athimaduram (licorice) tea
- Steam inhalation with thulasi / notchi leaves/manjal (turmeric)
- Gargling –water boiled with a pinch of salt and turmeric
- Herbal water infusion containing chukka (dried ginger)

## 15. Conclusion

Finally, it was concluded that standard of care with Siddha regimen treatment showed accelerated recovery for Covid-19 patients compared to standard care of treatment alone. The synergistic effect of standard care with Siddha gave more promising results in the current study of Covid-19.

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