

## ROLE OF YOGA IN SIDDHA DISEASES BASED ON THIRUMOOLAR CONCEPT

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### ABSTRACT

Yoga is essentially spiritual discipline based on extremely subtle science which focuses on bringing harmony between mind and the body. The term yoga which means “*yu*” to join . *Siddha* is an ancient system of medicine that originated in South India. In this there are three *humors* called *vadha*, *pitha*, *kabha*. *Siddha* medicine believes that when there is imbalance in three *humors* of our body that individual harmony is disturbed. The balance can be restored by correcting the three *humors*- *vadha*, *pitha*, *kabha*. In this article we have classified the categorized diseases based on three *humors* and also we have listed out some asanams with appropriate duration when they have to be done for those diseases based on literary evidence by *Thirumoolar*.

**KEYWORDS:** Siddha system, three humors, Categorized diseases, Asanams, *Thirumoolar*

### INTRODUCTION:

Yoga is essentially spiritual discipline based on extremely subtle science which focuses on bringing harmony between mind and the body. In the *Siddha* system of medicine, the diseases are of 4448 types. According to *Yugi-munivar*,the diseases are classified on two concepts, they are,

- Vitiation of *humors*- *Vadha*, *Pitha*, *Kabha*
- Signs and symptoms of the disease

In this article we have classified the categorized diseases based on three *humors* and also we have listed out some *asanam* with appropriate duration when they have to be done for those diseases based on literary evidence by *Thirumoolar*.

## CONCEPTS OF THREE HUMORS:

In the siddha system of medicine, the physiological functions of the body are well explained in 96 thathuva theory, among them three humors are well explained in it. *Muththaadhu* (*vadha*, *pitha*, *kabha*) is said to be responsible for physiological condition. The term *Muthodam* defines when the three humors are not in equilibrical state which leads to several pathological conditions.

*VADHA*, *PITHA*, *KABHA* have multiple significance and are symbolical in terms

- *Vadha* represents *vayu* (gas), *Varatchi* (dryness), *Suulai* (pain), *Ilagu* (light), *Manam* (mind) and *Unarvu* (sensitive).
- *Pitha* represents *Analam* (gastric juice), *Prasaham* (bile), *Aatral* (energy), *Akkini* (heat), *Veekam* (inflammation), *Kobam* (anger) and *Erichal* (irritation).
- *Kabha* represents *Kulirchi* (cold), *Paluvu* (heavyness), *Kilaetham* (saliva), *Eeram* (unctuous) and *Sathigam* (synovial fluid).

## HUMORAL PHYSIOLOGY

	VADHAM	PITHAM	KABHA
<b>HUMORS QUALITIES:</b>	<ul style="list-style-type: none"> <li>• <i>Varatchi</i> (dry).</li> <li>• <i>Kulirchi</i> (cold).</li> <li>• <i>Anuthuvam</i> (subtl).</li> <li>• <i>Kadinam</i> (rough).</li> <li>• <i>Asaithal</i> (unstable).</li> <li>• <i>Ilagu</i> (light).</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Agni</i> (hot).</li> <li>• <i>Pulipu</i> (acid).</li> <li>• <i>Uudum</i> thanmai (mobile).</li> <li>• <i>Salaruubam</i> (liquid).</li> <li>• <i>Guruuram</i> (acute).</li> <li>• <i>Kaaram</i> (pungent).</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Kulirchi</i> (cold).</li> <li>• <i>Paluvu</i> (heavy).</li> <li>• <i>Asaivinmai</i> (immobile).</li> <li>• <i>Inippu</i> (sweet).</li> <li>• <i>Miruthu</i> (soft).</li> <li>• <i>Valavalappu</i> (viscid).</li> </ul>

## THIRUMOOLAR CONCEPT ON YOGA:

*“Anjanam Pondrudak Iiarum Andhiyil*

*Vanjaga Vadham Arum Mathiyanathil*

*Senjiru Kalayil Seithidil Pithanum*

*Nanjara Chonnom Naraithirai Nasamae” –Thirumandhiram.*

According to *Thirumoolar* practising yoga at evening time (*Andhi*) cures *kabha* disease (*Iyam*), at afternoon (*Mathiyanathil*) cures *Vadha* disease, at early morning (*Athikalai*) cures *Pitha* disease. By doing in this manner it helps to attain the state of *Kaya-Karpam*, the science of rejuvenation. It was well explained by *Thirumoolar* in his text *Thirumandhiram*. It deals with the prevention of *Narai* (whitening of hairs), *Thirai* (shrinkening of skin), *Muupu* (aging), *Pini* (disease), *Sakkadu* (death).

### CLASSIFICATION OF DISEASES:

VADHA DISEASES	PITHA DISEASES	KABHA DISEASES
<b>1. Malakattu (constipation):</b> <ul style="list-style-type: none"><li>Baddhapadamasanam</li><li>Mayurasanam.</li><li>Halasanam.</li><li>Vajrasanam.</li><li>Matsyasanam.</li></ul>	<b>1. Thukaminmai (insomnia):</b> <ul style="list-style-type: none"><li>Savasanam.</li><li>Suptapadangusthasanam.</li><li>Sethubandhasarvangasanam.</li><li>Siddhasanam.</li></ul>	<b>1. Laziness:</b> <ul style="list-style-type: none"><li>Bhujagasanam.</li><li>Vajrasanam.</li><li>Sarvagasanam.</li><li>Balasanam.</li></ul>
<b>2. Thol noigal (skin disease):</b> <ul style="list-style-type: none"><li>Uttanasanam.</li><li>Suptvajrasanam.</li><li>Mandukaasanam.</li><li>Moolbadhasanam.</li><li>Pawanamukhasanam.</li><li>Yad Tul asanam.</li></ul>	<b>2. VayiruKolarugal (stomach disorders):</b> <ul style="list-style-type: none"><li>Vrikshaasanam.</li><li>Bhujagasanam.</li><li>Naukaasanam.</li><li>Paschimottasanam.</li><li>Garudaasanam.</li><li>Mandukaasanam.</li></ul>	<b>2. Athithulam (obesity):</b> <ul style="list-style-type: none"><li>Trikonasanam.</li><li>Bhujagasanam.</li><li>Dhanurasanam.</li><li>Trikunasanam.</li><li>Gomukhasanam.</li><li>Chakrasanam.</li></ul>
<b>3. Marathi noi (amnesia):</b> <ul style="list-style-type: none"><li>Padmasanam.</li></ul>	<b>3. Rathakothippu (Hypertension):</b> <ul style="list-style-type: none"><li>Janusirasanam.</li></ul>	<b>3. Ilaippu Noi (asthma):</b> <ul style="list-style-type: none"><li>Pranayamam.</li></ul>

<ul style="list-style-type: none"> <li>• Vajrasanam.</li> <li>• Bhujangasanam.</li> <li>• Siddhasanam.</li> <li>• Garudasanam.</li> <li>• Ushtrasanam.</li> </ul>	<ul style="list-style-type: none"> <li>• Baddhakonasanam.</li> <li>• Virasanam.</li> <li>• Parvatasanam.</li> </ul>	<ul style="list-style-type: none"> <li>• Baddha konasanam.</li> <li>• Sethubandhasanam.</li> <li>• Bhujagasanam.</li> <li>• Shivasanam.</li> </ul>
<p><b>4. Keel Vatham (arthritis):</b></p> <ul style="list-style-type: none"> <li>• Mandukasanam.</li> <li>• Gomukhasanam.</li> <li>• Veerasanam.</li> <li>• Vajrasanam.</li> <li>• Vrikshaasanam.</li> <li>• Shivasanam.</li> </ul>		
<p><b>5.Thandu Vali (back pain):</b></p> <ul style="list-style-type: none"> <li>• Dhanurasanam.</li> <li>• Jeyestikaasanam.</li> <li>• Margariaasanam.</li> <li>• Naukaasanam.</li> </ul>		

Though we have listed out many asanas above in the table, we have elaborated the specific important asanas below with their procedure, benefits and picturization of asanas for better understanding.

## **PADMASANAM**



## **Lotus position**

It is cross legged yoga posture.

### **PROCEDURES:**

**Step1:** Sit on a flat surface with your spine erect and cross legged.

**Step2:** Place the mudras of your choice and place it on your knees.

**Step3:** Breathe long and deep.

### **BENEFITS:**

- Relaxes mind and calms the brain.
- It activates the spine and pelvis , abdomen and bladder.
- It cures constipation and amnesia.
- Menstrual issues and sciatica are deal with this *asanam*.

### **VAJRASANAM:**



## **Kneeling position**

## PROCEDURE:

**Step1:** Stretch your lower leg backward and keep them together.

**Step2:** Big toes should cross each other .

**Step3:** Gentle lower your body ,so that your buttocks are resting on your heel and thigh.

**Step4:** Place the hands on the knees and set gaze forward with head absolutely straight.

**Step5:** Observe inhale and exhale.

## BENEFITS:

- Improves digestion with regular practice it eliminate constipation.
- It relives patient suffering from health problems.
- Better digestion prevents ulcer and acidity.

## PACHIMOTTASANAM:



## PROCEDURES:

**Step1:** Sit erect with the legs stretched out.

**Step2:** Inhale and raise your arms over your head.

**Step3:** Exhale and bend forward.

## BENEFITS:

- Kidney, liver, ovaries are activated.
- Anxiety, headache, fatigue are reduced.

- High blood pressure, insomnia, infertility, sinusitis can be cured.

## **BHUJANGANASAM:**



**Cobra pose**

## **PROCEDURES:**

**Step1:** Lie flat on your stomach.

**Step2:** Place your hands on the side and ensure that our toes touch each other.

**Step3:** Flat Lie Move your hands to the front, making sure they are at shoulder level.

**Step4:** Place the weight on your palms.

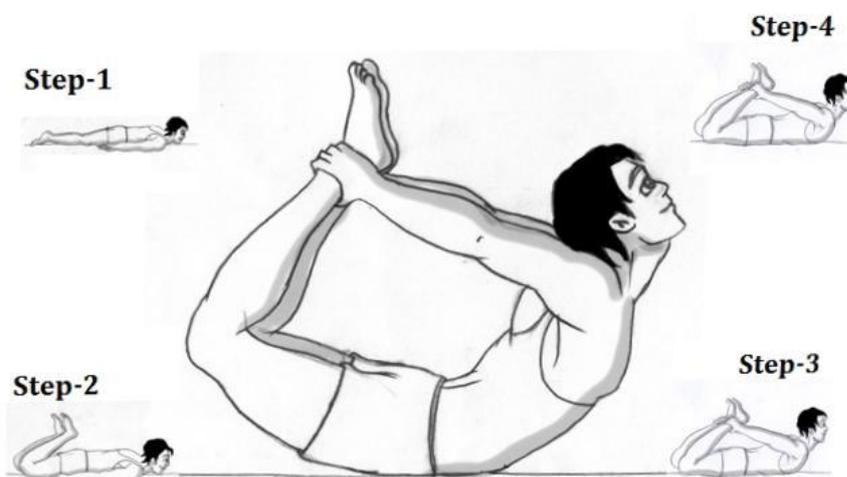
**Step5:** Inhale and rise your head.

**Step6:** Exhale and down your head.

## **BENEFITS:**

- It works as a great stress release.
- It gives lung, shoulders, chest a good stretch.
- It relieves sciatica and asthma.

## **DHANURASANAM**



**NAM:**

## **Bow pose**

### **PROCEDURES:**

**Step1:** Lie flat on your stomach.

**Step2:** Keep your feet hip-width apart and your arms beside your body.

**Step3:** Fold your knees and hold your ankles.

**Step4:** Inhale and lift your gut and legs up the ground.

**Step5:** Exhale after 15-20 seconds and release the pose.

### **BENEFITS:**

- It improves blood circulation to spinal nerves.
- It stretches neck, shoulder, arms and neck muscles.

### **CONCLUSION:**

Majority of the diseases are classified based on clinical symptoms of vitiation of *humors*. In this work, we have highlighted the *Asanam* for the categorized diseases classified by three *humors* and the appropriate duration they have to be done for those diseases at its effective means. Well defined studies have to be done to establish more information regarding *asana* through *Thirumandhiram* .

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