

A REVIEW OF RHEUMATOID ARTHRITIS AND MEDICINES IN SIDDHA SYSTEM

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ABSTRACT

The Siddha system is a treasure trove of several medicines for innumerable diseases that need to be scientifically validated. The saint *Yugi* classified different types of neuro musculo skeletal diseases under 80 types of *Vatha* diseases in his text *YugiVaithiyacinthamani*. *UthiraVathasuronitham* is one among them. The signs and symptoms of *UthiraVathasuronitham* may be correlated with that of Rheumatoid Arthritis in modern science. This paper deals with single herb therapy and poly Siddha herbo-mineral formulations that have been mentioned in siddha literature and have been clinically well established. This paper establishes the effectiveness of Siddha system of medicine as the best choice for the treatment of RA. This will create awareness among the Rheumatology associations and researchers worldwide.

KEYWORDS: Siddha Medicine, Rheumatoid Arthritis, *Vatha* diseases, Herbs, Herbo-mineral formulations.**1. INTRODUCTION**

Rheumatoid Arthritis is a chronic disease which will affect the normal person to live a normal healthy life, due to its worst complications.^[1] RA affects nearly 1% of population worldwide due to its debilitating nature, in advance stages; the disease burden is considerable in economics and health expenditure terms. In developed countries 0.5-1% of adults are affected. Incidence of new cases ranges from 5-50 per 100,000 adults in developed countries.^[2] Bone loss is one of the most harmful effects induced by chronic inflammation as well as the medication taken to rheumatoid arthritis, such as glucocorticoids. It is therefore important that, we gain the better understanding of, which medications used to treat patients with chronic inflammation are less likely to impact negatively on bone health. One study has shown that continuous treatment with prednisone at 10 mg /day during 90 days or more increase the risk of vertebral fractures 17- folds and hip fractures 7- folds. At this juncture the intervention with the siddha system of medicine gives relief from the chronic inflammation and to retain the bone density.^[3] Since the treatment for RA is a long term one, the siddha medications are completely secure and safe without any adverse effects, unlike NSAIDs which is the medication used for temporary pain relief worldwide but after long term use they can be very dangerous, can damage liver, kidney and may led to fatalities. Siddha system of medicine does not cause any

harmful effects and is very effective in limiting the pain but also improves mobility of the joints to achieve better and healthy life.

Siddha is more than a system of physical medicine, because it removes distress and diseases. In Siddha system, Siddhars classified the diseases on the basis of affected vital humors (Vali, azhal, Iyam), organs (eye and ear disease etc), *kosam* (systems like Gastro intestinal system, Respiratory system etc) in to 4448^[4]. The saint *Yugi* classified different types of neuro musculo skeletal diseases under 80 types of *Vatha* diseases in his text *YugiVaithiyacinthamani*.^[5] *UthiraVathasuronitham* is one among them. The signs and symptoms of *UthiraVathasuronitham* may be correlated with that of Rheumatoid Arthritis in modern science. This is the first system to emphasis health as the perfect state of Physical, Psychological, Social and Spiritual component of human being which was mainly needed for RA which is mainly caused by stress .Worldwide so many Rheumatology medical associations have been formed to find a new treatment and management strategies for RA.^[1] This paper deals with single herb therapy and poly Siddha herbo-mineral formulations that have been mentioned in siddha literature and have been clinically well established.

2. RHEUMATOID ARTHRITIS DISEASE IN SIDDHA SYSTEM OF MEDICINE

Vatham was generated below the Abdomen and spread all over the body and responsible for the movements of the body. Saint Yugi in Yugi VaidhiyaChinthamani classified Vatha diseases (neuro muscular skeletal diseases) as 80 types. VathaSuronitham is the condition dealt under vatha disease. Yugi classified VathaSuronitham in to seven types^[5]

- Vathasuronitham
- UthiraVathasuronitham
- SithuVathasuronitham
- VaigithaVathasuronitham
- PaithiyaVathasuronitham
- SlethumaVathasuronitham
- UtharaVathasuronithamira

Uthira Vatha suronitham is one type of Vatha suronitham. This disease is caused by imbalance of humors that is elevated vatham and pitham.

Clinical Features of UthiraVathasuronitham^[5]

“Vaigithamaaik kanaikkaalu muzhangal thaanu
Markadanth sandthu puravadiyum veengich
Saeigithamaanj siruviralgal migavum nondhu
Sinthai thadumaariyaesalippundaagum
Paigithamaampaithiyaththilvathamminjip
Baaramaaiurpaviththuazhalundaagum
Uyikithamaaiasanamathuthaanumvaenda
Uthiravathasuronithathinunaarchchiyaamae”-Song No-319
- YugiVaithiyaChinthamani

Table 1: Correlation of Uthiravathasuronitham and Rheumatoid arthritis.^{[1][6]}

S.No	Symptoms for UthiraVathasuronitham	Symptoms for Rheumatoid Arthritis
1.	“Vaigithamaaik kanaikkaalu muzhangal thaanu Markadanth sandthu puravadiyum veengich	Swelling of Ankle, Knee, and smaller joints of the Hand. Flexion of distal inter-phalangeal joints and Extension of Proximal inter-phalangeal joints looks like Apes Hand-Swan neck Deformity.
2.	Saeigithamaanj siruviralgal migavum nondhu	Pain and tenderness of minor joints especially phalanges.
3.	Sinthai thadumaariyaesalippundaagum	Depression and Apathetic mood.
4.	Paigithamaam paithiyaththil vatham minjip Baaramaaiurpaviththu	Signs of Inflammation (Elevation of Pitham) pain and restricted movements of the joints (Elevation of vatham).
5.	Azhalundaagum	Fever
6.	Uyikithamaai asanamathu thaenum vaenda	Loss of appetite

3. SIDDHA MEDICINES FOR RHEUMATOID ARTHRITIS.

Herbo-Mineral Formulations for RA: In Siddha system there are several herbo mineral formulations

mentioned for Vatha Disease. Some major formulations are given in the following Table.2

Table 2: Herbo mineral formulations for RA.

S.No	Name of the Formulations	Reference text	Page no /Song no
1.	AadathodaiManappagu	Siddha Vaidhiya Thirattu ^[7]	P.no:257
2.	AttathiChooranam	Thanjai Vaidhiyarajachinthamani ^[8] Part1	P.no:21-22
3.	AyaChendooram	AgathiyarParipooranam-400 ^[9]	S.no:261-264
4.	AyaveeraChendooram	Gunapaadam Part 2 and 3 ^[10]	P.no:58
5.	ElathiChooranam	Agathiyar Vaithiya Rathinasurukkam ^[11]	S.no:149-150
6.	GandhagaParpam	Anubhogavaithiyanavaneetha ^[12] Part 6	P.no:28
7.	GandhagaRasayanam	Pulipaani-500 ^[13]	S.no:324-330
8.	GundhirigaThylam	Hospital Pharmacoepia ^[14]	P.no:133
9.	KaalamegaNaarayanaChendooram	Vaidiyasaarasangiragam ^[15]	P.no:496-497
10.	KorosanaiMathirai	Agathiyar Vaithiya Rathinasurukkam ^[11]	S.no:149-150
11.	KoushigarKulambu	Siddha vaidhiya Thirattu ^[7]	P.no:204-213
12.	LaguvisamushitiThylam	Therayar Thyla Vargasurukkam ^[16]	S.no:79 P.no:101
13.	LingaChendooram	Gunapaadam Part 2 and 3 ^[10]	P.no:159
14.	LingaPathangam	Therayar Karisal 300 ^[17]	S.no:2 P.no:8

15.	<i>MahavallathiLeghiyam</i>	<i>Boogar Vaithiyam 700</i> ^[18]	S no:175-187
16.	<i>MahaveeraMezhugu</i>	<i>Siddha VaithiyaThirattu</i> ^[7]	P.no:203-204
17.	<i>MayanaThylam</i>	<i>Therayar Thyla Vargasurukkam</i> ^[16]	S.no:79 P.No:130
18.	<i>MehanaathaKuligai</i>	<i>Siddha Vaithiya Thirattu</i> ^[7]	P.no:41
19.	<i>MerugulliThylam</i>	<i>Therayar Thyla Vargasurukkam</i> ^[16]	P.no:75
20.	<i>MoosambraPattru</i>	<i>Siddha Vaithiya Thirattu</i> ^[7]	P.no:305
21.	<i>MuthuChippiParpam</i>	<i>Siddha Vaithiya Thirattu</i> ^[7]	P.no:128
22.	<i>MuthuParpam</i>	<i>Therayar Maha Karisal</i> ^[19]	P.no:132-134 S.no:50
23.	<i>NandhiMezhugu</i>	<i>Siddha Vaithiya Thirattu</i> ^[7]	P.no:183-187
24.	<i>NavauppuMezhugu</i>	<i>Siddha Vaithiya Thirattu</i> ^[7]	P.no:193-194
25.	<i>PachaikarpooraMathirai</i>	<i>Siddha VaithiyaThirattu</i> ^[7]	P.no:30-31
26.	<i>PanchasoothaMezhugu</i>	<i>Yugi Karisal-151</i> ^[19]	S.no:16-24
27.	<i>ParangipattaiRasayanam</i>	<i>AgathiyarVaithiyaRathinasurukkam</i> ^[11]	S.no:114-118
28.	<i>PoorakKattu</i>	<i>Gunapaadam Part 2 and 3</i> ^[10]	P.no:163
29.	<i>Rasa Mezhugu</i>	<i>Agathiyar Paripooranam-400</i> ^[9]	S.no:126-129
30.	<i>SeenthilChooranam</i>	<i>Agathiyar Paripooranam-400</i> ^[9]	S.no:324-325
31.	<i>SivanarAmirtham</i>	<i>Siddha VaithiyaThirattu</i> ^[7]	P.no:165-166
32.	<i>ThalagaParpam</i>	<i>Agathiyar Paripooranam-400</i> ^[9]	S.no:195-201
33.	<i>ThalisathiChooranam</i>	<i>Siddha VaithiyaThirattu</i> ^[7]	P.no:228-229
34.	<i>ThalisathiVadagam</i>	<i>TherayarPaadalThirattu</i> ^[21]	P.no:28
35.	<i>ThangaParpam</i>	<i>Gunapaadam Part 2 and 3</i> ^[10]	P.no:109-110
36.	<i>ThetrandkottaiLeghiyam</i>	<i>Agathiyar Paripooranam-400</i> ^[9]	S.no:281-282
37.	<i>UlogamandooraChendooram</i>	<i>TherayarYamagaVenbha</i> ^[22]	P.no:150
38.	<i>VaathakesariThylam</i>	<i>TherayarThylaVargasurukkam</i> ^[16]	S.no:9, P.No:48
39.	<i>VathaRakshanan</i>	<i>AgathiyarVaithiyaRathinasurukkam</i> ^[11]	S no:36-38
40.	<i>VelliChendooram</i>	<i>Gunapaadam Part 2 and 3</i> ^[10]	P.no:129-130
41.	<i>VelvangaChunnam</i>	<i>Gunapaadam Part 2 and 3</i> ^[10]	P.no:122
42.	<i>ViresanaPoobathi</i>	<i>BalaVaagadam</i> ^[23]	P.no:79-80

4. ANTI-VATHA HERBS

Drugs which are prevent the *Vatha* Diseases in the body mentioned in *Gunapadam Part I Mooligaivaguppu*.^[24]

Some important herbs which prevent *Vatha* diseases are mentioned in Table 3.

Table 3: Herbs Prevent Vatha Diseases.

S.No	Herbs	Botanical Name	Part Used
1.	<i>Aamanakku</i>	<i>Ricinus communis</i> , Linn.	Leaves,roots
2.	<i>Aanaipuli</i>	<i>Adansonia digitata</i> , Linn.	Leaves
3.	<i>Kadambu</i>	<i>Anthocephalus cadamba</i> Roxb	Seed
4.	<i>Chinni</i>	<i>Acalypha fruticosa</i> , Forsk	Root
5.	<i>Kattaamanakku</i>	<i>Jatropha curcus</i> , Linn.	Leaves,root
6.	<i>Chevamanakku</i>	<i>Ricinus tanarius</i> , Linn.	Leaves,root
7.	<i>Thakkolam</i>	<i>Illicium veram</i> , Hook.f.	Seed
8.	<i>PirappanKizhangu</i>	<i>Calamus rotang</i> Linn.	Rhizome
9.	<i>Mizhagu</i>	<i>Piper nigram</i> Linn.	Seed
10.	<i>Musuttai</i>	<i>Rivea ornate</i> (Roxb)W.& A	WholePlant
11.	<i>Merugu</i>	<i>Alocasia indica</i> , Schott.	Rhizome
12.	<i>Maikonrai</i>	<i>Poinciana pulcherrima</i> , Linn.	Flower,Bark
13.	<i>VathaNaarayanan</i>	<i>Delonix elata</i> , (L) Gamble	Leaves
14.	<i>Vizhuthi</i>	<i>Cadaba trifoliata</i> (Roxb)W.& A.	Leaves and Fruit

5. CONCLUSION

For the painless better future of RA patients, Siddha system of medicine has opened a venue in the treatment with promising Siddha formulations and Single herb therapy consisting of *kayakalpa* drugs (Rejuvenators) there by promoting the health status of RA without any untoward adverse effects and ensure long life without any complication and disability. It is interesting to note that the siddha medicines are made from easily available sources such as plant, animal, marine, metal and mineral kingdoms. Siddha medicines are easily available, cost effective and efficacious. It is apt to adhere the siddha system of medicine for the long term treatment of RA. These medicines necessitate so many studies to evaluate the safety and efficacy. This paper establishes the effectiveness of Siddha system of medicine as the best choice for the treatment of RA. This will create awareness among the Rheumatology associations and researchers worldwide.

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