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Role of Siddha Medicine in sports injuries – A short review

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ABSTRACT

Siddha an ancient Indian system of medicine. It includes 32 Internal and External medications for treating diseases. The system includes many specialties. But in south India Siddha practitioner's prescribed many medications to the injured persons in sports. Hence Siddha includes another unseen specialty Sports medicine. Siddha System includes all types of treatment methodologies to treat sports injuries. Internal medications especially External therapies place a major role to treat Sports injuries. Our methodologies were cured pain, edema, inflammation, wounds, sprains, muscle and ligament tear, fracture with a speedy recovery. In this study, we discussed the hidden methodologies for sports injuries especially to an Ankle sprain. Furthermore, the development of treatment methodologies will take the system worldwide.

Keywords— Siddha, Sports injuries, Sports medicine, Ankle sprain

1. INTRODUCTION

Siddha system of medicine is an ancient Indian system of medicine followed mostly in South India [1, 2]. Now a days Siddha practitioners prescribe the medicines for many chronic disorders and some acute diseases. Siddha is slowly gaining its recognition in the world of complementary/alternative medicine. The Siddha medicines meant for the human body are prepared, based on the theory of Panchabutha [3]. Body activities depends upon three uyir thathu and eight udal thathu.

Sports medicine is an important and fast growing branch of medicine that deals with physical fitness and the treatment and prevention of injury related to sport and exercise [4]. Concussion, muscle cramp, Anterior Cruciate Ligament and Posterior Cruciate Ligament sprains/tear, ankle sprain, shin splints, muscular strains and fracture are common in sport injury [5]. Sports medicine is not a single specialty, but an area that involves many branches which includes cardiology, pulmonology, orthopedic surgery, psychiatry, exercise physiology, biomechanics, and traumatology [6]. Its function is not only curative and rehabilitative, but also preventative [7]. In sport medicine, as per the type of event and the activity, treatment modality will also vary.

Siddhar's mentioned many formulations in various literatures for Vali (painful conditions), Veekam (Edema conditions) Thabitham (Inflammation), Kaayangal, Pungal (wounds), Varma pulligalil adi, Sulukku (sprains), Kizhivu (Muscle and ligament tear) and Enbu murivu (fracture). But not by the name of sports medicine. They mentioned varma therapy, Yoga therapy, Internal and External medications for above said conditions. This study reveals the special treatments mentioned in the Siddha literatures for major sports injuries.

2. SIDDHA PROTOCOL FOR SPORTS INJURIES

- (a) Immobilization (Primary prevention)
- (b) Internal Medication (Healing the injuries)
- (c) External Therapies (Healing and strengthening the injured areas)

2.1 Immobilization

The process of holding a joint or bone in place with a splint, brace or cast. This is done to prevent an injured area from moving while it heals [8].

2.2 Internal Medication

Prescription of the medicine may vary and it depends upon the severity of the injury and its area. Here we discussed about the treatment methodology for the sports injury Ankle sprain. Ankle sprain is a major sports injury, it is an injury to the tough bands of tissue (ligaments) that surround and connect the bones of the leg to the foot. Depends upon the signs and symptoms ankle sprain had III grades.

2.2.1 For Grade I: Can prescribe T. Amukkara choornam, T. Parangipattai Choornam as internal medication. Sivappu kukkil thylam, Kaya thirumeni thylam, Visha mutti thylam as external medication Above said oils were used for the therapies Thokkanam (massage), Ottradam(Fomentation) etc..

2.2.2 For Grade II: Can prescribe internal medicines T. Kukkil parpam, Arumuga chendooram etc. along with above said medications.

2.2.3 For Grade III: Can prescribe higher order medicines C. Rasa Gandhi mezhugu etc. along with above said medications. Every medicines must take with Siddha Physician's prescription and advice.

2.3 External Medication

External therapies classified into 32 in Siddha system of medicine. Among thirty two types [9] following are indicated for sports injuries Thokkanam (Physical manipulation), Patru(Poultice), Ottradam (Fomentation), Poochu (Anointing), Seelai (Medicated Gauze or Plaster),Kombu Kattal (Fracture Immobilization),Pasai (Cream), Kalimbu (Oinment).Varma therapy is an important treatment procedure to reduce pain. Stimulation of varma points by applying pressure over the points regulates Irregular Prana and reduce the pain [10].



Fig. 1: Thokkanam (Massage) Technique for ankle sprain and Pain over the Leg andFoot (Massage towards Arrow mark)

- **Thokkanam:** This is the physical manipulation of the body with hands either by applying oil or without oil.
- **Ottradam:** Lime,husk,brick powder,sand or some leaves are fried and tied in a cloth and applied as fomentation on the affected areas.
- **Poochu:** This is application of medicated oils or boiled herbal extracts on the affected areas.
- **Seelai:** Some purified toxic drugs are ground in water or in herbal extracts until it becomes semisolid consistency, then a piece of cloth is soaked and applied over the wound.
- **Kombu kattal:** This is reduction of fractured bones and immobilising them using splints (wooden sticks) and bandages.
- **Pasai:** Drugs like kungiliyam (*Shorea robusta*) are melted with molten wax or ghee and applied to wounds.
- **Kalimbu:** Paasaanas are added to astringent drug like Acacia catechu and powdered. They are then ground well with butter and applied on wounds.



Fig. 1: Varmam Points to reduce the symptoms of ankle sprain and Pain over the foot

Depends upon the injury and its symptoms and signs physician will prescribe the external therapy treatment. For Ankle sprain and other painful conditions of foot, Thokkanam (figure 1) with medicated oils and Varma points (figure 2) are important to treat the condition.

3. DISCUSSION

In Siddha system of medicine treatment is classified in to three categories, Devamaruthuvam (Divine method), Manuda maruthuvam (rational method), and Asura maruthuvam (surgical method). In Divine method medicines like parpam, chendooram, gurukuligai made of mercury, sulfur and pashanams are used. In rational method, medicines made of herbs like churanam, kudineer, vadagam are used. In surgical method, incision, excision, heat application, bloodletting, leech applications are used. As per therapies the treatment of Siddha medicines could be categorized in to Purgative therapy, Emetic therapy, Fasting therapy, Steam therapy, Oilation therapy, Physical therapy, Solar therapy and Bloodletting therapy, Yoga therapy, etc.

For sports injuries both internal and external therapies are very essential for its treatment. In this review we discussed about the treatment methodology for ankle sprain. Likewise Siddha physicians select the treatment methodologies for various sports injuries. Internal medications are prescribed to the patients as Herbs, and then mineral, metal and marine origin drugs and finally higher order siddha preparations respectively. Depends upon the severity of the injury physician may select the internal medication. And also they select the single or multiple external therapies to treat the sports injuries.

4. CONCLUSION

This is an important step to reveal the Siddha medicine methodologies to treat the Sports injuries. Here we discussed the important sports injury ankle sprain treatment methodologies. In future further more methodologies for various sports injuries will develop. Siddha system is important system for treating sports injuries, but proper treatment methodologies are essential to accept the system worldwide. If it will happen, Siddha system spread all over the world.

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