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## A review on detoxification methodologies in Siddha – A traditional Indian system of medicine

K. Dharshini

[dharshinikannan10@gmail.com](mailto:dharshinikannan10@gmail.com)

Sri Sairam Siddha Medical College  
and Research Centre

R. Sathish Adithya

[sathizkannan@gmail.com](mailto:sathizkannan@gmail.com)

Sri Sairam Siddha Medical College  
and Research Centre

R. Sangeetha

[sangeetharajendran1963@gmail.com](mailto:sangeetharajendran1963@gmail.com)

Sri Sairam Siddha Medical College  
and Research Centre

A. Poongavi

[Poongavi1998@gmail.com](mailto:Poongavi1998@gmail.com)

Sri Sairam Siddha Medical College and  
Research Centre

S. Mathukumar

[principal.sid@saimedical.com](mailto:principal.sid@saimedical.com)

Sri Sairam Siddha Medical College  
and Research Centre

### ABSTRACT

*Siddha system is one of the oldest system practiced in South India especially in Tamil Nadu. Now a day's Traditional system is highly encouraged by the public for treating diseases. But the major claim against the system is toxic nature of minerals and metals are used by the traditional medicines. Siddhar's who are the inventors of Siddha medicines not only provide the medicinal preparation for treating diseases. They also mentioned the detoxification methodologies for purifying the ingredients of the medicinal preparations not only the metals and minerals even plants they mention it. Purification and Preparation procedure will done as per the literature evidence is the only opportunity to break the claim that higher-order medicines are toxic nature. And acceptance of Siddha system of medicine around the world is possible. This article is a fingerprint review study for availability of many purification methodologies in Siddha system of medicine.*

**Keywords**— Detoxification, Purification, Siddha system of medicine, Higher-order medicine, Traditional medicine

### 1. INTRODUCTION

Health is a state of physical, mental and social well-being, and there is no diseases and ill health<sup>1,2</sup>. Many Infectious diseases are still observed as major health problems in spite of having national programmers for the control of these diseases for almost half a century now. This problem can solve, not only by Single system of Medicine. Unification of Many systems of Medicine is the solution to control many diseases. Now a day's people change their attitude towards Indian system of Medicines for treating illness. Siddha System is one among the system practiced in South India especially in Tamil Nadu. In Siddha System of Medicines not all types of medicines are used for the treatment, many higher-order medicines are avoided even by the Siddha physicians too. Because of toxic nature of heavy metals and minerals and tough preparation procedures less usage is observed. In future higher order traditional preparations change the world and take the people toward Indian system of medicine for many illnesses. In Siddha literature Siddhar's who are the inventors of Siddha medicine perfectly indicate detoxification methodologies (Suddhi Muraigal) to purify the ingredients of all 32 types of internal medicines. The word "Suddhi" means "to get rid of impurities". Suddhi is a unique process of detoxification which is employed to purify/detoxify and to potentiate the effect of various kinds of raw drugs used in Siddha formulations with a view to reduce their toxic contents /effects as well as to enhance their therapeutic properties<sup>3</sup>. This study is an important step to explore the detoxification methodologies of Siddha system of medicine.

### 2. METHODS

In the current era, adverse effect and adverse reaction is the major converse in medical field. It is Notable when the severity of the adverse effect or event is extreme. In Siddha system of medicine literature mentioned the purification methodologies for raw drugs and also prepared medicines. Raw drugs include Plants, Minerals, Metals, and Animal kingdom. They provided us more than 1000 purification methodologies which include Plants, Minerals, metals, and Animal kingdom. Here we mentioned some methodologies explained by Siddhar's.

## 2.1 Purification methodologies of Mooligai (Plants)

### 2.1.1 Serangkottai (Semicarpus Anacardium)<sup>4</sup>

- Remove the mooku (Pericarp) of the Serangkottai and boil it in the cow dung.
- Remove the mooku (Pericarp) of the Serangkottai and fry it in the gingely oil.
- Take a good quality of Serangkottai and take Tamarind leaves with the ratio of 1:3 and put in the mud pot. Add 8 parts of water to it. Boil it until the level of water reached to 1/8 th of its level. Dry it in sunlight. Repeat the procedure for 7 times.

**2.1.2 Kanja (Canabis sativa)<sup>5</sup>:** Take the Kanja without seed and petiole. Soak it in the lemon juice or distilled water. Dissolve it with water, wash it and dry it.

### 2.1.3 Sukku (Zingiber officinale)<sup>6</sup>

- Remove the outer skin of the sukku.
- Soak it in the limestone water till it gets purified.
- Dip it in the Vitex negundo (Nochi) juice for 9 times.
- Peel off the outer skin and cover it with limestone and keep it in sunlight.
- Peel the outer skin and coated with white limestone and dry it for 8 hours.

## 2.2 Purification methodologies of Thathu (Metals and Minerals)

**2.2.1 Thangam (Gold)<sup>7</sup>:** The paste of red earth soil (Red-ochre) is applied over the gold sheets, placed in a small earthen vessel, heated and then washed. This procedure is repeated for six times to get purified gold.

**2.2.2 Rasam (Mercury)<sup>8</sup>:** Required quantity of mercury is placed in a thick cloth and squeezed for 1000 times. Then it is placed in an earthen pot fresh water is poured in the earthen pot up to the level of 1" above the mercury level. The pot is heated with low-intensity fire. The water level is maintained by adding water. When the water turns into black in colour, the mercury is separated and washed with vinegar for 4 or 5 times to get the purified and detoxified mercury.

Mercury is poured into the chilly fruits after removing the seeds. Ivy gourd leaf poultice is covered on the chillies in four finger breadth thickness and sealed with seven layers of mud pasted cloth. These chillies are put into kukkudapudam to obtain purified and detoxified form of mercury.

## 2.3 Purification methodologies of Animal Kingdom (Metals and Minerals)

**2.3.1 Poonagam (Earth Worm)<sup>9</sup>:** The worms are taken out after placing them in milk or buttermilk. If the lime water is poured on earthworms, they will die.

Earthworm – 350gms

Sour buttermilk-1.5 liters

Add ½ liter of buttermilk in a vessel and allow the earthworm into the vessel. Close the vessel. After 2hrs filter the earthworm from the buttermilk and wash it with water. Repeat this procedure so that the soil content in the stomach of earthworm is spilled out. Repeat the same procedure until the soil content is spilled out completely. If you fail to ensure the complete removal of the soil content, then the weight of red oxide will be doubled and the efficacy of medicine made out of this earthworm will be reduced.

### 2.3.2 Palakarai (Cypraea Moneta – Marine Shell)<sup>10</sup>

- Palakarai powder - 35gm
- Fruit juice of Averrhoa carambola (Thamaratham) - 350gm

The above ingredients are mixed and placed in daylight for a whole day. The process is repeated the next day also using fresh fruit juice and continued for 15 days for perfect purification.

The marine shell is kept soaked in lemon juice or rice gruel and then taken out as purified.

## 3. DISCUSSION

In the current era world needs many medications for treating diseases, but the resource is less. In our system Resources are very high. But the reach towards nook and corner of the world is less. We have treasure preparations made by Kattu, Kazhangu, Kuru Kuligai, Padanangal, Navamanigal, Uparasangal. The world needs harmless medications to their creatures. Today we have a compulsion to establish that our medicines are safe. We have to prove that purification methodologies and also the preparation procedure of Siddha Medicine make the Heavy metals and Minerals as harmless and safe for human beings.

In Ayurveda system of medicine, it is cited that Lingam (Red sulphide of mercury) which has not undergone Suddhi is likely to cause mental disorders, blindness, weakness, fatigue, giddiness, delusion and urinary disorders<sup>13</sup>. And also cited that improper purification and processing of cinnabar will result in toxicity such as inflammation of Gastro intestinal tract leading to ulcerations in the buccal floor, uvula, and inner portion of tongue, larynx and large intestine. There may be loss of taste, difficulty in eating, drinking water and speaking, foul odor from mouth, whitish viscous salivary secretion and burning sensation over the body<sup>14</sup>.

Detoxification not only changes the toxic nature of the ingredients, but it also converts the ingredients into potent to treat the diseases. In future eradication of many diseases is possible only through Traditional system of Medicines. Because of toxic nature of heavy metals and minerals and tough preparation procedures many preparations are not prepared yet and usage among the people is very less. But major cause is due the toxic nature of ingredients used in higher-order medicines. Even though the metals are essential for the activity of several enzymes, both as activators in enzymes metal substrate complexes and transition metals play an important role by forming stable coordinate bonds at fixed positions of immobile protein molecules, there are many untoward claims mentioned about the metals. And Metals can be directly bound to proteins or many attach through an organic legend such as heme4.

This article is an explanation for the claim of the toxic effect of minerals and metals and some plant products can be detoxified and used to treat many diseases. Very small instance as explained in this article. Siddhar's explained the purification methodologies for every plant and Minerals and Metals used by them to treat diseases.

#### **4. CONCLUSION**

In Siddha for treating disease, many preparations are described by the creators Siddhar's. For every preparation they used Plants, Minerals, Metals, and Animal kingdoms. They knew the toxic effect of every ingredient of Preparations and also written the purification methodologies of every ingredients of preparations. Find out the detoxification methodologies and implementation is the major task for us. And making the scientifically background for every purification methodologies is also an important task for the acceptance. If the ingredients are purified properly as per the literature and prepared the medicine as per the literature, Siddha medicine will reach worldwide and will know the uniqueness of the medicine.

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