



Nurturing the self within-Siddha

Description



Siddha an ancient form of healing, is coming back into the scene and many people are taking to it to cure themselves of diseases.

As humans, we are able to witness the beauty around us due to *Chaitanya*, or mobile energy. Itâ??s a gift that needs to be preserved, and thereâ??s no better way of nurturing it than going to the origin itself.

Traditional medicines have formed the backbone of the Indian medical system for centuries now. One of the prominent and oldest such practices is *Siddha*, which is also one of the most ancient medical systems in the world. A form of Tamil traditional medicine which has been in existence for 10,000 years, *Siddha* takes into account the functioning of three elements in the body- *Kapha* (earth and space), *Vata* (air), *Pitta* (fire). Any distortion in the functioning of any of the three causes disease. *Siddha* is not just concerned about the body but the mind as well.

The creators of *Siddha* were the *Siddhars*, sages of ancient India who focused on the wholesome health of a person. For this they concentrated not just on the body but also the psychology of the people, their lifestyle and diet. What we eat, when we eat, how we eat, are all linked to our mental state. This determines how much nutrition we get from our food. Siddha practitioners thus, treat not only diseases but also the bad practices we acquire in the name of being busy.

Siddha medical practice is an elaborate process. The treatment in *Siddha* medicine is aimed at keeping the three humors in equilibrium, as well as maintenance of the seven elements. Proper diet, medicine and a disciplined regimen of life are advised for a healthy living and to restore equilibrium of humors in diseased conditions.

Treatment is classified into three categories: *Devamaruthuvum* (Divine method); *Manuda Maruthuvum* (rational method); and *Asura Maruthuvum* (surgical method). In Divine method medicines like *Parpam*, *Chendooram*, *Kuligai* made of mercury, sulfur and *Pashanams* are used. In the rational method, medicines made of herbs like *Churanam*, *Kudineer*, *Vadagam* are used. In surgical method, incision, excision, heat application, blood-letting and leech application are used. Where there is no cure for cancer and AIDS in modern medicines, *Siddha* claims to have answers to even these critical illnesses.

The therapies used in *Siddha* treatments could be further categorized as purgative therapy, emetic therapy, fasting therapy, steam therapy, oleation therapy, physical therapy, solar therapy, blood-letting therapy and Yoga therapy.

Nature is an important element in *Siddha*. Herbs, flowers and fruits are the ingredients of medicine and in some cases; more than 100 such ingredients may go into curing one disease and its related anomalies. It is a scientific method which is revered because of its spiritual dimension. It is now also practised in other countries and valued because of its rejuvenation power. As it has natural herbs and minerals, it has extremely rare chances of side effects. The medicines cure not only one disease but also other malfunctioning areas in the body, which makes the body stronger and healthier. There are many institutions in India which offer a degree course in Siddha Medicine, like Govt. Siddha Medical College, Chennai and [Santhigiri Siddha Medical College, Kerala](#).

Siddha, along with *Ayurveda* and *Unani* medicines, are India's gifts to the world. *Siddha* has earned its place globally because of its contribution to an individual's physical and mental well being. As many diseases still do not have a cure in other forms of medicine, let's turn to our roots to show the world that the answer lies not outside but within.

Ujjaini

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Category

1. Wellness

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