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Scientific concept of Siddhar song about Turmeric

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Introduction

Siddha medicine is a very ancient form of medicine. Siddha medicine were first known from Lord Shiva to Parvati, from Parvati to Nandidevar and then from Nandidevar to Siddhars. Siddha medicine is completely based on nature, the Panchabhootham which are related to the three elements, Vatham, Pitham and Kabham. Although this medicine appeared thousands of years ago, the science of Siddha medicine is in harmony with the current science. A study of Siddha Medicine reveals the great scientific knowledge in it.

Siddhars

-) Siddha – Tamil word
-) Derived from ‘Siddhi’ – ‘attaining perfection in life or heavenly bliss’ which is Highest goal of life.
-) Tamil term – ‘Siddha’ actually comes from ‘Chit’ meaning ‘Consciousness that illumines’.
-) Correct way saying ‘Siddhar’ is ‘Chittar’ - the one who abides as consciousness.

Siddhars are Knowledgeable, genius, enlightened, insightful persons. The word ‘Siddhar’ means one who has become Siddhi. Siddhars are those who have acquired eight types of siddhis like Iyamam, Niyamam, Aadhanam, Pranayamam, Pratyakaram, Dharanai, Dhyanam, Samadhi etc.

Wisdom hymns of Siddhar

There are many songs of the Siddhars are there to love human society. The songs by Siddhar is praising virtue and reprimanding vice. A perusal of the medical texts of the Siddhars reveals many truths. In this article, we will find the scientific ideas of Siddhar song found in such research.

Ozhukkam (Discipline)

“*Ozhukkam vizhuppanh tharalaan ozhukkam
Uyirinum ompap padum*”
- Thiruvalluvar

* Propriety of conduct leads to eminence, it should be therefore be preserved more carefully than life. Decorum gives especial excellence; with greater care.

It is that the health and sickness of the living being is due to their corruptions, water resources of their places and the seasons but their morals also main reason for causing diseases. Because of that Siddhars followed good habits and morals, so they got majestic appearance, strength and health and lived for many years. Everyone should follow the morals of Siddhars who have attained maturity and divine grace. The Siddhars have divided morals into two categories. They are

1. Eternal morality(Daily regimen)
2. Period discipline(Seasonal regimen)

In this eternal discipline is the daily activities from the previous morning to the next morning. Among the eternal morals are morning early wake-up and routine activities, physical exercises, clothing & ornaments, food, beverages, sleep and

rest, bathing and some other morals. In this article we will see about the benefits of bathing by using turmeric.

Bathing

The life can be lived simply in great ways to be followed every day. If we hold the simple things in life that we need to observe on a daily basis, we can live life to the fullest. Our forefathers, who were accustomed to etiquette prescribed that we should take a bath daily before sunrise every day. Sweat and dirt appear on the body every day. Bath daily to remove these impurities.

Qualities of Turmeric Bath:

Manjal (*Curcuma longa*)

Parts used: Tuber

Suvai (Taste): Kaarppu (Pungent), Kaippu(Bitter)

Thanmai (Character): Veppam(Heat)

Pirivu (Division): Kaarppu(Pungent)

Chemical Composition and its uses:

Curcumin, Essential Oil

Curcumin – Powerful efficacy as an anti-cancer agent, anti-inflammatory, anti-oxidant, anti-alzheimer and also Hepato-protective, Neuro-protective, Cardio-protective activities are present.

Essential Oil – Anti-microbial, Anti-oxidant, Anti-inflammatory, Anti-cancer activities are present

Action of turmeric

Good aromatic,
Carminative,
Stimulant,
Hepato -Tonic

Character

*“Ponniramaam meni pulaanaatramum pogum
Mannu puruda vasiyamam – pinniezhum
Vaandhipitha thodamiyyam vathampom
theebamaang
Koorndha manjalin kizhanguku”.
-Agathiyar Gunavaagadam*

Applying turmeric to the body and taking a bath will remove the bad odour of the body. While using it as internal medicine cures vomiting, regurgitation, headache, dehydration, white discharge, running nose, swelling, urticaria, ulcer. Turmeric is included in the daily bath of our mothers and protects their skin and body health. It is turmeric that has created the honor of being revered and worshipped as ‘the yellow face is the auspicious face’. It has excellent disinfectant and deodorizing properties.

*“Manchat Kulitanaku Maarathurk Kandhamodu
Vinjumukha Satiyamum Vitakalum
thonchalurum
Aiyam ozhiyum Adarviyarvung Kanadu
Vaiya Matinil Vakuthu”
-(Patharthaguna Chintamani)*

Turmeric bath are responsible for golden luster of the body and it also removes the bad odour from the body and also removes disease in the face. It controls the over perspiration and also diseases due to iyyam derangement.

The scientific concepts of this song

Turmeric contains both Curcumin and Essential Oil.

Turmeric for skin

Turmeric contains a powerful component called Curcumin has an antioxidant and anti-inflammatory properties. When outside factors (Sun exposure, Pollution, Stress, Hectic lifestyle, etc..) can cause increase in melanin production,

the ACTH Hormone is secreted by Pituitary gland. This Hormone supports melanocortin 1 receptor (MCR and this is one of the proteins that stimulates melanin production. Curcumin restricts the ACTH Hormone. This then reduces hyperpigmentation & then lightens the skin. Sun radiation increases the production of matrix metalloproteinase-1. This enzyme lessens the collagen content between the outer & middle layer of the skin. Turmeric inhibits the increase of MMP-2 which then prevent damage of skin from sun.

It contains phytosterols & fatty acids which reduces oil production in the skin. Curcumin reducing the symptoms of many chronic skin diseases of rosacea, eczema, psoriasis and many more. It has anti oxidant property. It inhibits the production of free radicals, that may damage the cells. The Curcumin and essential oil which present in the turmeric bath are responsible for golden luster of the body and it also removes the bad odour from the body and removes disease in the face. This is the scientific concept which is referred to the above hymn.

Conclusion

Siddhars express many scientific concepts in their songs. Thus the scientific method and scientific research are not new to Tamil Nadu, thousands of years ago many scientists lived in this world. Such scientists are Siddhars who lived in our country they have devoted their knowledge and time to finding ways for all people to live disease-free, happy lives, and also help them to live thrive from sufferings. Human society is still enjoying the scientific research and benefits discovered by the Siddhars. Let's learn many of the scientific songs told by the Siddhars and follow the morals they have told us in our lives and live a long and healthy life without disease.

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