

Original Research Article

CLASSIFICATION OF 4448 DISEASES IN SIDDHA SYSTEM OF MEDICINE – A REVIEW

ABSTRACT

Introduction: Siddha Medicine is a system of Traditional Medicine originating in ancient Sri Lanka and Tamil Nadu in South India. Traditionally, it is taught the *siddhars* laid the foundation for this system of Medication. *Agastyar* is considered the first *Siddhar* and the guru of all *siddhars*. Siddha system considers the human body as a collection of tri-humors & seven basic elements. *Vatham, Pitham & Kapham* are the tri-humors which are the life constituents of the human body. The equilibrium of humors is consider as health & its disturbance or imbalance leads to disease. **Aim & Objective:** The aim of the study is to identify the 4448 diseases according to the Siddha **Literatures**. **Results & Discussion:** 4448 diseases are mentioned in *Agasthiyar 2000, Angathipatham, Noi Naadal Noi Muthal Naadal part I* and *Theriyar vaakadam. Siddhar Aruvai Maruthuvam* book stated that **Head and neck** diseases are 1008. Diseases are classified according to anatomical structures of body parts, tri humors and diseases. Totally, 93 diseases are explained in all five books. In *Noi Naadal Noi Muthal Naadal Part II*, 51 diseases and its types and In *Yugi Vaiththiya Sinthamani*, 27 diseases and its types are explained in the books. Totally, 544 and 431 Number of diseases are explained in the text *Noi Naadal Noi Muthal Naadal Part II* and *Yugi Vaiththiya Sinthamani* respectively. **Conclusion:** This study has given quite evidence about 4448 diseases. These collected information are helpful for further studies in types of diseases.

Key words: 4448 Diseases, Siddha Medicine, Siddha Pathology

1. INTRODUCTION

1.1 BACKGROUND OF STUDY

Siddha Medicine is a system of traditional medicine originating in ancient Tamil Nadu in South India and Sri Lanka. Traditionally, it is taught that the *siddhars* laid the foundation for this system of medicine [9,11]. *Siddhars* were spiritual adepts who possessed the *ashta siddhis* or the eight supernatural powers. *Agastyar* is considered the first *Siddhar* and the guru of all *siddhars*, the Siddha system is

believed to have been handed over to him by Shiva [1]. Siddha system considers the human body as a collection of tri-humors & seven basic elements [10,12]. *Vatham*, *Pitham* & *Kapham* are the tri-humors which are the life constituents of the human body. The equilibrium of humors is **considered** as health & its disturbance or imbalance leads to disease [2].

Expecting the diseases caused by our previous births, the diseases caused by our present birth are due to our food habits. This has been rightly quoted in the following verse by Saint *Thiruvalluvar*:

kpfpDk; FiwapDk; Neha;nra;Ak; E}Nyhu;
tspKjyh ntz;zpa %d;W4

The food and actions of a person should be in association with the nature of his body. Any increase or decrease in a humor *Vali*, *Azhal*, *Aiyam* leads to the derangement of the three humors. The agreement of actions means his good words, deeds and **actios**. According to *Thiruvalluvar* the disease is caused due to the increase or decrease in the equilibrium of three humors[2].

The common causes for a person to be afflicted with diseases are mentioned in the following verse of *Theriyar* in his *Karisal*:

NehapDw; gj;jpNfs; Nehd;ik\$u; ike;jNd
Nehahsp nad;gjW Nehahsp Kd;Nd
Neha;fs;tpid fhjuK Neha;fs; tuNtJ
Nehdhik ahy; ntFsp Nehdhj grpahy;
Nehdhj ePu;gUfy; Nehdhj czthy;
Nehf;fkU zkjhF Nehf;fpnahop njhopyhy;
Nehf;fnud elkhb Nehf;fp elkpIyhk;
Nehl;lf;fh uupehb Nehl;lnkhop Fuyhy;
Nehtau; khjnuhL Neht kUTjyhy;
Nehd;Gtpu jhjpyg Nehw;ftU nkypthy;
NehQ;irnad tZFZT Nehttap Yjyhy;
Nehz;ltup njdNtiu Nehz;bNa Ujyhy;
Nehdhj tPukb Nehdtzp Fjyey;
Neha;fSw; gj;jptF Neha;fs; tpid tpIjaha;
Neha;fs; tpid gayha;nka; Neha;fs; tsu; gapuha;
NehAjT gydhfp Neha;fs; ntF Nkyhk;

Nehjf Tiuj;jdkpe; Neha;fsw NkNy
Nehapdpfp yhsu; Nehd;ikap jpdpNa

This stanza said that the common causes for a person to be afflicted with diseases. There are anger, very hard work, wearing wet dress, sexual contact with a person afflicted with diseases, speaking loudly, talking too much, over eating and eating with aversion. Instead one should eat the right quantum and right quality of food at the appropriate time [2].

4448 diseases are mentioned in the Siddha Literatures. 4448 diseases are not clearly mentioned in any, Siddha Literatures So the researcher is going to identify the 4448 diseases according to the Siddha Literatures.

2. AIMS &OBJECTIVE

The aim of the study is to identify the 4448 diseases according to the Siddha Literatures.

3. Methodology

3.1Study design

It is a review of classification of 4448 diseases in relevant literatures

3.2Study setting

Government Siddha Medical College, Palayamkottai from October 2019 to March 2020.

3.3Data Collection

Data for the literature review were collected from *Agasthiyar 2000*[3], *Angathipatham*[4], *Noi Naadal Noi Muthal Naadal part I*[5], *4448- Viyathikal*[6], *Noi Naadal Noi Muthal Naadal Part II*[7] and *Yugi Vaithiya Sinthamani*[8] and websites.

3.4 Data analysis:

Collected data were processed and statistically analyzed by a simple statistical method using Microsoft Excel.

4. REVIEW OF LITERATURES

4448 diseases are mentioned in *Agasthiyar 2000*[3], *Angathipatham*[4], *Noi Naadal Noi Muthal Naadal part I*[5] and *Theriyar vaakadam. Siddhar Aruvai Maruthuvam*[6] book stated that Head and Neck diseases are 1008.

Table 1: Classification of 4448 Diseases according to the Siddha Literatures

Classification of Diseases	According to Agasththiyar 2000 (B1)	According to Angathipatham (B2)	According to Noi Naadal Part 1 (B3)	According to Theriyar vaakadam (B4)	According to Siddhar aruvai Maruthuvam (B5)
Total Number of diseases	4448	4448	4448	4448	-
1. Common Vatha diseases	1482	-	-	-	-
2. Common Pitha diseases	1483	-	-	-	-
3. Common Kapha diseases	1483	-	-	-	-
According to tri humor					
1. Vatha Diseases	84	-	85	-	-
2. Pitha Diseases	83	-	42	-	-
3. Kapha Diseases	-	-	96	100	-
According to body parts					

1. Diseases in Eye	96	96	96	95	96
2. Diseases in ear	7	50	10	23	100
3. Diseases in Nose	27	27	10	30	86
4. Diseases in Neck	42	6	-	120	100 36
5. Diseases in head	307	97	-	210	-
6. Diseases in mouth	186	18	-	70	-
7. Diseases in Cheek	40	32	-	-	49
8. Diseases in occipital region of head	10	10	-	-	88
9. Diseases in Thigh region	201	91	-	30	-
10. Diseases in Lumbo Sacral region	306	105	-	16	-
11. Diseases in Navel	35	108	-	320	-
12. Diseases in Upper limbs	130	130	-	-	-
13. Diseases in Back	81	52	-		-
14. Diseases in forehead	32	-	-	-	26
15. Diseases in Abanan	61	-	-	24 (Moolathara	-

				<i>m)</i>	
16. Diseases in Chest	63		-	21	-
17. Diseases in Anal region		101	-	100	-
18. Diseases in Calf muscles & Knee joint		47	-	20	-
19. Diseases in Heart		106	-	21	-
20. Diseases in Foot		25	-	63	-
21. Diseases in Abdomen	556	-	-	-	-
22. Diseases in Male genitalia	185	-	-	-	-
23. Diseases in Scrotum	25	-	-	-	-
24. Diseases in Lower limbs	190	-	-	-	-
25. Diseases in <i>Thanaththil</i>	42	-	-	-	-
26. Diseases in rib cage	200	-	-	-	-
27. Diseases in head	75	-	-	-	-
28. Diseases in Under the arm	40	-	-	-	-
29. Diseases in 20 joints	51	-	-	-	-
30. Diseases in	-	31	-	-	-

sole of foot					
31. Diseases in Shoulder	-	-	-	18	-
32. Diseases in Intestine	-	-	-	320	-
33. Diseases in small intestine	-	-	-	270	-
34. Diseases in bones	-	-	-	100	-
35. Diseases in nerves	-	-	-	228	-
36. Diseases in Jaw	-	-	-	-	36
37. Diseases in vertex	-	-	-	-	46
38. Diseases in Eyebrow	-	-	-	-	16
39. Diseases around the groin region	-	-	-	-	-
According to Diseases					
1. <i>Thiddai</i> (<i>Palliru Noi</i>)	-	-	6	16	37
2. <i>Thudi</i> (Lips) <i>Noi</i>	-	-	100	20	16
3. <i>Sanni Patham</i>	30	-	-	13	-
4. <i>Paandu</i> (Anemia)	28	-	-	10	
5. Ascites (<i>Mahothara</i>)	30	-	8	-	-

<i>m)</i>					
6. <i>Kaasa Noi</i>	-	-	7	8	-
7. <i>Soolai Noi</i>	-	-	200	20	-
8. Peptic ulcer (<i>Gunmam</i>)	-	-	8	8	-
9. Fever (<i>Suram</i>)	-	-	84 (64)	40	-
10. Leprosy (<i>Kuddam</i>)	-	-	20	18	-
11. Hemorrhoids (<i>Moola rogam</i>)	-	-	9	100	-
12. <i>Peeniam,</i> <i>Kadi visam</i>	-	-	76	160 (<i>Kadi vidam</i>)	-
13. <i>Athisaaram</i>	-	-	25	6	-
14. <i>Meha Neer</i>	-	-	21	21	-
15. <i>Pori</i> (bird) <i>visam</i>	-	-	800	96	-
16. Tooth	-	-	-	20	45
17. Tonsils	-	-	-	6	20
18. <i>Kudal Vaayu</i>	88	-	-	-	-
19. <i>Kazhangam</i>	37	-	-	-	-
20. Skin diseases (<i>Karappan</i>)	66	-	-	-	-
21. <i>Vippuruthi</i>	4	-	-	-	-
22. <i>Kuruvai</i>	8	-	-	-	-
23. <i>Pilavai</i>	40	-	-	-	-
24. Fistula (<i>Pavunthira m)</i>	8	-	-	-	-
25. <i>Kirivai Veddi</i>	9	-	-	-	-
26. <i>Vandukkadi</i>	18	-	-	-	-
27. <i>Silanthi</i>	81	-	-	-	-

28. <i>Veppu</i>	20	-	-	-	-
29. Neuritis in Hands	100	-	-	-	-
30. <i>Thikaippu</i> (Breathlessness)	96	-	-	-	-
31. <i>Veppupaavai</i>	56	-	-	-	-
32. <i>Vai soori</i> (Meseals)	63	-	-	-	-
33. <i>Kaamaalai</i> (Jaundice)	8	-	-	-	-
34. <i>Sori</i> (Skin Diseases)	60	-	-	-	-
35. <i>Vazhalai</i>	4	-	-	-	-
36. <i>Maddil Noi</i>	108	-	-	-	-
37. <i>Sengchali</i>	61	-	-	-	-
38. Cough, <i>Suvasa Kaasam</i>	300	-	-	-	-
39. <i>Thanur vaayu</i>	-	-	300	-	-
40. <i>Santhi</i>	-	-	76	-	-
41. <i>Eluvai, Kazhalai</i>	-	-	95	-	-
42. <i>Thalai Veekkam</i> (Oedema in head)	-	-	5	-	-
43. Generalized oedema	-	-	16	-	-
44. <i>Paduvan</i>	-	-	11	-	-
45. Navel	-	-	7	-	-

Diseases					
46. <i>Peeli Noi</i> (Liver Diseases)	-	-	8	-	-
47. <i>Uru vasiyam</i>	-	-	5	-	-
48. <i>Keel Noi</i> (Joint Diseases)	-	-	30	-	-
49. <i>Kathir</i> (<i>Alaku</i>) <i>Veechchu</i> <i>Noi</i>	-	-	3	-	-
50. <i>Sobai</i>	-	-	16	-	-
51. <i>Isivu</i>	-	-	6	-	-
52. <i>Moorchchai</i>	-	-	7	-	-
53. <i>Padu</i> (<i>Kuvai</i>) <i>Noi</i>	-	-	46	-	-
54. <i>Kirani</i>	-	-	25	-	-
55. Night Blindness	-	-	20	-	-
56. <i>Kaddi</i>	-	-	12	-	-
57. <i>Kirumi</i>	-	-	6	-	-
58. Vomiting	-	-	5	-	-
59. Chronic Diseases	-	-	20	-	-
60. <i>Kalladaippu</i>	-	-	80	-	-
61. <i>Thimir Noi</i>	-	-	10	-	-
62. <i>Neer Rogam</i>	-	-	5	-	-
63. <i>Visa Paakam</i>	-	-	16	-	-
64. <i>Vikkal</i>	-	-	10	-	-
65. <i>Arosikam</i>	-	-	5	-	-
66. <i>Kadi</i> <i>Thodam</i>	-	-	500	-	-

67. <i>Kaajam, Kuththu, Veddu</i>	-	-	700	-	-
68. <i>Kiranthi</i>	-	-	48	-	-
69. Pura Neer Kovai	-	-	200	-	-
70. Peadiatri Diseases	-	-	100	-	-
71. Snake	27	-	-	-	-
72. Animal toxin	-	-	-	257	-
73. Herb	-	-	-	120	-
74. Aquatic plants	-	-	-	34	-
75. <i>Thodam</i>	-	-	-	7	-
76. <i>Vali</i>	-	-	-	8	-
77. <i>Rasa rogam</i>	-	-	-	6	-
78. Respiratory Diseases	-	-	-	9	-
79. <i>Atputham</i>	-	-	-	5	-
80. <i>Yanthirangal</i>	-	-	-	20	-
81. <i>Pavanam</i>	-	-	-	40	-
82. <i>Moolai Noi</i>	-	-	-	360	-
83. <i>Iraichchi</i>	-	-	-	21	-
84. Blood	-	-	-	205	-
85. Muscles	-	-	-	80	-
86. <i>Malam</i>	-	-	-	7	-
87. <i>Narutham Porul</i>	-	-	-	9	-
88. <i>Mandai vinai</i>	-	-	-	15	-
89. <i>Antharap pinni</i>	-	-	-	6	-
90. <i>Mayir</i>	-	-	-	30	-
91. <i>Rana Noi</i>	-	-	-	200	-

(Surgical Diseases)					
92. General	-	-	-	59	-
93. <i>Karuvikkal</i>	-	-	-	18	-
Others					
1. All over the body	1008	-	-	-	-
2. Tongue	1008	-	-	49	-
3. Congenital	160	-	-	-	-
4. <i>Sanni Paatham</i>	13	-	-	-	-
5. Diseases in head & neck	-	-	-	-	1008

Agasthiyar 2000, Angathipatham, Noi Naadal Noi Muthal Naadal part I and Theriyar vaakadam books have been stated that types of diseases are 4448. Diseases are classified according to anatomical structures of body parts, tri humors and diseases.

Table 2: Description of disease types are explained in the *Noi Naadal Noi Muthal Naadal part II & Yugi Muni vaithiya sinthamani* [7][8]

Diseases	<i>Noi Naadal Noi Muthal Naadal part II</i>	<i>Yugi Muni vaithiya sinthamani</i>
1. Fever (<i>Suram</i>)	64	7
2. <i>Mukkuttam</i>	13	13
3. <i>Ammal</i>	14	-
4. <i>Kuralkammal</i>	6	-
5. Nasal blockage (<i>Mookkadaippu</i>)	9	-
6. Hypertension (<i>Kuruthi azhal noi</i>)	8	-
7. Cough (<i>Irumal</i>)	12	5
8. Bronchial asthma	5	-

<i>(Iraippu)</i>		
9. TB (<i>Elippu</i>)	7	-
10. <i>Ulai maanthai</i>	4	4
11. Heart diseases <i>(Thamaraga noi)</i>	5	-
12. <i>Suvai inmai</i>	5	-
13. Thirst (<i>Neervedkkai</i>)	4	-
14. Indigestion <i>(Seriya mai)</i>	9	-
15. Hiccough (<i>Vikkal</i>)	5	4
16. Vomiting (<i>Vaanthi</i>)	11	5
17. <i>Maantham</i>	3	
18. Peptic ulcer <i>(Gunmam)</i>	8	8
19. <i>Soolai</i>	15	15
20. Diseases in spleen <i>(Manneeral noi)</i>	4	-
21. Diseases in liver <i>(Kalleral noi)</i>	3	-
22. Anaemia (<i>Velluppu</i>)	5	5
23. <i>Oothal Noi</i>	4	4
24. Jaundice (<i>Manchal Noi</i>)	13	13
25. Ascites (<i>Peruvayiru</i>)	8	32
Diarrheal diseases 26,27,28		
26. <i>Kudal piddippu noi</i>	4	-
27. <i>Perum kazhichchal</i>	4	25
28. <i>Ninak kazhichchal</i>	11	-
29. <i>Ooli Noi</i>	3	-
30. Hemorrhoids <i>(Moola Noi)</i>	21	21
31. Kidney stones	4	4

<i>(Kalladaippu noi)</i>		
32. Oliguria <i>(Neer churukku)</i>	4	-
33. Anuria <i>(Soddu neer)</i>	2	-
34. Gonorrheal diseases <i>(Vellai)</i>	21	21
35. <i>Meha neer kaddikal</i>	10	-
36. <i>Cherukku noi</i>	7	-
37. <i>Veri noi</i>	6	-
38. <i>Mayakka noi</i>	6	-
39. <i>Vali Noi</i>	21	-
40. <i>Vazhi Noi</i>	85	80
41. Joint diseases <i>(Keel vayu)</i>	10	-
42. <i>Azhal vayu</i>	42	42
43. <i>Aiya noi</i>	21	21
44. <i>Kuddam</i>	18	18
45. <i>Meha noi</i>	-	20
46. <i>Visa paakam</i>	-	8
47. <i>Chayam</i>	-	12
48. <i>Kaasam</i>	-	12
49. <i>Vippuruthi</i>	-	7
50. Skin Diseases <i>(Karappan)</i>	-	7
51. <i>Fistula</i> <i>(pavunthiram)</i>	-	18
Total	544	431

In *Noi Naadal Noi Muthal Naadal* Part II, 51 diseases and its types and In *Yugi Vaiththiya Sinthamani*, 27 diseases and its types are explained in the books. Totally, 544 and 431 Number of diseases are explained in the text *Noi Naadal Noi Muthal Naadal* Part II and *Yugi Vaiththiya Sinthamani* respectively.

5.RESULTS AND DISCUSSION

Agasthiyar 2000, Angathipatham, Noi Naadal Noi Muthal Naadal part I and *Theriyar vaakadam* books have been stated that types of diseases are 4448. In *Agasthiyar 2000*, 4448 diseases further classified into 3. There are *Vatha* Diseases: 1482; It is caused by disturbance of *Vatha Thosam*, *Pitha* Diseases: 1483; It is caused by disturbance of *Pitha Thosam*. These diseases increase the body heat and inflammation and *Kapha* Diseases: 1483; It is caused by disturbance of *Kapha Thosam*.

Diseases are classified according to anatomical structures of body parts, tri humors and diseases. According to the tri humors, *Vatha* diseases and *Pitha* diseases are mentioned in *Agasthiyar 2000* and *Noi Naadal Noi Muthal Naadal part II*. Number of *vatha* diseases is approximately same (B1:84, B3:85). But in *Yugi Muni vaithiya sinthamani* book is mentioned that *vatha* diseases are 80 in number so number of *vatha* disease is 80 -85. Number of *pitha* diseases is not same in number (B1:83, B3:42). But in *Yugi Muni vaithiya sinthamani* and *Noi Naadal Noi Muthal Naadal part I* books are mentioned that *pitha* diseases are 42 in number so number of *vatha* disease may be 42. *Kapha* diseases are mentioned in *Noi Naadal Noi Muthal Naadal part I* and *Theriyar vaakadam*. Number of *Kapha* diseases is approximately same (96:100). But in *Yugi Muni vaithiya sinthamani* book is mentioned that *Kapha* diseases are 21 in number so number of *kapha* diseases is unable to state in actual number.

Diseases are classified according to the anatomical structures of body parts such as head, ear, mouth, eye, neck, nose, cheek, forehead, occipital region of the head (*Pidari*), upper limbs, abdomen, male genitalia, abdomen, scrotum, lower limbs, thigh region, lumbo sacral region, navel, rib cage, *thanaththil*, arm, chest, anal region, calf muscles and knee joint, heart, foot, joints, shoulder, bones, nerves, eye brow and groin region.

Diseases in ear, Diseases in eye and Diseases in nose are explained in number value in all 5 books. Number of diseases in eye is approximately same (B1, B2, B3, B5:96, B4:95). So, Number of eye disease is 96. Number of nose diseases (27) is same in *Agasthiyar 2000* and *Angathipatham*. Diseases in neck are explained in number value in 4 books. Diseases in head, Diseases in mouth, Diseases in neck, Diseases in cheek, Diseases in occipital region of head (*Pidari*), Diseases in thigh, Diseases in lumbo sacral region and Diseases in navel are explained in number value in 3 books. Number of diseases in cheek are approximately same (B1:40, B2:32, B5:49). Number of diseases in occipital region of head is equal in 2 books (B1:10 & B2:10). Diseases in fore head, Diseases in upper limb,

Diseases in *abanan*, Diseases in back, Diseases in chest and Diseases in anal region are explained in number value in 2 books. Number of diseases in forehead is approximately same (B1:32, B5:26). Number of diseases in upper limbs is equal (B1: 130 & B2: 130). Number of diseases in anal region are approximately same (B2: 101 & B4: 100).

Totally, 93 diseases are explained in all five books. In *Noi Naadal Noi Muthal Naadal* Part II, 51 diseases and its types and In *Yugi Vaiththiya Sinthamani*, 27 diseases and its types are explained in the books. Totally, 544 and 431 Number of diseases are explained in the text *Noi Naadal Noi Muthal Naadal* Part II and *Yugi Vaiththiya Sinthamani* respectively.

6. CONCLUSION

Agasthiyar 2000, Angathipatham, Noi Naadal Noi Muthal Naadal part I and *Theriyar vaakadam* books have been stated that types of diseases are 4448. Diseases are classified according to anatomical structures of body parts, tri humors and diseases. This study has given quite evidence about 4448 diseases. These collected information are helpful for further studies in types of diseases.

COMPETING INTERESTS DISCLAIMER:

Authors have declared that no competing interests exist. The products used for this research are commonly and predominantly use products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

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UNDER PEER REVIEW