

COVID-19 PREVENTIVE MANAGEMENT THROUGH GREENS IN SIDDHA SYSTEM OF MEDICINE –A REVIEW

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ABSTRACT

Worldwide, human anatomy is researched by Siddha saints and they changed the disease state by providing the diet regimen and they rarely used the medicines. This kind of excellent treatment was mentioned in “Tirukkural” a Global literature. COVID -19 is an illness caused due to the novel Corona virus-2 (nCoV-2/2019-nCoV), known as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2). Coronaviruses (CoVs) are a large family of viruses, several of which cause respiratory diseases in humans, from the common cold to more rare and serious diseases such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East respiratory syndrome (MERS), shows high mortality rates. According to WHO, it is estimated that 80% of the world’s population still depend mainly on traditional

medicines for their health care. Siddha system of medicine, Siddhar *Theran* has defined *Vatham (Vali)* to be responsible for the formation, *Pittam (Azhai)* for precautionary and *Kabam (Sethumam / Aiyam)* for distingeration. The clinical features of COVID-19 in the initial stage can be correlated with *KabaSuram* as per Siddha literature. Siddha System is one of the traditional systems of medicines practiced particularly in southern parts of India that has an enormous collection of classical literature, and has in store several herbals, metals, minerals, animal products, and from water that are prevention and treatment of infections of lungs. Medicines described with lot of curative effect in variety of diseases, and some can be related with symptoms of COVID-19 and the spinach of the herbs that possesses these properties.

KEYWORDS: COVID-19, Siddha, Medicines, Preventive herbs, greens, Amaranthaceae.

INTRODUCTION

Worldwide, human anatomy is researched by Siddha saints and they changed the disease state by providing the diet regimen and they rarely used the medicines. This kind of excellent treatment was mentioned in “Tirukkural” a Global literature.^[1] Globally, in the course of 7 to 13 February 2022, the number of new cases of COVID-19 reduced by 19% as compared to the previous week, number of new deaths occupied the same to that of the previous week.^[2] Corona virus disease (COVID-19) is an infectious disease due to a new virus. COVID-19 is an illness caused due to the novel Corona virus-2 (nCoV-2/2019-nCoV), known as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2).^[3] The beginning of disease were fever, cough, myalgia and less common symptoms were sputum production, headache. More than half of the affected patients developed dyspnea and shortness of breath that demanded mechanical ventilation as the disease advanced.^[4,5] Coronaviruses (CoVs) are a huge group of viruses, several of that cause respiratory illness in individuals, from the common cold to infrequent and serious in earnest illness such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East respiratory syndrome (MERS), shows high-level mortality rates and exists for the first time in 2003 and 2012, respectively.^[6] The main symptoms are: Fever, coughing, shortness of breath, breathing difficulty, fatigue, and chills, body aches, headache, Sore throat, congestion, loss of smell or taste, nausea, diarrhoea. The virus can give rise to pneumonia, collapse of lungs, cardiac problems, liver problem, sepsis and death. The infection triggers immune system to deluge circulation of blood with inflammatory proteins called cytokines that kills tissue and damage the organs.^[7] According to WHO, it is estimated that 80% of the world’s population still depend mainly on traditional medicines for their health care.^[8] Complementary and alternative medicines have been used effectively by humans over several centuries for treating various diseases and can be effectively employed.^[9]

SIDDHA ASPECT OF COVID-19

History reveals the Indian culture and Medicine in the olden days. Siddha was practiced mainly in southern parts of India. The classical literature has in store of several herbs, metallomineral, animal products, and from water that are striking in the prevention and treatment of infections of lungs. As per the concept of the Siddha system of medicine, Siddhar *Theran* is called Mooligai Mannar also defined *Vatham (Vali)* to be responsible for

the formation, *Pittam* (*Azhal*) for precautionary and *Kabam* (*Sethumam* / *Aiyam*) for distingeration.^[10] The COVID-19 aspect in the begining stage can be correlated with *KabaSuram* in the pathology of disease as per Siddha literature in “*Yugi Vaithiya Sinthamani 800*”. The clinical symptoms are cough, uneasiness of chest, anorexia, dyspnoea and shortness of breath. So, with one mind it is assented the diagnosis to ‘*Kabasuram*.’^[11]

MANAGEMENT OF COVID-19 THROUGH GREENS

This article covers data on greens in siddha perspective for prevention of COVID, and preclinical and clinical studies to make countable with scientific evidence to preparations from Classical Siddha literature, and herbs that are frequently used for many remedies in Siddha system of Medicine. The herbs are selected from Siddha literatures based on their indication for disorders like flu like infections, fever, cough, bronchial asthma, pulmonary tuberculosis, and other respiratory infections. The ingredients of the drugs possessing anti-viral property, and immune-modulatory effects used for COVID-19 when came to light, recommendations for Siddha Clinical Management of COVID-19 were framed and published by the Central Council for Research in Siddha.^[12] Siddha system of medicine mostly carries the plants and plant parts such as trees, shrub, twiner, grass, and the root tubers, stem, leaves, flowers, used for medicine preparation and next comes the mettalo-mineral, animal products, aquatic things such as fossils, and Etc.^[13] Spinach is green leafy vegetables obtained from small plants and their leaves are used mainly as food, and some are given to treat diseases.^[14] These when cooked and taken according to the nature of the body type i.e., in Siddha system of medicine our physical body is made of five elements, and is based on three humours *vatha*, *pitha*, *kapha*,^[15] that accordingly it prevents from diseases and acts as laxative.^[14]

Nilavembu kudineer, *Kabasura kudineer*, *Adhathodai manapaagu*, *Ammaiyar kundal kudineer*, *Swasakudori*, *thippili rasayanam*, etc^[12], all these incorporate with antiviral, anti-microbial, hepatoprotective, immunomodulator, etc. *Nilavembu kudineer* is loaded with antiviral and antimicrobial properties.^[17,18] *Kabasura kudineer* a Siddha preparation that hold potent anti-viral herbs such as *Tragia involucrata* and *Terminalia chebula* that acts against Influenza virus.^[19] Phytochemical compounds of *Adathoda* leaves (*Justicia adhatoda*) possess distinct Hemagglutination (HA) reduction. Extract has been proven to possess strong anti-helminthic, hepatoprotective activities and also effective against viral diseases including severe acute respiratory syndrome (SARS). Leaf of *adathoda* possess expectorant, bronchodilator, antitussive, and anti-tubercular, enrich platelet count; anti-inflammatory, anti-

microbial, anti-viral, anti-effects are also present in *Kaba Sura Kudineer*. In Siddha system consists of plenty of plants such as *andrographis paniculata*, *piper nigrum*, *zingiber officinale*, *curcuma longa*, *allium sativum*, *tinospora cordifolia*, *sida cordifolia*, *nigella sativa*, etc.,^[12] and medicines described with lot of curative effect in variety of diseases, and some can be related with symptoms of COVID and the spinach of the herbs that possesses these properties are.

***Amaranthus blitum*(mulaikkirai)**

This belongs to the family *Amaranthaceae*, and is cultivated in Bombay as a pot herb. Completely Dried matter contains ether extract 4.12; albuminoids 18.75, and contains nitrogen 3 percent; soluble carbohydrates 50.63; woody fiber 7.25, and ash 19.25 percent respectively. Leaves and tender shoots are used for vegetable purposes.^[20] In Siddha the herb has sweet taste, and it act as stomachic, febrifuge. The plant is used to treat fever with cough, increases the appetite, and it gives savor to tongue. It is good enough for all, and also for other type of fevers.^[14] This gives pleasant feeling in tongue for elderly people, adults and young. Fever associated cough is treated by the eatables made from it.^[21]

***Amaranthus tricolor* (Chirukirai)**

The herb is grown in garden continuously the year. It is of two varieties green and red. It acts as demulcent and diuretic. Leaves and young shoots are cooked by boiling and eaten. Used also in snake bite.^[20a] This spinach is given for blurred vision, cataracts and other eye related diseases, and antidote for mercurial poisoning, wound, urinary tract infection, swellings, *pitha* related diseases, and effective antidote. It gives an adorable physique. The combined effect of whole plant, pepper, salt, ghee made a suitable preparation given up to one *mandalam* increases the memory power and intelligence. The foods of this spinach should be devised, that acts as immune-modulator, and gives power, and euphonious voice.^[14a] This one is an effective antidote for metallic preparation and plant products.^[20a]

***Amaranthus gangeticus* (Kiraththandu)**

The family is *Amaranthaceae*. It is grown to a large extent in the Southern parts of India. Leaves are used as vegetable.^[20c] It has two varieties white and red. Actions are diuretic, refrigerant, and laxative. Spinach is generally given for urinary tract infections, dysentery, and stomach pain. The white variety is specified for external hemorrhoids. The red one stated for untreatable *pitha* diseases, menorrhagia, and delirium.^[14b]

Amaranthus tristis (Arukirai)

This kind of small plant is seen in Southern India in the gardens. It possesses stimulant and aphrodisiac action. This is specified for fever, tremor, delirium, *iyam (kapham)*, *vali (vatham)* related diseases. In South India *A.tritis* is used as a regimen for various diseases. The oil made from seeds of the plant is stated for growth and blackening of hair.^[14c]

Gisekia pharnaceoides (Manalik-kirai)

The small plant is largely found in Punjab, Sindh, and South India. It has anthelmintic, expectorant, and aperient actions. This herb has therapeutic effect on chest cold, *kabam* related diseases, infestations, psychological disorders. The whole plant is made into paste and mixed water potently treated for anthelmintic.^[14d]

Murraya koenigii (Kari-Vembu)

The English name is curry leaf. In India, abundantly growing large shrub in mountains, forest, gardens. The leaf is aromatic and Indians mostly used for cooking curry, pepper water, buttermilk as fried one. This one is tonic, and stomachic. Curry leaf is specified for ageusia, diarrhea with stomach cramps, prolonged fever, and psychological disorders. The decoction of the leaves, stem bark, and root gives remedy for the above said diseases. The processed mixture of leaf along with tamarind grilled, roasted salt, roasted chilly, taken with meals has a curative effect in ageusia, diarrhea, vomiting, *pithasayam*, indigestion, gastritis.^[14e]

Cuscuta reflexa (Amamiyarkundal)

The English name is Sita's thread. In South India it grows by oneself. The actions are astringent, alterative, stomachic. It is given particularly in severe fever with dryness of throat, lumbar spondylosis, leucorrhoea, tumor, blurred vision, cough, itching and loss of appetite. This plant is grinded and mixed with tender coconut and drank for constant fever, and delirium. A preparation made from *Ammamiyar kundal kudineer* from (*Theraiyan kudineer* 100) i.e. decoction of this plant with other herbs given for poisonous fever and swellings.^[14f]

Oxalis corniculata (Puli-yarai)

In India it grows mainly in temperate regions. Actions are stomachic, refrigerant, astringent. Thus it is treated in giddiness, dysentery, diarrhea, irritation around the rectum, hemorrhoids.

It is an effective antidote to *datura* species. Leaf decoction is given for fevers. Poultice made from the leaf is applied to the swellings. Leaf grinded with hot water can be applied for

pimples, and boils. A mixture of leaf juice, pepper, and butter can be applied for Molluscum contagiosum, warts. Whole plant and onion juice together boiled specified for untreatable headaches. Cooked fresh leaves have a therapeutic effect in peptic ulcer. Leaf along with pepper, cumin, and salt has a curative effect in hydrocele, and syphilis.^[14g]

CONCLUSION

Siddha system persistently hand on to the next generations that “Food as Medicine and Medicine as Food”. There are numerous prevention methods that can be implemented in our day to day life as prime concern during this pandemic like SARS- COVID-19. These are some of the medicines, and medicinal herbs such as greens, etc., from our ancient period we are using from the reference of Traditional Siddha System of Medicine and they contain potent antiviral, antibacterial, immunomodulation effect, etc. that are proved from various clinical studies. The body is made of food what we intake. Human nature depends on the environment where do they live and food they consume. In traditional system of medicine we are provided with regimen regarding the dieting, immunomodulation, treatment is related to psychosomatic.

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