

Vaatha Athisaaram – A Comparative Review as Per Siddha and Modern Classics

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Abstract: Siddha System of Medicine in an ancient and traditional medicine.[1] It was founded by Siddhars, who attain the stage of Siddhi. Siddha system is based on the 96 thathuvas and Siddha diagnosis is based on Envagai Thervu (Eight diagnostic tool). Such as Naa(tongue), Niram (Colour), Mozhi(speech), Vizhi(eye), Malam (feces), Moothiram(Urine), Sparisam (sensation) and Naadi(Pulse reading) are the weapon for physicians to diagnose the disease. In their depth knowledge they explained the disease, causes of disease, Premonitory symptoms, types and diagnostic methods and also preventive and treatment methods internally and externally. They categorized the disease and finally they arrived 4448 disease[2] Among the disease category, the one is Athisaaram. Athisaaram Further classified into eight types. The eight types are Vaatham, Pittham, Kabham, Mukkutram, Thodam, suram, Dhukkam or Bayam and Kuruthi . Vaatha Athisaaram is one among the Athisaaram types. Vatha Athisaram have the symptoms like Vayiru Porumal (Flatulence), Vaanthi(Vomitting), and frequency in passing black coloured stool with foul stool. Its been correlated with the disease Amoebic dysentery[3].

Keywords: Athisaaram, Amoebic dysentery, Envagai thervu, Vatham, Pittham, Mukkutram

I. INTRODUCTION

Birth without any deformity and life without disease is a boon to human kind it reminds the proverb “Sound mind in a sound body” There are two classes of disease, physical and mental. Siddha system guides the way to *mukthi* through physical and mental well being[1].

Siddha system of medicine is a traditional one with prestigious background of Tamil culture. Perhaps, it’s the earliest medical science that lay stress on positive health a harmonious blending of Physical, mental, social, moral and spiritual welfare of an individual.

The word Siddha is derived from *Siddhi* Which means perfection of great super nature power. The *Siddhars* where the saints who have controlled the inner aspect of mind. Siddha system of medicine is based upon the *Pancha bootha* theory *mukutra* theory. According to Siddha science the universe and the body are composed of *panchabootham*. The panjabootha basic elements for the three humors of the body such as *Vaatham, Pitham and Kabham*. [2]

When there is loss in the equilibrium of the three humors it will cause the disease. One such disease is *Athisaaram*. The humor altered by the irregular food habits, even though there is a health ailment in Gastro Intestinal system. Here in the literature review the author tried to correlate the disease *Vaatha athisaaram* with the Modern disease Amoebic dysentery[4] as so, the symptoms and premonitory symptoms are correlated with each other. There is a lot of medication is been advised in the Siddha literature for *Vaatha athisaaram* so that it will be very effective in treating the disease Amoebic dysentery[5].

II. AIM

The main aim of the study is evaluate the correlation between Vaatha Athisaaram based on Siddha and Modern literature

III. LITERATURE REVIEW

Gurunaadi nool explains the disease *kiraani* (*Athisaaram*) and it is caused by the *Kirumi* (Micro organism)

*Keluminik kirumiyaal Vantha kiraaniyai than
Kirubaiyudan Moolathil Vevu Kondu
Naalumathu Kirumiyathin Kudalai
Chutri Rathamundaan Suronithathal
Malamum KattiMeeluvathu
Vaayvu sendru Viravi tha anum
Viraviyangae Kalanthirukkil Kirumi yellam
Kolumathu Palavithamaai Kazhiyum Paalar
Kudikedutha Kirumi seitha Kiraani thaanae
- Gurunool*

As the above poem states that the disease (*Kiraani*) also known as *Athisaaram*, caused by the micro organism (*Kirumi*) which it affects the large intestine, rectum and anal canal. Occasionally it causes stools with blood (*Hematochezia*), constipation (occasionally) and different coloured stools passing (*Pala Vithamaai Kazhiyum*). [2], [6].

The sage *Yugi muni* treatise about “*Vaatha Athisaaram*” in *Yugi Vaidhya Sindhamani*

“*Saatravae vaiyirathanai porumi nonthu
Thani soolai polave vayuvu thondrum
Aatrave neeriranga Asanam tha anum
Araivaasi seeranamaai Bethiyagum
Maatrave Manjalithu Karukkum Bethi
Mahathaana Dhurkantham Veluppumaagum
Neetrave Nenjathanir Puli theekamagum
Neerana Vaatha athisaaram saaramamae
-Yugi Vaithya Sindhamani* [5]

Vayirathani porumi – Abdominal bloating due to indigestion

Nonthu- Weakness

Soolai- Acute pricking pain

Vaayuvu- there 6 types (*Aseerana vaayu* - Flatulence due to indigestion), *Karpa vaayuvu*, *Thamaraga Vaayuvu*, *Paarisa Vaayuvu* and *Mega Vayuvu*.

Neeriranga- Oliguria

Asanam- Food

Araivaasi seeranamai- Incomplete digestion

Bedhi- Purging, Diarrhoea

Manjalithu- Yellowish in colour

Karukkal- black tinged stools

Durkhandam- Foetid smell or offensive odour

Veluppu- to become pale

Pulitheppam- belching due to acidity [5]

In *Dhanvanthri Vaidhyam* – Part 1 treatise about the *Vaatha Athisaaram*

“*Malam than karuthu Vayiru Kazhiyum*

Vaayu miga undaagum

Kalanthaan Kaainthaar pol kaayum

karuthum utharam mandhikkum

Nalanthaanandri meiulainthu Nalinthu

mayangi Ilaippundagum

Solunthaan Vaatha athisaaram

endrae sollum thogaiyarae

-*Dhanvanthri Vaidhyam* (Part 1) [7]

Explanation:

Malam than karuthu- Diarrhoea with black stools

Vaayu miga undaagum- Abdominal bloating with flatulence

Kalanthaan Kaainthaar pol kaayum – Pyrexia

Utharam Mandhikkum- Loss of appetite with indigestion

Mei ulainthu nalinthu – weakness in the body

Mayanki Ilaippundaagum- Giddiness with emaciation [8]

The sage *Agathiyar* treatise the *Vaatha athisaaram* in *Agathiyar 2000*

“*Valanthaan Vidunurai Paayum Vaayvu*

Migavae undaagum

Kalanthaan aliraai kaachal undaam

karuthi Migavum ilappaagum

Nilanthaan Magalirokka Okkaalam ninaivu

thavirum vayiru ulaiyum

Balanthaan kuraiunthu thuyiraaga undaam

pesil vaatha kazhichal gunanthaanae

-*Agathiyar 2000* [8]

Valanthaan Vidunurai Paayum Vaayvu Migavae undaagum – frothy stools due to accumulation of gas in the Gastro intestinal system.

Kalanthaan aliraai kaachal undaam karuthi Migavum ilappaagum – Fever with rigor along

with emaciation when it becomes chronic.

Nilanthaan Magalirokka Okkaalam- Specifically vomiting sensation in females.

Ninai thavirum- Poor memory due to weakness

Vayiru Ulaiyum- Abdominal discomfort

Balanthaan kuraiunthu thuyiraaga- Body weakness due to loss of body fluids[8]

Ameobic dysentery:

Ameobiosis is caused by *Entamoeba Histolytica* which is spread between humans by its cysts. Cysts of *E. Histolytica* are ingested in water or uncooked foods contaminated by human faeces. The parasite invades the mucous membrane of the large bowel, producing lesions that are maximal in the caecum but extend to the anal canal. These are flask shaped ulcers, varying greatly in size and surrounded by healthy mucosa. A rare complication is amoeboma[4].

Clinical features of amoebic dysentery:

Mostly it is asymptomatic and the incubation period of Ameobiosis ranges from 2 week to many years. Chronic course with abdominal pains and two or more unformed stools a day, offensive diarrhea, alternating with constipation and blood or mucus in the stool are common. There may abdominal pain, especially in the right lower quadrant[4].

Amoebic liver abscess:

The chronicity in the amoebic dysentery leads to Amoebic liver abscess. It may not be associated with diarrhea. Early symptoms may be only local discomfort and malaise, later swinging temperature and sweating may develop, without marked systemic symptoms or signs. An enlarged tender liver, cough and pain in the right shoulder are characteristic but symptoms may remain vague and signs minimal. A large abscess may penetrate the diaphragm, rupturing into the lungs, and may be coughed up through a hepato bronchial fistula. Rupture into the pleural or peritoneal cavity, or rupture of left lobe abscess in the pericardial sac is less common but more serious.[4]

IV. DISCUSSION

Siddha system of medicine is a boon to the Human. It has the vast knowledge over the disease and its management. One among the disease is Athisaaram also mean by Kiraani. Vatha Athisaaram is one type of Athisaaram. It has the symptoms like Coloured stools, Haematochezia, occasionally constipation, Black colored stools, oliguria, Loss of appetite, weakness of the body, Indigestion, pyrexia, giddiness, abdominal bloating, foetid smell are the clinical features said by

the Siddhars who have the insight over the disease and its management. Siddha literature Gurunool evidenced that this Athisaaram is caused by Kirumi (Pathogen). In modern literature evidenced that the parasitic disease Amoebic dysentery has the symptoms like abdominal pains and two or more unformed stools a day, offensive diarrhea, alternating with constipation and blood or mucus in the stool are common. There may abdominal pain, especially in the right lower quadrant. Correlating the disease Vaatha athisaram said in Siddha literature, amoebic dysentery in modern literature been mimic each other. This the concept of amoebic dysentery well comparable with the disease Vaatha Athisaarm said in Siddha Medicine.

V. CONCLUSION

This review is concluded as *Vaatha Athisaaram* disease could be used as synonym for Amoebic dysentery. This study portraits that Siddha perspective over the disease Vatha Athisaaram and modern approach over the amoebic dysentery seems to be similar. Both system of approach would be effective in treating the disease respectively.

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