

## Comprehensive connotations of siddha external therapy terminologies in T.V. sambasivam pillai siddha medical dictionary

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### Abstract

Siddha system of Medicine (SSM) is the ancient medical system flourished on par with the civilization of Southern part of India. In SSM, 32 types of Siddha External Therapy (SET) and procedures play a major role in treating diseases which are described by *Siddhar Theraiyar*. Apart from *Theraiyar*, Various *Siddhars* have also explained SET in the Siddha literatures. Being SET has vital role in clinical practice; a comprehensive connotation about its terminologies is needed. Proper understanding and clear explanations for the technical Siddha terms can be mostly obtained through “T.V.Sambasivam Pillai Siddha Medical Dictionary (Tamil - English) / TVS Dictionary”. The Siddha Encyclopedia and Android application for Research Community and Health care institutions (SEARCH<sup>i</sup>) Project team had analyzed all the terminologies and identified 1037 terminologies related with SET from the entire 86,618 terminologies of this Dictionary. The identified SET terminologies were assorted into 4 main categories. One of the categories, Siddha External Therapy as per *Siddhar Theraiyar* (SET) was further categorized in to 32 classes. T.V.Sambasivam Pillai (TVS) elaborated SET terminologies in several aspects like synonyms, vernacular names, equivalent modern terminologies, different school of thoughts, treatment methodology etc. Emphasizing the need for globalized use, standardization with respect to research for further comprehension and analysis are needed. This Dictionary is the notable work for extensive collection of SET terminologies which can be used by Researchers, Students community and Academicians for their all research works, reference purpose and to know the depth meaning and associated contents. By knowing these terminologies one can take out the hidden treasures present in ancient Siddha literatures.

**Keywords:** Siddha, Siddha External Therapy, External Therapy Terminologies, Siddha Medical Dictionary, T. V. Sambasivam Pillai, SEARCH.

### Introduction

Siddha system of Medicine (SSM) is the ancient medical system flourished on par with the civilization of Southern part of India. *Siddhars*, the intellectual giants have understood the cosmic reflections and their effect on human body, benefit of the natural materials and using them for wellness. This has later evolved as a medical system called Siddha system of Medicine. Siddha system has consummated, literary expression in the field of medicine. *Siddhars* have documented their knowledge in non-codified manner using Tamil poem as a tool which has been later codified. 32 types of Internal medicine and 32 types of External therapies were mentioned by the *Siddhar Theraiyar*.<sup>1</sup> Being Siddha External Therapy (SET) has vital role in clinical practice; a comprehensive connotation about its terminologies is needed. The legend T.V. Sambasivam Pillai (TVS) has brought out the Medical Dictionary in the year 1931 by his tiresome efforts. This T.V.Sambasivam Pillai Siddha Medical Dictionary (Tamil - English) / TVS Dictionary is the most comprehensive medical dictionary which explained the numerous terminologies with definition and descriptions like Encyclopedia. So this is one of the best literatures to search whatever we need about Siddha system.<sup>2</sup>

### Material and Methods

TVS Dictionary has 5 volumes, and which is expanded to eight books, extending up to 7095 pages. This dictionary not only deals with the medical terminologies but also other life science terminologies. The Tamil - English meaning and explanation of 86,618 terminologies were described. “The

Siddha Encyclopedia and Android application for Research Community and Health care institutions (SEARCH<sup>i</sup>)” is the Intra Mural Research project proceeding in the Literary Research and Documentation Department (LR & DD), Siddha Central Research Institute (SCRI), Chennai. The SEARCH<sup>i</sup> project team had analyzed the entire terminologies and cull out the terminologies which are specially and specifically related to SET. These SET terminologies were assorted in 4 main categories. They are

1. Siddha External Therapy mentioned by *Siddhar Theraiyar*- SET
2. Siddha medicines used for external therapy - SMET
3. Siddha External Therapy Treatment procedures - SETP
4. Other External Therapy which are mentioned in various Siddha literatures - OET

The category, SET is further assorted into 32 categories. These categories are mentioned in the Table I.

### Results and Discussion

Literary analysis shows that there are 1037 terminologies which are related with SET among the total 86,618 terminologies. SET terminologies cover 1.2 % of this dictionary. A substantial amount of SET terminologies had been discussed elaborately in this dictionary.

The identified SET terminologies were assorted into 4 main categories. Among the SET terminologies, 833 terminologies were placed under SET category, 122 terminologies in SMET category, 138 terminologies in SETP category and 42 terminologies in OET category. The Figure I show the proportionate of the 4 main categories.

SET was further categorized in to 32 classes. In the further categorization of SET, 6 terminologies were placed in the category *Attai vidal*, 97 in *Aruvai*, 01 in *Urinjal*, 0 in *Oodhal*, 30 in *Ottradum*, 60 in *Kattu*, 15 in *Kali*, 33 in *Kallikkam*, 27 in *Kalimbu*, 34 in *Kaaram*, 07 in *Keeral*, 06 in *Kuruthi vaangal*, 24 in *Kombu kattal*, 03 in *Salaagai*, 21 in *Suttigai*, 62 in *Seelai*, 43 in *Thokkanam*, 11 in *Nasiyam*, 15 in *Naasikabaranam*, 25 in *Neer*, 12 in *Pasai*, 21 in *Patru*, 21 in *Peechchu*, 54 in *Pugai*, 107 in *Poochchu*, 07 in *Podi*, 09 in *Podi thimirthal*, 07 in *Pottanam*, 0 in *Murichchal*, 38 in *Mai*, 19 in *Varththi* and 18 in *Vethu*. The Figure II shows the

proportionate of the sub category of the Siddha External Therapy mentioned by *Siddhar Theraiyar*- SET.

TVS elaborated SET terminologies in several aspects like synonyms, vernacular names, equivalent modern terminologies, different school of thoughts, treatment methodology, medicine preparations etc. Other external therapies which are not comes under SET but usually practiced in SSM are also markedly explained by TVS. For example, a few of SET terminologies are discussed in each category in the Tables (from Table 2 to Table 4)

**Table 1:** Siddha External Therapy mentioned by *Siddhar Theraiyar*

S.No	Siddha term	Diacritic	English term
1	<i>Attai vidal</i>	Aṭṭai Viṭal	Leech application
2	<i>Aruvai</i>	Aruvai	Surgical treatment
3	<i>Urinjal</i>	Uṛiñcal	Suction
4	<i>Oodhal</i>	Ūtal	Blowing
5	<i>Ottradum</i>	Oṛṛaṭam	Fomentation
6	<i>Kattu</i>	Kaṭṭu	Bandage / Dressing
7	<i>Kali</i>	Kaḷi	Poultice / Cataplasmata
8	<i>Kallikkam</i>	Kaḷikkam	Eye salve
9	<i>Kalimbu</i>	Kaḷimpu	Ointment
10	<i>Kaaram</i>	Kāram	Escharotics / Caustic application
11	<i>Keeral</i>	Kīraḷ	Incision
12	<i>Kuruthi vaangal</i>	Kuruṭivāṅkal	Blood-letting / Phlebotomy
13	<i>Kombu kattal</i>	Kompukaṭṭal	Bone setting
14	<i>Salaagai</i>	Caḷāikai	Probe
15	<i>Suttigai</i>	Cuṭṭikai	Cauterization / Branding
16	<i>Seelai</i>	Cīlai	Medicated lint
17	<i>Thokkanam</i>	Takkaṇam	Therapeutic massage
18	<i>Nasiyam</i>	Naciyaṁ	Nasal inhalation
19	<i>Naasikabaranam</i>	Nācikaḷparaṇam	Nasal snuff
20	<i>Neer</i>	Nīr	Medicated water
21	<i>Pasai</i>	Pacai	Cream / Paste
22	<i>Patru</i>	Paṛru	Collodion / Medical coating
23	<i>Peechchu</i>	Pīccu	Enema / Clyster
24	<i>Pugai</i>	Pukai	Fumigation
25	<i>Poochchu</i>	Pūccu	Anointing
26	<i>Podi</i>	Paṭi	Dusting powder
27	<i>Podi thimirthal</i>	Paṭṭimirtal	Powder massage
28	<i>Pottanam</i>	Paṭṭaṇam	Medicated pouch
29	<i>Murichchal</i>	Muriccal	Therapeutic fracture
30	<i>Mai</i>	Mai	Collyrium
31	<i>Varththi</i>	Vartti	Medicated wick / Plug
32	<i>Vethu</i>	Vētu	Steam / Vapor bath

**Table 2:** Synonyms of SET

Siddha External Therapies		Synonyms	
Terminology	Diacritic	Tamil Name	Diacritic
<i>Ottradum</i>	Oṛṛaṭam	<i>Kaappidam</i>	Kāppiṭam
		<i>Kaabanam</i>	Kāpaṇam
		<i>Vemmaip pottanam</i>	Vemmaip Paṭṭaṇam
		<i>Anu lepam</i>	Aṇu Lēpam
<i>Kattu</i>	Kaṭṭu	<i>Aarkkai</i>	Ārkkai
		<i>Patti</i>	Paṭṭi
		<i>Bandhagam</i>	Pantakam
		<i>Maerkattu</i>	Mēṛkaṭṭu
		<i>Vaelidham</i>	Vēḷitam
		<i>Simizhpu</i>	Cimizhpu

		<i>Yaappu</i>	Yāppu
		<i>Aakkai</i>	Ākkai
<i>Seelai</i>	Cīlai	<i>Aalebam</i>	Ālēpam
		<i>Aalebanam</i>	Ālēpaṇam
		<i>Elaebai</i>	Ilēpai
		<i>Iyermyam</i>	Airmiyam
		<i>Ottuppatru</i>	Oṭṭup Paṛru
		<i>Kaarachcheelai</i>	Kāracčīlai
		<i>Kaaraththuni</i>	Kāratṭuṇi
		<i>Thiri</i>	Tiri
		<i>Marundhu seelai</i>	Maruntu Cīlai
		<i>Kali</i>	Kaḷi
<i>Uthkaarigai</i>	Uṭkārikai		
<i>Ubanaaganam</i>	Upanākaṇam		
<i>Paappai</i>	Pāppai		
<i>Mai</i>	Mai	<i>Ilagunaari</i>	Ilakunāri
		<i>Malaaram</i>	Malāram
		<i>Kachchalam</i>	Kacčalam
		<i>Kumba kaarigai</i>	Kumpa Kārikai
		<i>Suksusiyam</i>	Cukcuciyam
		<i>Thikkaayam</i>	Tikkāyam
		<i>Thirukki</i>	Tirukki
<i>Patru</i>	Paṛru	<i>Saalvanam</i>	Cālvaṇam

Table 3: Equivalent Modern Correlation of SET

Siddha External Therapies		Modern Correlation
Terminology	Diacritic	
<i>Kavani</i>	Kavaṇi	Gauze
<i>Aasanath thooyam</i>	Ācaṇat Tōyam	Hip bath / Sitz bath
<i>Enneiththiri – Patruvaai marundhu</i>	Eṇṇeyt Tiri - Paṛruvāy Maruntu	Suppository
<i>Kutori</i>	Kuṭōri	Scarification
<i>Viruththa sethanam</i>	Viruṭṭacēṭaṇam	Circumcision
<i>Manaloththidam</i>	Maṇalottīṭam	Arenation
<i>Thuvaalai</i>	Tuvālai	Embrocation

Table 4: Terminologies for Techniques

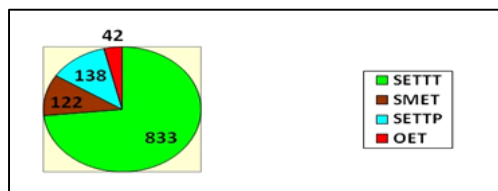
Siddha External Therapies		Techniques
Terminology	Diacritic	
<i>Yamagam</i> <sup>4</sup>	Yamakam	A double bandage
<i>Vivandham</i> <sup>4</sup>	Vivantam	A circular chest bandage
<i>Sama bandhanam</i> <sup>5</sup>	Cama Pantaṇam	The keeping of a due mean between two extremes viz:- too tight or too loose in the application of bandages to any abscess or wound.
<i>Kasani</i> <sup>6</sup>	Kacaṇai	Uppu patru (Uppup Paṛru) - Impregnation of salt
<i>Naeththira bedhi</i> <sup>7</sup>	Nēṭṭira Pēṭi	A collyrium to the eyes for purposes of bring out the collection of morbid fluid.
<i>Sirovasthi, Siroviresam</i> <sup>5</sup>	Cirōvasti, Cirōvirēcaṇam	(Literally, it means the cerebral purgative); medicines which, when applied to the nostrils, produce an increased discharge of nasal mucous, frequently attended by sneezing and an unusual secretion of tears – Sternutatories or Errhines

Table 5: Terminologies with Specific Indication

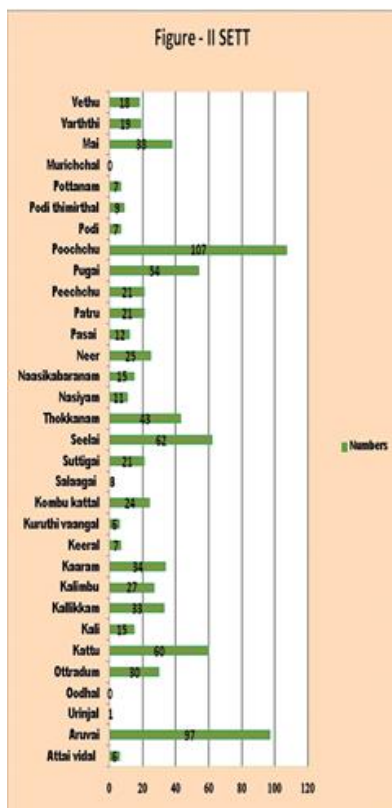
Siddha External Therapies		Specific Indication
Terminology	Diacritic	
<i>Pinda kaaranam</i> <sup>4</sup>	Piṇṭakāraṇam	Fomentation with the tender leaves and root bark of castor given to the eyes after recovery from eye disease.
<i>Sarkkara sikichechai</i> <sup>5</sup>	Carṅkarā Cikiccai	A process of dental treatment in which the shellac is powdered and mixing it with honey is applied to the gums for relieving pain or tooth-ache.
<i>Sinega pottanam</i> <sup>8</sup>	Ciṇēka Poṭṭaṇam	A bundle is which required drugs are tied and soaked heated oil or medicinal oil and used for fomentation.
<i>Upputh thiri</i> <sup>9</sup>	Upput Tiri	A twist soaked in a preparation of salt and inserted into the anus of a child to serve as a suppository for drawing out the fecal matter in cases of constipation.
<i>Singamezhuthal</i> <sup>5</sup>	Ciṅkamezuthal	To paint or inscribe a lion with red ochre on the herpes as a cure. This is generally done by a potter.

**Table 6:** Medicine Preparations

Siddha External Therapies		Medicine Preparations
Terminology	Diacritic	
<i>Sarva rana mulaam</i> <sup>5</sup>	Carva Raṇa Muḷām	A healing plaster applied to will kinds of wounds and injuries. It is made by powdering and then grinding frank-incense, blue vitriol, black and white dammer in gingelly oil and then washing the product in water and steeping it on a white cloth.
<i>Padarthaamaraiith thailam</i> <sup>4</sup>	Paṭartāmarait Tailam	An oil extracted from the mixture of coconut, aconite, unbroken areca nut, sal ammoniac, seeds of nux-vomica, silver nitrate, white part of dog’s dung. It is applied for ringworm, eczema etc.
<i>Pancha poosana thailam</i> <sup>4</sup>	Pañcapūṣaṇa Tailam	A bathing medicated oil prepared with the following drugs; liquorice root or root of honey creeper, cinnamon bark, sarsaparilla, black cumin seeds and <i>coray</i> root ( <i>cyperus pertenuis</i> root).
<i>Mano maguda dhoobam</i> <sup>4</sup>	Maṇḍōmakuṭatūpam	A fumigating powder of above mentioned drugs for fever and to purify the air to prevent air borne diseases.
<i>Nellaikkaaip patru</i> <sup>7</sup>	Nellikkāyppaṛru	A paste of Indian gooseberry after removing the nut is a useful external application over the pubic region in irritability or inflammation of the bladder.



**Fig. 1:**



**Fig. 2:**

TVS Dictionary is the masterpiece for SSM. Through this literary analysis it is astonished that so much SET Terminologies are available in SSM. This Dictionary is the notable work for extensive collection of SET terminologies which can be used by Researchers, Students community and Academicians for their all research works, reference purpose and to know the depth meaning and associated contents. By knowing these terminologies one can take out the hidden treasures present in ancient Siddha literatures. Emphasizing the need for globalized use, standardization with respect to research for further comprehension and analysis are needed.

**Abbreviations**

- SSM – Siddha System of Medicine.
- TVS – T.V.Sambasivam Pillai.
- SET - Siddha External Therapies.
- SEARCH<sup>1</sup> - Siddha Encyclopedia & Android Application for Research Community and Health care Institutions (T.V.Sambasivam Pillai Medical Dictionary).
- LR&DD – Literary Research and Documentation Department.
- SCRI – Siddha Central Research Institute
- CCRS - Central Council for Research in Siddha
- SET - Siddha External Therapy mentioned by Siddhar Theraiyar
- SMET - Siddha medicines used for external therapy
- SETP - Siddha External Therapy Treatment procedures
- OET - Other External Therapy which are mentioned in various siddha literatures.

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**Conclusion**

**Conflict of Interest**

None.

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