

അമൃതം വിഷവും
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വിഷവൈദ്യം ചില വി(ഷമ)ചിന്തകങ്ങൾ
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പ്രതിദാസങ്ങളും പരികൽപ്പനകളും
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പുനർജനി

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വിഷചികിത്സാപതിപ്പ്

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SIDDHA MEDICAL WISDOM FOR POISON MATERIALS INTAKE AND POISONOUS BITES



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Siddha medical system is one of the Indigenous medical system of India. It has holistic approach like a Ayurveda and it has number of unique branches which are highly based on the Pancha boothas. One such important and special branch is called Visha Vaidyam (or) Nanju maruththuvam. Nanju maruthuvam is a kind of medical art which has been used for various purposes. Varieties of poisons have been described very well in number of siddha ancient manuscripts and texts. Poisons from medicines, animals, herbals, minerals and metals and all have been clearly mentioned in traditional Siddha Medical texts. Say for example:- Above said nine kinds of texts are

so important for Visha Vaidya. Visha Vaidya Chindamani, Paampaatti Siddha's texts are also very important texts for traditional Visha Vaidya practices.

Poisons have been classified in Siddha Medical system are follows:-

1. Natural
 - Plant, animal's poison
2. Synthetic (unnatural) – which is produced by the combination of toxic and non toxic mineral metallic substances in small and large (heavy) quantities.

A unique medical system now a days compared with forencic and toxicology dept.

Medicine sometime will change to toxic substance because of number

of causes for examble..alteration of medicines preparation, more dosage, shelf life expiry, improper administration etc.

Documentation on Siddha Traditional Herbal Remedies for Poisons and Poisonous Bites

Vivekananda Kendra – NARDEP with the help of dept of AYUSH, New Delhi has conducted Documentational Workshops in various parts of Southern parts of Tamilnadu for upgrading and disseminating Vish Vaidya Practises. Though number of texts and manuscripts are available, the traditional Visha Vaidya Practises day by day its light has come down, Now nearly 80% of practices, methods are slowly getting vanished stat-

Text Name	Description
1. Karuda aarudam	It describes types of snakes and its characters particularly its lifestyle
2. Karuda Panchatchara aarudam	It describes treatment methods and medicines for snake bites
3. Sarppa aarudam	It exposes the types of Viper and krait type of snakes and its characters particularly its lifestyle
4. Nagar aarudam	It describes the all kinds of snakes and treatment methods and medicines
5. Devi aarudam	It describes poisons of dog, fox, monkey, cat, pig and other animals bite and medicines
6. Sakthi aarudam	It mentions scorpion, centipede, bee, beetle, rat, cat spider and other small insects poisons and medicines
7. Siva aarudam	It describes small insects poisons and medicines
8. Manthira aarudam	It explains different types of prayer and chanting manthiras and signs of chakras for treating various kinds of poisonous bites.
9. Siddhar aarudam	It exposes the medicines, manthiras, chakkaras for all kinds of poisonous bite.

ue. But in some of the rural villages, this traditional Visha Vaidya Practises still remain and number of people are taking treatment from them particularly chronic bites related illness. Now a days acute bites and poisonous materials intake cases are very rarely consulting traditional healers. We (dr. v.ganapathy and his team)met more than 150 traditional Vizha Vaidyas in Tamilnadu documented some simple practically applicable remedies.

1. Scorpion sting :

Symptoms:

- Acute inflammation at the site
- Restlessness
- Tendency to vomit, stagger, diarrhoea and cramps
- Blurring of vision

MANAGEMENT

- Mix and eat the one tender leave of Erukku (*calatropis gigantea*) and two number of Vettrilai (*Piper betle*).
- Rub the onion on the sting site and apply the onion paste on the affected site.
- Eat 10 to 20 leaves of Nilavembu (*Andrographis paniculata*) and drink the required quantity of water.
- Add the alum(*padigaaram*) powdered in 200 ml water and mix it well. Drink this water.
- Eat 10 numbers nilavembu leaves along with 10 number of Vettrilai leaves and drink water.
- Drink the 50 ml of Thumbai leaf juice (*Leucus aspera*) and drop 4 drops of juice in opposite ear where sting in our body.
- Eat murungai leaf along with 3 numbers of garlic seeds (*Moringa Oleifera*).
- Add small quantity of salt in Kup-paimeni leaf juice and drop 4 drops in both ear (*Acalypha indica*)
- Eat 4 numbers of Vettrilai and 3 nos. of Milagu
- Boil the Kattthiritkai(*solanum melangiana*) and grind it. Apply this paste on the bite place.
- Dissolve the puli (*Tamarindus Indicus* fruit bulb) in the butter milk and heat it. After making this paste has to be applied it on the bite place.
- Eat Vettrilai and only one clove along with hen's droppings.
- Grind the Palasu Vithai (*Butera monsperma* seeds) with lemon juice and apply this paste on sting place.



Ummam

The sting should be taken out with a needle after a ligature has been placed two or three inches above the site.

- Oil medicated with camphor should be applied to give relief to the pain and burning sensation.
- Fresh garlic should be ground to a paste and applied over the site.
- A mixture of the juice of lime and honey should be applied over the site.
- Mango flowers must be crushed and applied over the BITE PLACE

2. Centipede bite:

Symptoms:

- Itching sensation
- Reddish eruption and burning sensation.

Management:

- Make paste with the lime stone powder and Kuppaimeni juice and apply it on site place.
- Apply the latex of erukku (milky secretion of *catatrophis* leaves).
- Apply the lime paste
- Eat the coconut along with palm-sugar. And grind and apply the paste on Uthithamani leaf juice and salt and lime.
- Grind the Akasakarudan kizhangu (*corallus carpus epigeus*) along with Chiruchini(*Acalypha fruticosa*) leaf juice. Take 5 gms 2 times per day for 2 days. Avoid sun light.

3. Monkey bite:-

Restlessness, fever, delirium like symptoms, and over activities

Management:-

- Drink the 60 ml of Zinger juice two times per day for 3 days.

4. Spider bite:

Symptoms:-

- Itching sensation
- Reddish eruptions
- Formation of boils and pustules

d. Anorexia

Management:-

- Root bark of Bael (*Vilwa* ground in Goatmilk or Cow's urine should be applied over the areas.
- Leaves of neem and turmeric to be ground with honey and applied over the part.
- Tender coconut water to be given internally
- Apply the Siriya nangai paste on affected bite place (*Polygala* species).
- Eat 5 to 10 nos. of Nangu murichchan leaf (*Tylophora asthmatica*).
- Apply the paste of lime and tamarind fruit bulb on bite place.

5. Gornet bite:-

Sting of Bee or Wasp (or) Beetle bite:

Symptoms:

- Severe pain and inflammation
- Restlessness
- Burning sensation of the affected part

The condition could be very severe if the patient is very young or old and if there are multiple stings.

Management:

The sting should be removed from the site by pressing over the site by which the stings stand out of the epidermis and can be pulled out.

- Paste of opium or tobacco dissolved in water should be applied over the part.
- Turmeric powder mixed with honey should be applied over the part.
- Apply the paste of Cassia alata leaf and turmeric powder it on bite place.
- Grind and make the paste Vetpalai leaf (*wrightia tinctoria*), thumbai leaf, Vellarugu(*enigostemma littrelae*) leaf and Siriyangai leaf. 50 gm of paste has to be taken at empty stomach in morning for 3 days.
- Apply the paste of uththamani leaf (*daemia extensa*) and onion on the bite place
- Apply the lime and honey paste.

6 Lizard Bite:

Management:

- Grind small quantity of indigo roots (*neeli*) and Indian Sarasaparilla (*nannari*) roots (five grams each).take it 2 times for 3 days
- Mix with juice of fresh turmeric (one teaspoon full) and take internally on an empty stomach.
- Take 5 gms powder of cassia auriculata root bark or stem bark along with coconut milk.

7. Wild Mosquito bite:-

Symptoms:-

- Itching and burning sensation
- Eruption (a small erythematous odema)

Management:-

- Eat 5 to 7 gms of Avuri leaf (*Indigofera tinctoria*) and apply this leaf paste on external also.
- Eat Siruchini leaf above.

8. Caterpillar bite:-

Symptoms:-

- Swelling, pricking pain, fever, nausea, painful eruption

Management:-

- Apply the paste of Kuppaimeni (*acalypha indica*) leaf juice, salt and turmeric powder it on bite place.
- Wash with the neem bark decoction.

9. Leach bite:-

Symptoms:-

- Itching and blood razing

Management:-

- Apply the oomaththai (*datura alba*) leaf paste on the bite place.
- Apply the fried the Masikkai powder (*quercus infectoria* nut) it on bite place.

- Make paste of 10 gm and Nilavembu leaves, one gm. Of pepper and one seed of garlic and take this paste in 3 times per day. :

10. Dog bite:

It can be classified in two types. One is infected type Verinaikkadi (Straw street dog bite). Another one Veettunaikkadi (Home dog bite). But following remedy can be advised for above said two types also.

- Take 50 gm of paste of kuppaimeni (*Acalypha indica*) leaves, siriyangai (*polygala chinensis*) leaves (has to be grind with lemon juice). for 3 days 2 times per day
- Mix 10 ml of datura leaf along with 10 ml of gingly oil. Advise this mixture.
- Drink 250 to 300 ml of pepper betle leaf juice. 2 times per day for three days.
- Some method can be used for *Solanum minima* (Manaththakkaali).
- Grind the Avuri root bark with cows milk make three paste. 3 days two times per day has to be given.

Traditional method of diagnose for identifying infected dogs bite and others:-

- Apply the paste of green chilli on bite place. If not burning sensation, then it is infected only.

- Tie a piece of biscuit on bite place for some times, this biscuit has to put near dog. If dog is not eaten that is infected dog.

11. Cat & Rat Bite:

Management:

Take five to ten grams of drumstick bark with cow's milk for three days in empty stomach in the morning. Diet Restrictions: Take salt free diet-preferably rice with milk.

- Rub asafoetida (Hing) in *Eclipta alba* (*Karisalangani*) juice and apply at the site of the bite.
- Try the handful quantity of *Aristolochia Indica* leaves with gingelly oil. Eat this leaves and apply this oil on at bite place.
- Grind handful quantity of *Phyllanthus amarus* leaves, Pepper (9 to 10 nos) and 2 seeds of garlic. This paste has to take internal for 3 days.
- Grind the Avuri leaves and bark with lemon juice. Take this paste with milk 2 times per day for 7 to 10 days.
- Take sufficient quantity of Doorva grass and Pepper and make decoction. This has to drink 2 times per day.
- 3 days grind the *Acalypha Indica* whole plant with cow's milk. Take this paste (5 to 15 gms) 2 times per days for 3 days.

12. Chronic poisonous and non-



poisonous bite's ulcer and wounds and other skin problems (dermatitis, Urticaria ,psoriasis etc.)

- Eat 5 to 10 gms of *Rhinacanthus nasudes* (nagamalli) leaves with 2 (or) 3 nos. of black pepper.

- Eat *Aristolochia Indica* (eswaramooli) leaves same as it said above.

- Grind the sufficient quantity of Tulsi leaves, Avuri leaves and kuppaimeni leaves and take internal 20-25 gms one time for 15 to 20 days.

- Take powder of *Aristolochia bracteata* and Vellarugu, Make paste for

Take 10-15 gms for 10-15 days.

- Take 5 to 10 gms of purified *corallocarpus epigaeus* rhizome powder cede with water.

- Mix purified sulphur and *Phyllanthus emblica* fruit powder. Take 3 to 4 gms 2 times with 7 to 8 days.

13. Food Poison:

- Black pepper decoction (or) piper betle decoction (or) curry leaf decoction (or) zinger juice (or) Dried zinger decoction can be advised. 60 - 120 ml; two times per day for 1 (or) 2 days.

Management of Snake, Scorpion, Bee, Spider, Rat and Lizard bites

- Drink 300 to 500 ml of banana stem bark juice immediately.

- Make paste of Siriya nangai and neem leaf and advise 50 - 100 gm immediately with Urine (or) water.

- Add 5 to 10 gm of block pepper powder in 0.25 to 50 ml of neem oil. Mix it well. This can be used for First aid remedy.

14. Snake bite:

Snake poisons are broadly classified into three groups in Siddha Medical system according to the aggravated signs and symptoms of the three dosham namely Vaatham, Pittam and Kapham. Types of snakes bite types, bite signs and symptoms, snake poisonous teeth types, treatment methods, manthras and chakras are very elaborately mentioned in various Siddha Visha Vaidya texts. The signs and symptoms of the common Cobra bite are the characteristics of the Vaatha type affecting the nervous system.

Typical symptoms are:-

- Local pain
- Swelling usually after one or two hours
- Blurring of vision

- d. Gowsikar kulambu
- e. Sudukaadu meettan kuligai
- f. Saramaari thylam
- g. Visha sura kuligai
- h. Auri kasayam

Manthiras (Sacred prayer):-

They are using mixed slogans of Pan-chaatcharam, Peejaatcharam and Uuiraatcharam. Some vaidyas are using Karudaa atcharam. They are chanting the manthiras with neem leaves.

Conclusion:-

Siddha medical tradition has number of unique healing art. One such medical art is Visha Vaidyam. Because of Western cultures and medicines inputs changing the people life style, decreasing faith on traditional practice, attitude of Govt's policy, are caused for Vizha Vaidya practices slowly disappearing in India particularly rural villages of Tamilnadu. Most of the traditional Siddha folk Visha Viadys have changed their practice from Visha Vaidyam to Varma and other Vaidyam.

This is the time and our duty to promote, save and utilize such a rich medical heritage. wonderful, holistic, cost=effective, traditional Vizha vaidyam has to be strengthened and make availability to all sectors of people on coming days

Visha Kal (poison cure high medicated stones):

Black stone like minerals metallic pill has been prepared and used for snake bites, scorpions, centipedes and other poisonous thorns. Arsenic, mercury and variety of mixed herbal juices are main ingredient of this stone. This stone has to be applied it on the bite place. The bite place has to be cleaned well and should not be oily. A unique treatment has lot of rules and regulation for its methods.

Pathya and Apathya:-

Regulating behaviour and diet restrictions very important.

1. Meat, dried fish, curds, sesame, alcohol, black gram, mustard, tamarind, chewing betelnut and drumstick all have to be avoided.

2. Activity: Daysleep, smoking, sex, anger, heavy work under the sun, have to be avoided.

SOME REMEDIES FOR POISONOUS AND



NON-POISONOUS BITE

1. Puli pasai :

Ingredients - Puli (Tamarind fruit buLb) equal

Chunnaambu (Lime stone powder - Processed)

Methods of usage - Apply this paste on the bite place with warm water 2 times per days

Indications - Scorpion bite

Spider bite Poison and its painful swelling

Centipede bite

Beedle bite

2. VEDIUPPU NEER:

Ingredients- VEDIUPPU (crude potassium nitrate) - 4 Kg..

Thurusu (crude copper sulphate)- 50 gm.

Methods of usage - Apply this liquid it on the bite place and can be used for cleaning also.

Indications - About said same & good for dog's bite.

3. Nagamalli churnam:

Ingredients - Avvuri

(INDIGOFERA TINCTORIA) - 1.5 Kg.

Nagamalli (RHINOCANTHUS NASUTUS) - 1.5 Kg

Nilavembu (ANDROGRAPHIS PANICULATA) - 3/4 Kg

Manjal (CURCUMA LONGA) - 250 gm.

Uppu (COMMON SALT) - 50 gm

Milagu (PIPER NIGRUM) - 100 gm

Methods of usage -10 to 15 grms with hot water /empty stomach

3 to 4 times per day

Indication- All Kinds of poison and non-poisonous bite

It is useful for first aid

Poisonous bite therapy.

Diet restrictions - Mustard, gingelly oil, Non-vegetarian items

Brinjal, yellow pumpkin, masala items have to be .

avoided.

SOME Documentation STORY of Traditional Visha Vaidya Practices

We (Dr.V.Ganapathy), Shri.S.Reghypathy, Assistant and Vaidyar D. Suresh Kumar) went to border of Kerala for documenting Visha Vaidya Practices in Kanyakumari District with the help of AYUSH.

1. Visha Vaidyar C. Samraj:

Vaidya C. Samraj from Kanjiramcode near Marthandam of Kanyakumari District who is practicing Visha Vaidya nearly 35 years. His son is studying Ayurveda who is help (or) assisting his father. During our interaction, he explained about the type of the poison and he expressed decrease the number of patient because of the modern medications. He also told very rarely poisonous bites patients are coming but non-poisonous bite are more. He told about the some useful herbals for poisonous bite. He told the '3' herbs formula for poisonous bite. .Eswaramooli, Neela avuri and Nanchu aruppan for leaves are useful for treating number of bites. These '3' plants are using in paste form for 3 days for '6' doses. Some diet restrictions also explained. he didn't show much interest on our documentation because of allopathic medicine domination in this field. But he narrated his olden experience.

2. Visha Vaidya Sobandhas:

A renowned Visha Vaidya famous physician at Kaliyakavilai. He is so busy to treat the number of patients. Kerala patients are more. He is a nineteenth generation of Visha Vaidya family. Per month 30-35 patients are coming for treatment. His wife and son entire family are treating poisonous bites. He is challenging modern medical world and shared his older experiences. Scorpion to all bites he is treating..... He told about the types of poisons, method of diagnosis and treatment (medicines application). He showed some of poisons bites photos, books, experience notes, press

note etc.etc. He briefly told about his family medicines and displayed during our interaction. He didn't show much interest in manthra for snake (or) poisonous bite but he accept his early decade people done this manthira treatment. He is telling importance of pulse diagnosis and importance of some traditional metal medicines. He shared his vast experience in Kerala also. More than 20 years, he has in Kerala and run a dispensary at Kerala. He showed his confident in current problems in practicing Visha Vaidya.

Traditional Visha Vaidya Documentation
Vaidyar Ramasamy from Pappankulam.
He is treating many disease but particularly his family tradition belongs to Visha Vaidyam Every day he is treating 50-55 cases but Visha treatment is 3 to 4 only. He has 35 years experience and his family's 4th tradition. He is following both medicines methods and manthiram chainting methods. Visha

Kulampu, Karudan Kizhngu thylam are important medicines for him. He diagnose the patient according to bite right place, bleeding, bite type etc.. He also treating skin diseases due to poisonous bite. Monkey bite, spider bite are very common to his place. As per his experience, more than monkey bite, monkey's nail scratch is very dangerous. He is giving simple herbal compound formentation and herbal Avuri decoction is one of important prescription for him. He exposed the need of Visha Vaidyam documentation and healers importance service. Vaidyar Kaasi Viswanthana, Kuththukal Valasai, Tenkasi, Nellore Dist. Poojari-cum-tradition Visha Viadya healer native of Srivaikunda. He has 30 years experience Every day he is treating 3 to 4 patients . He is giving Siriyankai powder, Akasha karudan powder, Rasachandruam, Sdukadu neethan kuligai, Karanthai theenuru, Anda guru for poisonous bite. A special funigatum and nasiyam powder he is advising to poisonous bite

Erukilai panchu smoke, Thiruneeru nasiyam are special first medicines. Taking cotton like material from Erukkai Kaai (crotalaria gigantea) and dip in the Erukku paal (latex). Then making "thiri" and keeping immediately smoke will arise. That 'thiri' smoke is keeping near the nose (patient nose). Patient will relief from drowsiness and coma. After that he is taking thiruneeru and adding Erukam paal. After mixing thoroughly he makes it dry. After drying that powder is being used for nasiyam. This is also very useful medicines for poisonous coma
Vai Subbaiah Nambiar, Tenkasi, Nellore Dist.
He is treating all kinds of chronic non-poisonous bite and poisonous bite related skin problems and ulcers and wounds. He is using manthira with neem leaves. He is using vishamai, Rasagandhi mezgu, karappan thylam and etc. for this treatment. He is treating 50 to 55 cases per day.

ആയുർവേദ സ്പെഷ്യാലിറ്റി ക്ലിനിക്

സ്പെഷ്യാലിറ്റി ക്ലിനിക് - നടു - തോൾ - മുട്ടു വേദന, കൈകളിലേക്കിറങ്ങുന്ന കഴുത്തു വേദന, മടമ്പു വേദന, സ്പോൺഡൈലോസിസ്, എസ്റ്റിരേയ്മാനം, ഡിസ്ക് പ്രൊലാപ്സ്, കൈകാൽ തരിപ്പ്, കഴപ്പ്, കടച്ചിൽ.

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