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A Review of Cardiac Diseases and Medicines in the Siddha System

	
*Dr. Nithyamala Indrakumar, Prof. Dr. M.Rajasekaran	
<i>National Institute of Siddha, Chennai 600047, India.</i>	
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ABSTRACT

The Siddha System of medicine is an ancient traditional treatment system generated from Dravidian culture, which revitalizes and rejuvenates the organs. India is undergoing an epidemiological transition and is on the threshold of an epidemic of cardiovascular diseases also. The number of PAMIs (primary angioplasty in myocardial infarction) has increased in the recent years in India. In the Siddha system of medicine there are various medicines for Heart diseases.



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INTRODUCTION

The Siddha System of medicine is an ancient traditional treatment system originated from Dravidian culture, which revitalizes and rejuvenates the organs. According to global health observatory data from WHO, in 2012, cardiovascular diseases were the leading cause of NCD (non-communicable Diseases) deaths (17.5 million deaths). Latest statistics suggest that in India, there are roughly 30 million heart patients and two lakh surgeries are being performed every year.

TREATMENT COST FOR HEART DISEASES

The treatment cost for Heart diseases is the highest in allopathic system of medicine. The cost of CHD was estimated to be about 113–133 million euros in France [1], CVD was also the most costly disease in Canada (\$21.2 billion in direct and indirect costs) [2]. As reported by Health Canada [3], CVD represented 11.6% of the total Canadian cost of illness classifiable by diagnostic category.

In its 2006 publication, the American Heart Association [4] estimated from various sources that the one-year cost of CVD in the USA in 2006 was \$457.4 billion, of which 64% (\$292.3 billion) were direct costs. Hospital costs were the main cost category (45% of CVD direct costs), followed by drugs (19.5%) and physician visits (14.8%). Using data derived from national sources and OECD databases, estimated that CVD accounted for 12% of the total European health care expenditures in 2006[2,5].

Currently, the key challenges that face cardiac care in India are inadequate facilities, accessibility, the price tag attached to efficient and effective treatment, lack of awareness of non-communicable diseases. One fifth of the deaths in India are from coronary heart disease. In India about 50 percent of CHD-related deaths occur in people younger than 70 yr compared with only 22 percent in the West. Extrapolation of these numbers estimates the burden of CHD in India to be more than 32 million patients[6]. India has seen a rapid transition in its disease burden (number of cases/lakh) over the past couple of decades. The load of communicable and non-communicable diseases (NCDs) is projected to get reversed in 2020 from its distribution in 1990[7]. India is undergoing an epidemiological transition and is on the threshold of an epidemic

of cardiovascular disease. Demographic projections suggest a major increase in cardiovascular disease mortality as life expectancy increases and the age structure of the growing population changes[8]. Overall, cardiovascular diseases (CVDs) accounted for around one-fourth of all deaths in India in 2008. CVDs are expected to be the fastest growing chronic illnesses between 2005 and 2015, growing at 9.2% annually. A more worrying fact is that the incidences of CVDs have gone up significantly for people between the age 25 and 69 to 24.8%, which means losing more productive people to these diseases [9, 10]. In terms of attributable deaths, the leading risk factor associated with NCD, globally, is raised blood pressure (to which 13% of global deaths are attributed), followed by tobacco use (9%), raised blood glucose (6%), physical inactivity (6%), and overweight and obesity (5%) [11]. According to non-communicable country profile of India estimated physical inactivity prevalence in males was 10.8% and in females was 17.3% (14% both) [12]. Today, cardiac hospitals in India perform over 100,000 open heart surgeries per year, one of the highest, worldwide. The total number of stents used has risen but what is striking is the usage of drug eluting stents (DES). As compared to 2005 where DES constituted 55.13 percent of total stent usage, the numbers in 2006 are a phenomenal 72.11 percent. In mid 1990 some 10,000 Coronary Artery Bypass Graft (CABG) surgeries were being performed annually in India. Presently the annual number is more than 60,000 according to industry sources. There has been a steady annual rise to the tune of 25-30 percent in the number of coronary interventions over the past several years. According to a WHO report, the current age standardized CVD mortality rates among males and females in India (per 100,000) are 363-443 and 181-281 respectively [13]. This on one hand reflects the accessibility of the population to advanced cardiac facilities and on the other hand, portrays that the disease is now achieving epidemic proportions. The number of PAMIs (primary angioplasty in myocardial infarction) has increased in the recent years in India.

HEART DISEASES IN SIDDHA SYSTEM OF MEDICINE

According to Siddha Medicine [14] heart diseases is classified into 5 types which are as follows:

1. *Vatha thamaraga noi*
2. *Pitha thamaraga noi*
3. *Kaphathamaraga noi*

4. *Tridosha thamaraga noi*
5. *Worms thamaraga vayu* which may be bacterial endocarditis

If the *kapha* pulse is low in volume, it will indicate *thamaraga vayu*. In addition, *vatha* and *kapha* are associated with *thamaraga vayu*; The *thamaraga noi* which comes in association with chest will develop predominantly due to *vatha*, which affects the chest which has been strong and healthy previously. The *pitha dosha* which has been functioning effectively also stops its functions. Hence, patients who are affected with this disease may suddenly die while they are talking casually. The association of *vatha* and *kapha* prevents the function of *pitha*. The *azhal naadi* (*pitha* pulse) becomes abnormal in volume and its pulsation diminishes.

The Siddhar *Thirumoolar* in *Naadi nool*[15] mentions about the 10 places to *Naadi* (Pulse),

*“Thaathumuraikel thanith thaguthich sandodu
Othuru kaamiyam UndiNedu Maarbu
Kaathu Nedu Mooku Kandam Karampuruvam
Pothuru muchipugazh pathum paarthide”*

Which are as follows indicated in Table. 1:

Table.1

S.No	Places to see Naadi (Siddha)	Anatomical locations
1.	Sandu	All joints
2.	<i>Kaamiyam</i>	Genitals
3.	<i>Undi</i>	Abdomen - Umbilicus
4.	<i>Maarbu</i>	Chest
5.	<i>Kaathu</i>	Pinna of ear
6.	<i>Nedu Mooku</i>	Root of Nose
7.	<i>Kandam</i>	Neck
8.	<i>Karam</i>	Radial Artery
9.	<i>Puruvam</i>	Eyebrow
10.	<i>Uchi</i>	Vertex

According to Siddha Pathology [15] heart diseases are indicated in different *Naadi* (Pulse) which are as follows.

- *Iruthayathil kalakkam* in *Pitham Miguthi*(Increased *Pitham*)
- *Iruthrogam* in *Kapham Miguthi*(Increased *Kapham*)
- *Iruthrogam* in *Vatha Kapha Naadi*
- *Iruthrogam* in *Iya miguthiyudan Ushnam Serndalerpadum gunangal* (Increased *Kapham* along with heat)

There are 14 id urges mentioned in Siddha literature [16] of which the following urges if ignored may leads to heart diseases:

For e.g:

- *Abana vayu* which may be Peristalsis – *Marbu noi*(Diseases of the chest)
- *Neer vetkai* which may be thirst & perspiration- *Thamaragathai patriya noigal* (Heart diseases)
- *Kaasam* which may be cough– *Ruthra rogam* (Heart diseases)
- *Sukkilam* which may be ejaculation of sperm/ ovum expression – *Maarbil Athigaman noi* (COPD)

The crucial signs and symptoms of Heart diseases can be compared with the Siddha system [15] in Table.2which is as follows:

Table.2 Signs & Symptoms

S.No	Crucial Signs & Symptoms	Siddha Terminology	Naadi (Pulse)
1.	Dyspnea	<i>Svasam</i>	<i>Kapham Miguthi</i> (Increased Kapham)
2.	Edema	<i>Veekkam</i> <i>Kanatha Veekkam</i> <i>Ratha Veekkam</i>	<i>Kapham Miguthi</i> (Increased Kapham) <i>Kapha vatha naadi</i> <i>Pitha kaba naadi</i>
3.	Precordial pain	<i>Soolai</i>	<i>Vaatha naadi</i>
4.	Palpitation	<i>Padapadappu</i>	<i>Pitha naadi</i>
5.	Syncope (Faint)	<i>Mayakkam</i>	<i>Pitha vatha naadi</i>
	General Signs & Symptoms	Siddha Terminology	Naadi (Pulse)
6.	Extreme fatigue	<i>Sorvu</i>	<i>Kapha naadi</i>
7.	Anemia	<i>Pandu</i>	<i>Kapha vatha naadi</i>
8.	Fever	<i>Suram (Athi Suram)</i>	<i>Pitha naadi</i>
9.	Clubbing of fingers	<i>Kai viralkalin veekam</i>	<i>Kapha naadi</i>
10.	Weakness	<i>Asathi</i>	<i>Kapha naadi</i>

SIDDHA MEDICINES FOR HEART DISEASES

In the Siddha system of medicine there are various medicines for Heart diseases some of which are listed below:

1. *Karpoorathi chooranam* [17] for heart disease which is specifically for chest pain.
2. *Elathi mathirai*[18] which is for deranged pitha including symptoms such as Palpitation, Giddiness, Syncope etc.
3. *Pitha Kritham*[18] which is for deranged pitha including symptoms such as Dizziness & fatigue
4. Decoction of *Marutham pattai (Terminalia arjuna)*, *Arasam pattai (Ficus religiosa L)*, *Vilvapattai (Aegle marmelos)*, *Saathikkai (Myristica fragrans)*, *Saathipathri (Myristica fragrans)*, *Elavangapattai (Cinnamomum zeylanicum)* which strengthens the heart [19].
5. *Palagarai Chendooram* which is a cardiac tonic indicated for *Ruthra vayu* [20].

6. *Aeggu chendooram* with adjuvant *Vellulli chaaru* (*Juice of Allium cepa*) which is a cardiac tonic indicated for *Ruthra vayu*(heart diseases)[20].
7. *Kaariya parpam*with adjuvant *Vasambu kudineer* (*Decoction of Acorus calamus*) which is a cardiac tonic indicated for various types of heart diseases[20].
8. *Uppu parpam* along with equal amount of *Inji rasam* (*Ginger Juice*) with adjuvant Honey which is a cardiac tonic indicated for *Ruthra vayu* (heart diseases) [20].
9. *Eachuramooli* (*Aristolochia indica* Linn.) which is a cardiac tonic indicated for heart diseases [19].
10. *Krosani omam* (*Hyoscyamus niger*) which is indicated for *Thamaraga Thudippu, thookaminmai* (Palpitation& Insomnia)[19].

CONCLUSION

The Siddha system of medicine describes the heart diseases and its medicines. The Siddha medicines are natural, easily available, and cost effective and it can be administered for a prolonged period without any side effects. No assistance is required and there is no strenuous procedure involved in taking the Siddha drugs. These medicines require so many studies to evaluate the safety and efficacy of the drugs. This will be beneficial to the society reducing the cost of treatment of heart diseases as well as the mortality rate.

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