

A Literature Review on Kaya Karpam – Thathu (Metals and Minerals) in Siddha System of Medicine

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Abstract: Siddha system of medicine is a renowned holistic system of traditional medicine emphasizing curative and preventive measure. Kayakarpam medicine find a special place in traditional siddha medicine. This medicine used in siddha are of plant origin, metals, minerals and some animal's products. These medicine especially when they are from Herbo – metals – minerals origin are enriched with anti – oxidant principles etc. Karpam has potential to heal, rejuvenate and balance the vatham, pitham, kapam which make the body and mind to attain its stability. Literature review was conducted with the descriptive design from library of Government siddha medical college, palayamkottai.

Keywords: siddha medicine, kaya karpam, metals and minerals.

1. Introduction

Kaya karpam is well optimized treatment of siddha technique that completely detoxify (anti-aging) the body by replenishing the cellular physiology and altering the immune competence. kaya karpam is also called "saga kalai" which means 'a science which prevents the death of body'. As per the present literature it was evident that kaya karpam medications works behind the principle of prevention and restoration. Karpam has potential to heal, rejuvenate and balance the vatham, pitham and kapam which make the body and mind to attain its stability.

Kaya karpam classified into three types based on it's origin here, I am going to discuss about the thathu karpam (metals)

Kaya Karpam:

Udampinai munnam ilukken rirunthen
udampinuk kullae uruporul kanden
udampullae uthaman kovil kondanenu
udampinai yanirunthu thompukin renae"
- Thirumoolar

The word kaya karpa means (kayam - body, karpa - able, competent) to make our body competent and youthful. Any drug or medicine taken for competing against grey hair, old age diseases etc., and promoting longevity is called paancea.

Siddha philosophy believes that the young process can

be slowed down and have a long and healthy life can be achieved. This requires strict daily regimen in terms of diet and medical supplement.

Classification of Kaya Karpam:

- 1) karpa avizhtham - karpa medicine
- 2) karpa yogam

1) Karpa Avizhtham

Karpa-avizhtham deals with drugs possessing antioxidant properties Which prevent cell death and ensure longevity. The modern medical science started exploring antioxidant theory only two decades ago. But in ancient Siddha literature, a significant number of kayakalpam drugs have been mentioned and they have now been found to possess antioxidant properties

2) Karpa Yogam

Siddha system gives emphasis to drug, diet and disciplined life style with observation of Yoga techniques (Asanam, pranayamam, Dhyanam, etc.) kalpa-yogam deals with Yoga techniques which help, prevent and promote health and maintain youth long.

3) Karpa Avizhtham

Karpa avizhtham are certain internal medicines or herbs taken for particular number of day with certain restriction usually taken in tapering or increasing dose.

Karpa medicine are further classified into three types based on origin.

1. Medicines of Herbal origin (mooligai karpam)
2. Medicines of Minerals & metals origin (thathu karpam)
3. Medicines of Animal origin (jeeva karpam).

4) Thaathu Karpam

This deal with metals & mineral products used as kaya karpam preparations. Medicines of mineral and metal origins are known from the literature Agasthiyar chendhooram 300.

Eg. 1) Ayabirungaraja karpam.

2) Ayasambeera karpam.

3) Pooranachandhirothayam

According to Agasthiyar Thathu Karpa Muraigal

Table 1

Book Name: Agasthiyar Chendhooram 300

S.No.	Medicine name	Dosage	Adjuvant	Indication
1	Aya chendhooram	Kundri edai (130 mg)	Plam jaggery	<ul style="list-style-type: none"> • Soolai • Kustam (leprosy) • Visa kadi
2	Vengala chendhooram	Kundri edai (130 mg)	Plam jaggery	<ul style="list-style-type: none"> • Envagai Gunmam (eight types of ulcer)
3	Thalaga chendhooram	Kundri edai (130 mg)	Thirikadugu chooranam	<ul style="list-style-type: none"> • Peeligai noi • Kanappu vayu
4	Velliya chendhooram		1/8 Rasa parpam and sugar	<ul style="list-style-type: none"> • Eyesight promoter • Kabala puttru • Kabala vayu • Gunmam • Kandamalai (Goiter)
5	Naga chendhooram	Kundri edai (130mg)	Plam jaggery	<ul style="list-style-type: none"> • Moolam (piles) • Kalichel • 18 vagai kustam
6	Vanga chendhooram	Kundri edai (130mg)	Thirikadu Athimathuram Seeragam Plam jaggery In legiyam form	<ul style="list-style-type: none"> • Megam • Vayu • Pitha kuttam • Peenisam • Gunmam
7	Velvanga chendhooram	Kundri edai(130mg)		<ul style="list-style-type: none"> • Peenisam • Peruvair (Ascites) • 18 types of Janni • Moolam • Gunmam
8	Suyamakini Kumaran			<ul style="list-style-type: none"> • Soolai • Gunmam • Megam
9	Mandoora chendhooram			<ul style="list-style-type: none"> • Paandu Vaigai (all types of anaemia)
10	Nava loga chendhooram			<ul style="list-style-type: none"> • Many types of disease
11	Naga parpam	Kundri edai(130 mg)	Plam jaggery	<ul style="list-style-type: none"> • Envagai Gunmam(eight types of ulcer)

Book Name: Agasthiyar Amutha Kalai Gnanam 1200

12	Porikara karpam		cow ghee	<ul style="list-style-type: none"> • To eliminate bile and toxics substances in the body and beautifies the skin
According to others Siddhars Thathu Karapam				
13	Abiraga Sathu chendhooram	Kundri edai(130mg) Twice a day 40 days	Honey	<ul style="list-style-type: none"> • The body glow like a diamond
14	Ganthaga sembu chendrooram		Honey	<ul style="list-style-type: none"> • Muth thoda noigal • The body tighten likes irons pillar
15	Abraga chendhooram	kundri edai (130mg)	Honey	<ul style="list-style-type: none"> • cure all diseases
16	Abraga Mezhugu	Milagu alavu		<ul style="list-style-type: none"> • Attain kaya sidhi
17	Abraga sathu kalangu	Kundri edai (130mg) for 48 days		<ul style="list-style-type: none"> • to strength the body.
18	Aya chenduram	48days	sugar	<ul style="list-style-type: none"> • The body tightens like iron pillar.
19	Ayasambeera karpam			<ul style="list-style-type: none"> • To treat Anaemia sobai greying of hair and strengthen the body
20	Lingathanga kalangu	Panavedai (488mg)	Honey	<ul style="list-style-type: none"> • It gives glowing skin and strengthen the body.
21	kayathi karpam	Panavedai (488mg)	Honey for 48 days	<ul style="list-style-type: none"> • To strength the body
22	Gandhi thailam	Panavedai (488mg)	Sugar for morning, sugar candy for evening	<ul style="list-style-type: none"> • To treat tuberculosis, ulcer, leprosy, gonorrhoeal diseases & vada diseases and It also strengthen the body.

23	Naaga parpam			<ul style="list-style-type: none"> To treat 21 types gonorrhoeal disease, 18 types of leprosy, 8 types of ulcer and 80 kind of vatha diseases. It also make the body tighten and strengthen.
24	Vanga chendhuram	2 kundri edai (260mg) for 48 days	Honey	<ul style="list-style-type: none"> To cure all diseases & avoid greying of hair and aging process strengthen the body.
25	Thirivanga karpam			<ul style="list-style-type: none"> To get rid of all kind of disease.
26	Aya chunnam	Twice a day	Trikadugu chooranam and honey	<ul style="list-style-type: none"> To build sperm. Body become strong & looks like gold
27	Velli Chunnam	panavedai (488mg) (48 days)		To strengthen the body
28	Gandha parpam		Cow milk	<ul style="list-style-type: none"> Mootu vali Paandu Sogai Kanda maalai
29	Vedi uppu chunam			<ul style="list-style-type: none"> Avoid greying of hair and aging process Strengthen the body

2. Discussion

Present literature reviews aimed at elaborating the siddha literatures is describing the significance of “Kaya karpam medicine” a unique specialized siddha methodology for rejuvenation and wellness in humans.

Recent interest in Naturally occurring anti-oxidants has considerably increased for use in food & pharmaceutical products.

Some medicine also material medica. Kaya karpam drugs always find a special place because of its ability to both prophylactic and therapeutic in nature.

3. Conclusion

It is going to be the discoveries of which is already mentioned in our traditional siddha literature. In that way thathu karpam deals metals and mineral products used as kaya karpam

preparation. It is enriched with antioxidant properties. It prevents aging stress and strengthen the body like iron pillar so it is really a blessing for us to be a part divine and scientific siddha community.

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