

Literature Review of Diseases Wise Diet In Siddha Medicine

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Abstract- Siddha system of medicine is a traditional medicinal system in south India.Siddhars have recommended certain basic guidelines to be followed for healthy living which include observation of certain regimen as mentioned in Pini anuga vidhi Ozhukam,literaly meaning rules that help prevent the diseases.Their concept of kaaya karpam for prevention of diseases is highly admirable as it makes.ones body resistant of infections.Their concept of habitat,seasons,diet,Naal and kaala ozhukam,are prevents as well as adaptive.Diet is one of the very important in siddha medicines as well as prevention aspects.Diet act as the vital nutrients to gain energy.the improper diet habit cause disturbances in equilibrium of the three humours(Uyir thathukal)&Physical constituents (Udal thathukal)in turn causing several diseases.Iexplained the diseases wise diet&the diseases of Diabetes Mellitus(DM),Bronchial Asthma,Tuberculosis,Ulcer, Haemorrhoids,Urolithiasis,Anaemia,Jaundice,Psoriasis. So in this article are briefly explain in disease wise diet explained in holistic manner.

Keywords- Siddha Medicine,Diet,Kaaya karpam

I. INTRODUCTION

“UNAVAE MARUNTHU MARUNTHAE UNAVU”

This verse meaning *Diet* can act as medicine explain the importance of diet.Diet plays a major role in our everyday activity.The *diet* concept of siddhars is based upon taste of foods as it indicates the natural property of the kind of food.Atypical *diet* must therefore include a combination of 6 tastes that is best to the prevailing season.Hunger(Pasi one of the 14 physiological reflexes orVegangal)indicates the need for food.Diet intake nourishes the different physical constituents ,Viz..Udal thathukal in a particular sequence &finally provide strength to our body.However food like milk,water,&meat soup provide instant strength to body.According to saint Thiruvalluvar 3 main factors decide the structure of good diet.

1. Taste
2. The constitution of person who intakes the diet
3. Time of season

a) Taste

Tastes may have a compatible counterpart or an inimical counterpart and inimical tastes should never be taken together. A particular taste of food when taken in combination with its inimical taste food might yield poisonous effects due to dietetic incompatibilities.

E.g. Milk and fish should never be taken together. Similarly, a combination of milk and green leafy vegetables is also harmful.

A diet should also include food that normalises the three humours (trithoda sama porul). The concept of inimical and compatible taste in diet is also applied for selection and preparation of Siddha medicines.

b) The constitution of person

Diet with respect to quantity and quality should be taken according to the gender, age, physical/mental activity and basic body constitution (viz., vaatham, pitham, kabham) of the person

c) Time, season, and habitat

Selection of proper *diet* also takes into consideration the period of day (breakfast/lunch/dinner) seasonal variations and geographic locations

Kaaya Karpam (Gerontology)

“Udambar azhiyil uyirar azhivar...”--
Thirumandiram by Thirumoola Adoption of preventive techniques to maintain one’s body health helps to retain youthfulness and attain spiritual perfection.“*Kaaya Karpam*” (rejuvenation and longevity) was practiced as a preventive measure against illness. Practicing *Kaaya Karpam* also provides acquired immunity (*seyarkai vanmai*) to our body. *Kaaya Karpam* acts in 2 ways i.e., prevention against disease and restoration of health during illness. Thus, it is preventive as well as constructive. *Kaaya Karpam* is studied under three categories viz.

i. Mooligai Karpam

ii. Thathu and Seeva Karpam

iii. Yoga Karpam

ERAIPPU NOI (BRONCHIAL ASTHMA)

SYNONYMS/CASE DEFINITION:

Swasakasam/Izhuppu noi

It denotes a combination of symptoms such as wheezing, cough, tightness of the chest and dyspnoea.

It is an episodic disease with acute exacerbation interspersed with symptom free periods.

PATHIYAM (DIET)

A) ADD:

Rice or Kanji	Double boiled rice, rice kanji
Tender vegetables	Athi (<i>Ficus racemosa</i>), Avarai (<i>Dolichos lablab</i>), Vazhai (<i>Musa Paradisiaca</i>), Vendai (<i>Hibiscus esculentus</i>), Sundai (<i>Solanum torvum</i>), Murungai (<i>Moringa oleifera</i>), Thakali (<i>Physalis minma</i>).
Green	Aru Keerai (<i>Amaranthus tristis</i>), Siru keerai (<i>Amaranthus campestris</i>), Manali Keerai (<i>Gisekia Pharnaceoides</i>), Ponnaangaani (<i>Alternanthera sessilis</i>)
Dairy products	Cow's buttermilk.
Non-vegetarian diets	Ayiraimen (Loach), Vayal nadu (Farm crab), Velladu (<i>capra hircus</i>), Muyal (Rabbit), Velleli (White rat).

B) AVOID:

- Find out the particular food that causes allergy to the patient and advice to avoid.
- Solam (*Sorghum vulgare*), Varagu (*Paspalum scrobiculatum*), Kollu (*Macrotyloma uniflorum*), Perumpayaru (*cicer arictinum*)
- Kothavarai (*Cyamopsis tetragonoloba*), Sarkarai Valli kizhangu (*Ipomoea batatus*), Seppankizhangu (*Colocasia esculanta*).

REJUVENATION

A) OLEATION:

Oli bath may be advised twice a week with any of the following medicated oil.

- Sirobaara nivarana thylam
- Chukku thylam
- Araku thylam
- Nochi thylam
- Thulasi thylam

B) KARPA MARUNTHU:

Pothu karpam:

- Karisaalai karpam: Karisaalai chooranam (Eelipta prostrate)-1-2g. with honey(5ml.) for one month; tender coconut water (50ml.) for one month.
- Ponnaangaani karpam (*Alternanthera sessilis*) for 48 days.

Sirappu karpam:

- Korai kizhangu karpam; Korai kizhangu chooranam (*Cyperus rotundus*)-1-2g. Karpoorathi chooranam and honey(5ml.) for 48 days.

C) KARPA YOGAM:

- Pranayamam
- Bhujangasanam
- Halaasanam
- Padmasanam
- Pachimothasanam
- Sarvangaasanam

ELAIPPU NOI (PULMONARY TUBERCULOSIS)

SYNONYMS/CASE DEFINITION:

Arasa noi.

Recent names: Galloping phthisis, Consumption, Phthisis, White plaque.

It refers to a disease producing weight loss and emaciation of the body,

Which is characterized by cough with expectation, haemoptysis, dyspnoea, associated and night sweats, It may be associated with various diseases.

PATHYAM (DIET)

A) ADD:

Rice or kanji	Hand pounded boiled rice, boiled least polished rice, Fruits, soups of mutton, white crab may be advised as per digestive condition of the patient
Tender vegetables	Murungai(Moringa Oleifera), Vendai (Hibiscus esculentus), Thoothulankaai (Solanum torvum), Avarai (Dolichos lablab), Sundai (Solanum tornum), Thakali (Physalis minima), Mullangi (Rhaphnus sativus), Athi (Ficus racemosa)
Greens	Sirukeerai (Amaranthus tricolor), Manalikeerai (Gisekia pharanaceoides), Ponnaangaani (Alternanthera sessilis), Arukeerai (Amaranthus tristis), Thuthulai (Solanum trilobatum)
Fruits	Maathulai (Punica granatum), Koyya (Psidium guajava),
Pulses	Ulunthu (Phascolus mungo), Karupayaru (Phascolus trilobatus), EII (sesanum indicum)
Dairy products	Cow's buttermilk, ghee
Nuts	Dried thiratchai (Vitis vinifera), Vathumai (Prunus dulcis), Munthiri (Anacardium occidentale)
Non-vegetarian diets	Nadu(crab), Nathai(Pila globosa), Udumbu(lizard), Muyal(Rabbit), Pura(White dove), Kaatuvelli(wild white rat), Velladu(capra hircus), Vellali (white rat)

B) AVOID:

- Poosani kaai (cucurbita maxima), Pudalai (Trichosanthes anguima), Sarkarai valli kizhangu(Ipomoea batatus), Seppankizhangu (Colacasia esculanta), Kothavarai (Cyamopsis tetragonoloba), Kollu (Macrotyloma uniflorum) vaankozhi kari(turkey) and pulses like Perumpayaru (Cicer arietinum) may be avoided.

REJUVENATION

A) KARPA MARUNTHU:

Pothu karpam

- Kaiyan karpam: Kaiyan chooranam (Eclipta prostrate) – 1 – 2gm. For 2months one month with tender coconut water and one month with honey.

Sirappu karpam:

- Erukku karpam (Calotropis gigantean) 48 days.
- Azhinchil karpam (Alangium salvifolium) for 48 days.
- Thulasi thylam (Oil bath) for 48 days
- Koraikizhangu chooranam – 1 – 2gm. Twice a day with palm jiggery.
- Poorana chandirodhayam – 65 – 130 mg mixed with karpoorathy chooranam – 1 – 2gm and vetrilai saaru (leave juice of Piper betle).

B) KARPA YOGAM

- Pranayamam
- Dhanurasanam
- Halasanam
- Padmaasanam
- Sarvangasanam
- Sugavasanam.

AZHAL KEEL VAAYU (OSTEOARTHRITIS)

CASE DEFINITION:

Azhali keel vaayu refers to a joint disease characterized by pain and crepitation in the joint

PATHIYAM (DIET)

A) ADD:

Tender vegetables	Kathari (Solanum melongena), Avarai (Dolichos lablab), Murungai(Moringa Oleifera), Sundai (Solanum tornum), Mullangi (Rhaphnus sativus), Pathal (Memordiea charantia), Thuthu velai (Solianum trilobatum), Pirandai (Cissus quadrangularis), Karunai kilangu (Colocaisa antiquarum)
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Greens	Mudakaruthan(Cardiospermum halicacabum), Sirukeerai (Amaranthus tricolor), Mookarattai (Bocrhaavia diffusa), Puliyaarai (Hibiscus cannabinus), Ponnaangaani (Alternanthera sessilis), Manali (gisekia pharanaccoides)
Pulses	Ulunthu (Vigna mungo), Pottu Kadalai (Fried cajanuscajan)
Dairy products	Cow's buttermilk
Non-vegetarian diets	Udumbu(lizard), Kadai (Gallus sonne ralti), Kouthari (Indian partridge), Velladu(capra hircus), Ayirai meen (Loach) and Eral (Penacus indicus)

B) AVOID:

Vali induced foods like tubers except karunai (Colocasia antiquorum), Maporuikal (Carbohydrate rich diets), Val ai (tender fruit of Musa paradisiacal), Verkadalai (Arachis hypogea), Karamani (Vigna unguiculata), Pattani (Pisum sativum), Mochai (Lalab purpureus).

- Sour, astringent tastes.
- Sea foods except small prawn

C) OTHER ADVICES:

- Brief periods of rest for this involved joint
- Activities that involve excessive use of joint should be identified and avoided
- Regular exercises and yoganam
- To be avoid chilled atmosphere, sleep on cold floor, live on high altitude etc.

REJUVENATION**A) KARPA MARUNTHU:*****Sirappu Karpam:***

- Eruku karpam (Calotropis gigantea) for 48 days.
- Azhinchil karpam (Alangium salvifolium) for 48 days.
- Thetran karpam (Strychnos potatorum) for 48 days.
- Nelli karpam (Embelica officinalis) for 48 days.

B) Karpa Yokam:

- Piranayamam
- Sarvangasanam
- Sugavasanam
- Padmasanam
- Vachchirasanam
- Machasanam

ADVICE ON COMPLETION OF TREATMENT AND PREVENTION:

- Regular exercises (walking etc.)
- Karpa medicines.
- Pranayamam.

KALLADAIPPU (UROLITHIASIS)**CASE DEFINITION:**

It denotes calculus or sand like stones that occur anywhere in the urinary tract, which produce pain and obstruction.

A) ADD:

Rice or Kanji	Barlie rice kanji, Double boiled rice kanji, Kaar, Karuvai, Manakathai rices.
Tender vegetables	Avarai (Dolichos lablab), Vendai (Hibiscus esculentus), Vazhai Poo (Flower of Musa Paradisiaca), Kovai (Coccinia grandis), Peerku (Luffia acutangula), Pudalai (Trichosanthes cucumerina), Surai (Lagenaria siceraria), Mullangi (Raphanus sativus), vellari (Cucumis sativus)
Green	Pasalai keerai (Portulaca qualrifida), Siru keerai (Amaranthus tricolor), Kodi pasali (Besella alba), Keerai thandu (Amaranthus gangeticus), Venthaya keerai(Trigonella foenum)
Fruits	Kichilipazham (Citrus aurantium), Nelli (Phyllanthus emblica), Vazhai (Musa paradisiacal), Kovai (Cuccinia grandis), Koyya (Psidium guajava),
Pulses	Ulunthu (Vigna mungo), Paasiparu (Vigna radiate)
Dairy products	Cow's buttermilk
Non-vegetarian diets	Ullan (Common snipe), Ayirai meen (Loach)

B) AVOID:

- Salts & Hot tastes
- Some vegetables such as tomato, cabbage, cauliflower may be avoided, Protein rich diets, pickles, soft drinks, milk & milk products except butter milk, alcoholic beverages.
- Sarkarai valli kizhangu (Ipomoea batatus), Seppakizhangu (Colacasia esculanta), Kothavarai (Cyamopsis tetragonoloba), Kollu (Macrotyloma uniflorum).

REJUVENATION**A) KARPA MARUNTHU:****Pothu Karpam:**

Katralai karpam (Aloe vera) for 48 days

Sirappu kalpam:

- Nanal kudineer (saccharum spontaneum) – 60 ml; twice a day for 48 days.
- Thetran kalpam: Thetran (Strychnos potatorum) used a medicines & receipices.
- Nelli kalpam: Nelli (Enbelica officinalis) used as medicines & receipices.

B) KALPA YOGAM:

- Sarvagasanam.
- Pranayamam.

NEERIZHIVU (DIABETIC MELLITUS)**SYNONYM/CASE DEFINATION:*****Madhumegham/inippu neer***

It denotes a disease characterized by polyuria, presence of honey odour in urine on heating. It ultimately deteriorates all the seven *udail thatus* (seven fundamental tissues of the body).

A) ADD:

Rice or kanji	Clear soups, limejuice without sugar, Hand pounded boiled rice, Mani samba rice (Oryza sativa), Kezhvaragu (Eleusine coracana), Kambu, Thinai.
Unripe vegetables	Pahal (Memordica charantia), Surai (Lagenaria sicerarie), Vendai (Hibiscus esculentus), Kathari (Solanum melangena), Avarai (Dolichos lablab), Murungai(Moringa Oleifera), Vellai mulangi(Raphanus sativus)
Greens	Neeraarai keerai (marsilea quadrifolia), Kothamalli (Coriandrum sativum), Puthina (Mentha arvensis), Karivepilai (Murraya koenigii), Kovaipoo (Flower of coccinia grandis), Puliyaarai (Oxalis corniculata)
Fruits	Koyya (Psidium guajava), Maathulai (Punica granatum), Nelli (Phyllanthus emblica), Naval (Zizigium cumini), Pappali (Carica papaya).
Pulses	Ulunthu (Vigna mungo), Paasiparu (Vigna radiate)
Dairy products	Cow's buttermilk
Non-vegetarian diets	Ayirai meen (Loach)

B) AVOID:

- Sweets, bakery products such as cakes, pastries, cream biscuits, concentrated milk preparations such as pedha, burfee etc.,
- Ice creams, soft drinks, fruit juices
- Tubers like potato, sweet potato, yam, carrot, beet root and colacasia.
- Saturated fats like vanaspathy, dalda, ghee and butter.
- Nuts, dry fruits like pista, badam, munthiri.
- Fatty meat cuts, organ meat such as liver, kidney, brain, heart, egg yolk may be avoided.

REJUVENATION**A) KARPA MARUNTHU:****Pothu Karpam:**

Vembu karpam (Azhadhirachta indica) for 48 days

Sirappu karpam:

- Vellai kodi karpam (*Ipomea rapens*) for day for 48 days.

B) KARPA YOGAM:

- Piranayamam
- Sarvagasanam.
- Halasanama
- Patchimottanasanam
- Shavasanam
- Padmasanam

GUNMAM (PEPTIC ULCER)**SYNONYMS/CASE DEFINATION****Gunmam/Gulmam**

These terms refer to deterioration of both body and mind due to pain.

It is a form of dyspepsia with burning sensation and gnawing pain in the gastrum.

PATHIYAM (DIET):**A) ADD:**

Rice kanji	Rice kanji, double boiled rice, tender coconut water, coconut milk.
Tender vegetables	Avarai (<i>Dolichos lablab</i>), Kathari (<i>Solanum melongena</i>), Atthi (<i>Ficus racemosa</i>), Murungai (<i>Moringa oleifera</i>), Vendai (<i>Abelmoschus esculentus</i>), Peerku (<i>Luffa acutangula</i>), Mullangi (<i>Rhaphanus sativus</i>), Sundai (<i>Solanum torvum</i>), Pahai (<i>Memordica charantia</i>)
Greens	Manathakaali (<i>Solanum nigrum</i>), Ponnaangaani (<i>Alternanthera sessilis</i>), Kaiyaan (<i>Eclipta prostrate</i>)
Pulses	Ulunthu (<i>Phseolus mungo</i>)
Dairy products	Cow's milk, ghee, goat's milk
Non-vegetarian diets	Velladu (<i>Capra hircus</i>), Ayirai meen (Loach), Vellali (White rat)

B) AVOID:

- Oils & oily foods
- Hot and sour tastes
- Sarkarai valli kizhangu (*Ipomea batatas*), seppankizhangu (*Colacasia esculanta*), Kothavarai (*Cyamopsis tetragonoloba*), Kollu (*Mecratyloma uniflorum*), Verkadalai (*Arachis hypogea*), Kaaramani (*Vigna unguiculata*), Pattani (*Pisum sativum*), Mochai (*lablab purpureus*)

C) OTHER ADVICE:

- Maintain food hygiene
- Avoid excessive anger, stress and depression
- Avoid fasting and take food at regular timings

REJUVENATION:**A) KARPA MARUNTHU:**

- Kattralai karpam (*Aloe vera*) for 48 days
- Ponnangaani karpam (*Alternanthera sessilis*) for 48 days
- Manathakkali karpam (*Solanum nigrum*) for 48 days
- Inji then – 1 piece twice a day for 48 days

B) KARPA YOGAM:

- Savaasanam (5 Min).
- Pranayamam: This may be done in the savaasana stage (3 min).
- Sarvangasanam

ADVICE ON COMPLETION OF TREATMENT:

- Avoid excessive use of chillies, alcoholic beverages, smoking etc.
- Avoid very hot coffee in empty stomach.

Prevention:

- Take kattralai karpam (*Aloe vera*) for 48 days
- Do Pranayamam regularly
- Avoid smoking / Alcohol
- Avoid saline water and previously cooked food items.

MANJAL KAMALAI (JAUNDICE)**SYNONYMS / CASE DEFINATION:****Manjal Noi / Manjal kamalai**

Kamalai denotes the extreme dislike and distaste produced as a consequence of the progress of the disease.

Manjal noi refers to the yellowish discolouration of skin, sclera, mucous, membrane and urine.

PATHYAM (DIET):

A) ADD:

	Tender coconut water, sugarcane juice.
Rice or kanji	Rice kanji, rice with buttermilk, rice with milk
Tender vegetables	Murungai (Moringa oleifera), Avarai (Dolichos lablab), Kathari (Solanum melongena), Atthi (Ficus racemosa), Vendai (Abelmoschus esculentus),
Greens	Manathakaali (Solanum nigrum), Ponnaangaani (Alternanthera sessilis), Kaiyaan (Eclipta prostrate), Puliyarai (Oxalis corniculata), Kovai (Coccinia grandis)
Pulses	Ulunthu (Phaseolus mungo), Paasipayaru (Vigna radista)
Dairy products	Cow's milk, goat's milk
Non-vegetarian diets	Ayirai meen (Loach)

B) AVOID:

- Oils & oily foods
- Salt and sour tastes
- Sarkarai valli kizhangu (Ipomoea batatas), seppankizhangu (Colocasia esculenta), Kothavarai (Cyamopsis tetragonoloba), Kollu (Mecratyloma uniflorum).

C) OTHER ADVICES:

- Bed rest till the jaundice is completely resolved.
- All hepatotoxic drugs and alcohol should be completely avoided
- Nutritious diet.

REJUVENATION:

A) KARPA MARUNTHU:

POTHU KARPAM;

- Kattralai karpam (Aloe vera) for 48 days
- Ponnangaani karpam (Alternanthera sessilis) for 48 days
- Kaiyan choornam (Eclipta prostrata) 1-2 gm twice a day for 2 months; one month with tender coconut water, one month with honey.

SIRAPPU KARPAM:

- Kadukaai chooranam (terminalia chebula) 1-2 gm with hotwater at evening for 48 days.
- Panai ver kudineer (roof decoction of Borassus flabellifer) 60 ml. twice a day for 48 days.
- Thetran karpam (Strychnos potatorum) for 48 days.
- Nelli karpam (Emblica officinalis) for 48 days.
- Aamanaku kozhunthu saaru (Tender leaf juice of Ricinus communis) 168 ml. and goat's milk 168 ml. weekly once in empty stomach.
- Ayabringaraja karpam – 500 mg. twice a day with honey (5 ml.)
- Ayasambira karpam – 1 twice a day.
- Bhavana kadukaai – 1 before and after food chewable

KARPA YOGAM:

- Pranayamam
- Pachimothasanam
- Sarvaagaasanam

ERUVAIMULAI NOI (HAEMORRHOIDS)

SYNONYMS / CASE DEFINITION:

Moola noi

It denotes varicosity of haemorrhoidal veins that could be associated with pruritus ani, bleeding and protrusion of haemorrhoidal tissue.

PATHIYAM (DIET)

A) ADD:

Rice or kanji	Kaar, karuvai, Manakkathai, Javvarisi, high fibre diets, increased intake of liquids.
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Tender vegetables	Atthi (<i>Ficus racemosa</i>), Kovai (<i>Coccinia grandis</i>), Vendai (<i>Hibiscus esulentus</i>), Vaazhai poo, kaai, thandu (Flower, vegetable and stem of <i>Musa paradisiacal</i>), Murungai (<i>Moringa oleifera</i>), Avarai (<i>Dolichos lablab</i>),
Greens	Thuthi (<i>Abutilon indicum</i>), Thaali (<i>Abies spectabilis</i>), Pasalai (<i>Portulaca quadrifida</i>), venthayam (<i>Trigonella foenum</i>), Murungai (<i>Moringa oleifera</i>), Ponnaangaani (<i>Alternanthera sessilis</i>),
Fruits	Vazhai (<i>Musa paradisiacal</i>).
Nuts	Dry grapes.
Dairy products	Cow's milk, Ghee, Vellatu nei (white goat's ghee)
Non-vegetarian diets	Kattu pantry (Wild boar), Udumbu (Monitor lizard), Nathai (Fresh water snail), Amai (<i>Chemmys sp.</i>), Ayirai meen (Loach)

AVOID:

- Hot and sour tastes.
- Tubers (Except karunai kizhangu (*Amorphophallus paeoniifolius*), Constipating foods like cheese.
- Madavai meen (*Mugil cethalus*), Kozhi (*Gallus gallus*), Kothavarai (*Cyamopsis tetragonoloba*), Kollu (*macrotyloma uniflorum*), Verkadalai (*Arachis hypogeal*).

C) OTHER ADVICES:

- Do exercises, regularly
- Need proper stooling pattern

REJUVENATION:**A) KARPA MARUNTHU:**

- Thetran karpam (*Strychnos potatorum*) 48 days
- Nelli kalpam (*Embelica officinalis*) for 48 days.

B) KARPA YOGAM:

- Pranayamam
- Shalabhaasanam
- Paschimothasanam
- Mayuraasanam
- Padmasanam
- Shavaasanam

ADVICE ON COMPLETION OF TREATMENT:

- Use cotton cushion for sitting. To avoid irritation over anal region.
- Take oil bath regularly.

Prevention:

- Avoid tubers except karunai (*Amorphophallus paeoniifolius*).
- Take greens regularly.
- Drink sufficient quantity of water.
- Regular Intake of kadukkai karpam (*Terminalia chebula*) in the evening.
- Do Pranayamam regularly

VELUPPU NOI (ANAEMIA)**SYNONYMS/CASE DEFINATION:****Veluppu noi/venmai noi/Paandu**

It denotes paleness of the body especially pallor of tongue, conjunctiva, nail and palm.

Rice or kanji	If digestion is not good kanji varieties, clear soups and fruit juices. Hand pounded rice.
Tender vegetables	Avarai (<i>Dolichos lablab</i>), Vendai (<i>Hibiscus esulentus</i>), Vaazhai (<i>Musa paradisiacal</i>), Pudalai (<i>Trichosanthes cucumerina</i>), Paahal (<i>Momordia charantia</i>), Peerku (<i>Luffa acutangula</i>), Atthi (<i>Ficus racemosa</i>),
Greens	Murungai keerai and flower (<i>Moringa oleifera</i>), Arukeerai (<i>Amarantus tristis</i>), Sirukeerai (<i>Amaranthus tristis</i>),), Ponnaangaani (<i>Alternanthera sessilis</i>), Agathi (<i>Sesbania grandiflora</i>), venthaya keerai (<i>Trigonella foenum</i>),
Pulses	Verkadalai (<i>Arachis hypogeal</i>), Ulunthu (<i>Vigna mungo</i>), Paasipayaru (<i>Vigna radiate</i>), Ellu (<i>Sesame indicum</i>)

Fruits	Mathulai (Punica grantum), Papaali (carica papaya), Naval (syzygium cumin), Perichu (Phonex dactilifera), Atthi (Ficus racemosa), Dry grapes.
Nuts	Vadhumai (Prunus dulcis) Munthiri (Anacardium occidentale)
Non-vegetarian diets	Velladu (Capra hircus), Liver, bones, intestines, Kadai (Gallus sonne ralti), Kavuthari (Indian partridge), Ayirai meen (Loach), Ullan (Common snipe), Udumpu(white rat).

B)AVOID:

- Excessive hot, salt & bitter tastes
- Tobacco, alcoholic beverages and fast foods.
- Kottai paaku (Area nut), Kadugu (Brassica nigra), Puli (Tamarindus indicus).
- Sarkarai valli kizhangu (Ipomoea batatus), Seppankizhangu (Colacasia esculanta), Kothavarai (Cyamopsis tetragonoloba), Kollu (Macrotyloma uniflorum).

REJUVENATION:**A) KARPA MARUNTHU:****Sirappu karpam:**

- Thetran karpam (Strychnos potatorum) for 48 days.
- Nelli karpam (Emblica officinalis) for 48 days.
- Aalam paal karpam: whole plant powder of Arugu (Cynodon dactylon) 1-2 g. with Aalam paal (Fresh latex of Ficus bengalensis) for 48 days.
- Ponnangaani karpam (Altermanthera sessilis) for 48 days.
- Kaiyan karpam: whole plant powder of kaiyan (Eclipta prostrate) 1-2g. mixed with tender coconut water and honey for 1 month.
- Ayasambeera karpam – 1 piece twice a day for 48 days.
- Aya birundaraja karpam-10 g. twice a day with honey for 40 days.

B)KARPA YOGAM:

- Pranayamam
- Sarvangasanam
- Vilasanam
- Machaasanam

ADVICE ON COMPLETION OF TREATMENT:

1. Daily intake of greens, sprouted pasipayaru (Vigna radiate), vendhayam (Trigonella foenum)
2. Take Inji karpam, karisalai karpam, Poonnangaani karpam
3. Do pranayamam, sooriya vanakkam regularly.

KALANJAGA PADAI (PSORIASIS)**CASE DEFINATION:**

It denotes well defined erythematous rounded plaques covered with silvery scaled, which have a tendency for the extensor surface and scalp.

A) ADD:

Tender vegetables	Avarai (Dolichos lablab), Athi(Ficus racemosa), Murungai(Moringa Oleifera), Vazhathandu (Musa paradisiacal), mulangi(Raphanus sativus)
Greens	Pannai Keerai(Chemissoa albida), Parattai keerai(Evolvulus emarginatus), Mullani keerai (Raphanus sativus), Mudakaruthan keerai (Cardiospermum helicacabum)
Dairy products	Cow's buttermilk
Non-vegetarian diets	Karunkozhi (Black fowl), Ayirai meen(Loach)

B) AVOID:

- Avoid frequent intake of sour and hot taste.
- Solam (Sorghum vulgare), Kambu(Pennisetum typhoidum), Varagu(Paspalum scrobiculatum), Vazhakaai (tender fruits of musa paradisiacal), Paharkaai (Momordica charantia), Mango (Magifera indica), Sarkarai valli kizhangu(Ipomoea batatus), Seppankizhangu (Colacasia esculanta), Vellari (Cucumis sativus), Kothavarai (Cyamopsis tetragonoloba), Kollu (Macrotyloma uniflorum), Koyya (psidium guajava), Kathari (Solanum melongena), Vaankozhi kari (turkey).

REJUVENATION**A) KARPA MARUNTHU:**

- Vembu karpam for 48 days

- Katrazhai karpam for 48 days

B) KARPA YOGAM:

- Piranayamam
- Sarvagasanam.
- Padmasanam

Discussion;

Diet is very important in the siddha system of medicines. Example for Diabetes Mellitus, Jaundice, Haemorrhoides, Bronchial Asthma, Tuberculosis, Anaemia etc..Some of the disease are started the medication do not advice the diet, but mostly avoid in Maa,Pala,Vaazhai,Pugailai.So diseases wise diet is very important. Food is the medicine ,Medicine is the food .That concept food is medicine so it is used in Milagu,Sukku,Poondus,Salt,Suger,Onion,Coriander,Mustard,Milk,Butter,Ghee,Water,Goat milk,Pudalai, etc...These ingredients are based in *Kzhambu* or *juice*,Intake in this juice to curable the diseases.Once the medication started to advice the diet to avoid in morning time sleeping. Because it increased in body temperature,Medicine heat,So increased in disease.So that time to avoid in morning sleep.And also advice to Kaaya karpam..“*Kaaya Karpam*” (rejuvenation and longevity) was practiced as a preventive measure against illness. Practicing Kaaya Karpam also provides acquired immunity (*seyarkai vanmai*) to our body.I divided into 2 part of *Pothu* and *sirappu karpangal*.this karpangal are intake in 1 Mandalam(48 days).Many of the karpam intake to avoid in Black pepper,Salt,Tamarind ,and also the advice for diet in *Itchaa pathiyam*.

II. CONCLUSION

Siddha System of Medicines are well accepted by community Particularly with rural areas.Because these are socially acceptable comparatively safe &Efficacious and easily available.Which can be prepared locally by the available resources.So many of the diseases are strictly followed by the diet and rejuvenation it curable the diseases. Food is the medicine,Medicine is the food .In this quotes are accepted.Mant of the diseases are curable in only followed by the diet . So in this article very useful to Siddha Physicians and Research purposes.

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