

A REVIEW ARTICLE ON VALI AZHAL KEELVAYU (RHEUMATOID ARTHRITIS) AND ITS MEDICATIONS IN THE SIDDHA SYSTEM

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ABSTRACT

The Siddha system of medicine is an ancient Indian traditional medicine system, particularly prevalent in South India and Tamil-speaking regions. It is a treasure trove of several medicines for innumerable diseases that need to be scientifically validated. Vali Azhal Keelvayu also known as *Uthiravathasuronitham*, a vatha disease described by Sage *Yugi* can be correlated to rheumatoid arthritis. He classified different types of neuromuscular disorder under 80 types of vatha disease in his text *Yugivaithiyacinthamani*, in which *Uthiravathasuronitham* also one among them. The signs and symptoms of *Uthiravathasuronitham* can be correlated with those of rheumatoid arthritis in modern medicine. This paper deals with herb therapy and mineral formulations that have been mentioned in the Siddha texts and literature. The primary focus of this paper is to highlight the effectiveness of Siddha system of medicine as a better choice for the treatment of Vali Azhal Keelvayu.

KEYWORDS: Siddha system, Vali Azhal Keelvayu, *Uthiravathasuronitham*, vatha disease. Rheumatoid Arthritis.

INTRODUCTION

Vali Azhal Keelvayu is a chronic inflammatory disorder affecting many joints, including those in hands and feet. In Vali Azhal Keelvayu, the body's immune system attacks its own tissue, including joints. In severe cases, it attacks internal organs.^{[1],[13]} In 2020, an estimated 17.6 million people worldwide had Vali Azhal Keelvayu, with a global prevalence rate of 208.8 cases per 100,000 population representing an increase from 1990. Females are more affected than males, with an age-standardised female- to- male prevalence ratio of 2.45. The age-standardised death rate was 0.47 per 100,000 population a decrease from 1990.^[2] Smoking is a known risk factor for rheumatoid arthritis, with a 7.1% risk attribution to rheumatoid arthritis. India ranks 4th in the world for age-adjusted death rates from rheumatoid arthritis. The prevalence of rheumatoid arthritis in India is also estimated to be around 0.7% which is higher than the global average of 0.46%. The treatment for Vali Azhal Keelvayu, is a long- term one. The Siddha medications are completely safe and secure and are very effective in limiting pain, improves mobility of joints. The unique features of this disease are described in *Yugivaithiyacinthamani*, para Rasa Sekraram. Vali Azhal Keelvayu disease symptoms mentioned in the text book

Sababathi Kaiyedu can be correlated to rheumatoid arthritis in modern science.^[4]

VALI AZHAL KEEL VAYU DISEASE IN THE SIDDHA SYSTEM OF MEDICINE

It is a type of vatha disease.^[5] Vathasuronitham condition under vatha disease is classified by *Yugi* into seven types.

- *Uthiravathasuronitham*.
- *Sithuvathasuronitham*.
- *Vaigitha vathasuronitham*.
- *Paithiyavathasuronitham*.
- *Slethumavathasuronitham*.
- *Utharavatha suronitham*.
- *Vathasuronitham*.

Uthiravathasuronitham is caused by an imbalance of elevation in humours of vatham and pitham in the body. Clinical features of *Uthiravathasuronitham* are mentioned in song no. 319 in *Yugivaithiyacinthamani*.^[12]
"Vaigithamaaik kanaikaalu muzhangal thaanam
Markadanth sandthu puravadiyum veengich
Saegithamaaj siruviralgal migavum nondhu
Sinthai thadumaariyae salippundaagum
Paigithamaam paithiyaththil vatham minjip

Uyikithamaai asanamathu tha anum vaenda.”.[6][7]

SYMPTOMS OF RHEUMATOID ARTHRITIS IN MODERN SCIENCE

The above- mentioned song in Siddha texts represents the each of the following symptoms, respectively.

- ❖ Swelling of the ankle, knee, and smaller joints of the hand.
- ❖ Pain and tenderness of minor joints especially phalanges.
- ❖ Depression and apathetic mood.[6][7]
- ❖ Signs of inflammation (elevation of pitham) pain and restricted movements of the joints (elevation of vatham).

- ❖ Fever.
- ❖ Loss of appetite.

VATHA DISEASES HERBS

Medicines which that control the vatha diseases in the body are mentioned in Gunapadam Part I Mooligaivaguppu. Some important herbs that prevent vatha diseases are mentioned in Table 1.

And also anti-vatha herbs pothugunam, mentioned in Table 2.

Table 1: Anti-Vatha Herbs.

Herbs	Botanical Name	Part Used	Actions
<i>Amukkra</i>	<i>Withania somnifera</i>	Leaf, seed, root.	Anti-inflammatory and pain- relieving effect. Improve joint health and modulate the immune system.
<i>Inji</i>	<i>Zingiber officinale</i>	Root	Anti-inflammatory agent. Help to reduce joint pain and stiffness.
<i>Turmeric</i>	<i>Curcuma longa</i>	Ground stem	Anti-inflammatory (curcumin) and anti oxidant properties.
<i>Thippili</i>	<i>Piper longum</i>	Root	Anti-inflammatory and immunomodulatory effects.
<i>Kadukkai</i>	<i>Terminalia chebula</i>	Fruit	Anti-arthritic, anti-inflammatory, anti-diabetic, anti-oxidant, hepatoprotective, and wound- healing properties.
<i>Milagu</i>	<i>Piper nigrum</i> Linn.	Compound “piperine”	Anti-inflammatory properties. Excellent source of vitamin B complex.

Table 2: Anti-Vatha Herbs Pothugunam.

Amukkra - ko <i>naguda verunduthera naatuvaion melai</i> <i>naguda verunduruvaal naal.</i>	Inji <i>Ingik kilangu kirumalaiyam ookalam</i> <i>Vanghikunch saanisuvaram vanbethi&vinjukinra</i> <i>Sulaiyarum vathaponth thondadha dheepamam</i> <i>Velaiyurum kannai velambu.</i>
Turmeric <i>Poniramam meeni polanatra moompogum</i> <i>Manu puruda vasiyamam – pinniyelum</i> <i>Vandhipitha thodamaiyam vathaponthu dheepanamang</i> <i>Korndhamanjil linkilanguk ku.</i>	Thippili <i>Eelai pandu sanyasam arosagam</i> <i>Porumal oodhai sirapinni murchainoi</i> <i>Porik konjala thodam pillimum</i> <i>Varuma lapperuk koodu makotharam</i> <i>Vatha adhimuth thodaj surangkulir</i> <i>Permaa laippuri megap pidagamum</i> <i>Perundh thippli perangkuraikavey.</i>
Kadukkai <i>Palamalathai pokum pakari ludalukuk</i> <i>Kalakutharum bhutthi yalikum – pazhagi</i> <i>Marungkadutha vathapitha vankabaththaith</i> <i>thirrkumgKarungkadukka yenrulathir kaan</i>	Milagu <i>Alavaiyurank kaaram adainthirukum vatha</i> <i>Velaivaiyel laamarukum meiyae – melaginkai</i> <i>Kandavarkum enbamai karigaiyae ! SilmulangKondavarku</i> <i>nanmarunthang kuuru.</i>

SIDDHA MEDICINES FOR RHEUMATOID ARTHRITIS

Herbo-Mineral Formulation for rheumatoid arthritis. In Siddha system, there are several herbo mineral formulations mentioned for vatha disease. Some major formulations are given in the following table 3.

Table 3: Herbo- mineral formulations for Vali Azhal Keelvayu.^{[9],[10],[11]}

S.NO	Name of the formulation	Reference Text
1	<i>Aadathodai Manappagu</i>	<i>Siddha Vaithiya Thirattu</i>
2	<i>Attathi chooranam</i>	<i>Thanjai Vaidhiyarajachinthamani.</i>
3	<i>Ayachendooram</i>	<i>AgathiyarParipooranam-400</i>
4	<i>Gandhagaparpam</i>	<i>Anubhogavaithiyanavaneetham.</i>
5	<i>Gandhaga Rasayana</i>	<i>pulipanni</i>
6	<i>Gundhiriga Thylam</i>	<i>Hospital pharmacopeia</i>
7	<i>Kaalamega naarayana chendooram</i>	<i>Vaidhiyasaarasangiragam</i>
8	<i>Lingaa chendooram</i>	<i>Ganapati, parts 2&3</i>
9	<i>Mahavallathi Leghiyam</i>	<i>Bogar Vaithiyam 700.</i>
10	<i>Mehanaatha kuligai</i>	<i>Siddha vaithiya Thirattu.</i>
11	<i>Panchasootha mezhugu</i>	<i>Yugi Karisal 151.</i>
12	<i>Rasa mezhugu</i>	<i>Agathiyar paripooranam 400</i>
13	<i>Seenthil chendooram</i>	<i>Agathiyar paripooranam 400.</i>
14	<i>Thanga parpam</i>	<i>Gunapadam, parts 2 & 3</i>
15	<i>Ulogamandoora chendooram</i>	<i>Therayaryamagavenbha</i>
16	<i>Velvanga chunnam</i>	<i>Gunapadam part 2&3</i>
17.	<i>Ayaveera chendooram</i>	<i>Gunapadam part 2&3</i>
18	<i>Elathi chooranam Rthinasurukam</i>	<i>Agathiyar vaithiya.</i>
19	<i>Nandhi mezhugu</i>	<i>Siddha Vaithiya</i>
20	<i>Muthu chippi parpam</i>	<i>Siddha Vaithiya Thirattu</i>

TREATMENT PROTOCOLS

In Siddha medicine, the treatment for Vali Azhal Keelvayu is managed through a combination of medication, dietary changes, the lifestyle modifications. The focus is on restoring the balance of vatha and pitta humours, which are believed to be disrupted in this condition.

CONCLUSION

For the betterment the lifestyle of Vali Azhal Keelvayu patients, the Siddha system of medicine provides painless and promising treatment with herbo - mineral formulations, ensuring a long life without any complications and disabilities. The holistic nature of Siddha medicine is suitable for the long-term treatment of Vali Azhal keelvayu, as its sources are easily available, cost effective and efficacious. This paper emphasises the effectiveness of the Siddha system of medicine as the best choice for the treatment of Vali Azhal keelvayu. This would create awareness across peoples, rheumatology associations and researchers worldwide.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest in publication of this paper.

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