GUIDELINES
for
SIDDHA
PRACTITIONERS
for
COVID 19
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COVID 19
Guidelines for Siddha Practitioners

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Current Status of Covid-19 in India

As on 13th April 2020, in India 9431 confirmed cases are increasing at the rate of 300 cases per day. Also active in quarantine is 7987 and confirmed death is 335. More than 3000 confirmed cases are available mostly in Maharashtra (2064), Tamil Nadu (1075), Delhi (1154), Rajasthan (847) and Madhya Pradesh (562) these 5 states. Andhra Pradesh, Uttar Pradesh, Madhya Pradesh, and Karnataka are having more than 200 cases in each state. It is clearly indicating almost 80% of cases available in this 9 States. Even among the exposed population, the growth rate is still moderate due to the initiatives taken by the government like nationwide lockdown creating awareness among the public about the social distancing. Also, we cannot ignore the self-immunity which we need to be boosted through our indigenous Medical Systems like Siddha.

Day by day the number of cases of COVID-19 infection in India is increasing. With the Spread over more than 28 states, isolation and social distancing is the general measures taken up by the public promoted by the government in the form of lockdown.

Siddha System & Epidemics / Pandemics

In the Siddha system, Epidemics/Pandemics are mentioned as “Uzhi Noi” or “Kothari Noi”. In general, they are classified under “KollaiNoikal”(Communicable Diseases) which are most commonly occurred the time of “Ayana Santhi” months (Means end a month of Uthara Ayanam & Thatchana Ayanam), fall on Adi and Margazhi month in Tamil Calendar. It is believed that in those days, the immunity of human beings will be low based on MukkutramTheory.
Preventive Care:

Common Advisory:

- Drinking water- Herbal water infusion made up of half teaspoon of Chukku (Dried Ginger) / boiled in two liters of water can be used as drinking water.
- Inji thenooral / Inji (Ginger) Tea / Adhimaduram (Licorice) tea may be taken as hot beverages.
- Avoiding Milk at bedtime is advisable if needed for children to add a quarter teaspoonful of Manjal (Turmeric) with Milagu (Pepper).
- Steam inhalation – With Tulasi/ Nochi (Vitex negundo) leaves / Manjal (Turmeric)
- Gargling – water boiled with a pinch of Salt and Turmeric should be used not less than 3 times .
- All karappan pandam (allergic foodstuff) should be avoided in the diet.
- Diet may include Nandu kanji (Crab soup), Pancha mudichi kanji (5-grain gruel) and Irumurai vadittha kanji (double-cooked gruel).
- Environmental sanitation - Neem leaves fumigation is advocated

Anti-Virals

Anti-viral Siddha Formulation:

- **Kaba Sura Kudineer** - 60 ml twice a day after food
- **NilaVembu Kudineer** – 60 ml twice a day after food
- **Visha Sura Kudineer**- 60 ml Twice a day after food
- **Pavala Parpam** -100 mg twice a day with Honey
- **Velli parpam** - 50 to 100 mg twice a day with Honey

Anti-Viral Siddha herbs:

- **Inji** (Zingiber officinale): Injisurasam– 10 ml Once a day
- **Thulasi** (Ocimum sanctum): Thulasi Kudineer– 60 ml Twice a day
- **Milaku** (Piper nigrum): With Thulasi as Kudineer said above
- **Karunjeerakam** (Nigella sativa): Karunjeeraka Chooranam1gm BD
- **Keezhanelli** (Phyllanthus niruri): Keezhanellisamoolam– 2gm Twice a day
**Athimadhuram** (Glycyrrhiza glabra): Athimadhura Chooranam- 1 gm BD

**Vellaipoondu** (Allium sativum): Poonduthaen

**Cittra mutti** (Sidacordifolia): Cittramutti Kudineer-30 ml Twice a day

**Seenthil** (Tinospora cordifolia): Seenthil Chooranam– 1gm Twice a day

**Manjal** (Curcuma longa)

**Elumitchai** (Citrus limonia) Volatile oil

**Vembu** (Azadirachtaindica)

*Note: Antiviral activity of the above mentioned drugs and formulations against COVID 19 is not established and not being claimed*

### Immunity enhancers specific to respiratory care

**Details of Siddha medicines for Boosting Immunity**

<table>
<thead>
<tr>
<th>S.No</th>
<th>Immunity Enhancer</th>
<th>Usage</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><strong>Karpam:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Korai kizhangukarpam</td>
<td>With sugar</td>
<td>Internal</td>
</tr>
<tr>
<td></td>
<td>• Thoothuvelai Karpam</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td><strong>Vatral:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Kovaikkaivatral</td>
<td>As fryums</td>
<td>It can be taken along with regular food.</td>
</tr>
<tr>
<td></td>
<td>• Manathakkalivatral</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Nellivatral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td><strong>Vadagam:</strong></td>
<td>1 - 2 tablets, with water, thrice a day.</td>
<td>Internal</td>
</tr>
<tr>
<td></td>
<td>Inji Vadagam</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td><strong>Adai:</strong></td>
<td>Leaves grind with boiled rice flour</td>
<td>Internal</td>
</tr>
<tr>
<td></td>
<td>Musumusukkaidai</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td><strong>Others:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>• Seenthil Chooranam</td>
<td>1 - 2 gm, With Ghee Twice a day.</td>
<td>Internal</td>
</tr>
<tr>
<td>7.</td>
<td>• Thiripala Chooranam</td>
<td>1 - 3 gm, With Honey, Ghee or Hot water, twice a day.</td>
<td>Internal</td>
</tr>
<tr>
<td>8.</td>
<td>• Vallarai Choorana</td>
<td>2 - 4 tablets, with hot water, twice a day.</td>
<td>Internal</td>
</tr>
<tr>
<td></td>
<td>• Mathirai</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>• Urai Mathirai</td>
<td>50mg (Depend upon the age group)</td>
<td>Internal for Children</td>
</tr>
<tr>
<td>10.</td>
<td>• Amukkara Chooranam</td>
<td>1 - 2 gm, with honey, hot water or milk, twice a day.</td>
<td>Internal</td>
</tr>
<tr>
<td>11.</td>
<td>• Nellikaillagam</td>
<td>2- 4 gm, twice a day</td>
<td>Internal</td>
</tr>
<tr>
<td>12.</td>
<td><strong>Ennai muzhukku:</strong></td>
<td>Oil bath</td>
<td>External</td>
</tr>
<tr>
<td></td>
<td>• Thulasithailakarpam</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Details of Varmam points stimulated for Boosting Immunity

<table>
<thead>
<tr>
<th>Varmam</th>
<th>Location</th>
<th>Finger selection</th>
<th>Procedure</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vilangu Varmam</td>
<td>A dimple at the lateral end of the clavicle.</td>
<td>Middle three fingers</td>
<td>Place the tip of the middle three fingers over the varmam point and do a clockwise rotation</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Ullangaal Vellai Varmam</td>
<td>At the junction of the big and second toe in the plantar region</td>
<td>Both the thumbs (Central part (pulp) of the thumb)</td>
<td>Place the Central part (pulp) of the thumb over the Varmam point and then press and release (both sides)</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Nadi Soothira Varmam</td>
<td>Four finger breadths above the wrist joint (radial aspect)</td>
<td>Both the thumb (Medial 1/4 part of the thumb)</td>
<td>Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.</td>
<td>30 Sec</td>
</tr>
<tr>
<td>Savvu Varmam</td>
<td>Four finger breadths distal from the shoulder joint on the medial side of the upper arm</td>
<td>Both the thumb (Medial 1/4 part of the thumb)</td>
<td>Place the middle of the thumb (palmar aspect) over the Varmam point; press and release.</td>
<td>30 Sec</td>
</tr>
</tbody>
</table>

Symptom Specific Approach in Covid-19:

Interventions for Preventive Category:

<table>
<thead>
<tr>
<th>Interventions</th>
<th>Dose Recommendation as per the Age group</th>
<th>Anupanam / Direction of Use</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevention for fever and respiratory illness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nilavembu Kudineer / Kaba SuraKudineer</td>
<td>5ml/10ml</td>
<td>30ml/60ml</td>
<td>60ml</td>
</tr>
<tr>
<td>Seenthil Chooranam</td>
<td>200mg/500mg</td>
<td>1gm/1-2gm</td>
<td>1-2gm</td>
</tr>
<tr>
<td>Nellikkaillagam</td>
<td>1-2gm/3gm</td>
<td>5gm/5-10gm</td>
<td>5gm</td>
</tr>
</tbody>
</table>
# Interventions for Mild and Moderate Symptoms:

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Interventions for mild and moderate symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Intervention</strong></td>
<td>Dose Recommendation as per the Age group</td>
</tr>
<tr>
<td></td>
<td>Pediatric Age group (&lt;12 Years)</td>
</tr>
<tr>
<td><strong>Cough</strong></td>
<td>Kaba Sura Kudineer</td>
</tr>
<tr>
<td></td>
<td>AdathodaiMana pagu</td>
</tr>
<tr>
<td></td>
<td>Nellikkaillagam</td>
</tr>
<tr>
<td></td>
<td>VasanthaKusum akaram</td>
</tr>
<tr>
<td><strong>Sore Throat</strong></td>
<td>ThalisathiVadagam</td>
</tr>
<tr>
<td></td>
<td>Kaba Sura Kudineer</td>
</tr>
<tr>
<td></td>
<td>AdathodaiNei</td>
</tr>
<tr>
<td><strong>High Fever</strong></td>
<td>NilaVembu / Kaba Sura Kudineer</td>
</tr>
<tr>
<td></td>
<td>BramanandaBair avam</td>
</tr>
<tr>
<td></td>
<td>AdathodaiMana pagu</td>
</tr>
<tr>
<td></td>
<td>Thirthoda Mathirai</td>
</tr>
<tr>
<td><strong>Difficulty In Breathing</strong></td>
<td>NilaVembu / Kaba Sura Kudineer</td>
</tr>
<tr>
<td></td>
<td>Seenthil Chooranam</td>
</tr>
<tr>
<td></td>
<td>PachaiKarpoora Mathirai</td>
</tr>
<tr>
<td></td>
<td>SwasaKudori Mathirai</td>
</tr>
<tr>
<td></td>
<td>ThippiliRasayanam</td>
</tr>
</tbody>
</table>

**External Therapy:**
- Neerkovai Mathirai for headache.
- Fomentation - betel leaf over the chest

**Nasiyam:**
- Thumbai poo, Thulasi leave juice for Sore throat, Nasal obstruction

**Pugai:**
- Kandangathiri Pugai
- Manjal Kombu Pugai for rhinitis, nasal obstruction

**Varmam:**
- Thivalai Kalam, Adapa Kalam, Kavuli Kalam, Mudichu Varmam, Sakthi Varmam, and other energizing Varmam points for immune enhancing, fever and respiratory illness.
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## Interventions for Comorbid Conditions with Fever and Respiratory Illness

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Comorbid conditions with respiratory illness</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intervention</td>
</tr>
<tr>
<td>Diabetes</td>
<td>NilaVembu Kudineer</td>
</tr>
<tr>
<td></td>
<td>Seenthil Choornam</td>
</tr>
<tr>
<td></td>
<td>Keezhanelli Choornam</td>
</tr>
<tr>
<td>Hypertension</td>
<td>Seeraga Choornam</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>Poondu (Garlic) milk:</td>
</tr>
<tr>
<td></td>
<td>NilaVembu Kudineer</td>
</tr>
<tr>
<td></td>
<td>Kothumalli (Coriander seeds) and Seeragam (Cumin seeds) kudineer</td>
</tr>
<tr>
<td>Paediatric Population</td>
<td>Urai Mathirai</td>
</tr>
<tr>
<td></td>
<td>Athimatura Chooranam</td>
</tr>
<tr>
<td></td>
<td>Nellikkaillagam</td>
</tr>
<tr>
<td></td>
<td>Balasanjeevi Mathirai /Kasthuri Mathirai</td>
</tr>
<tr>
<td>Lactating Mothers</td>
<td>Thanneervittannei</td>
</tr>
<tr>
<td>Geriatric Population</td>
<td>Thulasi / Thoothuvelai /Kuppaimeni / Mukkarattai /Seenthil /Elam</td>
</tr>
</tbody>
</table>

### Rationale behind selected treatments:

In Siddha System, the Diseases are raised based on the derangement of Mukkutram. Usually, Thottru Noigal (communicable diseases) associated with Aiya kutram (Respiratory related Illness), are gets affected due to its Sthiram gunam (stability factor). In Guru Naadi quoted, Thottru Noigal generally caused by Kirumi (Pathogens). The symptoms are due to Noiyinan vanmai (Immunity of individual), if it is good, he/she will not be affected. So, the Medicines are used to neutralize the Aiya kutram.

### Other general measures for the control of fever and respiratory illness:

- General hygiene & sanitation measures are to be continued.
  - Padigara Neer for Handwash
  - Turmeric water washes for sanitizing hands and legs.
- Environmental sanitation:
  - Fumigation of the house every evening with Kungiliyam (Shorea robusta), Sambrani (Styrax benzoin), Manjal (Curcuma longa), Vembu (Azadirachta indica) are advocated
  - Isolation & Quarantine of elderly people who are vulnerable.
  - Stress management is very essential among the subjects under isolation / quarantine.
    - The Yogam practices such as Naadi sutthi Pranayamam as given in Thirumoolar Thirumanthiram Literature will help to increase the elasticity of bronchioles as well as rejuvenate the lung tissues.
    - Pranayamam, Naadi suthi pranayamam, Suriya namaskaram, Savasanam, Makarasanam, Meenasanam, Artha meenasanam.
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Varmam:

- Thivalai Kalam, Adapa Kalam, Kavuli Kalam, Mudichu Varmam, Sakthi Varmam, and other energizing Varmam points are advised for self-stimulation.
- Coarse powder of coriander seeds with palm jaggery made as a decoction and can be taken in the morning.
- Take 500 mg of powdered Amukkara with milk or hot water.
- Advised to take oil bath twice a week with medicated oils like Karisalai Thailam, Santhanathy Thailam.

Diet Advisory:

- Foods can be easily digestible should be advocated.
- Plenty of Boiled Water Intake.
- Take lemon juice daily.
- Barley gruel, Panchamutti kanji gruel, Raggi gruel.
- Rasam with pepper and jeera, star anise and cinnamon, Ginger and Garlic.
- Daily green smoothie like Avaraipinju (Broad beans), KathaiPinju (Brinjal), Murungai (Moringa Leaves) to improve prebiotics in Gut and for detoxification.
- As above with diet for co-morbidities, like Low Glycemic index and Low Glycemic diet.
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Disclaimer

These guidelines are in addition to the standard treatment guidelines of Ministry of Health and Family Welfare, Govt of India and also vetted by the Interdisciplinary AYUSH Research and Development Task Force setup by Ministry of AYUSH, Govt of India
GUIDELINES for SIDDHA PRACTIONERS for COVID 19

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