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Ancient Siddha Approach Towards Mother and Child Health Care

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ABSTRACT:

Siddha System of medicine is the ancient traditional system. The word Siddha means accomplished or perfect. 'The food itself is medicine and medicine itself is food' is one of the basic principles of the Siddha system of Medicine. Siddha Medicine not only acts as a curative and also as a preventive measure. Ancient Siddhars' (Founders of the Siddha system) described Mother care includes Antenatal, Postnatal, and also child care. The Tamil Nadu Government introduced the 'Amma Magaperu Sanjeevi Scheme' for antenatal and postnatal care. During pregnancy we have to take care of a mother, she gets stressed and fears due to various factors such as hormonal changes in the body, increase in body weight, etc. So Siddha system helps to prevent miscarriage and facilitates normal vaginal delivery. In *Kuzhanthai Maruthuvam* (Siddha Pediatric) Siddha's traditional formulation Urai Mathirai (Tablet) is advised for infants and children. This article briefly describes the ancient Siddha approaches to improving mother and child health care.

Keywords: Mother care, Siddha, Child care, Antenatal care, *Kuzhanthai Maruthuvam*

INTRODUCTION

Siddha System of medicines towards mother cares even from the adolescent age to have a good reproductive phase. During the adolescent age Black gram, Fenugreek, Jaggery, and Gingelly oil are added to their diet, especially for women's health. The care of pregnant women includes Antenatal, Postnatal, and child care. The antenatal care in Siddha medications advised to prevent and address the symptoms which generally arise due to pregnancy are Nausea, Vomiting, Constipation, and Anaemia also prevents major complications like Gestational Diabetes, High blood pressure, Pre eclampsia.¹ Siddha text Pararas

sekaram describes the month-wise Siddha medications for pregnancy.^{2,3} Practicing Yoga including Pranayama (breathing techniques) helpful for reducing stress, preventing perineal tears, and ensuring normal delivery. The normal puerperium of the mother is taken into food gradually along with certain Siddha medicines like Sowbagya chundi legiyum prescribed for normal appetite, digestion, and strengthening of the uterus and to regulate the menstrual cycle. The child care of the newborn is achieved through the introduction of medicines like *Sei Nei* (Ghee-based) and *Urai Mathirai (Tablet)* are Siddha



formulations that are known for their immunity-boosting effects in Children

METHODOLOGY

The relevant Siddha literature was collected from the Ambedkar Central Library, Chennai. The data sources were collected from PubMed and google scholar, collected data were analyzed and tabulated.

RESULTS

Table-I represents the medications for antenatal care in the first month advised to Fruit of *Nelumbo nucifera*(Thaamarai poovin kaai), *Santalum album*(Santhanam) ground and mixed with Milk,second-month *NymphaeaPubescens* (Neitharkizhangu), *Cyperusrotundus*(Mutthakaasu), *Glycyrrhiza glabra*(AdhiMathura) *Zingiber officinalis*(Inji) ground mixed withMilk , third month *Santalum album* (Santhanam), *Cassia tora*(Thakaram), *Costus speciosus*(Koshtam)*Nelumbo Nucifera*(Thaamarai), *Nymphaea Nouchali*(Alli), the stem of *Tinospora cordifolia* (Seenthil thandu)ground with cold water and given. Fourth-month *Nymphaeapubescens*(Neithar kizhangu), stem of *Tinospora cordifolia*(Seenthil thandu), *Curculigo orchioides*(Nilappanai kizhangu),Root of *Tribulus terrestris* (Nerunjil)ground with milk,fifth-month *Tianthema portulacastrum*(Saaranai kizhangu) , Flower of *Madhuca longifolia* (Iluppai poo),Seed of *Alangiumsalvifolium* (Azhinjal vithai),*Cassia tora*(Thakaram), *Nymphaea pubescens* (Neithar kizhangu) ground with milk, sixth-month bile of rabbit ground with water and given.Seventh month *Kaemferia galanga*(Kacholam), Root of *Ricinus communis*(Aamanakku), *Nymphaea pubescens*(Neitharkizhangu) ground and stirred in water and mixed with honey, the eighth month *Glycyrrhiza glabra* (Adhimathura), Seed of *Nelumbo nucifera* (Thaamaravithai), *Cyperus rotundus*(Mutthakaasu),Unripened fruit of *Limonia acidissima*(Vilaampinju), *Scindapsus officinalis*(Yaanaithippili), *Nymphaea pubescens* (Neitharkizhangu) ground and mixed with milk and given. Ninth-month *Vattuvithai* is powdered mixed with honey, Tenth-month *Cyperus rotundus* (Mutthakaasu), *Vitis vinifera* (Thiratchai),Stem of *Nymphaea pubescens* (Neithar thandu) ground mixed with honey and given. Table-II represents the medications for antenatal, postnatal, and child care.

DISCUSSION

The traditional Siddha poly herbal preparations advised for antenatal care have a valid scientific background for global acceptance. *Cyperusrotundus*, *Zingiber officinale* have antiemetic property are used to Prevent Nausea, Vomiting. *Nymphaea pubescens*, *Glycyrrhiza glabra*, *Alangium salvifolium*, *Ricinus communis*,*Costus speciosus*,*Curculigo orchioides*,*Tribulus terrestris* possess the anti-diabetic properties were used to prevent gestational diabetes. *Santalum album*,*Nelumbo nucifera*, *Nymphaea pubescens* have Anti-viral properties to prevent viral infections. Ancient siddhar Thirumoolar says during pregnancy helminthiasis occurs it causes eye disease to the growing fetus. *Cassia tora*, *Costus speciosus*, *Tribulus terrestris* have anthelmintic property which prevents Helminthiasis. *Santalum album*, *cassia tora*, *Costus speciosus*, *Tribulus terrestris* and *Vitis vinifera* have anti-bacterial property which prevents bacterial infections. *Glycyrrhiza glabra* has Memory enhancing property which increases the memory of the growing baby. *Alangium salvifolium* has anti convulsant property which has to prevent for pre-eclampsia. *Nelumbo nucifera* contains folic acid which has to prevent neural defects and anemia.²⁶ The postnatal care of the mother is taken into food gradually along with certain Siddha medicines like *Sowbagya chundi legiyum* for normal appetite, digestion, strengthening the uterus, and regulating the menstrual cycle. *Sathavari Legium* increases milk secretion. The child care of the new borns is advised to Siddha formulations like *Sei nei* and *Urai mathirai* (Tablet)is an effective immune-booster for children.

CONCLUSION

The traditional Siddha has a great potential to contribute to improving mothers' and newborns' health as well as in the prevention of various disorders which arise due to pregnancy, labor, childbirth, lactation, and postnatal period. preventing. A holistic regimen is advised during various stages of pregnancy, delivery and postnatal period is effective in the management of various disorders. The objective of this Siddha-based antenatal regimen to preserve and maintain maternal health as the health of the growing fetus and baby depends on her own health. The herbs mentioned in the article which have been vividly quoted in may act upon the maternal body to facilitate

normal vaginal delivery. The Siddha text pararasa sekaram mentioned medicines for the antenatal period. The prescribed medicines may act upon pregnancy to make the normal vaginal delivery. Principles and practices of the Siddha system are also of immense importance during postnatal care and early childhood care as many of the pregnancy, and childbirth-related and lactational health issues can be prevented and managed by using Siddha Medicines. This article is an overview of the Siddha approaches toward mother and child health care. Further research studies are to be done and the effect of antenatal, postnatal, and child care has to be proved scientifically.

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TABLE-I: MONTH-WISE MEDICATIONS FOR ANTE NATAL CARE

Month	Botanical name	Tamil name/used part	Pharmacological activity
1	<i>Nelumbo nucifera</i>	Thamarai (poovin kai)	Antipyretic, Anti-diabetic, Immunomodulatory, Hepatoprotective. ⁴
	<i>Santalum album</i>	Santhanam	Antibacterial, Antiviral, Antipyretic, Cardioprotective. ⁵
2	<i>Nymphaea pubescens</i>	Neithar kizhangu	Antioxidant, Antipyretic, Antiviral, Ant diabetic. ⁶
	<i>Cyperus rotundus</i>	Mutthakaasu	Anti emetic, Antioxidant, Hepatoprotective. ⁷
	<i>Glycyrrhiza glabra</i>	Athimathuram	Antidiabetic, Immunomodulatory, Hepatoprotective, Memory enhancing. ⁸
	<i>Zingiber officinalis</i>	Inji	Antiemetic, Neuroprotective, Gastroprotective. ⁹
3	<i>Santalum album</i>	Santhanam	Antibacterial, Antiviral, Antipyretic, Cardioprotective. ⁵
	<i>Cassia tora</i>	Thakaram	Anthelmintic, Antibacterial, Hypolipidemic ¹⁰
	<i>Costus speciosus</i>	Koshtam	Anthelmintic, Antibacterial, Anti diabetic ¹¹
	<i>Nelumbo nucifera</i>	Thamarai	Antipyretic, Anti-diabetic, Immunomodulatory, Hepatoprotective. ⁴
	<i>Nymphaea nouchali</i>	Alli	Antibacterial ¹²
	<i>Tinospora cordifolia</i>	Seenthil	Immunomodulatory, Neuroprotective, Hypoglycemic, Analgesic
4	<i>Nymphaea pubescens</i>	Neithar kizhangu	Antioxidant, Antipyretic, Antiviral, Anti Diabetic. ⁶
	<i>Tinospora cordifolia</i>	Seenthil	Immunomodulatory, Neuroprotective, Hypoglycemic, Analgesic ¹³
	<i>Curculigo orchioides</i>	Nilappanai kizhangu	Antibacterial, Anti-diabetic, Antioxidant ¹⁴
	<i>Tribulus terrestris</i>	Nerunjil	Antidiabetic, Immunomodulatory, Anthelmintic ¹⁵
5	<i>Tianthema portuacastrum</i>	Saaranai kizhangu	Antioxidant, Hypo glycemic, Analgesic, Hepatoprotective ¹⁶

	<i>Madhuca longifolia</i>	Iluppai poo	Analgesic, Hepatoprotective, Anti ulcer ¹⁷
	<i>Alangium salvifolium</i>	Azhinjil	Anti diabetic, Analgesic, Anticonvulsant ¹⁸
	<i>Cassia tora</i>	Thakaram	Anthelmintic, Antibacterial, Hypolipidemic ¹⁰
	<i>Sesamum indicum</i>	Ellu	Antibacterial, Antioxidant ¹⁹
	<i>Nymphaea pubescen</i>	Neithar kizhangu	Antioxidant, Antipyretic, Antiviral, Anti diabetic. ⁶
6	<i>Oryctolagus cuniculus</i> (Zoological name)	Bile of Rabbit	
7	<i>Kaemferia galangal</i>	Kacholam	Antioxidant, Anti-inflammatory, Diuretic ²⁰
	<i>Ricinus communis</i>	Aamanakku	Anti-diabetic, Anti asthmatic ²¹
	<i>Nymphaea pubescens</i>	Neithar kizhangu	Antioxidant, Antipyretic, Antiviral, Anti diabetic. ⁶
8	<i>Glycyrrhiza glabra</i>	Athimathuram	Antidiabetic, Immunomodulatory, Hepatoprotective, Memory enhancing ⁸
	<i>Nelumbo nucifera</i>	Thamarai	Antipyretic, Antidiabetic, Immunomodulatory, Hepatoprotective. ⁴
	<i>Cyperus rotundus</i>	Muttha Kaasu	Anti emetic, Antioxidant, Hepato-protective. ⁷
	<i>Limonia acidissima</i>	Vilaampinju	AntiDiabetic,Antibacterial, Neuroprotective ²²
	<i>Scindapsus officinalis</i>	Yaanaithippili	Antioxidant, Antimicrobial ²³
	<i>Nymphaea pubescens</i>	Neitharkizhangu	Antioxidant,Antipyretic, Antiviral,Anti Diabetic. ⁶
9		Vattuvithai	
10	<i>Cyperus rotundus</i>	Muttha Kaasu	Anti emetic, Antioxidant, Hepato-protective. ⁷
	<i>Vitis vinifera</i>	Thiraatchai	Antioxidant,Antibacterial ,Neuroprotective ²⁴
	<i>Nymphaea pubescens</i>	Neithar thandu	Antioxidant,Antipyretic, Antiviral, Anti Diabetic ⁶

Table-II: Amma Magaperu Sanjeevi Kit for mother and child care

<i>Antenatal care</i>		
First trimester	1.Karuvepillai podi	Anemia
	2.Mathulai manapagu	Anemia, Vomiting ²⁵
Second trimester	1.Elathy Chooranam Tablet	Vomiting, Anorexia, indigestion ²⁵
	2.Annabethi Chenduram Tablet	Anemia,Jaundice ²⁵
	3.Nellikai legium	Anemia, Hair fall
Third trimester	1.Ulunthu thylam (External)	Pain, Swelling ²⁵
	2.Kunthrika thylam (External)	Pain, Relaxant
<i>Post natal care</i>		
1.Sathavarilegium		Enhances the milk secretion
2.Pinda Thailam		Pain, Swelling
<i>Child care</i>		
Urai mathirai		Mantham(Gastrointesinal disorder),Kanam (Respiratory Disease)