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Evaluation of Kayakarpam, a Key Component of the Siddha Medical System Used to Promote Well-Being

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Abstract: The Siddha system, one of the oldest ancient medical systems, originated in southern India. Siddhars are the scholars of the Siddha system of medicine. *Agasthyar* is regarded as the founding father of this Siddha system. Kayakarpam is one of the distinctive divisions of the Siddha system of medicine, which strives to cleanse, feed, and revitalize the mind, body, and spirit. Kayam means 'body' and Karpam means 'powerful'. It aids in rejuvenating the body. Kayakarpam focuses on the avoidance of ailments and the restoration of vitiated Dhoshams (Vatham, Pitham, Kabham). Major components of Kayakarpam include Kayakarpam medicine, Kayakarpam nutrition, Kayakarpam lifestyle. Kayakarpam contributes to the balance of free radicals and antioxidants, which is essential for healthy physiological function. If free radicals exceed the body's capacity to manage them, oxidative stress results, which alters lipids, proteins, and DNA negatively and causes a range of human illnesses. Antioxidants defense/eliminate harmful free radicals. Antioxidants delay or prevent cellular damage mostly due to their ability to scavenge free radicals. This study is intended to explore how the Kayakarpam lifestyle enhances the body's antioxidant capacity using Siddha scriptures.

Keywords: Siddha, Kayakarpam, Free Radicals, Antioxidant, Rejuvenator

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Introduction

It is generally agreed that Siddha is one of the world's oldest medical practices, and its roots may be traced back to the southern part of the Indian subcontinent. Siddhars are those who

were trained in the Siddha medical system and made important contributions to the corpus of knowledge that is connected with it (Thiyagarajan, 1985). It is largely agreed upon

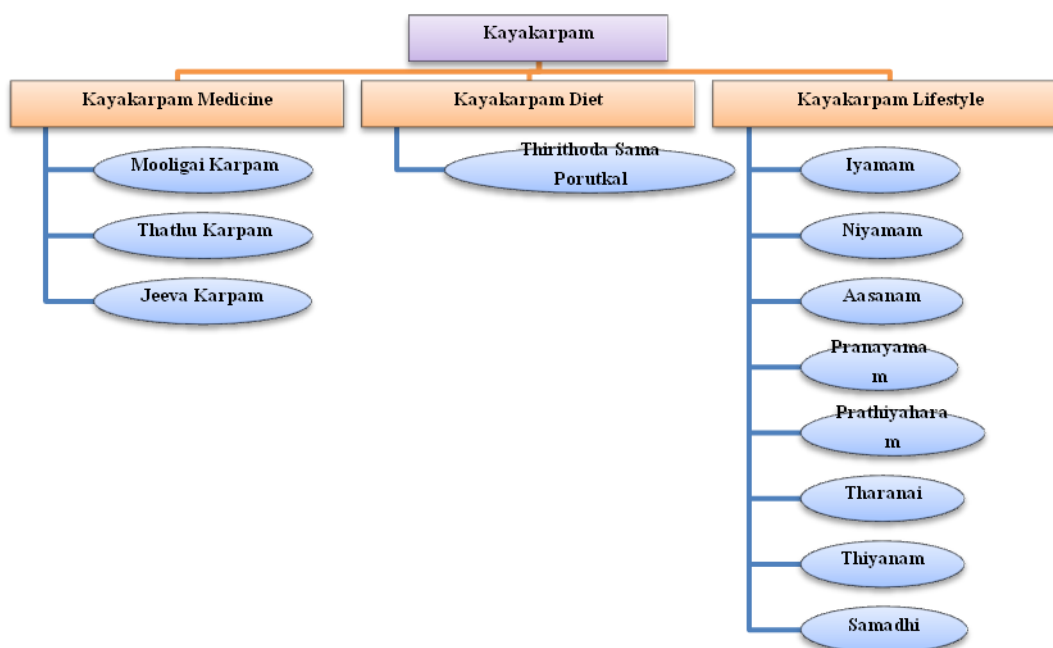


Fig. 1: *Kayakarpam* and its division.

that Agasthyar was the first person to devise this strategy (Durairasan, 2008). *Kayakarpam* is one of the unique divisions in Siddha system of Medicine, which aims to purify, nourish and rejuvenate mind, body and soul. *Kayam* is a word that meaning Physical body while *Karpam* is a word that means potent. It helps the body to feel more youthful as a result of its effects (Vinubharathi et al., 2019). The *Kayakarpam* system of traditional Indian medicine largely focuses on the treatment and prevention of sickness, in addition to the repair of vitiated *Dhoshams* (Vatham, Pitham, Kabham).

Kayakarpam – A Scientific view:

Kayakarpam contributes to the maintenance of an optimal balance of free radicals and antioxidants in the body, which is essential for normal physiological function. A state known as oxidative stress may develop when the body's capacity to control free radicals is overwhelmed (Vinitha and Saibudeen, 2019). This can lead to detrimental changes in lipids, proteins, and DNA, as well as the onset of a variety of other illnesses that affect humans. Free radicals are removed by

antioxidant defences. Antioxidants' ability to scavenge free radicals is the primary mechanism responsible for the delay or inhibition of cellular damage caused by antioxidants (Fig. 1).

Kayakarpam:

Kayakarpam specially deals in the prevention of the diseases and restoring the vitiated *Dhoshams* (Vatham, Pitham, Kabham). Major sections of *Kayakarpam* are

- Oral *Kayakarpam* as a medicine
- Oral *Kayakarpam* as a diet
- *Kayakarpam* for lifestyle (*Kayakarpa Yogam*)

Oral Kayakarpam as a Medicine:

On treatment basis:

- Pothu Karpam (Generalized)
- Sirappu Karpam (Specialized)

On drug origin basis:

- Mooligai Karpam (Herbal origin) (Table 1)
- Thathu Karpam (Metal and Mineral origin) (Table 2)

Table 1: Mooligai Karpam (Herbal origin)

S. No.	Karpam	Benefits
1	Amukkarakizhangu (<i>Withania somnifera</i>) and Ponnanganni (<i>Alternanthera sessilis</i>)	Furnishes beauty and lifespan.
2	Surai (<i>Euphorbia royleana</i>)	This <i>Karpam</i> is specially prescribed for dropsy related diseases.
3	Nanal (<i>Saccharum spontaneum</i>)	Reduces the heat of the <i>Pitha Humour</i> of the body
4	Vallaikkodi (<i>Convolvulus repens</i>)	Used in the treatment of Type- II Diabetes Mellitus

Table 2: Thathu Karpam (Metal and Mineral origin)

S. No.	Karpam	Benefits
1	Aya sambeerakarpam	Paandu, sobai, etc.,
2	Aya bringarajakarpam	Geriatric problems, paandu.
3	Poorna chandrodayam	Sterility, impotency, consolidation of sperms.

Table 3: Jeeva Karpam (Animal origin)

S. No.	Karpam	Benefits
1	Cow's milk	Increase muscle power, gives shine to body, cures nervine diseases.
2	Goat's liver	Increases muscle power, gives shine to body, cures nervine diseases.

- Jeeva Karpam (Animal origin) (Table 3)

Oral Kayakarpam as a diet:

- Many of the herbs used in the Indian food own abundant quantity of Phytochemicals which possess antioxidant properties.
- These Phytochemicals help the body to fight off the effects of free radicals, which are compounds that can cause oxidative damage in cells and tissues. Antioxidants play a major role in the demeanour of rejuvenation by scavenging free radicals.
- These antioxidants, in addition to boosting the immune system, have also been linked to reducing the risk of some cancers and protecting against various other health conditions
- The spices, we are using in our day to day life for preparing food are specially coined as Thirithoda Sama Porutkal which neutralizes the vitiated Vatham, Pitham and Kabham.

This neutralization, along with the powerful Phytochemicals found in spices, makes them a vital part of our diet (Kumar, 2022). Table 4 shows Thirithoda Sama Porutkal (Pietta, 2000; Khatri *et al.*, 2017)

Kayakarpam for lifestyle (Kayakarpa Yogam):

Aasanam, Mudras, Pranayama, Yogam, Muppu comes under the KayaKarpam lifestyle. Table 5 shows the benefits of Yoga Aasnam

Conclusion

The anti-oxidant and free radical-fighting properties of Kaya Karpam medications make them ideal for both preventative and curative usage. All spices contain antioxidant capabilities, which work as a scavenger against free radicals, and the Phytochemicals in Thirithoda sama porutkal play a significant part in preserving the physiological processes of the body. Yoga has been shown to drastically lower oxidative stress and increase antioxidant levels in the body when practiced regularly. Additionally, yoga reduces

Table 4: Thirithoda Sama Porutkal (Pietta, 2004)

S. No.	ENGLISH NAME	BOTANICAL NAME	PHYTOCHEMICALS
1	Cardamom	<i>Elettaria cardamomum</i>	Carbohydrates, proteins, lipids, minerals, essential oils, flavonoids, terpenoids, tannins, alkaloids, anthocyanins and carotenoids
2	Turmeric	<i>Curcuma longa</i>	volatile oils such as tumerone, atlantone and zingiberone, carbohydrates, proteins, resins, polyphenolic curcuminoids.
3	Cumin	<i>Cuminum cyminum</i>	Proteins, tannin, saponin, terpenes, flavonoids, alkaloids, tannic acids, anthocyanin, coumarin, glucosides.
4	Asafoetida	<i>Ferulaasa foetida</i>	Coumarins, sesquiterpene coumarins, sulfur containing compounds, diterpenes, phenolics, acetylenes and carbohydrates.
5	Dried ginger	<i>Zingiber officinale</i>	Essential oils, phenolic compounds, flavonoids, carbohydrates, proteins, alkaloids, glycosides, saponins, steroids, terpenoids and tannin.
6	Fenugreek	<i>Foeniculum vulgare</i>	Amino acids, vitamins, fatty acids, saponins, fibers, flavonoids, polysaccharides, fixed oils and some alkaloids such as trigonelline and choline.
7	Garlic	<i>Allium sativum</i>	Sulfur containing compounds, peptides, steroids, terpenoids, flavonoids, phenols and amino acids.
8	Black pepper	<i>Piper longum</i>	Piperine, phenolics, flavonoids, alkaloids, amides, steroids, lignans, neolignans, terpenes, chalcones.

Table 5: the benefits of Yoga Aasnam

S. No.	Aasanam	Benefits
1	Padmasanam	Assists the mind in overcoming the psychological problems that are brought on by the actions of the body.
2	Halasanam	Due to contraction, the body is hunched forward and rejuvenates the abdominal organs. The forward bend increases the blood flow to the spine, which relieves back discomfort and pain
3	Matsyasanam	The Asana improves the respiratory systems because it widens the bronchial passages and opens up the chest, which makes breathing easier.
4	Sarvangasanam	This Asana, an inverted pose resting on the shoulders strengthens the entire body, especially concentrating on thyroid and parathyroid glands. It gives many of the benefits of a full headstand.
5	Paschimothanasanam	Significantly aids in maintaining the flexibility of the back, mobility of the joints, energy of the neurological system, and tone of the internal organs.
6	Bhujangasanam	This position helps women's bodies tone their ovaries and uterus while also reducing back discomfort.
7	Salabhasanam	This position puts pressure on the biceps, upper arms, shoulders, back, and back muscles. By allowing muscles and tendons to stretch, this will improve blood flow.
8	Dhanurasanam	It invigorates the appetite and relieves the congestion of blood in the abdominal viscera.

the body's production of stress hormones and boosts immunity. That is why it is safe to say that any one of the Kaya Karpam subdivisions may undergo a revival.

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