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Traditional Rice Varieties in Siddha System of Medicine for a Healthy Life Style

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Abstract: Siddha text prescribed several lakhs of medications and formulation that are indicated for various diseases. "Unave marundu Marunde unavu" is concept of siddhars which means food is medicine and medicine is food. Different kind of traditional rice cure various diseases. The traditional rice varieties mentioned by the siddhars help in promoting the healthy life style and helps in preventing and treating various diseases.

Keywords: Siddha, Traditional rice, Healthy life style, Marundu, Siddhars

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Introduction

The Siddha texts recommended several millions of drugs and formulations that might be used to treat a wide range of conditions. Siddhars adhere to the philosophy that "Unave marundu Marunde unavu," which may be translated as "meal is medicine and medicine is food". In light of this, the siddhars have made reference of traditional rices, the consumption of which contributes to a

more healthful way of life. Many medicinal plants, when combined with the appropriate adjuvant, may treat a wide variety of illnesses. In a same vein, many varieties of traditional rice each treat a certain ailment. Traditional Siddha texts provide descriptions of up to thirty distinct varieties of rice, each of which derives its name from a mix of characteristics.

In the Siddha system of treatment, traditional rice types are used.

From ancient times, Tamil Nadu has been acknowledged as a centre that has an exceptionally high level of biodiversity in relation to the rice crop. There are several allusions to traditional types of paddy found in Tamil literature. There are allusions to hundreds of different traditional rice types in the Tamil lexicon, which was a significant piece of work published by Madras University in the early part of the previous century. The majority of these also include notes and cross references that provide information about the sources, which not only include ancient and mediaeval Tamil literature but also historical documents, travellers' narratives, and district gazetteers. A great number of them also have this information. In addition, references to various traditional rice types can be found within the well-known lexicon that was prepared by Sambasivam Pillai.

Siddha writings elaborate on the characteristics, including nutritional and medicinal virtues, of rice in general. The classic Siddha manuscripts include close to thirty different types of rice, each of which gets its name from a combination of factors including the time of year, the place of origin, the quality, the texture, the colour, the aroma, the length, and the size.

In the book "Siddha maruthuva thogai agharathy," which was published by the Tamil University in Thanjavur, there are descriptions of more than thirty different types of rice: (1) Kuruvai, (2) Aanaikomban, (3) Kadambu, (4) Kalinga Samba, (5) Kaar, (6) Kalundai, (7) Katraazhai, (8) Madangal, (9) Manikathai, (10) Manavaari, (11) Milaghu Samba, (12) Mosanam, (13) Nariyan, (14) Navarai, (15) Neela Samba, (16) Neervellai, (17) Otadan, (18) Pisanam, (19) Pisisni, (20) Poombaalai, (21) Kaadaikazhuthan, (22) Sirumaniyan, (23) Eesurakovai, (24) Karunaivellai, (25) Champa, (26) Thillai, (27) Thiruvaangam, (28) Thuyyamalli, (29) Vari

Champa, (30) Vaadai Champa, (31) Vaalan, (32) Vellaimilagu.

Properties of some key varieties of rice:

- *Annamazhagi*: Consuming it is not only satisfying but also beneficial to one's health. It protects against all ailments and restores balance to an imbalanced Pitta.
- *Irkku Samba*: It is well-liked due to its appealing appearance as well as its delicious flavour. This is beneficial for praying with and providing sustenance to the nobility.
- *Karunkuruvai*: It is a dark kind of paddy that is ready to harvest after three months have passed. Karunkuruvai rice that has been parboiled is beneficial to one's health and protects against ailments of the skin, urinary system, and bites and stings from harmful animals.

This particular kind of paddy is native to the area. This may be grown during the Kuruvai crop season (which runs from June 1 to August 31) and the Navarai crop season (which runs from December 15 to March 14).

In addition, the ancient Tamil document known as Pulippani Vagadam 500 has a reference to the process of making lehyam with the use of karunkuruvai.

- *Kalundai Samba*: It is a kind of paddy that produces firm round rice after being harvested after a period of 200 days from the time it was planted. Those who consume foods prepared with this kind of rice develop the muscular strength of a boxer, and as a result, their stamina and physical endurance are much improved. They experience a lot of joy as a result. The rice is delicious to eat as well.
- *Kaadai Samba*: It gives the body power and makes diseases fly like Common Quail (Coturnix coturnix), especially those of the urinary tract that cause scorching micturation.
- *Kaalaan Samba*: The word Kalan alludes to the length of time that the crop is harvested. If the food cooked from this rice is consumed at the

right times after digestion of the preceding meal, it not only offers huge power but also protects against illnesses caused by an imbalance of vaatha.

- **Kichili Samba:** Consuming rice of this sort after it has been correctly cooked not only makes the consumer more physically strong and allows them to acquire weight, but it also makes their complexion better. This has a grain that is light orange and very thin, and it has a lovely scent.

- **Gundu Samba:** It is a remedy for dry mouth and indigestion, but it may also treat skin disorders. In general it inhibits Pitta.

- **Kundai Samba:** This might bring diarrhoea and indigestion, but it can quench your thirst. The grain is of a robust nature.

- **Kurunj Samba:** Consuming foods produced from this kind might aggravate dermatitis and raise pitta, but it can bring vaatha imbalance under control and boost libido. This is most likely a cultivar with a late blooming time and a short grain.

- **Kaivarai Samba:** It is an excellent source of strength; in addition, it feeds the body and is beneficial for your health. The name of the grain gives the impression that it has linear markings resembling fingers.

- **Kodai Samba:** Since it balances the three doshas, it makes ailments disappear like a cloud in the sky. This is a crop of rice that is cultivated throughout the summer. There is a possibility of a summertime cultivation of a drought-resistant cultivar.

- **Korai Samba:** It gives a feeling of coolness and reduces Pitta; in addition, it heals disorders of the urinary system and controls pruritis. The texture of the straw is quite similar to that of the nut grass.

- **Koran Samba:** It gives a feeling of coolness and reduces Pitta; in addition, it heals disorders of the urinary system and controls pruritis. The grass has the same degree of abrasion as the nut grass.

- **Seetha Bogam:** The poem explains that this plant gets its name from Seetha since it is grown in the northern regions. If one eats the Seetha bogam rice on a daily basis, they will notice an improvement in their strength as well as their complexion and their spermatogenesis. It is a remedy for dyspepsia.

- **Seeraga Samba:** It is not only simple to digest but also quite nice to consume. Moreover, it helps manage excessive vaatha. It prevents the buildup of flatulence. The grains have a similar appearance to cumin seeds.

- **Chensamba:** It suppresses an overactive appetite, treats itching, pyoderma, and sores, and this form of red rice is the most popular choice for a celebration meal.

- **Puzhugu Samba:** It is the kind that is most favoured by the farmers. This is due to the fact that it satisfies both thirst and hunger, as well as that it fortifies the body, eliminates exhaustion, and offers a pleasant sensation. This has the scent of civet cat.

- **Manakathai:** If one consumes this kind on a consistent basis, it prevents skin disorders, mitigates the effects of poison bites, and cures ulcers. The aroma of this rice is similar to that of a wood with a nice scent.

- **Manisamba:** This dish is wonderful for diabetes patients, youngsters who are still developing, and even elderly people. This is not difficult to digest at all. It resembles a bead in that it is spherical in form.

- **Malligai Samba:** It is not only delicious to consume but also helps prevent dermatitis, which is important for nutrition, strength, and development. The burning feeling that had been present in the eyes has subsided. This resembles jasmine in both its pristine white appearance and its enticing fragrance.

- **Milagu Samba:** It increases hunger, controls thirst, provides a pleasant sensation, and protects against a wide variety of ailments. Another kind of rice that looks like beads is this one.

Table 1: Glycemic index of few indigenous rice varieties

S. No.	RICE	MEAN GI (WITH WHITE PONNI AS CONTROL)
1.	Karungkuruvai	53.81
2.	Mappilai Samba	68.84
3.	Kudhaivazhai	66.34
4.	Kalanamak	50.71
5.	Perungkar	75.84
6.	Kovuni	52.36
7.	Kullakar	52.25
8.	Neelam Samba	52.25

- **Maisamba:** It restores balance to vata and pitta that have become imbalanced. Removes ageusia and anorexia, as well as cures fever, vomiting, and poisons that have been taken. The colour of this rice is quite similar to that of eyeliner; it is a very dark black.

- **Kundumanisamba:** It corrects vata imbalances and alleviates symptoms of a wide variety of ailments.

- **Valaithadisamba:** This herb creates a vaatha and pitta imbalance, as well as distention of the belly leading to flatulence, digestive disturbances, and skin eruptions. A curve may be seen in this grain.

- **Vaalaanarici:** It is an appetite suppressant that also improves complexion and adds weight. Nevertheless, it causes a loss of taste. Yet moderation in consumption is essential to achieving optimal nutrient absorption and enhancing spermatogenesis.

- **Karuppu Kavuni/Black Kavuni Rice:** It is commonly known by the name Emperor's rice. It is also known as purple rice or Forbidden rice. The reason why this type of rice is called by royal terms is that, it enriches the health and ensures the longevity.

During the ancient times, a wide variety of sweets could be prepared with its help. It was thought back in those days that it could heal almost every illness that might affect the body, thus anybody who wanted to ingest it needed permission from a member of the royal family.

The usage of this particular kind of rice is supposed to have originated in China. Anthocyanin, a kind of pigment that is often found in blueberries and blackberries, was found in this substance, which explains why it has a dark black coloration. It has a taste reminiscent of nuts.

Consuming them protects you against severe dangers of heart disease, digestive difficulties, liver problems, and a great deal more since they contain a very high concentration of phytonutrients (Table 1).

Conclusion

Thus the traditional rice varieties mentioned by the siddhars have low glycemic index which help in promoting the healthy life style and helps in preventing and treating various diseases.

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