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Essentials of Siddhar's Karpa Avizhthangal (Rejuvenation Medicines): A Review

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Abstract: Siddha System of Medicine is as old as mankind and dominated the civilization of the southern peninsula of India. Sage Agathiyar is regarded as the founder of Siddha medicine. Siddhar's have stressed the importance of keeping mind in healthy conditions. Sage Thirumoolar said-- Destruction of body leads the destruction-soul, so the attainment of salvation is impossible. Kayakarpam gives acquired immunity (Seyarkaivanmai) to the body. Kayakarpam acts prevention against disease and restoration of health during illness. Kaayakarpam medicines are affordable without any side effect and suitable for the attainment of positive health

Keywords: Kayakarpam, Siddha medicine, Rejuvenation , Herbs

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Introduction

Siddha system is one of most ancient medical system in India. It is mainly based on the philosophy, It has been classified as Vaatha, Vaidhiya, Yogam and Gnanam. Siddhargal were the premier scientists of ancient day's. Siddhars were spiritual adepts who possessed the ashtamasiddhigal. Siddha system has enormous pharmacopoeia containing herbal, animal and metal-mineral products. Kayakarpam was briefly explained by saint Thirumoolar in his text

Thirumathiram. The kayakarpam (kayam-body, karpa-able, competent) make our body competent and youthful. Siddhar have recommended certain basic guidelines to be followed for healthy living which includes Kayakarpam herbs for preventing diseases which is highly admirable as it makes one's body resistant to infections. Since lifestyle factors and dietary habits are responsible for lifestyle disorders, it is essential to focus on natural

antioxidants which play a vital role in preventing free radical formation and thus preventing disease. The mechanism of action of many synthetic drugs involves free radical scavenging, which protects against oxidative damage but has adverse side effects. An alternative is the consumption of natural antioxidants for traditional medicines and there is increased interest among phytotherapy researchers to use medicinal plants with antioxidant activity for protection against oxidative stress. Kayakarpam which is present in the medicinal preparation plays a major role against free radicals which is responsible for various diseases such as ageing process, cancer etc. (Saha and Verma, 2016). It is currently hypothesized that many diseases are due to oxidative stress that results from an imbalance between the formation and detoxification of prooxidants. Oxidative stress is initiated by reactive oxygen species (ROS), which are produced as a by-product of electron transport in mitochondria. This article is a review of kayakarpam herbs and which mentioned in Siddha literature and a scientific exploration of its antioxidant potential in the prevent ageing.

This study is based mainly on literature search. Various Siddha texts such as Sattamuni Kaayakarpam, Agathiyar 1200, Agathiyar somiyasaagaram 1200, Theraiyar yemaka venpa, Siddhar Kaaya karpam, KarurarVaatha Kaaviyam, Siddhar's science of longevity and kalpa medicine, Sirappu maruthuvam, etc. were referred and several modern references, regarding antioxidant properties were reviewed.

Rejuvenation:

Rejuvenation is a process that not only delays aging but actually reverts it, leading to a younger cell, tissue or body. Rejuvenation would erase age-accumulated damage and aging hallmarks collected during one's life. Rejuvenation is occurring in every man in the germ cells, thereby resetting the aging clock to zero in order to produce completely young and rejuvenated offspring.

Kayakarpam:

Medicine means one that ensure physiotherapy, psychotherapy, preventive against disease and preventive against mortality.

Body purification techniques before taking Kayakarapa medicine:

While taking Kayakarpam medicine following condition should be followed:

- Vamanam – it helps to clean the GI tract
- Peeathi - Removal of fecal matter and also eliminate unwanted and toxic materials from the body
- Anjanam- Applying eye drops obtained by dissolving medicated pills in honey, breast milk, plant juices to remove waste materials.

Diet:

Tamarind, salt, slaked, meat, fish, buttermilk, garlic, pungent eatables, Asafoetida, common salt, sour taste eatables, buffalo milk, mustard, alcohol, smoking, narcotics, sexual intercourse, these should be avoided. Milk, raw white rice, green gram, gooseberry, can be taken.

Benefits of Kayakalpam:

- Gives long healthy life
- Enhance the memory
- Free from illness
- Gives youthful feeling
- Improves the luster of complexion
- Provide strength to the physical body and sense organs
- Cures chronic and degenerative diseases

Kaayakarpam types:

- (i) Thathu Karpam (Table 2)
- (ii) Jeeva Karpam
- (iii) Siddhar Karpam
- (iv) Special Karpam
- (v) Mooligai Karpam

Table 1: Siddhar's specially mentioned single plant in kayakarpam herbs

S. No.	Siddhars	Kayakarpam herbs
1.	Thirumoolar	Karisalai
2.	Bhattar	kumari
3.	Kalangi	Karanthai
4.	Anandhanathar	omam
5.	Korakkar	Kanja
6.	Siva yogi	Karisalai
7.	Rama devar	Karunrlli
8.	Vamamuni	Serupadai
9.	Konkanar	Pon kaiyan
10.	Patanjali	Seruppada
11.	Bogar	Kollan kovai
12.	Macchamuni	Vallarai

Table 2: Kayakarpam types

Thathu Karpam		Uses	Book
1	Aya sambeerakarpam	Paandu, sobai etc.	Sirappu maruthuvam
2	Aya bringarajakarpam	Geriatric problems, paandu	Sirappu maruthuvam
3	Poorna chandrodayam	Sterility, impotency, consolidation of sperms	Sirappu maruthuvam
4	Sembukazhanguchenoodram	Kaaya siddhi	Siddhar Kaya karpam
5	KandhagasembuChendooram	Its bring iron body and prolongs longevity of life	Siddhar Kaya karpam
6	Kendhimezhugukarpam	Prolongs longevity of life.	Agathiyar somiyasaagaram 1200
7	Uppukattu	it gives shine to the body like mirror	Karuvurar Vaathakaviyam
8	Vensaarakarpam	Keeps the body young	Agasthiyar paribhasathiratu
9	Kaandhakarpam	it gives shine to the body like mirror and makes the body golden colour	Sattamunivar Kayakarpam
10	Sanjeevikarpam	Thega siddhi	Agasthiyar sowmiya Saagaram -1200
11	Kallupukattu	Body become like pillar	Agasthiyar sowmiyaSaagaram -1200
Jeeva Karpam			
1	Then karpam	It makes the body looks like pillar	Siddhar Kaya karpam
2	Amaioodukarpam	Extends the longevity of life.	Bohar 7000 ezhaamkaandam
3	Navaneethakarpam		
4	Andakaayathikarpam	Prolongs longevity of life	Agathiyarsomiyasaagaram
5	Cow's milk	Increase muscle power, gives shine to body, cures nervine diseases	Siddhar Kaya karpam
6	Anda karpam	makes the body shine & glow ,	Nantheesiarsar

		it strengthens hands & legs, tightens the "NAADI"	vakazhalaiganam - 1000
7	Naathai karpam	Extends the longevity of life.	Bogar 7000 kaandam 7/ ttamunivar Kaayakarpam- 100
8	Vilangu karpam	increases the sex hormones in the body. Prevents male infertility by increasing spermatogenesis.	Sattamunivar Kaayakarpam- 100
9	Amuthamathir karpam	Kaaya siddhi	Agasthiyar sowmiya Saagaram -1200
10	Andakaayathi karpam	Kaaya siddhi	Agasthiyar sowmiya Saagaram -1200
Siddhar Karpam			
1	Nantheesiarkonda karpam	Kaaya siddhi	Agasthiyar sowmiya Saagaram -1200
2	Thanvanthiriunda karpam	Kaaya siddhi	Agasthiyar sowmiya Saagaram -1200
3	Pramarishi karpam	Kaaya siddhi	Agasthiyara muthakalaiganam -1200
4	Soothamuni karpam	Kaaya siddhi	Agasthiyara muthakalaiganam -1200
5	Pusundarishi karpam	Kaaya siddhi	Agasthiyara muthakalaiganam -1200
6	Ashwinidevarsiva yoga karpam	Kaaya siddhi	Yoga gana Sasthrathiratu
7	Romarishi karpam	Kaaya siddhi	Agasthiyar 1200
Special Karpam			
1	Panineer karpam	Extends the longevity of life	Nantheesar sarvakalaiganam 1000
2	Amuri karpam	Prolongs longevity of life	Nantheesar sarvakalaiganam 1000
Mooligai Karpam			
1	Pothu karpam	It is a preventive medicine and attaining optimum health, beauty	Sirappu Maruthuvam
2	Sirappu karpam	It is a curative medicine	Sirappu Maruthuvam

Kayakarpam medicine (Table 3) is therefore undoubtedly based on the universal life principal because all important essential requirements for the composition of the body are as well found in kalpha. In short very nucleus formation found in kalpa. Kayakarapm medicine is curative physically and mentally as well as a preventive and constructive one. The life principle in Kayakarpam medicine makes the arteries, nerves, tissues and every organ perfect and acts as a preventive antidote to degenerative cell (Yazdanparast and Ardestani, 2007).

The above mentioned Siddhar Kayakarpam help to attain Salvation for Siddhars. In view of this uniqueness in rejuvenation herbs there is a dire need to identify Siddha literature Kaayakarpam herbs and standardize for some

incurable diseases, and to make the international community aware of such things. Kayakarpam medicine and herbs may help to maintain balance of Vatham, Pitham and Kapam and nourishment in our body, regularize circulatory process and detoxify body, thus prevent disease prevalence and also combat against adverse effects of degenerative ageing. The therapeutic benefit of medicinal plants is usually contributed to their antioxidant properties (Govindarajan, 2005).

Phenolic compounds possess diverse biological activities such as anti-inflammatory, anticarcinogenic and anti-atherosclerotic activities. These activities might be related to their antioxidant activity. There are a number of preparations which are Kayakarpam. Thus, a more focused research and understanding is

Table 3: Kayakarpam Medicine

S. No.	KAYAKARPAM MEDICINE	BOTANICAL NAME	FAMILY	PARTS USED	ANTIOXIDANT PROPERTIES
1	Kadukaikarpam	<i>Terminalia chebula</i>	Combretaceae	Fruits, leaves, Bark	Poly phenols , terpenes
2	Kumaraikarpam	<i>Aloe vera</i>	Liliaceae	Leaves	Aloesin, aloesone, glycoside, isobarbaloin, barbuloin, aloins
3	Milagukarpam	<i>Piper nigrum</i>	Piperaceae	Fruits	Piperin ,Myristic acid
4	Kuppaimeni	<i>Calypha indica</i>	Euphorbiaceae.	Leaf, root, full plant	Cyano glycoside, tannin, stigmasterol, β sitosterol, succinimide
5	Thoothuvalaikarpam	<i>Solanum trilobatum</i>	Solanaceae	Leaf, flower, ripe and unripe fruits	Solasodine
6	Suraikarpam	<i>Ziziphus rugosus</i>	Rhamnaceae	Fruit	Oleanic acid ,
7	Keezhanelli	<i>Phyllanthus Amaranthus</i>	Euphorbiaceae	Entire plant	Kaempferol Lignans Niranthin
8	Vallaraikarpam	<i>Centalla asiatica</i>	Apiaceae	Leaves	Sitosterol, tannin, resinous substances glycoside asiaticoside, alkaloid hydrocotylin
9	Nelli	<i>Phyllanthus embilica</i>	Euphorbiaceae	Fruits leaves	Phyllembic acid, covilagin
10	Thetran	<i>Strychnos potatorum</i>	Loganiaceae	Seed	Triterpene, palmitic and stearic acid, oleanolic acid, saponins
11	Notchi	<i>Vitex neungdo</i>	Verbenaceae	Leaves, root, flower, barks	Phenolic acids, flavanoidscasticin ,flavoneglycosides , iridoid glycoside,
12	Uthamani	<i>Pergulariadaemia</i>	Asclepidaceae	Milk	Cartenolides
13	Vilvam.	<i>Aegle marmelos</i>	Rutaceae	Leaves fruits, flower, root	Essential oils , alkaloids aegelenine, β sitosterol, marmalosin, lupeol,
14	Thamarai,	<i>Nelumbium speciosum</i>	Nelumbonaceae	seeds	Saponin, alkaloids, polyphenolic, triterpenoids Flower
15	Kitikizhangu,	<i>Acalypha rotundus</i>	Euphorbiaceae	tuber	Tannins, Flavonoids glycosides, triterpenoids

required to validate the 'kayakarpam' as antioxidant. There is challenge in Siddha system

for researcher to move forward for the global acceptance.

Conclusion

This review concluded that kayakarpam medicines has anti-oxidant properties. Preclinical and clinical study has to be carried out. Each karpam act in reverting the physiology of the disease hence, it ensures kayakarpam as a rejuvenation therapy. In future research active compounds in kayakarpam medicine may help us in combating diseases and attainment of positive health. Present review focused on siddha literature's to explore the importance of "KayaKarpam Medicine" a uniqueness of Siddha medicine for rejuvenation and wellness in humans.

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