**Original Research Article****DOI: 10.26479/2019.0502.51****VATHA SURAM (FEVER) IN LITERATURES OF SIDDHA MEDICINE****Thayalini T¹, Vidhya M P^{2*}**

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ABSTRACT: Siddha Medicine is one of the Indigenous medical systems of Sri Lanka. It says that there are 4448 diseases can affect the humans. Suram is considered as a one of the diseases and 182 types were identified from 'Literature review of suram(fever) in Siddha Medicine'. Vatha suram is one of the types, classified based on increase vatha dosha in human body. Causes, sign & symptoms of vatha suram are differing from literature to literature. To overcome this problem the review of the vatha suram is essential for the current world to identify the causes, classification and pathology of vatha suram, and to compare with currently facing and challenging fevers. Siddha literatures were searched from the Library of Unit of Siddha Medicine, University of Jaffna and main library of Jaffna Municipal council for suram. Thirteen books were identified and collected for this study. Data were collected, listed out and tabulated. These tabulated data were analyzed. Out of 13 literatures, only 10 Books has given the details about vatha suram. Out of 10 literatures, only 8(61.53 %) has mentioned about 17 causes. These causes are categorized based on the affecting tridatus(vatha, Pitha and kapha) through unhealthy diet and habits. Out of 10 literatures, 9 mentioned about the signs & symptoms of vatha suram. Over 50% of literatures mentioned that yawning, constipation, body heat, pain in head, chillness are the sign & symptoms of vatha suram. In Allopathy medicine, viral fever has similar symptoms of vatha suram such as body pain, joint pain and constipation. Vatha suram can be correlated with viral fever.

KEYWORDS: Vatha Suram, literature, Siddha Medicine, Fever.**Corresponding Author: Dr. Vidhya M P***

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1.INTRODUCTION

Siddha Medicine is one of the Indigenous medical systems of Sri Lanka. It is most popular in North and East Provinces of Sri Lanka. Siddha Medicine says that there are 4448 diseases which can affect the humans[5][21]. Vatha, Pitha and Kapha are the functional unit of the human body. In healthy body, the vatha, Pitha and Kapha are functioning in the ratio of 1:1/2,1/4 respectively[14]. The ratio of vatha, pitha and kapha can change by the unhealthy food pattern and habits. Therefore the body gets diseased[26]. Suram (fever) is considered as a one of the diseases in Siddha Medicine but in western medicine it is considered as one of the sign and symptom of many diseases. Synonyms, causes, Pathology and types of suram have been mentioned in many Siddha literatures. However all these details of Suram were not mentioned in all the literatures. Some causes, Types and its clinical features are mentioned in some literatures some were missed. Classification of suram also was differing to literature to literature. 182 types of suram were identified from the review of 'Literature review of suram (fever) in Siddha Medicine'[15]. Vatha suram is one of the types of suram. It is classified based on increase vatha dosha in human body. The causes, sign and symptoms of vatha suram are differing from literature to literature. To overcome this problem the review of the vatha suram is essential for the current world. And also it will help to identify the causes, classification method and pathology of vatha suram, and also it will help to compare with currently facing and challenging fevers

2. MATERIALS AND METHODS

All the siddha literatures were searched from the Library of Unit of Siddha Medicine, University of Jaffna and main library of Jaffna Municipal council which has mentioned about the suram. Thirteen books were identified and collected for this study. All data were collected, listed out and tabulated. These tabulated data were analyzed.

3. RESULTS AND DISCUSSION

Out of 13 literatures taken for review about Suram, only 10 Books has given the details about vatha suram. The names of the books are given below in table I:

Table I: Names of Siddha literatures which says about vatha suram

S. No.	Name of the literature	Author	Year of publication
1	Pararajasekara Suraroganithanam	I.Ponnaiyah	1935
2	Pathinen Sithargalaruliseitha Athmaratchamirthamenum Vaithyasaarasangram	S.Kanthasamymuthaliar	1952
3	Anupogavaithya Brahma ragasiyam	Kooshayisuamigalanugiraa gathilpalanisamymuthaliar	1969

4	Agathiyar Gunavakadam	SK.Sivaganayogigal	1973
5	Sarabendra Vaithya Muraigal	S.Venkatarajan	1991
6	Yoogi Vaithya Sinthamani	Yoogimunivar	1998
7	Noinadal noimuthalnadal thiratu	M.Shanmugavelu	2003
8	Siddha Maruthuvam Pothu	K.N.Kuppusamymuthaliar	2004
9	Agathiyarrendayiram	S.Venkatarajan	2005
10	Sekarajasekara Vaithyathiravukool	N. Ganesalinganathan	2009

Causes of vatha suram

Out of 10 literatures, only 8(61.53 %) has mentioned about the causes of vatha suram. 17 causes were identified from the review. These causes are categorized based on the affecting tridatus(vatha, Pitha and kapha) through unhealthy diet and habits. This is shown in Table II.

Table II: Causes of Vatha Suram mentioned in 8 literatures

n=8

S.No.	Unhealthy food	No. of literatures	in %	Wrong Behaviour	No. of Literatures	in %
1	Improper food	5	62.5	Exposure to more air	5	62.5
2	Poisonous food	5	62.5	Poisonous air	5	62.5
3	Excess intake of water	5	62.5	Walking long distance	5	62.5
4	Intake of Unclean water	5	62.5	running hardly	5	62.5
5				Too much of work	5	62.5
6				Too much of sex	5	62.5
7				Constipation	5	62.5
8				Fear	3	37.5
9				Sleeplessness	3	37.5
10				Worries	3	37.5
11				Anger	3	37.5
12				Bad thoughts	3	37.5
13				Carrying heavy weights on head	2	25

63%(5) books mentions the causes are Wrong behaviour/habits (Exposure to more air, poisonous air, walking long distance, running hardly, too much of work too much of sex which increase vatha dosha). **Unhealthy food habits** (improper food, poisonous food, drinking more water, drinking

unclean water which increases tridoshas) and **constipation** to produce vatha suram.

Sign and symptoms of Vatha Suram

Out of 10 literatures, 9 literatures mentioned about the signs and symptoms of Vatha Suram. Over 50% of literatures mentioned that yawning, constipation, body heat, pain in head, chillness are the sign and symptoms of Vatha Suram. 40% of literature mentioned joint pain, body chemicking, thirst and sleeplessness as the important sign and symptoms of Vatha Suram Thus the sign and symptoms were described in the text. All together there are 35 sign and symptoms mentioned in all the nine books which is shown in figure 1. Among these 35 sign and symptoms, 14 are mentioned in more than three literatures which is given in table III with the names of literatures.

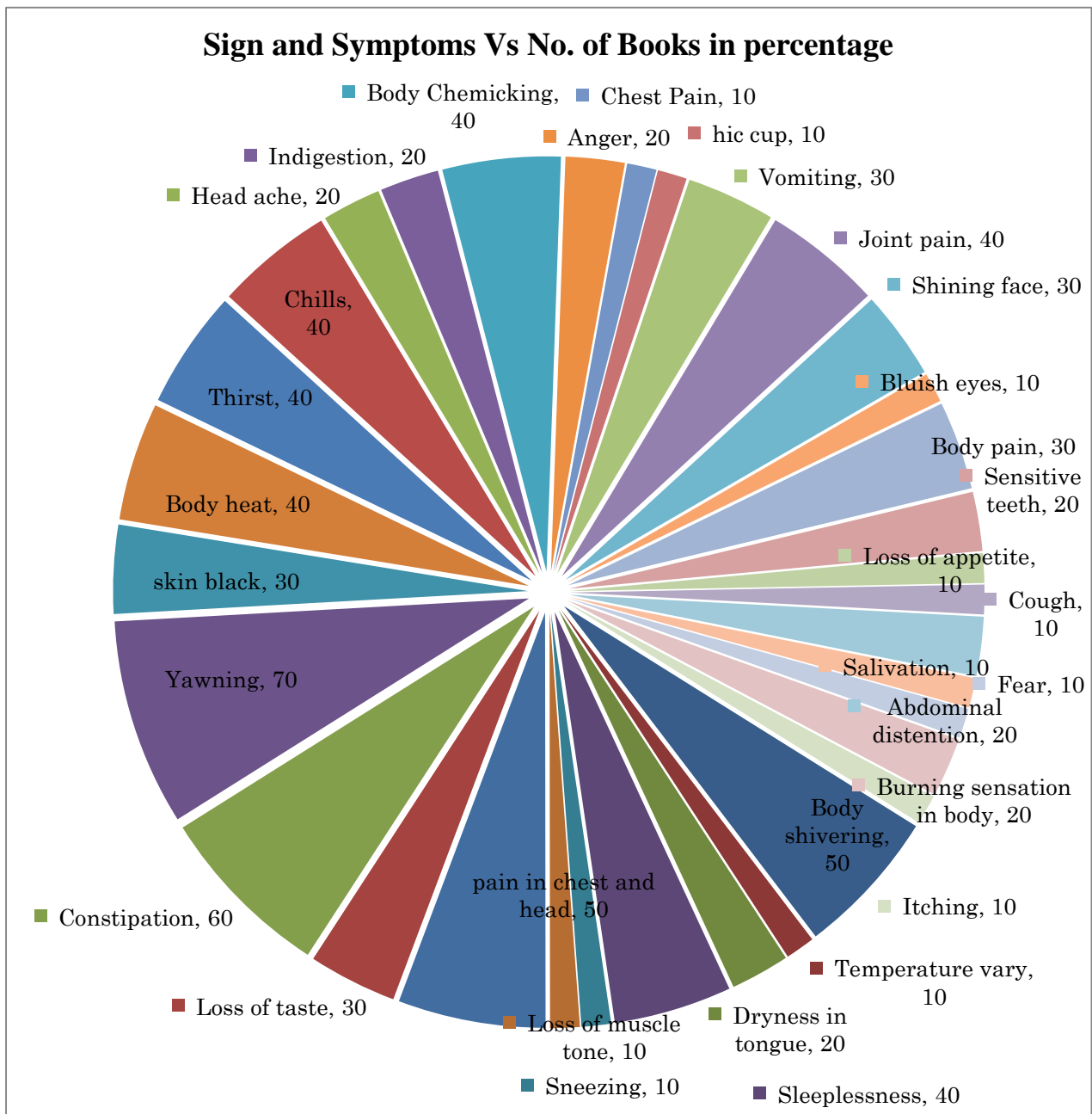


Figure 1: All Sign and symptoms of vatha suram mentioned in Siddha literatures

Table III: Common signs and symptoms of Vatha Suram mentioned in Siddha literatures

S.No	Sign and symptoms	Sa	At	Yo	A	AB	Se	No	SM	Par	No.of books	in %
		[1]	[2]	[4]	[5]	[7]	[8]	[9]	[11]	[13]		
1	Body heat	*	*	*	*	*	*	*	*	*	9	90
2	Yawning	*	*	*	*	*		*	*		7	70
3	Constipation	*	*				*	*	*	*	6	60
4	Pain in chest and head	*	*	*	*			*			5	50
5	Chillness	*	*	*				*		*	5	50
6	Sleeplessness	*	*					*	*		4	40
7	Thirst		*			*		*		*	4	40
8	Body Chemicking						*	*	*	*	4	40
9	Joint Pain		*			*	*			*	4	40
10	Vomiting					*		*	*		3	30
11	Shining face						*		*	*	3	30
12	Body Pain					*			*	*	3	30
13	Black discoloration of skin		*			*			*		3	30
14	Loss of taste	*			*	*					3	30

Sa- Sarabendra Vaaithya Muraigal(Jevrarogachikitchai),

Ath- Pathinen Sithargalaruliseitha Athmaratchamirthamenum Vaithyasaarasangramam,

Yoo- Yoogi Vaithya Sinthamani, AR – Agathiyarrendayira, ABR-Anupogavaithya Brahma ragasiyam, Se – Sekarajasekara Vaithyathiravukool, Noi – Noinadal noimuthalnadal thiratu

SM- Siddha Maruthuvam Pothu, Para – Pararajasekara Suraroganithanam

Over 40% of Literature says that increase body temperature, yawing, constipation, pain in chest and head, chillness, sleeplessness, thirst, body chemicking, joint pain are the clinical features of vatha suram.

DISCUSSION

Vatha, Pitha and Kapha are the functional unit of the human body according to Siddha.[21][29][30] In healthy body, the Vatha, Pitha and Kapha are functioning in the ratio of 1:1/2,1/4 respectively[14][24][25]. The ratio of vatha, pitha and kapha can change by the unhealthy food pattern and habits.[22] Therefore the body gets diseased. In Siddha Medicine the suram is one of the disease. It is caused by the imbalance of tridatus such as vatha, pitha and kapha. The main causes of imbalance of tridatus are the unhealthy food habits and activities of day to day life. The literatures says these factors change the ratios of Vatha, Pitha and Kapha. Main cause for the fever is the formation of ama, that is formation of indigestible food in the stomach and intestine. That means the causes affects the types of vatha pitha kapha which are needed for the digestion[27][28]. They are samanavayu, pachakapitham and kiledaka and bothaka kapha. If the ratio of datus imbalanced they called doshas. These doshas loss their functions and stimulate other types of vatha and pitha and kapha[26]. The clinical features of suram are indigestion, nausea, vomiting, taste loss, no sweat, constipation, decrease urine out put. These may produce by the affected types of tridatus. Vatha, Pitha and Kapha are the functional unit of human body. They have subtypes and they are responsible for the special functions of the body. In Siddha Medicine, there are two main causes for increasing Vatha. They are Thathushenam [Loss of 7 udattathatus], that is, Rasa (Plasma), Raktha (Blood), Mamisa (Muscles), Metahs (Fat), Asthi (bone), Majjai (bone marrow), Sukkilam (Seminal fluid)] and Surotho avarotaham [blocking of vessels or hollow organs]. The current review shows that the vatha suram is caused by increased vatha dosha. Over 60% of the literatures says the causes of the vatha suram are constipation, unhealthy food habits, exposure to more air, poisonous air, walking long distance, running hardly, and too much of sex and work. Walking long distance, too much of work, running hardly, carrying heavy weights on head produces excess sweating (loss of saram (Plasma)); breakdown of protein and fat (loss of mamisa (Muscles), loss of methus (fat), excess sex- loss of sukkilam, over work- loss of sweat (water). It will increase vatha; at the same time, in constipation, anal canal is blocked which is the surotho avarotham. These causes increases vatham,[23][24][25]. vatha dathu is vitiated through unhealthy food and habits (Table 2) and changed the healthy ratio. In vatha suram the dathu sheenam produces vatha pirakopam. Over 40% of Literature says that increase body temperature, yawning, constipation, pain in chest and head, chillness, sleeplessness, thirst, body chemicking, joint pain are the clinical features of vatha suram. If Vatham vitiates pain in the joints, head, body and yawning (affected uthanavayu), constipation (affected apanavayu). If Vatha increases in body, it will aggravate pain in the body, including joint pain and headache. Abana vayu increases and causes constipation. Uthana vayu causes yawning.[22]

4. CONCLUSION

Allopathic medicine says that viral infections can affect humans from common cold to flu. viral fever may be a low grade fever or a high grade fever like dengue. Viral fever shows some symptoms like chills, sweating, dehydration, headache, muscle ache and pain, feel of weakness and loss of appetite. Modern medicine says that vomiting, chest pain, abdominal pain, severe headache, difficulty in breathing, rash in skin, stiffness in neck are the conditions which need immediate medical attention [16][17][18][19][20]. Viral fever has similar symptoms of vatha suram such as body pain, joint pain and constipation and others which was shown in figure 1 above. At the same time, in Siddha texts, the causes for vatha suram has been mentioned as unhealthy food habits and behavior. Similarly, modern medicine says that the viral infection spread through contaminated food and drink and from unhealthy environment. So the vatha suram can be correlated with viral fever. In Siddha text books, separate treatments has been given for all kinds of suram and the treatment given for vatha suram can be highlighted and taken for further studies including lab analysis.

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CONFLICT OF INTEREST

There is no conflict of interest

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