



Magnesium – In Siddhar's view

Dr. I. Sornamariammal M.D. (Siddha)

Former Joint Director,
Indian Medicine & Homoeopathy,
Former Vice-Principal, Govt. Siddha Medical College, Palayamkottai,
India

Macro minerals are the chemical compounds required in large quantities that the human body requires for carrying out several essential bodily functions. Among the Macro minerals, magnesium is one of the vital elements. Magnesium is the second most abundant element inside human cells. It regulates many bio-chemical reactions in the human body by playing a vital role as a cofactor for more than 300 enzymes. Magnesium is important for proper utilization of calcium, protection of DNA, electrolyte balance, energy production and utilization, nutrient metabolism, cell formation etc.

Since time immemorial, Siddhars had established the value of minerals in the Siddha system of medicine. They had identified the source of all minerals in the natural ores and converted them into drugs/medicines, fit for humans through their matchless chemical procedures. It is to be noted that expertise in Geology was also with Siddhars, in identifying raw materials for their drugs.

Siddhars classified all natural sources (*Thathu*) under four headings, i.e *Ulogam*, *Uparasam*, *Padanam* and *Karasaram*. Regarding magnesium, it is found in all *Ulogam*, *Uparasam*, and *Karasaram* forms, naturally. For example *Ayam*- (Hematite or Iron), *Sivapu Abraham*-(Red Mica or Phlogopite,) *Annabedhi*-(Magnesium Alum), *Induppu* -Rock salt etc.

Uparasams are 120 in number. *Garudapatchi kal* is one of the *uparasam*. It is termed as 'Magnesite' and classified under a carbonates in geology. *Garudapatchi kal* is nothing but stone of Magnesium carbonate.

The source and details of *Garudapatchi kal*- is given in third volume of Boghar 7000. It is available in Salem District of Tamilnadu and in some other parts of India.

பிறந்தது கருட பட்சி ஐந்தாய் தானே

அஞ்சான கருடபச்சை வெளுப்பு மஞ்சள்

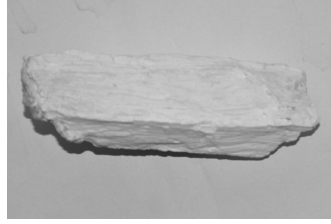
ஆதியான கருப்போடு சிவப்பு பச்சை

பிஞ்சான வைந்தாக பிறப்புண்டாச்சு

பிறக்கின்ற கருடப்பட்டிக்கல்



வெளுப்பு
White



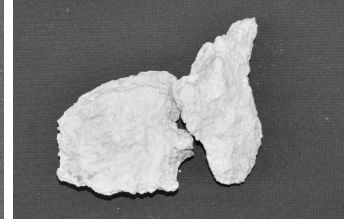
மஞ்சள்
Yellowish (or) Ivory



கருப்பு
Dark Gray or Black



சிவப்பு
Redish (or) Brownish



பச்சை
Greenish

என ஐந்து நிறங்களில் கிடைக்கும்.

மேற்கண்ட பாடலில் மூன்றாம் அடியில் முதலாவதாக 'ஆதியான கருப்போடு' எனக் குறிப்பிட்டிருப்பது கற்களின் மூலகைத் தோற்றத்தில் "Igneous Rock" எனும் முதலாம் வகையைச் சார்ந்தது. சித்த மருத்துவத்தின் பழமைக்கு ஓர் எடுத்துக்காட்டாகும்.

Boghar classified *Garudapatchi kal* into five types based on its colour. According to Geosciences, the primary stone of magnesium is Dunite, i.e *Aadikarupu*. All other types of *Garudapatchi kal* emerge from this primary stone. The green, Yellow, Red or brown varieties have other ingredients added to magnesium carbonate for change in their colour. For instance, in green coloured magnesite there is a mix of Olivin in the primary stone similarly in brown coloured magnesite there is a mix of ferrous compounds. However the commonest variety which emerges from Dunite is the white variety which is termed *Pal Garudapatchi kal* in Siddha. It is available in large quantities also. While in drug preparation methods, the white variety alone is recommended in *Chunnam* (Calcification) preparations and green variety for *Sattu* (extraction) methods.

Medicinal value of *Garudapatchi kal*

'தாயமாக உட்கொள்ள காயந்தானும்

சந்திரன் போல் தானிருப்பர் கற்பாந்தந்தான்"

A medicine which prevents degeneration and prolongs healthy life span is called as *Karpa Marunthu*. As per the reference mentioned above *Garudapatchi kal* is a *Karpa marunthu*.

‘அழகிய மஞ்சள் கருடப்பட்டிதானும்
 அதிகமான வேக்காட்டைப் போக்குவிக்கும்
 கழகிய பட்சிதோட முயர் நஞ்சுகள்தாம்
 பாரமான குட்டங்கள் தோடந்தானும்
 நழகிய நாக்குப்பிளவை நளின்புற்று
 நாடிய தோர் கண்புண்ணு மாறிப்போகும்
 மழகிய கண் புகைச்சலொடு மாலை காசம்
 மங்கிய தோர் கண்ணழற்சி மாறுந்தானே”

It eradicates excess heat / hyperthermia, rectifies Imbalance of *Tridosha* by detoxifying the causative agents, skin disorders and related complications, fissured tongue, cancer and inflammatory disorders of eye, blurred vision and night blindness.

As per *Pathartha guna vilakam* of Sri Lanka origin

தாகமே சுரம் வறட்சி சாற்றிடு மூலமேகம்
 சோகமே கயமே பித்தந் தொலைத்திடுங் கருடபச்சை

- (அமிர்தசாகரம்)

Excess thirst due to hyperthermia, Dryness, Ano-rectal disorder, Depression, Kapha and pitta disorders can be vanished with the use of Garudapatchikal.

கருடப்பட்டிக்கல் உடல் வெப்பம் (Hyperthermia), முக்குற்ற மாறுபாடடையச் செய்யும் உயிர்வகை நஞ்சுகள் (Detoxification), தோல் நோய்கள் அவற்றால் வரும் வேறுபல நச்சுக் குறிகள் (Skin disorders and related diseases), நாக்குபுண் (Tongue ulcer), புற்றுநோய் (Cancer), கண்புண் (Eye ulcer), கண்புகைச்சல் (Vision Dullness), கண்காசம் (Cataract), கண்ணழற்சி (Eye Inflammation), தாகம் (Thirst), சுரம் (Hyperthermia), வறட்சி (Dryness), மூலம் (Anorectal disorder), மேகம் (Metabolic disorders), சோகம் (Depression), கயம் (Kapa Noi), பித்தம் (Piththa Noi), இவற்றை கருடப்பட்டிக்கல் நீக்கும் என சித்த மருத்துவம் கூறுகிறது.

Research findings and implications of Magnesium

- Magnesium deficiency seems to be carcinogenic, and in case of solid tumors, a high level of supplemented magnesium inhibits carcinogenesis.
- Magnesium protects cells from heavy metal toxicity of aluminum, mercury, lead, cadmium, beryllium and nickel. Thus Magnesium is a detoxifying agent by its cleansing and chelating action.
- Magnesium is given in the critical care in Malignant Hyperthermia Crisis. Thus it should have the potential to prevent hyperthermia and related disorders due to excess heat when supplemented as *Karpa marunthu*.
- Magnesium is found to enhance the effectiveness of conventional treatment for the Asthma, Depression, Colorectal cancer, Diabetes, Hypertension etc.
- Magnesium is found to be important for maintaining the structural and functional integrity of several vital ocular tissues such as cornea, lens and retina. Magnesium deficiency is found cause cataract, glaucoma and diabetic

retinopathy. Magnesium plays a key role in relaxing the smooth muscles of eye. Thus magnesium supplementation is found to be remedy for Twitching of eyelids and Ocular migraines.

The above mentioned research findings are synonymous with the conditions mentioned in the Siddha literature for Magnesium. More research from Siddha point of view is to be conducted for the validation of Magnesium as a *Karpa marunthu*. The Current siddha medical education system doesn't emphasis the use of such preventive medicine in regular practice. Such medicines are to be revived and included from the gross root level of education for better health of coming generations.