



## **A Study of Plants, Animals and Minerals which are Used “Puttru Noi” (Cancer) Treatment in the Authentic Siddha and Traditional Text Book**

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### **Authors' contributions**

*This work was carried out in collaboration between both authors. Author KS designed the study, performed the statistical analysis, wrote the protocol, managed the literature searches, managed the analyses of the study and wrote the first draft of the manuscript. Author TS designed the study, performed the statistical analysis, wrote the protocol, managed the analyses of the study and managed the literature searches. Both authors read and approved the final manuscript.*

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### **ABSTRACT**

Cancer is a complex and serious illness. The modern treatment and techniques treat succeed on many types of diseases unfortunately there is no appropriate medicine for every types of Cancer. The Siddha Medical System correlates the diseases like *Puttru Noi*, *Vipprudhi*, *Kandankirandhi*, *Kaddi*, *Raajapilavai*, *Thurmaangisam*, *Maamisa makotharam*, *Sathai adaippu* and *Silandhi* with the signs and symptoms of Cancer under the Modern Medical Systems. In Siddha Medicine, medicinal plants play an important role in treating many diseases, though animal products and minerals also used in drugs. *Rasa Ganthi Meluku*, *Nanthimai*, *Rasaparpam*, *Vangaparpam*, *Senkoddai ghee*, *Sengoddai illagam* etc are some of the important medicine mentioned in the Siddha Medical texts

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to treat Cancer. In this research we identify and discuss the raw materials which are used to cure the diseases related to Cancer in modern medicine. Sesame seed is mostly noted (3.15%) in the above important medicines. Longer pepper used in 2.36%, Garlic, Ginger, Chebulic myrobalan and Black cummin used in 2.10% of important medicines. Mercury is mostly noted (12.77%) in the above important medicines. Sulphur used in 10.64%, *Arithaaram* and *Inthuppu* used in 7.45% of important medicines. Ghee is mostly noted (40.91%) in the above important medicines. Cow milk used in 27.27%, and goat milk used in 9.09% of important medicines.

**Keywords:** *Puttru Noi; cancer; traditional medicine.*

## 1. INTRODUCTION

Cancer is a complex and serious illness. Cancer known medically as a Malignant Neoplasm, is a broad group of diseases involving unregulated cell growth. The modern treatment and techniques treat succeed on many types of diseases unfortunately there is no appropriate medicine for every types of Cancer. In Siddha Medicine the diseases like *Puttru Noi*, *Vipprudhi*, *Kandankirandhi*, *Kaddi*, etc.. can be correlated with Cancer in modern aspect. Saints and traditional physicians treated Cancer with Internal medicine not only that, they used minor surgery techniques to remove Cancer growths. The medicines are prepared with plant materials, minerals and animal products. Nowadays the Cancer patients have taken treatment from Siddha, Ayurveda physicians and some traditional physicians for the complications after the treatment of chemotherapy and radiation therapy. The researchers now turn their concentration in Cancer and do their studies in Anti-cancerous properties of natural plants, minerals and animal products. In this way, the researchers from the Manipal Institute of Technology, Manipal, Karnataka, and Anna University, Chennai, have evaluated the anti-cancer properties of *Pattu Karuppu*, a traditional Siddha medicine. In this study we collected all the internal and external treatment methods and medicines from Siddha Authentic text books.

## 2. OBJECTIVES

### 2.1 General Objective

To identify the Plants, Animals and Minerals which are used "*Puttru Noi*" (Cancer) treatment in the authentic Siddha and Traditional text book.

### 2.2 Specific Objectives

- A. To identify the diseases in Siddha and Traditional text book which are correlated to Cancer in modern medicine.

- B. Identify and discuss the treatment to those diseases.

- C. Discuss about the Herbs, Animals and Minerals which are used to prepare medicine in Siddha and Traditional text book.

## 3. LITERATURE REVIEW

The Siddha Medical System correlates and the diseases like *Puttru Noi*, *Vipprudhi*, *Kandankirandhi*, *Kaddi*, *Raajapilavai*, *Thurmaangisam*, *Maamisa makotharam*, *Sathai adaippu* and *Silandhi* with the signs and symptoms Of Cancer under the Modern Medical Systems and venture explain in the light of Siddha system [1,2,3,4,5,6-8,9,10-20, 21].

The Siddhar's Materia Medica is also based on humoral pathology. [22,23] In *Puttru Noi* all three humors like *Vatha*, *Pitha*, *Kapha* disturb from their natural homeostasis. The authentic Siddha text books describes etiology, clinical features, pathogenesis, diagnostic methods, treatment and prognosis of Cancer except the definition. In Siddha Medicine, medicinal plants play an important role in treating many diseases, though animal products and minerals also used in drugs to treat *Puttru noi*. [22,24,4,5,25,6-8] *Rasa Ganthi Meluku*, *Nanthimai*, *Rasaparpam*, *Vangaparpam*, *Senkoddai ghee*, *Sengoddai illagam* etc. are some of the important medicine mentioned in the Siddha Medical texts [26,3,27,19,28,29].

## 4. METHODOLOGY

1. Type of study - Descriptive study
2. Period of study - 2 ½ months
3. Study materials - Books of Siddha and Traditional systems of medicine
4. Methodology of the study

Selected the appropriate topic, Selected the main text books and collected data from Library of Unit of Siddha Medicine and Jaffna Public Library, Data collected with finalizing specified authentic

siddha and traditional text books from the listed number of books, Data analyzed, Some data analyzed by the tables and charts and Illustrated by using MS Office Word, Excel and Power point and made conclusion, Completed research report and presented of research report.

2. Vippurudhi
3. Thurmaankisam
4. Kaddi
5. Kalalai
6. Silandhi
7. Maamisamahodaram
8. Raajapilavai
9. Sathaiyadaippu
10. Kandankirandhi
11. Utkaarasoolai

## 5. DISCUSSION

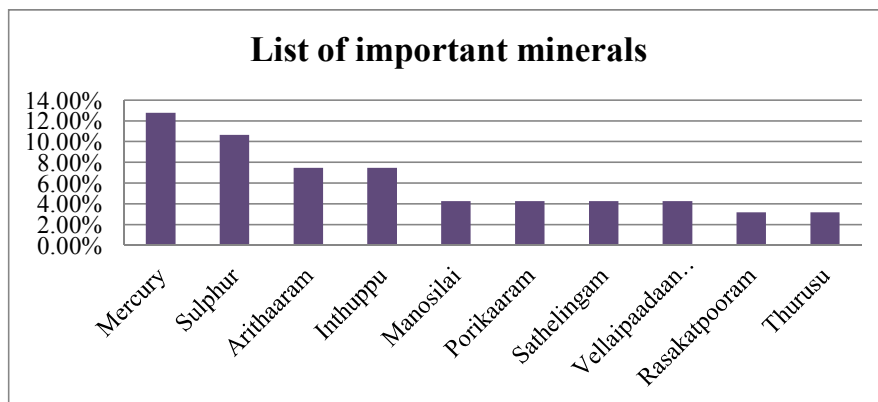
### 5.1 Keeping with the Modern Medical System, Diseases that could be Compared to Cancer according to Text Books of Siddha and Traditional System of Medicine

When compared Cancer in Modern Medical System, there were 11 kinds of diseases could be noted in available 20 important Siddha text books.

1. Puttru Noi

**Table 1. Details of important herbs included in important medicines [26,22,24,4,30,31,32-47]**

No.	Botanical name	Part used	Percentage
1	<i>Sesamum indicum</i>	Seeds oil	3.15%
2	<i>Piper longum</i>	Dried fruit, Root	2.36%
3	<i>Allium sativum</i>	Bulb	2.10%
4	<i>Zingiber officinale</i>	Rhizome	2.10%
5	<i>Terminalia chebula</i>	Seeds, Gall, Unripe fruit	2.10%
6	<i>Nigella sativa</i>	Seeds	2.10%
7	<i>Elettaria repens</i>	Dried fruit	1.84%
8	<i>Plumbago zeylanica</i>	Root bark	1.84%
9	<i>Cocos nucifera</i>	oil	1.84%
10	<i>Piper nigrum</i>	Unripe fruit	1.84%
11	<i>Myristica fragrans</i>	Dried seeds	1.84%
12	<i>Saussurea lappa</i>	Root	1.57%
13	<i>Croton tiglium</i>	Seeds	1.57%
14	<i>Trianthema portulacastrum</i>	Root	1.57%
15	<i>Cuminum cyminum</i>	Fruit	1.57%
16	<i>Semicarpus anacardium</i>	Seeds	1.57%
17	<i>Withania somnifera</i>	Root	1.37%
18	<i>Cinnamomum zeylanicum</i>	Bark	1.31%
19	<i>Smilax zeylanica</i>	Bark	1.31%
20	<i>Ferula asafoetida</i>	Resin	1.31%



**Fig. 1. Graphical representation of important metals**

## 5.2 Important Medicines Noted in Siddha Text Books for “Puttru Noi”

1. Rasagandhi melukhu
2. Nandhimai
3. Kowsikar Kulambhu
4. Meganaatha Oil
5. Meka Sanjeevi Oil
6. Valaarai Kirutham
7. Pancha Paasana Chenthooram
8. Vaalairasa Melukhu
9. Kukil Vallaari Lehiyam
10. Than Vanthiriyar Sandamaarutha Chenthuoram
11. Chithira Moola Oil
12. Pancha Paasana Chenthooram
13. Lakhuidi Vallaathy
14. Chithira Pallaathy
15. Rajatha Pasmam
16. Rasa Pasmam
17. Thiripalaadhy Krutham
18. Thasamoolaadhi Nei
19. Visaiyaadhi Choomam
20. Pachchai Earuvai
21. Veerapatpam Pachai Vettu
22. Vellai Melukhu
23. Poorna Chandrothayam
24. Siddhaadhi Oil
25. Vaelampaddai oil I
26. Vaelampaddai oil II
27. Ilaikalli Kulambu
28. Thengaai Nei I
29. Thengaai Nei II
30. Visayasundari Nei
31. Naaval Nei
32. Saaranjana Podi

There were 32 types of medicines prescribed for *Puttru Noi*. Out of 32 medicines, 30 internal and 5 external medicines. Vaelampaddai oil I, II and Chithira Moola Oil were prescribed for internally and externally.

## 5.3 Details of Important Herbs Included in Important Medicines Specified in Siddha Text Books

Aellu which is mostly noted (3.15%) in the above important medicines. Thippili used in 2.36%, Garlic, Ginger, Kadukkaai and Karumseerakam used in 2.10% of important medicines in the treatment for *Puttru Noi*.

## 5.4 Details of Important Minerals Included in Important Medicines Specified in Siddha Text Books

Mercury which is mostly noted (12.77%) in the above important medicines. Sulphur used in 10.64%, Arithaaram and Inthuppu used in 7.45% of important medicines for *Puttru Noi*.

## 5.5 Details of Important Animal Products Included in Important Medicines Specified in Siddha Text Books

Ghee which is mostly noted (40.91%) in the above important medicines. Cow milk used in 27.27%, and goat milk used in 9.09% of important medicines of *Puttru Noi*.

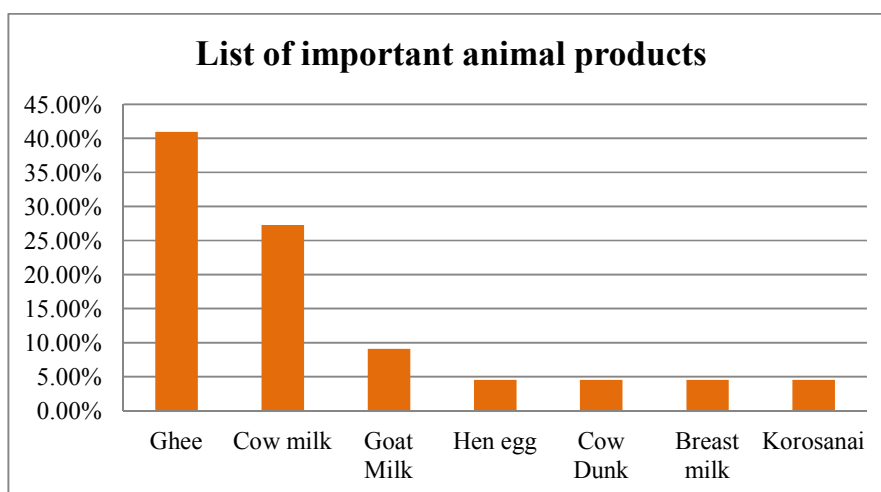


Fig. 2. Graphical representation of important animal products

## 6. CONCLUSION

We compared Cancer in Modern Medical System, there were 11 kinds of diseases could be noted in available 20 important Siddha text books. The sign and symptoms of the above diseases are similar to some types of Cancer in modern medical system. Some special medicines described in Siddha Medical text books are Nanthimai, RGM, Pancha Paasana Chenthooram, Kowsikar kulambhu, Meha naatha oil and Vellai Melukhu. Pancha Pasana Chenthooram, Vaalairasa Melukhu, Kukil Vallaari Lehiyam, Than Vanthiriyar Sandamarutha Chenthooram, Thasamoolaadhi Nei and Visaiyaadhi Choomam were used to treat all kinds of "Puttru Noi". Sesame seed is mostly noted in Herbs, Mercury is mostly noted in Minerals and Ghee is mostly noted in Animal product. The study promises new hope for cancer patients whose life is affected by the side effects of radiation therapy and chemotherapy. As a next step, the authors plan to conduct comparable studies on mouse models that could concrete the way for effective anticancer drugs.

## CONSENT

It is not applicable.

## ETHICAL APPROVAL

It is not applicable.

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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