

A Clinical Study on Siddha Diagnostic Methodology of Panchapatchi Sasthiram for Neerilivu (Diabetic Mellitus)

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Abstract: Introduction: The mysterious "Pancha-Pakshi Shastram" is a unique system of Vedic astrology, propounded by ancient Tamil Siddha Saints thousands of years ago (1). Pacha-Pakshi Shasta is very popular in south India especially Tamil Nadu. Pancha-Pakshi Shastra is based on ancient literature in Tamil language. Pancha stands for five and Pakshi stands for Bird. The Pancha-Pakshi system has some resemblance to the Pancha-Bootham (Five elements) system of Vedic Astrology. It is believed that the Five Elements represented by five birds, influence and control all the actions of human beings. The five birds in the Pancha-Pakshi Shastra are: Vulture, Owl, Crow, Cock and Peacock These birds engage in any one of the following five activities at any given time: Rule (Arasu), Eat (Oon), Walk (Nadai), Sleep (Thujil), Die (Saavu). The birds are considered most powerful when they rule and least powerful when they sleep and die. Aim: To Study the Siddha Diagnostic Methods of Pancha- Patchi Sasthiram for Neerilivu. Study Setting: This study will be carried out in the Out Patient and In-patient Department and Special Out Patient Department of Government Siddha Medical College, Palayamkottai, Tirunelveli for 2 years. Results and Discussion: Majority of patients were come to hospital (First visit) on Wednesday 38% (23) and Friday 20% (12). Commonly these days were included in Sukla-Paksha 57% (34). Pitha 62% (37) and kapha 38% (23) humors and Melvajiru 28% (17) and Koppel32% (19) Mandalam were affected according to the Pancha-Pakshi Calculation. Conclusion: According to the affected Mandalam, 52% (31) were diagnosed directly by PPS, 23% (14) were diagnosed by PPS with some further interrogation. 25% (15) were not diagnosed directly by PPS.

Keywords: Pancha-Pakshi Shastram, Siddha Medicine, Neerilivu, Vedic astrology

1. Introduction

The mysterious "Panch-Pakshi Shastram" is a unique system of Vedic astrology, propounded by ancient Tamil Siddha Saints thousands of years ago (1). Pacha-Pakshi Shasta is very popular in south India especially Tamil Nadu. Pancha-Pakshi Shastra is based on ancient literature in Tamil language. Pancha stands for five and Pakshi stands for Bird. The Pancha-Pakshi system has some resemblance to the Pancha-Bootham (Five elements) system of Vedic Astrology. It is believed that the Five Elements represented by five birds, influence and control all the actions of human beings. These five birds take their turns in a special sequence and radiate their powers during day and night. The power that takes effect first on a day or night and the sequence that follows depends on the day of the week and the Paksha (waxing half or waning half cycles) of the Moon. The Pancha-Pakshi Shastra is not to be confused with 'Pakshi Shastra' practiced by nomads in India where they use a parrot to pick a card from a deck to predict the future.

One of the five birds is assigned to every human being as the controlling power based on the Birth Star of the person and the Paksha of the Moon at the time of birth. The activity of this Main Bird at a given point of time and the activity of the Sub-Bird at that time and the relationship between them indicates whether the time will be beneficial and lucky for the person or not and healthy and unhealthy status. It also helps to diagnosis the disease. Doctors can identify the

disease condition with the help of time of the visit of patient, day or first pronounce word while consulting a doctor or birth star. It helps selection of auspicious time and also for answering queries (Prasna).

The five birds in the Pancha-Pakshi Shastra are: Vulture, Owl, Crow, Cock and Peacock These birds engage in any one of the following five activities at any given time: Rule (Arasu), Eat (Oon), Walk (Nadai), Sleep (Thujil), Die (Saavu). The birds are considered most powerful when they rule and least powerful when they sleep and die. Rest of the three activities are graded in between accordingly.



To find out the Birth Pakshi (Nakshatra Pakshi), birth star according to Vedic Astrology and the Paksha of the Moon at the time of your birth. The half of the Lunar Cycle when the Moon increases in size and reaches the Full Moon (Pournami) is called Sukla-Paksha (Valarpirai) and the other half of the cycle when the size decreases until the New Moon (Amavasi) is called the Krishna-Paksha (Theipirai).

Birth Stars are based on the longitude of Moon and are 27 in number from *Aswini* to *Revati*.

Birth Star – Ruling Bird

Birth Star	Sukla-Paksha (Valarpirai)	Krishna-Paksha (Theipirai)
<i>Asupathy, Parani, Kaarthikai, Rohini, Mirugaseeridam</i>	Vulture	Peacock
<i>Thiruvaathirai, Punarpoosam, Poosam, Aajiliyam, Maham, Pooram</i>	Owl	Cock
<i>Uthiram, Aththam, Siththirai, Suvaathy, Visakam</i>	Crow	Crow
<i>Anusam, Keddai, Moolam, Pooradam, Uththiraadam</i>	Cock	Owl
<i>Thirivonam, Aviddam, Sathayam, Pooraddathi, Uththiraddathi, Revathy</i>	Peacock	Vulture

Each day of 12 hours (30 *Nazhika*) is divided into five equal portions called *Yaama* (6 *Nazhika*) and given to different activities of the birds. Within each portion, the time is further allocated to other birds called *apahara* birds and their activities. The duty cycles follow complex and intricate logic of *Pancha-Pakshi Shastra*. The five major time-slots ("Yaama") in each of the two 'Day segments': Each of the above described two segments (Day and Night) is further sub-divided into five major equal time-slots, called 'Yaama'. Thus, there are 10 *Yaamas* (major time-slots) in total, within 24 hrs, five during the day-time segment and five during night-time segment. Activities performed by birds during these major time slots are called their 'major-activities'. Each major time slot ('Yaama') is of about 2hrs and 24 minutes duration.

Yaama	Day Segments	Night Segments
1: <i>Kaalai</i>	6 am - 8.24 am	6 pm - 8.24 pm
2: <i>Mutpakal</i>	8.25 am - 10.48 am	8.25 pm - 10.48 pm
3: <i>Nanpakal</i>	10.49 am - 1.12 pm	10.49 pm - 1.12 am
4: <i>Pitpakal</i>	1.13 pm - 3.36 pm	1.13 am - 3.36 am
5: <i>Erppadu</i>	3.37 pm - 6.00 pm	3.37 am - 6.00 am

The chart explained that the activities of the Birds (day time and night time) are given separately.^[5]

	Sukla-Paksha (Valarpirai)		Sukla-Paksha (Valarpirai)	
	Morning	Night	Morning	Night
6 - 8.24	Eat	Eat	Eat	Eat
8.25 - 10.48	Walk	Rule	Die	Sleep
10.49 - 1.12	Rule	Die	Sleep	Walk
1.13 - 3.36	Sleep	Walk	Rule	Die
3.37 - 6.00	Die	Sleep	Walk	Rule

The chart explained *Sukla-Paksha* and *Krishna-Paksha* (day time and night time) are given separately.

Sukla-Paksha (Valarpirai)		Krishna-Paksha (Theipirai)	
Morning	Night	Morning	Night
Vulture	Peacock	Cock	Cock
Owl	Cock	Owl	Crow
Crow	Crow	Peacock	Owl
Cock	Owl	Crow	Vulture
Peacock	Vulture	Vulture	Peacock

The detailed charts following the summary include the activities of the Birds for each day of the week in the two Pakshas.

Week Days	Sukla-Paksha (Valarpirai)		Krishna-Paksha (Theipirai)	
	Morning	Night	Morning	Night
Sunday to Tuesday	Vulture	Crow	Cock	Crow
Monday to Wednesday	Owl	Cock	Owl	Vulture
Thursday	Crow	Peacock	Peacock	Cock
Friday	Cock	Vulture	Crow	Owl
Saturday	Peacock	Owl	Vulture	Peacock

The below chart explains the relationship between the birds, *Pancha Bootham* and *Sukla Paksha* and *Krishna Paksha*.

Patchi (Bird)	Sukla-Paksha (Valarpirai)	Krishna-Paksha (Theipirai)
Vulture	Fire	Earth
Owl	Air	Water
Crow	Earth	Fire
Cock	Water	Air
Peacock	Space	Space

The below chart explains the relationship between the birds and dominant places.

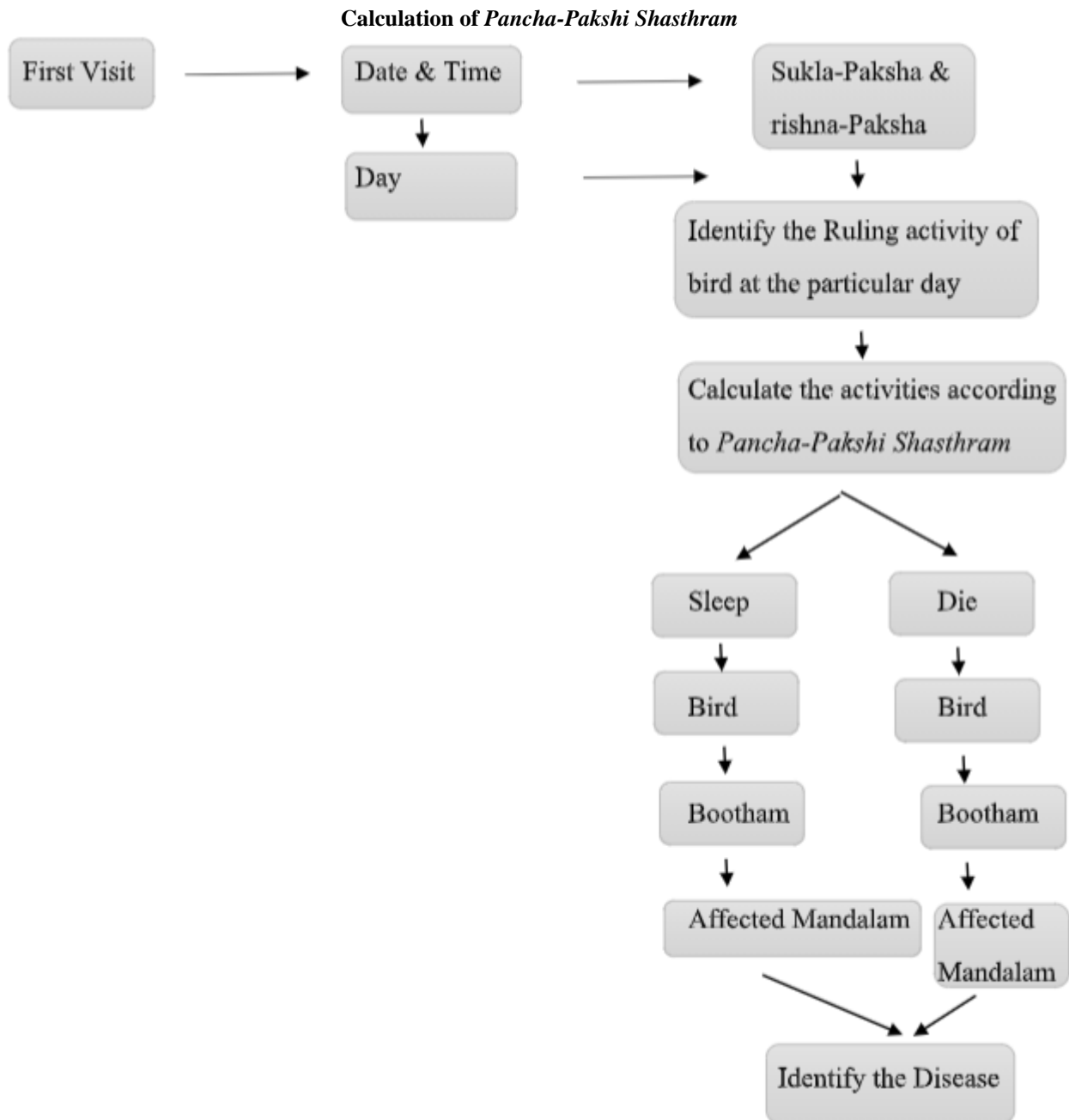
Bird	Dominant Places
Cock	Forehead, Chest
Vulture	Neck, Space between Stomach and Genital organs
Owl	Mouth, Lower abdomen
Crow	Nose, Stomach
Peacock	Hair, Shoulder, Genital organs

The below chart explains the relationship between the *Mandalam*, *Bootham* and diseases.

Mandalam	Bootham	Diseases
Puruvanadu (Aakinai)	Space	Headache, Terrible dreaming, Eye diseases, Diseases which are caused tiredness
Midaru (Visuththi)	Air	Throat pain, Tightness in the neck, Sinusitis, Loss of hearing
Nenchakam (Anagatham)	Fire	Diseases in heart & lungs, Hypertension, Bronchial asthma
Melvajiru (Manipoorakam)	Water	Hypoglycemia, Hyperglycemia, Gastric ulcer, Diseases in GIT
koppel (Swatistanam)	Earth	Male infertility, Genito urinary tract, Infertility

The below chart explains the relationship between the vowels and *Patchi*.

Vowels	Sukla-Paksha (Valarpirai)	Krishna-Paksha (Theipirai)
அ, ஆ, ஐ, ஒ, ஊ	Vulture	Cock
இ, ஈ	Owl	Vulture
உ, ஊ	Crow	Owl
எ, ஏ	Cock	Peacock
ஓ, ஔ	Peacock	Crow



2. Aim

To Study the Siddha Diagnostic Methods of *Pancha- Patchi Sasthiram* for *Neerilivu*.

3. Materials And Methods

3.1 Study Design

This is an observational & analytical study.

3.2study Setting

This study will be carried out in the Out Patient and In-patient Department and Special Out Patient Department of Government Siddha Medical College, Palayamkottai, Tirunelveli.

3.3 Study Duration

24 months

3.4 Selection Criteria

3.4.1 Inclusion Criteria

- Age: More than 35 and Less than 69 years.
- Both sex
- Type II Diabetes mellitus

3.4.2 Exclusion Criteria

- Age: Below 34 and above 70 years.
- Type I Diabetes mellitus
- Gestational Diabetes mellitus
- Diabetes Insipidus
- Lactating mother

- Chronic Kidney Disease (Have a Serum Creatinine ≥ 2 mg/dl)

3.4.3 Criteria of Withdrawal

Not willing

3.4.4 Sample Size

According to the inclusion & exclusion criteria, 60 *Neerilivu* subjects will be included in this study.

3.5 Data Collection

3.5.1 Selection of the Subjects

The selection will be made for all suitable *Neerilivu* subjects who will come to the OPD & IPD in the study period.

3.5.2 Sampling Techniques

The subjects will be selected by simple random method.

3.6 Study Instrument

3.6.1 Proforma

Proforma was prepared based on the specific objectives.

3.6.2 Informed Consent Form

Written consent will be obtained from selected subjects before the commencement of the study.

3.7 Study Procedure

3.7.1 Study Enrolment

In the study, patients reporting at the Out Patient Department and In-Patient Department of Government Siddha Medical College, Palayamkottai with the clinical symptoms of *Neerilivu* will be included in the study. All relevant information will be collected by interrogation and clinical examinations.

After identifying the eligible subjects, relevant information will be collected by using proforma.

3.8 Statistical Analysis

Collected data was organized, summarized and analyzed by using MS Excel

4. Results and Discussion

Table 1: Percentage of distributions of day of first visit

Days	Frequency	Percentage
Monday	8	13%
Tuesday	6	10%
Wednesday	23	38%
Thursday	7	12%
Friday	12	20%
Saturday	4	7%

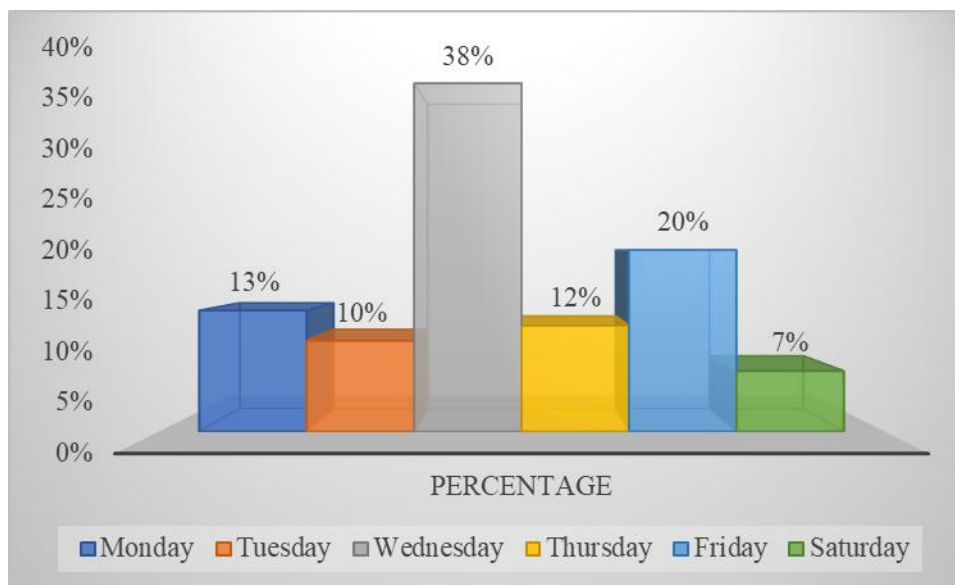


Figure 1: Bar chart for the distributions of day of first visit

Out of 60 *Neerilivu* patients, 38% (23) were come to hospital on Wednesday, 20% (12) were come to hospital on Friday, 13% (8) were come to hospital on Monday, 12% (7) were come to hospital on Thursday, 10% (6) were come to hospital on Tuesday and 7% (4) were come to hospital on Saturday

Table 2: Percentage of distribution of Paksha

Paksha	Frequency	Percentage
Sukla-Paksha (<i>Valarpirai</i>)	34	57%
Krishna-Paksha (<i>Theipirai</i>)	26	43%

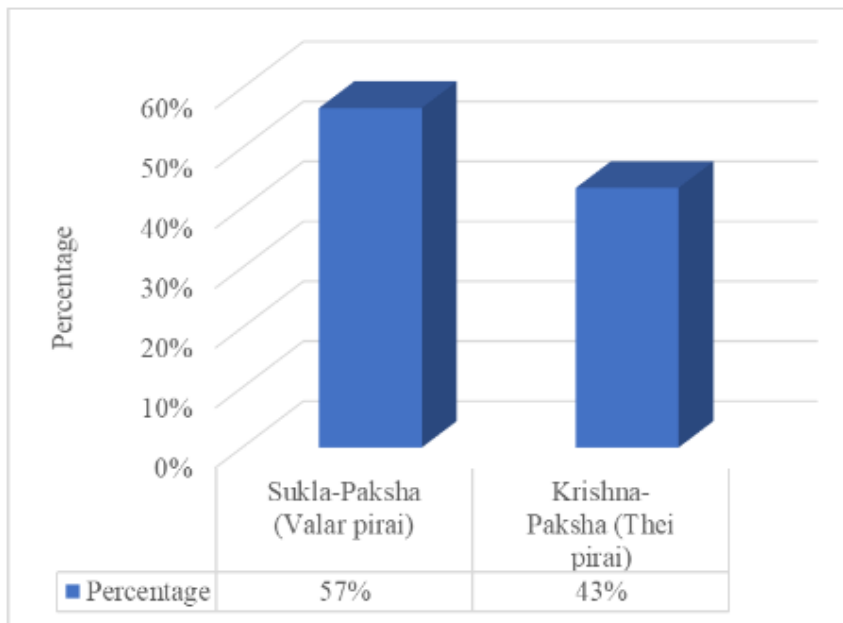


Figure 2: Bar chart for distribution of Paksha

57% (34) were come to hospital on Sukla-Paksha and 43% (26) were come to hospital on Krishna-Paksha.

Table 3: Percentage of distribution of birds in activity of sleep (Thuyil) and die (Saavu)

Bird	Frequency	Thuyil (Sleep)	Frequency	Saavu (Die)
Vulture	12	20%	8	13%
Owl	8	13%	10	17%
Crow	15	25%	10	17%
Cock	17	28%	13	22%
Peacock	8	13%	19	32%

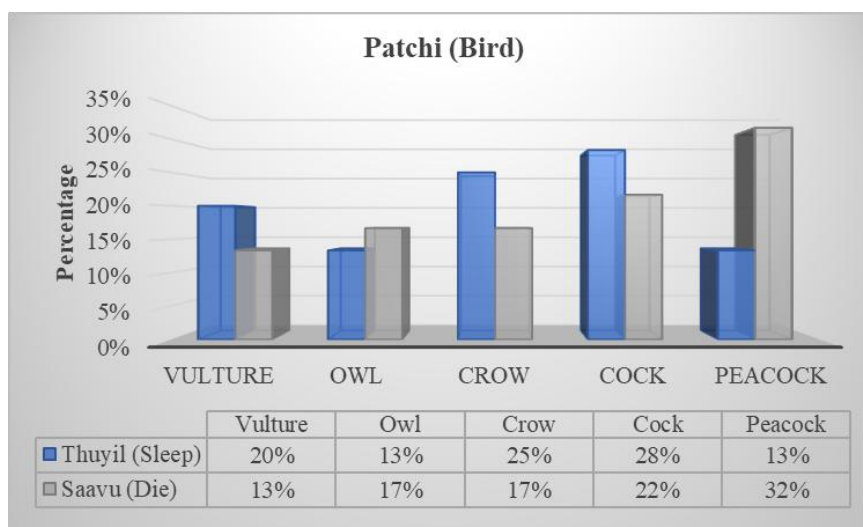


Figure 3: Bar Chart for distribution of birds in activity of sleep (Thuyil) and die (Saavu)

Percentage of the birds in the activity of sleep: Cock in 28% (17), Crow in 25% (15), Vulture in 20% (12), Owl in 13% (8) and Peacock in 13% (8). Percentage of the birds in the

activity of Die: Peacock in 32% (19), Cock in 22% (13), Crow and Owl in 17% (10) and Vulture in 13% (8).

Table 4: Percentage of distribution of bootham in the activity of sleep and die of bird

Bootham (Five elements)	Frequency	Thuyil (Sleep)	Frequency	Saavu (Die)
Earth	15	25%	7	12%
Water	17	28%	14	23%
Fire	12	20%	11	18%
Air	8	13%	9	15%
Space	8	13%	19	32%

Percentage of *bootham* in the activity of sleep: Water 28% (19), Water 23% (14), Fire 18% (11), Air 15% (9) and Earth (17), Earth 25% (15), Fire 20% (12), Air & Space 13% (8). 12% (7).

Percentage of *bootham* in the activity of die: Space 32%

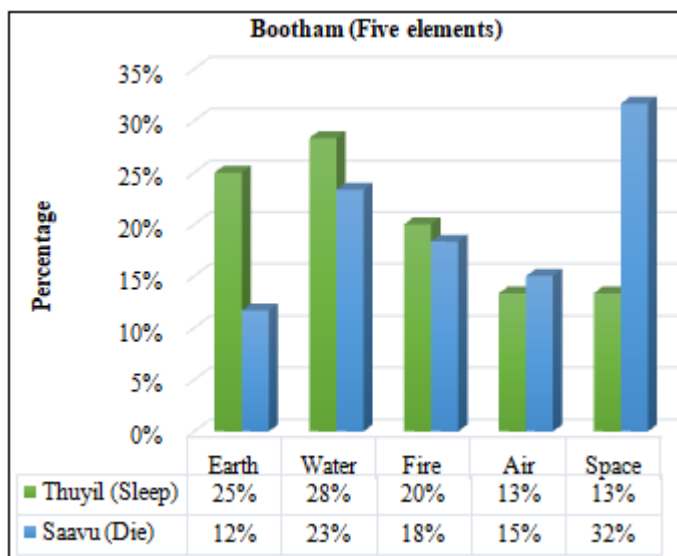


Figure 4: Bar chart for distribution of *bootham* in the activity of sleep and die of bird

Table 5: Percentage of distribution of affected *Mandalam* in sleep and die

<i>Mandalam</i>	Frequency	Thuyil (Sleep)	Frequency	Saavu (Die)
<i>Puruvanadu (Aakinai)</i>	8	13%	7	12%
<i>Midaru (Visuththi)</i>	8	13%	14	23%
<i>Nenchakam (Anagatham)</i>	12	20%	11	18%
<i>Melvajiru (Manipoorakam)</i>	17	28%	9	15%
<i>koppel (Swatistanam)</i>	15	25%	19	32%

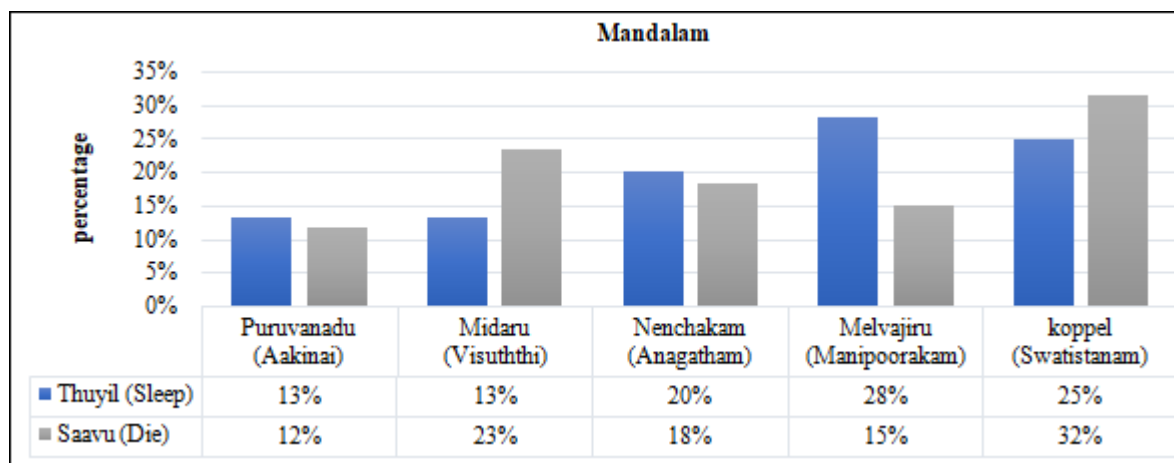


Figure 5: Bar chart for distribution of affected *Mandalam* in sleep and die

28% (17) were affected *Melvajiru*, 25% (15) were affected *Koppel*, 20% (12) were affected *Nenchakam*, 13% (8) were affected *Puruvanadu* and *Midarumandalam* in the activity of sleep. 32% (19) were affected *Koppel*, 23% (14) were affected *Midaru*, 18% (11) were affected *Nenchakam*, 15% (9) were affected *Melvajiru*, and 12% (7) were affected *Puruvanadu* in the activity of die.

Table 6: Percentage of distribution of *Panchabootha Panchikaranam*

Pancha Bootha Panchikaram	Frequency	Percentage
A + Ah	17	28%
A + V	4	7%
P + A	8	13%
P + T	6	10%
P + V	8	13%
T + A	2	3%
T + Ah	10	17%
T + V	2	3%
V + T	3	5%

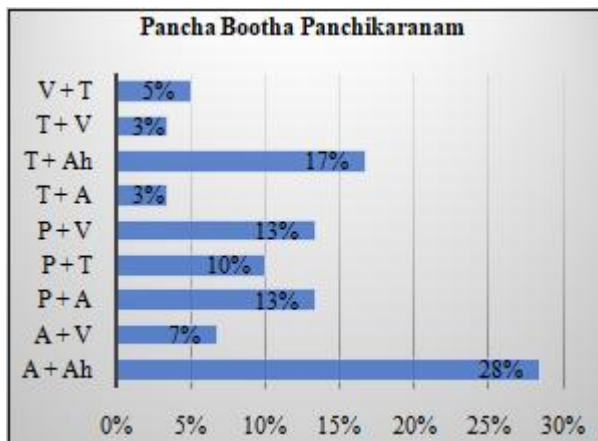


Figure 6: Bar chart for distribution of Panchabootha Panchikaranam

62% (37) were affected *Kapha* humor and 38% (23) were affected *Pitha* humor.

Table 7: Percentage of efficacy of Pancha Patchi Sasthiram (PPS)

Disease Diagnosis	Frequency	Percentage
Can diagnosed directly by panchapatchi	31	52%
Diagnosed by panchapatchi with some further interrogation	14	23%
Can't diagnosed by panchapatchi	15	25%

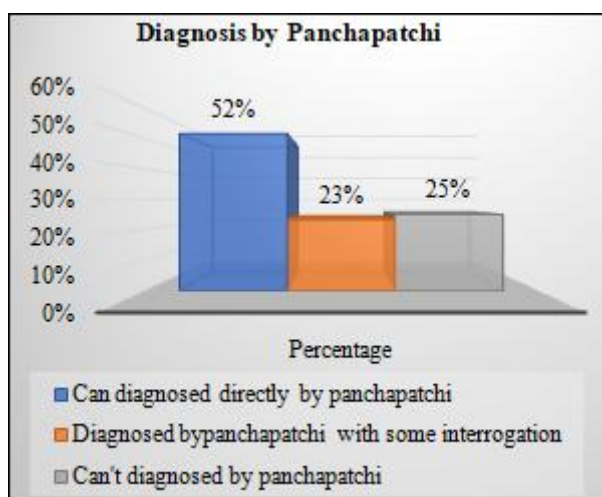


Figure 7: Bar Chart for Percentage of efficacy of Pancha Patchi Sasthiram

52% (31) were diagnosed directly by PPS, 23% (14) were diagnosed by PPS with some further interrogation. 25% (15) were not diagnosed directly by PPS.

5. Conclusion

Majority of patients were come to hospital (First visit) on Wednesday 38% (23) and Friday 20% (12). Commonly these days were included in *Sukla-Paksha* 57% (34). *Pitha* 62% (37) and *kapha* 38% (23) humors and *Melvajiru* 28% (17) and *Koppel* 32% (19) *Mandalam* were affected according to the *Pancha-Pakshi* Calculation. According to the affected *Mandalam*, 52% (31) were diagnosed directly by PPS, 23% (14) were diagnosed by PPS with some further interrogation. 25% (15) were not diagnosed directly by PPS.

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