

# A Study of Diagnosis and Treatment of "Puttru Noi" [Cancer] in Siddha and Traditional Systems of Medicine: A Literature Study

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**Abstract:** In 20 important text books of Siddha Medical System, "Puttru Noi", "Vippurudhi", "Thurmaangisam", "Kaddi", "Kalalai", "Silandhi", "Maamisamahotharam", "Raajapilavai", "Sathaiyadaippu", "Kandankirandhi" and "Utkaarasoolai" like 11 kinds of diseases in respect of Cancer in Modern Medical System are compared. In Modern Medical System, Cancer according to Siddha text books are noted as 54% "Puttru Noi", 38% "Vippurudhi" and 8% "Kirandhi". It is classified as 54% based on organs, 31% Siddha Philosophy, 8% functional disorders and 7% tissue origin. Pancha Paasana Chenthooram, Valairasa Melukhu, Kukil Vallari Lehiyam, than Vanthiriyar Sandamarutha Chenthooram, Thasamooladhi Nei and Visaiyaadhi Choornam were used to treat all kinds of "Puttru Noi" and "Vippurudhi". RGM which is noted in the above important medicines used for treat in 8 kinds of "Puttru Noi" (25%). Nandhimai used to treat in 21.87% of "Puttru Noi". Pancha Paasana Chenthooram, Kowsikar kulambhu, Meha Naatha Oil and Vellai Melukhu used in 9.37% of "Puttru Noi". The medicines given for "Puttru Noi" herbs are mostly found as ingredients. In 3.15% of the medicines Aellu (*Sesamum indicum*), 2.36% of the medicines Thippili (*Piper longum*), 2.10% of the medicines Garlic (*Allium sativum*), Ginger (*Zingiber officinale*), Karumseerakam (*Nigella sativa*) and Kadukkaai (*Terminalia chebula*) are found. Mercury 12.77% Sulphur 10.64% and Arithaaram (Yellow arsenic trisulphide) 7.45% are utilise.

**Keywords:** Puttru Noi (Siddha Medical term), Cancer

## 1. Introduction

Cancer is a global problem of serious nature, and it is the second leading cause of death next to Cardiac diseases throughout the world. While doing our research on the ancient text of Siddha Medicine, we have found evidences to say that Siddhas, Saints and Seers had given details about "Puttru Noi" and its treatments.

As such, symptoms relating to the Cancer as indicated in the Modern Medical System are found in the diseases that are described by the ancient Siddha texts under different names such as "Puttru Noi", "Vippurudhi", "Kandankirandhi", "Kaddi", "Kalalai", "Raajapilavai", "Thurmaangisam", "Maamisamahotharam", "Sathaiyadaippu", "Utkaarasoolai" and "Silandhi" through they were of the same nature as that of the Cancer of today. In order to explain and elaborate this we have endeavoured to collect as much as we could all the information about the types, signs and symptoms, etiopathogenesis, diet and regimen of "Puttru Noi" and the methods of its treatment as given in the Siddha Medical books and have present them here.

## 2. Literature Review

### About "Puttru Noi" in Siddha Medical System and Traditional System of Medicine

Humoral pathology of Siddha System explains that the humours namely *Vaadha*, *Piththa*, and *Kapha* maintain the upkeep of the human body. The normal proportion of three humours is in 1:1/2:1/4. Increasing trend of "Puttru Noi" is becoming a major challenge for health professionals. In "Puttru Noi" all three humours loose their mutual coordination [9]. Siddha literature details various types of malignancies, mentioned by Siddhas, Saint Yugi used the

term "Vippurudhi" and "Dhurmanankisam" in his text Yugi Vaidhya Chindaamani which can be correlated with Cancer.[3], [12] Some of other interesting Siddha texts like Noi Villakkam, Dhanvandhiri Vaidhyam - I, Pararaasasekaram and Siddha Aruvai Maruththuvam deals with Cancer as "Puttru Noi". In Anubava Vaidhya Deva Rahasyam and Dhanvanthri - I also used the term "Vippurudhi" for Cancer.[9], [11], [13], [15]

The Siddha Medical System correlates and the diseases like "Vippurudhi", "Kandankirandhi", "Kaddi", "Raajapilavai", "Thurmaangisam", "Maamisa makotharam", "Sathaiyadaippu" 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], [5], [6], [8], [11], [12], [16]

Noi Villakkam is a treatise of Siddha Medical System it divides "Puttru Noi" into 18 kinds and 4 kinds.[9] Siddhar Aruvai Maruththuvam divides it into 4 kinds, Dhanvanthri - I into 3 kinds and Pararaasasekaram into 4,5 and 18 kinds.[11], [13], [15] According to the Siddha System of Medicine, classifications of "Puttru Noi" can be categorised based on the types of humours, tissue origin, organs and functional disorders.[1], [2], [9], [10], [11], [12], [13], [15]

Siddha text books say that the "Puttru Noi" is caused by the change of people's life styles from that of the nature to the modern machine life, the life led by the people completely align to the moral norms and human values, bad eating habits, abnormal behavioural patterns of the parents, feelings such as anger, desires without ceilings and fear. The effects of people's karma also are one of the causes of this deadly disease.

In “*Puttru Noi*” there is a decrease in excessive in Agni (fire) which is inversely proportionate to *Kapham* (Phlegm) resulting in excessive tissue growth. The metabolic crisis *Kapham* forces both interacting on each other resulting in cell proliferation.[20] RGM, Nanthimai, Rasaparpam, Vangaparpam, Senkoddai ghee, Sengoddai illagam etc..are some of the important medicine mentioned in the Siddha Medical texts.[4], [7], [17], [18]. [19]

### 3. Objectives

#### 3.1 General Objective

To identify herbal, herbo - mineral, surgical and para surgical treatment modalities in the authentic Siddha text and Traditional medicine books.

#### 3.2 Specific Objectives

- To categorize Cancer or Carcinoma and similar disorders described under Allopathic system of medicine.
- To identify etiological factors, pathogenesis, pathophysiology, sign and symptoms and prognosis of each and every Cancer or Carcinoma like disorders according to the principles of Siddha and Traditional systems of medicine.
- To develop a data base of herbal, herbo - mineral formulas which are been used for Cancer treatment in Siddha and Traditional systems of medicine.
- To develop a data base of plants, minerals and animal products which are been used for Cancer treatment in Siddha and Traditional systems of medicine.

### 4. Methodology

- Type of research - Literary research
- Period of research - 2 ½ months
- Research materials - Books of Siddha and Traditional systems of medicine
- Methodology of the research

Discussed with research supervisors, Selected the appropriate topic, Selected the main text books and collected data, Made proposal, Checked proposal by our supervisors, Submitted proposal, Got duty leave for data collection from Library of BMARI, Unit of Siddha Medicine, Jaffna and IIM, Colombo, Got permission for using library from heads of departments, Discussed the required data with Siddha lecturers, 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, Discussed the data with research supervisors and made conclusion, Completed research report, Submitted and presented of research report.

### 5. Discussion

5.1 Keeping with the Modern Medical System, we could be compared to Cancer according to 20 important text books of Siddha and Traditional System of Medicine are “*Puttru Noi*”> “*Vippurudhi*”, “*Thurmaankisam*”, “*Kaddi*”,

“*Kalalai*” , “*Silandhi*” “*Maamisamahodaram*”, “*Raajapilava*”i, “*Sathaiyadaippu*”, “*Kandankirandhi*” and “*Utkaarasoolai*”.

#### 5.2 The diseases and its types seen in Siddha text books which were correlated with Cancer in Modern Medical System

In Noi Vilakkam “*Puttru Noi*” classified as 13 types based on organs and 4 types based on tissue origin. According to Thanvandhiri Vaidhyam - 1 “*Puttru Noi*” classified as 3 types based on Siddha philosophy, in Siddhar Aruvai Maruththuvam 4 types based on organs, in Pararaasasekaram 5 types and 18v types based on organs. “*Vippurudhi*” classified as 10 types based on organs in Anupava Vaidhya Deva Rakasiyam, 3 types based on functional disorders 7 types based on Siddha philosophy and 4 types based on organs in Yugi Vaidhya Chinthaamani, 8 types based on organs in Thanvandhiri Vaidhyam - 1 and 5 types based on Siddha philosophy in Thanvandhiri Vaidhyam - 11. In Modern Medical System, Cancer according to Siddha text books are noted as 54% “*Puttru Noi*”, 38% “*Vippurudhi*” and 8% “*Kirandhi*”. It is classified as 54% based on organs, 31% Siddha Philosophy, 8% functional disorders and 7% tissue origin.

5.3 In addition to what we got in 20 Siddha text books the name of “*Yoni Puttru*”, “*Linga Puttru*”, “*Thoel Puttru*”, “*Karuppai Vippurudhi*” and “*Sandhu Vippurudhi*” are mostly used.

5.4 In terms of Siddha text books, classification is noted in different names. “*Karuppai Puttru*” is only noted in many places. Next to “*Karuppai Puttru*”, “*Kanna Puttru*”, “*Yoni Puttru*”, “*Aasana Puttru*”, “*Thoel Puttru*”, “*Thasai Puttru*” and “*Anda Puttru*” are noted in many places.

5.5 Some types of “*Puttru Noi*” noted in Siddha text books cannot be compared with the type of Cancer in Modern Medical System. Sign and symptoms for some types of “*Puttru Noi*” were described in Siddha text books. These are analysed with other Siddha text books and these could be compared with the type of Cancer in Modern Medical System.

5.6 Wrong parenting, Excessive sexual acts> Sexual intercourse immediately after child birth, Continious conception> Sexual intercourse with women who have Uterine and Valval Carcinoma> Excessive intake of cigar, cigarette and beedi, Drink excessive hot cup of coffee and tea, Intake of excessive hot and spicy items> Excessive intake of alcohol> Take many flavoured food items for tasty, Excessive heat> Not clean the teeth properly and Use snuff box are the etiological factors of “*Puttru Noi*”.

#### 5.7 The following are important medicines noted in Siddha text books for “*Puttru Noi*”.

Rasagandhi melukhu, Nandhimai> Kowsikar Kulambhu, Meganaatha Oil> Meka Sanjeevi Oil> Valaarai Kirutham, Pancha Paasana Chenthooram, Vaalairasa Melukhu, Kukil Vallaari Lehiyam, Than Vanthiriyar Sandamaarutha Chenthuoram, Chithira Moola Oil, Pancha Paasana Chenthooram, Lakhuidi Vallaathy, Chithira Pallaathy,

Rajatha Pasmam, Rasa Pasmam, Thiripalaadhy Krutham, Thasamoolaadhi Nei Visaiyaadhi Chooram, Pachchai Earuvai, Veerapatpam Pachai Vettu, Vellai Melukhu, Poorna Chandrothayam, Siddhaadhi Oil, Vaelampaddai oil, Vaelampaddai oil - 2, Ilaikalli Kulambu, Thengaai Nei, Thengaai Nei -1, Visayasundari Nei, Naaval Nei and Saaranjana Podi.

**5.8 RGM** which is noted in the above important medicines used for treat in 8 kinds of “*Puttru Noi*” (25%). Nandhimai used to treat in 21.87% of “*Puttru Noi*”. Pancha Paasana Chenthooram, Kowsikar kulambhu, Meha Naatha Oil and Vellai Melukhu used in 9.37% of “*Puttru Noi*”. Pancha Pasana Chenthooram, Vaalairasa Melukhu, Kukil Vallaari Lehiyam, Than Vanthiriyar Sandamarutha Chenthuoram, Thasamoolaadhi Nei and Visaiyaadhi Chooram were used to treat all kinds of “*Puttru Noi*” and “*Vippurudhi*”.

**5.9 Aellu** (*Sesamum indicum*) which is mostly noted (3.15%) in the above important medicines. Thippili (*Piper longum*) used in 2.36%, Garlic (*Allium sativum*), Ginger (*Zingiber officinale*), Kadukkaai (*Terminalia chebula*) and Karumseerakam (*Nigella sativa*) used in 2.10% of important medicines. Mercury which is mostly noted (12.77%) in the above important medicines. Sulphur used in 10.64%, Arithaaram (Yellow arsenic trisulphide) and Inthuppu (Sodium chloride impura) used in 7.45% of important medicines. 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.

## 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. In most of the Siddha text books, Cancer in Modern Medical System described in the name of “*Puttru Noi*” and “*Vippurudhi*”. While considering 62 kinds of “*Puttru Noi*” found classified in this manner we took into consideration 53 kinds of “*Puttru Noi*”.

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 Chenthuoram, Thasamoolaadhi Nei and Visaiyaadhi Chooram were used to treat all kinds of “*Puttru Noi*” and “*Vippurudhi*”.

It is described in Nayana Vidhi book, the surgery for “*Nayana Puttru Noi*”. Plants or herbs are observed as chief ingredients. It is reported in Siddha Medical books that some simple remedy could be given for “*Puttru Noi*” with medicines prepared with plants only.

## 7. Limitations

Any research project to be completed within a time frame is bound to have some constraints or limitations. In this respect we too have some limitations or rather constraints. They are

Research Period, Source Books, Traditional Medical Practitioners, Verse Forms and “Ola” (Palm Leaves Scripts).

## 8. Recommendations

We have to make some recommendations at the end of this research project. Within a short period with the help of our lecturers and books that were available to us we began this project. Almost all books on Siddha Medicine and valuable ancient books on Siddha Medicine are to be used in our research works.

- Hence it is imperative that such books should be well familiarized by the lecturers and to this end those books be made available to the students and staff.
- “Olas” containing verse forms must be converted into prose forms.
- All facts relating to “*Puttru*” as found in the Siddha system must be collected by lecturers.
- Further study of treating “*Puttru*” patients as told in those scripts must be subjected to clinical trials.

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