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REVIEW ON *VATHA KAPHA SURAM* IN SIDDHA MEDICINE VIDHYA MILANO PRASAD 1, ANTONY DURAICHI2 , THAYALINI THILEEBAN3

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Siddha Medicine is one of the ancient Tamil medical system. Disease caused in the human body shows different symptoms. Siddha diagnosis of disease is based on eight types of diagnostic tools(en vagaithervu) in which naadi plays an important role. The treatment method of Siddha Medicine is based on three vital humours (Vatha,Pitha and Kapha) which in turn based on panchabootham. Siddhars said about various diseases and the treatment methods with herbs, minerals and animal products. The coronavirus(COVID 19) infection is a pandemic disease and it needs special attention. Diagnosis itself becomes a challenge to all medical fields. It is important to rule out the correct diagnosis. Therefore the authors decided to find out about what siddha medicine says about COVID 19 infection. Accordingly thirteen Siddha text books were reviewed, in which the term suram, kaichal and jevram were the names taken in to consideration. 182 types of suram along with their sign and symptoms are found in the review, mentioned in thirteen Siddha text books. Siddha Medicine consider fever as a disease and not a symptom and among these 182 types of suram(fever), the sign and symptoms of covid-19 infection can be compared to kapha suram, pitha kapha suram and vatha kapha suram. But from the review, Nineteen major and minor symptoms such as cough, fever, breathing difficulty, aches and pains, tiredness, sore throat, running nose,diarrhea, nausea, tingling sensation,loss of smell and taste,bluish lips or face, fever mild to moderate and high, new confusion or inability to

arouse, headache, general feeling of unwell, chills, sweating, malaise, dizziness were found to be related with Vatha kapha suram and also additionally some of the other minor symptoms are also mentioned in Classical Siddha texts for Vatha kapha Suram.

Key words : Vatha Kapha Suram, Siddha Medicine