


Review Article

Literature Review of *Suram* (Fever) in Siddha MedicineThayalini Thileeban *, Vidhya Milano Prasad¹

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University of Jaffna, Sri Lanka**Email:**thayalini08@gmail.com**Abstract****Background:**Siddha Medicine is one of the Indigenous medical systems, which mentions about 4448 diseases affecting humans. *Suram* (fever) is considered as one of the diseases in Siddha Medicine whereas Western Medicine considers it as a sign and symptom of many diseases.**Aim:** The present literary review on *Suram* is aimed at incorporating all the relevant informations pertaining to understanding the synonyms, causes, pathology and types which have been mentioned in various Siddha literatures in scattered form.**Materials & Methods:** Literatures pertaining to *Suram* were reviewed from library of Unit of Siddha Medicine, University of Jaffna and main library of Jaffna municipal council. Thirteen books were identified and collected for this study.**Observations:** Out of 13 literatures, 7 (53.84 %) have mentioned about the causes of *Suram*. All 13 literatures have mentioned the types of *Suram* which are categorized based on *Doshas*. 45 causes are identified and categorized based on the *Tridoshas* (*Vatha*, *Pitha* and *Kapha*) through unhealthy diet and habits. Among the 182 types of *Suram* identified, 64 types (35%) fall under the category of mixed which are categorized based on the affected *Doshas*, *Dhatus* and clinical features. *Vata* and *Vata Kapha Suram* are mentioned in 77% of literature and 71% have considered the cause as vitiation of *Vathadosha*.**Conclusion:** A total of 182 types of *Suram*, due to *Vatha* and *Vathakapha* as the main cause has been mentioned in 77% of literature. The literary survey reveals, unhealthy food and habits (71%) as the main cause for *Vatha* and *Vathakapha Suram*.**Keywords:** Literature review, Fever, *Suram*, Siddha Medicine

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