

**CORRELATION BETWEEN *KALACHURUKKAM (RITUCHARYA)* AND  
MEDICINAL PLANTS USED IN *MUGAPOOCHUKKAL (MUGA LEPA)*  
MENTIONED IN THE *SIDDHA* TEXTS: A LITERATURE REVIEW**

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Siddha medicine is one of an ancient system of medicine based on ancient scientific knowledge of anatomy and chemistry other biological sciences and mainly for the quest of longevity. In the ancient society herbs played an important role in maintaining the beauty and body conditions. Many of these practices were subtly interwoven with the seasons (*Kalachurukkam/Ritucharya*) and the normal rituals of life (*Thinachurukkam /Dhinacharya*). Ancient knowledge of the healing properties of herbs also used in *Mugapoochukkal (Mugalepa)* Facial masks. Different *Lepas* (Masks or applications) were recommended for different seasons for body beautification. The objective of the study is to bring out the correlation between *Kalachurukkam (Ritucharya)* and medicinal plants used in *Mugapoochukkal (Muga Lepa)* which are mentioned in the Siddha texts by means of comparison with Siddha principles. In appropriately the literatures as Authenticated Siddha Texts, and for further knowledge Volumes of *Astanga Hrdhayam* were analyzed on the Siddha basic principles. 30 medicinal plants were used in the *Mugapoochukkal (Muga Lepa)* according to the *Kalachurukkam* (six seasons). In these *Santalum album*, *Glycyrhizza glabra* and *Seasamum indicum* are repetitively used in some of the seasons. According to the comparison made with the Siddha principles as high percentages of *Suvai*, *Veeryam*, *Vipakam* of certain medicinal plants in *Ilavenil (Vasanta Ritu)* is Bitter, *Sheetha*, Sweet and deprives *Pitta*, *Kapha*. *Muthuvenil (Krishma Rudhu)* have *Sheetha*, Sweet deprives *Pitta*, *Kaar (Varsha Rudhu)* has Sweet, *Ushna*, Sweet and deprives *Pitta*. *Koothir (Sarath Rudhu)* has Sweet, *Ushna*, Sweet and deprives *Pitta*. *Munpani (Hemantha Rudhu)* has (Bitter, Pungent, Astringent, Sweet), (*Ushna*, *Sheetha*), (Sweet, bitter) and deprives *Pitta*. *Pinpani (Sisira Rudhu)* has Sweet, *Ushna*, Sweet, Pungent deprives *Kapha* and *Pitta*. The gained *Siddha* principles of these medicinal plants relevantly relates to the dominating Tastes, provoked *Dosha* and mitigated *Dosha*. So the Medicinal plants used in each seasonal regimens were used by our ancestors with this certain prospects of *Siddha*. The bottom-line of the study is creating the trend toward looking back to ancient remedies in the rising demand for herbal skin care products like these *Mugapoochukkal (Mugalepa)* because it is becoming less and less acceptable to use facials and creams made from synthetic chemicals among the upcoming generations.

**Key words:** *Mugapoochukkal*, *Kalachurukkam*, *Siddha* Principles.