



**PREVENTING THOTRAA NOIGAL IN THE NEOTERIC
COMMUNITY THROUGH ETHICS AND CODES OF CONDUCTS
RELEVANT TO SIDDHA AND FORMATION OF STRESS RELIEVED
SOCIETY THROUGH SPIRITUAL PERFORMANCE –A LITERATURE
REVIEW**

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ABSTRACT

In the modern age when we are in an indiscriminate race of industrialization and urbanization, we are going ahead with unnatural way of living life. Consequently the human health is constantly deteriorating. This induces “Prevention is better than cure”. The high end of medical science is the preservation of health and can be attained in two ways. Firstly by eradicating diseases which may invade the body and secondly by due to observation of such rules that would keep away diseases. These rules are no less important than the treatment of diseases and the methods of cure. The rules in respect of food and

exercise by observing which a person succeeds in maintaining normal health constitute that branch of medical science, which is called hygiene. With respect to that, certain preventive measures (1) Food habits and ethics, (2) Mind and spiritual wellbeing, (3) Social behavior and discipline, (4) Social relationship, (5) Prevention of alcoholics and gambling, (6) Awareness of sexual life are analyzed in the tamil literary ancient texts Aacharakkova, Thirikadugam, Elathi, Sirupanjamoolam, Thirukkural and in Saiva Siddhanta text Tirumandiram to state the major problem that prevails in the modern society middle and old aged community that are affected by thottraa noigal. The analytical study will render the knowledge to bringout the philosophical perspectives into action to avoid affected by such diseases. The authors of these texts too justify their views through religious and practical life in concern to healthy and spiritual wellbeing in orderly relieving the mankind from disease proning through yoga therapy and meditation. Thus the idea could be attained by the good

social behaviors and relationships will guide a good social understanding to lead a diseaseless life. This social concern and community related medical advises are over ruled in these texts.

KEYWORDS: Preventive measures, Ancient texts, Thottraa Noigal, Social concern.

I. INTRODUCTION

Minor eighteen books were arised after the Sanga kala approximately 1800years back has been considered as the Sanga kala and it extended up to 2nd century AC. The books arised before 2nd century AC were thought as sanga literature by some people but it takes place after Sangakala. Aacharakkovai (Kayathurperuvaayinmulliyar), Sirupanjamoalam (Kaariyaasan), Elathi (Kanimethaviyar), Thirikadugam (Nallathanar), Thirukkural (Thiruvalluvar). These texts are compilation of moral and ethical codes also rules to be followed in everyday life. These books do not consist of any partiality regarding castes and spiritual, but convey the common system of moral codes for the folks whether they are followed. It is the uniqueness of tamil tradition. The books under minor eighteen majorly have sameness in giving the ethical codes to the public.

Another text Tirumandiram by Siddhar Tirumoolar is a sacred, monumental work of philosophical and spiritual wisdom rendered in verse form. Encyclopedic, in its vast scope and written perhaps as early 200 BC. It is one of India's greatest texts, a spiritual treasure trove and a sastra containing astonishing insight. It is a seminal work and is the first treatise in tamil that deals with different aspects of yoga, tantra and saiva siddhanta.

So the study of these valuable texts lead the people to live a healthy life and how they have to act in public places in order to avoid diseases and gain spiritual wellbeing.

II. JUSTIFICATION OF STUDY

The ancestors of old time according to the natural environment they lived, had the tendency to use the herbal and natural medications for the wellbeing and to avoid diseases. The diseases were limited to an extent in their time. But nowerdays the situation concurrently reverse givingway to disorders because of changing in life-styles, consuming fast foods and unhealthy diets, the tendency for consumption of more alcohol and tobacco, living in polluted environments and trauma due to occupational exposures are drivers of enhanced health risks. In the olden days, when process of ageing taken place, people were physically active in ages above 80's but now this has changed and the mortality ranges now onwards of 50-60 years of

age. The major problem in the community is increase in thottraa noigal. They are thamaragarogam, mathumegam, putru and iraipirumal. They are becoming more frequent as the population ages, incomes rise, urbanization becomes more prevalent and life styles become more sedentary. There has also been a risk in metho rogam, smoking and alcoholism which increase the risk of thottraa noigal. These all are effects of carelessness of the generations.

So studying the above mentioned texts guide the humanbeings to a healthy life by conveying the way to be followed. In a community, morally demolished, the people will follow the ethics only when they are practically proved. These texts predict the preliminary usage of ethics and it not only gives the morals but also the life rules of routine work. The individual and community considered healthy life is also discussed to lead a diseaseless wellbeing. Furthermore, for a stressed, depressed individual will be guided with meditation and yoga to overcome a stressful environment. This lacks the society with suffering from various diseases and leads to a healthy community with natural medications and life styles.

III. GENERAL OBJECTIVE

The Objective of the study is to analyze the certain preventive measures (Food habits and ethics, Mind and spiritual wellbeing, Social behavior and discipline, Social relationship, Prevention of alcoholics and gambling, Awareness of sexual life) that are discussed in above texts with respect to Siddha medicine to avoid thottraa noigal and for a natural longevity of life.

A. Objectives

- To make the modern society conscious of their diets from the modern food dilemma.
- The spiritual performance of Yoga and Meditation that act as an exercise which keeps mind and mentality healthy.
- Social relationships and concerns that relates to the public health and caring.
- To establish codes of good conducts and ethics to be accustomed to rightway of living.
- To prevent alcoholic and bad acts to avoid physical and mental disabilities.
- To avoid unsafe sexual intercourse and venerable diseases.

IV. RESEARCH METHODOLOGY

According to Siddha, discordance of doshas is disease and the concordance of doshas is health. Relevant to this, Siddha medical system conveys that "Prevention is better than cure".

Likewise precare of disease proning is the main, first and foremost truth of Siddha medical view.

So as accordingly the preventive measures,

1. Food habits and ethics
2. Mind and spiritual wellbeing
3. Social behavior and discipline
4. Social relationship
5. Prevention of alcoholics and gambling
6. Awareness of sexual life

are analyzed in the texts

1. Tirumandiram
2. Aacharakkovai
3. Elathi
4. Thirikadugam
5. Sirupanjamoolam
6. Thirukkural

With the idea of getting rid of thottraa noikal affecting the mankind and studied the modern science related to these old ethics from January to December 2018 within a year.

V. RESULTS AND DISCUSSION

In relation to the preventive measures that connects and concerns certain prospects are clarified.

A. Food habits and ethics.

Food (Ahara) is the basis of life prana. Siddha emphasis right diet as the foundation of all healing therapies. So in these texts the importance of Saatvic diet (killing or harming of animals)(conveyed in Elathi, sirupanja moolam, Tirumandiram and thirukkural), eating food without condemning or abusing, Praying before eating in order to avoid mental depressions of previous actions, Purification before eating, sharing and limitation of food are discussed in the view of free from upcoming diseases.

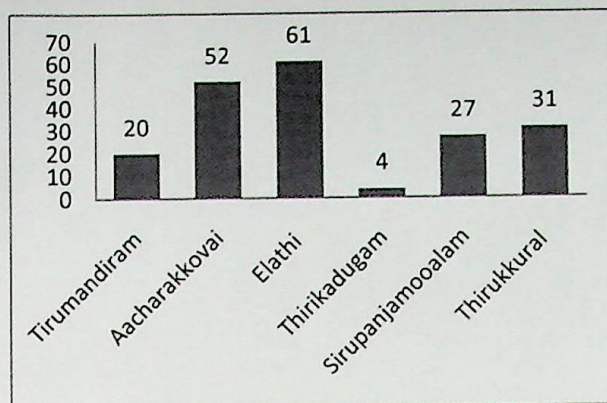


Figure 1. Texts Vs No of Ethics regarding food habits.

B. Mind and Spiritual wellbeing.

Soul, Body and Mind are connected to each other. When the stability between them destroys it causes disease. The clarity of the mind is the basic element of health. For keeping the corpulent body free from diseases ancient sages studied nature and rendered safer medical methods as herbal therapy, Yoga therapy, Meditation Etc. These ideas outfocused in Tirumandiram 3rd tandra representing as Attanga Yoga(Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi)and Meditation in Elathi (Verses 38,64,65,75,76,77), Sirupanjamoalam (Verses 4,6,34,65,96,101).

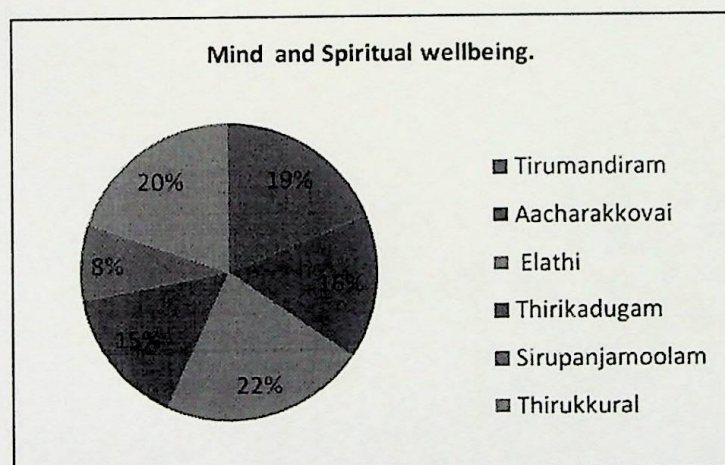


Figure 2. Percentage of Ethics regarding mind and spiritual wellbeing.

C. Social behavior and relationships.

The texts term that code of good conduct provides an easy base on which health can be established on proper lines. They also state that one who follows then letter a spirit will not be sorry throughout his life physically or mentally and he will enjoy a long and healthy life. The idea of Dinachurukkam related to morning rise, drinking fresh cool water, morning walk

or jogging, brushing teeth, oil massage, bath, meditation, breakfast, nocturnal schedule and Kalachurukkam including the regimens of six seasons are seen in every text. Relevant to Siddha both Dinachurukkam and Kalachurukkam are important measures for a healthy life.

Texts	Number of ethics found
Tirumandiram	117
Acharakkovai	87
Elathi	52
Thirikadugam	105
Sirupanjamoolam	129
Thirukkural	60

Figure 3. No of Ethics regarding social behavior and relationships.

D. Social relationships.

The philosophical perspective of these authors of these texts is “Loving other beings as oneself” is an important facet of their spiritual wisdom. Likewise when one soul reflects the suffering of another soul it is by knowing the spiritual relationship existing between them. Through this religious views the authors tried to convey certain prospects that are serving the public(children, extremities of life, pregnant mothers, handicapped and diseased) providing them medicaments, foods, place to live, giving love and care. Under certain pressing circumstances some social customs and manners come into practice.

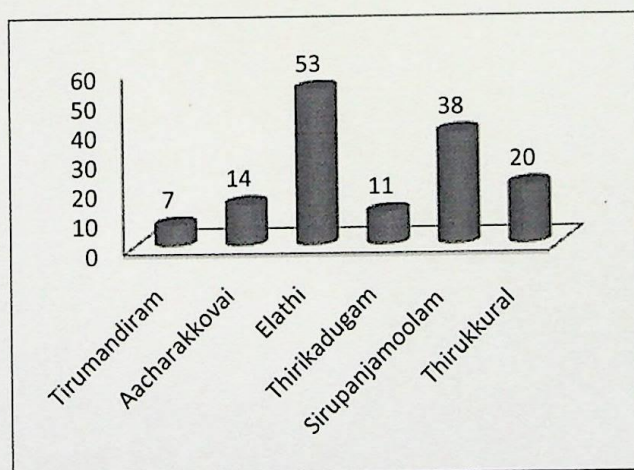


Figure 4: Texts Vs No of Ethics regarding Socialrelationships.

E. Prevention of alcoholics and gambling.

The texts clearly mention the experiences of drinking alcoholic beverages causes swoon, fear, grief, depression, fury, and death. And one who is free from these alcoholics will not be

touched by any physical or mental disabilities. The authors also insist to avoid sinful acts like gambling, adultery and smoking.

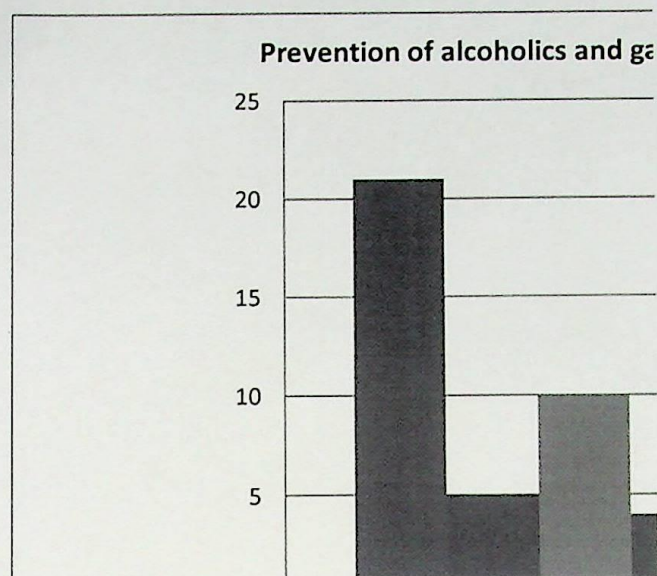


Figure 5: Texts Vs No of Ethics regarding prevention of alcoholics and gambling.

F. Awareness of sexual life

The texts depict the proper health maintenance in sexual intercourse. Sexual connection with wife is permitted and with other ladies who are diseased, unclean, another's wife are strictly disallowed.

They also guide the public to follow proper acts in sexual intercourse. This connects to the modern science as unsafe sexual contact causes venerable diseases, loss of semen and loss of virility.

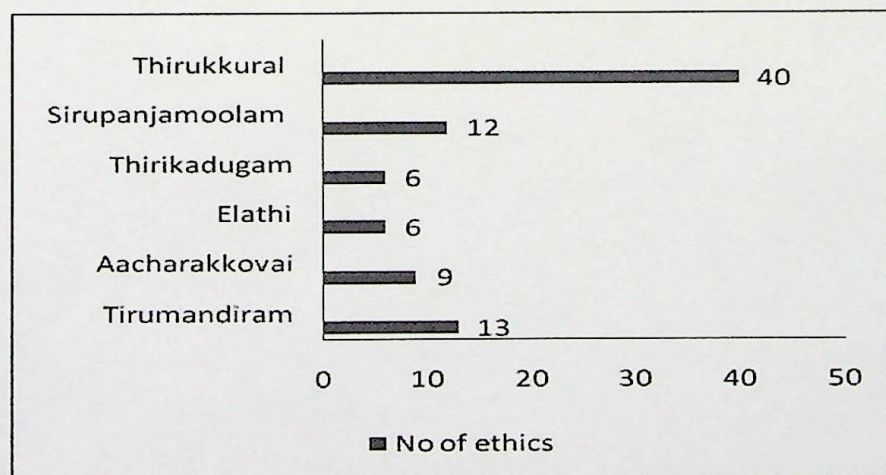


Figure 6: Texts Vs No of Ethics regarding sexual life.

The fertilization regarding births and caring is focused in the texts Tirumandra and Sirupanjamooalam. In Tirumantra it describes of sukla, sronidha and formation of humanbody. According to Sirupanjamooalam the view of caring the fertilized egg is revealed. So in Sirupanjamooalam it concerns the care a female in food, bathing and other, when they are in menstruating, lactating, preganancy and delivery periods. This is why Siddha insists the public in caring a female child in the above conditions to strengthen the uterus. Hence the pre-natal care, preganancy care and post-natal care are taken to avoid certain problems like kakaivalippu and kaayasuvatham after delivery.

VI. CONCLUSION

In the time of these texts humanlife was determined as being hundred years or more. The longitivity was possible with the help of natural medicinal systems, natural care, natural life style. But in the present age, life span has been significantly reduced to an average of 50 years but that too is not free from diseases. In the present day materialistic society suffering from thotraa noigal, physical senility, Mathumegam, Thamaragarogam, Ajeeranam, Insomnia and many other frustrations resulting from an indiscipline life style.

In view of the above reasons it becomes necessary that human health should remain freely secured in close association of nature. So in order to get away from diseases, the philosophical truths and ethics that are mentioned in the above texts have to be followed in day today life. They are not only just utterings, but according to the modern science they are the main ideas for a healthy life. Hence these ethics are of social concerns, have dominancy on a stress relieved life. Thus they also provide the humankind with yoga and meditation for the mind relaxity relevantly the idea is come from Siddha that considers disease is caused by imbalance of body and mind.

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