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ड्राफ्ट भारतीय मानक

सिद्ध शब्दावली की शब्दावली

भाग 2 - निवारक स्वास्थ्य के लिए मानकीकृत शब्दावली

Draft Indian Standard

Glossary of Siddha Terminology

Part 2 – Standardized Terminology for Preventive Health

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FOREWORD

(Formal Clauses would be added later)

There is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to the prevention and management of lifestyle-related disorders, and chronic, non-communicable, and systemic diseases. It is increasingly understood that no single healthcare system can provide satisfactory answers to all the health needs of modern society. Evidently, there is a need for a new inclusive and integrated healthcare regime that should guide health policies and programmes in the future.

Siddha medicine is an ancient medical system in India and involves a system of regional therapy with geographical significance for the convenience of treatment and comfort of patients. The Siddha system involves the use of herbs, minerals, metals, and any organic material available, and emphasizes patients' physiology, environment, age, gender, race, habits, psychology, habitat, diet, appetite, physical condition, and disease.

In the current scenario of Siddha medicine recognized as one of the comprehensive indigenous health systems, the Standard terminology relating to Siddha medicine will be an essential tool for working on other standards, guidelines, classifications, and regulations, as well as integrating Siddha medicine into mainstream health systems.

This document will facilitate Siddha medicine professionals, policymakers, health workers, service providers, researchers, and the public to use the same concepts, understanding, and definitions in communications, health care services, and medical records. It will support international cooperation in research, information exchange, standards, and classifications in Siddha medicine.

There are several Siddha-specific technical terms that are required to be documented in Standards covering the scopes of Structure and function, Preventive Health, Morbidity and Diagnosis, Materials, Processes and Medicine, Food, etc. facilitating comprehensive usage. The inputs have been derived from the information available in the public domain in the print and electronic media *inter-alia* the WHO International Standard Terminologies on Siddha Medicine available in the National AYUSH Morbidity and Standardized Terminologies Electronic (NAMASTE) Portal, Development of Standard Siddha Terminologies, Siddha Pharmacopoeia, and authoritative books of Siddha Medicine.

1 SCOPE

This standard (Part 2) covers the description/ definition of terminologies related to Preventive Health concepts in Siddha. The original terms appearing in the text have been transliterated into English and defined for the purpose of a clear understanding of the concept by any person who is not an expert in Siddha. These terms may be used by manufacturers, researchers, academicians, regulators, clinical practitioners, and other enthusiasts interested in the science of the Siddha system of Medicine.

2 Transliteration and Diacritical marks used for writing Tamil words in the glossary of Siddha Terminology

அ	a
ஆ	ā
இ	i
ஈ	ī
உ	u
ஊ	ū
எ	e
ஏ	ē
ஐ	ai
ஔ	o
ஓ	ō
ஔ	au
ஃ	ḥ

க்	k
ங்	ṅ
ச்	c
ஞ்	ñ
ட்	ṭ
ண்	ṇ
த்	t
ந்	n
ப்	p
ம்	m
ய்	y
ர்	r
ல்	l
வ்	v
ழ்	ḷa
ள்	ḷ
ற்	ṛ
ன்	ṅ

3 STANDARDIZED TERMINOLOGIES FOR PREVENTIVE HEALTH

S. No	Siddha Term	Hindi Translation	English Transliteration	English Term	Description
1	அசுசிதோடம்		Acucitōṭam	Flaw of the Filthy rice	Cooking rice along with stone, soil, germs, hair, and husks will cause diseases like Arōcakam (disorders related to taste), Kuṇmam (acid peptic disorders), and Pēti (diarrhoea).
2	அரைப்பு வகை		Araippu vakai	Types of bath powders	Different varieties of astringent-flavoured bath powders are used to remove oiliness during an oil bath.
3	அன்னமுலர்ந்த தோடம்		Aṇṇamularntatōṭam	Flaw of dried rice	Eating dry cooked rice can cause indigestion.
4	ஆகாத பண்டங்கள்		Ākāta paṇṭaṅkaḷ	Favourable/ Appropriate Foods	Foods and beverages to be avoided in bedside regimens
5	ஆகும் பண்டங்கள்		Ākum paṇṭaṅkaḷ	Unfavourable/ Inappropriate Foods	Recommended foods and beverages to be taken as part of the bedside regimen
6	ஆதாந காலம்		Ātāna kālam	Northern Solstice	Is that part of the year when there is the ascent of Sun ie., northward movement. Extends between Tamil calendar months - Maasi to Aadi (Mid-February to Mid-August). - This is the season of attenuated strength in human beings. syn. Uttarayanam
7	இச்சாபத்தியம்		Iccāpattiyam	Dietary restrictions with sexual abstinence	Following certain restrictions in conjunction with sexual abstinence during the treatment period.
8	இடதுகையிற் படுப்போம்		Iṭatukaiyir paṭuppōm	Left side sleeping	Sleeping on the left side while keeping the left hand under the head. This is the recommended sleep posture.
9	இரண்டடக்கல்		Iraṇṭaṭakkal	Restraint of twin urges	Suppressing the urge to urinate and defecate.
10	இளவேனிற்காலம்		Iḷavēṇirkālam	Early summer season	One of the six seasons, comprising The Tamil Calendar months - Chittirai to Vaikasi (Mid-April to Mid-June) is the early part of the summer.
11	உடற்பயிற்சி / அப்பியாசம்		Uṭarpayirci / appiyācam	Exercise	An activity either physical or mental, is recommended for routine practice to stay healthy
12	உண்டபின்பு குறு நடை கொள்வோம்		Uṇṭapinpu kuṟu naṭai koḷvōm	stroll after meal	A short walk after meals is highly recommended.
13	உத்திராயணம்		Uttirāyaṇam	Proximity of sun rays shifts to northern hemisphere	It is the Six-month period during which the proximity of sun rays shifts to the northern hemisphere, corresponding to the second half of early winter to the first half of late summer.

14	ஐங்கற்பம் / பஞ்ச கற்பம்	Aiṅkarpam / pañca karpam	Five – ingredient topical rejuvenator	A bath powder made of five herbal ingredients to be mixed with milk and applied over scalp, before bathing
15	ஒருபொழுது	Orupōḷutu	One meal	A method of fasting, in which only lunch is taken, thereby skipping breakfast and dinner. The one-meal-a-day dietary regimen
16	ஒழுக்கங்கள்	Ozukkaṅkaṅḷ	Righteous living	Nithya olukkam, Kaala olukkam; Good personality traits like silence, sincerity, charity, humanity, humility, honesty, politeness, justice, love and care for others are encouraged
17	கஞ்சி தோடம்	Kaṅci tōṭam	Fault of Rice Porridge	Adding porridge to cooked rice can cause indigestion
18	கண்டஸ்நானம்	Kaṅṭasnāṇam	Bath up to the neck	Bathing partially up to the neck without - dampening the head.
19	கற்ப சாங்கம்	Karpa cāṅkam	Rejuvenation procedures	Practices involving diets, physical exercises, yogic practices, and mudras, for reinvigorating the body
20	கனிகளில் வாழை பிஞ்சு உண்போம்	Kaṅikaḷil vāḷai piṅcu uṇṇōm	Consume young, tender fruit of banana	Consume tender bananas among fruits.
21	காந்தல்தோடம்	Kāntaltōṭam	Flaw of Charred rice	When rice is overcooked without a sufficient amount of water, it turns charred. consumption which can lead to digestive disorders.
22	கார்காலம்	Kārkālam	Rainy season	One of the six seasons, comprising The Tamil Calendar months - Aavani to Purattasi (Mid-August to Mid-October)
23	காலை எழுதல்	Kālai eḷutal	Rising at dawn	Early rising is one of the recommended daily routines. It is suggested to wake up between 4 am and 6 am in the morning to achieve a healthy body and clearer mind
24	குழைந்ததோடம்	Kuḷaintatōṭam	Flaw of over- boiled Rice	Overcooked rice can reduce the body's digestive fire and cause indigestion.
25	குளியல்	Kuḷiyal	bath	Washing the entire body is one of the daily routines.
26	குறிஞ்சி	Kuṅiṅci	hilly terrain	Mountains and adjoining areas
27	கூதிர்காலம்	Kūṭirkālam	Autumn season / late rainy season	One of the six seasons, comprising The Tamil Calendar months – Iyppasi to Karthigai, (Mid-October to Mid-December), the later rainy season.
28	கொதிதோடம்	Kotitōṭam	Flaw of Uncooked Rice	This is due to the rice not being cooked properly causing a type of indigestion called Alaca rōkam.
29	கொழியலரிசி தோடம்	Koḷiyalaricitōṭam	Flaw of poorly cleaned rice -	Cooking and eating rice that has not been cleaned properly can reduce lifespan
30	கொள்ளை நோய்	Koḷḷai nōy	Epidemic disease.	A disease that appears suddenly, spreads intensively, making innumerable people to suffer,

destroys many villages and then disappears may be termed as epidemic disease e.g. Fevers and diseases due to an imbalance of Azhal/Pitham and Iyyam/kapham, eruptive fever, cholera plague, etc

31	சிறுபொழுது	Ciru poḷutu	time segments of the day	Six equal time segments/divisions (cirupoḷutu) of the day (24 hours): 1. Dawn (Vaikarai) - 02:00-06:00 Hrs 2. Morning (Kālai) - 06:00-10:00 Hrs 3. Noon (Naṭuppakal)-10:00-14:00 Hrs 4. Afternoon (Erpāṭu)-14:00-18:00 Hrs 5. Evening (Mālai)-18:00-22:00 Hrs 6. Midnight (Naṭuiravu)-22:00-02:00 Hrs
32	சீலம்	Cīlam	good conduct	It signifies good behaviour, discipline, and well-being.
33	தட்சிணாயனம்	Taṭciṇāyaṇam	Proximity of sun rays shifts to southern hemisphere	It is the Six-month period during which the proximity of sun rays shifts to the southern hemisphere, corresponding to the second half of late summer to the first half of early winter.
34	தலைமுழுக்கு/ எண்ணெய்க் குளியல்	Talaimuzukku/ eṇṇeyk kuḷiya	oil bath	Applying/massaging (medicated) oil over the body from head to toe, followed by a hot water bath
35	திணை / ஐந்திணை / ஐவகை நிலம்	Tiṇai / aintiṇai / aivakai nilam	ecological terrain	The five types of ecological zones are hilly terrain and adjoining areas, forest ranges, arable/riverine land, coastal belts and adjoining regions, and arid zones/deserts; According to the Siddha concept, the individual's constitution, diseases, treatment, and prognosis vary with the landscape.
36	திரிதோட சமபொருட்கள்	Tiritōṭa camaporuṭkaḷ	Tri-humoral pacifying spices	The following eight spices cardamom, turmeric, cumin seeds, dry ginger, asafoetida, fenugreek, garlic and pepper are used to maintain the equilibrium of the three humours in the body and correct any imbalance if present. They are part of the regular Indian cuisine.
37	தேகசித்தி / காயசித்தி	Tēkacitti / kāyacitti	the accomplishment of good health	Attainment of absolute health, fitness, and happy body condition, facilitating longevity
38	தொற்று நோய்	Torru nōy	Infectious/Contagious diseases.	Diseases that are transmitted from one person to another by contacting either directly or indirectly.
39	நசியம் முறை	Nacyam muṛai	nasal instillation	A process by which the drug is administered through the nostrils.
40	நாறு கந்தம் புட்பம்	Nāru kantam puṭpam	flower fragrance	Flower fragrance
41	நீர்கருக்குதல் / நீர் சுருக்கல்	Nīrkarukkutaḷ/ nīr curukkal	boiled water	Water that is condensed well after boiling

42	நெய்தல்	Neytal	coastal belts	Coastal tracts and adjoining areas; salty terrain
43	நெய்யுருக்கி	Neyyurukki	Melted ghee (clarified butter)	Ghee is to be consumed only after melting
44	நொந்ததோடம்	Nontatōṭam	Fault of Spoilt Rice	If cooked rice is left for too long, it becomes watery and spoilt. -consumption of which leads to Ati nittirai (hypersomnia) and Cīṭāti rōkaṅkaḷ.
45	பகற்புணரோம்	Pakarpuṇarōm	Abstinence of diurnal sexual	Avoid daytime sexual intercourse.
46	பகற்றுயிலோம்	Pakarruyilōm	Abstinence of Diurnal sleep	Daytime sleep is to be avoided for the prevention of diseases
47	பசித்துண்ணல்	Pacittuṇṇal	Eat only when hungry	Eat food only after having a good appetite.
48	பட்டினி / லகு அன்னம் / லங்கணம்	Paṭṭiṇi / Laku aṅṅam / Laṅkaṅam	Light food	It means Light Food (Laku aṅṅam). Fasting is the most common treatment for Cura Nōykaḷ (Fever disease). It is recommended as no-foods / Light-foods based on the Siddha humoural pathology.
49	பாத்திராபிகாரம்	Pattirāpikāram	Preparation of plantain leaf before serving food.	It is a Pre-food serving procedure. The tip of the leaf should be placed on the person's left side. The leaf is gently wiped with water following which a drop of ghee is smeared on the leaf. Food items are then to be served.
50	பல் துலக்கல்	Pal tulakkal	Cleaning of teeth	Cleaning of teeth is one of the daily routines. Brushing the teeth using bitter, spicy, and astringent-tasting powders consisting of herbal leaf, stem, or root.
51	பாகம் தவறுதல்	Pākam tavarūtal	Flaws in cooking rice	Properly cooked rice is good for health, but overcooked, uncooked, or rice that is kept for a long time will cause diseases. The flaws in cooking methods are eight in number. Kañci tōṭam, Kuḷaintatōṭam, Kotitōṭam, Kāntaltōṭam, Koliyalaricitōṭam, Acucitōṭam, Aṅṅamularntatōṭam and Nontatōṭam
52	பாலுண்	Pāluṅ	consumption of milk	Only cow's milk is recommended at night, avoid other heavy-digesting milk varieties.
53	பாலை	Pālai	arid tracts	Desert and its adjoining area.
54	பிணி அணுகாவிதி	Piṇi aṅukāvīti	Disease prevention regimen	Disease prevention regimen
55	பின்பனிக்காலம்	Piṇṇaṅikkālam	late winter season	One of the six seasons, comprising the Tamil calendar months – Maasi to Panguni (Mid-February to Mid-April) during which the dew falls during the late night.
56	பெரும் பொழுது / பருவ காலம்	Perum poḷutu / paruva kālam	seasons of the year	There are six seasons in a year: 1. Kārkālam -early rainy season 2. Kūtirkālam- late rainy season), 3. Muṇṇaṅkālam- early winter season 4. Piṇṇaṅikkālam- late winter season 5. Iḷavēṅṅkālam - early summer season

6. Mutuvēṇṇikālam -late summer season

57	பேதி முறை	Pēti muṛai	purgation procedure	One of the lines of treatment used to pacify the deranged Vali/Vatham. Once in four months, it is used as a prophylactic treatment/prophylaxis for general well-being.
58	மருதம்	Marutam	arable/riverine lands	Fertile land and adjoining areas, agricultural tracts associated with fertile riverbeds
59	மலசலம் கழித்தல்	Malacalam kazittal	Excretion of stools and urine	Excretion of stools and urine is one of the daily regimens.
60	மனையடி நூல் / சிற்பநூல் / மனையடிசாஸ்திரம்	maṇaiyaṭi nūl / ciṛpanūl / maṇaiyaṭicāstirama	treatise on architecture	Manai means house; Traditional Knowledge that analyses the impact of different methods of land selection, design, layout, and construction of buildings on the prospect of healthy living. The ancient science of architecture
61	முதனாள் சமைத்த கறி	Mutaṇāl camaitta kaṛi	previous day's meal / stale food	Food cooked the day before.
62	முதுவேனிற் காலம்	Mutuvēṇṇiṛ kālam	late summer season	One of the six seasons, comprising the Tamil Calendar months - Aani to Aadi (Mid-June to Mid-August), being the later part of summer.
63	முல்லை	Mullai	forest ranges	Forests and adjoining areas, sylvan tract
64	முன்பனிகாலம்	Muṇṇaṇṇikālam	early winter season	One of the six seasons, comprising The Tamil Calendar months – Margazhi & Thai (Mid December to Mid-February) during which the dew falls during the early night.
65	மூத்த தயிர்	Mūtta tayir	well-set curd	A well-formed sour curd
66	மூலஞ்சேர்கறி	Mūlañcēṛkaṛi	Food predisposing to anorectal diseases	Diet leading to anorectal diseases
67	மூன்றுபொழுது உண்ணோம்	Mūṇṇrupozuṭu uṇṇōm	Abstain three meals a day	Abstain from eating three meals a day.
68	மெய்சுத்தி/ தேகசுத்தி	Meycutti/ tēka cutti	detoxification of body	Detoxification and cleansing of the body.
69	மையிடுதல்	Maiyiṭṭal	application of collyrium	A method of applying medicine to the eye, such as an eye ointment
70	மோர் பெருக்கி	Mōr perukki	diluted buttermilk	Diluted buttermilk
71	வமனம் முறை	Vamaṇam muṛai	emesis procedure	The process of inducing vomiting as a prophylactic treatment for pacifying deranged Azhal/Pitham. Generally advised once in six months for general well-being.
72	விசர்க்க காலம்	Vicarkka kālam	Southern Solstice	Is that part of the year when there is the descent of Sun ie., the Southward Movement. Extends between Tamil Calendar months (Aavani to Thai) from mid-August to mid-

February, this is the season of enhanced strength in human beings.
