

BUREAU OF INDIAN STANDARDS**DRAFT FOR COMMENTS ONLY**

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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

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 uses herbs, minerals, metals, and organic materials to treat patients based on their unique physiology, environment, and lifestyle factors, including 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, Siddha medicine manufacturers 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, Siddha Formulary of India, 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	ṟ
ன்	ṅ

3 STANDARDIZED TERMINOLOGIES FOR PREVENTIVE HEALTH

S. No	Siddha Term	Hindi Translation	English Transliteration	English term	Description
1.	அசுசிதோடம்	असुसिदोषम	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 (குளியல்)	पीसने के प्रकार (स्नान)	Araippu Vakai (Kuḷiyal)	Types of bath powders	Different varieties of astringent-flavoured bath powders are used to remove oiliness during an oil bath.
3.	அன்னமுலர்ந்த தோடம்	सूखे अन्न दोष	Anṇamulārṇ Tatōṭam	Flaw of dried cooked rice	Eating dry cooked rice can cause indigestion.
4.	ஆகாத பண்டங்கள்	निरोध भक्षण	Ākāta Paṇṭaṅkaḷ	Unfavourable/ Inappropriate foods	Foods and beverages to be avoided in dietary regimens
5.	ஆகும் பண்டங்கள்	सही भक्षण	Ākum Paṇṭaṅkaḷ	Favourable/ appropriate foods	Recommended foods and beverages to be taken as part of the dietary regimen
6.	ஆதாந காலம்	उत्तरी अयनांत	Ātāna Kālam	Northern solstice	Is that part of the year when there is the ascent of Sun i.e., 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.	இடதுகையிற் படுப்போம்	बाएँ निद्रा	Iṭatukaiyir Paṭuppōm	Left side sleeping	Sleeping on the left side while keeping the left hand under the head, with the left leg folded at the knee, on it extended right leg is placed on which the right hand is rested. This is the recommended sleep posture.
8.	இரண்டலக்கல்	द्वि इच्छा नियंत्रण	Iraṇṭaṭakkal	Restraint of twin urges	Suppressing the urge to urinate and defecate.
9.	இளவேனிற்காலம்	वसंत काल	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.
10.	உடற்பயிற்சி / அப்பியாசம்	देहाभ्यास / अभ्यासम	Uṭarpayir̄ci / Appiyācam	Exercise	An activity either physical or mental, is recommended for routine practice to stay healthy
11.	உண்டபின்பு குறு நடை கொள்வோம்	खाने के उपरांत धीमी सैर करेंगे	Uṇṭapiṇṇu Kuṟu Naṭai Kolvōm	Stroll after meal	A short walk after meals is highly recommended.
12.	உத்திராயணம்	उत्तरायण	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.

13.	ஐங்கற்பம் / பஞ்ச கற்பம்	ऐक्यम/ पंचकर्म	Aiṅkarpam / Pañca Karpam	Five – ingredient topical rejuvenator	A bath powder made of five herbal ingredients to be ground with milk, heated and then applied over the scalp, before bathing.
14.	ஒருபொழுது	मात्र एक बार आहार	Orupoḷutu	One meal	A method of fasting, in which only lunch is taken, thereby skipping breakfast and dinner. The one-meal-a-day dietary regimen
15.	ஒழுக்கங்கள்	नैतिकता	Ozukkankal	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
16.	கஞ்சி தோடம்	कांजी दोष	Kaṅci Tōṭam	Fault of rice porridge	Overcooked rice with excessive water that cannot be separated, can cause indigestion
17.	கண்டஸ்நானம்	कंठ स्नान	Kaṅṭasnānam	Bath up to the neck	Bathing partially up to the neck without - dampening the head.
18.	கற்ப சாங்கம்	कर्मसंगम	Karpa Cāṅkam	Rejuvenation procedures	Practices involving diets, physical exercises, yogic practices, and mudras, for reinvigorating the body
19.	கனிகளில் வாழை பிஞ்சு உண்போம்	फलों में कच्चा केला सेवन करेंगे।	Kaṅikalil Vāḷai Piñcu Uṅpōm	Consume unripe banana	Among the fruits, it is recommended to consume unripe bananas.
20.	காந்தல்தோடம்	जले हुए चावल दोष	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.
21.	கார்காலம்	बरसात का मौसम	Kārkālam	Rainy season	One of the six seasons, comprising The Tamil Calendar months - Aavani to Purattasi (Mid-August to Mid-October)
22.	காலை எழுதல்	भोर में जागना	Kālai Ezutal	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
23.	குழைந்ததோடம்	अधिक उबला चावल दोष	Kuḷaintatōṭam	Flaw of over- boiled rice	Overcooked rice can reduce the body's digestive fire and cause indigestion.
24.	குளியல்	स्नान	Kuḷiyal	Bath	Cleansing the entire body is one of the daily routines.
25.	குறிஞ்சி	कुरिंजी	Kuṛiñci	Hilly terrain	Mountains and adjoining areas
26.	கூதிர்காலம்	हेमंत ऋतु	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.
27.	கொதிதோடம்	कम उबले दोष	Kotitōṭam	Flaw of uncooked rice	This is due to the rice not being cooked properly causing a type of indigestion called Alaca rōkam.
28.	கொழியலரிசி தோடம்	अशुद्ध चावल दोष	Koḷiyalaricitōṭam	Flaw of poorly cleaned rice -	Cooking and eating rice that has not been cleaned properly can reduce lifespan
29.	கொள்ளை நோய்	महामारी रोग	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
30. சிறுபொழுது	सिरु पोलुदु (समय खंड)	Cīru Polutu	Time segments of the day	Six equal time segments/divisions (cīrupolutu) of the day (24 hours): 1. Dawn (Vaikaṛai) - 02:00-06:00 Hrs 2. Morning (Kālai) - 06:00-10:00 Hrs 3. Noon (Naṭuppakal)-10:00-14:00 Hrs 4. Afternoon (Eṛpātu)-14:00-18:00 Hrs 5. Evening (Mālai)-18:00-22:00 Hrs 6. Midnight (Naṭuiravu)-22:00-02:00 Hrs
31. சீலம்	शील	Cīlam	Good conduct	It signifies good behaviour, discipline, and well-being.
32. தட்சிணாயனம்	दक्षिणायण	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.
33. தலைமுழுக்கு/எண்ணெய்க்குளியல்	सिर स्नान/ तैल स्नान	Talaimuzukku/Enṇeyk Kuḷiyal	Oil bath	Applying/massaging (medicated) oil over the body from head to toe, followed by a hot water bath
34. திணை / ஐந்திணை / ஐவகை நிலம்	तिणई / पाँच तिणई / पाँच प्रकार की भूमि	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.
35. திரிதோட சம்பொருட்கள்	त्रितोड समपदार्थ	Tiritōṭa Camaporuṭkal	Tri-humoral neutralizing spices/ substances	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.
36. தேகசித்தி / காயசித்தி	देह सिद्धि / काय सिद्धि	Tēkacitti / Kāyacitti	The accomplishment of good health	Attainment of absolute health, fitness, and happy body condition, facilitating longevity
37. தொற்று நோய்	संक्रामक रोग	Torru Nōy	Infectious/contagious diseases.	Diseases that are transmitted from one person to another by contacting either directly or indirectly.
38. நசியம் முறை	नासी पद्धति	Naciyam Muṛai	Nasal instillation	A process by which the drug is administered through the nostrils.
39. நாறு கந்தம் புட்பம்	सुगंधित पुष्प	Nāru Kantam Puṭṭam	Flower fragrance	Flower fragrance

40.	நீர்கருக்குதல் / நீர் சுருக்கல்	जल संक्षेपन	Nīrkarukkutal/ Nīr Curukkal	Boiled water	Reducing the volume of water by boiling.
41.	நெய்தல்	समुद्र तट प्रदेश	Neytal	Coastal belts	Coastal tracts and adjoining areas; salty terrain
42.	நெய்யுருக்கி	पिघला घी	Neyyurukki	Melted ghee (clarified butter)	Ghee is to be consumed only after melting
43.	நொந்ததோடம்	खराब चावल दोष	Nontatōtam	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 Cītāti rōkaṅkaḷ.
44.	பகற்புணரோம்	दिन में यौन निषेध	Pakarpuṅarōm	Abstinence of diurnal sexual intercourse	Avoid daytime sexual intercourse.
45.	பகற்றுயிலோம்	दिन में निद्रा निषेध	Pakarruyilōm	Abstinence of diurnal sleep	Daytime sleep is to be avoided for the prevention of diseases
46.	பசித்துண்ணல்	भूख लागने पर खाना	Pacittuṅṅal	Eat only when hungry	Eat food only after having a good appetite.
47.	பட்டினி / லகு அன்னம் / லங்கணம்	उपवास/ लघु आहार/ लघनम	Paṭṭini / 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.
48.	பாத்திராபிகாரம்	पत्राधिकारम	Pāttirāpikāram	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.
49.	பல் துலக்கல்	दांत मंजन	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.
50.	பாகம் தவறுதல்	अन्न पकान में दोष	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 tōtam, Kuḷaintatōtam, Kotitōtam, Kāntaltōtam, Koḷiyalaricitōtam, Acucitōtam, Aṅṅamularntatōtam and Nontatōtam
51.	பாலுண்	दुध सेवन	Pāluṅ	Consumption of milk	Only cow's milk is recommended at night, avoid other heavy-digesting milk varieties.
52.	பாலை	सूखा प्रदेश	Pālai	Arid tracts	Desert and its adjoining area.
53.	பிணி அணுகாவிதி	रोग से बचकर रहना	Piṇi Aṅukāviti	Disease prevention regimen	Disease prevention regimen
54.	பின்பனிக்காலம்	शिशिर	Piṅpaṅikkālam	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.	
55.	பெரும் பொழுது / பருவ காலம்	ऋतुर्	Perum Poḷutu / Paruva Kālam	Seasons of the year	There are six seasons in a year: 1. Kārkaḷam -early rainy season 2. Kūṭirkālam- late rainy season, 3. Muṇṇaṇikālam- early winter season 4. Piṇṇaṇikkālam- late winter season 5. Iḷavēṇirkālam - early summer season 6. Mutuvēṇirkālam -late summer season
56.	பேதி முறை	रेचन प्रक्रिया॥	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.
57.	மருதம்	मरुदम	Marutam	Arable/riverine lands	Fertile land and adjoining areas, agricultural tracts associated with fertile riverbeds
58.	மலசலம் கழித்தல்	मलमूत्रादि निकास	Malacalam Kazittal	Excretion of stools and urine	Excretion of stools and urine is one of the daily regimens.
59.	மனையடி நூல் / சிற்பநூல் / மனையடிசாஸ்தி ரம்	वास्तु ग्रंथ / शिल्प कला ग्रंथ/ वास्तु शास्त्र	Maṇaiyaṭi Nūl / Ciṛpanūl / Maṇaiyaṭicāstiram	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
60.	முதனாள் சமைத்த கறி	पूर्व दिन पका हुआ खाना	Mutaṇāl Camaitta Kaṛi	Previous day's meal / stale food	Food cooked the day before.
61.	முதுவேனிற் காலம்	मुदु वेनिर कालम (ज्येष्ठ और आषाढ)	Mutuvēṇiṛ 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.
62.	முல்லை	मुल्लई	Mullai	Forest ranges	Forests and adjoining areas, sylvan tract
63.	முன்பனிகாலம்	मुन पनि कालम मार्ग शीर्ष और पूस	Muṇṇaṇikālam	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.
64.	மூத்த தயிர்	मूत्त तायिर्	Mūtta Tayir	Well-set curd	A well-formed sour curd
65.	மூலஞ்சேர்கறி	मूलञ्जेर करि	Mūlañcērkari	Food predisposing to anorectal diseases	Diet leading to anorectal diseases
66.	மூன்றுபொழுது உண்ணோம்	तीन बार नहीं खाएँ॥	Mūṇṇuḷutu Uṇṇōm	Abstain three meals a day	Abstain from eating three meals a day.
67.	மெய்சுத்தி/ தேகசுத்தி	शरीर शुद्धि / तन शुद्धि	Meycutti/ Tēka Cutti	Detoxification of body	Detoxification and cleansing of the body.
68.	மையிடுதல்	काजल लगाना	Maiyiṭutal	Application of collyrium	A method of applying medicine to the eye, such as an eye ointment
69.	மோர் பெருக்கி	छाछ को अधिक करके	Mōr Perukki	Diluted buttermilk	Diluted buttermilk

70.	வமனம் முறை	वमनम पद्धति	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.
71.	விசர்க்க காலம்	विसर्ग कालम	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.
