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MANAGEMENT OF HYPERLIPIDAEMIA WITH ORGANOLEPTIC CHARACTER (TASTE) AS PER SIDDHA CONCEPT

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ABSTRACT
Hyperlipidaemia (Adhithoola noi) is a well-known metabolic disorder, prevalent in 30-40% of the people worldwide and generalized, abdominal and combined obesity was 56%, 71.2%, and 51.3% respectively in 2018. It is one of the most important factors of morbidity and mortality related to atherosclerotic cardiovascular disease. Siddha medical system is one of the ancient systems. As per Siddha system, tridosham or the three humours namely vatham, pitham and Kapham are in a state of equilibrium, potentiate the well-being of human body. Imbalance of any of these humours initiates the disease and its further progression. In Siddha tridosham, kapham is the prime humour to initiate this disease. Neutralizing the vitiated humours by medicinal herbs (root, bark, leaves) based on their organoleptic characters especially taste such as bitter, pungent, astringent are taken to therapeutic regimen. Bitter substances were high in observed plants and Leaves were high rank of part used as plant raw materials of the taste in bitter, pungent and astringent taste for treating Hyperlipideamia. In this constitution based individualized medicine, taste place a major role in selection of medicinal herb for an individual. This article deals with the siddha intervention of management of hyperlipidaemia with special reference to the taste of herbs.

KEYWORDS: Hyperlipidaemia, Siddha, Tridosham, Taste, Medicinal herbs.

INTRODUCTION
Hyperlipidaemia (Adhidhoolanoi) is a well-known metabolic disorder, prevalence in 30-40% of the people worldwide and generalized, abdominal and combined obesity was 56%, 71.2%, and 51.3% respectively in 2018. It is one of the most important factors of morbidity and mortality related to atherosclerotic cardiovascular disease. Hyperlipidemia stands as one of the leading health problem worldwide especially in developing countries like India. Therefore all health providers try to manage and cure the Hyperlipidaemia in particular system of tradition such as Allopathy, Ayurveda, Siddha, Unani and Homeopathy, etc. Siddha medical system is one of the ancient systems. It has rich collection of herbs for the treatment of various acute and chronic ailments.

In Siddha perspective, regular elimination of dosham is important because normal metabolic processes continuously produce them. The level of production of tridosham of our body depends primarily on which taste we consume. Tastes influence the balance of the dosham in the body. So with specific diseases, taste of the individual is examined to arrive at a conclusion by knowledge of taste of the herb will be utilized to decide treatment regimen of hyperlipidaemia. In Siddha concept of "Andathil Ullathey Pindam" that is the happening of human body (microcosm) is same that of the cosmos (macrocosm), and the Tridosham theory of Vatham, Pitham and Kapham are the basic principles of Siddha medicine which plays a vital role in the pathology of obesity. According to Siddha literature kapham is the prime humour that is aggravated to initiate the disease due to change of food and life style (Unavaathi Seyal) this results in derangement of Kapham. Hyperlipidaemia complications depend on the accumulated kapham in various parts of human body. In order to balance the elevated kapham, the taste *kaippu* (bitter), *kaarpu* (pungent) and *thuvarpu* (astringent) are found to be suitable for the selection of anti-hyperlipidaemic herbs. In selection of herbs, sweet sour and salt were eliminated as they both contradict with each other and increases kapham. Hence herbs with predominant bitter or pungent or astringent or combination of these are chosen for better anti-hyperlipidaemic action. The anti-hyperlipidaemic herbs used in Siddha system of medicine, for its taste in pacifying the deranged dosham along with its part to be used and states the scientific validation available for the historic claims.

MATERIALS AND METHODS

- Research design: Literature review
- Reviewed from selected authenticate siddha classical texts available in books and e-books.
- E-books searched from Science Direct, Springer, Google Scholar, Elsevier, etc.
- Collected data list out by various analyses.

RESULT

Concept of Tridhosam with Panchabootham:

Vatham	Aakayam (space) + Vayu (air)	Controls movements, action of nerves and sensations.
Pitham	Thee (fire)	Predominant constituent of blood, metabolic activity, Production of warmth
Kapham	Mann (earth) + Neer (water)	Controls stability, predominant constituent of fluid, fat.

Concept of Udarthathu (body) with Tridhosam

Tridhosam	**Panchabootham**	**Udarthathu (body)**
Vatham	Aakayam (space) + Vayu (air)	Elumbu (bone)
Pitham	Thee (fire)	Kurudhi (blood)
Kapham	Mann (earth) + Neer (water)	Rasa, Tasai (musle), Kozhuppu (adipose tissue), majjai (marrow), sukilam.

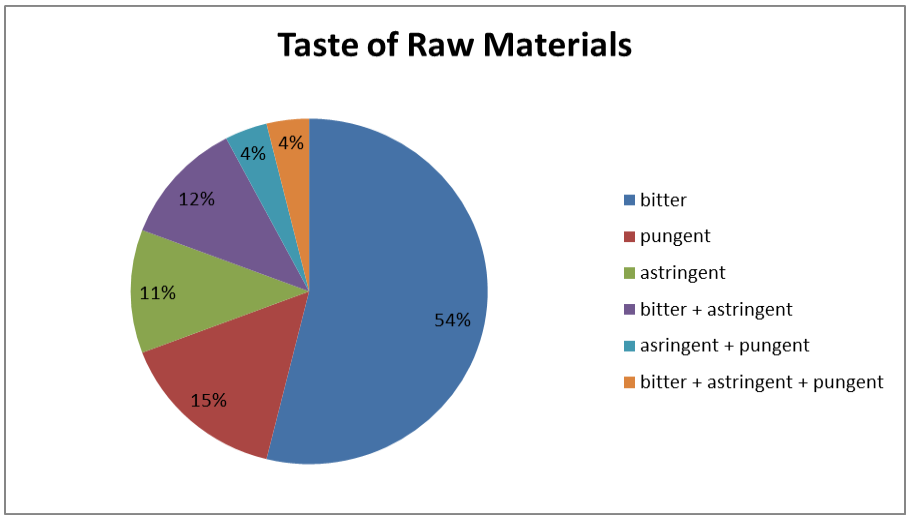
Taste Concept with Panchabootham and Tridhosam:

Taste	Elements	Tridosam	Action
Sweet	earth and water	increases kapham, decreases pitham and vatham	It nourishes and exhilarates body and mind relieving from hunger and thirst.
Sour	earth and fire	Increases kapham and pitham, decreases vatham.	It is refreshing, helps in elimination of waste, and improves appetite and digestion.
Salt	water and fire	increases kapham and pitham decreases Vatham	It eliminates wastes and cleanses the body, increases the digestive capacity and appetite.
Bitter	air and space	increases vatham, decreases pitham and Kapham	Bitter purifies and dries all secretions, is anti-aphrodisiac and tones the body by returning all tastes to normal balance.
Pungent	fire and air	increases pitham and Vatham, decreases Kapham	Bitter purifies and dries all secretions, is anti-aphrodisiac and tones the body by returning all tastes to normal balance.
Astringent	air and earth	increases Vatham, decreases pitham and Kapham	Astringents heals, purifies all parts of the body

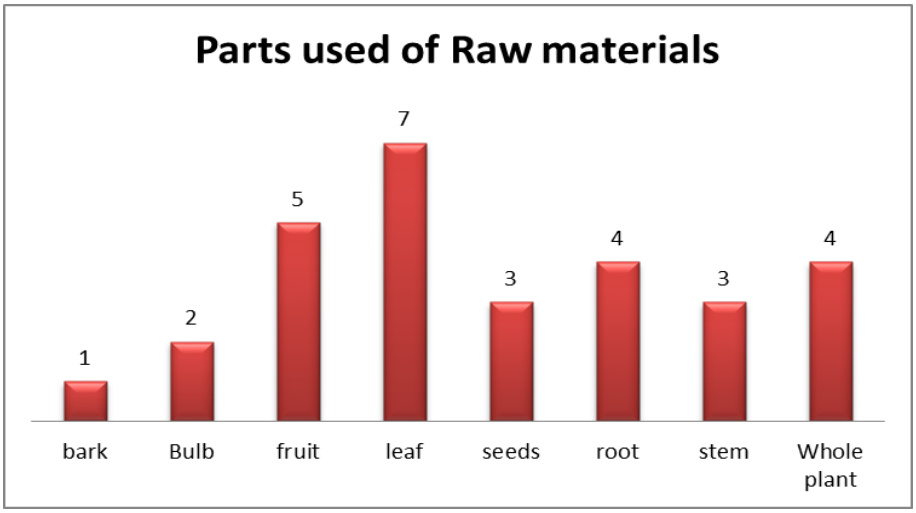
Collected Data

Botanical name	**Tamil name**	**Part used**	**Taste**	**Family**
Achyranthus aspera, linn	Naiyuruvi	Whole part	Bitter, pungent, astringent	Amaranthaceae
Bauginia purpurea, linn	Mantharai	Leaf	Astringent	Caesalpiniaceae
Cinnamomum tamala, buch&hum	Lavangapatri	Leaf	Bitter	Lauraceae
Cissus quandrangularis, Linn	pirandai	Stem	Pungent	Vitaceae
Commiphora mukul, stocks	Kungiliyam	Resin, Guggul	Bitter	Burseraceae
Sapindus emarginatus, vahl	Boovanthi	Pericarp	Bitter, astringent	Sapindaceae
Solanum melongena, linn	Kathiri	Ripe fruit	Bitter, astringent	Solanaceae
Terminalia arjuna, wight&arn	Marudhu	Bark	Astringent	Combretaceae
Withania somnifera, linn	Amukira	Root	Bitter	Solanaceae
Myristicafragrans, houtt	Saathikai	Fruit	Astringent, Pungent	Myristicaceae
Tinospora cordifolia, wild	Seenthil	Stem	Bitter	Menispermaceae
Caesalpinia bonduc, L&roxb	Kalarchikai	Fruit, leaf	Bitter	Caesalpiniaceae
Allium cepa, linn	Venkayam	Bulp	Bitter	Alliaceae
Allium sativum, linn	Vellaipoondu	Bulp	Pungent	Alliaceae
Enicostem axillare, linn	Vellarugu	Whole plant	Bitter	Gentinaceae
Costus speciosus, j.e.smith	Kostum	Root	Bitter	Asteraceae
Coccinia grandis, L&voigt	Kovai	Leaf, root, fruit	Bitter	Cucurbitaceae
Alpinia officinarum, sw	Perarathai	rhizome	Pungent	Zingiberaceae

Embelia ribbes, burm	Vaivilangam	Fruit, seed	Bitter	Myrsinaceae
Sesbania grandiflora, poir	Agathi	Leaf, flower, root	Bitter	Papilonaceae
Macrotyloma uniflorum, verdc	Kollu	Seeds	Bitter, Astringent	Fabaceae
Aegle marmeolus, linn	Vilvam	Whole plant	Bitter, Astringent	Rutaceae
Eclipta prostate, mant	Karisalai	Whole plant	Bitter	Asteraceae
Acorus calamus, linn	Vasambu	Rhizome	pungent	Araceae
Trigonella foenum, linn	Vendhayam	Seed	Bitter	Papilonaceae
Pterocarpus marsupium, roxb	Vengai	Leaf, stem	Astringent	Papilonaceae



Bitter- 14, Pungent - 4, Astringent - 3, Bitter + Astringent- 3, Astringent + Pungent - 1, Bitter + Astringent + Pungent - 1



Leaves – 7, Fruit – 5, Root and Whole plant –4, seeds and stem – 3, bulb- 2, bark- 1

DISCUSSION

Herbs with predominant bitter or pungent or astringent or combination of these are chosen for better anti-hyperlipidaemic action. Table 3 depicts the anti-hyperlipidaemic herbs used in Siddha system of medicine, for its taste in pacifying the deranged dosham along with its part to be used. In this research finding, results explored as Bitter- 14, Pungent - 4, Astringent - 3, Bitter + Astringent- 3, Astringent + Pungent - 1, Bitter + Astringent + Pungent -1, and part used were Leaves – 7, Fruit – 5, Root and Whole plant – 4, seeds and stem – 3, bulb- 2, bark- 1. Therefore bitter substances were high in observed plants and Leaves were high rank of part used as plant raw materials of the bitter, pungent and astringent taste for treating Hyperlipideamia.

CONCLUSION

In Siddha tridosham, kapham is the prime humour to initiate this Hyperlipideamia. Neutralizing the vitiated humours by medicinal herbs (root, bark, leaves, etc.) based on their organoleptic characters especially taste such as bitter, pungent, astringent are taken to therapeutic regimen. Bitter substances were high in observed plants and Leaves were high rank of part used as plant raw materials of the taste in bitter, pungent and astringent taste for treating Hyperlipideamia.In this

constitution based individualized medicine, taste place a major role in selection of medicinal herb for an individual. This article deals with the siddha intervention of management of hyperlipidaemia with special reference to the taste of herbs.

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