

**THAARAI VIDAL – OZHUKKU MARUTHUVAM – AN UNIQUE THERAPY OF  
SIDDHA SYSTEM****Dr. C. Senthamil Rajam MD(S)<sup>1</sup> and Dr. R. Manickavasagam MD(S)<sup>2\*</sup>**<sup>1</sup>Chief Medical Officer, Marutham Siddha Hospital, Tirunelveli, Tamilnadu.<sup>2\*</sup>Research Officer, SCRU, A&U Tibbia College Campus, Karol Bagh, New Delhi.**\*Corresponding Author: Dr. R. Manickavasagam**

Research Officer, SCRU, A&amp;U Tibbia College Campus, Karol Bagh, New Delhi.

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**INTRODUCTION**

It is in need of hour to collect and compile the details of all types of external therapies quoted in Siddha literatures for the development of Siddha Medicine worldwide. A lot of external therapies which are already mentioned in ancient Siddha literatures by Siddhars like Agathiyar. Some of them are still in daily use among the Tamil society like Patru, Vedhu and Varmam. Some of them are still not gain more attention in society. These therapies should be given more attention in treatment of various ailments by Siddha physicians. Some of such External therapies are

- Thapallam- mentioned for mental disorders
- Thuvalai- mentioned for psychiatric problems
- Puravalayam- mentioned for eye diseases etc.
- THAARAI - mentioned for eye diseases etc.

Out of above listed therapies, this article provides some references in Siddha literature of Thaarai therapy.

**Thaarai - An Introduction**

Thaarai is a method of treatment is indicated in ancient Siddha literatures for treating several disease conditions like eye diseases, psychiatric problems etc.

Thaarai is a Tamil word which means flow of any liquid in a stream (continuous flow).

Meaning for the word Thaarai as mentioned in Tamil Dictionary (T.V. Samba Sivam Pillai Agarathy) are as follows

- xOq;F straight
- fz;kzp pupil of the eye
- NeNuhly; continuous flow
- fz;zpy; kUe;Je\_iu tpl;Lf;nfhz;Nl, Uj;jy;- letting medicine continuously in eye in a stream.

The word **Ozhukku** which has the same meaning i.e flow in a thin stream is also used as an alternative word for Thaarai in Siddha literatures.

**Thaarai or Ozhukku-** applying liquid form of medicines in a continuous flow (stream)

- Mainly indicated for eye diseases in Siddha Literatures like Agathiyar Nayana Vithi 300 And Nagamuni Nayana Vithi 300.

**Ennai Thuli Vidal-** applying liquid form of medicines in drops.

- Mainly applied in nine holes of the human body (Nava Dhuvara) mainly in eyes, nostrils and ear.

**Siddha literature reference for Thaarai technique**

In Siddha literatures like *Agathiyar Nayana Vithi and Nagamuni Nayana Vithi*, Several eye medicines that are applied as *Thaarai* (continuous flow) are mentioned.

**-Agathiyar Nayanavithi**

“Veepennai inth uppu mevunar seera moondru  
Nunnura kooti kondu narkathy kothi kothikka vaithu  
Onniratha thuniyi littu olukkida **thaarai** yaahiha  
Kannilida eluchy roham kadukave oodu kaane”

**-Agathiyar Nayanavithi**

“Kooti nee kothikka vaithu kurithidu pothunth **thaarai**  
Naatamaai vita vaare navindriddu nerisal noovu  
Meetumoor kuthu soodu mihumidi poomeyendru  
Keytavar munnor koorum kirihai nee arinthu kolle”

**- Naagamuni Nayanavithi**

“Narunei ulukku nathaichippi navilu neerum sarikooti  
Urunar seera mathymathurath thodu theva tharamabin  
Nariya seenak kaaramudan naatu murungaip pooneerum  
Kuraiya thithanai kooti venthu kulira **thaarai**  
kootuhave”

**- Naagamuni Nayanavithi**

“Thuliunthu virana moondru soliya nerisa linper  
Molivathu moondru maahum molinithidu mareunthu  
keelai

Thelivu neiyo dindhuppu thirikaduhu thurusu thutham  
Aliyuru kulalaay kooti araitheenee **thaarai** vaare”

**-Agathiyar Nayanavithi**

Thirikadu thethaan kottai theliseeni kaarandh thutha  
Murumarunth thaarumokka ondrunee samanu nukki  
Karuvuvet poola saatril karaitheenee thelithu kaaichy  
Marupada **viliyo lukka** eluchinoi maainthu poome

**CONCLUSION**

Dhara is a popular method of application (external therapy) in Ayurveda which is similar to THAARAI THERAPY OF SIDDHA SYSTEM OF MEDICINE. Even though we have a lot of Siddha Literature evidences and specific medicines for Thaarai therapy, still it is not familiar due to lack of regular practice by the Siddha physicians. Aim of this article is to give some insight about the Thaarai therapy among the young budding Siddha physicians.