

## INTRODUCTION

### Siddha –The science of Holistic Health

The word “siddha” comes from the word “siddhi” which means “an object to be attained” or “perfection” or “heavenly bliss”.<sup>(1)</sup> Siddhi generally refers to Ashtama siddhi i.e, the eight great super natural powers .Those who attained or achieved the above said powers are known as Siddhars.

Science of Siddha states that the 5 elements of Nature viz., earth, water, heat, air and space(panchapoodham) were the fundamentals of all the corporeal things in the world. It also states that there exists a close relationship between the external world and the internal system of human. To be precise, “Structure of the Human body is a miniature world by itself” <sup>(2)</sup>.

According to panchapoodha pancheekaranam theory, each of these five elements said to possess two properties viz. Subtle and gross. Thus ,This theory proposes that 96 basic factors exist, which is the basic concept underlying this holistic medical science. The human body formed by these 96 basic factors . This 96 factor include physical, physiological, psychological, intellectual aspect of every human. The five primordial elements manifest themselves as a human through these 96 basic factor<sup>(3)</sup>.

Man is said to be Microcosm(Pindam) and the world the Macrocosm(Andam) i.e., there is nothing in the Macrocosm of nature that is not contained in man. Disease, according to modern science is only a departure from a state of health and more frequently a kind of disturbance of the healthiness of the body to which any particular case of sickness is assigned.According to Siddhars Philosophy diseases in man do not originate in himself, but from the influences which act upon him.As already stated, man is compared to the world because the elements that exist in the world exist in man as well; and therefore any change in the elementary condition of the external world has its corresponding change in the human organism.There is the feeling of oneness between the external and the internal world of man; and it is upon this oneness that the doctrine of Humoral Pathology i.e., the theory of Tridosha is based.

மிகினும்குறையினும்நோய்செய்யும்நூலோர்

வளிமுதலாஎண்ணியமுன்று

-குறள்

The siddha medicine also recognises the role of three Humors (Vatham, Pitham and Kapham). These humors remain in a balanced state in normal healthy person and disturbance in their equilibrium leads to ill health.<sup>(4)</sup>

The characteristic of the three humors in the constitution of human beings is either hereditary or atavic. In scientific parlance, Vatham comprehends all the phenomena which come under the functions of the central and the sympathetic nervous system; Pitham, the functions of thermogenesis or heat-production, metabolism within its limits, the process of digestion, coloration of blood, excretion and secretion etc., and Kapham, the regulation of the heat and the formation of the various preservative glands. When deranged, they bring about diseases peculiar to their influence ; when in equilibrium, freedom from disease; and when one or the other of the humours combine in such a way as to get deranged by aggravation, diminution etc., disease may result. In Siddha diagnosis is based on three humors .<sup>5,6,7)</sup>

Thirumoolar is one of the Siddhar. In his famous treatise called Thirumanthiram, he define medicine is one that give physiological effects, psychological effects, ensures prevention of diseases and ultimately grants Immortality. The treatment is mainly directed towards restoration of equilibrium of the three Humors .

The term “**infertility**” came from Latin word infertilis, which means “not fertile”<sup>(8)</sup>

Infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility, as well as being a medical condition, has a social dimension; it is a poorly-controlled, chronic stressor with severe long-lasting negative social and psychological consequences.”<sup>(9)(10)(11)</sup>

In Siddha medicine, infertility in male is called as Aan maladu, Veeriyamantham, Anmai kuraipadu. Siddhar Yugimuni in his medical literature

“Yugimuni Sigicha Saaram” has described the male infertility due to problems in seminal fluid (Vindhu).

According to WHO in word wide 60 - 80 million couples are infertile and, in India 10 - 15 % of couples were infertile.<sup>12)</sup> 1 in 6 couples are infertile and they have negative emotional responses such as stress, anxiety and depression.

The prevalence of infertility in the general population is 15%–20%. Of this, the male factor is responsible for 20%–40%. In Indian couples seeking treatment, the male factor is the cause in approximately 23%.<sup>(13)</sup>

In men, oligozoospermia, asthenozoospermia, teratozoospermia and azoospermia are the main causes of infertility, and these account for 20% -25% of cases.

Infertility is stressful life event and depressive symptoms are normal responses to the life crisis of the infertile couples. Now a days smoking, alcoholism, poor nutrition, pesticides level in food, overweight, stress are increasing, which are responsible for fertility problems and it ultimately leads to reduction in Birth Rate of our country. Reduction in Birth Rate along with already increasing life expectancy leads to increase in old age population which makes our country much older. As children are the future of our country, it is important to reduce infertility. There are many medicines available in Siddha system to treat male infertility. From those, the author has selected VEERIYA VIRUTHI CHOORANAM to study its safety and efficacy and hopes it will give fruitful results.