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Probiotics For Gut Health in Siddha System of Medicine- A Review

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Abstract

Globally Siddha System, Siddhars disseminates medical education about bygone ages in Tamil Nadu through an inheritable base. Definitions for probiotics and prebiotics are markedly recognized, by the International Scientific Association for probiotics and prebiotics (ISAPP). The probiotic strains include *Lactobacillus plantarum*, *Lactobacillus casei*, *Bifidobacterium animalis*, acidophilus group, *Streptococcus salivarius*, and *Enterococcus faecium* grow in the intestinal flora. Probiotics such as fermented foods help in balancing the health by improving the microbial balance in the gut. Milk a liquid food white in nature consists of lactose, lipids, vitamin D, etc. Sour curd is good for health as said by the saying "Mootha thayir unboom". In Tamil Nadu, there is a tradition of having buttermilk while completing a meal, balancing pitham. Cow's butter is a good appetizer. Consuming food without ghee is outlawed. Pickles are good appetizers. Thus Siddha system provides good and high-quality dietetic science with probiotics that give vitality and longevity.

Keywords: Siddha system, Probiotics, dairy products, Siddha medicines using probiotics.

1. Introduction

Globally Siddha System, Siddhars disseminates medical education about bygone ages in Tamil Nadu through an inheritable base. Definitions for probiotics and prebiotics are markedly recognized, by the International Scientific Association for probiotics and prebiotics (ISAPP) [1]. Probiotics are non-pathogenic live microorganisms that can be formulated into various formats, including foods, drugs, and dietary supplements that benefit the host [2]. The probiotic strains include *Lactobacillus plantarum*, *Lactobacillus casei*, *Bifidobacterium animalis*, acidophilus group, *Streptococcus salivarius*, and *Enterococcus faecium* grow normally in the intestinal vegetation. These have inhibitory effects on proinflammatory interleukins and are potent in treating and preventing viral infections that are proven for immunomodulatory activity and effectiveness in the production of interferon [3]. They are healthy and popular in yogurt and dairy products [2, 4].

Probiotics are built on foods, specifically fermented dairy products by conventional knowledge and determined properties to improve the nutritional value and balance the health by improving the microbial balance in the gut. [5]. India has an enduring traditional use of foods to promote growth, repair, and regulate health through its various yield of activity through the Siddha system of medicine [6].

2. Health Benefits of Milk in The Siddha System of Medicine

2.1 Milk

- Milk is a liquid food white in nature that contains casein, lactose sugar, milk polar lipids, minerals, proteins, and a minimum quantity of calcium, magnesium, and vitamin D contains small fat droplets. The content of water in milk is more than 85% of it.
- The casein content of milk combines briskly with blood. The proteins, lactose, and fat content of the milk give strength and calories to the body.
- The calcium, phosphorous, and magnesium present in milk stimulate the brain and nerves and help in their proper function.
- The sodium content in the milk stimulates the ductless gland.

- Intake of milk increases the white blood cells and prevents infections
- Milk is considered a complete liquid food as it contains all the vital nutrients required for the strength and growth of the body.

2.2 Cow's Milk

- The milk of cow is regarded as the best of all other animal milk. It contains all five elements (Pancha boothas).
- It is very effective in the treatment of recurrent fever, ulcers, soolai, weakness, and emaciation of the body in children and elderly persons.
- It is specified as an antidote for the poisoning of the perchloride of mercury, copper sulphate, dravagam, etc.
- Milk of cow is included specific ingredients in legium like venpoosani, panchadeepagini legium, sarapunga vilvathi legium, thetran legium, etc.
- Purification of evident drugs such as sulfur, *Operculina turpetham*, *Cassia senna*, *Smilax china*, etc. is done with milk.
- This milk has been either of ingredients in dried ginger thailam, or birungamala thailam (medicated oil prepared with *Eclipta prostrata* plant and Indian gooseberry). *Phyllanthus* thailam, and *Alternanthera sessilis* thailam.
- This milk should not be consumed during dysentery and in fever due to indigestion and in kabam-related diseases.
- Uptake of cow's milk and soda helps in the management of abdominal pain, vomiting, and dysuria.
- Cow's milk boiled with *Piper longum* or liquorice or pepper and either adding sugar candy, calms dry cough and sore throat.

2.3 Buffalo's milk

- It contains more nutrients like fat and proteins than cow's milk, but it is heavy to digest and ought not to offer to children of growing age, women, and elderly, and patients. The quality of good medicine is damaged by this kind of milk.

2.4 Goat's milk

- Goat milk is also specified for children who are suffering from disorders of the liver and spleen. The milk of goat that eats various herbals is best said for asthma.
- It is also an ingredient in many thailams such as milagu thailam, vatha keasari thailam, moolayoga neerkuntri thailam, ulunthu thailam, and laguvishamushti thailam.

2.5 Sheep's milk

- Sheep's milk causes the diseases of pitha kabam humor, abdominal distention and dyspepsia. Since it increases vatha form it is not suitable for dietary regimen. It wouldn't help with dietetics [7].

3. Curd

- Curd is made after the curdling process for six to eight hours with boiled milk. Sour curd is good for health as said by the saying "Mootha thayir unboom", fermented is good for health. Cow curd increases appetite. It is

good for other diseases like convulsions, indigestion, excessive thirst, fatigue, and burning sensation in the body.

3.1 People who should not consume curd

- Those who suffer from edema, disease of the eye, common cold, viral fever, rhinitis, skin diseases, sinusitis, etc.

3.2 Skimmed curd

- This curd cures kabam related diseases, fatigue, urinary disorders, venereal diseases, and diarrhea.
- The Siddha medicine Thayir chundi chooranam mainly administered for diarrhea with undigested food particles is prepared mainly with curd.

4. Buttermilk

- In Tamil Nadu, there is a tradition of having buttermilk while completing a meal, which helps in relieving constipation, and balances pitham. There is a proverb in Siddha system "Neerai vitu morai perukku", the curd should be diluted with water leniently [8]. According to the constitution of the body jaggery, dried ginger, *Plumbago zeylanica* can be used while curdling and this in turn is churned as buttermilk. [10]

4.1 The patients who add curd and butter milk should follow the regulation.

- The drugs soaked in curd and diluted with water and buttermilk made from this is given for certain diseases
- Jaggery soaked in curd and curdled is given for urethral stricture.
- Dried ginger-soaked and curdled curd is given for anemia and diarrhea caused by vatham [9].

5. Butter

Earlier butter was prepared by churning the curd. Butter can be preserved by keeping it in fresh water for up to one week, and daily the water should be changed. Cow's butter cures ophthalmic diseases and reduces burning sensation eyes. It is a good appetizer. In Siddha, a medicine 'Navaneetha parpam', is prepared with butter [8].

6. Ghee

Purified butter when melted in a vessel and melted as ghee. Ghee can be preserved for up to three months. "Nei ella unndi paal" consuming food without ghee is outlawed. It is good to consume melted ghee and diluted buttermilk.

7. Pickles

The process of preservation of food with common salt or either adding spices and edible oil added to the product. Pickles are good appetizers and to the palatability of meal. Different kind of pickles contains varying amounts of nutrients depending upon the raw materials used. Lime (*Citrus limon*), Mango (*Mangifera indica*), Gooseberry (*Embllica officinalis*) Ginger (*Zingiber officinale*), Sour orange (*Citrus aurantifolia*), Garlic (*Allium sativum*), and other substances may also be consumed as pickles. Pickles that only salted help the persons having vatham and pitham features. Salted pickles are regarded as appropriate for dietetics [10].

8. Siddha Medicines Prepared Using Probiotics

Globally, Indian society is saved by hidden secrets revealed to us by the Siddha system of medicine. Herbal drugs are determined for their multitasking reaction that helps in treating various diseases like cancer, diabetes, and obesity and balancing health ^[11].

8.1 Siddha System of Medicines prepared using curd, buttermilk, ghee.

The Siddha system includes Chooranam (Medicinal powder) Thayirchundi chooranam that prepared mostly using curd and administered for diarrhea. Sundaivattal chooranam is administered with adjuvant curd for several gastrointestinal disorders ^[12]. Siddha medicines are broadly prepared using milk and ghee legium as aswagandha legium (*Withania somnifera*), Pancha deepagini legium, etc. Ghee-based medicines such as thuthuvalai nei, vallarai nei, thaneervittan nei. Preparation using fermented rice water is Bhavana kadukkai (*Terminalia chebula*) is purified with fermented rice water and is treated for several diseases like asthma, anorexia, splenomegaly, sinusitis, vomiting, diarrhea, etc. Medicines used in pediatric diseases are prepared with ghee, butter, buttermilk, milk, and curd are veliparuthi nei (*Pergularia daemia*), inji pakkuvam (*Zingiber officinale*), etc. ^[13].

9. Conclusion

Siddha's system of medicine gives better health solutions through a prime diet regimen that includes probiotics and other types of foods. One must cultivate healthy life habits in everyday life. A diet including probiotics like milk, curd, buttermilk, butter, ghee, fermented dairy products help in promoting gut microbiota. Siddha medicines are mostly prepared using dairy products and other fermented products. Worldwide India, particularly in Tamil Nadu has a long tradition of using probiotic foods to assist gut health. Thus, Siddha system provides good and high-quality dietetic science with probiotics that are needed for health, vitality, and longevity.

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