YOGA & Lifestyle Management in SIDDHA for HYPERTENSION

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YOGA AND LIFESTYLE MANAGEMENT FOR HYPERTENSION IN SIDDHA

National Institute of Siddha (NIS) is a pioneer, premier Institution run by the Ministry of AYUSH, Govt. of India, rendering quality Siddha health care services and Education to the people of Tamilnadu through its 200 bedded hospital with an average OP patients of about 2300 per day.

National Institute of Siddha is offering Post Graduate course in Siddha in six specialities, Ph.D programme and rendering health care services through Siddha Medicine. The qualified faculty of Siddha Medicine and inter disciplinary faculty are available for imparting a high level of education and a well attended OPD / IPD with diagnostic laboratory facilities for enhancing the learning and acquiring knowledge and skills in clinical management.

Siddha system of Medicine:

A Complete Science that originated in India. It is the spiritual art expounded by the Siddhars Thirumoolar, Agathiyar, Bogar. Siddhars are those who defied death, preached the philosophy of Siddha medicine and theory of immortality. Agathiyar is the father of Siddha medicine. Eighteen Siddhars are considered to be important in Siddha medicine. Siddha system of medicine has become popular all over the world which ensures prevention and promotion of health/well being through the principles of “Food is medicine and Medicine is food”, lifestyle modifications, meditation etc. It is the crystallization of the rich experiences of Tamil people’s long struggle against diseases. This is not only a system of medical science but also a culture of the society and it employs a holistic approach in its treatment method and it has made enormous contribution to the health care of the people.

Yogam in Siddha

Siddha system of Medicine which is considered as native, traditional system of Medicine in Tamilnadu has incorporated “Yoga” as a part of the system aiming at both therapeutic and preventive measures. This is evident from the Siddha text Thirumoolar “Thirumanthiram” - authoritative and reference text, which describes both aspects of therapeutic and preventive yogic postures. In Tamil “Yogam” means union. It is the combination of body, soul and mind that makes an individual to attain perfection in physical and mental well being. Yogam is an important and integral part of Siddha system of Medicine. In our Ayothidoss Pandithar Hospital Yoga therapy is advised and the patients are taught and trained in yogic postures along with regular internal and external therapies for their acute and chronic ailments.

Health is Wealth, Yoga is for Health
AYOTHIDOSS PANDITHAR HOSPITAL

Ayothidoss Pandithar Hospital is attached to National Institute of Siddha wherein Health Care Services is being delivered to public through OPD and 200 bedded Hospital. The OP department has started functioning from 13.10.2004 and the treatment is being given to the patients free of cost at OPD and IPD wards. There is also payment category for IPD services with A/C rooms facility.

The Ayothidoss Pandithar Hospital provides free consultation and treatments for all ailments and an average 2300 patients are attending the OPD daily. OPD Services are available on all 365 days of year. Consulting Time is 8 a.m to 12 noon.

### Special OPDs of NIS:

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes (Madhumegam)</td>
<td>Every Monday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cardiac Diseases &amp; Asthma (Irudaya Noi &amp; Iraippu Irumal)</td>
<td>Every Monday</td>
<td>2 to 4 pm</td>
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<tr>
<td>Geriatric (Moopu Iyal)</td>
<td>Every Tuesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Gynaecology (Magalir Maruthuvam)</td>
<td>Every Tuesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cancer (Vanmegam)</td>
<td>Every Wednesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Yogam &amp; Kayakalpam (Rejuvenation Therapy)</td>
<td>Every Wednesday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Obesity (Athithoolam)</td>
<td>Every Thursday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Cosmetology (Azhagu Iyal)</td>
<td>Every Thursday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Infertility (Magavinmai)</td>
<td>Every Friday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Renal Diseases &amp; Hypertension (Siruneeraga Noigal &amp; Athi Kuruthi Azhutham)</td>
<td>Every Friday</td>
<td>2 to 4 pm</td>
</tr>
<tr>
<td>Dental (Pal Maruthuvam) :</td>
<td>Every Tuesday, Wednesday &amp; Thursday</td>
<td>8 am to 12 noon</td>
</tr>
</tbody>
</table>

### SPECIAL THERAPIES

Yoga, Varmam, Bone Setting (Enbu Murivu Maruthuvam), Leech Therapy (Attai Vidal), Karanool Therapy, Thokkanam (Therapeutic Massage), Physiotherapy, etc.  

All Week Days: 8 am to 12 noon

*When you own your Breath, no one can steal your Peace.*
## HYPERTENSION

### AVERAGE BLOOD PRESSURE

For young people  
120/80 mmHg  
For old people  
140/90 mmHg

<table>
<thead>
<tr>
<th>Level of Severity</th>
<th>Systolic Blood Pressure (mmHg)</th>
<th>Diastolic Blood Pressure (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild Hypertension</td>
<td>140-160</td>
<td>90-100</td>
</tr>
<tr>
<td>Moderate Hypertension</td>
<td>160-200</td>
<td>100-120</td>
</tr>
<tr>
<td>Severe Hypertension</td>
<td>Above 200</td>
<td>Above 120</td>
</tr>
</tbody>
</table>

### SIMPLE MANAGEMENT OF HYPERTENSION IN SIDDHA

- Take fried cumin seeds powder 1 teaspoon twice a day with hot water.
- Coarse powder of coriander seeds with palm jaggery made as a decoction and can be taken in the morning.
- Take 5 drops of basil leave juice and lemon juice along with green tea.
- Take cooked Indian sorrel leaves.
- Take much amount of onion.
- Take 500 mg of powdered sarpagantha at morning.
- Soak cuscus grass in the water and then drink the cuscus soaked water daily.
- Take lemon juice daily.
- Take 10 drops adathoda leaves juice with 10 drops of honey.

### 1. SAVASANAM - SANTHI ASANAM

**BENEFITS**

- It relax all the muscles of the body.
- Reduce stress, fatigue, depression
- Calms the mind. Improves the mental health and concentration
- Stimulates blood circulation.
- Beneficial for neurological problem, asthma, constipation, diabetes and indigestion.

_Yoga a day keeps the Doctor away._
METHOD

Lie down on your back with the hands placed near the thighs and palms facing upwards. The heels should be slightly apart while the toes pointing outwards. The whole body should be relaxed. All the parts of the body – neck, chest, shoulders, waist, eyes, knees, legs, feet and hands should be completely relaxed.

2. MAKARASANAM

Benefits

It reduces stress and tension, promotes sleep, regulates blood pressure and reduces anxiety. It must be avoided during pregnancy.

Method

1. Lie on your stomach, with the arms crossed under your head. Rest the forehead on the wrists of the hands.

2. Close the eyes and let your whole body relax into the floor. Let the heels turn out and let the legs flop open.

3. Breathe deeply, pressing the belly down into the floor with each inhalation and hold for every 6-10 breath. With each exhalation allow your body to relax deeper into the floor.

4. To release: bring the palms under your shoulders and slowly press up into table or child pose or roll over onto your back.
3. PRANAYAMAM (VAYUTHARANAI): PRANAN+AYAMAM

It is the fourth limb of Astangayougam and called as the soul of Yoga science. According to siddha literatures, other names for pranayamam vaasiyogam, sarapazhakkam, vayutharanai, moochupayirchie, swasapanthanam, swasapayirchi, pranavayu.

Pranan

Means vital source of energy which motivates the element of the earth, the source for the origin of thought, breath, respiration, life, vitality, wind, and strength.

Ayamam

- Means to regulate, to restrain, to control, to channelize and to stretch.
- Pranayamam (Vayutharanai)
- Means to inspire, motivate, regulate, and balance the vital force of man for a long, healthy and happy life.
- The text Thirumanthiram says there are three types of Respiration.

1. Pooragam - Inhalation of vital air from the atmosphere for 16 mathirai.
2. Kumbagam - Holding of vital air inside the body for 64 mathirai.
3. Resekam - Exhalation of vital air for 32 mathirai.

BREATHING TECHNIQUES

THIRUMOOLAR NAADI SUTTHI VAASIIYOGAM
(With kumbagam or without kumbagam)

- Sit erect in any comfortable meditative asana posture (Padmasanam, Vajirasanam, Sugasanam)
• Left hand in Chinmuthrai with closed eyes.
• Close the right nostril using right thumb.
• Inhale slowly and deeply through the left nostril. Followed by holding the air for few seconds by closing right nostril by thumb left nostril by ring and little fingers of right hand. Exhale through the right nostril.
• Inhale by right nostril, holding the air by closing both nostrils. Exhale through left nostril. Repeat the same for few minutes.

1. Pingalai Vaasiyogam

All the inhalations through the Right nostril and all exhalations through the left nostril.

2. Edakalai Vaasiyogam

All the inhalations through the Left nostril and all exhalations through the Right nostril.

BENEFITS OF YOGA

Mentally
• Restores good Health
• Reduces Stress
• Controls Emotions
• Reduces the Sensitivity
• Spreads inner Peace
• Abolishes negative thought
• Wash out Temperament

Physically:
• Improves blood circulation
• Increases muscle flexibility
• Control of overweight
• Improves digestion
• Relieves constipation
• Gives good sleep
• Helps in normal delivery
SIDDHA PRINCIPLES & LIFESTYLE MANAGEMENT FOR LONGEVITY

- Serve food with love and affection
- Consume food only if hungry
- Always consume boiled, water diluted buttermilk and melted ghee
- Never consume food cooked on the previous day
- Avoid curd in dinner
- Take only cow’s milk at night
- Do have a short walk after dinner
- Don’t walk in polluted areas
- Don’t sleep during daytime
- Never indulge in immoral sexual activities.
- Don’t hold nature’s call like urination, defaecation for longer time
- Take oil bath in warm water once in four days
- Always give respect to your parents and teachers

- Siddhar Theriyar