

# A Study of *Chintamani Maruthuvam* Practices in Kanyakumari District

Dr. M. Chandra Mathy<sup>1</sup>, Dr. M. P. Abdul Kader Jeylani<sup>2</sup>

<sup>1</sup>PG Scholar, Department of Nanju Maruthuvam, Government Siddha Medical College, Palayamkottai

<sup>2</sup>HOD & Professor, Department of Nanju Maruthuvam, Government Siddha Medical College, Palayamkottai

Corresponding Author: Dr. M. Chandra Mathy

DOI: <https://doi.org/10.52403/ijrr.20240119>

## ABSTRACT

**Background:** Indigenous or folk medicine and traditional medicine both include aspects of traditional knowledge related to health. According to WHO, traditional medicine is the culmination of all knowledge, abilities, and procedures based on the theories, convictions, and experiences of Indigenous cultures. There are numerous traditional practitioners in India, particularly in the north east and southern regions. Traditional medicine is the age-old, cross-cultural tradition of medicine that is still used in modern society. One of the customs still practiced in the Kanyakumari district is the traditional CHINTAMANI MARUTHUVAM.

**Methods:** The study is a qualitative cross sectional observational study done over a period of 4 months. 7 Practitioners of Kanyakumari district practicing Chintamani Maruthuvam were questioned to explore the Traditional practice of Chintamani Maruthuvam and to know the various diagnostic methods and treatments.

**Results:** Important internal medicines used were Vida mai, Varmani kuliga, Prasava lehyam, Uthratcha thylum, Urai mathirai, leaf extract for snake bite, Kaya sarvangam, Vida murivu karkam, Dysmenorrhea karkam. External medicines used were Nanjuringi Kuzhambu, Nanjuringi Kal, Vida murivu eye drops, Kaal aani kalimbu, Uthratcha thylum, Rasnathi chooranam, Anti-rabies medicine for cow and Vida kadi paste.

**Conclusion:** Chintamani Maruthuvam represents an age-old medicinal practice rooted in Kanyakumari district. This traditional approach employs various techniques, including varmam, kalari, and the use of external and

internal medications. The remedies offered have proven effective in treating serious conditions like strokes, poisonings, snake bites, and skin diseases. As a result, this form of medicine is deemed invaluable and warrants further research and exploration.

**Keywords:** Chintamani maruthuvam, Traditional medicine, Varmam

## INTRODUCTION

Traditional medicine also referred to as Indigenous or folk medicine comprises of medical aspect in traditional knowledge. WHO defines traditional medicine as the sum total of knowledge, skills and practices based on theories, beliefs and experiences of Indigenous cultures. In some Asian and African countries up to 80% of the population relies on the traditional medicine for their primary health care needs. In India especially in north east and southern part have many traditional practitioners. Traditional medicine is the ancient and cultural bond of medical practice existing in our daily life. Traditional CHINTAMANI MARUTHUVAM is one of the traditional practices existing in Kanyakumari district. Dictionaries show CHINTAMANI means a medicine, a philosopher's stone, a jewel or a mani with a blessing to get whatever we want.

## MATERIALS AND METHODS

**Primary objective:**

To explore the Traditional practice of CHINTAMANI MARUTHUVAM in Kanyakumari district.

**Secondary objective:**

- To know the diagnostic methods used by the CHINTAMANI MARUTHUVAM Practitioners in all types of treatments.
- To know the details about their way of treatment in varma, common diseases and also in nanju murivu.

**Study Design:**

Qualitative study (cross sectional).

**Study period:**

4 months.

**Study area:**

Practitioners of Kanyakumari district practicing CHINTAMANI MARUTHUVAM.

**Methods of approach:**

Consent was obtained and data were collected by depth interview in face-to-face manner with the 7 practitioners.

**RESULTS**

Chitamani maruthuvam Practitioner 1 : The commonly used medicines by the practitioner were:

1. Nanjurunji kuzhambu
2. Vida Mai
3. Thel (Scorpion) Nanjurinji Kal

Chitamani maruthuvam Practitioner 2 : His favourite medicines are varmani kuligai and vida murivu extract.

1. Varmani Kuliga
2. Visha Murivu Eye Drops

Chitamani maruthuvam Practitioner 3 : The medicines he used were:

1. Kaal aani kalimbu
2. Prasava lehgyam

Chitamani maruthuvam Practitioner 4 : Some medicines used were:

1. Uthrattha Thylum
2. Urai Mathirai
3. Raasmathi Chooranam (Utchi podi)

Chitamani maruthuvam Practitioner 5 : His treatment for nanju murivu and vida kadi are given below.

1. For Snake Bite
2. Antirabies medicine for dog bite in cow

Chitamani maruthuvam Practitioner 6 : One of his Medicine is Kaya sarvaangam

Chitamani maruthuvam Practitioner 7: They treat snake bite mainly by plant extract. They classify varma as padu varmam 12, and thodu varmam 96. His commonly using preparations are given below,

1. Visha Murivu Marunthu
2. Vida kadi Paste
3. Dysmennorrhoea karkam

**TABLE-1 INTERNAL MEDICINES**

No.	Name of Medicines	Ingredients	Dosage	Indication
1.	Vida mai	Perungayam -Ferula Asafoetida Inserted into trunk of Thillai tree – Excoecaria agallocha	Payiralavu(42mg) medicine+ urine or hot water + Betel leaf extract	Cobra snake bite
2.	Varmani kuliga	Purified Zingiber officinalis, Piper nigrum, piper longum, Glycyrrhiza glabra, Elettaria cardamomum, Trigonella foenum- graecum, Carum copticum, Cuminum cyminum, Alpinia officinarum, Anacyclus pyrethrum, Rhus succedena, Costus speciosus, Coriandrum sativum, Punugu, Azima tetraacantha, Flowers: Cocos nucifera, Cassia auriculata, Adenantha pavonia, Solanum trilobatum, Punica granatum, Crocus sativus, Earth worm, Gorosanai – Cow stone.	56mg tab. 1-0-1	Cures asthi suram, ull varmam, eedu.
3,	Prasava lehgyam	Zingiber officinalis, Amaranthus spinosus, Mullugo cerviana, Erythrina indica, Eclipta alba, Mullugo lotoides, Illicium verum, Cellastrus paniculatus, Maranta	5-10gms with milk after food.	For good health of mother who

		arundinacea, Aloe vera, Embelia ribes, Terminalia bellerica, Phyllanthus emblica, Piper longum root, Withania somnifera, Cissampelos pariera, Hemidiscus indicus, Curculigo orchiodies, Jaggery and Cows milk.		delivered, to have normal bleeding, and increases milk secretion.
4,	Uthratcha thylum	Elaeocarpus sphericus, Cynodon dactylon, Occimum sanctum, Cocus nucifera oil,	According to the vigerosity of the toxin. 1-2 tsp.	Nanju murivu
5,	Urai mathirai	Zingiber officinalis, Piper nigrum, Piper longum, Embelica officinalis, Terminalia bellerica, Terminalia chebula, Myristica fragrans, Syzygium aromaticum, Elettaria cardamomum, Rock salt, Alpinia galanga, Cucuma longa, Trachyspermum ammi, Glycyrrhiza glabra, Piper cubeba, Acorus calamus, Quercus infectorious, Nigella sativa, Cuminum cyminum, Coriandrum sativum.	1 tab mix with water or mothers' milk	Immunity booster, cold, cough in babies.
6,	Snake bite extract	Leucas aspera leaf extract and banana stem extract	100ml internal	Vida murivu- snake bite
7,	Kaya sarvangam	Vidamutti, kurunthoti, lamp liver, decotion of lamp hip bones, lamp ghee—made into oil	1-2tsp. Internal and external	Utkaayam, varma adi, and so on.
8,	Vida murivu karkam	Keruda kodi, poonai kali, nerunjil, vettilai.	Paste kottaipakalavu (6.022gms)	Vida murivu
9,	Dysmannorrhoea karkam	Adutheendapalai, seeragam, pepper, vasambu, manjal	Kazharchiyalavu (2.688gms) 1-0-1 for 3 days during periods.	Soothaga vaayu, Soothaga vali.

TABLE- 2 EXTERNAL MEDICINE

NO.	NAME	DRUG	INDICATION	DOSAGE
1,	Nanjurinji kuzhambu	Nervalam, Termite hill, Neem oil,	For snake bite	Payiralavu (42mg.) in thennai eerku or veeperku ext, apply on bite site.
2,	Nanjurinji kal	Seenakaram (Alum), Mayil thutham -(Copper sulphate)	Scorpion sting	Place (2.688gms) kazharchiyalavu nanjirinji kal on sting site.
3,	Vida murivu eye drops	Acalypha indica leaf extract+ Leucas aspera leaf extract	Vida murivu	1-2dps. Each eye
4,	Kaal aani kalimbu	Purified lime stone, Arsenic tri sulphide, Copper sulphate, Mercury per chloride, Lead monoxide	Kaalaani, Maru.	Paste is applied in small amount.
5,	Utratcha thylum	Uthratcham, Arugampul, Tulsi, Coconut oil, --mezhu patha oil.	Nanju murivu	Apply externally on bite site.
6,	Rasanathy choornam (Utchi podi)	Manjal, Samuthra palam, Arathai, Kadugu, Rohini, Amukaram, Kattichanpan, Karum kunthirigam, Vasambu, kotam, Koraikilangu, Manjil, Poothaviristam, Iranichcham, Santhanam, Sathirabethi, Kadalnurai, Senchanthanam, Chukku, Milagu, Thippili, Maramanjal, Athimathuram, Iruveli, Pulinarambu, Thalai punnaku, Satha kuppai, Vasambu, Karunjeeragam, Devadaram.	Babies' diarrhoea	Apply at utchi.
7,	Antirabies medicine for cow-used for Rabid dog bite in cow	Datura metal leaf extract as drops in eyes, ears.	Rabies	1-2 drops for eye or ear and 1 day Fasting.
8,	Vida kadi paste	Kuppaimeni, chunnambu	Vida kadi	Apply on edematous site.

Table - 3 Distribution of Internal Medicine and External Medicine

Medicine	Percentage
Internal	52.94
External	47.06

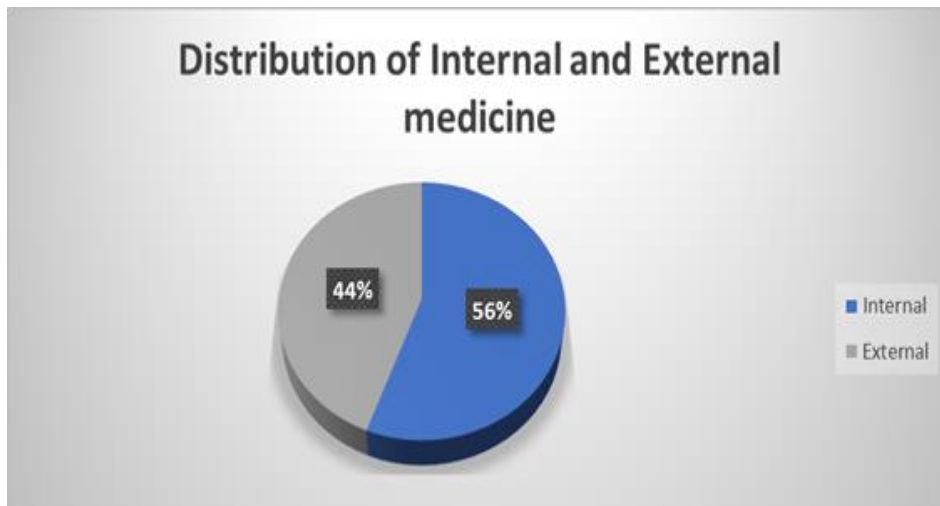


Figure1. Distribution of internal and external medicine

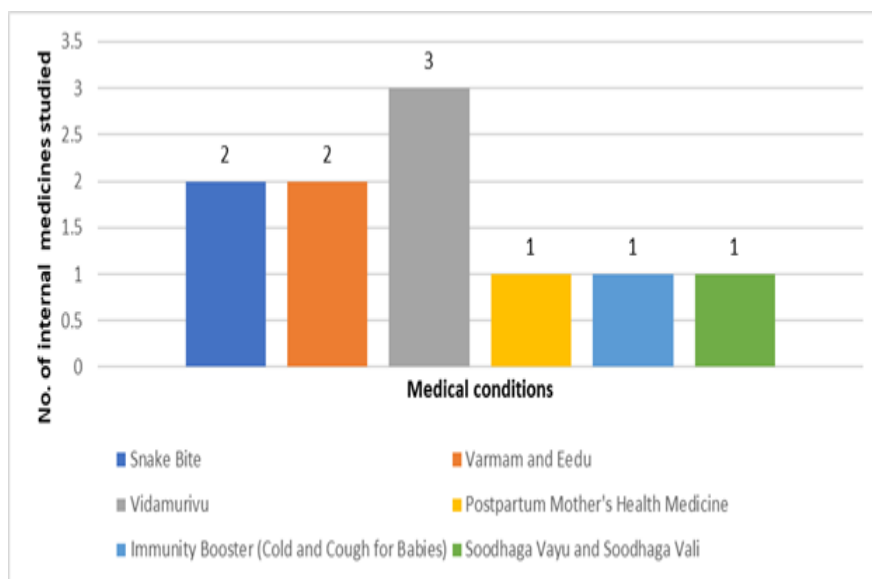


Figure2. Internal Medicines studied for the various conditions

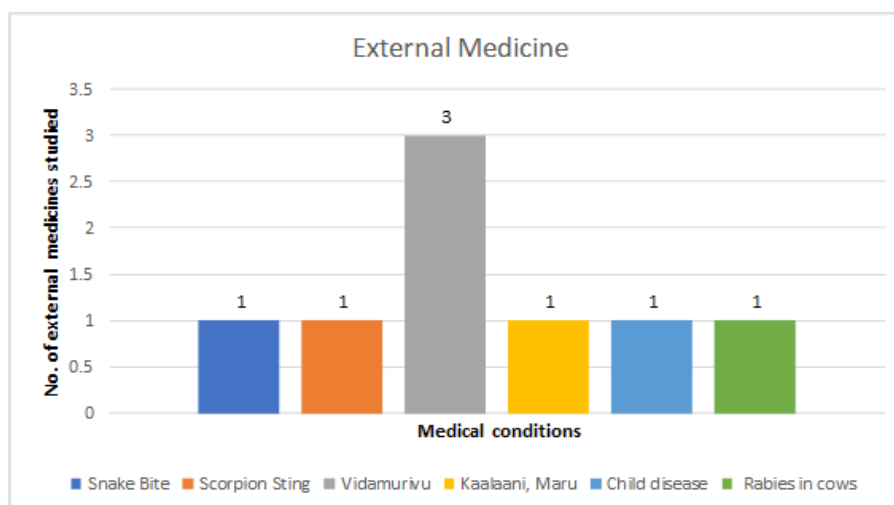
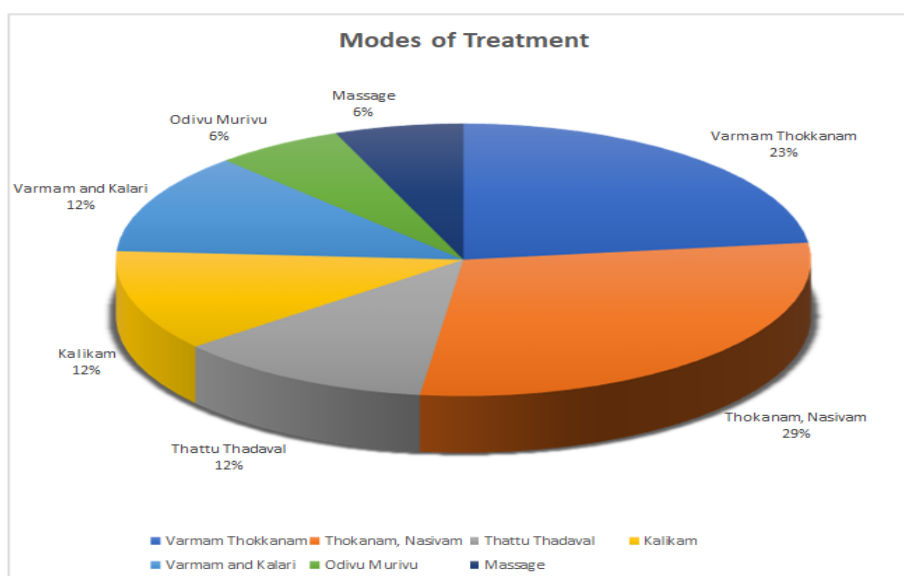


Figure3. External Medicines studied for the various conditions

**TABLE-4 COMPARING METHODS OF DIAGNOSIS AND TREATMENT:**

NO.	PRACTITIONERS	METHOD OF DIAGNOSIS	TREATING DISEASES	INTERNAL AND EXTERNAL MEDICINES
1,	Practitioner 1	Envagai thervu, naadi, physical examination, patients personal and current history.	Coma, stroke, arthritis, fracture, accidental wounds, leucorrhoea, dysmenorrhoea, varmam, skin diseases,diseases of hair, jaundice, kidney diseases etc.	Both internal and external
2,	Practitioner 2	Naadi, watching facial expression, tongue, eyes, shape of feet, walking style, patient history, lab investigation, X-Ray, scan, CT scan.	Stroke, cancer, wheezing, kidney diseases, infertility, diabetes, heart diseases, ulcer, trophic ulcer, sterility, infertility, mental disorders, skin diseases etc.	Both internal and external
3,	Practitioner 3	Personal history, facial expression, activities.	Stroke, cold, fever, wheezing, chest pain, medicines for postpartum ladies, maru, kal ani, jaundice, head ache, hair disorders, eye diseases, ear diseases, kidney diseases, abdominal diseases, skin diseases etc.	Both internal and external
4,	Practitioner 4	Personal history, external appearance of patients.	stroke, cold, hemiplegia, fever, wheezing, chest pain, delivered ladies medicines, maru, kalani, jaundice, head ache, hair disorders, eye diseases, ear diseases, kidney diseases, abdominal diseases, skin diseases etc.	Both internal and external
5,	Practitioner 5	Envagai thervu, naadi, interrogation with the patient and personal diseases history.	Vatham, pitham, kabam, arthritis.	Both internal and external
6,	Practitioner 6	External examination, personal history.	Eedu, varmam, arthritis, post partum ladies problem, skin diseases, hair oil, babies diseases.	Both internal and external
7,	Practitioner 7	Nadi, external examination, touch etc.	Fracture, skin diseases, arthritis, nanju murivu.	Both internal and external



**Fig 4: Modes of treatment**

**DISCUSSION**

The Traditional CHINTAMANI MARUTHUVAM is on the verge of extinction.It has an important role in varmam, kalari, infectious diseases, neurological illnesses, seizures, stroke, fractures, coma, poisoning, skin diseases and so on.

7 CHINTAMANI Practitioners in this project had their own skills. They all had gained maximum knowledge of

CHINTAMANI MARUTHUVAM from their ancestors. These skills are passed from generation to generation to deserved persons. These practitioners have followed high spiritual qualities and also have a spiritual touch in their treatment methods.

According to them CHINTAMANI MARUTHUVAM is the oldest Tamil Maruthuvam given and written by Lord Ravanar, which was followed in Lemuria

Continent which was washed away in Tsunami.

Minimal bit of CHINTAMANI Ravanar Maruthuvam is now existing in Kanya kumari district. They are 8-10 generations of (200-300 yrs) CHINTAMANI MARUTHUVAM Practitioners. Now maximum CHINTAMANI MARUTHUVAM Practitioners are well educated in various fields and also practicing Traditionally. Their practices include kalari, varmam, adipatta kattu, thokanam, visha murivu maruthuvam, commom diseases, wounds, Fractures and so on.

Maximum Practitioners have their own manuscripts or books written by them or by their ancestors or asans. According to them CHINTAMANI MARUTHUVAM is a part of Siddha Medicine which was stolen by other peoples as Ravanar Maruthuvam.

## CONCLUSION

Chintamani maruthuvam, an ancient medicinal practice from Kanyakumari district, encompasses various therapeutic methods like varmam, kalari, external, and internal medicines. This traditional system has proven effective in treating severe ailments such as strokes, poisonings, snake bites, and skin diseases. Due to its remarkable potential, it demands further research and recognition as an indispensable form of medicine.

### Declaration by Authors

**Acknowledgement:** Dr. K. Pushparaj ESMP, Dip. In siddha pharmacy, Dr. B.S.Athiyan B.H.M.S.,M.Sc(Psy.), PhD. (Psy), Mr. Mahalingam, Mr. G. Sunder Gopalasan B.Pharm, Mr. Danraj Aasan, Mr. D.S.Antony Noble D.V.M.S, D. Yoga, Dr. S. Kumaresan Ma,SMP,M.Phil. PhD.

**Conflict of Interest:** The authors declare no conflict of interest.

## REFERENCES

1. N. Amutha Chithra, Vel Siddhar Mooligai Maruthuvam 100, Samuvel pathipagam, Paruthivilai, Erumbukadu, Nagercoil- 629 004, 2021- 1 edition.
2. K. S. Murugesu Muthaliyar, Gunapadam (Porul Panpu Nool) Mooligai Vahuppu: Part I, Department of Indian Medicine and Homeopathy, Chennai –600 106, Pub 1936, 2013, 2018.
3. Dr. V. Narayanaswami, H.P.I.M., Pharmacopoeia of hospital of Indian medicine: Part 11 Siddha, Tamil Nadu Siddha Medical Board Madras- 600 106, Pub 1956, 1995.
4. Dr. K. P. Pushparaj ESMP, Dr. P. Salin jevahar BSMS, BSS, DVMS. Ravanar Nanju Murivu Maruthuvam. 1 edition 2021, Ravanar pathipagam, parakuntru, kulithurai, k.k.dist.
5. Dr. K. P. Pushparaj ESMP, Dr. P. Salin jevahar BSMS, BSS, DVMS. Tamil Maruthuva Thokkana Muraigal , 2020 edition, Ravanar pathipagam, parakuntru, kulithurai, k.k.dist.
6. Dr. K. P. Pushparaj ESMP, Dr. P. Salin jevahar BSMS, BSS, DVMS. Tamil Maruthuvam Avasarkala pura maruthuva muraigal part-1, part-2 1 edition 2014, Ravanar pathipagam, parakuntru, kulithurai, k.k.dist.
7. Dr. K. P. Pushparaj ESMP, Dr. P. Salin jevahar BSMS, BSS, DVMS. Ravanar Mangaiyar Maruthuvam. 1 edition 2019, Ravanar pathipagam, parakuntru, kulithurai, k.k.dist.
8. Dr. R. Thiyagarajan, L.I.M., Gunapadam Thathu vaguppu: 1952, 2013, 2019. Siddha maruthuva pada nool veliyitu pirivu, Indian medicine and Homeopathy, Chennai - 600106.
9. University of Madras, Tamil Lexicon vol. 111, Pub. Date 1939 Published by University of Madras.

How to cite this article: M. Chandra Mathy, M. P. Abdul Kader Jeylani. a study of Chintamani Maruthuvam practices in Kanyakumari District. *International Journal of Research and Review*. 2024; 11(1): 175-180.  
DOI: <https://doi.org/10.52403/ijrr.20240119>

\*\*\*\*\*