

A Comprehensive Review on Treatment of Hypertension Based on *Panchabootham* and *Suvai* of Siddha Medicine

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DOI: <https://doi.org/10.52403/ijrr.20260562>

ABSTRACT

Background: Hypertension is a global non-communicable disease affecting over one billion individuals worldwide and constitutes the major risk factor for cardiovascular, cerebrovascular, and renal complications. The Siddha system of medicine, one of the world's oldest medical traditions, have a well established theory for the etiopathogenesis of hypertension.

Objective: This review explores the pathophysiology and management of hypertension through the concept of Panchabootham (Five Elements) theory. It systematically examines how imbalances in Earth (Prithvi), Water (Appu), Fire (Theyu), Air (Vayu), and Space (Agayam) contribute to cardiovascular dysfunction and elevated blood pressure.

Methods: A narrative review was conducted on classical Siddha texts, integrative medical literature, and clinical observations from the Pothu Maruthuvam department at Government Siddha Medical College, Palayamkottai. The pharmacological basis of two polyherbal formulations — Venthamarai Chooranam and Asai Chooranam — were

analysed using the Siddha taste-element (Suvai-Bootham) correlation.

Results & Conclusion: Elemental disturbances — particularly aggravation of Theyu (Fire/Pittham) and Vayu (Air/Vadham) — were identified as the primary triggers of hypertensive pathogenesis. Polyherbal preparations to treat these imbalances through specific tastes (Suvai) shows synergistic antihypertensive, diuretic, and adaptogenic properties. This integrative work, where it is clinically proven and is further needed randomised controlled trials and biochemical validation for implementing into mainstream evidence-based practice.

Keywords: Hypertension; Panchabootham; Siddha Medicine; Venthamarai Chooranam; Asai Chooranam; Pittham; Vadham; Polyherbal; Integrative Medicine; Traditional Medicine

INTRODUCTION

According to Pancha Bhootham theory, the universe is composed of five elements- earth water, fire, air and space referred to as Pancha Bootham. Based on this theory, every living organism is formed from these

elements in specific proportions. This intricate connection between the microcosm of the human body and the macrocosm of the universe is a fundamental principle in the Siddha system of medicine. It is versed as,

நிலம் நீர் தீவளி

விசும்போடைந்தும்

கலக்க மயக்க உலகமாதலின்

தொல்காப்பியம்

Hypertension is a serious medical condition and can increase the risk of heart, brain, kidney and other diseases. It is a major cause of premature death worldwide, with upwards of 1 in 4 men and 1 in 5 women- over a billion people having the condition. This article examines the pathophysiology of hypertension and its medical management through the lens of Panchabootham (five elements) theory.

Regulation of Blood pressure in Siddha perspective:¹

Concept of Blood pressure:

The blood first ejected out of heart, is then distributed to all parts of the body then returned back to heart through blood vessels which is controlled by Samana vayu.

Pumping action of heart:

Blood pressure is the lateral and anterior pressure exerted by flow of blood on the walls of arteries. It has 2 components a) Systolic Blood pressure b) Diastolic Blood pressure

Heart has its pacemaker (SA node) that generates electrical impulses on its own, which makes the heart contract, during the systole so, this is the systolic blood pressure. This self-excitatory function of heart can be attributed to the functioning of Viyanan.

Though the SA node generates impulses on its own, the rate of its impulse generation is controlled by autonomic nervous system. It is the pranam that situated in head, controls the heart. Thus heart rate is controlled by prana vayu.

Peripheral Resistance:

The diastole is attained when the heart muscles relax here pressure is only due to blood flowing through narrow structures of chambers of heart, arteries and there is no active push by the heart. The diastolic blood pressure is the resistance offered by the structures of heart and the blood vessels. Thus, the peripheral resistance determines diastolic blood pressure. Thus, diastolic blood pressure can be taken under the domain of Avalambagam as kabam maintains the structural integrity of body organs. The peripheral resistance mainly influenced by the diameter and elasticity of blood vessels which can be considered under the purview of kapha.⁴

Elasticity of large arteries:

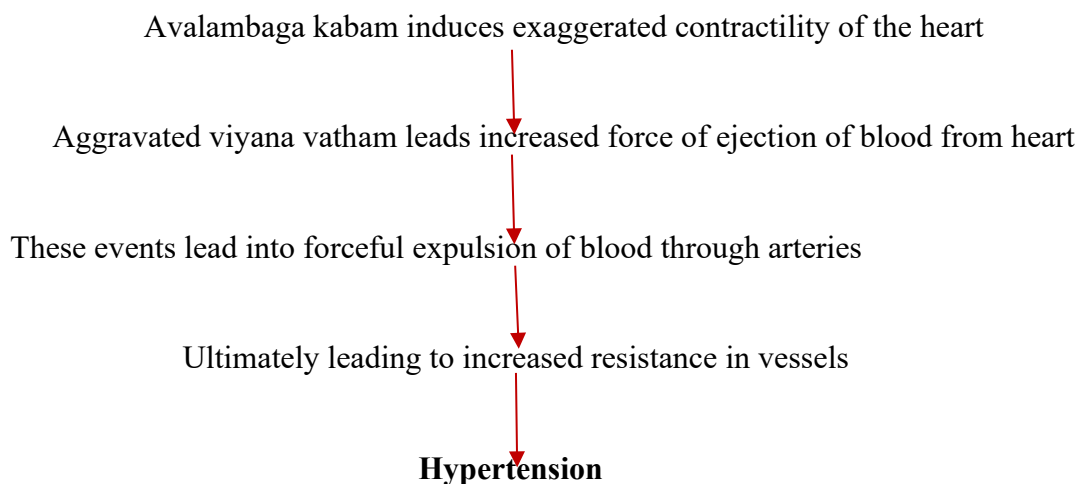
The vascular tone is also controlled by anterior nervous system which alters the diameter of artery which when required. The peripheral resistance offered by the artery due to vasoconstriction caused by sympathetic nerve which is the function of prana vayu. The auto rhythmicity of heart is due to the action potential created by the rapid influx of sodium, calcium ions and efflux of potassium ions across the membrane of SA node. The involvement of this chemical ion can be taken under the purview of Sadhaka pitham.

Pathophysiology: ²

Unavu (uppu- Appu+theyu, karam-Vayu+theyu, pulipu-prithvi+theyu) & Valvial seyalgai

Azhal kuttram (**Theyu**) increases, which alters the density of blood and accompanies with **Vayu**

Vitiates heart and its residing components like viyana vadham, Sadhaga pitham, Avalambaga kabam



Role of Pancha Bootham in Hypertension:³

Prithvi imbalance:

Excess Prithvi can lead to increased blood pressure due to the accumulation of toxins and waste product in the body.

Appu imbalance:

Excess appu can contribute to hypertension by increasing blood volume and cardiac output.⁵

Theyu imbalance:

Imbalanced theyu can lead to increased metabolic rate, stress and anxiety all of which can contribute to hypertension.

Vayu imbalance:

Excess vayu can lead to increased stress, anxiety and restlessness, which can contribute to hypertension.

Agayam imbalance:

Imbalanced agayam can lead to increased stress, anxiety and emotional disturbances which can contribute to hypertension.

Line of Treatment:

As per the above discussion in Hypertension, the primary deranged bootham is theyu followed by the imbalance of vayu bootham. Hence a line of treatment is based in balancing

- Theyu bootham(Pitham) with thubarppu, **Inippu**, kaippu

- Vayu bootham(Vadham) with **Inippu**, pulippu, uppu

Among the special OP's conducted by the Pothu Maruthuvam department, hypertension is a major concern, and its management includes the use of Venthamarai chooranam and Asai chooranam.

Overall Synergy:

This Polyherbal preparation aims to balance all five elements. It works by reducing excess Vatham (air) and Pittham (fire), both are neutralized by **inippu suvai (Prithvi+Appu)**. By enhancing the appu (water) and Prithvi (earth) elements, it provides a grounding, calming effect, which is crucial for managing stress and stabilizing blood pressure. The herbs collectively act as diuretics, and stress relievers, all of which are beneficial in the treatment of hypertension.

1. Asai chooranam- Ingredients: ⁵

Citrus limon (Elumichai):

Pancha Bootham & Suvai: Pulippu (**Prithvi+theyu**)

Cuminum cyminum (Seeragam):

Pancha Bootham & Suvai: Inippu (**Prithvi+ appu**), Karppu (Vayu+ theyu)

Saccharum officinale (Sugarcane):

Pancha Bootham & Suvai: Inippu (**Prithvi+ appu**)

Phyllanthus emblica (Nelli):

Pancha Bootham & Suvai: Inippu(**Prithvi+ appu**), Thubarppu(**Prithvi+ vayu**), Pulippu (**Prithvi+ theyu**)

Solanum trilobatum (Thoothuvalai):

Pancha Bootham & Suvai: Kaippu(vayu+aagayam), Karppu (Vayu+theyu)

Azadirachta indica (Vembu):

Pancha Bootham & Suvai: Kaippu(vayu+aagayam), Thuvarppu (Prithvi+vayu)

Leucas aspera (Thumbai):

Pancha Bootham & Suvai: Inippu(Prithvi+appu), Thuvarppu(Prithvi+vayu)

Rivea ornata (Musukkai):

Pancha Bootham & Suvai: Kaippu(Vayu+aagayam), Karppu(Vayu+theyu)

2.Venthamarai chooranam – Ingredients:

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Nelumbo nucifera (Venthamarai):

Pancha Bootham & Suvai: Inippu (Prithvi+appu), Thuvarppu (Prithvi+vayu)

Cuminum cyminum (Seeragam):

Pancha Bootham & Suvai: Inippu (Prithvi+appu), Karppu (Vayu+ theyu)

Elettaria cardamomum (Elam):

Pancha Bootham & Suvai: Karppu (Vayu+ theyu)

Zingiber officinale (Sukku):

Pancha Bootham & Suvai: Karppu (Vayu+ theyu)

Piper longum (Thippilli):

Pancha Bootham & Suvai: Inippu (Prithvi+appu), Karppu (Vayu+ theyu)

Glycyrrhiza glabra (Athimathuram):

Pancha Bootham & Suvai: Inippu (Prithvi+appu)

Anethum graveolens (Sathakuppai):

Pancha Bootham & Suvai: Inippu (Prithvi+appu), Karppu (Vayu+ theyu)

RESULT

The comprehensive review of hypertension in correlation with Panchabootham highlights the significance of understanding hypertension through the lens of the five elements - Prithvi, Appu, theyu, vayu, aagayam —believed to influence the body's physiological balance. Imbalances in these elements are identified as key contributors to hypertension, with Prithvi linked to obesity,

Appu to fluid retention, Theyu to stress and heat, Vayu to disrupted circulation, and Aagayam to anxiety. Traditional Siddha medicines, particularly Venthamarai Chooranam and Asai Chooranam, effectively address these imbalances by reducing heat, promoting relaxation, and supporting fluid balance. Clinical applications at GSMC Palayamkottai integrate this approach, combining modern diagnostics with elemental-based treatments. This holistic approach demonstrates the potential of traditional medicine in managing hypertension, offering an innovative and comprehensive framework for its treatment, with further clinical research required to validate its efficacy.

CONCLUSION

The review establishes a correlation between hypertension and the imbalance of the Panchabootham—earth, water, fire, air, and space—highlighting how these elemental disturbances contribute to the onset and progression of hypertension. The traditional medicines Venthamarai Chooranam and Asai Chooranam are explored for their role in mitigating hypertension.

Declaration by Authors

Acknowledgement: None

Source of Funding: None

Conflict of Interest: No conflicts of interest declared.

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How to cite this article: Ramya N.U, Sathiyaseelan R, Selva Anbini S, Justus Antony S. A comprehensive review on treatment of hypertension based on *panchabootham* and *suvai* of siddha medicine. *International Journal of Research and Review*. 2026; 13(5): 649-653. DOI: <https://doi.org/10.52403/ijrr.20260562>
