PART III

THE FUNDAMENTAL PRINCIPLES OF KALPA SYSTEM OF MEDICINE

So far as is known the Siddha system of medicine is regarded as the most unique system especially in the preparation of Kalpa drugs. One may wonder what is the remarkable thing in the Siddha system that is capable of curing many chronic and degenerative diseases. It may surprise one to know that the fundamental principles of Siddha system are not to be found in any other medical systems of the world.

Siddhars knowledge of minerals, metals and plants and the suitable combination of these things in the processing and the preparation of medicine according to the classification of five elements of nature, was of a very high order as can be gleaned from the lines of the ancient Siddha medical works. Their knowledge about poisons was also very comprehensive as can be seen from the descriptions of the properties of the poisons in the siddha Materia medica. These poisons are divided into two kinds - natural and synthetic, each of which is subdivided

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further into 32 numbers making up a total of 64 varieties. There are different kinds of manufacturing processes, mentioned like calcination of metals and minerals, extracts and essences from minerals, calcinated powders like red oxide, preparation of caustic alkali from the plants etc. with a high potency. The process of distilling several kinds of acids in Siddha system is regarded as the-most important one in using them as powerful solvents. In the process of manufacturing pharmaceuticals,, according to Siddha methods, one must have a comprehensive knowledge of the several classifications of the-drugs as regards their character and the five elements, of the nature and their further classification into friendly and unfriendly drugs in theory as well as in practice so as. to achieve successful results. There is no denying the fact that the fundamental principle underlying the process of calcination of the metals and the minerals successfully eliminating their evil effects but not loosing at the same-time their beneficial ones is a great secret; but the difficulty is that one has to learn the secret of manufacturing the Siddhic medicines from a learned and experienced Guru, since the correct scientific terminology of the-different kinds of formulae relating to kalpa drugs as given in the ancient Siddha texts are not only fully comprehensive and expressive but also shrouded in symbolic words.

The secrets of preparing Siddhic medicines lie in the fact that substances like mercury, sulphur, arsenic etc which are volatile in nature are rendered as non-volatile quintessences when stirred over fire by a unique process adopted by the Siddhars in Tamil Nad. It means that this kind of mercury is deprived of its poisonous physical properties and its metalic lustre. A great virtue is attributed to this kind of purified mercury. It would be

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served as kalpa drug to rejuvenate one's system. What is the test for a kalpa drug of mineral origin that is capable of rejuvenating the system ? If it is genuine kalpa drug, it would have such a marvellous and powerful action as to transmute a base metal like copper into gold. The transmutation of base metals into gold was but a secondary aim of the Siddhas. The Siddha system of Alchemy considers the turning of base metals into gold as a lower form of alchemy, but the elevation of man to attain the higher eternal bliss for ever is regarded as the highest form of alchemy. A man who falls down dead as a corpse is no Siddha. Man, according to Tirumular, is comparable to \* copper, the essential attribute of which is green patina (impurities). Similarly, egoism is a basic attribute of the soul, the removal of which makes a man a perfect immortal (gold), which should always be the aim of the man to achieve a level as to know the Supreme Creator. This is the higher form of alchemy contemplated by Siddhas with the help of the five mystic letters as mantra.

Therefore, it must be noted carefully here that the Siddha kalpa drugs are based on alchemical processes -processes which can transmute the base metal into gold. As this noble art of alchemy is intended only for attaining salvation, it should not be indiscriminately broadcast to all or be practised by all for material gains or advantages. Siddhars therefore found it necessary to veil the alchemical formulae relating to kalpa drugs in figurative language. It is also said that this divine art would be instructed by the Supreme Guru to only a very few who were deemed by him to be devoted and trustworthy disciples after several severe ordeals for a great number of years.

\* 'fisariu Jbtn «T«rrar Qvulj Slur sir (g>gib." -^(iijdpsuif

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The author has read for purposes of comparison the different parts of the magnum opus written by several siddhas - among them, one describes the drugs, another their curative aspects, a third the method of preparation, a fourth the spiritual attainment, a fifth detailing certain rare herbs the names of which are not to be easily identified. But none of their texts gives us a complete picture of the Kalpa treatment. Moreover, these alchemical processes are shrouded in symbolism as different authors give different interpretations. It is therefor said that no fruitful result would be achieved in pursuing the alchemical processes as described in ancient Siddha manuscripts relating to Kalpa drugs.

However, it has been the most fascinating and interesting subject for the author for the past twenty five years. The author had been to several hills in search of rare Kalpa herbs and had discussions with sadhus (pious men) and prominent Vaidyas of different parts of this country. It requires a great deal of concentration and patient investigation to unravel the hidden secret meanings embedded in this vast field of virgin, and untrodden ground of 'Siddha Kalpa drugs' - herbal as well as mineral origin.

Now let me explain the processes as described in the texts for the conversion of the volatile substances like mercury, sulphur etc. into non-volatile oxides and chlorides to serve as Kalpa drugs. The raw drugs are first purified according to four kinds of the following principles :

(1) The use of a single herb in purification process of drugs : Before [making use of any volatile substance, it is to be subjected to a purification process by suitable herb chosen by Siddhas based on

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the theory and classification of five elements of nature.

(2) Purification process according to the combination of friendly and unfriendly drugs : Suitable combination of drugs of alkaline origin with that of acid substance.

(3) The use of acids in purification process of drugs: Acids extracted from different kinds of salts etc. as enumerated according to the. theory and classification of five elements of nature are used as solvents in the purification process of drugs so as to render them non-volatile oxides etc.

<4) Use of Siddhar Muppu in the preparation of Kalpa drugs :

Of all the items mentioned above, the most important and the unique process in Siddha system is Muppu. This is the super salt-a salt that is not overpowered by fire and water. It is derived from fullers earth on a sacred day and used as catalytic agent in the preparation of Kalpa drugs. This is a divine art highly guarded by Siddhas. As this is not known in the other systems of medicine an India or other ancient civilized world, this subject will be dealt with in a separate chapter.

The secret technique adopted by Siddhas is the combination of alkaline (Male-Sivam) drug with acid (Female-Sakti) substance, without which no fruitful result would be feasible. Take, for instance, an egg - the white albumen of which is alkaline and its counter part is yellow. This combination is the basic principle of life in nature. Similarly in the preparation of Kalpa drugs also this basic principle is adopted by Siddhas to evolve a new born beneficial drug (child) as a result of the conjugal affection and union of a male and a female drug. As for

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instance, the mercury is (a male) alkaline Siva drug,, compared to a mad elephant that could be controlled and neutralized by the union of its counterpart, a female drug,. Sakti of acid origin, like sulphur. This process is referred to in Siddha system as Nadha Bindu union of drugs. Further to increase its potency, a third substance is also-added. Similarly almost all the drugs are classified in Siddha works as alkaline (Bindu) and acid (Nadha) origin As a matter of interest a few of such important drugs, classified in Ugimuni works and Bogar Vocabulary are given below : Alkaline substance Acid substance

1 Mercury. - Sulphur

2 Pottasium Nitrate. - Alum

3 Camphor. - Copper Sulphate

4 Magnet. - Vinegar

5 Vermilion. - Rock Salt

6 Gold - realgar

7 Borax - Salammoniac

A few of the different kinds of drugs classified in detail in the ancient Siddha medical works is given below:-

(1) Purification process of metals, minerals and poisons like mercury, copper, iron, lead, potassium nitrate( alum, vermilion, arsenic, etc.

(2) Calcined oxides, red oxides etc. prepared from mercury, sulphur, arsenic, zinc. vermilion,, salammoniac, corrosive sublimate, bichloride of mercury, chemical salts.

(3) The use of 32 kinds of poison-original as well as. synthetic-in medicine, alchemy, etc and their method of preparation etc. are mentioned in several works like Agastya, Konkanar and Bogar vocabulary of drugs.

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{4) The names of different kinds of acids extracted from different alkali based on the theory of five elements to be used as solvents in the preparation of medicine as described in Siddha works, (a) Sulphuric acid {b) Nitric acid

<c) Acid extracted from corrosive sublimate and

other suitable alkalis. id) Acid of salammoniac.

(e) Acid from fullers earth and other allied alkaline salts.

(f) Acid from copper sulphate and other alkaline salts.

(g) Acid from iron sulphate etc.

{5) Sublimation of metals, minerals and poisons are regarded in Ukimuni and other works as valuable medicine for several complicated maladies in the system.

(a) Sublimed mercury.

(b) Sublimed arsenic.

(6) Classification of friendly and unfriendly drugs to a particular substance. Take, for instance, the following substances:

(a) POTASSIUM NITRATE

The unfriendly drugs are as follows : Lead, copper, Copper Sulphate, Iron, Copper, Magnet, Sulphur etc.

The friendly drugs are:- Alum, rock salt, vermilion, corrosive sublimate, arsenic etc

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(b) COPPER SULPHATE

The unfriendly drugs are :- Mica, Alum, Camphor\* white arsenic, rock salt, magnet, Zinc, fullers earth, lead etc.

The friendly drugs are :-

Sal ammoniac, Sulphur, corrosive sublimate, borax,, orpiment, Mercury, Yellow arsenic, Vermilion, realgar. Mercuric Chloride.

Those who want to do research work may refer to similar kind of enumeration of unfriendly and friendly drugs relating to mercury, gold, iron, zinc, lead, alum, Sal ammoniac etc. in Siddha pharmacopoea.

Before making use of a raw drug in pharmaceutical preparation, it is the usual custom to purify it with a herb as specifically indicated against each in Siddha Materia Medica. A list of such plants that are used for purification process of each drug as indicated against it is as follows :-

Jatropha curcus is used in purification process of

Iron. Oxalis corniculata is used in purification

process of corrosive Sublimate.

Palmyra toddy is used in purification process of

white arsenic.

Bassia longifolia oil is used in purification!

process of Zinc.

For purification process of other drugs by a single herb reference may be made to Siddha medical works for comprehensive study. In case of non-availability of suitable herb for purification process especially in summer season, the drugs are usually purified with calcium oxide, vinegar, lemon juice or one of the several acids specially indicated against each drug according to the principles of five elements in Siddha works.

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Moreover the following alchemical principles were adopted by Siddhas in the preparation of calcinated powders of several kinds of minerals, metals and poisons by subjecting them to heat before they are administered as Kalpa drugs.

(a) There is no alchemical process without mercury.

(b) There is no fixation without alkali.

(c) There is no colouring without Sulphur.

(d) There is no quintessence without Thurisu.

(e) There is no animation without conflagration.

(f) There is no calcination without corrosive sublimate.

(g) There is no calcium compound without correct blowing.

(h) There is no fusion without suitable flux.

(i) There is no strong fluid without salammoniac. It may therefore be concluded that Siddhar alchemy (Rasavada) is not meant for the sole purpose of converting base metals into gold. The chief object was to make Kalpa (Panacea) drug to rejuvenate the body for a full life.

The different kinds of salts, poisons and metals that are classified as under five elements in Nature.

Elements

Salts

Poisons Metals

Earth

H

Nitrate

Mirudar Singi Gold

Water

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Rock salt

White arsenic Black lead

Fire

1

Glass gall

Corrosive sublimate Copper

Air

a

\*

Alum

Vermilion Iron

Ether

h

5

Fullers earth Mercury Zinc

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\*Before using the metals or metalic compounds, they are always subjected to processes called 'Suddhi Murai' or purification. The idea of this is to get rid of the impurities and their deleterious qualities, If 'Suddhi Murai' is not performed, their use is said to be injurious to the individual. 'Suddhi' is usually carried out by heating thin sheets of metal repeatedly and plunging them into various vegetable juices, decoctions etc. The other process described is 'marana' or destroying the metals so that they lose their identity and become converted into fine powders which are chemically of the nature of oxides or sulphides. Here the idea appears to be to convert the metals into such a form as can be acted upon by the intestinal juices and so rendered absorbable. These preparations are absorbed very slowly and in this way minute concentration having a stimulant action on the tissues are obtained and higer toxic concentrations are avoided."

ALCHEMICAL PROCESS IN MEDICINE

Although it is not appropriate to discuss here the subject of alchemy, the preparation of Kalpa drug has to be done in the alchemical process. A short note on it therefore, in the light of modern trends on atomic science may lead to an understanding of the Kalpa. There is a proverb in Tamil that "a physician is the son of an Alchemist". In his treatise concerning Alchemy entitled, 'The Labyrinthus Medicorum' Paracelsus emphasizes this truth' that any one who would become a physician must learn the book of Alchemy thoroughly by heart.' Its name no doubt will preclude it being acceptable to many; but why should wise people hate without cause

• "Dr. Chopra's Indigenous drugs of India."

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that which some others wantonly misuse?" He further adds that no science can be deservedly held in contempt by one who knows nothing about it.

GURU MEDICINE AS KALPA

Consolidating mercury by not allowing it to pass into vapour when subjected to heat is but a difficult art. The fact as to why this process was held in secret shows that if this is successfully done, baser metals may be converted into gold. It may be asked why Siddhar Kalpa is not popularly known to all. The answer is not far to seek. The reason may be that the art of solidifying the mercury is held as a high secret. The modern chemists consider it an obsolete art for it is not known to them. In the process of genuine Kalpa, the consolidation of mercury as a fire proof metal is the most essential factor. Calcination of this fire proof metal is then carried out with the aid of Kalpa plants and super salt Muppu, a salt that withstands the action of the fire and Water. It contains the life principle. It is free from evil pungent. Great virtue is attributed to such calcinated powder which will conquer all degenerated cancer and heart disease including coronary thrombosis and other maladies in older people and rejuvenate the entire system. The same calcinated powder is also capable of converting copper into gold. The whole secret lies in \*five mystic letters and the secret is known to the Guru. Therefore, this is called 'Guru Marundu' in Tamil, (Guru Medicine). Without this Guru, there is no Kalpa. The Guru medicine therefore, says Tirumular, is the primordial one.

According to atomic theory, the number of protons and electrons in mercury is 80. If one proton and electron

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is removed from mercury during the solidification process, the resulting substance is gold which is 79 in atomic number. Similarly by a combination of Tin and copper (29+50 = 79) gold may be obtained. In the metallurgical sense this is only an alloy of two metals; but in alchemical process, this is the art of making gold. In the same way Kalpa medicine prepared in alchemical process is a superior one like that of gold rather than the other ordinary medicine.

It is therefore clear that atomic theory is not modern but a very ancient concept. It was known to ancient Siddhars of Tamilnad and found elaboration in philosophic terms in the ancient Tirumular works in Tamil.

AMURI-WATER IN THE PREPARATION OF THE UNIVERSAL SALT

The role of Siddhar's 'Amuri' (water) in the preparation of 'Universal Salt' of Muppu is worth mentioning here. One may wonder how it is that mere water has such a miraculous power as to contribute in the preparation of Muppu. A bath in the waters of Cauvery, Thamparaparani, Ganges, Yamuna, Godhavari, Krishna and other holy rivers of India was regarded as a sacred religious ceremony as well as a cure for certain diseases since the great virtues of these river waters have been mentioned in the ancient religious and philosophical text books of India. Why should they have so much curative powers?

Because they had medicinal properties derived from herbs and minerals from the bountiful rich soil of the vast hilly tracts. In his article on Nature's finest medicine, Harvey Day cites some types of water (found in spas) as

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having properties which neutralise poisons. He refers to-'the French Doctor Monod' (Hunterian Lecture in 1930) who stated that adder venom is neutralised by Chatelt Guyon water; diptheria poison by Saint Nectaire water;, tetamus poison by La Bourboule water and toadstool poison by Mont Dore water. He also adds that 'both vichy and Bourboule water shorten the time taken to clot blood, seal wounds and enable them to heal quickly and Bourboule water has been effective in curing chronic asthmatics'. Kenneth S. Davis and Johan Arthur Day (authoritative authors on the subject) in their book on water say that scientifically 'water is an annual substance as well as an inert solvent in that it is not itself changed chemically by most of the substances it dissolves'. They traced the origin of water from the days of Aristotle and Thales as follows:-

"Aristotle observes that the nutriment of everything

is moist and that-the seeds of everything have

a moist nature- and that from which everything

is generated is always its first principle".

"Thales of Miletus (640 - 546 B C) the earliest of the Greek philosophers regarded water as the basic element of which everything is made".

They further add that about half the known chemical elements many of them in abundance, some of them only in traces-have been found dissolved in natural waters. Every lake and stream in nature is a solution and the oceans of the world are enormous and quite concentrated aqueous solutions of literally thousands of substances in tonic form, metals as well as non-metals, organic as well as inorganic compounds.

Finally they conclude that "indeed it was waters, unique properties as an almost universal and inert solvent that enabled the sea to become magna mater or Great

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Mother, of all life". This is based on the modern theory that the first living cells were formed in the salt bath of the sea water several thousand millions of years ago. A Guru whom I regarded as an authority on the subject of Siddhar Muppu said once to me that Amurai is not the sea water but the quintessence of all the waters •of Seven Seas which has no taste of salt. This sample of Amuri, the author hopes to get soon. This also confirms Siddhar's theory on Salt - in the fact that sodium •chloride which is not devoid of pungency will be harmful. Therefore Amuri is the genuine magna mater.

The secret of pure divine water derived from the sea through the depths of several thousands of feet at the bowels of the earth is not fully known to us nor its properties which may be fully detectable to any of our modern technique. But we are concerned with its curative aspect only. As custodian and transporter of solar energy on earth, Amuri (Water) plays a vital role in the preparation of medicine such as Muppu etc. A new branch of hydrotherapy especially in prolonging the life span of mankind, will be achieved in the years to come.

Siddhars concept of water seems to be very ancient, and dates back to 3000 B C - even before the Greek philosophers, as can be gleaned from the Siddhars' philosophical works.

;|"Amuri' is known as highly potent medicine; Nectar •of Supreme Father and Mother Sakthi and other heavenly .bodies; hence declared as Primordial medicine and one

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j((!/ifl/Birr&ir-^(5uilB^rii 850

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of great Elixir and therefore its great virtues are not expressible in terms. vide Tirumantiram - Amuri tharanai.

SIDDHAR 'MUPPU' AS THE UNIVERSAL SALT

In addition to several kinds of medicinal preparations and their different classifications shown under a previous chapter, the most outstanding one was what was popularly known as 'Muppu ' in Tamil in the Siddha Medical works from time immemorial. It was regarded as the most remarkable achievement in Siddha medical science. This was well known in Siddhars alchemical parlance as the universal medicine or the primordial material, the secret of which no ordinary man could easily comprehend and about which no mention had so far been made in any other medical science. As prima materia, Siddhars speak of its great virtue as capable of transmuting the baser metals into gold, not to speak of its marvellous powers to rejuvenate the cellular organisms. In short, Muppu serves as a catalytic agent in the preparation of Kalpa drugs and without it, no alchemy is feasible nor rejuvenation is possible. It is therefore the ambition of everyone who is conversant with the Siddha medical system to find out the secret processes described by Siddhas in figurative terms about the preparation of this wonderful Muppu.

As a catalytic agent, Muppu was used in fixing and consolidating certain kinds of volatile substances like mercury, sulphur, cinnabar, arsenic etc. that could not resist the action of fire. As\* a universal salt, it was

\* (if uq GlpjCQA ailUQpear© Jj^Smir^Tirig sru3uirg|ii> airsosir srmsir

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highly regarded as a giver of potential energy in the •calcination process of metals and minerals for administering as Kalpa (panacea) drugs leading to the rapid recovery from all degenerative diseases.

A close study of Siddha Medical works reveals that the first prayer offered by Siddhas is to the Supreme Lord of the Universe (Sakti-Siva) as their Guru for granting them the knowledge about sacred Muppu\*the primordial salt, the characteristics of which are described as the basic constituents of five elements. There are more than forty kinds of processes described in symbolic words about the preparation of Muppu for which one must be provided with a key to unlock the meaning of the secret processes. It is therefore said that even Siddhars are forbidden to reveal the secret of Muppu to anyone. It is to be imparted only to deserving disciples by Supreme Mother, Sakti, as per instructions of the Supreme Guru Siva.

However, as a matter of curiosity, the purpose of writting here on this fascinating subject is to tell the modern scientific world about the processes of the ancient art of Muppu as described in texts, although its secrets are not fully revealed.

All agree that mercury, sulphur and salt were the chief ingredients used \*in the alchemical process by philosophers as described in the annals of alchemy of the ancient civilized world from time immemorial. In addition, they employed in their alchemical process a super element namely a fifth element or quintessence of creation to transmute the baser metals into gold. Unless and until one gets this prima materia namely 'Muppu'

\* Vide the hermetic and alchemical writings of Paracelsus, the great.

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the philosopher's stone cannot be obtained. If this universal solvent could be got, one may, without much difficulty, proceed to do wonders. But where is this quintessence to be obtained, is then the question.

The answer is derived from the word 'Muppu'. It is a Tamil word which means the union of three salts namely (1) 'Pooneeru' (2) 'Kalluppu' and (3) Vediyuppu. These salts are also described as Sun, Moon and Fire.

(1) Pooneeru: ANDAKALS certain species of lime stones composed of globules are said to be found underneath the fullers earth soil. A white substance that bubbles out from these lime stones during the full moon night attracted the Siddhas. It was collected on a full moon night once in a particular month of a year and purified with a juice of Kalpa plant. A special water by name "Amuri' was also used in the purification process. This may be defined for our purpose here as a special kind of fullers earth.

Great virtue is attributed to these lime stones as the fluid derived on the full moon night is reputed to contain certain active principles for alchemical process of Kalpa drugs. 'Amuri' is a Tamil word and it denotes a sacred water like ambrosia (Amirdha). A reputed master of this divine art says that a great virtue is attributed to Amuri water as it is obtained on account of the conjunction of seven seas with the permission granted by the spiritual Master. Unfortunately the term Amuri conveys different meanings in Siddha philosophy such as the urine of goats, asses, cows, and even of human beings, and water from the mist, liquor, amni, white albumen of egg, mother's milk etc. This is also the case with other terms used by Siddhars in the process of the preparation of Muppu and therefore this subject is always controversial among the physicians. Accordingly, as different physicians have

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put different interpretations on these terms, some even using human urine in the preparation of Muppu, it is very-regretful that they have not achieved any fruitful result in their attempt of preparing Muppu, owing to their wrong interpretations. It is also said to be equally fantastic that Sadhu Manikaseevan who is considered to be well versed in Siddha philosophy should say in his book "Who knows, that?" in Tamil, that the terms Pooneer and Amuri are nothing but human hair and the mother's milk respectively and that he had found these meanings from his personal experience in the preparation of Muppu.

Just under the surface of the clay soil, the fullers\* earth deposits either in calcareous or bentonitic form, are found lying between sand stones. Such deposits are mentioned in Bogar Siddha Works. In order to collect the Pooneeru, the author had one chance in the year 1960 to go to a place Makudam Chavadi (Macdonald's Choultry) a river bed situated in Salem District, Madras. He was assisted by some of the prominent members of the Siddha medical Association, Rasipuram (J. L. Ananthayyar and R. Gopal) in collecting the liquid material that emanated from the egg-like stones (Andakkal) during a moonlit night. It was like the hunter's expedition at the dead of night in the middle of the forest. The material thus collected in a bottle was yellowish in colour possessing the property essentially of a hydrated aluminum silicate and containing small amounts of other bases of adsorbing grease and oil. Before making use of this material in the preparation of Muppu, the Universal Salt, the oily substance is removed first by the aid of acid, and Amuri, as per Siddhic methods of purification for ten times and the solid salt thus obtained is allowed to dry in the hot sun.

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Pooneeru is seldom administered as single medicament but used as one of the main ingredients of Muppu (The Universal Salt) which serves as a catalytic agent. But it is still a matter of great doubt for many that Siddhars might have collected something else in the fullers earth deposit; because, in modern times, the chemical and physical properties of fullers' earth are fully analysed. Fullers earth is extensively used for commercial purposes such as for cleaning cloths, in purifying edible oils, as a carrier for basic dyes, and as a laboratory adsorbent for the determination of the colouring matter in whisky, vinegar etc. Fullers' earth is one of the ingredients used to check watery diarrhoeas and dysentery. The anti-diarrhoeal effects, according to a manual of Pharmacology, are explained by the more solid consistency of the stools; by the checking of bacterial growth and by adsorption of the irritant putrefactive products (Kraus and Barbara 1915). 'Hydrous magnesium trisilicate is used as antacid and adsorbent in treating gastric hyperacidity and the pain of peptic ulcer' (For details, vide Magnesium trisilicate Tablets, U. S. P. and Fullers' earth (hydrous aluminum silicate) page 33 and 111 of the manual of Pharmacology by Torald Sollmann-1948)

(2) Kalluppu: It literally means hard salt or stone salt. The corrct interpretation of the term or its identification

FULLERS' EARTH-ENGLAND

SiO - 53.3

A1203 - 13.3

Fe203 - 9.8

CaO - 4.9

MgO - 2.0

Alkalis - 1.8

H20 - 14.2

(Thorpe's dictionary of Applied Chemistry)

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would be very difficult as the same is referred to in some texts either as rock salt dug out from the mines under the earth or as the saline deposits formed underneath the sea or consolidated non-volatile salt specially prepared by Siddhar or the froth of the sea floating on the water. It remains still a mystery, for no systematic investigation seems to have been made in this regard. However, the \*special characteristics of this salt, as described in texts, are that it stands the test of fire and water. Being insoluble in water but melting in fire as a metallic substance, it is highly regarded as very useful in consolidating the mercury and other metals etc.

(3) Vediyuppu: This is nothing but potassium nitrate. It is first subjected to a cleansing process for seven times and further purification by its unfriendly substance alum. It is an active agent in alchemy.

Let me confine myself to a brief account in describing the process of Muppu as described by Ukimuni. The salts mentioned above, if correctly understood and inden-tified, are three in number which are considered to be the main ingredients in the process of Muppu. These are purified with the sacred water Amuri and also with the juice of certain rare Kalpa plants. These salts are also subjected to purification by the nitric acid specially prepared with friendly and unfriendly salts. Finally, these salts are calcinated. After completing this process, mercury, corrosive sublimate, bichloride of mercury, sulphur, arsenic, mica etc. are subjected to purification with suitable medicinal plants and rendered as non-volatile substances owing to the combination of unfriendly and friendly drugs. All these nonvolatile substances are then subjected to fire for calcination as per

'p\_iji!rir Sural espsugi ifiirjfiar^rri), (jpuu, \*«nrairuiru>'

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the methods described in Siddha works. The calcinated powder is then added to the three salts already calcinated. The operation of Muppu is said to be completed then. It has now powerful action on any metal like gold, copper, magnet, and iron. It has got the power to conquer everything and can penetrate every solid. The glory of preparing Siddhar Kalpa from Muppu, mercury, sulphur, gold, magnet, iron etc, to be used as a panacea for degenerative diseases like cancer etc. will then be achieved. With the aid of this powerful Muppu, the calcination of gold leaves is easily performed. The calcined oxide of high potency (prepared from the three super salts and the nonvolatile substances like mercury, sulphur and gold leaves) is now highly regarded as the Elixir of life which can be safely administered to the system to rejuvenate the degenerated cellular organisms for living a longer and useful life.

THE VITAL ROLE OF MERCURY IN SIDDHAR KALPA

In the previous chapter, the important part played by Muppu in the preparation of Kalpa drugs of mineral origin has been described. The alchemical process of Muppu is achieved with the aid of calcined oxide of mercury prepared not from ordinary mercury. Ukimunt a Siddha says rthat successful result will not be achieved by Muppu only without the combination of mercurial preparation. Mercury thus occupies a central place in Siddhar Kalpa preparation Mercury therefore means life. It is sought by Siddha adepts for prolonging life. It is a constructive agent that could arrest the decay, and degenerating cellular organisms. It is Siddhar Kayakalpam serving as a panacea. If what is

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ambrosia to Gods, Mercury is an Elixir to mankind. Konganavar's work on alchemy describes eight different kinds of essences of mercury and they are highly regarded, to possess extraordinary virtues relating to longevity. They are a special kind of mercury purified by the juice of a plant with Muppu and rendered as nonvolatile substance.

(1) Siddha rasam (2) Navaneetha rasam (3) Thoduppu rasam (4) Siravana rasam (5) Suddha rasam (6) Ninmala rasam (7) Atshya rasam (8) Vindhu rasam..

It requires a separate treatise on the subject and therefore let me confine myself only to Kalpa treatment in this book. It is true that the modern medical men are more advanced in the preparation and use of mercurial compounds on account of modern scientific discoveries. Although Siddhar's pharmaceutical operations may be crude and unscientific when compared to present, techniques in this regard, it is evident from the descriptions of Siddha Materia Medica written two thousend years before when no modern scientific instruments and data were not available to them, that they had attained even in that remote period unparalled knowledge in. medicine, alchemy, rejuvenation etc. Their works show that they were the greatest scientists of the day apparently proficient in all branches of science. They even prepared! animated mercury pills and beads with marvellous, potency of power that they were capable of flying in space.

It is therefore a known fact that the Tamil Siddhas. and physicians were aware of the uses of this valuable-metal to a great perfection from very early times much, earlier than the Greeks, Arabs, Chinese etc.

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In an earlier chapter of this book, I have discussed the Ayurvedic system of medicine developed at a later period in North India as a text book method quite different from the ancient Siddhic alchemical method of South India as referred to by Dr. A. Lakshmipathi, President of the Andhra Ayurvedic Board. In the Ayurvedic works written in Sanskrit by Charaka and Susruta the use and preparation of this precious metal-mercury-is seldom mentioned. A distinguished research worker, Dr. R. N. Chopra, says in his book "Indigenous •drugs of India" that "it is well known that one of the earliest works on Hindu medicine by Charaka does not deal at all with any mineral drug.' Susruta, written at a later period, only mentions the use of a few natural salts. Only writers of considerably later periods gave descriptions of calcination and purification of compounds and other processes of converting such metals as gold, silver, iron, copper, mercury and arsenic into suitable forms for use as medicaments".

Accordingly 'Rasayana' treatment is included in Ayurveda at a later period only based on Buddhist and Tantric literature and Siddha medical works. In the opinion of Dr. P. C. Ray, the period of the Rasayana origin cannot be fixed earlier than fourteenth century. Rasayana means in Sanskrit "drugs of mineral and metal origin". The most celebrated works in Sanskrit in this regard are Rasa Ratna, Samuchayam Rasa-ratnagaram and Rasasaram Rasandra chintamani etc. in which are included certain formulae relating to mineral and metal preparations of Siddhas but not much of their alchemical processes such as Muppu etc. The most popular (Kalpa) rasayana drug in Ayurveda is Siddha Makaradhwaja. Dr. R. N. Chopra says that "its aise can be traced to the time of Bhabamisra, the renowned

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Hindu physician who lived in the early part of the 16th century". The chief constituents of this are eight parts of mercury, one part of gold leaf and sixteen parts of" sublimed sulphur. Despite its origin from Siddhar Kalpa,. it is not prepared as per alchemical process of Siddhas as described in the chapter relating to Muppu. Although it may not be up to the mark of original Siddhar Kalpa drug used by Siddhas for rejuvenating the system, it no doubt serves some useful purpose to suffering humanity in India as a very good tonic in debilitating conditions, and in convalescent stage after great illness.

Those who study the history of Ayurveda and the inclusion of drugs of mineral origin at a later period may come to the conculusion that Kalpa (rasayana> treatment is only a later development in India. Therefore Dr. P. C. Ray is said to have remarked that "the use of mineral acids as solvents for metals was unknown in India prior to 1500-1600 A. D."

Similarly, Dr. P. Kutumbiah, Honorary Consultant in Medicine, Christian Medical College, Vellore, in the- • course of his address delivered at a meeting of the members of the Indian Association of the History of Medicine held on 19lh March 1963 at Madras Medical College under the distinguished presidentship of Dr. A. Lakshmanaswami Mudaliar, Vice-Chancellor of the Madras University, expressed his view as follows:: On'Medicine in Medieval India', he said: "The Arabs-borrowed little from Indian medicine; but on the other hand, Indian medicine took much from the Arabs". He traced "the use of opium, mercury and feeling pulse mentioned in some of the medical treatises of medieval India to Arab influence. Indian doctors were persona grata in Baghdad whose doctors introduced Arab thought into Indian medicine". If this was true, the characteris

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tics of Indian medicine would have been different. It may be fantastic to many as putting the cart before the horse. We know much about the famous stories of the Arabian Nights than the the art of medicine of the Arabs.

It has been well recorded as an indisputable fact that the Grecian physicians who came with Alexander the Great to India (300 B. C.) admired the skill of Indian physicians in the cure of snake bites and got much information regarding Indian Medicine from our physicians and helped in transmitting it to Greece, and subsequently to Egypt. There is no denying the fact that Hindu physicians were actually invited to Baghdad to help the Arab physicians in the translation of the works of Susruta and Charaka under the Caliphs after the destruction of Alexandria (773 A. D.). It is true that Baghdad became the biggest intellectual centre during the reigns of the Khalifs Harun al-Raschid and al-Mamun (eighth and ninth centuries). Pandit;Jawaharlal Nehru in his "Discovery of India" says that "there were many contacts with India during this period and the Arabs learnt much of Indian mathematics, astronomy and medicine. During an illness of Harun-al-Raschid, a physician named Manak was sent for from India. Manak settled down in Baghdad and was appointed the head of a large hospital there. Arab writers mention six other Indian physicians living in Baghdad at the time, besides, Manak "

Pandit Nehru further adds that 'though the Arabs learned much from India, the Indians remained aloof wrapped up in their own conceits, and keeping as far as possible within their own shells'.

It seems that these research workers had come to such a conclusion as they were not conversant with the works of the ancient Siddha school of medicine that existed

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before 2000 B.C. The science of pulse forms a very important part in the Siddha system of medicine in South India. No trace of it could be found in any of the authentic works of Ayurveda such as Charaka or Susruta. The Ayurvedic veterans Pandit Gopalacharlu and Dr. H. Subbaroyalu, principal of the Mysore Ayurvedic College had also held the same view. \* Ayurveda attached no importance to this art of pulse testing during the earlier period but had since developed this system by incorporating the art of pulse testing and the drugs of mineral origin, mercury preparations etc. borrowing them from the Siddha school of medicine and not from Arabia.

No wonder that opium, mercury, camphor, etc. might have been imported from Arabia and China, as trade relations existed between these countries even before the Christian era. On that account, one should not conclude that the use of mercury in Indian medicine was introduced in India only during the medieval period by the Arabs. Even before Susruta and Charaka, the use of mercury in Siddhar Kalpa drugs existed in India.

The ancient people at Mohanjadaro were skilful metal workers with a plentiful supply of gold, silver and copper. No Siddhic medicine was possible without mercury. There were several Siddhas like Tirumular who used mercury as medicament even 3000 years B.C., as is evident from Siddha works. It is true that Siddhars like Bohar and others had visited China and other places. As they were masters of the healing art, they had nothing to learn from other countries. How is it then the art of the ancient Siddha or Ayurveda of India is considered as a derivative from Arabia or China? But everyone admits that the Unani system in India is by all means the offshoot of Arabian medicine developed under the influence

\* Vide the Usman Committee Report P. 439

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of Mogul emperors in India. Only at the beginning of the tenth century, the western scientists looked upon this metal, mercury, as a powerful medicinal agent." Four centuries ago Paracelsus introduced in the west the use of mercury for treating syphilis\* But patients with syphilis were dosed with mercury internally until saliva flowed from their mouths and their health was impaired by mercury poisoning. The Siddhas of antiquity used this powerful compound of mercury with great success and perfection for various maladies. At the time of writing this treatise the author witnessed that a Sadhu Nimalanandha who was well built for his age of 70 performing a feat swallowing up one tola of mercury in a metallic state and remained unhurt at the residence of Sri Balasundaram i.A.s. (Retd). He confirms that the sadhu used to take it daily as Kalpa for a very long time in order to preserve his health. Edgar Thurston (Superintendent of the Govt. Museum, Madras) in his Ethnographic notes on South India records the use of mercury cups etc. "Milk kept overnight in such a "Mercury Cup" or an amulet made from the cup materials and worn round the waist is believed to exercise a most potent influence over the male fertilising element. Such an amulet applied to the neck of a chorister is said to have increased his vocal powers three or four times, and piles and other bodily ailments are belived to be cured by wearing rings in the composition of which mercury is one of the ingredients" It is clear therefore that mercury is an integral part of the ancient Kalpa medicine of South India - a system that is closely associated with ancient religion of India. The use of mercury, sulphur and salt is as old as alchemy itself. The secret use of it is said to have been revealed by the Supreme Siva to Siddhas like Tirumular in the preparation • Vide Devils Drugs and Doctors

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of Kalpa drug before 3000 B. C. Mercury means life : it is [Siva: it is Bindu; the [very seeds of life. It is Ambrosia. It is the philosopher's stone. It is Kalpa. It is alchemy. There is no alchemy without the primordial 'Muppu'.

There is no alchemy without mercury. No Kalpa without mercury. This is a divine art. An independent art developed independently in South India, from time immemorial and not imported from outside India. No-imported brain could conceive such a supreme art that is developed to unparalled heights in the history of mankind-One may wish that this glory may live for ever.

SIDDHAR'S THEORY ON SALT

Salt (sodium chloride) is one of the most essential things that is widely used by mankind from time immemorial as a comestible obtained from salt deposits from mines or sea water. It is used in cooking as a preservative and taken at meals to give taste to food. It promotes appetite and digestion. As a condiment, salt stimulates salivary glands, assists assimilation of food and thus serves as a good nutrient. It has been well established by modern research workers like Henry C. Sherman and others that 'Sodium Chloride is the only salt that we seem to crave in greater quantities than occur naturally in our food and that we share this appetite with the herbivorous animals'. It has also- been proved that "Sodium salts occur abundantly in the blood and other fluids of the animal body and in much lower concentration in the tissues". For the effective functioning of the cells, its ions are essential. Since ions involved in metabolism is regulated by the kidneys which excrete in the urine the

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chloride that is not absorbed in the body, they must be constantly replenished.

But Siddhars do not advocate the use of ordinary common salt in the diet during the Kaya Kalpa treatment. They reiterate that if one takes ordinary sodium chloride in his diet during the treatment, it would vitiate the effect of Kalpa drugs in his system. By emphasizing this point,. Siddhars like Sri Jothi Ramalinga Swamigal realize the evil effects of ordinary common salt; but they do admit that salt is an essential ingredient in our food. Accordingly, they prescribe a salt of special kind that is devoid of pungency and other evil effects. This is called 'Kattuppu' in Tamil-which is a consolidating salt made by a special process. It plays an important role in Kalpa drugs. This is also the basic salt in the preparation of Kalpa drugs. The peculiar characteristic of this salt is that it withstands the" action of fire and water and it is capable of transmuting baser metals into gold. There is no alchemy without this, consolidated salt. Therefore the recipe is kept as a secret. This consolidated salt is described to be as hard as ivory. It does not absorb moisture nor is it soluble. It is capable of melting in fire. In Kalpa drugs, this super salt serves to invigorate the system making the body invulnerable to decay and rejuvenates the system by casting off the epidermis (skin) like that of a serpent.

Siddhars also used to make strings of beads out of this consolidated salt to be worn by them to invigorate the-system. A dining plate made out of this consolidated salt was used by Siddhars for purposes of rejuvenation. Similarly, bowls made out of consolidated mercury, mica, sulphur, magnet etc. were used by them for rejuvenating the system. A proverb\* in Tamil says: "He who

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consolidates salt will consolidate all metals". It seems therefore that the art of consolidating the salt is the most difficult one and it is known only to Siddhars.

Nevertheless, Siddhars have elaborately dealt with this subject in their works; but, so far no attempt has been made to investigate the various formulae found in ancient manuscripts. It has been the author's pioneering attempt to present to the modern scientific medical world a picture of Siddha Kalpa system in a skeleton form in this small treatise.

Now a discussion on Siddhars' theory on salt in the light of modern scientific knowledge is preferred. How does the consolidated salt which is devoid of pungency act in our system better than ordinary common salt?

Siddhars remark that he who takes consolidated salt in his food, excretes little salt in his urine. It seems that, in the opinion of Siddhars the intake of salt should fully be utilized by the system and not excreted in sweat or urine. The salt thus absorbed in the system recuperates the cellular organisms and make them invulnerable to decay. The author wonders whether this theory of Siddhars would be acceptable to modern concept that the excess salt not absorbed in the system should be excreted as per the calls of nature. A close study of Siddhars theory reveals that the process of excretion of salts in the urine deteriorates the system and renders it vulnerable to decay and death in the long run. The next question is, what are the evil effects of the ordinary sodium chloride that impair the system gradually as feared by the Siddhas.

PARACELSUS VIEWS ON SALT

Paracelsus (16th Century) also holds the same view as the ancient Siddhas on this subject. An extract from his

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treatise concerning "the ill effects of nutrimental salt" is. given below :-

"All salt used with food which has not been digested by the stomach, which also on being expelled has passed down into the intestine, unless it makes a thorough transit, generates colic and suffering in the bowels which are very difficult to cure. Its corrosive nature causes it sometimes to perforate the intestines, as is shewn by anatomy. If, however, it remains unexpelled in the stomach, eructations, and heartburns arise, with many other affections of the stomach. It sometimes happens, too that the undigested salt is coagulated in the mesenteric reins, forming a granular deposit, from which proceed many severe diseases which are little understood and that not only in this particular part of the body but in others also,, especially the urinary organs. Enough has been said on the different species of salts, their virtues and their faults. We now pass on to that salt which is more mineral in its character and is named Vitriol. It excels all others by its utility both in Alchemy and in Medicine.

"Nature produces from the bowels of the earth a certain kind of salt, named vitriol, possessed of such virtues and powers as can scarcely be described to the full by any."

"There is no need for the true physician to turn his. eyes hither and thither. Like a modest maid, he can keep-them fixed on the ground, for there, beneath his feet, he will find more power and wealth in this treasure of nature than India, Egypt, Barbary and Greece could bring him.""

"Its medicinal virtues are contained in other medical works, as for instance in the treatise entitled, 'De Naturalibus Rebus.'

" I have said of salt that it is the natural balsam of the living body. If the balsam is dissolved or corrupted

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(the various modes in which this may take place are given in my Theory of Medicine) then forthwith corruption and decay begin according to the mode in which the salt has been corrupted."

"If the salt has not undergone corruption, then neither external nor the internal body of man decays. Hence we must conclude that salt is like a balsam in man; and that the natural salt which man eats in his food and aliment. If by its power and efficacy salt preserves the dead body from worms, much more the living body and for this reason, that it is not only an aliment but a necessary food and a medicine useful for old and young alike."

" But there are three kinds of salt. There is sea salt which is salt of itself, not salted by others. Secondly there are some springs which are sweet yet salt at the same time. These have a special nature, in so much as they have that nature not in common with the sea but of themselves contain a different kind of salt. Thirdly there are also mineral salts with the appearance of a stone, of a different kind from other metals or minerals. The best salt is from springs. Next comes that from minerals."

"Salt is a corrective of food. When salt is defective, food is not corrected. When salt is not incorporated or united with the food, it is not attracted by the blood. Whatever is sluggishly and faintly attracted occasions decay in the blood. It is peculiarly the duty of physicians, therefore not to neglect the three species of salt and the operations of each, but diligently to use them."

"Let them be calcined according to the rules of alchemy for two hours. (Thus you will have the reduced liquid). No salt in the universe is like this one."

"In the beginning of the chapter, I said that nature had incorporated salt in the liquid of earth. From this salt

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all growing things have proceeded and it is the balsam of salt which I have mentioned."

From the above extracts of Paracelsus writings it is quite clear that he was also closely associated with the ancient concept of Siddhas and the best salt was either from springs on earth or calcinated one as per alchemical parlance. Thus the evils of sea salt were then fully realized. There must be some truth in this old saying. A theory, old as it may be, sometimes seems to be as valuable as gold; but it is often met with cold reception, not easily acceptable to many in our days. The idea that millions of years ago our ancestral life had its origin from sea water is deep rooted in our mind. It may be difficult at the moment to switch over to flowers of earth (salt). Now let us, therefore examine the views of some of the modern research workers on this nutrient salt. An elaborate study has been made by the modern research workers on the chemical and physical properties of sea salt.

SALT, AS A CANCER AGENT......?

According to modern Dietarians and Biologists, the common salt as food has no evil effects in the aging of man. Prof. J. B. S. Haldane one of the leading Biologists of the world who has published a fair' amount of scientific papers on salt mostly in the journal of Physiology ( 1921-1922) says that the intake of salt neither -produces any evil effect nor a cancer agent on man, but he recommends to give up meat and fish rather than salt. Recently Dr. Albert Schweitzer, the Noble Peace Prize winner has said that salt was a cancer agent.

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" The specialists had noted that cancer only cropped up in the Arctic regions of the Eskimos who began using salt as a food " he said. In supporting the above theory, Dr. A. Raghava Menon of Kollengode writes as follows:-

" Years ago Dr. Edward Henry Smalpage, a noted surgeon wrote a book dealing with the fact that salt (sodium chloride) is responsible for the mineral changes in the blood leading to the evolution of cancer cells. He established that common salt is converted into sodium carbonate (washing soda) in the blood which when deposited in tissues where hydrolysis takes place, is converted into caustic soda which is responsible for the painful and burning ulcer and that to combat this, the body in its efforts at self preservation and as a defensive means evolves cancer cellular tissues for the production of lactic acid through the glycolysis of blood glucose to neutralise the alkaline mineral salt-caustic soda ". (The Mail dated 22-4-62)

Prof. Coirault (Head of the neuro-psychiatric department of a military hospital in France) maintains that, excess salt makes the body cells work overtime to reject surplus salt and advises over-weight insomniacs to take the evening meals without salt to cure themselves of their sleeplessness and to reduce their weig it as well.

" Excess of salt results in a uniform increase in crystalloid concentration and osmatic pressure throughout the body fluids but there is a decrease in intracellular fluid and an increase in extracellular fluid volume. The intake of salt induces thirst and more water is drunk to dilute the retained salt and thus restore the osmatic pressure. The weight of the body may be increased due to retention

\* Retention of chloride occurs in some cases of nephritis, in pneumonia and during the development of cancer and in the formation of edemas and so forth (For details, see the Pharmacology by Dr. Torald Sollmann, 1948-pages 758 to 761).

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of saline. The excess fluid and salt are to be eliminated in due course. If one continues to take excess salt in his daily meals, the excess salt thus makes the cellular organisms work over time to eliminate surplus salt ".

Recent investigations show that 'this must be due to an increase of extra cellular fluid, since the content of sodium, a characteristically extra cellular constituent, is raised and the content of potassium, an index of intracellular water, is lowered in aged tissues; these findings may mean no more than that cells have shrunk ' (Text book af Physiology and Bio - chemistry - by George H. Bell and others).

The basis of the signs and symp-oms of congestive failure (heart) is, according to "Current Therapy"- by Howard F. Conn. MD (1957), the retention of excessive amounts of extracellular fluid which is composed predominantly of sodium, chloride and water. It is found by experience that the restriction of sodium intake is of greater therapeutic importance than primary consideration of either chloride or water.

Prof. J. B. S. Haldane, in his book entitled ' What is life?' says that " our cells demand an imitation sea water because their ancestors were accustomed to live in real sea water ; they demand it diluted because when they came out of the sea, sometime over three hundred million years ago, there was a good deal less salt in the sea than there is now. "

This suggests to the author that the salt also now obtained from the sea water is more contaminated and pungent in its characteristic taste etc. than three hundred million years ago and that its use in its crude form vitiate the cells and thus induce the formation of cancerous cells and other complicated maladies in the human system. The fact why animals on earth are not much prone to

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such degenerated diseases shows that they are free from the extra sodium chloride obtained from sea. It seems therefore that the living conditions of animals adapted according to natural environment are better than that of the civilized mankind whose life is artificial defying the natural laws.

In his book on "Nutrition and Glands" in relation to Cancer, F. E. Chidester refers quoting the evidence of certain research workers to the importance of fruits and vegetables as rich in food salts to guard against Cancer. F. T. Marwood of England who is an adherent of the salt theory of cancer has said that, " in their raw state, fruits, vegetables and cereals provide all the necessary food salts." Horace Packard, in the Boston Medical and Surgical Journal (1912) said, " People who inhabit the tropics where a bountiful food supply of fruits and vegetables rich in food salts is consumed without cooking are cancer free". Dr. Ziegler (1934) in support of his thesis that cancer increase in civilized countries is due to the change in food habits has assembled much evidence relating to alkali and acid producing foods.

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To sum up : The author is of opinion, therefore, that this answers the problem of aging as well. As a result of the hard working of the cells in the body day after day the process to eliminate the surplus salt through kidneys sweat etc. throughout life, necessitates the aging of cells and deterioration takes place gradually. The author therefore believes that there must be some truth in the findings of Siddhars that the use of ordinary common salt would vititate the successful results of Kalpa treatment for longer life. Why should we thrust upon the

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cells an accumulation of unwanted salt and then cause the cells to age and degenerate rapidly rather than help them function for a very long time. Siddhars refrain from taking ordinary sodium chloride in their diet and in its place, a substitute which seems to be a right type of salt suitable to the good functioning of the cells has been specially prepared by them. Dr. W. V. Perumal Mudaliar (Assistant Director of Public Health Madras, retd.) furnished the information that according to a Siddhar Nadi reading, the medicinal plants grown along the sea shores up to a distance of thirty miles inland will not be effective for medicinal use due to the influence of sea salt. This suggests that Siddhars preferred Kalpa plants of mountain origin only. Some are of opinion that Siddhars have seldom used the ordinary sodium chloride extracted from the contaminated sea water in their preparation of consolidated salt. Some authors hold that the consolidated salt is prepared with the aid of alum, nitrosalammonia, rock salt, fullers earth, and camphor in due proportions. These 'ingredients vary according to different authors. The followers of another Siddha school maintain that the process of consolidating the salt could be achieved with the aid of the juice of certain Kalpa plants. For instance, Siddha Bogar seems to have employed the juice of the root of Pongania Pinnata (Pungu in Tamil) and Fungus (Kalan in Tamil) in the purification process of the consolidated salt. Although we are not concerned with alchemical process of consolidating salt, we would atleast like to know a substitute salt which is devoid of the evil effects and pungency for use as Kalpa.

The author hopes that the use of salt with less pungency etc. as directed by Siddhas will solve the problem of degenerated Cancer and Cardio vascular diseases.

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THE SCOPE OF KALPA TREATMENT

In olden days, Siddhars devoted more time in finding, out suitable remedies rather than describing the causes of a disease in detail. Therefore a study in the history of Siddha system of medicine will be beneficial in finding out a cure for diseases rather than criticising some of the insignificant and improbable items mentioned in those ancient medical works. The scope of Kaya Kalpa treatment is two fold: one is to cure degenerated diseases and. the other is to prolong the life span. It goes without saying that a cure for degenerated diseases will naturally ensure longevity. Scientists may not have faith in. rejuvenation and immortality except a very few like Dr. Alexis Carrel who engaged himself in research work on tissue culture of cells and their immortal behaviour.

With this in mind, a study of Kaya Kalpa treatment,, therefore should be pursued to find out the cure for all. degenerated diseases. The words Rejuvenation,. Immortality etc. used in this treatise are only associated, with ancient Siddhas and their medical works and not intended to accept them in toto as against the modern concept of scientific data governed by the Gerontological and Geriatrics societies in different parts of the world. William. A. R. Thomson, Editor of the "Practitioner", in his book. "The searching mind in medicine", says that 'immortality can be left as an inspiration for the artistic temperament" but a study of the Siddha science of longer life and the treatment with Kalpa drugs in the past, could help-modern specialists to find specifics for degenerated diseases. The Kalpa that serves as a constructive medicine to recuperate the cell and the degenerated organs naturally acts as a cure for the degenerative diseases as well. Kalpa. treatment is a weapon, preventive as well as constructive..

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SIDDHAR KAYA KALPA METHODS.

The methods prescribed in Siddhar's medical science in the treatment of Kaya kalpa are as follows:-

1. Preservation of vital energy of the body by diverting the internal secretions to the circulation of blood by control of breathing through yoga practice.

2. Conservation of sperm by using it for regeneration.

3. Use of the Universal salt, such as 'Muppu' in Tamil, prepared by certain Siddhic process for rejuvenation.

4. Use of calcined powders prepared from metals and minerals such as 'mercury, sulphur, Mica, gold, copper, iron etc.

5. Use of drugs prepared from certain rare Indian herbs.

The methods 1 to 3 can be accomplished only by yogis (avowed celebates) and Siddhas for attaining immortality and the methods 3 and 4 are for prolongation of life of man freed from the degenerated diseases. The control of breathing, according to the yoga system, leads to rejuvenation and rejuvenation thus forms an integral part of immortality. This kind of Kayakalpa is prescribed only for yogis practising celibacy who have dedicated their life to the service of God and for the good of the world. Now let us, therefore, turn to the process of Kalpa as stated in No. 5 using certain Indian plants for securing long life.

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SIDDHAR SATTAMUNI'S PROCESS OF KALPA

Should a man, says Sattamuni, resort to the Kaya-kalpa treatment at the age of thirty, he would continue to maintain the same age throughout his life. If the Kalpa. drug is taken at the age of fifty, he will find rejuvenated as a young man of sixteen, if at the age of seventy to one of twenty years. Above the age of seventy, all the tissues, and nerves will get impaired and will be beyond recuperation. Rejuvenation will then hardly be possible..

Siddhars hold that in the upper edge of spinal cord in the cervic region and above the Tonsil, there is a portion situate similar to that of a conch and a disc. Here a substance, namely mucus or phlegm, is formed. It has its own poisonous effect on man and injurious to his. well being and good health. This is called 'Pitha Neer' in Tamil. This is described as the eclipse intercepting the union of sun and moon in the cerebrum as well as the passage for the secretion namely Amirtham (Nectar).

It is therefore obvious that those who concentrate on Kayakalpa treatment, should make an attempt to get rid of this poisonous effect first. Should this poisonous substance be completely emitted through mouth, the spinal cord will then be opened, and the nectar begin to secrete and enter into the blood stream. The cells in different organisms thus obtain a new type of nucleic acid to rejuvenate themselves.

CLEANSING THE THROAT.

The herb recommended by Siddhas for emitting the poisonous substance is Eclipta alba (Golden coloured) (Karisalankanni in Tamil). A paste of the entire plant mixed with ghee should suitably be brushed up the uvula

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as well as in and around the tonsil to enable the mucus to vomit out through the mouth. This process should be repeated once early morning for a period of 40 days for the complete removal of poisonous effects from the throat. The same plant may also be used as salad in diet to rejuvenate the glands in the entire system.

CONSTIPATION-ENEMAS.

The next obstacle in prolonging the life span is constipation. The very first injunction for the treatment of Kayakalpa is that the bowel should be completely cleansed and evacuated first. Enemas are used to promote bowel evacuation by softening the feces and lubricating the rectal mucosa. The principal type of lubricating enemas employed is the juice of Aloe indica (Katralai in Tamil) mixed with castor oil.

LAXATIVE.

The next most popular drug in Kayakalpa used as laxative is Terminalia Chebula (Kadukkai in Tamil). Its virtue is highly appreciated by Siddhas and used against all internal ailments. A decoction of Myrobalans is a safe and mild purgative unattended by griping or other ill effects.

There are several varieties of gallnuts available in the market but a potent one red in colour is much preferred. The kernels of the myrobalans should be purified as per Siddha Pharmacopoeia and powdered before use. For chronic constipation, operculina turpethum is also recommended to be used with myrobalans.

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The following is the direction to be observed while taking the powdered myrobalans as per Kayakalpa treatment :

To be taken with palm jaggery during June and July To be taken with purified Sodii chloridum Impura

(Induppu) during August and September To be taken with sugar during October and

November;

To be taken with decoction of dried ginger during

December and January To be taken with honey during February and March; To be taken with Amuri during April and May.

TO TONE UP THE ENTIRE SYSTEM

(a) After completion of the above course, the next drug to be taken is piper nigrum (Milagu). Black pepper is one of the important ingredients in indigenous medicine of India. In the Kayakalpa treatment also, pepper has to be taken daily-five numbers-with 'amuri' or any other suitable media. It should be increased at the rate of 5 per day to reach up to the maximum of one hundred.

(b) The next one is 'Karanthai'. This is a general term used in Tamil for basil plant. There are 19 different kinds in these species. The most important among them for therapeutic use are Sphaeranthus Indicus, S. Hirtus and S. Zeylanicus.

Make a fine powder of one of the above purific drugs; add powdered sugar in the proportion 4: 1 and mix well.

Dose: 20 grains twice a day with honey in empty stomach. It is to be taken one Mandalam (40 days)

Indications: To expel the evil effects of humoral derangement-Vatam and Pittam-from the body.

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(c) Take thick bottom stems of Tinospora cordifolia (Sindil Kodi) and purify it according to Siddha system. Prepare starch from this moon creeper, make fine powder and add sugar 4:1. Mix well.

Dose : 20 grains twice a day in empty stomach; Number of days to be taken is 40.

Indications : All kinds of Jwara doshas, Kapalavettai Megha rogam etc. It is also served as a very good tonic for strengthening the entire system.

(d) Take the riped bark . of azadirachta Indica Margosa-(Vembu) of one hundred years old. Purify the bark, make it fine powder, soak in the juice of Abrus prcfcatorius with black seeds (Karun Kuntri) and allow it to dry. Repeat the soaking process for a number of times. Add powdered sugar 8 : 1 and mix well.

Dose : 20 grains twice a day. This is to be taken for 40 days.

Indications : Tones up the nervous system. Improves the skin and connective tissues.

(e) Take equal quantity of each of the following herbs: Eclipta prostrata (Golden coloured Karisalai) Acalypha indica (Kuppai meni) and coldenia procumbens (Siru-Serupadai) small variety.

Make these three drugs into powder or juice, boil on slow fire and bring it to the consistency of thick syrup; At the end, add honey and mix well.

Dose : 20 grains twice a day - to be taken for 20 days.

Indications: Expels excess fat and sets right the muscular system. Removes gas from the stomach and Kaphem (Pnlem) from the respiratory system. Gives golden colour to the skin.

(f) Equal quantity of the roots of the Indigofera aspalathoides (Sivanar Vembu) and the seeds of celastrus

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paniculatus (Valuluvai) should be powdered first. Prepare medicinal oil out of it. It is called Kuzhi Thailam in Tamil. Add cuminum cyminum (Siragam) and sufficient powdered sugar and mix well.

Dose: 5 grains twice a day (to be taken for 40 days)

Indications: Dhathu Siddhi: Expels Pittam. Makes, the system free from Kapham.

(g) Take equal parts of each of the following herbs. SOLANUM triloba turn ( Dhuthuvalai ) Alangium Salviifolium ( Alinjil) seeds of celastrus paniculatus. (Valuluvai) Myristica fragrans (Jadikkai) Roots of the Plumbago indica (or zeylanica) (Chitramulam) Rhizomes, of curculigo orchioides (Nilapanai Kilangu) Golden coloured flowers of cassia fistula (Porkontrai). Make fine powder of all the eight drugs.

Dose : 14 grains twice a day with ghee to be taken for 40 days.

Indications: Appetizer; Aphrodisiac; Expels gas. from stomach, improves digestive system, stimulates, muscular tissues, the secretion of sweat, urine and bile stimulant action on the nervous system.

(h) Take the eggs of black fowls, keep them within a heap of rock salt in an earthern pot and close the mouth completely air-tight. Let it be then buried into the earth for two months, for condensation of the eggs. After taking the pot out of the pit, each egg should be boiled in the juice of the root of the corallocarpus epigaeus-(Akasagarudan Kilangu). Remove the outer shell of the egg and have it tested before use.

Dose : Half an egg a day; to be taken for 20 days. Indications: Tones up the Genito-Endocrine system.

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CALCIUM COMPOUND

(i) Take purified Karpoora Silajat and grind, well with the white of the eggs of fowls; when the drug is. well ground, it should be made into a number of small discs that are to be dried in sun. The drug then is to be subjected to the process of calcination, according to> Siddha System of medicine.

Take sufficient purified Kalnar and repeat the same calcination process as outlined for the Silajat.

Take purified egg-shells of fowls and subject it to the above process of calcination.

Mix well all the three calcinated powders, grind well and keep them in a bottle.

Dose: 5 to 10 grains with butter or ghee or at the time of chewing betels.

Indications: Improves Kidney - urinary system. Diuretic.

MEDICINAL OIL BATH

(j) Take equal parts of the following herbs,, rhizomes of curcuma aromatica, Fruits of Emblica officinalis, Seeds of Azadirachta indica, Piper nigrum, Fruits of Terminalia chebula.

Grind these five drugs into fine paste with cow's milk. The whole thing is boiled on low fire, stirring often. Add butter and mix well. This oil paste should be applied to the body-from head to foot. This is to be used externally for taking bath twice in a week.

\* It is hard to believe whether the course mentioned under (h) above would be adopted by Siddhas.

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SPECIAL SALT TO BE USED IN DIET

Siddhars do not recommend ordinary common salt '{Sodium chloride) for use in diet. Yogis refrain from 'using this [common salt in their diet. Should we use common salt, the Kaya Kalpa treatment would be a complete failure. Hence, Siddhars advocate a consolidated salt that is devoid of pungency, should be specially prepared and used in food. This special kind of salt, prepared according to Siddhic method will also serve to conquer old age and diseases and help to prolong the life span. It is said that the art of consolidating the salt is the most difficult one and that it is not known to other sciences. This subject has been elaborately dealt with an a preceding chapter.

GENERAL PRECAUTIONS

The diet, in the course of Kayakalpa treatment, is to be without common salt, sour things (tamarind), fish, meat and allied pungent things. Sexual enjoyment should be avoided.

The names of these drugs vary according to different authors who eliminate one or two from the list and substitute some other drugs instead. Should any one wish to undertake a comparative study and research on this subject, we may refer to the works of Bogar, Macchamuni, Konkanavar, Karuvoorar and others. Bogar has included the roots of cynodon Dactylon (Arugu or Muthandam in Tamil) also in item (a). He says that the evil effects of salts should be first eliminated from the system and for that he prescribes a special herb namely golden coloured Aloe barbadensis (Sen Kumari ). Unfortunately such species are hardly available now.

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He also recommends certain herbs like Bacopa monnieri (Brahmi), Emblica officinalis (Nellikkai) Leucas aspera (Tumbai) in black colour to be included in the Kalpa treatment. The botanical names of the ordinary plants available at present are only given for the investigation of research workers; but a close study of Siddha's Kalpa works reveals that there are different species in each family of herbs and Siddhars have chosen only very rare-specimens which belong either to that of a golden coloured flowers or black varieties in each group;for instance,take the Indian goose berry. It is one of the important ingredients-used in indigenous medicine of India; but in Siddhar's. Kaya Kalpa treatment, a special type of goose berry, black in colour is required which is very rare and not easily procurable. Similarly almost all the herbs, mentioned in Kaya Kalpa treatment by Siddhars are the specimens of rare kind in that particular species or group-which are said to be found in certain parts of hills like Seven hills (Tirupathi) Kolli hills (Salem) and Podigai Hills (Tirunelveli) in Southern India. Those who were in pursuit of Siddhar's Kaya Kalpa treatment, were not able to identify and procure the right type of plants as indicated in their works and in the absence of these Kalpa plants, they employed only ordinary plants easily available in the market for their trials. As a result of these handicaps, the Kaya Kalpa treatment was not a success to them and they lost their faith in Kaya Kalpa methods. It is also said that Siddhars, in the course of Kaya Kalpa treatment, did not entirely depend' on the rare kind of herbs but they had also used certain minerals and metals in their Kalpa drugs. It is traditionally believed that with the help of a rare single Kalpa plant, mercury, sulphur and other arsenics etc., may be consolidated so as to stand the test of fire. Such a

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drug is credited with the power of prolonging life. Marvellous powers are attributed to this Kalpa medicine of mineral origin, as it has also got the virtue of curing degenerated cancer, rheumatism, paralysis, cardio-vascular diseases etc. Therefore it is futile to search for all the Kalpa plants mentioned in Siddha works and attention may be devoted to a few plants only.

According to a version in the work of Siddhar Bogar the following Siddhas are celebrated with the usage of a single plant in their Kalpa drug indicated against each of them.

1.

Thirumular

Karisalai.

2.

Bhattar

Kumari

3.

Kalangi

Karanthai

4.

Anandha nathar

Omam

5.

Korakkar

Kanja

6.

Siva yogi

Karisalai

7.

Rama devar

Karuneeli

8.

Vamamuni

Seruppadai

9.

Kanjamalai

Karuveezhi

10.

Konkanar

Pon Kaiyan

11.

Patanjali

Serupadai

12.

Bogar

Kollan Kovai

13.

Macchamuni

Vallarai

We have found that it is very difficult indeed to identify very rare specimens of plants-especially black species in each group. Siddhar Bogar suggests ways and means to solve this problem. He says that a small farm should be specially formed with a black soil for cultivation of certain Kalpa plants. This black soil should be fertilized four times with the nuts of Semecarpus anacardium (Senkottai) as its manure. He further adds that the plants thus cultivated may be tested by application of this juice to the white feathers of a

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stork when it will be converted into black like that of a crow. The Kalpa plant that stands this kind of test is capable of rejuvenating the system. An institution interested in this kind of research may undertake investigation on scientific lines to differentiate the ordinary plant with this kind of specially cultivated plant. However, it is said that Siddhars would always prefer original plants for obtaining satisfactory results in rejuvenating the system.

RESEARCH IN KALPA PLANTS

"As a matter of interest, mention is made of only the names of the Kalpa plants of rare kinds mentioned in Siddha medical works, although we are not familiar with those plants and it is indeed a difficult task to identify them. Even hereditary practitioners of Siddha medicine are not in a position to tell with certainty whether a particular medicinal plant is the one described in old Siddha manuscripts in vernacular nomenclature, to enable the botanists to identify them. It is also true that no systematic attempt was ever made either by Government or any private organization to identify the valuable medicinal plants in the hills of Podigai, Sathuraigiri Courtallam, Kolli and the Seven Hills as described in Sidda medical works. The indigenous drug plants like Rauwolfia Serpentina have been widely used in India from time immemorial but they have only recently been recognized and found a place in the B. P. C. Similarly a systematic approach to these Kalpa plants as described in ancient Siddha medical works may answer the problems of cancer, cardiovascular and other degenerated diseases, if not for rejuvenating the entire system. But one wonders \* Vide a list of Kalpa plants given at the end of the book.

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why modern doctors and research workers in India did not take much interest to make use of the valuable herbs, like Eclipta alba, Hydrocotyle asiatica, Alternanthera sessilis, Solanum trilobatum, Chiconum endivia, Marsilea quadrifolia, chicirium endivia and a great number of greens having medicinal value that are grown abundantly in and around their gardens and used by millions of people in India in their daily diet from time immemoriaL The answer is not far to seek. They will wait until these drugs are recognized by the West. Only then their eyes will be opened to recommend and prescribe these simple drugs.

And why the percentage of the scourge of cancer, coranary thrombosis etc. was higher in the most highly civilized world than in Indian villages where millions of rustic people of older tradition were accustomed to include in their daily wholesome food a great number of plants as greens and salads that are procured from their neighbouring gardens mainly on account of their poverty not knowing that they were using the Kalpa plants of great value.

It is therefore believed that there is a vast field of virgin and untrodden ground in Siddha system of medicine -especially in the treatment of Kaya Kalpa-in vegetable as well as mineral origin - for investigation on modern scientific lines. That might surely lead one to find out: atleast certain preventive medicines, if not a cure, against many complicated and degenerative types of cancer,, cardiovascular diseases etc. The basic theory advanced here is that a drug that is capable of rejuvenating the system is sure to arrest the internal growth of cancer cells, and remove the blood clotting in coranary thrombosis etc.

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It may as well be asked how Siddhar Kalpa drugs of mineral compounds containing chiefly gold, mercury, sulphur, salts etc could fight against degenerative diseases. The scientists may have even great doubts as to their therapeutic uses in this regard. But the pharmacological properties of these metals have already been well investigated. Therefore a comparative study of therapeutic uses of these drugs will be of great interest to modern investigators.

(1) MERCURY

Colomel has been in use as a diuretic from the time of Paracelsus (16th century). Mercurial compounds are highly effective as bacteriostatic agents as well as antisyphilitics. In spite of its efficacy as well as its pharmacological and toxicological importance, its use in modern days has been displaced slowly by some other drugs, because of its cathartic action and uncertainty of absorption.

But its cathartic effect in suitable combination with other drugs renders it beneficial as in Siddhar Kalpa treatment by eliminating 'the ashes of the metabolic fires\* from the body. Moreover, small doses of calcined oxides prepared according to Siddha methods ensures certainty of effect and absorption in the system as nervine tonic stimulant and alterative increasing the number of blood corpuscles and acting on the tissues and endocrine organs. As an effective bacterial agent, it expels all poisonous by-products accumulated in the arteries and serves as intestinal antiseptic.

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Paracelsus' views on mercury will be of great interest

in this regard. He says :

 "The Elixir of mercury, prepared in the same way as that in which it is used for transmuting metals, avails in the very highest degree for driving away disease. As metals are transmuted and fully fixed, so also is the body in the following manner : Reduce mercury in elevation until it assumes the form of a fixed crystal, then digest it to the point of resolution and coagulation; join it with gold so that this shall produce its ferment. Then proceed according to the prescript of Hermes, and continue to the completion of the stone. The dose thereof is one grain. Its power and virtue preserve the whole body in its entirety."

SULPHUR

Calcined sulphur or red oxide of sulphur can only be obtained by consolidating it first by Siddhic methods of purification. It is also prepared by the process of sublimation. According to Siddhar's science it is an alchemical process and that it may not readily escape as fumes in fire. It is therapeutically used both as an iternal and external remedy against scabies and other skin diseases rheumatic arthrities, spasmodic asthma, jaundice and blood poisoning etc. In short, alterative, diaphoretic as it is, will conserve the body in small doses.

For conservation of health, Paracelsus recommends the use of purified sulphur, as medicament according to alchemical process. It is as follows :

"It is specially difficult, yet worthy of all celebrity to realise the power and nature of the earth which procreates balsam, the characteristic whereof is that it suffers nothing to putrefy. But think of the resins whereof the principal

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ingredient is sulphur and there is nothing which deserves greater praise. In sulphur there is a balsam which none who study the different arts should fail to remember. In it are the balsamic liquids which do not allow wine or any thing dead to putrefy, but do so conserve the body that there can attach to it no evil influence natural corruption or any impressed on it from without."

According to modern pharmacology, because of its soluble character, sulphur is mainly employed in ointment bases for external use in skin diseases on account of its disinfectant action and internally as a laxative for softening the stools.

(2) GOLD

Only in recent times, gold salts have been used against tubercle infections. Its use has now been extended to Rheumatoid arthritis. Because of its distribution in the body and its short life, Colloidal radio active gold, has been used in the treatment of Cancer (Phamacology in Medicine by Drill). Moreover, its use has been proved effective in epilepsy, alcoholic neurasthenia and in the morphine habit (Stanford 1924). A. number of clinical studies on the usefulness of gold shows that very little gold is absorbed and it is excreted mainly by the kidney etc. Generally oral administration of gold compounds is not preferred. But, Siddhar kalpa containing gold compounds is regarded as a sovereign remedy in heart diseases, also as wonderful alterative, nervine tonic, antidote to poison, and a powerful sexual stimulant. It has also been recommended as a general tonic in anemia, debility and in the treatment of T. B. Paracelsus, in his treatise on longevity says that of all the elixirs, the highest and most potent is gold.

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Care is taken to see that calcination of gold is free from metallic state and lustre to ensure safe absorption in the system.

(3) ARSENIC

In the "Pharmacological Basis of Therapeutics" it has been referred that the two diseases which may respond favourably to medication with inorganic arsenic are leukemias and psoriasis and also asthma. As. Leukemia is a cancer of the blood, no surgery is required but can be cured only by a chemical agent like arsenic.

In Siddhar Kalpa, a purified and consolidated arsenic: is being included. It is also effective against all fevers,, asthma and anemias.

(4) COPPER

Copper plays a vital role in the formation of" hemoglobin and it is used in clinical anemias. On account of its toxicological properties, it is not of much importance in medicinal use. A small amount of calcinated powder of copper is included in Siddhar Kalpa. It is regarded as very effective against leprosy, skin diseases and in the improvement of blood. In the process, of Kalpa preparation, the toxicological effect of copper-is eliminated.

(5) IRON

In modern medical system medicinal use of iron had' come into vogue in the eighteenth century. It is now generally agreed by all that inorganic iron is the most

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important one for hemoglobin formation. Ferrous iron is said to be radically absorbed than ferric iron.

According to Kalpa system, calcinated oxide and red •oxide of inorganic iron have been in use for the past two thousand years. In the preparation of iron calcination, a small amount of sulphur and magnet is also added to give high potency.

Indications: Anemias, Jaundice and as a general tonic to tone up health.

According to modern pharmacological investigations, the use of mercury, gold, and arsenic as a single drug has been established as effective in the treatment of cancer, leukemia, alcoholic, narcotic and other blood poisoning rheumatism and bacteria infections. The use of all these three in suitable proportions as compounds will not only be effective in the treatment of degenerative diseases but also serve as a tonic.

In addition to the above substances, a consolidated salt containing alum, nitre, sulphur, rock salt, fullers earth, borax, salammonia forms part of the preparation of Kalpa drug. Moreover, the use of the juices of a great number of Kalpa plants is involved in the process as already described in the foregoing chapters. The efficacy of a single Indian plant Rauwolfia Serpentina is well known to the medical world. But a combination of similar plants in a suitable proportion in the preparation of the above Kalpa drug of mineral origin will serve a very useful purpose in the prolongation of life.

A Guru says that the whole secret centres round the preparation of consolidated salt. Without the consolidated salt, he proceeds to say that we cannot control the powerful metals like mercury and gold. When the author with great respect to this Guru raised his doubts as to how this Kalpa could combat

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cancer and coronary heart diseases, he explained briefly with a smile that it first eradicated blood poisoning slowly as a consequnce of which it arrested the formation of blood clotting and also stopped the growth of cells.

But he utterd a note of warning that Kalpa treatment will not be effective and successful if one fails to undergo the preliminary and initial medicament for more than forty days for the removal of all waste matters from the body and make it free from poisonous contaminatiorr as described in a previous chapter. Now the stage will be set for the administration of Kalpa drug. This process is like the lubrication of the machinery and its-allied component parts. As already noted, according to-modern scientific investigations hardening of the walls of arteries and calcium deposits etc are removed completely in the course of such a treatment.

The Guru further reiterates that, during the Kalpa treatment,7 ;the pungent salt should never be used: as. otherwise all that are achieved in the treatment will go ire vain. Scientists may differ on the fact. The Guru says that salt may not be the sole .single factor to> induce cancer formation but it waits to gain an unfavourable condition due to other factors in the body, and therefore, salt is essential, only its pungency should be avoided. A substitute salt devoid of pungency is the most suitable one. Similarly, the same argument is advanced against the use of tobacco. It is universally agreed that the use of tobacco in any form will be harmful and that it induces cancer only under unfavourable conditions owing to other disturbances in the body.

It is really astonishing to note how the ancient Siddhars without the advantage of any of the modern scientific techniques observed all these secrets of

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phenomena of life so accurately, which no modern searching mind can dream of. " Our ignorance of ourselves", says Dr. Alexis Carrel, in his book 'Man the Unknown', "has given to mechanics, physics and chemistry the power to modify at random the ancestral forms of life and thus the enormous advance gained by the sciences of inanimate matter over those of living things is one of the greatest catastrophes ever suffered by humanity". But, the science of man is not an unknown thing to ancient Siddhars who, endowed with inner light, have revealed some of the secrets of the inner mechanism of man, such as super hormone 'Siddhamirtham'. As Alexis Carrel emphasises the natural conditions of existence have been destroyed by modern civilisation, and the science of man has become "the necessary of all sciences".

The author hopes that the Siddhars' science of life and their experiences as propounded in the ancient works may contribute not a little in the pursuit of scientific knowledge of man in the years to come.

Kalpa medicine is therefore undoubtedly based on the universal life principle because all the important essential requirements for the composition of body are as well found in Kalpa. In short, the very secret of nucleus formation is found in Kalpa. Kalpa is curative physically and mentally, as well as a preventive and constructive one.

The active principles contained in teak make it durable and stand against attacks by white ants and moth. Similarly, the life principle in Kalpa makes the arteries, nerves, tissues and every other organs perfect and acts as a preventive antidote to degenerative cells.

In view of the facts discussed above it is not unlikely that the claims made for Siddhar Kalpa drugs may as well be borne but by further research.

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THE EFFECT OF KALPA IN APHRODISIACS

\* Medicine means one that ensures physiotherapy Medicine means one that ensures psychotherapy Medicine means one that ensures preventive against diseases.

Medicine means one that ensures preventive against mortality.

Tirumular 8000

Kalpa treatment deals with the promotion of the sperm. Its loss weakens man. Its wastage invites many kinds of degenerated diseases. Sperm is therefore regarded in the Siddhar Kalpa system of medicine as of the paramount importance to mankind. It is therefore the duty of a wise man to guard himself. Siddhar Kalpa treatment aims to strengthen its resistance power. The scope of the Kalpa treatment is to uplift mankind in physical, mental, spiritual and yogic aspects. Siddhars' Kalpa treatment is the science of aphrodisiacs and it should not be confused with modern sex science.

The quintessence of one's food is the sperm. According to Siddhars' science, sperm formation is dependent on the intake of food of nutritive value. A list of plants that are capable of invigorating aphrodisiacs is given under this head. These plants are in constant use

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by millions of people in India in their day-to-day life from time immemorial. The use of each part of these plants is well described in Siddha medical works. A close study of these plants in the light of modern scientific experiments reveal that they are very good nutritives. An extract from each of these drugs of aphrodisiacs, listed more than 40 in number, is included in the preparation of the syrup that is regarded as an Elixir of life. Perusing the descriptions of the use of each part of the roots, stems, fruits, leaves, resin, and seeds of thousands of plants, one will be struck with awe and wonder that in those days when the modern techniques were not available, the Siddhas with deep insights were capable of discerning the use of such plants rich in vitamins, hormones, proteins and other nutritive food salts.

In addition to this Elixir of life prepared from plants rich in vitamins, hormones and natural food salts, the foremost of aphrodisiacs used by Siddhas is the Kalpa drug of mineral compound containing gold, mercury, sulphur, 'iron, magnet, copper, arsenic and the essential salts.

The question may be asked : How do we know that Kalpa drug has been assimilated in the system with beneficial effects? Of course, there are many' beneficial effects such as eliminating waste material and toning up the digestive, "circulatory and the nervous systems by stimulating the secretions of glands, hormones etc. The foremost of all such beneficial effects is the improvement of the vital fluid - sperm, which according to Siddhas ranks first in importance. The improvement of sperm lies not in stimulating the aphrodisiac desire and the secretion but in the consistency of the sperm. The scope of Kalpa treatment is to improve the degree of density of sperm. The way to make it a thick solidity is to eliminate its excess loss. Retaining the sperm in the body the

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resistance power and health will not be impaired. Excess of sexual indulgence makes a man weak and senility takes place in him quickly. He falls a victim to all kinds of degenerated diseases. The use of consolidated salt, Kalpa of mineral origin and the syrup of Elixir of life will strengthen the density of sperm and make the body-invulnerable to decay early and ensure long life.

The main theme of Siddhas is therefore always to protect the sperm, which is the supreme seed of life. The whole principle of Kaya Kalpa treatment centres round the control of sperm and the avoidance Of senility early in life. The Yogis who control the breath, also control the mind and then the sperm. The consolidated sperm in yogi's life plays an important role in the conquest of old age, diseases and death. The yogis even, envisage the conquest of space with the aid of the sperm in them. It is not proper to discuss here the subject of space travel. Siddhar's conquest of moon and other planets will be dealt with in a separate treatise^ Arutjothi Ramalinga Siddha attributes great divinity to this quintessence of food-sperm, which is the integral part of the Universal seed of life. Its formation is not within the control of man (Seevan) but in the hands of the Supreme Siva. A scientist cannot create and develop sperm in a laboratory. A whole Chapter in Tirumular Tirumantiram deals with this subject of creative force Sperm (Vindu-in Tamil)

Modern science has not yet devised a method to know about the formation of the sperm. Nevertheless, an elaborate investigation has been made by modern scientists on the biochemistry of sperm. It is liquid but coagulates in vitro; after a few minutes a secondary liquefaction takes place, the mechanism of

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which is still obscure. The volume of sperm per ejaculation is estimated at 2-4 c c. That contains on an average two hundred million spermatozoa. But the Siddhars' idea of reducing the sperm ejaculation from 2-4 cc. and to improve its quality and density by food habits is, I think, an old concept but it is quite new to modern scientists who are not conversant with the subject of this kind. No attempt has so far been made by modern dietarians in this direction, despite extensive-research on the subjects of vitamins, enzymes, hormones proteins and nucleic acids, D N A; R N A etc.

The author is of opinion that the view of Siddhars on condensing the sperm in the body to a certain extent by food habits is not unscientific and an improbability. It is therefore significant that the liquid sperm - that is less-thick indicates the weakness and its degree of density its healthy symptom. The volume of ejaculation will be less if the sperm was thick. Moreover, such a healthy symptom of sperm plays an important role in conjugal affection and promotes better and pleasant living conditions in the family and ensures longer life. The plants used as aphrodisiacs for a very long time are listed under this head for investigation. Kalpa of mineral, origin also ranks first in this regard. I hope a further study on the lines set forth by [Siddhas is worthwhile.. The pharmacological action of some of these drugs have already been assayed. A clinical research, free from bias, is required to verify the statements made in Siddha Kalpa works in this regard.

George Ryley Scott, in his book, 'The Quest for Youth' says that it has long been thought that where strict abstinence from every form of overt sexual expression is practised, the male benefits through the absorption of the seminal fluid. .......He adds, that 'this belief is the

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basis of the many of the early methods of rejuvenation'

and this system.........some times referred to as Coitus

Reservatus consists simply of coition without ejaculation. Therefore, this method is also regarded as an effective one in family planning. Even in conjugal union, \*a yogi always gets benefits through the absorption of the seminal fluid and ejaculation is withheld.

The chemical composition of the sperm as described by Dr. T. Mann, according to data given by various authors in his book 'The Biochemistry of Semen, (1954) is also cited for the purpose of further investigation.

MODERN RESEARCH ON THE PROBLEM OF AGING

Dr. William A. R. Thomson, in his book ' The searching mind in medicine' says that one of the first difficulties encountered by the Gerontologists is that of differentiating the bodily changes due to aging per se and those due to disease-such as the aging of elastic fibres in the wall of the artery or some disturbance of the nutrition of the arterial wall or abnormal fat metabolism etc. Scientists maintain that the onset of aging was the result of auto-intoxication due to loss of normal balance between anabolism and catabolism. It has also been proved that over-feeding along with obesity tends to degenerative condition of body and shortening of life. As age increases, the calcium content of certain tissues, brain and walls of arteries also as well seems to increase in amount. It shows clearly that with increasing age, certain biochemical and biophysical changes in the cells

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also occur. There is reason to believe that with the aging process senility takes place slowly in cerebral functioning associated with pituitary and hypothalamus. According to hormone specialists' observations, alterations in endocrine function, loss of functioning in nervous-system, tissues and organs are the leading factors in the process of aging of protoplasm itself which is the essential constituent of cells. Basically hormonal deficiencies play an important role in degenerative processes.

IMMORTAL TISSUE CULTURE

It is proved that certain single cell creatures do not yield to natural death unless and until it be caused by some violence or other factors. Dr. Alexis Carrel the celebrated biologist in his article on 'Tissue culture' has proved beyond doubt that it has been possible to keep-some of the animal tissue almost alive and growing indefinitely in a suitable organic media. He called them as 'immortal'. Cultures should, at frequent intervals, be transplanted to fresh media or else growth ceases and the cells begin to die poisoned by the accumulation of their debris and other used up stuffs. Therefore, the quality of the media used in the Tissue culture is the determining; factor. Similarly the cells of our body as well should be brought up in an environment free from the contamination of the waste poisonous by-products in the assimilating process. Therefore a high degree of constancy is to be maintained in the internal environment for the existence of life and health in the body, by keeping up the equilibrium of acid and alkaline balance in the body, eliminating the waste products regularly. The most common complaint amongst aged people is constipation resulting in auto intoxication. Therefore great care should be taken to

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avoid constipation to ensure longer life. A number of scientific studies on the theories of aging from very early periods have clearly established the fact that the accumulation of the ashes of the metabolic fires or harmful poisons play a vital role in the effective functioning of various cellular organisms causing dreadful degenerative diseases among the aged persons.

Siddhar Kalpa methods envisage to eliminate constipation, auto intoxication and accumulation of the ashes of the metabolic fires etc and thus a stage has been set forth for the effective functioning of cellular organisms.

THE FIGHT AGAINST HEART FAILURE

Of all the degenerative diseases, the most prevalent Tcilling disease of to-day is heart failure which includes coronary heart disease. It is almost endemic in nature. Dr. Paul Dudley White, a heart specialist says that 52 per cent of all deaths recorded in U. S. A. are due to heart diseases. Dr. Howard B Sprangue, a former President of the American Heart Association estimates that '40 per cent of all men over forty have a significant degree of obstruction of their coronary arteries.' Therefore its scourge is second to none in killing the mankind at the prime of life. Francis Bello, in his article, "The murderous riddle of coronary disease (1958)", says that the American Heart Association is spending about 22 million on research and the National Heart Institute 32 million a year. He says that 'once atherosclerosis is well advanced, the stage is set forth for the formation of a thrombus or blood clot which may occur anywhere in the circulatory system' especially in the coronary arteries. According to

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observation of heart specialists a diet rich in fat and in cholesterol, in addition to heredity, seems to be the major cause for this affliction. They have accordingly listed five fundamental factors such as excess weight, elevated blood pressure, elevated cholesterol, excessive cigarette smoking and alcohol, drinking that are mostly responsible for heart attacks and strokes. It shows that it is due to violation of natural laws.

Therefore a diet with low fat content and cholesterol as regarded as beneficial. Now it may be safely concluded that the heart disease is much associated with the gradual increase and accumulation of caffeine, nicotine, fatty substance and other artificial chemical stuff etc. in blood the deposit of which blocks the free flow of blood stream in the body. The author is of opinion that like adding fuel to the fire the use of pungemt salt in diet may also produce some evil effects in blood. Heart failure is mainly due to contamination of blood poisoning in addition to other factors such as blood pressure, heredity etc. What kind of treatment was so far undertaken to reduce the blood poisoning and blood clotting? Ever so many methods but not one with complete success. Now the question is whether Siddha Kalpa treatment could be of any benefit in the heart disease. There are ever so many maladies in the degenerative aging process and the author does not want to go into details abouts the degenerative diseases like Rheumatoid arthritis, osteoarthritis, chronic bronchitis, loss of memory and sexual power and impairment of senses etc. Nevertheless, a short note on the degenerative cancer is considered as of paramount importance for discussion in the next chapter.

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(2) THE FIGHT AGAINST CANCER

The most predominant of the degenerated diseases in the world to-day is Cancer which ranks second to cardiovascular disease. The origin of all degenerated diseases, according to Siddha system is under "Megha Noyi" which means impairment in the blood stream like that of a cloud burst. It may be due to microbiological or accumulation of poisonous by-products due to malnutrition and chemical and physical changes in food assimilation. In Siddha medical works in TamiL Cancer is defined as 'Putru Noyi' that is as a disease developed in the body like a mound over a nest of termites-destructive social insect of neuropterous order.

It is worthwhile to remember some of the factors ia the modern explanation on Cancer in the present context before we come to a conclusion on the principles of Siddha Kalpa treatment. An American cancer expert Dr. John Heller said at the Eighth International Anticancer Congress at U. S. A. (July 1962) as follows:- "Cigarette smoking, motor car exhausts and atmospheric polution are believed by most U. S. scientists to be among the causes of Cancer."

Soviet Professor Lev Zilber has, on the strength of his experiments on animals, expounded his theory that "Cancer is triggered off by viruses". Dr. Jonas Salk, the discoveror of polio vaccine and the Nobel Prize winner says: "There is good reason to believe that viruses cause cancer" and the way to fight cancer is 'to immunise man from all viruses that affect him'. Dr. Wendell ML Stanley, Nobel Prize Biologist, maintains the same view.

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Speaking at the National Defence Medical centre, at Taipeh (1959) Dr. Edmund Cowdry, a leading American cancerologist warned that "one-fourth of the world's population would die of cancer 65 years from now, if the present rate of growth went unchecked. He attributed "the difficulty in cancer prevention to the fact that there were 400 to 600 chemical substances which could cause the disease". He concluded that 'the principal means of treatment being used today were surgical radiological with hormones and by chemicals; but none of them was a sure cure.

'What makes a human cell stop growing?' is the question still unanswered in the medical world. Why the efficient role of DNA and RNA in the nucleo metabolism and reproduction of the cells of the body stops leading to fatal decline is wrapped up in obscurity. It is one of the great mysteries of life. If that secret is known, then the problem of cancer could be solved. In his book on 'Man against aging", Robert S. de Ropp says that "just recently the U. S. Government has donated 25 million dollars to step up their research and enable scientists to test a further 40,000 chemical substances one of which may possess the unique property of killing the cancer cell, leaving the normal cell unharmed; but so far no agent has been discovered which will arrest it permanently."

We gather from these and other diversal observations the man is unarmed against this scourge of Cancer that devours more than 200,000 persons each year in U.S.A. alone, and the scientist is engaged relentlessly in the pursuit of a powerful weapon to eradicate this disease. But, as already described in the previous chapters, a single chemical agent, according to Siddha Kalpa system, is seldom recognised and used as a powerful medicament 11

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against a complicated and degenerative disease. But a compound containing different kinds of minerals as well as medicinal plants, as per Kalpa system will be much preferred to a single chemical substance in the fight against cancer. Any practical solution in combating this dreadful disease is bound to be of paramount importance.

There are Kalpa plants to be taken for 40 days for the purification of blood forming organs and such process is intended to guard against the formation of cancerous cells and coagulation of blood in cardiovascular disease. But unfortunately there is no modern technique to detect the active principles in the Kalpa plants. However effective may be the curative aspects of these plants the active principle of chemical constituents are to be assayed and confirmed. Only then the plants will be recognised for inclusion in modern scientific pharmacology, according to their therapeutic uses. It is therefore desirable that the pharmacological research should be based on the broad outlines of finding out all aspects in their entirety rather than finding merely the active principles.

The problem of cancer is broad. In his book 'The Riddle of cancer' Dr. Charles Oberling says that 'in civilized lands at least 11 out of every 100 persons are destined to die of cancer'. It invades so many branches of medical science. An army of medical men such as chemists, biochemists, pathologists, histologists, bacteriologists, physicists, radiologists, surgeons and specialists in cellular organisms belonging to different cancer research centres of the civilized lands meet together frequently and discuss, in the light of modern experimental research, measures to combat the formidable and dreadful enemy viz. cancer.

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Cancer, according to modern scientists, may be divided into two groups-external type (cancer of the mouth, breast, genitourinary organs and skin) and internal type {cancer of the lung, liver, stomach, kidney etc.) Against the cancer of the former type the only treatment available at present in well equipped institutions is surgery and radio therapy at the hands of experienced specialists. Against the latter type the above two weapons are of little use resulting in an increase in the mortality rate year after year.

Besides, Leukemia is another fatal disease due to neoplastic disorders of the blood and blood forming organs. It is characterized by an extensive and abnormal proliferation of the white blood cells and in most cases associated with anaemia, often of a severe type. Various studies show that its onset is insidious and well advanced before the patient complains of symptoms. Roentgen Ray therapy is considered to be less effective, in fact (harmful in the treatment of acute leukemia. Radioactive Phosphorus is also valueless in the treatment of lymphosarcoma or acute leukemia and the risk of damage to normal tissues is often felt by over dosage etc. There are five kinds of treatment which are considered suitable from Ihe stand point of only palliative value, namelyr-(a) blood transfusions, (b) folic acid antagonists, (c) antibiotics, (d) 6 - mercaptopurine, (e) cortisone and ACTH. But various studies show that three is no authentic record to prove that a patient with truly acute leukemia has ever recovered.

As Surgeons' instrument is of no value in the treatment of internal cancers or leukemia (the cancer of the blood), a suitable chemical substance is the only alternative to be discovered in the future to arrest the insidious character of the disease.

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Curiously enough, the chemical which is capable of combating the insidious cancerous cells in blood forming, organs should be one that will not harm the normal tissues.

The chemists' central problem lies in selecting such a drug and that research on several hundreds of chemicals, has been going on for some years with vigour but not with successful results.

Before selecting such a drug, the next foremost problem confronted by the scientists of to-day is this:

What is the cause for the cancer development in the body?

The formation of cancerous cells, according to-modern experimental research, is attributed to various-hypotheses such as heredity, carcinogenic factors-parasites, chemical compounds, sea salt, Viruses etc.

Although many significant facts accumulated during: the past few years, the origin of cancer still remains, unsolved. Scientists confess that the cell problem is infinitely a more complex phenomena in life and its. deviation from the vital life line is concealed deep in certain inaccessible terra incognita. The pathogenic mechanism of cancer, as is insidious in its character, is. not fully understood for early diagnosis.

Under the circumstances, the author has been. striving to find out a suitable weapon to conquer the inaccessible enemy by delving deep into Siddha medical' works. Endowed with supernatural powers, Siddhars were not unaware of the origin and development of cancer. Although the description of the causes of the major diseases is not given in detail in Siddha medical works, valuable recipes have been prescribed to combat the major diseases. A research undertaken by the author ort Siddhar Kalpa drugs for the past twenty years has thrown some light on a suitable weapon to conquer the cancer of

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the stomach, liver, lung, digestive tract, kidney and leukemia of blood origin that are now dreaded as incurable and inaccessible to surgeons' knife.

THE DISCOVERY OF ANTI - CANCER ELIXIR - G5

It has been the dream of many that some day or other Cancer would be conquered. There are encouraging news that there is a sovereign remedy for Cancer which may be received by all engaged in cancer problem with enthusiasm. Yes, the time has come to arrest the onset of Cancerous growth with the aid of a powerful weapon-a weapon that will not do any harm to normal cells and tissues is indeed a great blessing. It is but an end of long-drawn war in the medical world if such a conquest of a major disease is achieved. The discovery of anti-cancer syrup, according to Siddha system, may be named as "Anti - Cancer Elixir Guru 5'. The pharmacological properties of the Elixir are as follows :-

1. It assists in the defence against infection, proliferative and malignant neoplastic disorders of the blood forming tissues involving the leukocytic series.

2. It reduces the evil effects of chemical poisons, if any, occuring in blood due to environmental factors and purifies the blood.

3. It improves the effective functioning of the spleen, liver and lymph nodes and thus avoides the incidence of enlargement of these organs resulting in anaemia and hemorrhage etc.

4. In short, it strengthens the resistance power of the blood against infections and poisons and ensures effective functioning of heart.

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Basic Formula:

Anti-Cancer Elixir G5 is based on research on the ancient Pharmacopoeia of Siddhar Kalpa system of medicine. The Elixir contains valuable pharmacological properties of

1. Guru Kalpa plants

2. Guru Mercury (Calcined Powder)

3. Guru Arseno Sulphur ( ,, ,, )

4. Guru Gold ( )

5. Guru Salt ( „ „ )

The effectiveness of this syrup lies in the combination) of a group of Kalpa medicinal plants with calcination process of purified inorganic mercury, arsenic, sulphur, gold and salt already described in the preceding chapters as Siddhic methods. Indications:

Anti-Cancer Elixir is highly recommended for the effective treatment relating to all kinds of diseases of the blood including leukemias and cancer of the lung, liver, stomach, digestive tract, kidney etc. and alt kinds of infections, poisons etc. in circulatory system of the blood. The most important feature to be noted here is that the therapeutic uses of Elixir may also be extended to the effective treatment of congestive heart failure-including coronary thrombasis and Rheumatoid arthritis, Leprosy and other major diseases by way of substituting one or two elements as specific to each such disease in the preparation of the above basic formula. No side effects:

Anti-Cancer Elixir G 5 is normally well tolerated at therapeutic dosage. As a syrup, this may be safely administered as tonic and palatable to patients. It is free from narcotic and alcohol.

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Dosage:

Elixir G 5 must be administered two teaspoonfuls twice a day in empty stomach. Dosage and frequency of use must be extended to forty days or less according to the individual needs of each patient. General precautions:

In the care of the patient, it is essential to maintain general health and nutrition. While taking the Elixir, additional quantity of milk, ghee, butter and other nutritive foods that are easily digestible are recommended. The use of salt in diet and smoking of tobacco etc. that vitiate the effectiveness of Elixir must be avoided. On the day prior to the administration of the Elixir, it is preferable for the patient to take some kind of laxative.

Several questions may be asked as to the therapeutic uses of the Elixir.

The answer to these questions is found in the well known British Journal, "The Practitioner" (Dec. 1950) as follows:-

'The wise and experienced clinician never spurns an 'old wife's tale' until he has good evidence for doing so. The lore of the country man is built upon the experience of generations often of centuries, and the data upon which it is based have often been obtained at a price in human lives which no modern research worker would ever dream of considering.' Although the author is fully satisfied with the above statement, it should be borne out by further investigation in the light of modern experimental research.

For a very longtime, it has been the practice in Tamil Nad to read Siddhar Nadi from palmleaf manuscripts in order to obtain timely advice for a patient based on his or her horoscope. It is an ancient art or a media adopted

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with devotion and faith in God to obtain divine blessings and cure. Accordingly, several recipes were collected for different types of illnesses at different times and preserved and used with great success by some prominent members associated with Nadi Reading culture at Madras.

Accordingly, Dr. W. V. Perumal Mudaliar, Asst. Director of Public Health, Madras (Rtd.) has furnished the following information which will really be of interest in the treatment of Cancer. Siddha Agastya once prescribed the following recipe for a woman patient of Malabar whose abdomen was opened by an Allopathic Surgeon of Calicut and who finding Cancerous growths closed the abdomen and advised the patient to seek treatment in the Cancer Hospital at Madras. But she preferred the medicine prescribed by Agastya through Nadi Reading and was completely cured and lived a normal life for several years. The same medicine was administered very successfully to another case of cancer of the throat which was examined by the Superintendent of the Cancer Hospital, Madras and confirmed as such. After severe vomiting, the cancerous matter came out and the patient lived for two years normally and died of heart attack.

The following is the recipe prescribed by Agastya:-1. CROCUS sativus (Saffron) 2. SHOREA robusta 3. PONGAMIA pinnata 4. ECLIPTA alba

5. CENTELLA asiatica 6. LIPPIA nodiflora

7. PAP AVER somniferum

All the above seven items are to be prepared into a consistency of syrup and two teaspoonfuls are to be taken once in the morning only for fortyeight days.

This will be a sovereign remedy for all kinds of ulceration and Cancer in the mouth, throat, stomach intestines, womb etc.

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PHILOSOPHERS' STONE AND LONGEVITY

In Tamil medical science, the use of mercury has been elaborately dealt with. Siddhars who were the greatest scientists of antiquity have fully studied the virtues of mercury to a great perfection.

Mercury, according to Siddhars' Kalpa treatment, can be consolidated and converted into a bead. Its potency as further increased by way of invigorating it with the aid of Muppu and certain Kalpa plants. It is known as philosophers' stone. It is worn ceremoniously as an amulet to rejuvenate the system. By making a cup out of it, it can be used for invigorating the milk or food in order to strengthen the body. He who keeps it in his mouth secretes amirtha (nectar) from his salivary glands which is regarded as a superior kind of intoxication. Such a person cares little for the intoxication caused by liquor. It can also be used for full enjoyment in conjugal union for a longer duration without ejaculation or feeling of weariness. One can walk with the aid of it any number of miles without fatigue. It can be used for preparing Kalpa drug of high potency for curing degenerative major diseases.

Its use in obsterics is to ensure easy delivery of child without difficulty as in the case of complicated pregnancy of a woman and without Caesarean operation etc. Its virtues are inexpressible in terms, not to speak of its excellence in alchemical parlance to transmute the baser metal into gold. It is a divine art as old as alchemy itself in the ancient civilized world; but in modern times, it is considered obsolete; however the author believes that

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there is some truth in it; for no systematic and scientific approach has ever been made in Siddha science in this regard so far. There are of course miracles and miracles. In short, it can be safely used for dematerialising and rematerialising the body to enable one to fly in the space or to land safely on the Moon or other planets without spending enormous amounts of money, time, energy and anxiety.

The preparation of philosophers' stone and its use in space travel etc. according to Siddha science, will be dealt with in detail on a separate treatise(by the same author) entitled "Siddhar's Conquest of Moon and other planets."

CONCLUSION

In this treatise, reference has been made to alchemy and alchemical ways of preparing Kalpa medicine, philosophers stone etc. All these and other similar things are only associated with ancient Siddhars.

As these subjects are closely linked with Kalpa system as inseparable items, the author, as a matter of curiosity, is compelled to include them in the treatise. Those who are interested in these ancient alchemical arts may applaud the miraculous powers and other great achievements of ancient Siddhars. But in a medical treatise of this kind, scientists may view this in a different manner. To some, these and certain other irrelevant items, if any, may seem to be obsolete.

As medical men, they are not concerned with ancient alchemy but of course they do want to undertake some research on ancient kalpa system. It is therefore suggested that the reader may ignore improbable items, if any, he finds in this treatise against his scientific way of thinking.

CONCLUSION

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Let me therefore recapitulate some of the noteworthy attempts made in the preceding chapters relating, to Siddhar's Science of Longer life and Kalpa system of Medicine in the light of modern experimental research.

(1) How controlled breathing, according to Siddha system, aids to conserve Prana and ensures a fult course of life is really a matter of great interest and! therefore it is worthy of further investigation on the modern scientific lines by specialists in respiratory system.

(2) It has been explained that yoga and immortality are-one and the same. He who lives on food is mortal; and he who lives on Amirtha (the longevity hormone) is Immortal (Siddha). As he is freer from metabolic ashes and accumulation of used up-food stuffs etc. he conquers disease, decay, and death and attains salvation. This is a matter of great interest to specialists in ' Tissues culture and immortality'.

The longevity hormone that secretes Amirtha in a practising yogi is considered to be of paramount importance, to the hormone specialists. Some may not believe the life sketch of the practising young yogi of Mummidivaram. Any scientist who is desirous of investigation in this regard may visit that place on Mahasivaratri Day during the first week of March to witness his yogic phenomena and remain there atleast for a few months to know his life force in the locked up. room without food. Only such a camp by a group of scientists with modern equipments in that place will convince them that [his life is similar as described by the author in this treatise.

( 3) The medicinal plants mentioned under the chapter 'Siddhar Kaya Kalpa Methods' are regarded as

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valuable not only in the elimination process of waste products in the body, but also in the purification process of the blood and toning up the nervine system reducing the evil effects of poisonous by-products in blood forming organs. Thus a stage has been set forth for administration of kalpa medicine for prolonging the life of the aged. Most of these medicinal" plants prescribed under this head have already been investigated by several research workers. Reference may be made to the active principles of these drugs \* incorporated in this book. Equally important is the Kalpa treatment in Aphrodisiacs which will serve as tonic to strengthen the vital fluid-sperm. Subjects of these kinds are mostly associated with the research work of Geriatric societies.

f<4) The evil effects of sea salt, according to Siddha system, is elaborately dealt with in several chapters of this book. Its use may not necessarily be a direct influence towards the causation of cancer but its pungency in combination with certain unfriendly elements may induce the formation of so many maladies in the body. It is also a matter for investigation by specialists in this kind of research.

(5) The last but not least is the use of kalpa drug of mineral origin par excellence. The scope of kalpa treatment is to help the prolongation of life; prolongation of life means that one is free from degenerative diseases during old age so as to enjoy a full course of life. The Kalpa drug of mineral origin serves as a preventive as well as constructive medicine. The Kalpa drug may not necessarily be one to rejuvenate the system (the mere use of the word rejuvenation itself is considered as pedantic!) but

\* See Appendix.

CONCLUSION

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if the Kalpa serves as an anti-degenerative Elixir-an Elixir that can cure cancer and heart diseases is itself rejuvenation! We may not desire to rejuvenate an old man of sixty years to a young person of sixteen, as Siddhars did in those days under the guidance of their Supreme Guru. What we desire is only a cure for a disease that is considered as incurable. May we wish that a day will come soon when

the life of the people will be healthier, happier and a

longer one.

My humble prayers are to the Supreme Doctor for having guided me in this kind of pioneer work!