



Provincial Department of  
Indigenous Medicine,  
Northern Province

**MANAGEMENT OF**  
**POST COVID COMPLICATIONS**  
*BASED ON*  
*SIDDHA SYSTEM OF MEDICINE*  
**2021**

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***CONTENTS .....***

7. Introduction.....
6. Post COVID Symptoms.....
5. General Investigations.....
4. Medicines.....
3. Yoga Asanas.....
1. Varma Therapy.....
2. Diet.....

PDIM

## INTRODUCTION

*Post novel Corona virus infections are declining but the post COVID – 19 complications have become a major cause of worry across the globe. COVID – 19 can result in prolonged illness (at least 45 days or more) and persistent symptoms even in young adults. After acute COVID – 19 illness recovered patients may continue to report a wide variety of signs and symptoms.*

*Post COVID – 19 complications seem to be associated with the cardio pulmonary symptoms, other symptoms include fatigue, headache, body pains, dyspnea, anxiety or depression, poly neuropathy, tinnitus, ect....*

*During management process it is necessary to take adequate rest to store the energy lost during the fight against the disease. It will help in reducing weakness and fatigue. A healthy diet helps in accelerating recovery. Drink adequate water to stay hydrated. Undergoing pulmonary and cognitive rehabilitation also helps the patients in recovering from post COVID – 19 complications. The patients learn breathing technique, exercise and depression and anxiety management during rehabilitation.*

*According to Siddha concepts there will be loosening of body strength (Dathu shayam) and impaired digestive power (Akni Manthayam) in past COVID – 19 infection. (It is necessary to increase body strength like Rasayana Medicines)*

*Neerkuri, Neikuri and Manikadainool are special diagnostic methods in Siddha system of medicine)*

*This protocol includes*

- 1. Various herbs and herbomineral drugs play a vital role in past COVID – 19 and herbomineral drugs require in minimal dosage, accounting to the quicker action of drugs and easy for administration.*
- 2. Diet has a very important role in the management of post COVID – 19 complication*
- 3. Daily practice of Yogam such as Naadisuththi, Pranayamam, Savasanam ect. which helps to increase elasticity of bronchioles as well as rejuvenate the lung tissues.*
- 4.*
- 5. Varmam therapy for immune enhancing and minimizing the symptoms of post COVID – 19 complications*

*This protocol is in addition to the guideline for COVID – 19 for Siddha practitioners by the Department of Indigenous Medicine, Northern Province.*

## POST COVID SYMPTOMS

### General symptoms

- *Fatigue* (சோர்வு)
- *Fever* (சுரம்)
- *General body pain* (உடல் வலி)
- *Feeling of weight loss* (உடல் நிறை இழக்கப்படும் உணர்வு)
- *Head ache* (தலைவலி)

### Respiratory symptoms

- *Breathlessness* (மூச்சுக்கஸ்டம்)
- *Cough* (இருமல்)

### Cardiac symptoms

- *Chest pain* (நெஞ்சு நோ)
- *Chest tightness* (நெஞ்சு இறுக்கம்)
- *Palpitation* (நெஞ்சுப்பிடப்பிடப்பு)

### Muscular skeletal symptoms

- *Joint pain* (மூட்டு வலி)
- *Muscular pain* (தசை நோ)

### Neurological symptoms

- *Cognitive impairment*
- *Head ache* (தலைவலி)
- *Sleep disturbances* (நித்திரைக்குழப்பம்)
- *Peripheral neuropathy*

### Gastro Intestinal symptoms

- *Abdominal pain* (வயிற்று வலி)

- *Loss of appetite* (பசிமின்மை)
- *Nausea and vomiting* (ஓங்காளம் சத்தி)
- *Diarrhoea or* (வயிற்றுப் போக்கு)
- *Constipation* (மலக்கட்டு)

### ***Dermatological symptoms***

- *General itching of body* (உடல் அரிப்பு)
- *Rashes*
- *Muco micosis*

### ***Genito urinary symptoms***

- *Burning micturition* (முத்திர எரிவு)
- *Oliguria* (முத்திர குறைவு)
- *Menstrual disturbances* (

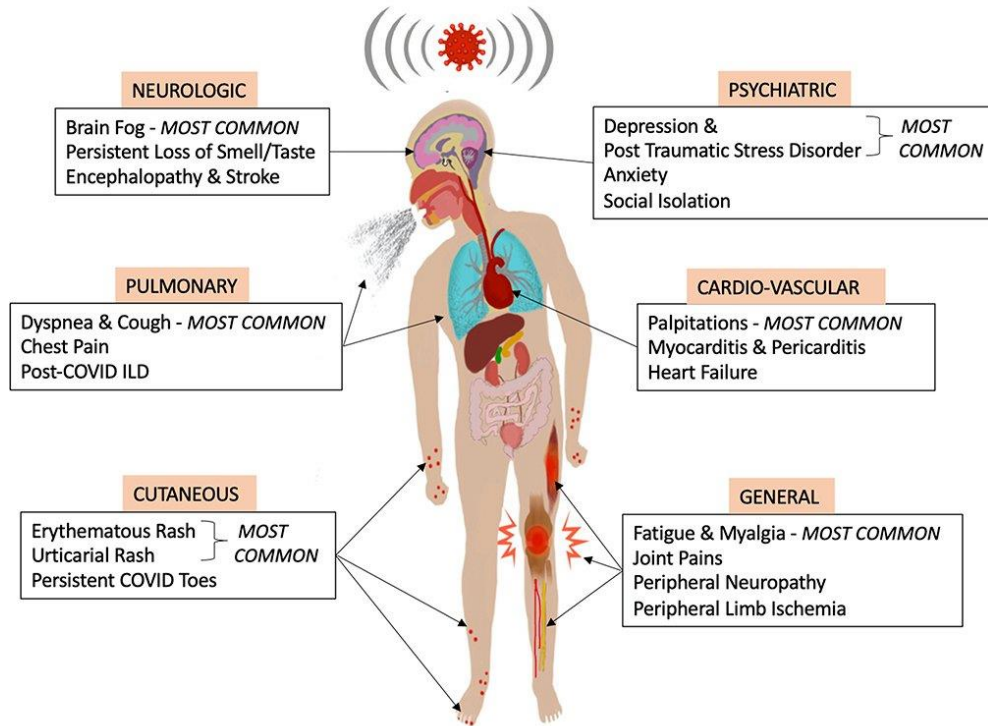
### ***Ear, Nose, Throat***

- *Tinnitus* (காதிரைச்சல்)
- *Loss of smell* (மணமின்மை)
- *Loss of taste* (சுவையின்மை)
- *Sore throat* (தொண்டைக்கட்டு)

### ***Psychological***

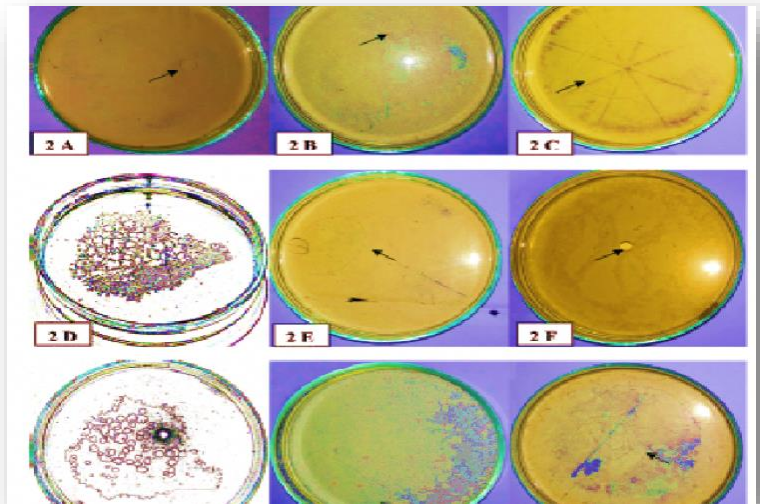
- *Depression* (மன அழுத்தம்)
- *Anxiety* (மனப் பதகளிப்பு)

### Long-COVID-19 : Common Manifestations



### General investigations

- *NEERKURI*
- *NEIKURI*
- *MANIKADAI NOOL*
- *FBC/ CBC*
- *CRP*
- *ESR*
- *S.Cr with eGFR*
- *UFR*



## MEDICINES

### Fatigue

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Anna kudineer</i>	<i>30-60 ml</i>	<i>bd/ac</i>		<i>Currently use</i>
<i>Seenthil chooraam</i>	<i>1-2 g</i>	<i>bd-pc</i>	<i>Honey or Warm water</i>	
<i>Thiripala chooranam</i>	<i>1-2 g</i>	<i>bd-pc</i>	<i>Honey or Warm water</i>	<i>Currently use</i>
<i>Urai maathirai</i>	<i>1 pill</i>		<i>Breast milk</i>	<i>Currently use</i>
<i>Nelli lehyam</i>	<i>4-6 g</i>	<i>bd/pc</i>	<i>milk</i>	<i>Currently use</i>
<i>Amukkara lehyam</i>	<i>4-6 g</i>	<i>bd/pc</i>	<i>milk</i>	<i>Currently use</i>
<i>Tettan koddai lehyam</i>	<i>4-6 g</i>	<i>bd/pc</i>	<i>milk</i>	
<i>Korai kizhangu katpam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey</i>	
<i>Thoothuvalai katpam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey</i>	
<i>Karisaly katpam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey</i>	
<i>Kovakkai vattal</i>				
<i>Nelli vattal</i>				
<i>Mathulai manapaagu</i>	<i>10-15-ml</i>	<i>bd- pc</i>		
<i>Kathaly lehiyam ( to increase body weight)</i>	<i>4-6 g</i>	<i>bd/pc</i>	<i>milk</i>	
<i>Ennei Muzhukku</i>	<i>Head bath</i>			



### Fever

Medicine	Dose	Time	Vehicle	
<i>Sarvasurakudineer</i>	30-60 ml	bd/ac		Currently use
<i>Nilavembu kudineer</i>	30-60 ml	bd/ac		Currently use
<i>Sinnasivapu maathirai</i>	2 pills	bd- pc	Ginger juice	Currently use
<i>Baalasancheevi maathirai</i>	2-4 pills	bd- pc	Ginger juice	Currently use
<i>Thaalisaathi chooranam</i>	1-2 g	bd-pc	Honey	Currently use
<i>Malli chooranam</i>	1-2 g	bd-pc	Honey	Currently use

### Pain [General body pain]

Medicine	Dose	Time	Vehicle	
<i>Araththi kudineer</i>	30-60 ml	bd/ac		Currently use
<i>Karaampu chooranam</i>	1-2 g	bd-pc	Honey	Currently use
<i>Amukkara chooranam</i>	1-2 g	bd-pc	Honey/ milk	Currently use
<i>Thaalisaathi chooranam</i> ii	1-2 g	bd-pc	Honey	Currently use
<i>Vellaivenkaaya kuligai</i>	2 pills	bd- pc	Warm water	Currently use
<i>Palayaju kuligai</i>	2 pills	bd- pc	Warm water	Currently use
<i>Amukkara lehyam</i>	4-6 g	bd/pc	milk	Currently use
<i>Karpooraathi thailam</i>	External			Currently use
<i>Tripala chooranam</i>	1-2 g	bd-pc	Honey or warm water	Currently use
<i>Sittaraththai chooranam</i>	1-2 g	bd-pc	Honey	Currently use
<i>Pavala patpam</i>			milk	
<i>Ven poosani lehya</i>	4-6 g	bd/pc	milk	
<i>Tripala oil</i>	External			Currently use
<i>Sittamuddi oil</i>	External			Currently use

### Head ache

Neerkovai pill			Rub with Lemon juice and apply forehead	Currently use
Sukkh thaila paste			apply forehead	Currently use

### Cough [Dry cough]

Medicine	Dose	Time	Vehicle	
Thalisathi chooranam	1-2 g	bd-pc	Honey	Currently use
Musumusukkai chooranam	1-2 g	bd-pc	Honey	
Thoothuvalai chooranam	1-2 g	bd-pc	Honey	
Trikaduka chooranam	1-2 g	bd-pc	Honey	Currently use
Balasanjeevi maathirai	2 pills	bd- pc	Honey	Currently use
Swasa kudari mathirai	2 pills	bd- pc	Honey	Currently use
Adathodi kandangathari lehya	4-6 g	bd/pc	milk	Currently use
Irumal sanjeevi maathirai	2 pills	bd- pc	Honey	Currently use
Vasantha kusumarakam maathirai	2 pills	bd- pc	Honey	
Vaasaka syrup	10-15 ml	bd- pc		Currently use
Sivanar amirtham	50 mg	bd- pc	Honey	
Pavala parpam	100mg		honey	
Thalisathi vadakam				
Trippala rasyanam				
Nellikay lehyam				Currently use

### Breathe lessness

Medicine	Dose	Time	Vehicle	
Adathodi kudineer	30-60 ml	bd/ac		Currently use
Swasa kudineer maathirai	2 pills	bd-pc	Honey	Currently use
Thippili rasaganam	2-4g	bd-pc		Currently use
Kasthoori karuppu	50-100 mg	bd-pc	Honey	
Adathodi kandang kattari lehiyam	2-5g	bd-pc		Currently use
Anna pavala chenthoram	100mg-200mg	bd-pc	Honey	
Muththu sippi paarpan	100mg-200mg	bd-pc	milk	
Palakari parpan	100mg-200mg	bd-pc	milk	

### Cardio vascular

Medicine	Dose	Time	Vehicle	
Maruththam paddai kudineer	30-60 ml	bd/ac		Currently use
Asai chooranam	1-2 g	bd-pc	Warm water	Currently use
Ven thameraiyathi chooranam	1-2 g	bd-pc	Warm water	Currently use
Vellaivenkaga kulika	2 pills	bd-pc	Warm water	Currently use
Sinna sivappu maathirai	2 pills	bd-pc	Ginger juice	Currently use
Srunji parpan	100mg- 200mg	bd-pc	Honey	

## Neurological

### Sleep disturbance

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Malli chooranam</i>	2g	<i>bd-pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Kasa kasa kudineer</i>	30-60ml	<i>bd-ac</i>		<i>Currently use</i>
<i>Nasiyam</i>				
<i>Tripala oil</i>				<i>Currently use</i>
<i>Thulasi oil</i>				
<b>External application</b>				
<i>Tripala oil</i>	<i>External</i>			<i>Currently use</i>
<i>Thila thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Arakku thailam</i>	<i>External</i>			
<i>Amukkara thailam</i>	<i>External</i>			
<i>Varma therapy</i>				
<i>Pranayamam</i>				

### NEUROLOGIST PAIN

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Kirampu chooranam</i>	2g	<i>bd-pc</i>	<i>Honey</i>	<i>Currently use</i>
<i>Vallari chooranam</i>	2g	<i>bd-pc</i>	<i>Ghee</i>	<i>Currently use</i>
<i>Amukkara chooranam</i>	2g	<i>bd-pc</i>	<i>Honey</i>	<i>Currently use</i>
<i>Vallarai nei</i>	3-5 ml	<i>bd-pc</i>		
<i>Nannari manapaagu</i>	5-10 ml	<i>bd-ac</i>		
<i>Aarumuga chenthooram</i>	100 mg	<i>bd- pc</i>	<i>Honey</i>	
<i>Apraga paspam</i>	100 mg	<i>bd- pc</i>	<i>Milk</i>	

<i>External application</i>				
<i>Arukam kaddai thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Sivappu kukkil thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Iyankamuor thailam</i>	<i>External</i>			<i>Currently use</i>

### **Musculo skeletal pain**

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Paranki paddai kudineer</i>	<i>30-60 ml</i>	<i>bd- ac</i>		<i>Currently use</i>
<i>Mudakku chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Aarumuga chenthooram</i>	<i>100 mg</i>	<i>bd- pc</i>	<i>Milk/ honey</i>	
<i>Kukkil paspam</i>	<i>100-300 mg</i>	<i>bd- pc</i>	<i>milk</i>	
<i>Vaatakesary thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Ulunthu thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Karpoorathy thailam</i>	<i>External</i>			<i>Currently use</i>

### **Genital system**

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Asokam paddai kudineer</i>	<i>30-60 ml</i>	<i>bd- ac</i>		
<i>Orithal thamarai chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	
<i>Sathikkey chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Venpoosani lehyam</i>	<i>2-5 g</i>	<i>bd- pc</i>		
<i>Poonkavi chenthuram</i>	<i>100mg- 200mg</i>	<i>bd-pc</i>	<i>Ghee</i>	<i>Currently use</i>
<i>Padikalinga thuvar</i>	<i>100mg- 200mg</i>	<i>bd-pc</i>		<i>Currently use</i>
<i>Thalisathy chooranam ii</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Ghee</i>	<i>Currently use</i>

### Psychological symptoms

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Samsakara sanjeeva chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>		
<i>Jadamanjil chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>		
<i>Amukkara chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>ghee</i>	<i>Currently use</i>
<i>Vallarai nei</i>	<i>5 ml</i>	<i>bd- pc</i>		
<i>Triphala oil</i>	<i>External</i>			<i>Currently use</i>
<i>Thila oil</i>	<i>External</i>			<i>Currently use</i>

### Dermatological symptoms

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Paranke paddai kudineer</i>	<i>30-60 ml</i>	<i>bd- ac</i>		<i>Currently use</i>
<i>Arukam kaddai kudineer</i>	<i>30-60 ml</i>	<i>bd- ac</i>		<i>Currently use</i>
<i>Elathy chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey/ milk</i>	<i>Currently use</i>
<i>Nilapaakal chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey/ milk</i>	<i>Currently use</i>
<i>Nanju murivu chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Honey/ milk</i>	
<i>Pancha katpa kuliyaal chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>For bathe</i>	
<i>Kanthaka rasayanam</i>	<i>500mg-1g</i>	<i>bd- pc</i>		<i>Currently use</i>
<i>Rasaganthy mezhuku</i>	<i>500mg</i>	<i>bd- pc</i>	<i>Palm Jaggary or Banana</i>	
<i>Pachchai ennai</i>	<i>External</i>			<i>Currently use</i>
<i>Karappan thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Sirangu thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Karpoorathi thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Vetpalai Thailam</i>	<i>External</i>			

### Hair loss

Medicine	Dose	Time	Vehicle	
Karisala chooranam	1-2 g	bd- pc	Ghee	
Triphala chooranam	1-2 g	bd- pc	Warm water	Currently use
Nelli kay lehiyam	4-6 g	bd- pc	Milk	Currently use
Aya kantha chenthuram	50-100mg	bd-pc	milk	
Kumari thailam	External			
Kaiyan thailam	External			
Ponnaankani thailam	External			Currently use
Kumari thailam	Nasiyam			

### Gastro intestinal

Medicine	Dose	Time	Vehicle	
Addha chooranam	1-2 g	bd- pc	Warm water	Currently use
Chundaivattal chooranam	1-2 g	bd- pc	Warm water	Currently use
Pancha theepakini chooranam	1-2 g	bd- pc	Warm water	Currently use
Thajir chundi chooranam	1-2 g	bd- pc	Warm water	
Athimadura chooranam	1-2 g	bd- pc	Warm water	Currently use
Inji lehayam	2-5 g	bd- pc	Milk	
Nannari manapaagu	10-15 ml	bd-pc		
Pittha samana lehyam	2-5 g	bd- pc	Milk	Currently use
Vellai venkaaya kulikai	2 pills	bd-pc	Warm water	Currently use
Sangu parpam	200-500 mg	bd-pc		

## E.N.T

### Tinitus

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Amukkura chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Elathy chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Vallarai chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Malli chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Trippala chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Sitaraththai chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Nochchi thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Nasi roganasa thailam</i>	<i>External</i>			<i>Currently use</i>
<i>Tripala chooranam</i>	<i>Nasiyam</i>		<i>Warm water</i>	<i>Currently use</i>
<i>Sukku thailam</i>	<i>Nasiyam</i>			<i>Currently use</i>

### Sore throught

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Thalisathi vadakam</i>	<i>1-2</i>	<i>bd-ac</i>		<i>Currently use</i>
<i>Adathodai manapaagu</i>	<i>10-15 ml</i>	<i>bd-ac</i>		<i>Currently use</i>

### Loss of smell

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Oma pottanam</i>				
<i>Sukku thailam</i>	<i>Nasiyam</i>			

### Loss of taste

<i>Medicine</i>	<i>Dose</i>	<i>Time</i>	<i>Vehicle</i>	
<i>Moolikai teener</i>	<i>5-10 ml</i>			
<i>Thriphala kashayam</i>	<i>Mouth Gargling</i>			
<i>Padikara panner</i>	<i>Mouth Gargling</i>			



**Co morbidities and special categories**

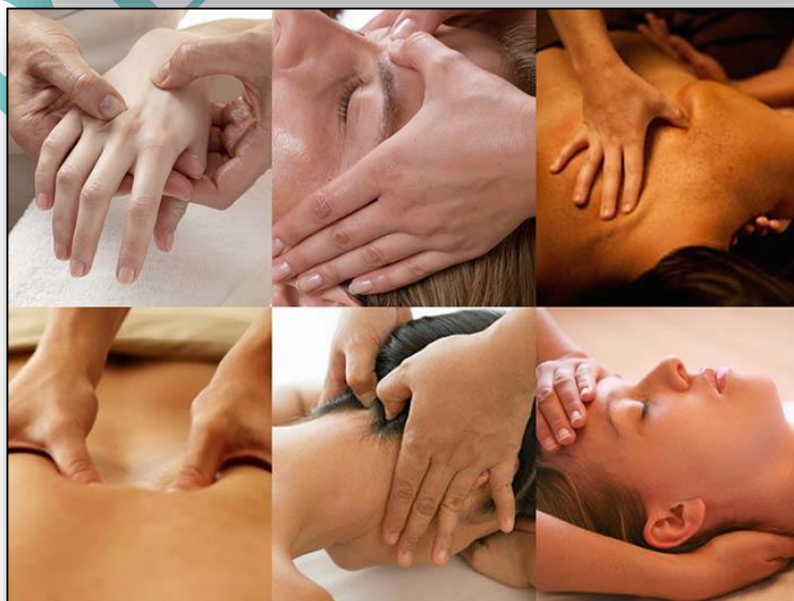
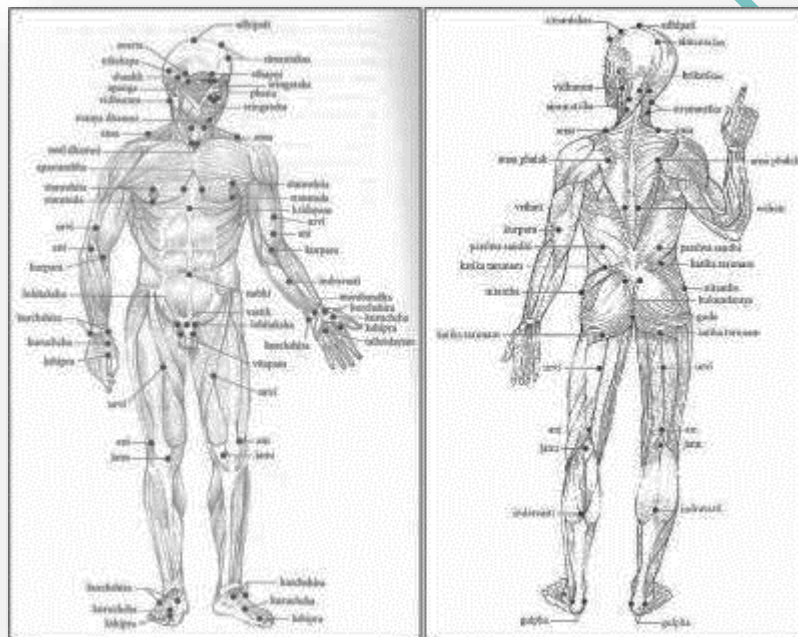
<b>Medicine</b>	<b>Dose</b>	<b>Time</b>	<b>Vehicle</b>	
<b>Diabetes mellitus</b>				
<i>Avarai kudineer</i>	<i>30-60 ml</i>	<i>bd- ac</i>		<i>Currently use</i>
<i>Pancha theepakkini chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Mathumeka chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Neerilivu chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Triphala chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Naga parpam</i>				
<b>Hyper tension</b>				
<i>Ven thamarai chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Asai chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	<i>Currently use</i>
<i>Neermulli chooranam</i>	<i>1-2 g</i>	<i>bd- pc</i>	<i>Warm water</i>	
<b>Pregnant woman</b>				
<i>Mathulai manapaagu</i>	<i>5-10 ml</i>	<i>bd- pc</i>		<i>Currently use</i>
<i>Koththamalli +Seerakam kudineer</i>	<i>20-40 ml</i>	<i>bd- pc</i>		
<b>Children</b>				
<i>Urai maathirai</i>	<i>1-2 pills</i>	<i>bd- pc</i>	<i>Honey</i>	<i>Currently use</i>
<i>Athimathura chooranam</i>	<i>2-4 g</i>	<i>bd- pc</i>	<i>Ware water</i>	<i>Currently use</i>
<i>Nelikai lehyam</i>	<i>4-6 g</i>	<i>bd- pc</i>	<i>Milk</i>	<i>Currently use</i>
<i>Balasanjeevi maathirai</i>	<i>1-2 pills</i>	<i>bd- pc</i>	<i>Honey</i>	<i>Currently use</i>
<i>Mathulai lehiyam</i>	<i>1-2 g</i>	<i>bd- pc</i>		
<i>Omatheener</i>	<i>2-5 ml</i>	<i>bd- ac</i>		

## VARMA THERAPY

*Traditional Siddha medical system varmam and yogam are having a common root of origin from Lord if Siva and share common basic principles.*

*The places in the body where the body subtle Varmam energy is found are referred to as Varmam points or Varmam locations.*

*These varmam points are located at naadees, nerves, blood vessels, junction of bone and tissues and spread throughout the body. Human body has twelve energy channels with 108 energy enriched (Varma) points along the channels.*



## DIET

### *PATHTHIYAM*

#### *Light diet*

- *Kanji/ porridge*



- *Kali/ pudding*



- *Kool*



- *Fruit juices*



- *Leafy vegetables*



- *Chicken soup*



- *Egg and small fishes*



- *Palm jaggary*



- *Gingelly oil*



- *Black gram*



## Yoga Aasanas

- *Savasanam*



- *Pranaayamam / Breathing exercise*



### *APATHTHIYAM*

- *Ice cream*
- *Cool drinks*
- *Alcohol*
- *Smoking*
- *Hard foods*
- *Hard exercises*

### *REFERENCES*

*Agastiyar paripooranam 400*  
*Siddha vaiththiya thiraddu*  
*Siddha formulary of India part*  
*Siddha pharmacopeia*  
*Baalavagadam*

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