

KAYAKALPAM (REJUVENATIVE MEDICINES)**Dr. K. Rajeswari*¹ and Dr. N. Sabari Girija²**¹Emergency Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai.²Residential Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai.Article Received on
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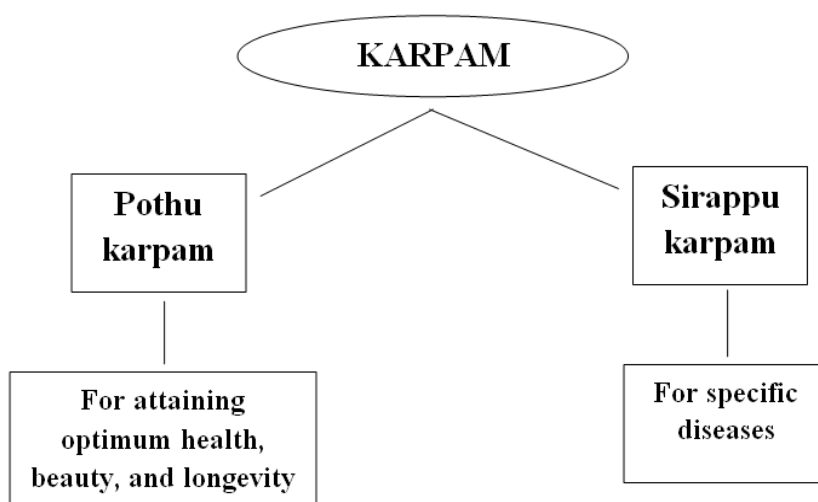
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Kayakarpam is one of the unique science of siddha system advocated for rejuvenation and longevity of life. Siddha science has a holistic approach on human diseases and their elimination. The siddhars who conquered death and attained salvation have discovered and bestowed the valuable therapeutics of kayakarpam to the human beings. The aim of this conceptual article is discuss the various principles of kayakarpam.

KEYWORDS: Siddha medicine, Kayakarpam, Antioxidant.**INTRODUCTION**

Kayakarpam is one of the special therapeutic divisions in Siddha. The word kayakarpa means (kayam-body, karpa-able, competent) to make our body competent and youthful.^[1] Kayam means '**body**' and Karpam means '**stone**' which means keeping the body as strong as stone. Kayakarpam is a combination of medicine and lifestyle, it is the science of rejuvenation, longevity, and spiritual well-being. It has the potential to heal, rejuvenate and balance Vatha, Pitha, Kapha and make the body, mind, soul attain its stability. Kayakarpam prevents from Narai (whitening of hair), Therai (shrinking of skin), Moopu (aging) and Saakadu (Death). Kayakalpa is one of the reputed therapies in Siddha system of medicine dealing with preventing mortality, decreasing morbidity and increasing the life span. Kayakalpam includes internal medicines such as herbal, mineral and animal based medicines and external therapy such as Yogam.



Karpam medicines^[2]

S.No	Name of the Karpa medicine	Images	Preparation	Indication
1.	Inji (Ginger) (<i>Zingiber officinale</i>)		Chop the ginger as tiny slices and soaked with honey. Taken in the morning .	Cures vatham related diseases . Improves the complexity of the skin
2.	Chukku (dry ginger) (<i>Zingiber officinale</i>)		Chop the dry ginger and tie as the bundle in muslin cloth. Add rice, dried ginger and water, make it as the porridge. Taken in the afternoon .	Cures pitham related diseases . Improves the digestion.
3.	Kadukkai (chebulic myrobalan) (<i>Terminalia chebula</i>)		Powder should be mix with water and taken in the evening .	Cures kabam related diseases and psychological disorders
4.	Ponnanganni (Sessile Joyweed) (<i>Alternanthera sessilis</i>)		Leaves should be sauted with ghee, pepper and salt.	It enhances the beauty.
5.	Amukkara (Winter Cherry Root) (<i>Withania somnifera</i>)		Root powder taken with ghee	It enhances the beauty and longevity of life.
6.	Manathakkali (Blacknightshade) (<i>Solanum nigrum</i>)		Whole plant taken in the form of herbal decoction, curry and pickle	Improves the general health

Benefits of Kayakalpam

- Gives long healthy life.
- Enhance the memory.
- Free from illness.
- Gives youthful feeling.
- Improves the lustre of complexion.
- Provide strength to the physical body and sense organs.
- Cures chronic and degenerative diseases.

Restrictions while taking Kayakalpa medicines

- The kayakalpa medicines should be given for 48 days (one mandalam) course without any break.
- The food should be maintained properly and sour, salt, fish, meat, pungent food are strictly avoided.
- Sexual life should be avoided while taking Karpa medicines.
- The Karpa drugs should be given by physicians who are experienced and renowned.

Anti oxidants properties of kayakarpam medicine and practices

An antioxidant is a molecule capable of slowing or preventing the oxidation of other molecules. Oxidation is a chemical reaction that transfers electron from a substance to an oxidizing agent. Oxidation reactions can produce free radicals, which start chain reactions that damage cells. Antioxidants terminate these chain reactions by removing free radical intermediates, and inhibit other oxidation agents such as thiols, ascorbic acid or polyphenols.^[3]

The definition of antioxidants, given in 1995 by Halliwell and Gutteridge, stated that an antioxidant is “any substance that, when present at low concentrations compared with that of an oxidizable substrate, significantly delays or inhibits oxidation of that substrate”.^[4] In 2007, Halliwell gave a more specific definition, stating that an antioxidant is “any substance that delays, prevents or removes oxidative damage to a target molecule”.^[5]

Most of the kayakarpam medicines have anti oxidant properties eg *Emblica officinalis*, *Azadirachta indica*, *Tinospora cordifolia*, *Terminalia chebula*, *Feronia elephantum*, *Aloe vera*, *Withania somnifera*, *Semecarpus anacardium*, *Citrus lemon*, and *Eclipta alba*, hence these herbs act as an rejuvenation.^[6] Regular yoga practice remarkably attenuates oxidative stress

and improved antioxidant levels of the body. Moreover, yoga beneficially affected stress hormone releases as well as partially improves immune function.^[7]

CONCLUSION

As per this review kayakarpa medicines and kayakarpa practices (yogam) has anti-oxidant properties hence it ensures kayakarpam is a rejuvenation therapy. Further deeper exploration and research works in kayakarpam can help us in combating chronic diseases and enjoy good health.

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