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Impact of poison in day-to-day life and its natural Siddha remedies

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Abstract

A substance which is harmless in small quantities and may act as a poison when taken in large amounts. Small amount of harmless substance taken for long period can produce harmful effect. In day-to-day life we are taking poison as small quantity for long period through toothpaste, mouthwash, soap, shampoo, sugar, package, inorganic food, etc. while taking these poison, produce harmful effects to human and shorten the life. Toothpaste consist synthetic formulation are produced potential risk factors. Sugar contains no protein, essential fats, vitamins or minerals. Newspapers Ink made from cadmium, sulphur, chromium, and other organic chemicals. Disposable plastic food containers like coffee and tea cups, utensils and other house hold items are very common in use in our day-to-day life. The chemicals, formaldehyde and styrene, are commonly found in these containers are known for suspected carcinogens. SLS, SLES are commonly found in soap and shampoo. Pesticides food, GMF, broiler chicken are producing quickly harmful to the body. Our siddhars had explained well to live long by traditional food and day-to-day activities.

Keywords: day to day life, poison, siddha, toothpaste, food

Introduction

A substance which is harmless in small quantities and may act as a poison when taken in large amounts. Small amount of harmless substance taken for long period can produce harmful effect. In day-to-day life we are taking poison as small quantity for long period through toothpaste, mouthwash, soap, shampoo, sugar, package, inorganic food, etc. while taking these poison produce harmful effects to human and shorten the life. These day-to-day poisons are individually given details below.

Tooth paste and its harmfulness:

Dental hygiene is a part of our daily routine. Regular brushing with a suitable material is the first step to ensure dental health. Tooth paste can prepare synthetic and herbal ingredients. Nowadays herbal formulations are high in demand due to its effective to avoid the side effects when compared with synthetic formulations. Synthetic formulations like fluoride, triclosan, sodium lauryl sulphate (SLS) propylene Glycol, Diethanolamine (DEA), Microbeads (tiny plastic pellets), artificial colours and sweeteners are produced potential risk factors like dental fluorosis (6nm), neurological problems, endocrine dysfunction, allergic reactions and risk of cancer. Some herbal toothpaste also giving side effects due to preservatives, artificial colour and sweeteners. In ancient siddha system herbal twigs from various types of plants are used for cleaning the teeth. And also herbal tooth powder are used some disease condition like spongy gum, gingivitis and stomatitis.

Tooth Twigs:

Teeth-cleaning sticks, commonly known as Miswak or Siwak, are popular in oral hygiene. Miswak is basically a pencil-sized stick 15 to 20 cm long with a diameter of 1 to 1.5 cm. Twigs from various types of plants are recommended for cleaning the teeth. The tip of twig is chewed and made into a soft brush and then used for cleaning the teeth.

The use of miswak for oral hygiene serves dual function, i.e., mechanical plaque control by friction between plant fibers and tooth surface and chemical plaque control due to its chemical composition. Even though a number of plants have been recommended in religious books, only following five are given much importance in medical books[24].

They are Neem (*Melia azadirachta*), Babool (*Acacia indica*), Pullathi, banyan (*Ficus bengalensis*), Nayuruvi (*Achyranthes aspera*) and also arjun (*Terminalia arjuna*), Fig (*Ficus racemosa*), Mango (*Mangifera indica*), Teak (*Tectona grandis*), Jambul (*Syzygium cumini*), Mazhil (*Mimosops elengi*), Chincona (*Anthocephalus kadamba*), Wood apple (*Limonia acidissima*), Ashoku (*Saraka asoka*), Kurukathi (*Hiptage benghalensis*), Senbagam (*Michelia chempaga*)

வேலுக்குப் பல்லிறுகும் வேம்புக்குப் பல்துலங்கும்
பூலுக்குப் போகம் பொழியுங்கான் – ஆலுக்குத்
தண்டாமரையாளுஞ் சாருவளே – நாயுருவி
கண்டால் வசிகரமாங் காண்

-பதார்த்த குண சிந்தாமணி

Siddha Tooth Powder:

Herbal twigs are not used in some condition like soft spongy gums, stomatitis, indigestion, cold, fever, dryness of mouth, chest pain, eye disease, vomiting and headache persons are does not used herbal twigs. They can use siddha powder preparations. The toothpowder made from herbal has stain removing efficacy higher as compared with toothpaste. A toothpowder may be expected to be of benefit in controlling and removing extrinsic dental staining.
Preparation and Indication:

- Soft spongy gums and stomatitis members can use triphala powder or neem leaves powder.
- The persons suffering from Indigestion, dryness of mouth, eye disease and vomiting can use clove, cumin and small quantity salt mixed powder.
- The persons suffering from fever, cold, chest pain, eye disease, vomiting and headache members can use ajwain and small quantity of salt, pepper, clove, cinnamon bark, oak galls powder.

Mouth wash and its harmfulness:

Alcohol (18% to 26%) (Oral cancer), Sodium Flouride (Neurological problem, Cancer trigger), Thymol (A potent mutagen), Hexatidine (Clotting in brain tissues), Methyl Salicyclate (Odour masking agent in organophosphate pesticides), Hydrogen peroxide (Irritates skin and mucosa), Saccharin (Carcinogen), Sucralose (Triggers migraine), Synthetic colours, Formaldehyde (burning sensation to eyes, nose and throat), Sodium lauryl sulphate, Polysorbate, and more

Siddha Remedies:

Triphala wash is one of the best siddha medicines for oral mouth wash. Triphala mouth rinse when combined with scaling and root planing showed significant reduction in the plaque, gingival, and oral hygiene indices without any evidence of staining of teeth at seven, 30, and 45 days, which was comparable to reduction obtained by chlorhexidine mouth rinse in combination with scaling and root planing. Triphala has Anti-caries activity by inhibiting the growth and accumulation of *Streptococcus mutans* on the surface of the tooth. Triphala as a root canal irrigant against *Enterococcus faecalis.* Anti-microbial and anti-oxidant effect of triphala has been proven *in-vitro* as it has been shown to inhibit *Streptococcus mutans* at concentrations as low as 50µg/ml. This anti-plaque effect probably may be due to the tannic acid in Triphala, which is adsorbed well to the groups on the surface of the bacterial cells, which result in protein denaturation and ultimately to bacterial cell death.

Sugar and its harmfulness:

Sugar contains no protein, essential fats, vitamins or minerals. Sugar interferes with hormones in our body that regulate hunger and satiety. This can lead to increased calorie intake and weight gain. It also harmful to our metabolism and can lead to increased insulin, fat storage and becomes obesity. Also associated with some non communicable diseases like heart, disease, diabetes and cancer.

Siddha Alternatives:

a) Honey:

Honey is a thick, golden liquid produced by honey bees. It contains trace amounts of vitamins and minerals, as well as an abundance of beneficial antioxidants. It lowered "bad" LDL cholesterol and blood triglycerides. It also increased "good" HDL cholesterol. Another study found that eating honey decreased the levels of C-reactive protein (CRP), which indicates the inflammation level. It also lowered homocysteine, another blood marker associated with disease.

b) Maple Syrup:

Maple syrup is a thick, sugary liquid that's made by cooking down the sap of maple trees. It contains a reasonable amount of minerals, including calcium, potassium, iron, zinc and manganese. It also contains at least 24 different types of antioxidants. A couple test-tube studies have indicated that maple syrup may even have anti-cancer benefits. It contains some beneficial nutrients, antioxidants and very high sugar.

c) Molasses:

Molasses is a sweet, brown liquid with a thick, syrup-like consistency. It's made from boiling down sugar cane or sugar beet juice. It contains a handful of vitamins and minerals, as well as several antioxidants. In fact, blackstrap molasses is higher in antioxidants than both honey and maple syrup. Furthermore, its high potassium and calcium content may benefit for bone and healthy heart. Overall, molasses makes a fine replacement for refined sugar.

d) Coconut Sugar:

Coconut sugar is extracted from the sap of the coconut palm. It contains a few nutrients, including iron, zinc, calcium and potassium, as well as antioxidants. It also has a lower glycemic index than sugar, which may be partly due to its inulin content. Inulin is a type of fiber that has been shown to slow glucose absorption.

e) Stevia:

Stevia is a natural sweetener that's extracted from the leaves of *Stevia rebaudiana*. It contains zero calories and has no known links to weight gain. In fact, human studies have shown that stevia is not associated with any adverse effects. stevioside is one of the sweet compounds in stevia, can lower high blood pressure by 6–14%. It has also been shown to lower blood sugar and increase insulin levels, which may be helpful in diabetes.

f) Yacon Syrup:

Yacon syrup is extracted from *Smallanthus sonchifolius*. It tastes sweet, is dark in color and has a thick consistency similar to molasses. It caused significant weight loss in overweight women. Yacon syrup contains 40–50% fructo-oligosaccharides, which are a special type of sugar molecule that the human body cannot digest. yacon syrup contains one-third of the calories of regular sugar, or about 1.3 calories per gram. Fructo-oligosaccharides can decrease the hunger hormone ghrelin, which may reduce appetite and help you eat less. They also feed the friendly bacteria in your gut, which are incredibly important for your overall health. Having healthy gut bacteria has been linked to a decreased risk of diabetes and obesity, improved immunity and better brain function.

Food packaging and its harmfulness:

Newspaper contains:

Colorants, Pigments, Binders, Photo-initiators, Petroleum based mineral oils from machinery, Cobalt which is used for drying ink fast, Ink made from cadmium, sulphur, chromium, and other organic chemicals. Exposure to these chemical may increase the risk of bladder and lung cancer

Plastic container:

PLASTIC IDENTIFICATION CODE

SYMBOL	NAME	COMMON USES	IS IT SAFE?
1 PETE	POLYETHYLENE TEREPHTHALATE ETHYLENE	Softdrinks, water bottles, biscuit trays, salad dressing containers	USE WITH CAUTION
2 HDPE	HIGH DENSITY POLYETHYLENE	Shopping bags, milk bottles, juice bottles, ice cream containers, shampoo bottles	SAFEST CHOICE
3 V	POLYVINYL CHLORIDE	Cosmetic containers, wall cladding, roof sheeting, garden hose, blood bags & tubings	AVOID
4 LDPE	LOW DENSITY POLYETHYLENE	Cling wrap, squeeze bottles, much film, refuse bags	SAFEST CHOICE
5 PP	POLYPROYLENE	Microwave dishes, packaging tape, straws	SAFEST CHOICE
6 PS	POLYSTYRENE	CD cases, imitation glassware, low-cost brittle toys	AVOID
7 OTHER	POLYCARBONATE, ACRYLIC, ABS	Automotive and appliance components, electronics, computers	AVOID

Disposable plastic food containers like coffee and tea cups, utensils and other house hold items are very common in use in our day-to-day life if we are at home or outside. A report from National Toxicology Program of the U.S department of the health and human service noted that two chemicals, formaldehyde and styrene, are commonly found in these containers are known or suspected carcinogens.

The disposable plastic food containers over shadowed by traditional glass and metal containers like gold, silver, stainless steel, aluminum and copper ware.

Soap:

- Phenols -harmful to lungs , heart , liver and kidneys and Easily permeable through skin
- Sodium hypochlorite-strong irritant to eyes, nose and throat
- Fragrance -Strong irritant to nasal mucosa and eyes, trigger asthmatic attacks and severe allergies
- Optical brighteners - extremely toxic and can cause mutation, allergic to skin when exposed to sunlight
- Bleach (or) Sodium hypochlorite - irritant to eyes, nose and throat, easily permeable through skin
- Dioxane - Proven Carcinogen
- Paraben - Estrogen mimickers, Reproductive difficulties
- Sulphates (SLS, SLES) - Proven Carcinogen
- Triclosan (common in anti-bacterial soaps) - Creates Dioxin which is carcinogen

Siddha Bath Powder:

This herbal bathing powder known as Nalangu maavu is full of natural products. Nalangu maavu can be used as an herbal body wash, face wash, scrub as well as exfoliator. We can use it instead of our soap or body wash compounds.

Ingredients and benefits of Nalangu maavu:

- Whole green gram (*Vigna radiata*),
- Vettiver (*Chrysopogon zizanioides*),
- Chandanam (*Santalum album*),
- korai kilangu (*Cyperus rotundus*),
- karpogi (*Psoralea corylifolia*),
- vilamichu-ver (*Plectranthus vettiveroides*),
- Poolan kilangu (*Curcuma zedoria*)

Shampoo:

Sodium lauryl sulphate [SLS] & Sodium laureth sulphate [SLES]:

Damage to hair follicles and cause hairfall. It Causes skin inflammatory conditions enhances allergic reactions. May hinder proper development of children's eyes and may cause cataract in adults.

Di-ethanolamine [DEA] or Tri-ethanolamine [TEA]:

Used as wetting agents in shampoo also acts as preservatives, when mixed with chemicals like nitrites forms carcinogenic substance.

Formaldehyde:

It destroys natural protective oils over skin and causes burning sensation in eyes. Prolonged exposure leads to asthma may cause chest pain and shortness of breath.

Silicones:

They provide soft and shiny coating over hair for a short period. Prolonged usage leads to complete sealing of moisture from reaching cuticle.

Phthalates:

Causes negative effect on immune system, Can cause nausea, Skin rashes, Liver, cancer, Affects the CNS

Siddha Hair Pack (Panchakarpa vithi):

மிரு கமதம் பித்துமணி வேம்புகடு நெல்லி
கரு வானின் பாலரைத்துக் காய்ச்சி சிரசிலிட
விங்கற்ப நோய்க்கு மிடமின்றா மெய்ஞ்ஞான்றும்
ஐங்கற்ப மீதே மறி.

-பதார்த்த குண சிந்தாமணி

Ingredients and Benefits of Pancha karpa vithi:

- Kasthuri manjal (*Curcuma aromatica*)
- Milagu (*Piper nigrum*)
- Neem seed (*Azadirachta indica*)
- Kadukai thol (*Terminalia chebula*)
- Nelli parupu (*Phyllanthus emblica*)

Ingredients are mixed well and rubbed with karampassu cow milk then boiled it. Apply on the head and bath. It acts as preventive medicine to diseases for all time.

Food:

Harmful effects of pesticides foods on human

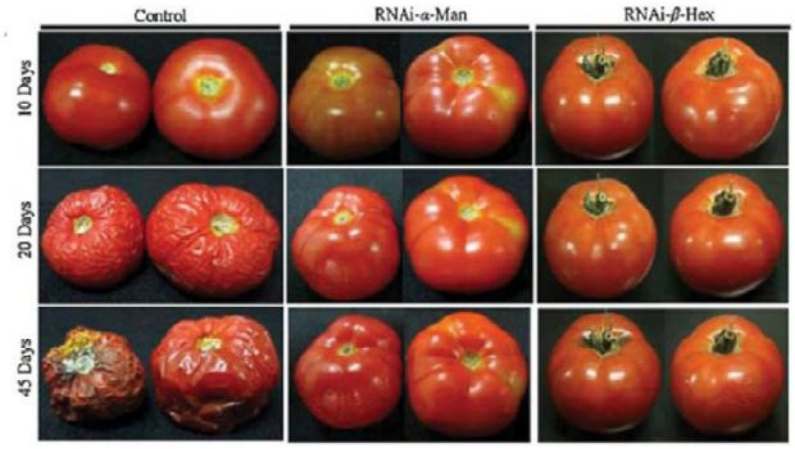
- Causes low birth weight and birth defects
- Interfere with child development
- Causes neurological problems
- Disturbs hormones metabolism
- Causes variety of cancers including leukemia, kidney cancer, non-hodgkin's lymphoma, Dermatitis ,etc.,

Genetically Modified Food (GMF):

Genetic engineering is a practice of altering (or) disrupting the genetic blueprint of an organism. Randomly insert together genes of non-related species – utilizing viruses, anti-biotic resistant genes and bacteria as vectors to permanently alter genetic code.

Effects of GMF

Poisoning in long term, Increased cancer risk, Food allergies, Damage to food quality and nutrition, Antibiotic resistance, Increased pesticide residues, Genetic pollution, Damage to beneficial insects and soil fertility, Creation of Superweeds and Superpests, New viruses and pathogens



Broiler chicken:

- Injected with harmful chemicals in order to get more meat.
- 3 times faster growth than a normal chicken.
- Low nutrition from these chicken
- High risk of human exposure to antibiotic resistant bacteria.

Nowadays peoples are so fast than world. Likewise foods are preparing faster than vegetative period. These foods are harmful effects like pesticides food, GMF, broiler chicken etc. so avoid inorganic foods.

Conclusion

A substance which is harmless in small quantities and may act as a poison when taken in large amounts. Small amount of harmless substance taken for long period can produce harmful effect. In day-to-day life we are taking poison as small quantity for long period through toothpaste, mouthwash, soap, shampoo, sugar, package, inorganic food, etc. while taking these poisons produce harmful effects to human and shorten the life. Our Siddhars had explained well to live long by traditional food and day-to-day activities. So we live long by following Siddhars traditional food and day-to-day life.

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