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# Mystical Sleeping Mats in Siddha Medicine - An Overview

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## ABSTRACT

In several components of the globe, sleeping in natural mats are quite common these days although few folks feel they reduce self decorousness, however the particular reason behind is that they are guaranteed with culture. In interior of human calm sleep, there are several advantages of plants based mostly mats that stay dormant still. Siddha, far-famed drugs of Asian nation shortly explains the practices of assorted sleeping mats with its medicative values which are to be delineated.

**Key words:** *Sleeping mats, natural, tradition, Siddha.*

## INTRODUCTION

Sleep is worldwide universal and a physiological necessitate. Folks opt to sleep in finest bedding sophisticatedly. As eras passed by, many still follow floor sleeping i.e. sleeping on mats which is their traditional knowledge fable. Sleeping mats aren't a stuff of comfort however ought to provides a fine sleep, than luxury; good health and warmth as associate insulation sheath. Some physicians counsel floor sleeping just in case of back ache. However many folks suppose sleeping on the ground could be a chastisement and not a practicable substitute. Some spent plenty shopping for advanced pad, however when employing an amount of time, uncomfortable symptoms (allergy, body part lesion and then on) appeared and that they modified back to onerous board. It looks that Chinese suits to sleep on more

durable bed, not soft pad. In fact, sleeping in more durable or softer pad wasn't semi conductive to decrease body spine load and muscle reposeful (Chayell, 1993), that even have facet effects on sleep quality.<sup>[1]</sup>

Many countries emphasize to sleep on the ground as theirs ancient customs.<sup>[4],[6],[8],[12]</sup> Amongst them is Asian nation India, the house of wealthy cultural heritage with customary philosophy and standard medications. WHO says, ancient medicine is the summation of the information, skills and practices supported theories, beliefs and experiences native to totally different culture, whether not comprehensible or not, employed in the upkeep of health yet as within the bar, diagnosis, improvement or treatment of physical and mental state.<sup>[2]</sup> Siddha, an ancient system of healing that originated in South Asian nation and is taken into account to be one in every of India's oldest systems of medication. The Siddha system relies on a mix of ancient medicative practices and religious disciplines, seems as a part of Tamil culture.<sup>[3]</sup>

In this paper, I describe regarding the assorted natural mats for sleeping; supported Siddha Medical literatures and their significance towards humanity.

## METHODOLOGY

An extensive search on Siddha literatures, PubMed, Google Scholar & alternative information bases was conducted for analysis papers, articles dealing with

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“Plants based”, “Sleeping Mats” and “Benefits” as a main search criterion.

### Sleeping mats - World usage

Worldwide once we observe several cultures, folks had followed the usage of assorted types of mats thus far.

A tatami could be a kind of mat in ancient Japanese - style rooms. Historically created by manipulating rice straw to make the core, the cores of latest tatami are generally composed of compressed wood chip boards or vinyl benzene foam, with a covering of woven rush straw.<sup>[4]</sup> Apparently tatami are according assist to clean the air of the area, as the tatami absorbs nitrogen dioxide gas. Tatami additionally absorb wet once there's high wetness and discharge it quickly when the air is dry. Additionally, tatami could be a sensible dielectric, keeping cool within the summer and heat within the winter.<sup>[5]</sup>

In the past days, Jute fibres are created as mats in Ghana and were used for burial and as a sleeping mat. However the appearances of artificial mats are bit by bit eroding the traditional natural mats use for sleeping.<sup>[6]</sup>

A review says, folks stricken by eye diseases are suggested to steer on dense mat of doob grass (*Cynodon dactylon*; Arukampul) by blank foot.<sup>[7]</sup>

*Phyllostachys parvifolia* C.D. Chu & H.Y.Zou (Anji golden bamboo) and *P. Mannii* Gamble (South west china bamboo) are also employed in weaving sleeping mats.<sup>[8]</sup>

### Siddha's concept on mats

Ancient science deals with internal living defied man; it is Nature that cause disease and again, it is Nature that effects their cures.<sup>[9]</sup> In Siddha, *Vatam*, *Pittam* and *Kapam*, which are the three humours (or *Uyir tātukka!* literally means 'life force'), are responsible for the creation, preservation and destruction of human body and health. When they are in the state of equilibrium (4:2:1 - the ratio in which they exist) our body remains in a healthy state while any disturbance in this ratio leads to diseased state or death.<sup>[10]</sup> The

physiological function in the body is mediated by these three substances, which are basically made up of the five elements and are involved in all functions of the body, physical, emotional and mental.<sup>[11]</sup>

Siddha Medicine presumes many ordinances to exist in the sphere, principles to cure outer body and inner soul through Mother Nature and gives importance to human behaviour and way of life as they are the key which keeps populace dynamic and prosperous.

Likewise sleeping on which object also tends to be much important as they can restore to health or create disease through the above said three substances. The below table describes few natural plant based sleeping mats and their benefits when sleeping on them.

**Table: 1: Types of plants based mats and their properties.**<sup>[12-14]</sup>

Types of plants based mats	Properties on sleeping
<i>Cyperus rotundus</i> (Eng: Nut grass; Tamil: Kōrai)	Cures Anorexia and hyperthermia. Gives cooling effect and sleep.
<i>Pandanus odoratissimus</i> (Eng: Fragrant Screw pine; Tamil: <i>Tālai</i> )	Cures Vomiting, dizziness, anaemia ( <i>Pāṇṭu nāēy</i> ), tumour of abdomen, a kind of dropsy ( <i>Nirāmai kaṭṭi</i> ), polyuria, deranged <i>Pittam</i> .
<i>Calamus rotang</i> (Eng: Rattan palms; Tamil: <i>Pirappañ kiḷaṅku</i> )	Gives coldness, causes haemorrhoidal diseases, dysentery and heaviness of head.
<i>Phoenix dactylifera</i> . Linn (Eng: Date palm; Tamil: <i>Pēriccu</i> )	Cures colic pain and oedema. Hunger, body pallor and hyperthermia occur. People with skin diseases ( <i>Kūṭṭam</i> ) are advised to sleep on them.
<i>Phoenix sylvestris</i> . Linn (Eng: Small date palm (wild); Tamil: <i>Cirriccu</i> )	Gives warmth and itching over the body, increases <i>Vātam</i> , demolishes <i>pittam</i> and decreases <i>Kapam</i> .
<i>Bambusa arundinaceae</i> (Retz) wild. (Eng: Thorny Bamboo; Tamil: <i>Mūñkil</i> )	Causes burning micturition, urinary infections and increases <i>pittam</i> humour.

**DISCUSSION**

Sleeping mats of nature origin has been used by our ancestors for decades. The invention of artificial mats and other classy mattress diminish as well as deprave the naturals despite of traditions. Resting on natural mats however has several valuable possessions on body which people lack to perceive today. Siddha writings have shown up a newer reflection of sleeping rituals and advantages to an extent [Table: 1] these are to be spotted notably, interpreted and can be followed; as a country's customs are formulated by highly intellectual primogenitors.

Further research should be made to evaluate the healthiness in reclining on natural based mats validating Siddha's conceptualization.

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