

Articles on Siddha Medicinal in the Malaysian Tamil Sunday Edition Newspapers Year 2012

J. Hinduja Jayar Raman

Introduction

The Tamil community, who are the senior civilians are rich with various kinds of arts. Kambar a medieval Tamil poet and the author of the *Saraswathy Anthaathi* in the subdivision of *kaappu* explained that the performing arts are divided into 64 types.

*“Ayakalaigal arubaththu nankinaiyum
eya unarvikkum ennammai...”*

(Saraswathy Anthaathi, kaappu: 1-2)

Kambar's this allegorical poem proves the existence of 64 types of performing arts in Tamil culture. As Kambar was a Tamil poet, he figured the 64 types of arts based on the practice of Tamil culture which is a heritage from generation to generation (Alagappan, Aaru., 2001:266).

The medical art is one of the components of 64 types of arts which is listed by Kambar. It also recognized as art of body, *udaliyatkalai* (Backiamery, 2007:145). As explained by a prominent Tamil scholar Nya.Thevaneyap Paavanar (2000:119), Tamil ancient medical art which well known today is non-other than Siddha medicinal which led by the Siddhas. The *Siddha Ganam* is divided into two sets led by Thirumular and Agathiyar. There are findings on hundreds of medical books written by Agathiyar. Besides *Thirumanhthiram*, Thirumular also wrote numbers of books on medicinal art. (Kanthasamy, So. Na., 2003:287). Thus, there are many other unique medicinal art books spread in Tamil culture field which written by other siddhas. (Thachinamoorthy, A., 2005:368). This confirms that the term 'medicinal' is meant by the Tamil community in the context of the 64 performing arts are Siddha Medicinal.

Siddha Medicinal

As stated above, the Siddha medication was discovered and renowned by Siddhas. These types of medical treatments expound on how to use the particular roots and green leaves in treating and preventing diseases. That is why there is a Tamil proverb says '*aayiram veraik kondravan arai maruthuvan*' means those who know how to use at least a thousand types of roots can be accepted as a doctor. But the saying of this proverb which had changed is very regrettable where it's become '*aayiram peraik kondravan arai maruthuvan*' means a person who kills thousand people in his medical term can be recognized as doctor (Thevaneyap Paavanar, Nya., 2000:119).

There are different names for Siddha medicinal like granny therapy, nature cure, home remedy, Tamil remedy, pulse treatment and so on. (Rathinavelanaar, Ci., 2001:14) Medicinal therapy through pulse treatment by examining a patient's pulse is the most

famous medicinal therapy in Siddha medical. It is clearly notified by Thiruvalluvar as below:

“Disease, its cause, what may abide the ill:

Let leech examine, then use his skill”

(Thirukkural: 948)

Siddhas’ medicinal uniquely visible to its medical pattern by combining medicinal and Yoga in curing a person. The aim of this combination is to ensure the person lives healthily in his whole life (Sathasivam, Suba., 2001:2). Due to this, the Siddhas more focused their research on finding ways to take care the health of human by preventing diseases, old age and death (<http://www.kalachuvadu.com/issue-150/page62.asp>).

In addition to Siddha medicinal, Indian society is also rich in various types of medicinal treatment such as Ayurveda, Unani treatments, Allopathy and Homeopathy. However, the forms of these medications are seen very new as compared to Siddha medicinal which introduced in middle age of Tamil ancient time. In fact, the advent Aryans spread the Ayurveda into Tamil Nadu; advent of Moghul communities spread form of Unani medicinal; arrival of European society spread Allopathy and the arrival of German society spread Homeopathy among the Tamil community (Alagappan, Aaru., 2001:279). Ayurveda medicinal forms cannot be accepted as a traditional Tamil medicinal form. This medical form is accepted as North India’s treatment (Sathasivam, Suba., 2001:2) and understandable as a medicinal which was translated from Siddha medicinal into the languages of North Indians (Thevaneyap Paavanar, Nya., 2000:119). It can be concluded and agreed with the Tamil scholars’ view that, Siddha medicinal is the only form spearheaded by the Tamils. However, we cannot deny that, the Ayurveda practices on this era come with its various characteristics.

Siddha Medicinal in Malaysia

There are two estimations on the timing of the introduction of Siddha medicinal among the Tamil community in Malaysia. The first prediction states that the form of this medicinal is likely to gain a foothold in the country in the 7th century. Excavation undertaken in Bujang Valley, Kedah, especially in Bukit Batu Pahat has proven this prediction. These predictions is arising as a result of the discovery of some equipments in the form of mortar. However, there is no evidence to suggest that these mortar-shaped equipments used for Siddha medicinal. Thus, this prediction remains a prediction because there is no strong evidence of its usage in Siddha medicinal (Rajantharan, Mu., Sivapalan, Kovi. & Sillalee, Ka., 2009:164-165).

Next, there is another prediction that Rejendra Chola I who came with his army to attack Kadaram (Kedah) in the period of (1012 to 1044) may also bring Siddha medical experts into this country (*Ibid*:165). This prediction looks more logical and generally accepted by everyone. This is because, it is the norm until now, and namely when a group of soldiers go to war would surely bring together the doctors and nurses to treat wounded soldiers. Moreover, Chola period is the time that has given importance to the

medical field. During the Chola period, the hospital has offered facilities such as beds and surgical facilities. Furthermore, the community at that time has the wide medical knowledge as now (Thachinamoorthy, A., 2005:366-367). This reinforces the second prediction that states Rajendra Chola and his armies brought together the Siddha medical experts into this country in 1028.

Cittarkal Vaalvum Vaakkum – Oor Ayyup Parvai is the book proceeded by Mu. Rajantheran, Kovi. Sivapalan and Ka. Silllalee in the year of 2009, stating that proof of the arrival and usage of the Siddha medicine in this country is only available from the year 1870.

Motives and Limitations of the Research

Siddha medicinal exposes the Siddha norms in the country through the mass media. Influence and domination of Siddha medicinal in Tamil newspapers were selected as the motive of this study. Newspapers are the media of choice for the community to discover the current issues. Although there are a variety of electronic media such as the internet, radio and television, people prefer to read the newspaper to discover the latest issues. Therefore, researcher feels it is appropriate to analyze and study data in the newspapers to find out the influence and domination of Siddha medicine in the Tamil community in this country.

However, only three of the oldest Tamil newspapers *Tamil Nesan*, *Makkal Osai*, *Malaysia Nanbans*' Sunday issues for the year 2012 were chosen as to the limitations of this study. This study puts this limitation because the total pages of Sunday issues of these newspapers relatively more than the other days' editions. Moreover, Sunday editions not only contain news about current issues, but also feature knowledge issues in various fields such as leisure, health and so on. This shows we certainly can get articles about Siddha medication through these Sunday editions.

Related Data Collected on Siddha Medicine in Tamil Newspapers on Sunday Issues

We can see the articles on Siddha's Medicinal in the Tamil dailies issued on Sunday newspapers as in tables 1, 2, and 3 below. The articles which were extracted from the three Tamil newspapers of Sunday edition are explaining the nature of Siddha medicinal as below. Those newspapers which do not have any information on Siddha medicinal were not specified in this table.

Table 1 :
Articles on Siddha medicinal in *Tamil Nesan*

Date	Titles	Page	Medical references
08/01/2012	<i>Mathulaiyin Magimai</i> (Glory of Pomegranate)	4	
15/01/2012	<i>Palzhangalathile plastik aruvai sikiccai</i> (Plastic surgery in the ancient)	9	
05/02/2012	<i>Vayppun nivaranaathidkana citta maruththuva sikiccai</i> (Siddha medicinal in treating mouth sores)	2	
12/02/2012	<i>Matavitaai vayidru vali varaathu!</i> (Free from the abdominal pain during the menstrual cycle!)	2	
	<i>Piththam pokkum cirakam!</i> (Bile also can be treated!)	2	
26/02/2012	<i>Kulzhanhthai vaiththiyam</i> (Medicines for children)	7	
	<i>Malaccikkalai thirkkum akathiccaaru, tayir</i> (Akathi broth and curds for defecation problems)	7	
	<i>Paruththollai nikkum kariveppilai</i> (Curry leaves to remove pimples)	7	
	<i>Noi ethirppu sakthi alikkum pappali</i> (Papaya provides and develop resistance to body)	7	
	<i>A:l-nhtha thu:kkam tharum vengka:yacca:tu</i> (Onion broth gives peaceful sleep)	7	
18/03/2012	<i>Paththu milakai irunthaal pakaivan veetilum unavu unnalaam</i> (If there are ten chilies we can dare to eat at enemies home)	10	
	<i>Patha vedippukku sila tips</i> (Tips for rhagadies)	8	
	<i>Unge mugathule ennai vadiyutha?</i> (Is your face oily?)	8	
	<i>Caiva unavukkarargalin jalathosaththikku...</i> (Cure colds for vegetarians...)	4	
01/04/2012	<i>Paramparaiya muraiyil noi ethirpu sakthiyaik kudduvathu eppadi?</i> (What are the ways to boost the immune system by means of traditional medicines?)	8	12 tips

08/04/2012	<i>Anjarai pettiyile irukku ajiranathukku arumarunthu</i> (Hand pot medicines to cure digestion problems)	15	
15/04/2012	<i>Maruthaaniyin kunangkal</i> (Nature of henna)	6	
22/04/2012	<i>Payanulla kurippugal</i> (Useful informations)	10	Herbal facial tips
	<i>Pengalukku ugantha ularntha thiraaccai</i> (Raisin for women)	6	
29/04/2012	<i>Ithayaththai palamaakkum elumiccai paanam</i> (Lemon juice strengthens the heart)	6	
	<i>Raththa aluththangkalai kunamaakkum cirakam</i> (Cumin treating high blood pressure)	2	
03/06/2012	<i>Unave Marunthu</i> (Food as medicine)	6	
	<i>Kasayam sali irumalukku nallathu</i> (Broth for flu and cough)	4	
10/06/2012	<i>Kaaykal, palzhangal...kalakkal palankal</i> (Fruits and grains for health)	2	
08/07/2012	<i>Ethirppu cattu kuraivathu eppadi?</i> (How to enhance immunity?)	4	11 types of tips
15/07/2012	<i>Elumiccai palzhaththin Makimaigal</i> (Advantages of lemon)	6	
	<i>Raththa cokai kuraiya marunthaakum kirai</i> (Functions of vegetable in treating Anemia)	6	
	<i>Raththa viruththiyum pericca palzhamum</i> (Datefruit increase the quantity of blood)	6	
22/07/2012	<i>Anjarai petti porudkalin aangila peyarkal</i> (English name for the items in hand pot medicines)	6	55 types of herbs / Grains names
29/07/2012	<i>Mulangai karuppai nikka sila valzhikal</i> (Ways to cure black marks in elbow)	6	7 Formats
19/08/2012	<i>Ular thiraccaiyin maruththuva payangalai arivom</i>	6	

	(Raisin medical uses)		
02/09/2012	<i>Vellarikkai maruththuvam</i> (Medicine with cucumber)	6	
	<i>18 cittarkalal kandupidikkap padda muligaikalin arputhangal</i> (Herbal medicine spearheaded by 18 Siddhas)	2	Informations on 5 types of herbs
09/09/2012	<i>Venddaikkaai</i> (Ladysfinger)	6	
16/09/2012	<i>Puthinavukkum kathai undu</i> (Mint also have story)	4	
	<i>Thoppai kuraiya</i> (To help you lose belly distended)	4	
	<i>Kaikarigalum Sirappum</i> (Advantages of vegetables)	4	4 types of vegetables
23/09/2012	<i>Aarokkiya Kurippugal</i> (Health tips)	4	5 tips
30/09/2012	<i>Unnai kuraikkavum mudiyaamal maraillavum mudiyaamal!</i> (Cannot be reduced and cannot be hide!)	7	
	<i>Kadalai maave! Ena alagu nipunare...!</i> (Chanadal flour! My beautician!)	7	
07/10/2012	<i>Aarokkiyam</i> (Health)	8	4 tips
	<i>Talaivali, vaanthi neenga nellikkaai sappidungal</i> (Eat gooseberry fruit to stop the dizziness and vomiting)	8	
	<i>Mathulam palzhaththin maruththuva makimai</i> (Pomegranate for a medical nature)	6	
11/11/2012	<i>Toppaiya kuraikka eliya payitchi</i> (Easy exercises to lose belly distended)	9	
	<i>Alavillatha kan piracana</i> (Eye deseases)	9	
	<i>Vaippun kunamakke nellikkaai</i>	6	

	(To cure mouth sore)		
	<i>Eliya maruththuvam – Tappe seiyathe uppu!</i> (Simple treatment – salt!)	6	
16/12/2012	<i>Nalam tarum valzhaippu</i> (Plaintain flower for health)	9	
23/12/2012	<i>Iyarkaiyin varapprasaatham thengkai</i> (Coconut is a gift of nature)	9	
	<i>Venthayam – cakkurai natrum kolestraal alavukalaik kkuraikka uthavum</i> (Fenugreek reduce colestrol and the amount of sugar in the body)	9	
	<i>Veetu Vaithiyam</i> (Home medication)	9	5 techniques

(Source: *Tamil Nesan* newspaper Sunday edition, 2012)

Table 2 :

Articles on Siddha medicinal in *Malaysia Nanban*

Date	Titles	Page	Medical references
01/01/2012	<i>Maruthuvam - tholil eththanai vitham?</i> (Medicine- Various categories of skin?)	S10	
08/01/2012	<i>Palzhame Marunthu</i> (Fruits are the medicines)	S3	
	<i>Maruthuvam - tholil eththanai vitham?</i> (Medicine- Various categories of skin?)	S2	
05/02/2012	<i>Koyyap palzhangal</i> (Guavas)	S3	
26/02/2012	<i>Kilaanelliyin maruthuva kunangkal</i> (Medicinal properties of phylanthusamarus)	S2	
11/03/2012	<i>Maarum unavaal paathippu</i> (Disadvantages due to changing dietary patterns)	S3	
01/04/2012	<i>Nellikkaai jus</i>	S3	

	(Gooseberry jus)		
06/05/2012	<i>Veetu Maruthuvam – vetrilai ragasiyam</i> (Home medication – secret of betel leaf)	S9	
	<i>Paatha vedippugal maraiya</i> (To cure foot craze)	S3	
	<i>Yosanai</i> (Idea)	S3	
13/05/2012	<i>Veetu Maruthuvam – raththa sokai neekum pasalaikkirai</i> (Home medication – Spinach to cure Anemia)	S4	
20/05/2012	<i>Venthaiya marunthu</i> (Fenugreek as a medicine)	S12	
	<i>Vellai poondu tarum palan</i> (Use of garlic)	S12	
	<i>Veetu Maruthuvam – rojavin maruthuva kunam</i> (Home medication – (Medicinal properties of rose)	S2	
27/05/2012	<i>Nallathu</i> (Good)	S12	
	<i>Veetu Maruthuvam – Kadukkaai makimai</i> (Home medication – greatness of chebulie)	S10	
03/06/2012	<i>Tarpusanippalzhm jus</i> (Watermelon Juice)	S12	
	<i>Veetu Maruthuvam – udalukku valimai tarum kaththirikkaai</i> (Home medication – Brinjal strengthen the body)	S10	
17/06/2012	<i>Arumarunthu</i> (Good medicine)	S12	5 tips
	<i>Veetu Maruthuvam – yar yar evvalavu kirai sappidalaam</i> (Home medication – Appropriate quantity of vegetables in a meal)	S10	
24/06/2012	<i>Maruthuva kurippukal</i> (Medical references)	S12	

	<i>Veetu Maruthuvam – thengkai paalin maruthuvam</i> (Home medication – Medicinal properties of coconut milk)	S10	
08/07/2012	<i>Veetu Maruthuvam – kiwi palzhaththin cirappu!</i> (Home medication – Greatness of kiwi)	S3	
15/07/2012	<i>Veetu Maruthuvam – aarokkiya kaaikal</i> (Home medication – Nutritious fruits)	S10	15 types of fruits
22/07/2012	<i>Eliye maruthuva kurippukal</i> (Simple medical references)	S12	
	<i>Veetu Maruthuvam – pakkavaathaththai tadukkum parangikkaai</i> (Home medication – Pumpkin prevent stroke)	S2	
29/07/2012	<i>Veetu Maruthuvam – palaappalzhaththin maruthuva kunangkal</i> (Home medication – Medicinal properties of jackfruit)	S2	
09/09/2012	<i>Injiyin nanmaikal</i> (Greatness of ginger)	S12	
	<i>Palaa, palaa, palaa</i> (Jackfruit, jackfruit, jackfruit)	S12	
04/11/2012	<i>Veetu Maruthuvam – inji, uppu elimaiyil arumai</i> (Home medication – ginger – salt simply great)	S8	
	<i>Elumiccaiyin payankal</i> (Use of lemon)	S8	
	<i>Paatti vaiththiyam payan tarum</i> (Ancestors medication is highly beneficial)	S8	
11/11/2012	<i>Tamilan unave marunthu</i> (Tamilians food as medicine)	40	
18/11/2012	<i>Veetu Maruthuvam – karunthulasiyin maruthuva kunangkal</i> (Home medication –Medical properties of blackbasils)	S8	
25/11/2012	<i>Mudi karumaiyaaga...</i> (For Darken hair)	S12	
	<i>Kaai-kaniccaaru maruthuvam</i>	S12	

	(Medication through fruits broth)		
02/12/2012	<i>Cerimanaththukku inji pakkoda</i> (For digestion... Ginger Pakodha)	S8	
	<i>Koyyaa makimai</i> (Greatness of guava)	S8	
	<i>Cakkaraikku inji</i> (Ginger for diabetes)	S5	
09/12/2012	<i>Veetu Maruthuvam – milaku maradaippai tadukkum ariya unavu</i> (Home medication – Pepper is able to withstand heart attack)	S9	
	<i>Pappaali oru marunthumkuda!</i> (Papaya is a medicine)	S9	
16/12/2012	<i>Koluppin alavaik kuraikkum nellikkani</i> (Gooseberry to control cholesterol)	S9	
	<i>Veetu Maruthuvam – Cetrup punnaa?</i> (Home medication- Athlete's foot?)	S9	
23/12/2012	<i>Veetu Maruthuvam – talaivali</i> (Home medication- Headaches)	S4	
	<i>Pattaani</i> (Peas)	S4	
30/12/2012	<i>Periccappalzhm pengalukku nalla marunthu</i> (Dates fruit good for women)	S5	
	<i>Vaippunnai kunamaakkuvathu culabam</i> (Easy to cure mouth sores)	S5	

(Source: *Malaysia Nanban* newspaper Sunday edition, 2012)

Table 3:**Articles on Siddha medicinal in *Makkal Osai***

Date	Titles	Page	Medical references
29/04/2012	Mangaiyar ulagam – jirana kashayam (Women world -Broth for digestion)	S6	
06/05/2012	Mangaiyar ulagam – vellaip poondu karuppaddi (Women world –Garlic, palm sugar)	S6	
20/05/2012	Mangaiyar ulagam – karuneela kunthal venuma? (Women world - Would you like to have long black hair)	S6	
	Kulanthaigalukku marunthaakum annaci (Pineapple as medicine to children)	S5	
27/05/2012	Mangaiyar ulagam – pengalukku cila alosanaikal (Women world - some practical advices to women)	S6	
24/06/2012	Raththa aluththaththai kattuppaduththa utavum tarpucani (Watermelon to reduce high blood pressure)	S2	
08/07/2012	Mangaiyar ulagam – kaathu valiya? Vittule maruththurukku...! (Women world - Earache? - have remedies in the house)	S6	
	Pacalaikkirai sapji (Spinach)	S6	
	Mulangkai karuppaka irukkirathaa? (Does your elbow black?)	S6	
15/07/2012	Mangaiyar ulagam – varanda sarumaththukku polivu tarum veettu tayarippukal (Women world - Home remedies for smoothing dry skin)	S6	
19/08/2012	Mangaiyar ulagam – pappaali palzhaththai verukkaathingel! (Women world – Do not hate papaya)	S3	
02/09/2012	Mangaiyar ulagam – talaiyil arippu athigamaga irukkiratha? (Women world – Does your head itchy)	S4	
23/09/2012	Mangaiyar ulagam – aarokkiyam tarum annaci (Women world – Pineapples for your health)	S4	
07/10/2012	Mangaiyar ulagam – alagukku alagu serkkum thengkai (Women world – Coconut to beautify your face)	S4	
21/10/2012	Mangaiyar ulagam – vellariyin cirappu (Women world – Advantages of cucumber)	S10	
	Paaddi vaiththiyam palan tarum	S10	

	(Ancestors medication is highly beneficial)		
23/12/2012	<i>Mangaiyar ulagam – pirinkingai</i> (Women world – Ridgegourd)	S3	
30/12/2012	<i>Mangaiyar ulagam – karumppulligalai nikka elumiccaip payanpaduththungkal</i> (Women world – Use lemon to clear the black marks)	S10	

(Source: *Makkal Osai* newspaper Sunday edition, 2012)

When we compare the three tables above, only *Tamil Nesan* and *Malaysia Nanban* had published numerous articles on Siddha medicinal. Both of these newspapers serve to convey at least some information about Siddha medicinal to the Tamil community in Malaysia. Their efforts have proved in the table above. Yet, it was not so established and could not able to show the identity of Siddha medicinal as a whole. Understanding this fact, *Malaysia Nanban* publisher took the initiative to create a special section entitled *Veetu Maruthuvam* (home medication) from May. Through this effort, various information and tips on Siddha medicine has been disseminated to the Tamil community. The importance given by the *Tamil Nesan* to modern medicine through the special session entitled *doktor kelvi-pathil* (Doctor - Q & A session) was not given to the Siddha medicine. However, informations about Siddha medicine were given in the form of tips from time to time. Here should be informed that a special session to modern medicine entitled *maruthuva kelvi-pathil* (Q & A session on medicine) is also available in *Malaysia Nanban* newspaper.

Table 3 clearly shows *Makkal Osai* newspaper published articles on Siddha medicine in very small quantity. This gave an understanding to the researcher that *Makkal Osai* newspaper not so concerned about the need to publish articles medical tips on Siddha medicines. The *mangaiyar ulagam* (Women World) which is published every week in the *Makkal Osai* newspaper will occasionally contain tips and information about Siddha Medicinals. It has been identified and compiled by researcher in Table 3.

Tips and information about Siddha medicinal contained in the three newspapers can be divided into three categories. It is such as Siddha medical tips about healthy lifestyles; food as medicine and food which describes cooking tips related to Siddha medication; and lastly related tips on facial and skin lightening. The results showed that in all three categories, information and tips about 'healthy lifestyle through Siddha medicines' frequently published. In addition to information about Siddha medicine, information's about the ethic of Siddhas were also available in these newspapers. Probably, it is about yoga. For example, common yoga practices given by Yogi Sri Balakrishnan can be seen in *Tamil Nesan* newspaper. It was published in the Sunday edition of the *Tamil Nesan* in the category *yoga kalai* (Arts of Yoga). In addition to this, articles like *cuka pirasavaththikku uthavum yoga* (Yoga for normal delivery) (*Tamil Nesan*, 19/08/2012:6); *yogavaal udal kolaarugalai nivarthi seiyalaam* (Through yoga can cure the difficulties faced by the body) (*Malaysia Nanban*, 29/04/2012:S3) and *yoga seivom* (lets do Yoga) (*Malaysia Nanban*, 23/12/2012:S4) were also published.

Conclusion

During the year 2012, information on Siddha medicinal on the Tamil newspapers of Sunday edition is not much satisfying. This is because, the Tamil newspapers of our country are giving more priority to the modern medication priority compared to Siddha medicinal. Furthermore, the Siddha medicinal articles are unmanaged due to lack of responses from the readers. The readers are not willing to share their views, opinions or even to point out their satisfaction level of the content of these Siddha articles. By emphasizing the discussion sessions on Siddha medicinal rather than written remedies or tips in newspapers, would undoubtedly improve the knowledge of the readers in this field. It also will compile the views of readers and able to identify the significance of Siddha medicinal in the community.

Bibliography

- Alagappan, Aaru. 2001. *Tamil Pelzhai*. Chennai: Thirunauvukkarasu Paththaka Nilayam. Second Edition.
- Backiamery. 2007. *Ayakalaikal*. Chennai: Paavai Printes (P) Ltd. Vol. 1.
- Kanthasamy, So. Na., 2003. *Inthiya Thaththuvak Kalanjijyam*. Chennai: Meyyappan Pathippakam. Vol. 3.
- Noyuruthalum Noyarithalum Citta Maruththuvak karuththaakkangkalum Nerikalum*. Available at <http://www.kalachuvadu.com/issue-150/page62.asp>, accessed on 23/03/2012.
- Rajantharan, Mu., Sivapalan, Kovi. & Sillalee, Ka. 2009. *Cittarkal Vaalvum Vaakkum – Oor Ayyup Parvai*. Chennai: Cittar Literary Centre.
- Rathinavelanaar, Ci. 2001. *Citta Maruthuvak Kural Nool*. Chennai: Rasalakkumi Pathippakam.
- Saraswathy Anthaathi*. Available at http://www.tamilkalanjijyam.com/literatures/kambar/saraswathy_anthaathi.html#.UUphnlfNJOI, accessed on 23/03/2012.
- Sathasivam, Suba. 2001. *Citta Maruthuvam*. Chennai: Vanathi Pathippakam. Second Edition.
- Thachinamoorthy, A. 2005. *Tamilar Nagarikamum Panpaadam*. Chennai: Yaal Publication. Second Edition.
- Thevaneyap Paavanar, Nya. 2000. *Pantaith Tamil Nagarikamum Panpaadam*. Chennai: Tamilman Pathippakam. Vol. 1. Second Edition.