

## Yakkai Illakanam and Prediction of Personalized Diseases Prevention

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**Abstract:** Yakkai illakanam means nature of the individual because each individual are unique and the body function and response also different. The new medical era personalized medical care become popular for effective and safe selection of medicine preventive care risk assessment and ideal treatment protocols, success of patient health outcome depend on individual assessment. Siddha health system have wonderful strategy Called Yakkai illakanam which bond with personalized medical care. in future Yakkai illakanam play a big role in deciding the treatment and prevention in lot of biological effect of each and every diseases and also able to preventive massacre adopt in diet and daily routine.

**Keywords :** Siddha Medicine, yakkai illakanam, chronic disease

### 1.Introduction

Siddha Medicine is the ancient Tamil medical science practices for thousands of years in the Indian subcontinent. Basic principles of Siddha Medicine clearly mention health and disease known as the *tridosha*. The ancient Siddha texts mention numerous properties of *doshas* and how they affect a human being's physiology or yakkai illakanam based on the dominance of one or more *doshas*.

Core concept health and disease are considered to be unique to every person (Lad, 1985). The yakkai illakanam of a person is quite capable of providing a fair indication of physiological strengths and weaknesses, mental tendencies, and susceptibility to illnesses of various types. personalized approach is become popular in preventive medicine specially management of life style diseases siddha system of medicine giving more important to preventive care and maintaining the healthy life style according to the yakkai illakanam. Father of western medicine, Hippocrates was also known to advocate personalized medicine. He evaluated factors like person's constitution, age and physique in decision making when prescribing drugs. certain medicine work better in certain patient, but have not learn why, if 10 peoples who taken a same medicine for fever the response is very different one patient have serve and another might experience a few without any side affect therefore individual is different need for medication

## **1.1 Somatotype**

human body shape and physical type The term somatotype is used in the system of classification of human physical types developed by U.S. psychologist W H Sheldon mention human beings can be classified as to body build in terms of three extreme body types endomorph or round, fat type; mesomorph or muscular type; and ectomorph or slim, linear type

yakkai illakanam -based preventive care medicine have the potential to challenging health issues Therefore, it clearly indicates that if a person wants to be healthy, he must design his lifestyle according to his yakkai illakanam.

## **1.2 Siddha system of medicine and yakkai illakanam.**

Siddha system of medicine is a holistic ancient Tamil medical science has given emphasis on maintaining health of healthy individual and world is being turn towards individual preventive care specially lifestyle disorders. Lifestyle related disorders occur only because individual are not using or adopting way of life according to self-constitution of body and siddha give priority to individual preventive care. It is interesting to note that the siddha emphasized the role of broken down lifestyle and wrong dietary habits in the causation and pathogenesis of diseases and most of the lifestyle related disorders and dietary habits as opposite to individual's yakkai illakanam. Siddha system of medicine is relevant today ever before yakkai illakanam is one of the that which is explain character of physical and mental of the every person and every individual must understand the yakkai illakanam then only they can identify right food, right attitude, right routine. The prevalence of lifestyle diseases increasing due westernization of lifestyle in the past few decades, and it alarming important of preventive care and siddha system of medicine giving more important to preventive care and maintaining the healthy life style according to the yakkai illakanam

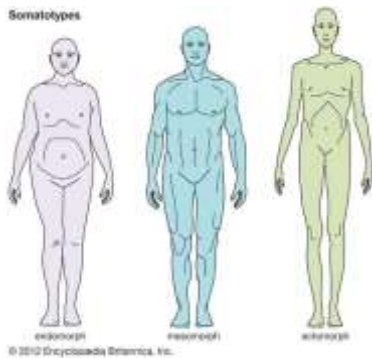
1. Promotion of health and quality of life and thereby longevity.
2. Prevention of disease.
3. Understanding patient needs and risk factors for various chronic conditions.
4. Personalizing health care by monitoring right food, right attitude, right routine on individual basis.

5. Disease management.
6. Reduction in morbidity and mortality.
7. Provision of new approaches for diagnosis and drug development.

**urran alavum piniyalavum kalamum karran karudich cheyyal** – Thirukural, urran means person who is affected the diseases mention under the yakkai illakanam

**table 1 Characteristic features of the three extreme yakkai illakanam types: *Vata*, *pitta*, and *kapha***

Features	vata	pitta	Kapha
body frame	Thin body frame, does not gain weight	Medium body fram	Large, board body frame, tendency to gain weight
skin	Dry	Soft and thin	Smoth and firm
hair	Dry and thin prone to breaks	Thin, oily, early graying	Thick smooth
Weight gain	recalcitrant	fluctuating	Tendency to obesity
Physical activities	Quick activities	Moderate	slow
appetite	irregular	Good	low
sleep	light	Moderate	Deep and sound
ageing	Fast	Moderate	slow
Tolerance to climate	Cold intolerant	Heat intolerant	Tolerant to heat and cold



## 2.Material and methods:

Present work has been done based on critical review of classical information, published research works, modern literature and research works conducted at various institutes. The possible correlation has been made between collected information and has been presented in systematic way

### 3.Observations and results:

Based on the critical review of classical and recent information, the following observations have been found relevant to this study.

**table 2 Yakkai illakanam types and chronic disease**

S no	Lifestyle disorder	Most prone yakkai illakanam type
1	Type 2 diabetes	Kapha and pitta
2	Heart disease	Kapha and Pitta
3	Osteoporosis	Vata and Pitta
4	Obesity	Kapha
5	Asthma	Kapha
6	Some types of cancer	Kapha
7	Chronic obstructive pulmonary disease	Kapha
8	Depression	Vata and Pitta

Yakkai illakanam types or a person's constitution of his/ her tridoshas also has a relationship to the vulnerability one has for chronic diseases. Based on the properties of the three body types, the diseases which can affect the person in his life span can be predicted. The predominance of kapha body types for gaining weight is quite well known. This propensity to gain weight and for obesity is in turn linked with a number of chronic diseases such as heart disease, hypertension, and diabetes; all of which are increasingly viewed collectively as metabolic syndrome. Similarly looking at the properties of pitta body type it can be predicted that such individuals can have a propensity to develop ulcers, bleeding disorders, and skin disorders more common. Vata body types can have propensity to develop neurological problems, dementia, movement and speech disorders, arrhythmias, and related chronic diseases as well. Further according to the yakkai type individuals should be decided for their suitable diet as siddha text mention diet as the medicine and metabolic tendency also determine by

the type of yakkai generally kapha is slow and pitta is fast and vata is varies metabolic tendency. A personal choice appropriate diet to health with according to the yakkai type

#### **4.CONCLUSION:**

Life style diseases become more dangerous in the world and it should be control by diet and life style modification for every persons. Personalized prevention becomes famous in the world. Siddha system of medicine mainly take about the primary prevention and personalized prevention under the Yakkai illakanam is not become famous still it need to be standard as per the modern norms and further study needed in the field but we need to create awareness in the concept. for example, travel tends to exacerbate Vata, and may bring about symptoms like anxiety, faster breath, and decreased immune response so recommend drinking warm water, eating warm, heavier foods, and doing a grounding yoga and meditation practice to prevent Vata increase.

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