

**A COMPREHENSIVE STUDY OF NINE GEMSTONES
(NAVAMANIGAL) IN SIDDHA MEDICINE -A LITERATURE REVIEW**

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ABSTRACT

Siddha system of medicine is a comprehensive system of medicine which was briefly described by the great Spiritual scientists called as *Siddhars*. *Siddhars* are those lived and maintained their bodies as they desired best.^[1] This system of medicine, plays its attention in not only treating the diseases but also involved in a prophylaxis to prevent the diseases. “*A Ounce of Prevention is Worth then a pound of cure*”. However *Siddha* system of medicine is one of our oldest system of Traditional medicine which had its origin from the nature to rid of both Acute as well as Chronic diseases. Some of the healthcare principles in this system were highlighted in the *Siddha* text “*Social and Preventive medicine*” book which states that, to do Exercise to strengthen our body, Bathing twice to rid away the micro- organisms from the body, use clean Cloths & Ornaments to enhance the wealth of human body and soul.^[2] Thus the ornaments particularly the “*Nine gem stones*” mentioned in the *Siddha* text plays a major role in treating various diseases. The uses of Nine Gem stones were also well described in Our *Gunapadam*

Thadhu- Jeeva Vaguppu.^[3a] In this review we the Authors explored the Nine Gems with its English name, Common name, Occurance, Physical, Chemical properties and also compared with the Earth planets, Human body, Pranic energy, Pancha bootham, Healing ailments. This Review article will help all the gender to know about the knowledge of Nine Gem stones which have been used as Ornament in their life time. *Andathil ullathay pindam pindathil ullathay Andam.*^[4]

KEYWORDS: *Siddha*, Diseases, Oranaments, Nine gems, *Navamanigal*, *Pancha bootham*, Planets.

INTRODUCTION

Siddha medicine is a primordial system of medicine, it was initiated by the '*Siddhars*'. They mentioned so many remedies for acute as well as chronic diseases in various sculptures. Apart from the Plants, they also used Animal, Metals, Minerals to treat various life saving diseases.^[15] There were so many principle's given by the great *Siddhars* to live a healthy and longer life. The cultures which we followed in former years have hidden several medicinal values. Wearing ornaments means not only gives a royal look apart from that its having some medicinal uses i.e. While wearing a Necklace cures Goiter, Anklets cures Liver, spleen & Kidney problems, Earring points stimulates the Brain cells, Rings stimulates the sexual desire, Toe finger ring stimulates the Uterus. Apart from Gold and Silver, Nine gemstones also have a amazing and invaluable medicinal uses which is well explained in "*Gunapadam Thadhu-Jeevam*" & "*Noi Illa Neri*".

According to Mythology the Nine gem stones were formed from the various body parts of Valan after his death, which was the blessing given by Lord Shiva.^[3b] Apart from this, these Nine Gem stones were correlated with the Nine planets. The combination of both have a greater healing effects in all kinds of acute and chronic diseases.

AIM

The main aim of this study is to review and correlate the Nine Gemstones with different body parts as well as with Nine planets and Pancha boothas as mentioned in *Siddha* Literatures such as *Gunapadam Thadhu Jeevam* and *Noi Illa Neri*. The Gemstones have different colours and lustures. Sun is being considered as the source of all energy, but the main impact also involved in affecting human beings. Thus there is a need of gems to be contact with the human body. The entire body is connected by nerve cells or neurons. Among the ornaments wearing

Ring is more effective. Thus wearing rings in your fingers are highly sensitive to any signal and convey that sensation to the brain almost instantaneously. Thus the valuable nine gemstones are listed below.

NINE GEM STONES INCLUDES (NAVAMANIGAL)

1. Diamond (*Vairam*)
2. Pearls (*Muthu*)
3. Ruby (*Ruby carbuncle, Manikkam*)
4. Lapis (*Cats eye, Agate, Lapis-Lazuli, Chryso prase, Vaidooriam*)
5. Coral (*Pavalam*)
6. Sapphire (*Neelamani*)
7. Emerald (*Maragadham*)
8. Topaz (*Putparaagam*)
9. Zircon (*Komedhagam*)

The Nine Gemstones have the relationship with the Human Body, *Siddha*, Ayurveda, Yoga, *Kundalini* and Chakras. The nine Gems are also called as the Navaratna representing the Navagraha which means nine Planets, also find extensive use in *Siddha*, Ayurveda as well as Yoga.

In *Siddha*, Ayurveda and several alternative medicines were made using these nine Gemstones. Some notable medicinal preparations that advocate the use of all nine gems includes, The Navratna Ras, Navaratna Kalpa Amrit, and the Jawahar Mohra.^[6]

Ayurveda believes that these sacred Gemstones provide a high quality of micro nutrition to the body as they are formed over million of years in high mountains, forests, Oceans and contain some rare elements are generally not found commonly in the earth's crust.

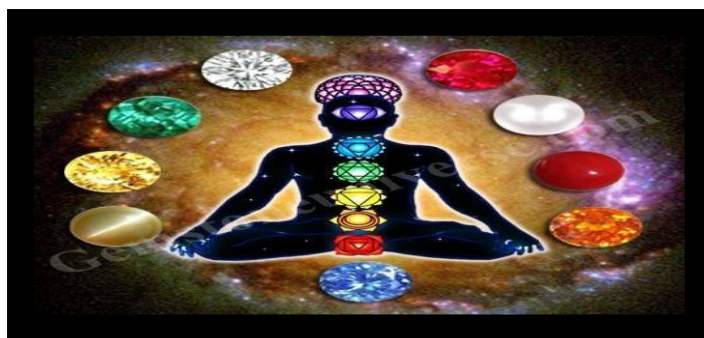


Fig No. 1: Nine gem stones with chakra comparison.

Thus the human body consists of Six chakras such *Moolatharam, Swathittanam, Manipooragam, Anaathagam, Visuthi, Aakinnei*.^[7] The fig no: 1 denotes the nine gem stones comparison with the Nine chakras which was present in our body. By wearing these gem stones stimulates these chakras and makes our body to be healthy. In yoga, the Gems are used to awaken the *Kundalini*. The dormant, innate power of divinity that rests at the base of the body. The complete realization and Awakening of the *Kundalini* leads to self realization and self actualization.

1. Moolathara chakara/Saturn/Violet/Blue Sapphire/Air&Vadha

It influence general life harmonizes with the sound “L”. This is controlled by the *Earth element*.

2. Swathittana chakara/Jupitar/Yellow Sapphire/Air & Vadha

It is connected with the Enjoyment test devotion, provides Uplifement and it is a foundation for material life. This is controlled by the *Water element*.

3. Manipooraga chakara /Mars/Cora/Yellow/Fire

It maintains metabolism, restlessness, Impurities, deals with health, Vigor, heat and courage. This is controlled by the *Fire element*.

4. Anaathagam chakara /Red/Sun/Ruby/Fire Pitha

Truthful, Nobelness, Aristrocasy by mind not by materiality, bridge between mind & soul. This is controlled by *Air element*

5. Visuthi chakara/Venus/Deep Bluecolor/Diamond

Danger, Disease, material possessions, Desires, Wisdom. This is controlled by the *Ether element*(*Cosmic energy*).

6. Aakinnei chakara/Mercury/Deep Green/Emerald

Intelligence, Love, Envy, Cunning, able to foresee.^[8]

Tab. 1: The relationship b/w the Human Body, the Planets & the 9 Gems.

S.no	Part of Human Body	Planet	Associated Gemstone
1.	Blood	Sun (<i>Gnayiru</i>)	Ruby
2.	Teeth	Moon(<i>Thingal, Chandhiran</i>)	Pearl
3.	Muscles	Mars (<i>Sevvai</i>)	Coral
4.	Pitham	Mercury(<i>Pudha</i>)	Emerald
5.	Kapham	Jupiter(<i>Veyaalan, Pragaspathi</i>)	Yellow sapphire
6.	Bone	Venus(<i>Velli, Sukkiran</i>)	Diamond
7.	Eyes	Saturn (<i>Sani</i>)	Blue Sapphire
8.	Lymph	Raghu (<i>Karunaagam</i>)	Zircon
9.	Hair	Kethu (<i>Sennaagam</i>)	Cat's eye

In reality, the use of gemstones are not only bound to jewellery instead of that gemstones are being used for other important purposes by virtue of their impelling properties. As per Sages and astrologers, while wearing these gemstones will additionally aid a person in achieving or securing good health. By wearing the perfect gemstone will aid you to get rid off serious health disease.

1. Ruby gemstone the gem of kings

Common name/English name : Ruby Tamil names : *Manikkam*

Other names : *Kamalaragam, Pathumam Pathumaragam*^[10a]

Colour : Pink, Light Red

Occurrence : Srilanka, Burma & Mokak^[10b]



Fig no. 2: Ruby.

Table no. 2: Specifications of Ruby.

The Composition of Ruby.^[9]

RUBY			
Chemical Formula	Al ₂ O ₃	Hardness	9
Specific Gravity	3.9 - 4.1	Refractive Index	1.76 - 1.77

Scientific scope about Ruby

1. Ruby is the stone of the sun and hence has a supreme position among the *Navrartnas*. The sun is the center of the solar system. It is extremely expensive and rare stone. The pink color of this stone is due to the presence of chromium oxide (CrO).
2. The light red color ruby gemstone (Manik Stone in Hindi) represents the planet Sun. It occupies the magical powers of the sun and encourages removing or healing serious health diseases.
3. The Sun ruled ruby gemstone curbs the serious health diseases with the assistance of effective rays of the Sun.

Purification methods

1. The Ruby is soaked in *horse urine* for 3 days insolated and washed in hot water to purify.
2. Hot Ruby is soaked in *Goats urine* for 6 times to get it purified.^[10c]

Merits of Wearing Ruby Gemstone

1. The Ruby regurgitated by the snake, is effective in treatment of fever, excessive thirst and chronic eye diseases.
2. It is also considered effective in the treatment of Hematemesis, *Kapha Vatha*. It also improves spermatogenesis.^[10d]
3. The effective ruby stone will aid in resolving blood-related diseases. Since the sun governs the blood flow or circulation in the body this wearing sun ruled ruby stone will cure all blood-related diseases.
4. If the powerful ruby stone is applied to serious wounds for three or four times will heal the wound and reduces the chances of Tetanus.
5. Those individuals who are suffering from blood-related diseases or heart- related diseases can wear a ruby gemstone, wearing this stone will cure the diseases related to the heart or eyes.

2. Pearl Gemstone The Beauty Queen

Common name/English name : Pearl Tamil names : *Muthu*

Other names : *Murivanji, Thoolagam, Sukkiran, Nithilam, Tharalam, Sangeentrapillai, Aadithansothi, Aazhivithu, Kathalam and Mouthigam.*^[10e]

Colour : White, Cream.

Occurrence : Ceylon, Persia, Tuticorin.^[10f]



Fig no: 3 Pearl.

Table no. 3: Specifications of Pearl.

The Composition of Pearl.^[11]

PEARL			
Chemical Formula	CaCO ₃	Hardness	2.5 – 3.0
Specific Gravity	2.60-2.85	Refractive Index	1.52 - 1.69

Purification of Pearl

It is soaked in *Lemon juice* and *Vinegar* for 1 day and then it is washed with water.^[10g]

Uses of Fresh Water Pearl

The moonstone pearl powder will prove benign to the curb of the problem of kidney stone. Those individuals who are suffering from piles or joint pain will alleviate the pain of these diseases. It act as the best antidote to cure sleep disorder and mental diseases.

Pearl has got Mucoytic, Aphrodisiac, Anticonvulsants and body strengthening properties. It also controls excessive Haemorrhage.^[10h]

3. Red Coral Gemstone Courage And Vitality

Common name/English name : Coral Tamil names : *Pavalam*

Other names: *Vithurumam, Thugir, Thupu, Piravaalam, Varuthithandu, Senthandumalai.*^[3c]

Colour : Red

Occurrence : Indian ocean



Fig no. 4: Coral.

Table no. 4: Specifications of Coral.

The Composition of Coral.^[12]

CORAL			
Chemical Formula	CaCO ₃	Hardness	3.5-4
Specific Gravity	2.6 - 2.7	Refractive Index	1.48-1.65

Purification of Coral

Coral is soaked in *dates toddy* and insolated. Fresh dates toddy is added on the next day and dried in the sunlight. This process is repeated for five times and the material is then washed in water to get it purified.

Uses of Coral

The Coral belongs to potent planet Mars as per Astrologers. The organic gemstone Coral is called as Moonga stone in Hindi is composed of 83 percent of calcium, 5 percent Iron and rest of Magnesium. Thus, due to its astrological, chemical composition and physical properties this stone will assist in curing many serious diseases.

Coral gives shiny appearance to the body. It reduces Phlegm, cough, loss of appetite which occurs during fever. It also counteracts the poisonous effect of insects. It controls thirst, improves eye sight & improves spermatogenesis. It also has Diuretic, Laxative & Astringent properties. It also strengthens the nerves.^[10i]

Those individuals who are suffering from high blood pressure problems can intake the powder of coral with honey, it will definitely assist in curing this disease. This powder of red coral stone works as the best antidote if a person is suffering from stomach pain or diarrhea. Drinking the rose water in which the powder of red coral is mixed will enhance the physical

strength and stamina.

4. Emerald Stone Gemstone Heavenly Fertility And Blessed Creation

Common name/English name : Emerald

Tamil name : *Maragatham*

Other names : *Pachachai, Karudapachachai, Maragtha pachachai, Gowsthuvum^[10j]*

Colour : Green

Occurance : Burma, Ceylon^[10j]



Fig No. 5: Emerald.

Table No: 5: Specifications of Emerald.

The Composition of Emerald^[13]

EMERALD			
Chemical Formula	Be ₃ Al ₂ SiO ₆	Hardness	7.5– 8
Specific Gravity	2.6 - 2.8	Refractive Index	1.57- 1.58

Purification of Emerald

It is kept in the Poulitice of *Gmelina asiatica (Nilakumizh ver)* and kept in an earthen shell sealed with mud smeared cloth and put into *Kukkuda pudam* (10 cow dung cakes)^[10k] to get purified form of emerald.

Uses of Emerald

1. It drives away the bad devils from the body.
2. It improves spermatogenesis.
3. It heals the ulcers and venereal diseases.

5. Yellow Sapphire Gemstone The Grace of The Guru

Common name/English name : Topaz Tamil names : *Putparagam*

Other name : *Purudaragam*

Colour : Yellow

Occurance : Brazil^[10i]



Fig no. 6: Topaz.

Table no. 6: Specifications of Topaz.

The Composition of Topaz.^[14]

YELLOW SAPPHIRE			
Chemical Formula	$\text{Al}_2\text{SiO}_4 (\text{F}, \text{OH})_2$	Hardness	8
Specific Gravity	3.5-3.6	Refractive Index	1.61 - 1.638

Purification of Yellow shapphire

The Topaz is kept soaked in *Goat's urine* and then dried in the sunlight for six hours and then washed with hot water to get purified.

Uses of Yellow Shappre

1. It improves spermatogenesis & sharpens the mind.
2. It is said to be the person, who is wearing the topaz can see the change in colour of the topaz just before they contract the diseases. This property of topaz may help to know the occurrence of diseases in advance to take the preventive measures of the diseases.^[10m]
3. The pills of yellow sapphire gemstone assist in curing severe diseases such as Jaundice, cholera.

6. Diamond Gemstone The Aura of Style

Common name/English name : Diamond Tamil names : *Vaiyaram*

Colour : Golden, White

Occurrence : Golconda, Deccan^[10n]



Fig no. 7: Diamond.

Table no. 7: Specifications of Diamond.

The Composition of Diamond.^[15]

DIAMOND			
Chemical Formula	C	Hardness	10
Specific Gravity	3.52	Refractive Index	2.42

Purification of Diamond

It is kept inside a Lemon and boiled in the juice of *Sesbania grandiflora* (Agathi) to get purified.^[10o]

Uses of Diamond

It is Colourless transparent substance with extra ordinary brilliance due to its high refractive index. It's quite heavy. It's extremely hard. (Hardest substance known).

It's doesn't conduct electricity. It has both high thermal conductivity and melting point.

Those who are suffering from impotency or low sperm count can wear this stone. Since wearing this stone treats the impotency and enhance the sperm count ratio. Wearing an original diamond stone to get one rid-off from blood pressure and tension. The individuals who are physically weak and also suffering from mental problems can wear this stone.

7. Blue Sapphire Gemstone Determined Brilliance

Common name/English name : Sapphire Tamil names : *Neelamani*

Other names : *Neelam*

Colour : Blue

Occurrence : Srilanka, Burma



Fig no: 8 Blue Sapphire.

Table no. 8: Specifications of Blue Sapphire.

The Composition of Blue sapphire.^[16]

BLUE SAPPHIRE			
Chemical Formula	Al ₂ O ₃	Hardness	9
Specific Gravity	4	Refractive Index	1.76 - 1.77

Purification of Blue sapphire

It is soaked in the *Donkeys urine* and insolated for one day and then washed in pure water to get it purified.

Uses of Blue sapphire

The Sapphire has got the property of sharpening the knowledge. It relives the ankle pain, Venereal diseases, *Pitha diseases*.^[10p]

HESSONITE GARNET (ZIRCON) GEMSTONE

Common name/English name : Zircon

Tamil names : *Komethagam*

Colour : Honey colour

Occurrence : Cambodia



Fig no: 9 Zircon.

Table no. 9: Specifications of Zircon.

The Composition of Zircon.^[17]

HESSONITE			
Chemical Formula	Al ₂ O ₃	Hardness	9
Specific Gravity	4	Refractive Index	1.76 - 1.77

Purification of Zircon

Zircon is purified when it is soaked in Horse urine for three days and in the juice of *Gmelina asiatica leaf* for one day.

Uses of Zircon

The Hessonite gemstone of planet Rahu invokes excellent forces that assist an individual in achieving great health and Astrological benefits. Taking the pills of Hessonite will dispel heat from the body and get rid-off skin diseases. This stone aid in resolving the problems related constipation, fever.^[10q]

Lapiz (Cat's Eye Gemstone)

Common name/English name : Lapiz Tamil names : *Vaiduriyam*

Colour : White and yellow colour

Occurrence : Brazil, Urganey.



Fig no: 10 Lapiz.

Table no. 10: Specifications of Lapiz.

The Composition of Lapiz.^[18]

CATS EYE			
Chemical Formula	(Al ₂ (BeO ₄))	Hardness	8.5
Specific Gravity	3.70-3.72	Refractive Index	1.74-1.75

Purification of Lapiz

It is kept soaked in *Horse or cow's urine* for a whole day. It is then taken and again soaked in the *juice of unripened ash pupkin fruit* for one day. It is then washed in hot water to get purified.

Uses of Lapiz

It acts as an excellent antidote to cure many serious diseases. It is effective in the management of seven dhosas, *Kaphavatha*, Phlegm, sour belching, deep seated pain, *vatha gunmam*, *pitham*.^[10r]

The 4C's Of Gemstones – Cut, Color, Clarity, Carat



Fig no. 11.

“The 4C's”. Now, what is this 4cs? 4c's mean Cut, Clarity, Carat and Weight. These are essential components of a stone without which a stone is not categorized as being a natural gemstone. Now.

Color

Color is an extremely important component regardless of any gemstone. The color is mainly composed of three integral parts: Hue, tone, and saturation.

Hue

Hue describes the impression of any color. It is noted immediately such as red, blue and green.

Tone

It stands out for an amount of darkness or light of an object.

Saturation

Saturation defines the degree of purity of a hue. The color is the most important aspect of stone

in determining its overall worth. A stone that shows constant variations in its color is not considered being a high-quality stone. On the other hand, if a stone possesses denser color, then it is regarded as a high-quality stone. The purer is the color, more premium price the gemstone will command. The purest color would be the one which displays no hue of any other color.

Cut

Cut or shape refers to the arrangement of the facets in a systematic way. A gemstone which is cut in a more organized manner and display a large number of facets is considered to be the high-quality gemstone.

Gemstones are carved in various shapes such as oval shape, pear, emerald, round, and square. A well-proportioned stone is ought to show numerous facets of the stone. And it is highly valued across the globe.

Carat

Carat refers to the weight or value of the stone. The weight of a stone is not measured by its dimensions, though, it is measured in carats. According to the traditional measuring approach, one carat is equal to 0.2 grams. A point is equal to 1/100 of a carat so therefore 75-point of gemstone equals 0.75 carat.

Clarity

Clarity refers to a number of foreign elements existing within a gemstone. Clarity is also associated with the rarity. A gemstone with more clarity is rare to find but less clear stone is available in abundance.

Each color variety has their own clarity standards, for example an emerald stone should have no foreign elements to be referred as natural stone. On the other hand, clear Tanzanite stone can also be referred as natural stone.^[19]

Benefits based on Color of Gems

Yellow color stands for wisdom, ambition, and confidence that help to improve nervousness, skin problems, digestion system and tiredness. It stimulates the brain, liver, kidney, memory and gives vitamin A.

Green color energy is to encourage swiftness and freshness. It is a natural color which gives

happiness, peace and gives activeness.

Blue color energy gives the spiritual aspects of the life. It has greater healing power which controls the brain activity. It provides resistance to the body against poison, evil, as well as has ability to reduce the pain.

The Orange Color energy works during the time of depression, loneliness, and boredom.

Violet color energy shows attraction, swiftness, encouragement and affection. It gives Vitamin D.

While, the Indigo color energy is referred for unity, honesty and gentleness. It calms nerves and lymphatic systems, as well as improves stomach disorders, migraine, and cataract. Also, it assists in soothing effect on the eyes, ears and the nervous system.

White color energy is a mixed with most of the colors, and it gives peace and soft in nature. A person suffering from stress as well as high blood pressure needs the energy of white color.

Red color energy improves courage, self confidence, blood circulation and reduces anaemia. It thereby provides vitamin B12.

Gem Therapy

Gemstone therapy is one of the most ancient and natural science followed in India since several years ago. Gemstone therapy when recommended by an expert is usually harmless with no side-effects and is able to resolve and control the problems.

The science has been disappeared in the last few centuries due to few reasons. The leaders in each society knew the concepts of the gemstones, but they hesitate to pass on to others for one or the other reasons.

The gem therapy usually works on the color energy which is well- known as 'Color Therapy'. The recent science observed the magnificent influence of colors over the human body. Colours like Blue, Red are most common gemstone influence the rays to enhance the behaviour of the human body.

The sun light is made up of seven colors such as red, yellow, green, blue, violet, indigo and orange of different wavelength. These have different operating wavelength and influence on

the body system. According to Dr. Stephen Hawking the future of medicine will depend on treatments based on Light and Colour.

We should take the view of science, Gemstones are all about Healing with Light and Colour. India is the land of Gemstones and Gem Therapy and the seems to understand the powers of Gemstones even before modern science took a step towards decoding them.

Red color relates to Root chakara (*Mooladhara chakara*)

Orange colore relates to Sacral chakara Yellow color relates to Solor plexus chakara Green colour relates to Heart chakara

Blue color relates to Throat chakara.

Purple (Violet) color relates to Crown chakara Black color relates to Root chakara

White color relates to Crown chakara.^[20]

Gems To Treat Diseases

1. Ruby for chronic eye diseases.
2. Coral for improving spermatogenesis.
3. Pearl for anaemia, loss of taste.
4. Diamond for enhancing normal delivery.
5. Emerald for ulcer and venereal disease.
6. Topaz for preventing the disease.
7. Sapphire for splenomegalay, hepatomegalay.



Fig no: 12.

These nine gems are used as catalyst for acquiring 64 types of Super Natural Powers.

Gems-Pranic Energy

Gems work on pranic energy (vital life force). These seven rays of light are responsible for all cosmic existences in the cosmos including the human body.

Pranic Energy (Vital Life Force)- Gems

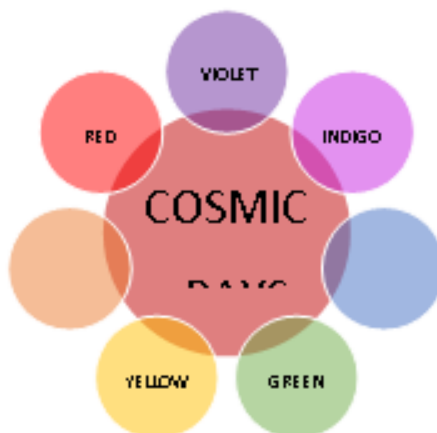


Fig no: 13.

The Five fundamental elements of the cosmos are similar in our Human body. If balanced in proportion they keep the body healthy through the Sun-Rays. The same elements are found in

the gem stones.

Gems in combination with Pancha Bhoothas

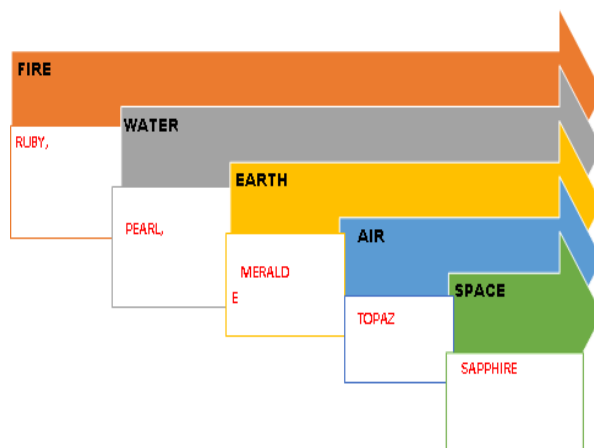


Fig no: 14.

Ashes of Gems Are Used To Treat Diseases- Review

1. Lapid for deep seated pain (soolai).
2. Zircon for anaemia, constipation.
3. Ruby for strengthening the brain, stomach.
4. Coral for protects the body from infection.
5. Pearl for dysentery.
6. Diamond for leprosy.
7. Emerald to remove the snake bite poison.
8. Topaz for mestural bleeding, haemorrhoids.
9. Sapphire for rheumatic arthritis.

CONCLUSION

Siddha system of medicine plays a vital role in treating various diseases in the form of Pills, *Chooranam*, *Parpam*, *Chendhuram*, *Papam*, *Kashyam*, *Kattu*, *Klangu*, Ornaments etc.^[3d]

Among the ornaments Nine Gem Stones made a fingerprints in treating various kinds of diseases for example, When a person's mind is fully occupied with negative energies, they couldn't take any good decisions as this result it leads to failures in life. In Such a case, Gems are capable of producing positive vibration in their body as well as their mind, finally it leads to Success. This could be possible because of the connection between the Planetary Frequencies and the frequencies of the coloured rays Emitted by the Nine gemstones. The Gem fills the native's nervous system with Specific positive vibrations. This Review explored

the various information about the Nine Gemstones with Scientific information as well as the traditional information from the *Siddha* literature. The Authors hope this will be a valuable review article for the public who uses Nine Gemstones and also to the *Siddha* Researchers.

There are little gems all around us that can hold glimmers of inspiration.

-Richalle Mead

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