

A Cross Sectional Study on Perception about Puramaruthuvam among Out Patient Currently Taking Puramaruthuvam Government Siddha Medical College & Hospital, Palayamkottai

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ABSTRACT

Siddha system of medicine is one of the oldest systems of medicine practiced in the south india especially in Tamil Nadu and countries like Srilanka, Malaysia, Singapore and UAE. Traditionally it is taught by the supernatural people, the siddhars who laid foundation for this system of medicine. Siddha Medicine is the first system to emphasis health as the perfect state of Physical, Mental, Social, Moral and spiritual wellbeing of human beings.

The traditional system of medicine referred to popularly as siddha medicine in a vast repository of external therapies particularly, administration of drugs through routes other than oral. The thirty two external therapies include ophthalmic application, nasal application, aural application, steam therapy, physical manipulation therapies, heat therapies, other topical applications, bloodletting, etc. External therapies can be done in major measure with locally available resources and therefore is accessible as well as affordable to the entire society.

Due to lack of idea and practical experience towards practice of pura maruthuvam – a survey was taken among siddha physicians to generate guideless for young practioners.

KEY WORDS: Siddha medicine, external therapies, pura maruthuvam.

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INTRODUCTION

The external therapies in siddha medicine is the main strength of siddha system of medicine and already most popular in local health care practices among Tamil speaking peoples. Siddha external therapies act as a powerful means to promote health equity, evidence of instant efficacy and safety and comparative cost effectiveness. This survey was taken among siddha physicians to generate guides for young practioners.

AIM:

The aim of the study is to identify the perception of external therapies among out patient in Government siddha medical college & hospital, palayamkottai.

OBJECTIVE:

To assess the perception of external therapies among out patients in Government siddha medical college & hospital, palayamkottai.

STUDY TYPE:

Cross sectional study

METHOD OF APPROACH:

Questionnaire survey

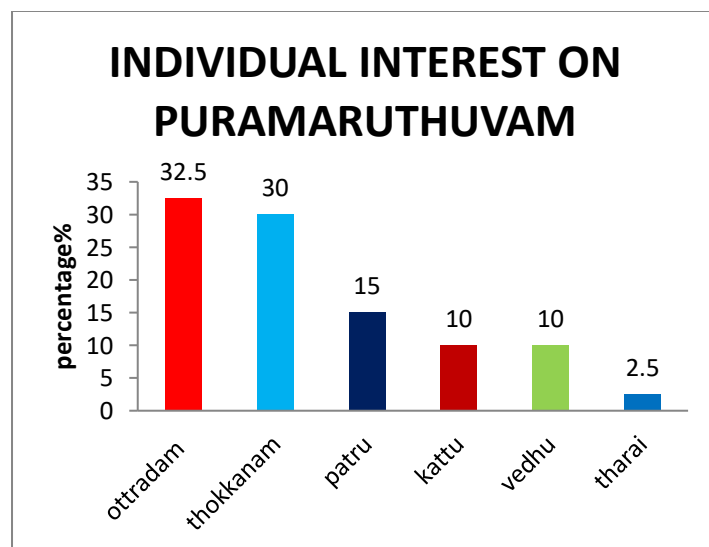
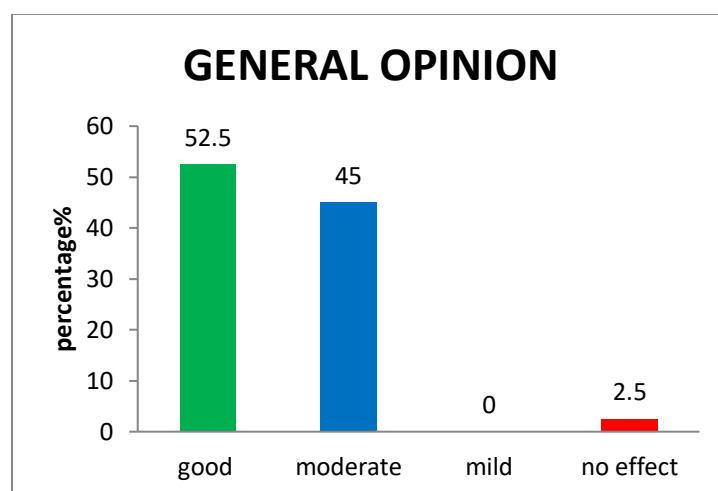
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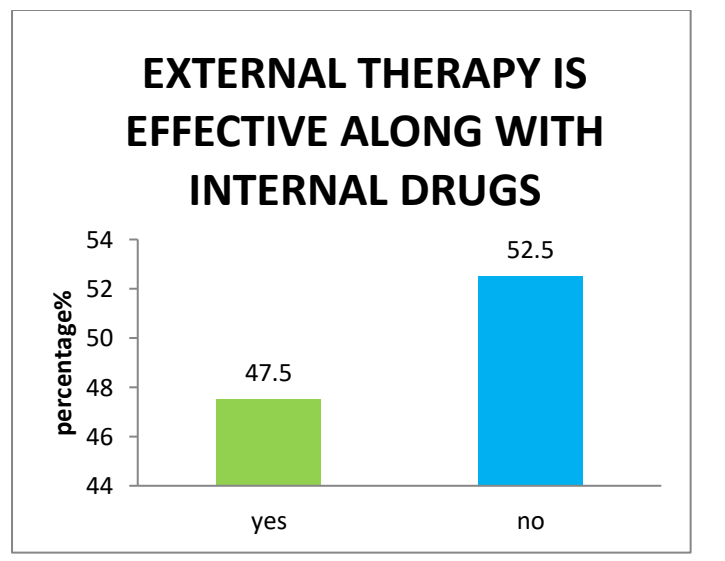
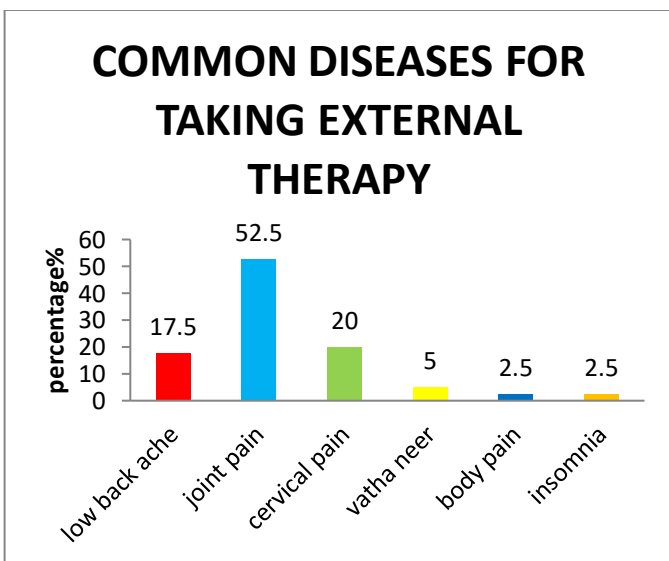
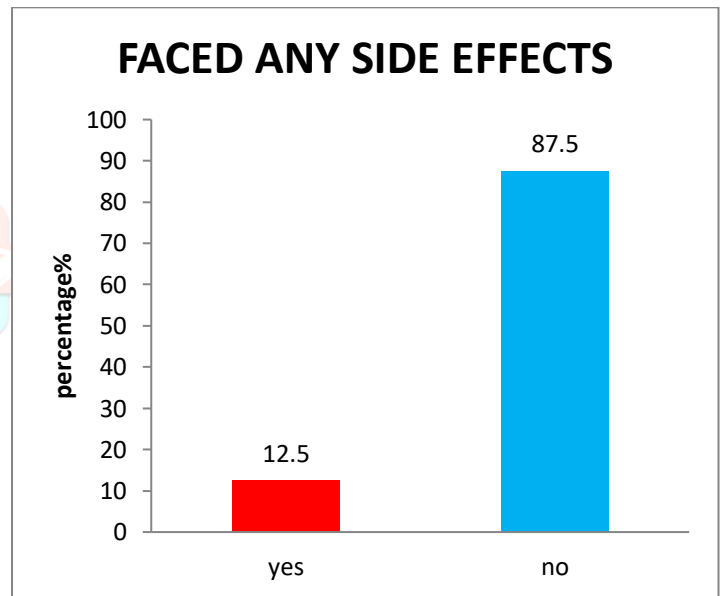
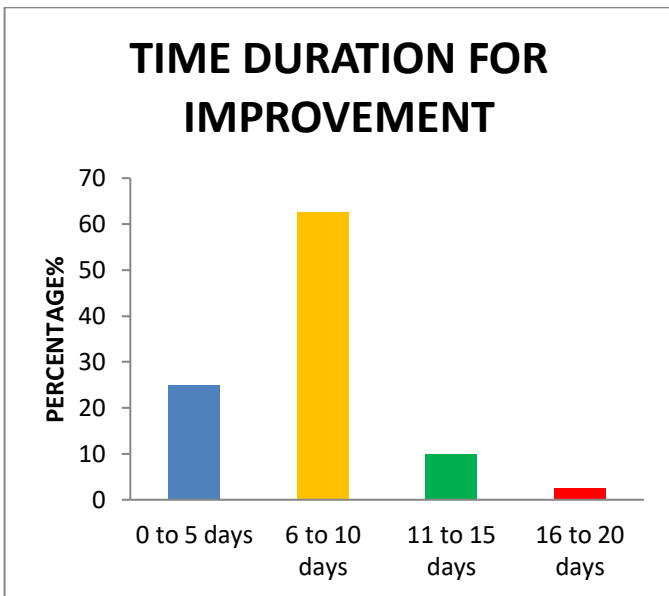
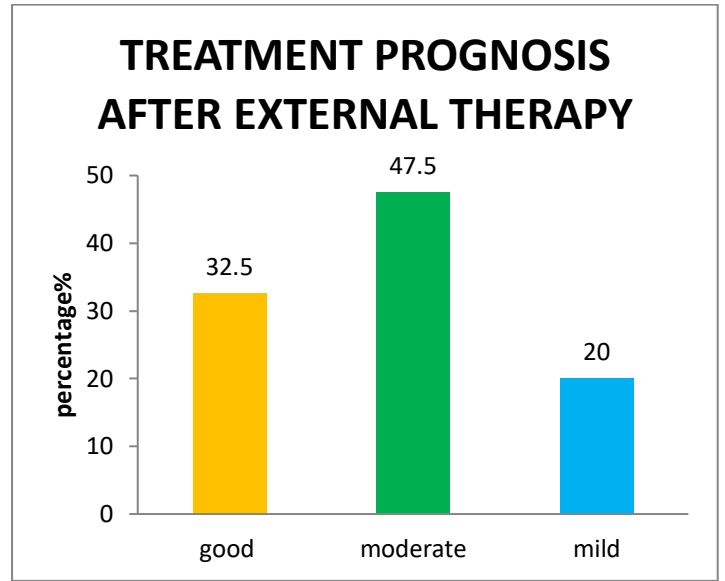
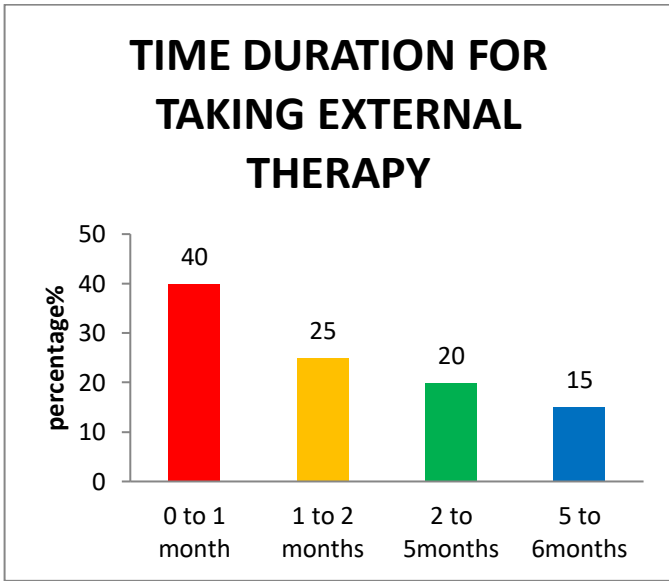
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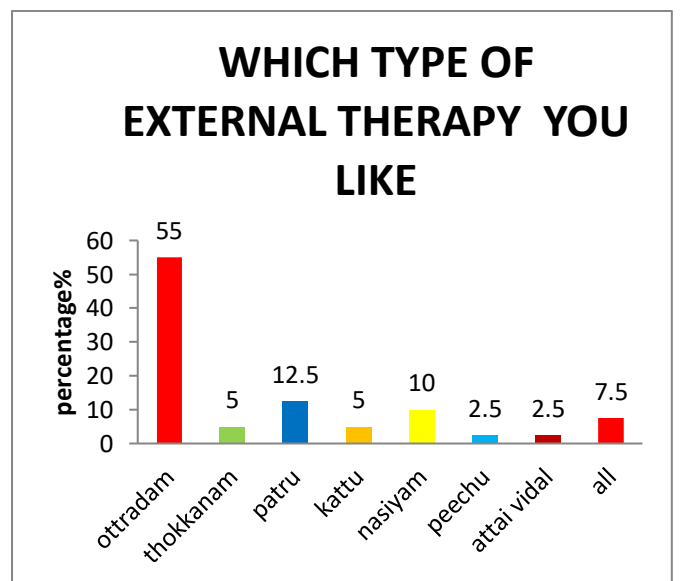
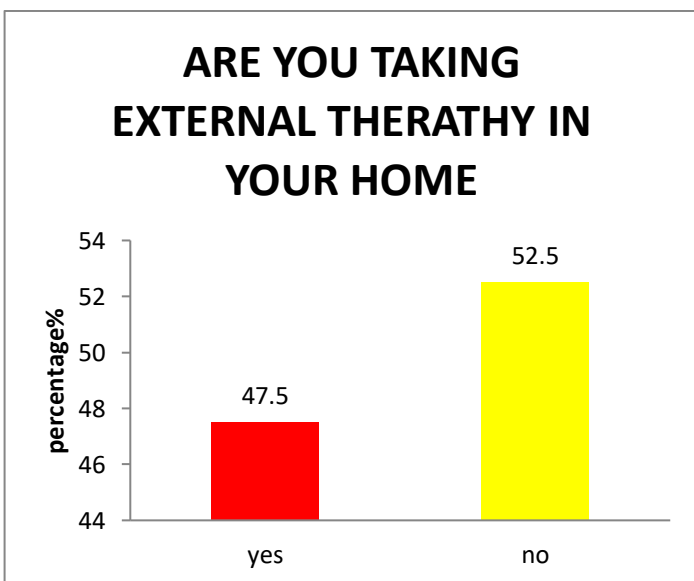
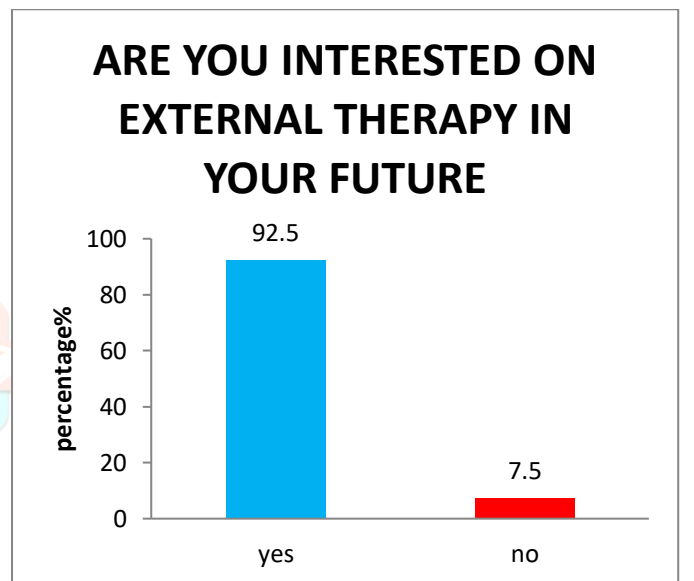
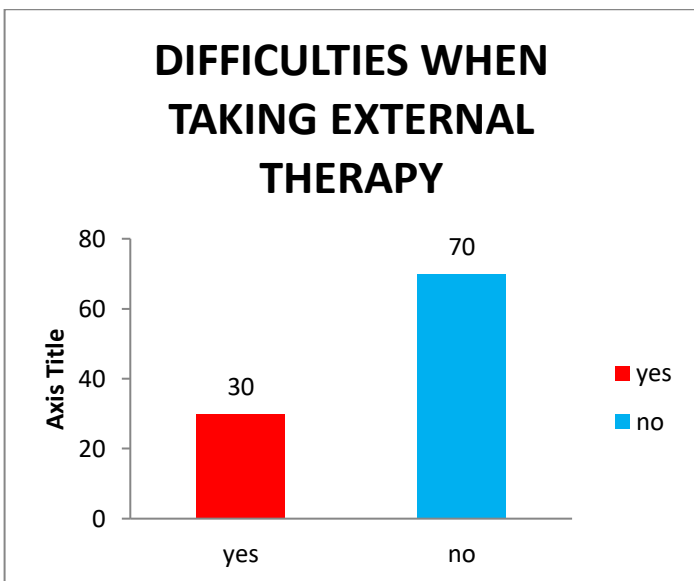
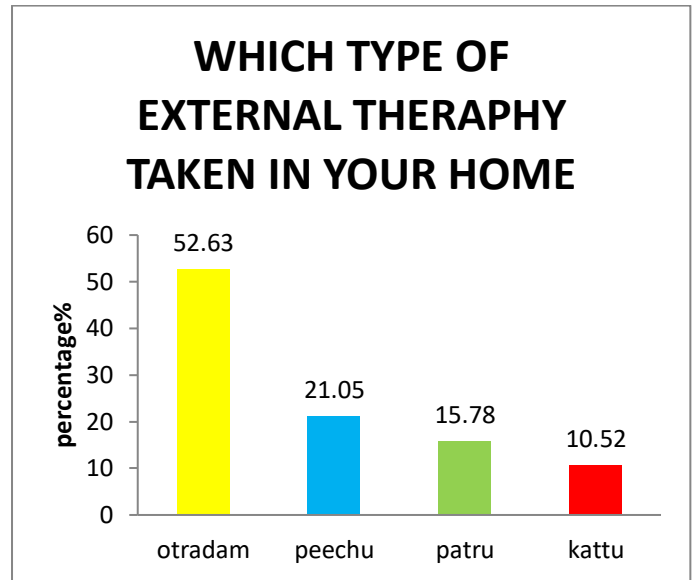
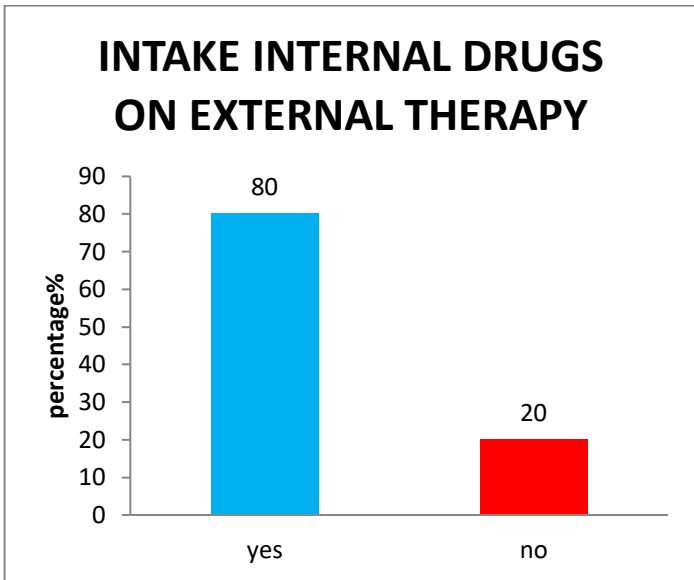
STUDY PERIOD: 4 months.

SAMPLE SIZE: 40

RESULTS







DISCUSSION

In this study, the patients were inferred from the following questionnaire. In general opinion about pura maruthuvam 52.5% of patient were answered good. 45% of patients were answered moderate. In individual interest on pura maruthuvam- 52.5% out of 100% of participants were interested in Ottradam, 30% of patient were interested in Thokkanam.15% of patient were interested in Patru. 10% of patient were interested in Kattu, 10% of patient were interested in Vedhu. 25% of patients were interested in Tharai. Time duration for taking external therapy, 40% of patient were answered 0-1 month, 25% of patient were answered 1-2 month, 20% of patient were answered 2-3 months, 15% of patient were answered 5-6 months. Time duration for improvement 25% of patients were answered 0-5 days, 60% patients were answered 6-10 days, 10% of patients were answered 11-15 days, and 5% of patient were answered 16-20 days. Common disease for taking external therapy, 17.5% of patient were answered low back ache, 52.5% of patients were answered joint pain, 20% of patients were

answered cervical pain, 5% of patients were answered in Vatha neer, 2.5% of patients were answered body pain, 2.5% of patients were answered Insomnia. Treatment prognoses of the external therapy, 32.5% of patients were reported well, 47.5% of patients were reported moderate, 20% of patients were reported mild. Facing of side effects 12.5% of patients were answered yes, 87.5% of patients were answered no. External therapy is effective along with internal medicine, 47.5% of patients were answered yes, and 52.5% of patients were answered no. Intake of internal medicine along with external therapy, 80% of patients were answered yes, 20% of patients were answered no. any difficulties felt at taking the external therapy, 30% of patient were answered yes, 70% of patient were answered no. Taking of external therapy in your home, 47.5% of patients were answered yes, 52.5% of patient were answered no. In which type of external therapy taken in your home, 52.63% of patient were answered ottradam, 21.05% of patients were answered Peechu, 15.70% of patients were answered Patru, 10.57% of patients were answered Kattu. Are you

interested on taking external therapy in future, 92.5% of patients were answered Yes, 7.5% of patients were answered No. Which type of external therapy you like 55% of patients were answered Ottradam 5% of patient were answered thokkanam, 17.5% of patient were answered pattru, 5% of patient were answered kattu, 10% of patient were answered nasiyam, 2.5% of patient were answered peeche, 2.5% of patient were answered Attai vidal, 2.5% of patient were answered all of them.

CONCLUSION

Thus we conclude that, in siddha medicine there are 32 types of puramaruthuvam, but most people have interested in ottradam in our OPD and have no awareness about other external therapies, we will launch and creates the awareness about puramaruthuvam. This study would generate database on improving the quality of puramaruthuvam in siddha



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