

Clinical profile on In-patient department of *Sirrapu maruthuvam* during the years 2013-17

in Govt. Siddha Medical College & Hospital, Palayamkottai

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ABSTRACT

Siddha is one of the oldest systems of medicine discovered in the South India. According to the ancient Siddha texts, a human body is made up of several elements (microscopic component of the universe). The elements that form a human body are the earth (*MANN*), fire (*THEE*), water (*NEER*), air (*VAYU*) and space (*AKASAM*). Additionally, there are three humors or the *DOSHAS* called the *Vatha*, *Pithaa*, and *Kapha*. Siddha medicine believes that diseases occur when there is a disequilibrium or imbalance in these humors or if their individual harmony is disturbed. The balance can be restored by correcting the underlying dosha by the application of the Siddha medicine system.

Siddha system is the unique system which works based on the principle of *ANDAPINDA THATHUVAM* i.e. Andam and pindam are composed of five boothas in variant ratios. Those boothas merge with one another in some ratios to form humors. According to siddha concept, Derangement in ratios of boothams in pindam cause derangement of humours which cause diseases. It is assumed that when the normal equilibrium of the three humors — Vaadham, Pittham and Kapam — is disturbed, disease is caused. The factors assumed to affect this

equilibrium are environment, climatic conditions, diet, physical activities, and stress. Under normal conditions, the ratio between Vaadham, Pittham, and Kapam are 4:2:1, respectively.

According to the Siddha medicine system, diet and lifestyle play a major role in health and in curing diseases. This concept of the Siddha medicine is termed as pathiyam and apathiyam, which is essentially a list of "do's and don'ts".

Key words:

pitha, kabha, dhoshas

Siddha, elements, vatha,

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INTRODUCTION

Siddha medicine is developed in pre ayurvedic period with civilization of Mohenzadaro and Harappa in the Indus river valley around 10,000 years back. The Siddha System of Medicine is a contribution of the Dravidian culture, which is one of the oldest cultures in world. Siddha system of medicine talks more about moral principle and moral guidance which is extremely relevant to our present day health care system. Ancient Tamil Civilization has contributed a lot and has left behind a relevant health care system to the world.

The thirty two external therapies include opthalmic application, nasal application, oleation, steam therapy, physical manipulation therapies, heat therapy, other topical application, bone setting, blood letting etc.,

The physical therapies of thokkanam, varmam and most other therapies of siddha are still living traditions in the southern part of Tamil nadu-south of Madurai, the capital of pandya kings who were under perpetual threat from all sides, particularly the chera and chola kings for the rich pearl fields.

Peer reviewed, Open Access Journal
Marunthu may be concrete or abstract. The abstract may be physical manipulation, chanting, heat or cold application, induction catharsis or emesis. Hence all these non oral medicines-‘puramarunthu’.

External therapies can be done in major measure with available resources and therefore is accessible as well as affordable to the entire society.

OBJECTIVES

Primary:

To study the epidemiology and treatment of cases in admitted at In-Patient department of Sirappu maruthuvam in Govt siddha Medical College & Hospital, Palayamkottai during the years January 2013 to December 2017 case series method..

STUDY PERIOD

04 Months (May, 2018 to Mid of September, 2018)

PROPOSED METHODS

Study Population

This research work conducted in **total patients who admitted in In-Patient department of sirappumaruthuvam**

during the years 2012-17 in GSMCH, Palayamkottai January 2012 to December, 2017.

Study Design

Descriptive study by collect the secondary data as hospital records from GSMCH, Palayamkottai with the permission of proper channel of hierarchy through our College Principal.

Operational Definitions

In this research, Defined as key feature of sample in sirappumaruthuvam. This complaint is false after the examination also included as research data.

Data collection

Information collected

The information will be collected from GSMC Hospital records from 1st January, 2012 to 31st December, 2017 of Sirappumaruthuvam section.

Data collection procedure

Main investigator collect all data from in-charge medical officer of Sirappu maruthuvam section, GSMCH, Palayamkottai during working hours in weekdays.

Data analysis

In research data analysis; including recoding of key exposure / outcome variables, indicators to be calculated for the descriptive analysis [e.g., measures of sirappu maruthuvam frequency (prevalence, incidence), measures of central tendency (mean, median)]. These reference to key dummy tables that are attached in appendices.

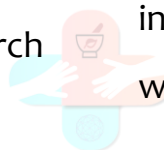
Quality assurance

Following procedures are conducted in-time with good planning by chief investigator whole research work himself with time frame schedule.

- Protocol development
- Data collection
- Data analysis

Bias and limitations

will be taken to minimize the impact of the bias / limitation on the quality of the study through secondary data checking for three time for data collection and all of the records are included without any selection.



Practical considerations

Logistics for data collection

Chief investigator arrangement for the data collection time schedule with GSMC hospital staff during working hours in weekdays without lunch hours.

Ethical Issues:

The study is to be carried out in secondary data of hospitalized cases, therefore don't need to IEC approval.

Expected benefits

Output (s)

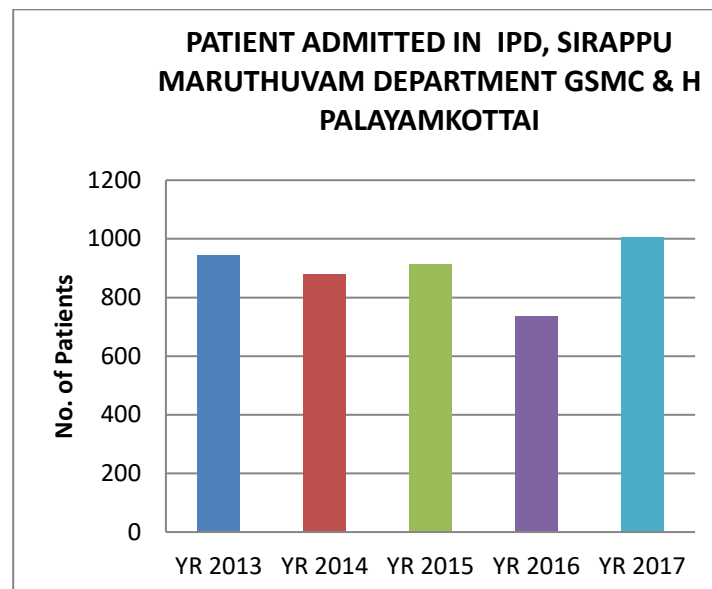
To study the epidemiology and treatment of *sirappumaruthuvam* cases admitted in Govt. Siddha Medical College & Hospital, Palayamkottai during Five years; January 2013 to December 2017 as case series method.

To find-out the Sirappu maruthuvam cases which reported in GSMCH in Palayamkottai.

Outcome

Explore the knowledge & importance of pura marunthu in siddha system to the world.

RESULTS



CONCLUSION

In patient department in government siddha medical college and hospital, palayamkottai, 945 patients are admitted in 2013, 879 patients are admitted in 2014, 912 patients are admitted in 2015, 735 patients are admitted in 2016, 1005 patients are admitted in 2017. Among these census status of In patient department, government siddha medical college and hospital, palayamkottai, shows the thirst and need of people towards siddha system of medicine basis of study we have to aware the public and try to provide better treatment and medication in future.

REFERENCES

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To cite this: *David baskar R, Rajarajeswari, A Clinical profile on In-patient department of SIRRAPPU maruthuvam during the years 2013-17 in Govt. Siddha Medical College& Hospital, Palayamkottai, International Journal of Reverse Pharmacology and Health Research, 2018, 1(2): 199-203.*

