

Clinical profile on *Sirrappu chikitchai Pirivu* during past 05 years (2013-2014) in Govt.Siddha Medical College & Hospital, Palayamkottai

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ABSTRACT

Background:

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.

Vast and clear knowledge on relationship between boothas-humours are essential for developing better diagnostic approach. Siddha system considers a human body as a conglomeration of 3 doshas, 5 elements, and 7 basic tissues together with waste products such as sweat, feces, and urine. The food, which is the basic building material for the human body, gets processed into these body tissues, humors, and waste products to determine the balance of the doshas in the body.

The equilibrium of humors ensures optimum health while any disturbance in these results in diseases. Siddha system also deals with the concept of salvation in life. Siddhars propose that the state of salvation can be achieved through the use of natural Siddha medicines and meditation. Seasonal humoral derangements, adaptive and preventive measures to be followed in each season are clearly stated and well explained in siddha literatures.

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But those measures are not followed effectively in day to day practice due to lack of scientific evidence. This study was took to create scientific evidence on Seasonal pattern of diseases in siddha perspective.

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 ophthalmic 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

Key words: Siddha, elements, vatha, pitha, kabha, dhoshas.

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.

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 consulted at sirappu chikitchai pirivu in Govt siddha Medical College & Hospital, Palayamkottai during past 05 years; 1stJanuary 2013 to 31stDecember,2017.

Secondary:

To find-out the treatment type of sirappu chikitchai pirivu which reported in GSMCH in Palayamkottai, Tirunelveli district.

To enumerate the varieties of pura marunthu which are mentioned in siddha text books.

To find out the number of patients who cured disease used by pura maruthuvam in sirappu Chikitchai pirivu dept.

STUDY PERIOD

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

PROPOSED METHODS

Study Population

This research work conducted in total patients who consulted in sirappu chikitchai pirivu during past 05 years (2013-2017) in GSMCH, Palayamkottai on 1stJanuary, 2013 to 31stDecember, 2017.

Study Design

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 sirappu chikitchai pirivu. 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 1stJanuary, 2013 to 31st December, 2017 of sirappu chikitchai section.

Data collection procedure

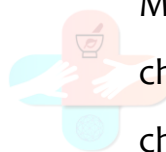
Main investigator collect all data from in-charge medical officer of sirappu chikitchai pirivu, GSMCH,Palayamkottai during working hours in weekdays.

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 chikitchai pirivu frequency (prevalence, incidence), measures of central tendency (mean, median)].

Quality assurance

Following procedures are conducted in-time with good planning by chief



with time frame schedule.

- Protocol development
- Data collection
- Data analysis

Bias and limitations

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

Outputs

To study the epidemiology and treatment of *sirappu chikitchai pirivu* cases admitted in Govt. Siddha Medical College & Hospital, Palayamkottai during five years; 1st January, 2013 to 31st December, 2017.

To find-out the treatment type of *sirappu chikitchai pirivu* which reported in GSMCH in Palayamkottai, Tirunelveli district.

To enumerate the varieties of *pura marunthu* which are mentioned in siddha text books.

To find out the number of patients who cured disease used by *pura maruthuvam* in *sirappu Chikitchai pirivu* dept.

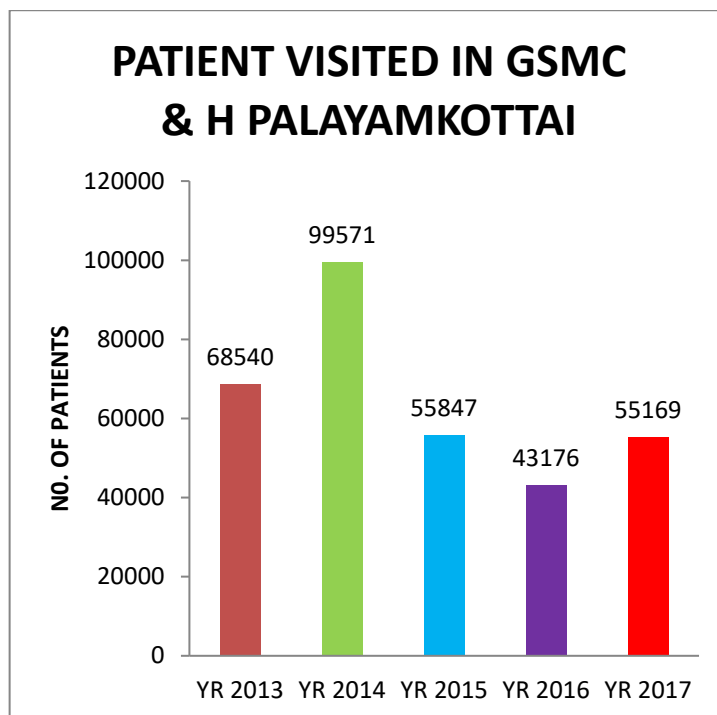
Outcome

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



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beneficial in 2016, 55109 patients are
beneficial in 2017. Among these census
status of special therapies done in special
theraoy wing, 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 develop our special
therapy awareness towards people public
society.

RESULTS



CONCLUSION

In 2013 special therapy wing in
government siddha medical college and
hospital, palayamkottai, 68540 patients
are beneficial in 2014, 99571 patients are
beneficial in 2015, 55847 patients are



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