

Usage of *Pura maruthuvam* in Siddha System among Siddha Physicians in Government Siddha Medical College & Hospital, Palayamkottai -A Cross Sectional Study

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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 , oleation, steam therapy, physical manipulation therapies, heat therapies, other topical applications, blood letting, etc. External therapies can be done in major measure with locally available resources and there fore 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 guideness 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 guideness for young practioners. Careful selection of a specific therapy, for a specific patient, for a specific ailment is essential to get success goal. Siddha medicine has a history of 2000 years, siddha external therapy is one of the main pillars, which is not yet validated eventhough at basic level research. External therapy procedures are as important as in the management of health and disease. In several instances only the external therapy without any drug is sufficient and these procedures are already systematized. Most of these therapies are aimed at maintaining a healthy balance of three humours Vatham, Pitham and Kabam and also the seven tissue types of the body. Hence, an

attempt was made to recollect information regarding External therapies in Siddha System.

Aim:

To study the utilization of external therapies among siddha physicians in Government siddha medical college & hospital, palayamkottai.

Objective:

To assess the utilization of external therapies among siddha physicians in Government siddha medical college & hospital, palayamkottai.

Study type:

Cross sectional study

Method of approach:

Questionnaire survey

Study place:

Government siddha medical college & hospital, palayamkottai.

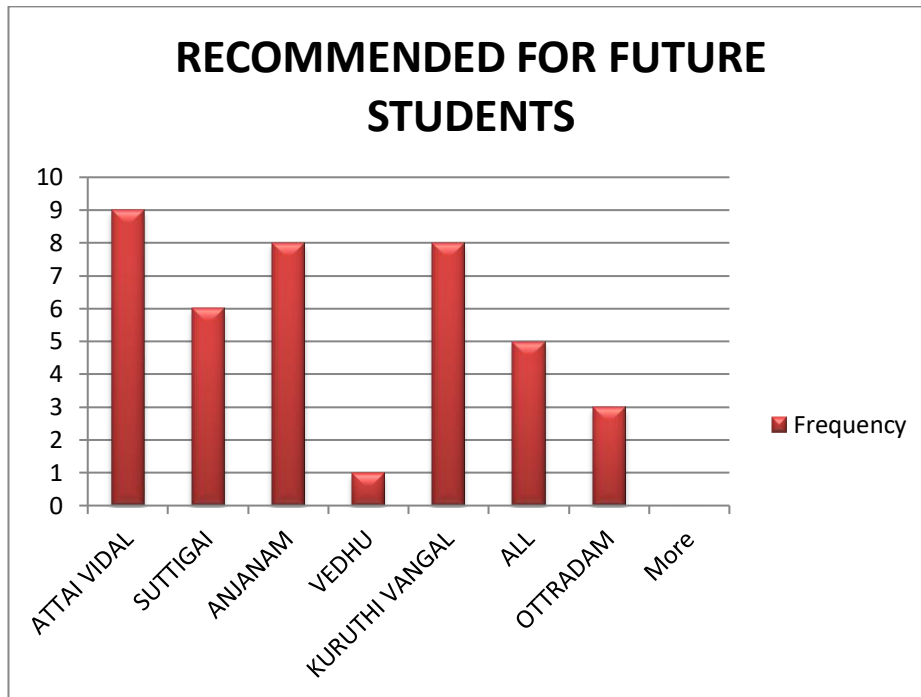
Study period: 4 months.

Sample size: 40

RESULTS AND DISCUSSION

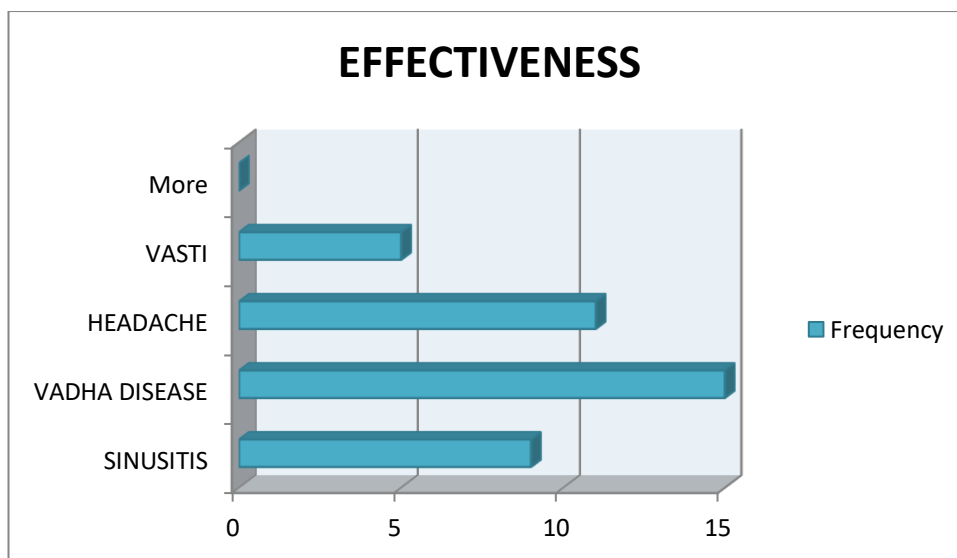
In this study, siddha physicians were inferred from the following questionnaire.

Figure 1 ; Which type of pura maruthuvam recommend for future students?



. In this question, 22.5% of physicians were answered vedhu, 20% of physicians were answered attai vidal, 15% of physicians were answered suttigai, 20% of physicians were answered anjanam, 2.5% of physicians were answered kuruthi vaangal, 12.5% of physicians were answered all, 7.5% of physicians were answered ottradam

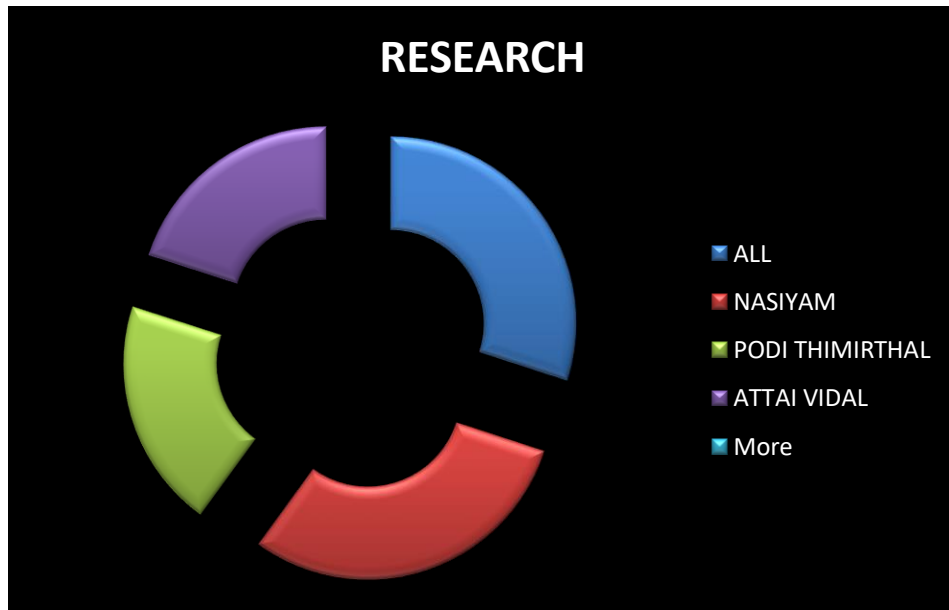
Figure 2 ; Pura maruthuvam alone is effective in which type of diseases?



37.5% of physicians's opinion is pura maruthuvam alone is effective for vadha diseases.27.5% of physicians told that pura

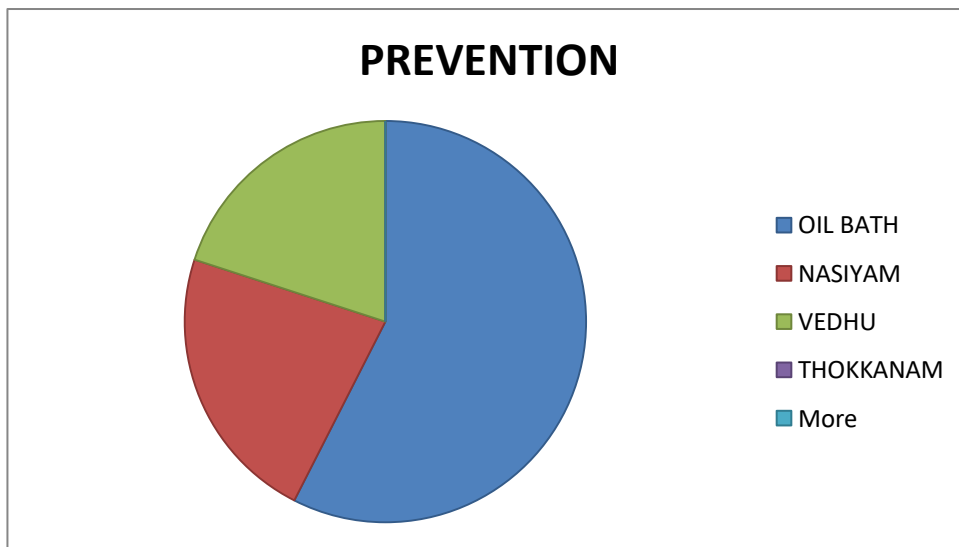
maruthuvam is effective for head ache. 22.5% of physicians's opinion is pura maruthuvam alone is effective for sinusitis

Figure 3; Which type of pura maruthuvam need to start researches?



Among 40 physicians 30% of physicians told that all types of external therapies need to start researches.20% of physicians told that podi thimirthal is need to start reaserches.30% of physicians told that attai vidal is need to research. 20% of physicians's opinion is nasiyam,20% of

Figure 4 ; Which type of pura maruthuvam are best for prevention of diseases?



Among 40 physicians 57.5% of physicians told that oil bath is best for prevention of diseases. 22.2 % of physicians opinion is nasiyam, 20% of physicians opinion is vedhu.

CONCLUSION

External therapies can be done in major measures with locally available resources and therefore is accessible as well as affordable to the entire society. Creating awareness of siddha external therapies throughout the world is the need of hour. It is essential to develop siddha system of medicine worldwide. Such development will be made possible only with focused development of above said therapies. Eventhough siddha has effective external therapies, they have not yet

reached globally. Once these therapies get global attention, other specialities of siddha will reach the world automatically. It will be of immense help for the betterment of human life.

ACKNOWLEDGEMENTS

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