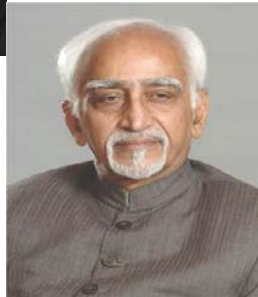


**SAI SIDDHA ACADEMY**  
**SIDDHA TNPSC COACHING CENTRE**  
**CHROMPET, CHENNAI.# 94442 82975**  
**[www.saisiddha.com](http://www.saisiddha.com)**

***INTERVIEW MANUAL***  
***JANUARY-2016***



**Shri Pranab Mukherjee assumed office as the  
13th President of India on July 25, 2012**



**Vice President of India  
Shri M. Hamid Ansari**



**16 th Speaker of the Lok Sabha**

**SUMITRA MAHAJAN**



**Hon'ble** Tirath Singh Thakur 43rd [Chief Justice of India](#).

**Chief Justice of India**



**Hon'ble Mr. Justice Sanjay Kishan Kaul, Chief Justice  
Chief Justice, Madras High Court**



**His Excellency Dr. K. Rosaiah 18 th Governor of  
Tamil Nadu**



**Dr. Selvi J. Jayalalithaa was elected 4 times as the  
Chief Minister of Tamil Nadu  
Elected place:Srirangam**

**Minister for Finance**  
Thiru O.Panneerselvam  
**WOMEN Ministers**



**Tmt B. VALARMATHI** Minister for Social Welfare and  
Nutritious Noon Meal Programme



**Tmt. S.Gokula Indira** Minister for Handlooms and Textiles

## **Minister for Health**

Health, Medical Education and Family Welfare.

Health and Family Welfare Department



Dr.C.VIJAYA BASKAR

**Health, Medical Education and Family Welfare.**

## **Secretary to the Government**



**Dr J Radhakrishnan IAS (Principal Secretary)**



**Mr.Mohan Pyare IAS**

Commissioner, Indian Medicine & Homeopathy

**Chairman and Managing Director(CMD)**

**Medicinal Plant Farms and Herbal Medicine Corporation Ltd (TAMPCOL)**



**Dr. K. ARULMOZHI, I.A.S**

**HON'BLE CHAIRMAN- TNPSC**

**Secretary -Thiru. M.Vijayakumar, I.A.S.,**

**Controller of Examinations Tmt V.Shobhana, I.A.S.,**



**NANCY ANN CYNTHIA FRANCIS**

**NOMINATED Anglo-Indian**



**Chief Election Commissioner of India** **Dr. Nasim Zaidi**

**Election Commissioner**

**Mr. Achal Kumar Joti & Mr. Om Prakash Rawat**

CCIM PRESIDENT

DR.VANITHA MURALIKUMAR



BELONGS TO TAMILNADU

EX-Vice President of Ayurveda, CCIM

EX-PRINCIPAL SAI RAM AYURVEDA MEDICAL COLLEGE.

**Vice President of Siddha @ CCIM**


Dr. V. Arunachalam




**Prime Minister and Council of Ministers - India**

S.no	Portfolio	Name
<b>Union Council of Ministers</b>		
1	Personnel, Public Grievances and Pensions, Department of Atomic Energy, Department of Space, All important policy issues and All other portfolios not allocated to any Minister	<a href="#">Narendra Modi</a>
<b>Cabinet Ministers</b>		
1	Home Affairs	Rajnath Singh
2	External Affairs, Overseas Indian Affairs	Sushma Swaraj
3	Finance, Corporate Affairs Information & Broadcasting	Arun Jaitley
4	Urban Development Housing, Urban Poverty Alleviation, Parliamentary Affairs	M Venkaiah Naidu
5	Road Transport, Highways Shipping	Nitin Jairam Gadkari



6	Defence	Manohar Parrikar
7	Railways	Suresh Prabhu
8	Law & Justice	<a href="#">D.V. Sadananda Gowda</a>
9	Water Resources, River Development and Ganga Rejuvenation	Uma Bharati
10	Minority Affairs	Dr Najma A Heptulla
11	Consumer Affairs, Food and Public Distribution	Ram Vilas Paswan
12	Micro, Small and Medium Enterprises	Kalraj Mishra
13	Women and Child Development	Maneka Gandhi
14	Chemicals and Fertilizers	<a href="#">Ananthkumar</a>
15	Communications and Information Technology	Ravi Shankar Prasad
16	Health and Family Welfare	 <p><b>Jagat Prakash Nadda</b></p>
17	Civil Aviation	Ashok Gajapathi Raju Pusapati
18	Heavy Industries and Public Enterprises	Anant Geete
19	Food Processing Industries	Harsimrat Kaur Badal
20	Mines Steel	Narendra Singh Tomar
21	Rural Development, Panchayati Raj Drinking Water and Sanitation	Chaudhary Birender Singh
22	Tribal Affairs	Jual Oram
23	Agriculture	Radha Mohan Singh
24	Social Justice and Empowerment	Thaawar Chand Gehlot
25	Human Resource Development	Smriti Zubin Irani
26	Science and Technology Earth Sciences	Dr Harsh Vardhan
<b>Ministers of State (Independent Charge)</b>		
1	Statistics and Programme Implementation (Independent Charge) External Affairs, Overseas Indian Affairs	General V.K. Singh
2	Planning (Independent Charge) Defence	Inderjit Singh Rao
3	Textiles (Independent Charge)	Santosh Kumar Gangwar

4	Labour and Employment (Independent Charge)	Bandaru Dattatreya
5	Skill Development & Entrepreneurship (Independent Charge), Parliamentary Affairs	Rajiv Pratap Rudy
6	AYUSH (Independent Charge) Health & Family Welfare	 <p>Shripad Yesso Naik</p>
7	Petroleum and Natural Gas (Independent Charge)	Dharmendra Pradhan
8	Youth Affairs and Sports (Independent Charge)	Sarbananda Sonowal
9	Environment, Forest and Climate Change (Independent Charge)	Prakash Javadekar
10	Power (Independent Charge) Coal (Independent Charge), New and Renewable Energy (Independent Charge)	Piyush Goyal
11	Development of North Eastern Region (Independent Charge), Prime Minister's Office Personnel, Public Grievances & Pensions , Department of Atomic Energy, Department of Space	Dr. Jitendra Singh
12	Commerce and Industry (Independent Charge)	Nirmala Sitharaman
13	Culture (Independent Charge), Tourism (Independent Charge), Civil Aviation	Dr. Mahesh Sharma
<b>Ministers of State</b>		
1	Minority Affairs, Parliamentary Affairs	Mukhtar Abbas Naqvi
2	Drinking Water and Sanitation	Ram Kripal Yadav
3	Home Affairs	Haribhai Parthibhai Chaudhary
4	Water Resources, River Development and Ganga Rejuvenation	Sanwar Lal Jat
5	Agriculture	Mohanbhai Kalyanjibhai Kundariya
6	Micro, Small & Medium Enterprises	Giriraj Singh
7	Chemicals & Fertilizers	Hansraj Gangaram Ahir
8	Heavy Industries and Public Enterprises	G. M. Siddeshwara
9	Railways	Manoj Sinha
10	Panchayati Raj	Nihalchand
11	Human Resources Development	Upendra Kushwaha



12	Road Transport & Highways, Shipping	 <b>Pon Radhakrishnan</b> <b>TAMILNADU</b>
13	Home Affairs	Kiren Rijju
14	Social Justice & Empowerment	Krishan Pal
15	Agriculture	Dr. Sanjeev Kumar Balyan
16	Tribal Affairs	Mansukhbhai Dhanjibhai Vasava
17	Mines, Steel	Vishnu Deo Sai
18	Rural Development	Sudarshan Bhagat
19	Human Resource Development	Prof. Ram Shankar Katheria
20	Science and Technology, Earth Science	Y. S. Chowdary
21	Finance	Jayant Sinha
22	Information & Broadcasting	Rajyavardhan Singh Rathore
23	Urban Development, Housing and Urban Poverty Alleviation	Babul Supria (Babul Supriyo) Baral
24	Food Processing Industries	Sadhvi Niranjan Jyoti
25	Social Justice & Empowerment	Vijay Sampla

### **TamilNadu Health System Project(TNHSP)**

Established in 2005, the Tamilnadu Health Systems Project is an initiative of the Government of Tamilnadu, in partnership with the World Bank, to create a health system in Tamilnadu that is highly accessible, equitable and effective.

#### **Dr. J. Radha Krishnan**

Secretary & Mission Director (NHM) (I/C)  
 Mission Director (NHM)  
 Department of Health & Family Welfare  
 Government of Tamilnadu,

### **National Rural Health Mission Tamil Nadu**

State Rural Health Mission was launched in Tamilnadu on 12.4.05 with the view to bring architectural correction of the health system to enable it to effectively handle increased allocations and promote policies that strengthen public health management and service delivery as prescribed under the NRHM of India. The programme is for the period of 2005-2012. The programme is funded by Government of India.

## Directorate of Medical Education

The Directorate of Medical Education was bifurcated in the year 1966 from the Directorate of Medical Services. It is functioning as a separate Directorate for the last 36 years. It is controlling Medical Colleges and attached teaching hospitals.

### Directorate of Indian Medicine and Homoeopathy

The Indian Medicine and Homoeopathy Department is established to look after the Medical Systems such as Siddha, Ayurveda, Unani, Yoga and Naturopathy and Homoeopathy.

The Department is functioning with the following aims and objectives.

- Providing Health service to the Public through Indian Systems of Medicine and Homoeopathy.
- Providing and Monitoring education and Research activities in Indian systems of Medicine.
- Promoting the growth of Medicinal Plants
- Encouraging projects involving women and small scale industries in the preparation and marketing of home remedies and herbal food preparations.
- Facilitating the introduction of Yoga in the offices / work places for the benefit of employees.
- Supporting Naturopathy for better health.
- Supporting all like minded education and research bodies for the development of Indian Systems of Medicine.

## **TAMIL NADU STATE AIDS CONTROL SOCIETY (TANSACS)**

The State AIDS Project Cell was formed in January 1993 in Tamil Nadu. **TAMIL NADU STATE AIDS CONTROL SOCIETY (TANSACS)** was the first registered Society in India for HIV/AIDS control and prevention registered in 1994 as a mandate of National AIDS Control Organisation (NACO), New Delhi.

The Principal Secretary to Government, Health and Family Welfare Department, is the President of the Society and a Senior I.A.S. Officer is the Member Secretary & Project Director. In 1986 the first HIV case in India was detected in Madras Medical College, Chennai. The sentinel surveillance data has been showing a steady decline among antenatal clinic attendees since 2001. A total of 2.13 lakh persons have tested positive for HIV in the state.

## Medical Services Recruitment Board (MRB)

The Medical Services Recruitment Board (MRB) was constituted by the Government of Tamil Nadu in G.O. (Ms) No.1, Health and Family Welfare (C2) Department dated 02.01.2012 with the objective of making appointments to various categories of staff in the Health and Family Welfare Department by way of direct recruitment, in a speedy manner, keeping in view the nature, importance and essentiality of these posts. The Medical Services Recruitment Board started functioning with effect from 06.02.2012.

There are more than 200 categories of posts under the various directorates of the Health and Family Welfare Department. All the direct recruitment posts (excluding the post of Drivers, posts under the TNPSC, and all posts under the Basic Services) are under the purview of the MRB. These posts are broadly under the following services viz.,

- Tamil Nadu Medical Service
- Tamil Nadu Medical Subordinate Service
- Tamil Nadu Public Health Service
- Tamil Nadu public Health Subordinate Service

The following nine Directorates/ Commissionerate are functioning under the Health and Family Welfare Department viz.,

- Directorate of Public Health & Preventive Medicine (DPH)
- Directorate of Medical & Rural Health Services (DMS)
- Directorate of Medical & Rural Health Services-ESI (DMS-ESI)
- Directorate of Medical Education (DME)
- Directorate of Family Welfare (DFW)
- Directorate of State Health Transport Department
- Directorate of Indian Medicine and Homeopathy(DIM)
- Commissionerate of Food Safety and Drugs Administration(including the Directorate of Drugs Control)

Prior to the formation of MRB, the authority for the direct recruitment was vested with different officials of the various directorates. The Government has decided to recruit all the direct recruitment of medical staff in Health and Family Welfare department, under one roof so as to speedily fill up the vacant posts in various government medical institutions comprising of the Government Medical college Hospitals, the Government District / Taluk Head Quarters Hospitals / Non Taluk Hospitals / Dispensary / ESI Medical institutions / Primary Health Centres/ Health Sub Centres etc.

The Medical Services Recruitment Board consists of a Chairman, a Member and a Member Secretary.

Dr.K.Kolandaswamy MBBS,M.A.E,DPH,DIH  
Directorate of Public Health and Preventive Medicine 359, Anna Salai, DMS Complex,

**NIS Director**

- Dr.M.RAJASEKARAN Director-i/c /Associate Professor-Gunapadam

The Medical Council of India (MCI)

Dr. Jayshree Mehta - President

**Diseases Treated in Various Departments of Ayothidoss Pandithar Hospital of NIS-104**

**Diseases of the Children treated in Ayothidoss Pandithar Hospital of NIS-28**

**Special Therapies Provided in Ayothidoss Pandithar Hospital of NIS**

**Thokkanam, Yoga and Varma treatment**

**Investigations (both Modern and Siddha) under the guidance of the faculty members of the Noi Nadal Department. Specific Siddha methods of diagnosis - Envagai Thervu including Urine examination - Neerkkuri and Neikkuri, are done in the laboratory for OP/IP patients.**

## WHO Research Projects

### 1. Development of Standard Siddha Terminologies

#### Introduction

NIS, Chennai is undertaking a 2<sup>nd</sup> WHO project – Development of Standard Siddha Terminologies for the period 15<sup>th</sup> October, 2010 to 14<sup>th</sup> August 2011.

### 2. Development of Siddha Treatment Guidelines for selected Diseases (Completed)

A WHO sponsored first project entitled “Siddha Treatment Guidelines for selected Diseases” was carried out during 1-10-2008 to 31-3-2009. This project work has been successfully completed and a book titled “Siddha Treatment Guidelines for Selected Diseases” was submitted.

The selected diseases are:

1. **Gunmam** (Peptic Ulcer)
2. **Perunkazhichal** (Diarrhoea)
3. **Eruvaaimulai noi** (Haemorrhoids)
4. **Velluppu noi** (Anemia)
5. **Manjal Kamalai** (Jaundice)
6. **Kuruthi azhal noi** (Hypertension)
7. **Kural Kammal** (Hoarseness of voice)
8. **Mookadaippu** (Sinusitis)
9. **Kabala Soolai** (Migraine)
10. **Eraippu noi** (Bronchial asthma)
11. **Elaippu noi** (Tuberculosis)
12. **Vali Suram** (Chikungunya)
13. **Azhal Keelvayu** (Osteo arthritis)
14. **Tandaga vatham** (Lumbar spondylosis)
15. **Sagana vatham** (Cervical spondylosis)
16. **Enbu thathu vanmai kuraivu** (Osteoporosis)
17. **Karapatha soolai** (Peripheral neuritis)

18. **Kalladaippu** (Nephrolithiasis)
19. **Neer Kiricharam** (Urinary tract infection)
20. **Neerizhivu** (Diabetes mellitus)
21. **Sori Sirangu** (Scabies)
22. **Kalanjaga padai** (Psoriasis)
23. **Karappan** (Eczema)
24. **Venpadai** (Vitiligo)
25. **Podugu** (Dandruff)
26. **Pitha vedippu** (Fissure foot)
27. **Soothaga noigal** (Menstrual disorders)
28. **erumbadu** (Menorrhagia)
29. **Magalir vellainoi** (Leucorrhoea)
30. **Magaperinmai** (Infertility)

**The branches offered to PG programme in Siddha are:**

- Maruthuvam
- Gunapadam
- Sirappu Maruthuvam
- Kuzhandai Maruthuvam
- Noi Nadal and
- Nanju Noolum Maruthuva Needhi Noolum

**TOTAL PRIMARY HEALTH CENTRES IN Tamil Nadu == 1751**

**PRIMARY HEALTH CENTRES WITH SIDDHA WING= 432**

**NRHM SIDDHA WING = 275**

### MAJOR ISM&H HOSPITALS

i) Combined Indian systems of Medicine and Homoeopathy Hospital is situated at Arumbakkam, Chennai namely Arignar Anna Govt. Hospital of Indian Medicine, Chennai with following facilities.

1. Siddha treatment with 120 beds
2. Ayurveda treatment with 55 beds
3. Unani treatment with 54 beds
4. Homoeopathy treatment
5. Yoga and Naturopathy treatment
6. Varma treatment with 35 beds

#### Special treatment:

1. Panchakarma treatment
2. Thokkanam treatment
3. Varma treatment

#### Lab facilities:

1. Pathology lab
2. Bio-chemistry lab
3. X-ray
4. E.C.G.

#### Special Clinic / Research

1. Aids & Cancer
2. Diabetics
3. Infertility

ii) 250 bedded Siddha hospital attached to Govt. Siddha Medical College, Palayamkottai is situated at Palayamkottai, Thirunelveli. Siddha system of treatment is being provided in this hospital.

#### Special treatment:

1. Thokkanam treatment
2. Varma treatment

#### Lab facilities:

1. Pathology lab
2. Bio-chemistry lab
3. X-ray
4. E.C.G.

#### Special clinic/Research:

1. Aids & Cancer
2. Mathumegam
3. Hypertension
4. Yoga clinic
5. Kalladaippu
6. Eraippu Noi



iii. 50 bedded Homoeopathy Hospital attached to Govt.Homoeopathy Medical College, Thirumangalam is situated at Thirumangalam, Madurai District Homoeopathy treatment is being provided in this hospital.

**Lab facilities:**

1. Pathology lab
2. Bio-chemistry lab
3. X-ray

**Special Clinic / Research**

1. Mootuvadha noi
2. Kuzhantai maruthuvam
3. Thole noi
4. Neerizhivu noi
5. Kuzhanthaiperinnmai
6. Magalir sirappu maruthuvam
7. Pithappai and Siruneeraga karkal

iv. Indian system of Medicine and Homoeopathy wings attached to Medical College hospitals, District headquarters hospitals, taluk and non-taluk hospitals and Primary health centres.

Sl.No.	Name of College	Govt./Pvt. Sanction strength	Free Seats	Management Quota Including NRI	Facility Available
1	Govt. Siddha Medical College, Palayamkottai, Tirunelveli District.	Govt. 100	100	--	<ul style="list-style-type: none"> <li>• 250 bedded attached Hospital</li> <li>• Ladies Hostel</li> <li>• Men's Hostel</li> </ul>
2	Govt. Siddha Medical College, Anna Hospital Campus, Arumbakkam Chennai 106.	Govt. 50	50	--	<ul style="list-style-type: none"> <li>• 155 bedded attached Arignar Anna Hospital of Indian Medicine</li> <li>• Ladies Hostel</li> <li>• Men's Hostel</li> </ul>
3	Akila Thiruvithancore Siddha Vaidya Kalloori, Munchirai, KK Dist.	40	26	14	

4	Sri Sairam Siddha Medical College and Research Centre, Poonthandalam, Sriperumpudur, Kancheepuram District	50	33	17	
5	Velumailu Siddha Medical College and Hospital, No.17 Grand West Trunk Road, Sriperumpudur, Kancheepuram District	40	26	14	
6	RVS	30	20	10	
7	SIVARAJ	30	33	17	

#### Directorate of Indian Medicine and Homoeopathy

Siddha System is one of the ancient traditional systems of medicine in India. Siddhars the spiritual scientists of Tamil land are the founding fathers of this scientific system.

According to Siddha System the human body is the replica of the universe so are the food and drugs irrespective of their origin. Siddha system believes that all objects in the universe including human body are composed of five basic primordial elements, namely earth, water, fire, air and space. The human body is a conglomeration of three humors and seven physical components. The Food is considered to be basic building material of human body, which gets processed into humors, tissues and wastes. The equilibrium of humors, body tissues and waste products is considered as health and its disturbance or imbalance leads to disease or pathologic state.

This system also deals with the concept of immortality and salvation in this life. The exponents of this system consider that achievement of this state is possible by regulated diet, medicine and processing of mind by yogic or spiritual exercises like meditation and yoga.

Siddhars described 96 principles as the constituents of Human Being. They include Physical, Physiological, Mental and Intellectual components of a person. They are nothing but the manifestations of the " Five Basic Elements " .

#### **Disease:**

Disease is a condition in which there is imbalance in the "Five Elements, which alters the "Three Humours " which is also reflected in the seven physical constituents. The change disturbs the equilibrium and cause disease.

The basic concept of Siddha system of medicine is

## " Food is Medicine - Medicine is Food"

Saint Thiruvalluvar says

" Miginum Kuraiyinum Noi Seyyum Noolor  
Vali Mudhala Enniya Moondru "

"Wind, bile and phlegm three cause disease  
so Doctors deem it more or less"

### Diagnosis

" Noi Naadi Noi Mudhal Naadi Athu thanikkum  
Vaai Naadi Vayppa Seyal."

"Test disease, its causes and cure  
and apply remedy that is sure"

- Thiruvalluvar.

It is always essential to identify the cause for any disease to be accepted as a " Scientific method " The Diagnostic methodology in Siddha Treatment is unique as it is made purely on the basis of the " Clinical Acumen " of the Physician. He examines the Tongue, complexion, speech, eyes, palpation in a patient and he also examines the urine and stools. The diagnosis is then confirmed by the " Pulse Diagnosis ". The above approach is collectively known as " Eight types of examinations". However, the Siddha Physician now also accepts the modern diagnostic methods for the purpose of diagnosis.

### TREATMENT :

The following line of treatment have been in practice in Siddha medicine.

- Using medicines like Choornam, Kudineer, Vadagam etc. made of herbs.
- Surgical methods like incision, excision, heat application, blood letting and leech application etc.
- Physiotherapy - Thokkanam and Varma, the Siddha way of Touch therapy, Medicated Oil application , Fomentation, herbal steam bath etc.
- Using medicines like Parpam, Chenduram, Chuxnam etc . made of minerals especially of metals.

### MATERIA MEDICA:

Siddhars , with their clarified and intuitive intellect resulting from their yogic powers explored the nature and exploited the natural resources for the sake of humanity. They documented their findings about the characteristics of plants , metals, minerals and animal products. They documented all their findings in the form of poems for the use of posterity. Knowledge was transmitted from Guru to disciples. Their boundless knowledge on the properties of drugs, purification, processing, heat application, fixing dosage , toxicity , antidote and clinical application is astonishing the modern scientific world.

## SIGNIFICANCE:

The Siddha System is capable of treating all types of chronic diseases especially arthritis, skin problems urinary tract disorders, infertility , degenerative disorders like osteo arthritis , Senile Dementia,disease of the liver, medicinallytreatable Spinal disorders ,general debility ,diarrhoea and intractable allergic disorders. Aringnar Anna Govt Hospital of Indian Medicine, Arumbakkam , being the premier institute in Tamil Nadu for Indian Medicine and Homoeopathy treats both outpatient and inpatient.

## TAMILNADU SIDDHA MEDICAL COUNCIL,CHENNAI-106.

The Government of India and the Central Council of Indian Medicine, New Delhi have been insisting to give statutory status to the State Council/Board for registration of Indian Medical Practitioners.

In the State of Tamil Nadu, the Tamilnadu Board of Indian Medicine has been functioning as a Board for the registration of Indian Medical Practitioners for Siddha, Ayurveda and Unani System without any statutory status.

As per the Government of India instructions, the Government of Tamil Nadu introduced an Act "Tamil Nadu Siddha System of Medicine (Development and Registration of Practitioners) Act, 1997", which came into effect from 29.9.1997. The Tamilnadu Siddha Medical Council has been formed in G.O.Ms.No.70, H&FW Dept. dated 12,.2.1998. This is the statutory registration body for the registration of Siddha practitioners only. For Practicing in Tamilnadu the registration in this Council is mandatory.

Details of persons Registered with Tamil Nadu Siddha Medical Council, Chennai-600 106 as on 31.12.2013 are as follows:

'A'Class Practitioners (Graduates)	4291
'B' & 'C' Class Practitioners	2275
Enlistment Practitioners	2411

## ACTIVITIES:

1. As per the State Act, 1997, the Tamilnadu Siddha Medical Council has been given powers for processing the applications for the establishment of new medical institutions and forwarding them with th4e recommendation to Government for giving prior approval.
2. In G.O.Ms.No.401,H&FW Dept, dated 27.8.99, the Tamilnadu Siddha Medical Council has been empowered to conduct the examination for Diploma in Pharmacy (Siddha) and to award Diploma/Certificate.
3. In G.O.Ms.No.142, H&FW Dept, dated 4.4.2001, the Government have approved syllabus, Curriculam and minimum standard requirement of 2 years Diploma course in siddha Phsiotherapy. The Government have also given permission to M/S.Siddam Trust, Mecode, Kanyakumari District to start the above Course.
4. TAMILNADU BORAD OF INDIAN MEDICINE, CHENNAI-106.

In the State of Tamil Nadu, the Tamilnadu Board of Indian Medicine has been functioning as a Board for the registration of Indian Medical Practitioners for Ayurveda, Unani and Naturopathy System. For practicing in Tamilnadu the registration in the State Board is mandatory.

Details of persons Registered with Tamilnadu Board of Indian Medicine, Chennai-600 106 as on 31.12.2013 are as follows:

	<b>Ayurveda</b>	<b>Unani</b>	<b>Naturopathy</b>
'A'Class Practitioner	2366	533	701
'B' & 'C' Class Practitioner	1889	628	-
Enlistment Practitioners	856	198	-

#### **ACTIVITIES:**

In G.O.Ms.No.401, H&FW Dept, dated 27.8.99, the Tamilnadu Board of Indian Medicine has been empowered to conduct the examination for Diploma in Pharmacy (Ayurveda &Unani) and to award Diploma / Certificate.

#### **TAMILNADU HOMOEOPATHY MEDICAL COUNCIL, CHENNAI-106.**

The Tamilnadu Homoeopathy Medical Council is functioning as a statutory body constituted by an enactment of Tamilnadu Homoeopathy system of medicine and practitioner of Homoeopathy Act, 1971. (Tamil Nadu Act No.5 1972) for the development of the Homoeopathy system of medicine and registration of practitioners of Homoeopathy and for matters connected therewith in the State of Tamil Nadu.

Under the provisions of the above said Act, persons registered with the Tamilnadu Homoeopathy Medical Council are alone eligible to practice Homoeopathy system in the State of Tamil Nadu.

Details of persons Registered with Tamilnadu Homoeopathy Medical Council, Chennai-600 106 as on 30.04.2014 are as follows:

Degree/Diploma Holders in Homoeopathy & Regd. under Class 'A'	4,796 Doctors
Registered on experience basis under Class 'B' & 'C'	15,176 Doctors
<b>Total</b>	<b>19,972 Doctors</b>

#### **EVENTS**

- Regular Indian Medicine & Homeopathy free Medical Camps are being organised throughout the state.
- Family Health awareness camp are being organised throughout the state.
- Periodical Herbal Exhibitions are being organised throughout the state to create awareness about the usage of Medicinal Plants and their protection/Propagation.
- Siddha treatment is provided to the Jail inmates in major prisons in the state.
- Free medical camps are organised in the Govt. Museum, Chennai every month.

# DIM QUESTIONS

- What is meant by Siddha System of Medicine?

Siddha System of Medicine is unique to Tamil Nadu, Evolved by great Siddhars.

Siddha system of Medicine is based on Natural products available in this Country. i.e. Herbs, Medicinal Plants, Metals, Minerals and animal products form ingredients of the medicines. In the hands of Experts, the ingredients by themselves or in combination have excellent medicinal value and relieve the sufferings without any side effects, complications. The system has stood the test of time for hundreds of years.

- Is it true that Siddha Medicine acts slowly?

The Siddha system does not believe in merely treating the symptoms. It eradicates the root cause for the illness, provides relief and also prevents recurrence.

- Is there treatment for all diseases in Siddha System?

Siddha System offers an effective treatment for all the minor ailments like Cough, Cold, Diarrhoea, fever etc. Moreover, it helps in building resistance against such ailments without any side effects.

Siddha System, is very effective in treating ailments like all varieties of joint diseases, skin diseases, Liver problems, Urinary Tract infections, rejuvenation, etc. However, like all other systems Siddha system also has its own limitations.

- Whether Diabetes can be cured fully in Siddha system?

Using Siddha System Diabetes can be controlled and maintained without any side effect.

- Whether Cancer can be fully cured by this system?

If cancer is detected in early stages it can be cured fully. Rest depends upon the stage, other complications of the patient. Though not fully curable, these medicines will help to relieve the pain and to extend the life span of individual.

- Can skin problem "psoriasis" can be cured fully?

This system provides good relief for psoriasis and also the recurrence period is postponed considerably.

- "AIDS" can be fully cured?

Research is going on to provide symptomatic relief for AIDS patients and improve the quality of life and Life span of AIDS patients.

The **Siddha Medicine** is one of the oldest medical systems known to mankind. Contemporary Tamil literature mentions the origin of the medical system from Southern [India](#) in the state [Tamil Nadu](#), as part of the trio Indian medicines - [ayurveda](#), [siddha](#) and [unani](#).

Reported to have surfaced more than 2500 years ago, the Siddha system of medicine is considered one of the most antiquated traditional medical systems.

"Siddhars" or Siddhas are the great scientists of ancient days mainly from Southern India laid foundation for this system of medication.

Siddhars were spiritual adepts who possessed the ashta siddhis, or the eight supernatural powers. Sage [Agathiyar](#) is considered the guru of all Siddhars, and the Siddha system is believed to have been handed over to him by Lord [Muruga](#), son of the Hindu God - Lord [Shiva](#) and Goddess [Parvathi](#). So, are the siddhars the followers of Lord [Shiva](#) ([Shaivaites](#)).

*Agathiyar* is the first Siddhar, and his disciples and other siddhars of other schools contributed thousands of texts on Siddha, including medicine, and form the propounders of the system in this world.

The [Central Council for Research in Ayurveda and Siddha](#) (CCRAS), established in 1978, by [Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy \(AYUSH\)](#), [Ministry of Health and Family Welfare, Government of India](#), coordinates and promotes research in the fields of [Ayurveda](#) and Siddha medicine.

Also, the [Central Council of Indian Medicine](#) (CCIM), a statutory body established in 1971 under AYUSH, monitors higher education in areas of Indian medicine, including Siddha.

To fight [biopiracy](#) and unethical patents, the [Government of India](#), in 2001, set up the [Traditional Knowledge Digital Library](#) as a repository of 223,000 formulations of various systems of Indian medicine, such as [Ayurveda](#), [Unani](#) and Siddha.

### **Tamil Nadu Medicinal Plant Farms & Herbal Medicine Corporation Ltd. (TAMPCOL)**

(A Government of Tamil Nadu Undertaking)

#### **Origin of the Corporation:**

The Government of Tamil Nadu with a view to undertaking cultivation of medicinal plants, collection and distribution of herbal raw drugs, manufacture of the various medicines from the medicinal plants and their pharmaceutical conversion into standard medicaments of proven quality by forming an autonomous Corporation of its own in the State, constituted an Expert Committee to prepare "Techno Economic Feasibility Report" in G.O. Ms. No.1940, Health Department, dated 15.11.1980. Based on the report and subsequent orders of the Government this Corporation was incorporated on 27th September 1983 in the name of "Tamil Nadu Medicinal Plant Farms & Herbal Medicine Corporation Limited (TAMPCOL)". The Corporate Identification Number is U93090TN1983SGC010336. The Registered Office is located at Anna Hospital Campus, Arumbakkam, Chennai-600 106 and the Factory is functioning at SIDCO Pharmaceutical Campus, Alathur near Thiruporur, Kancheepuram District.



## Simple Home Remedies for Siddha, Ayurveda & Unani " Food is Medicine - Medicine is Food"

### Siddha

#### FEVER

For ordinary fever and intermittent fever the following decoction may be administered:-

##### Preparation

Take Nilavembu (Chiratta) leaves two handful add 2 glass of water boil and reduce to 50ml. and filter.

Dose: 1/2 glass 2 times or 3 times a day

If fever is accompanied with bodyache, 2 piece of Arathai (Galanga the lesser), one teaspoon of MILAGU (pepper) and 2 piece of CHUKKU (Dry Ginger) may be added for the above preparation. But the quantity of water to be increased proportionately.

If cough is present with fever, 10 Nos of Adathodai leaves (ADATHODA VASICA) may be added with the preparation.

#### COUGH

(a) Take three leaves of Adathodai(ADATHODA VASICA) cut them into small pieces, and put the pieces into a vessel. add two teaspoon full of honey and fry the content until some pleasant smell comes. At that stage add the following coarsely powdered Athimathuram(Jamaica liquorice) 1 piece Thippli (Piper longum) 1 pinch Thalispatri (Flucourtia calaphracta) 1/2 gm., Chitharathai(galanga the lesser) 3 piece then add 4 glasses of water and boil, reduce to 1/2 glass.

Dose: 1/2 glass two times a day.

(b) Take 2 glasses of water. Add the following drugs, Adathodai leaves (Adathoda Vasica) three numbers, Kandankathiri leaves (Solanum Xanthocarpum) five numbers. Thulasi (holy basil) leaves five numbers Thoothuvalai (Trilobatum) leaves ten numbers and 3 gms., of Athimathuram (Jamaica liquorice) after roughly powdering them boil and reduce into 1/2 glass.

Dose: 1/2 glass two times a day with honey.

(c) 10 gms., of the root of Thoothuvalai(Trilobatum), grind with Cow's milk and to be taken in the morning.

(d) Adathodai leaves juice 30 ml. (ADATHODA VASICA) , Finely powdered Milagu(pepper) 6 gms., Perugayam (asafoetida) 1 gm. mixed all and take in the morning and evening.

(e) For Chronic cough, it will give relief when 2 gms., of chooranam (powder) which is made out of equal quantity of Kadukkai (Chebulic myrobolan, Ink nut) and "Thippli" (Piper longum) is administered in honey twice daily.

#### IRAIPPU - ERUMAL - (Bronchial Asthma)

a) Combine 2 Nanjaruppan (Tylophora Indica) leaves and two numbers of milagu (Pepper) and a piece of Chukku (Dry ginger) to be taken in the morning along with milk.

#### DRY COUGH

Keep a piece of Athimathuram (Indian Liquorice) and two numbers of Milagu(Pepper) in the mouth and swallow the saliva.

## HEADACHE

- a) For running nose, headache, boil Nochi leaves (*Vitex negundo*) in the water and place red hot brick on it. The vapour is inhaled by covering the body with a blanket.
- b) Juice of Thumbai flower (*Leucus*) 2 drops may be instilled in nostrils which will produce sneezing, after which headache (due to cold) will be relieved.
- c) Produce smoke by putting Omam (*Carum copticum*) Milagu (Pepper) Poondu thole (rind of the garlic) in fire and inhale the same.

## Flatulence due to indigestion

- a) Omam (*Carum Copticum*) 35 gms. Milgu (pepper) 35 gms. fry. combine this with palm jaggery and grind.

Dose: Betal nut size, morning and evening.

- (b) Poondu (Garlic) Milagu (Pepper) Karisalai leaves (*Eclipta Alba*) in equal parts. Grind and administer twice daily in betal nut size.

## DYSENTERY

- a) One Mangoosthan (*Mangostain*) fruit can be taken twice a day

- b) Powdered dried mango fruit.

Dose: One teaspoonful with Butter milk two times a day.

- c) Powder of Vetpalai seeds (*Wrightiatinctoria*).

Dose: One teaspoonful with honey two times a day.

- d) Powdered kadukkai thole (Rind of the *Terminalia Chebula*).

Dose: two gms. with honey.

- e) Mathulampazha thole (rind of the Pomegranate) 10 gms.,

Mangoosthan pazha thole (rind of the *Garcinia mangosthan* 10 gms. Lavangam (clove) 4 gms.,

Kasakasa (opium poppy seeds) one teaspoonful.

Powder the above drugs coarsely and boil with the 2 gms. of water and reduce to half and filter.

Dose: 30 ml. two times a day.

- f) Extract milk from half of a coconut, and mix 2 gms., of Kasukkatti (*catechu*) and administer two times a day.

## VOMITING

- a) Soak Seeragam (Cumin seed) in the lime juice and dry. Then powder the Seeragam nicely.

Dose: 500 mg. with honey two times a day.

- b) Burn vasambu (*acorus calamus*) until it becomes coal and powder.

Dose: 200 mg. with honey.

- c) Take equal quantity of juice of Mathulam Pazham (Pomegranate fruit) and cane sugar. Boil till it becomes a syrup. Administer one teaspoonful twice day.

## **CONSTIPATION**

- a) Soak ten gms. of dried Drakshai (Grapes) in sufficient water for some time and crush the Drakshai and take it at bed time.
- b) Take five-numbers of Seemai Athippazham (Country fig) at bed time
- c) Take papaya fruit either with food or separately (except pregnant ladies)
- d) Soak 5 gms. of Nilavarai leaves (Indian senna leaves) in 1 glass of water for sometimes, and make it as a decoction 1/2 glass and filter it and take it at bed time.

## **FEVER WITH THIRST**

Boil 5 gms., of alpagoda pazham (*Prunus communis*) in 1/2 glass of water, reduce to quarter, filter and administered with sugar, quantity sufficient at bed time. It acts as a Laxative also.

## **WHITE DISCHARGE**

Five drops of Chandana Athar (Sandalwood oil) to be taken with Peyan vazhaippazham (Plantain) twice daily.

## **POLYUREA**

- a) Take dried flowers of Avarai (*cassia auriculata*), the tanner cassiae, 15 gms and prepare decoction with sufficient quantity of water.

Dose: 60 ml. two times a day.

- b) Juice extracted from Kodippagal Kai (Bitter gourd) and to be taken in doses of 1/2 oz. (15 ml) twice daily.

## **SCABIES AND ITCHES**

- a) Juice of Kuppaimeni leaves (*Acalypha Indica*) with common salt may be applied externally.
- b) Soak one part of karbogi Arisi(*Psoralia corylifolia*) in four parts of coconut oil and apply the oil externally for skin infection.
- c) Grind Arugampul (*Cynodon daetylon*) with a piece of Turmeric and apply externally for skin infection.

## **PADARTHAMARAI(Ringworm Infection)**

Extract juice from the pods of Poovarasam(*Thespesi piopulrea*) and apply externally.

## **DANDRUFF**

- a) Grind Kattu Seeragam (*Vemonia anthelmintica* with lime juice and apply on the head)
- b) Take equal quantities of Kichilli Kizhangu (*curcuma Zedoaria*) manippungan Kai (seeds of *sepaidus trifoliate*s) and Kasthuri Manjal (*Curcuma aromatica*) grind with water and apply on the head and take bath.

## HAIR TONIC

Take Nellikai (Indian goose berry) juice 2 litres. Buffalo's milk 2 litres and gingelly oil 1 litre, boil up to thyla bagum and filter it, apply to the hair daily.

## MANTHAM

- a) Veliparuthi (Daemia Extensa) juice 15 drops to be mixed with one teaspoonful of castor oil and can be given in the morning.
- b) Nochi (Vitex negundo), Nuna (Morinda tinctoria) Poduthalai (Leppia Nodiflora) is taken in equal parts (5 gms.) add 60ml. of water and reduce to 15 ml. by boiling, can be given in one teaspoonful dose three times a day.
- c) Take 50ml. of water add 2 gms. of perungayam (Ferula asafoetida) and dissolve it. Administer 3 teaspoonful of solution with 5 drops of oma theeneer (distilled from carum trachyspermum roxburghianum) twice a day.

## YOGA

The Yoga we know was developed as a part of tantric civilisation, which existed in India more than 10,000 years ago. Now Yoga is developed as a separate medical science combined with Naturopathy. Patanjali propounded it in a systematic form; which consists of eight components namely restraint, observance of austerity, physical postures, breathing exercise, restraining of sense organs, contemplation, meditation and samadhi. These steps in the practice of Yoga have potential in improvement of social behaviour, improvement of physical health, improvement of better circulation of oxygenated blood in body, restraining the sense organs and thereby the mind and in inducing tranquility and serenity in the mind. The practice of integrated type of Yoga prevents psychosomatic disorders/disease and improves individual's resistance and ability to endure stressful situations. A number of physical postures are described in Yogic works to improve body health, to prevent disease and to cure illness. The physical postures are to be chosen judiciously and are to be practiced in a right way to derive the benefits. Breathing exercise helps in supply of proper oxygenated blood in the body.

**Siddha Colleges =GOVT-3 STATE-2 CENTRAL-1**

[Govt. Siddha Medical College, Chennai](#)

[Govt. Siddha Medical College., Thirunelveli](#)

[National Institute of Siddha, Tambaram](#)

PRIVATE-6 TN-5 KERALA-1

[Akila Thiruvithamcore Siddha Vaidya Sangam Siddha Maruthuva Kallooray & Hospital., Munchirai](#)

[RVS Siddha Medical College, Coimbatore](#)

[Sivaraj Siddha Medical College, Salem](#)

[Sri Sai Ram Siddha Medical College., Chennai](#)

[Velumailu Siddha Medical College., Sriperumbudur](#)

[Santhigiri Siddha Medical College, Trivandrum](#)

## **He is considered as the Father of Tamil Literature.**

## **He compiled first Tamil grammar called Agathiyam.**

- It is believed that he has lived in the 6th or 7th Century BC. He is direct disciple of Lord Siva.
- Specialized in language, alchemy, medicine, meditation & spirituality (yogam & gnanam).
- 96 books in the name of Agathiyar – Vaidiya Sigamani, Chendhooram - 300, Mani-400, Sivajalam, Sakthijalam etc.
- Still it is believed that the healing spirit of Agathiyar hovers in the mountains of the Courtalam is the southern end of Tamil Nadu.

## **The Prince of Mystics is said to be the disciple of Nandhidevar.**

- His age is fixed approximately between 5th and 8th centuries.
- His work Tirumandiram, deals with the body and soul.
- Thirumanthiram is considered as a Bible for Thanthrik Yoga.

Thirumoolar is considered as the Emperor of Siddha system of medicine who is the prime author for the famous literary works of THIRUMANTHIRAM and SAIVA SIDDHANTAM which framed the basic principles of Siddha system. A hypothesis of Thirumoolar in Atomic theory has been reinstated as Nanotechnology in this decade. His principles on Physiology in Siddha system are astonishing. Thirumoolar is the only Siddha who emphasized more on sound mind in a sound body by which one can achieve the mortality by kalpa yoga procedures. Versions of Thirumoolar are certainly appropriate for this present / modern, stressful world. It is helpful in combating non-communicable diseases such as myocardial infarction, degenerative diseases and depressive disorders. Regular practice of yoga will undoubtedly improve the over-all health and human character for the better.

## **His period is ascribed 4th Centuries B.C. It is believed that he has traveled China and propagated the spiritual philosophy in China.**

- He is considered as the descendant of Thirumoolar.
- He has attained samathi at Palani.
- It is considered that the statue of Lord Muruga was concocted with Nava pasana (Nine arsenical compounds).
- He has contributed on the field of alchemy, medicine and yoga.
- His contribution on the synthesis of mercury, mercurial compounds and arsenical compounds are note worth.
- More than 42 works on Siddha medicine are found to be available on his name.

## Therayar

- He is the latest siddhar lived. His period is fixed between 14th & 15th Centuries.
- He is considered to be the master of all the fields like astrology, mysticism, alchemy, medicine and language.
- The degree of his scholarship is considered to be the supreme.
- The style of the language is considered as the best as any contemporary Tamil poets.
- He has mastered all the languages like Telugu, Kannada, Malayalam, Tamil, Thulu and Sanskrit.
- His Guru (Master) was Dharmasowmiyar.
- His work on medicine especially on classification of diseases with their managements and prognosis are highly praise worthy.

SIDDHA CENTRAL RESEARCH INSTITUTE,  
ARIGNAR ANNA GOVT.HOSPITAL CAMPUS  
ARUMBAKKAM, CHENNAI- 600 106  
TAMIL NADU, INDIA

## Patents

**777 OIL FOR PSORIASIS issue on patent** In the year 1987

Department of Indian Systems of Medicine and Homoeopathy (ISM&H) was created in March,1995 and re-named as Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in November, 2003 with a view to providing focused attention to development of Education & Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems.

## AYUSH

“*Sowa-Rigpa*” commonly known as Amchi system of medicine is one of the oldest, Living and well documented medical tradition of the world. It has been popularly practice in Tibet, Magnolia, Bhutan, some parts of China, Nepal, Himalayan regions of India and few parts of former Soviet Union etc.

## **UNDER THE DEPT OF AYUSH**

**CCRAS : Central Council for Research in Ayurveda and Siddha - NEW DELHI.**

**Director General Dr.Ramesh Babu Devalla**

**CCRH : Central Council for Research in Homoeopathy- NEW DELHI**

**CCRUM : Central Council for Research in Unani Medicine . NEW DELHI**

**CCRYN : Central Council for Research in Yoga and Naturopathy. NEW DELHI**

**CCIM : Central Council for Indian Medicine**

**CCH : Central Council for Homoeopathy. NEW DELHI**

**NIA : National Institute of Ayurveda . JAIPUR. RAJASTHAN**

**NIH : National Institute of Homoeopathy. Kolkata**

**NIUM : National Institute of Unani Medicine. BANGALORE**

**NIN : National Institute of Naturopathy- PUNE**

**NIS : National Institute of Siddha .CHENNAI**

**MDNIY : Morarji Desai National Institute of Yoga- NEW DELHI**

**IPGTRA : Institute of Post Graduate Teaching Research in Ayurveda .JAMNAGAR**

**IMPCL : Indian Medicines Pharmaceuticals Corporation Ltd.UTTARAKHAND**

**RAV : Rashtriya Ayurved Vidyapeeth**

**PLIM : Pharmacopoeia Laboratory of Indian Medicine .**

**HPL : Homoeopathic Pharmacopoeia Laboratory**

The Central Council of Indian Medicine is the statutory body constituted under the Indian Medicine Central Council Act, 1970 vide gazette notification extraordinary part (ii) section 3(ii) dated 10.8.71.

Since its establishment in 1971, the Central Council has been framing on and implementing various regulations including the Curricula and Syllabii in Indian Systems of Medicine viz. Ayurved, Siddha and Unani Tibb at Under-graduate and Post-graduate level.

**TNPSC**

**Thiru. M.Vijayakumar, I.A.S., Secretary**

**Tmt V.Shobhana, I.A.S., Controller of Examinations**

The Madras Service Commission thus came into being under an Act of the Madras Legislature in 1929. Madras Presidency had the unique honour, of being the only province in India to establish the first Service Commission.



The Madras Service Commission started with three Members, including the Chairman. After re-organisation of States in 1957, several Commissions were constituted. The Madras Service Commission became Madras Public Service Commission with headquarters at Madras in the year 1957. During 1970, when the name of the State was changed into Tamil Nadu, the Madras Public Service Commission automatically became the Tamil Nadu Public Service Commission (TNPSC).

In view of its important and impartial function, Public Service Commissions rightly find a place of pride in the Indian Constitution. Articles 16, 234, 315 to 323 deal with various functions and powers of the Public Service Commissions. The working of Tamil Nadu Public Service Commission is also regulated by Tamil Nadu Public Service Commission Regulation, 1954 and the TNPSC Rules of Procedure.

## Dengue

Dengue fever also known as breakbone fever, is an infectious tropical disease caused by the dengue virus.

Symptoms include fever, headache, muscle and joint pains, and a characteristic skin rash that is similar to measles. In a small proportion of cases the disease develops into the life-threatening dengue hemorrhagic fever, resulting in bleeding, low levels of blood platelets and blood plasma leakage, or into dengue shock syndrome, where dangerously low blood pressure occurs.

Dengue is transmitted by several species of mosquito within the genus Aedes, principally A. aegypti.

The virus has four different types; infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others.

Subsequent infection with a different type increases the risk of severe complications. As there is no commercially available vaccine, prevention is sought by reducing the habitat and the number of mosquitoes and limiting exposure to bites.

Treatment of acute dengue is supportive, using either oral or intravenous rehydration for mild or

moderate disease, and intravenous fluids and blood transfusion for more severe cases.

The incidence of dengue fever has increased dramatically since the 1960s, with around 50–100 million people infected yearly.

Early descriptions of the condition date from 1779, and its viral cause and the transmission were elucidated in the early 20th century.

Dengue has become a global problem since the Second World War and is endemic in more than 110 countries. Apart from eliminating the mosquitoes, work is ongoing on a vaccine, as well as medication targeted directly at the virus.

**‘Government of Tamil Nadu Health & Family Welfare Department Commissionerate of Indian Medicine and Homoeopathy. How To prepare The Concoction Treat and prevent Dengue fever through Siddha Medicine Natural healing through traditional medicine**

(1) **PAPAYA LEAF JUICE** Fresh Papaya leaves (excluding veins) should be mixed with a little cold water and ground and filtered. Consume 10 ml four times a day. Fever will subside on consumption for five days. Even after recovery from fever this may be continued for another two days. Papaya leaf juice is a traditional home made natural medicine.

(2) **MALAIVEMBU LEAF (HILL NEEM) JUICE.** Fresh Malaivembu leaves should be mixed with a little cold water and ground and filtered. Consume 10 ml two to three times a day. Fever will subside on consumption for five days. Even after recovery from fever this may be continued for another two days.

Malaivembu leaf juice is a traditional home made natural medicine.

(3) **NILAVEMBU KUDINEER** Boil 10 grams of Nilavembu Kudineer Powder in 100 ml of water until it gets reduced to half and consume 50 ml two times per day in the morning and evening. Prepare the Nilavembu Kudineer freshly for each dose. Fever will subside on consumption for five days. Even after recovery from fever this may be continued for another two days. Nilavembu Kudineer powder is available in all Siddha wings in | Government Hospitals and Primary Health Centres free of | cost. After more than 37,000 dengue cases, including 227 which resulted in death, across India, a grandma’s antidote for the virus seems to be getting scientific endorsement. A herbal concoction ‘ juice of papaya leaf, common neem and hill neem ‘ being given to dengue patients in government hospitals in Tamil Nadu has been found to have anti-viral properties. Tests conducted at the King Institute of Preventive Medicine found that the Siddha preparation brought down symptoms and speeded up the recovery of patients.

Government Hospital of Thoracic Medicine

Treatment for TB, HIV Patients are treated with Siddha Medicine.

HTTPS - Hypertext Transfer Protocol Secure  
WWW - World Wide Web

## CHENNAI

Chennirayarpattinam or Channapatnam, from a [Vijayanagar](#) chieftain named [Damerla Chennappa Nayaka](#) based in [Chandragiri](#), where the Company began the construction of a harbour and a fort. The fort was completed on 23 April 1644, coinciding with [St George's Day](#), celebrated in honour of the patron saint of [England](#). The fort, hence christened Fort St George,

Medicine are as follows:-

S. No.	Medical System	No. of colleges	
		Govt.	Private
1	Siddha	2	5
2	Ayurveda	1	3
3	Unani	1	--
4	Homoeopathy	1	8
5	Yoga & Naturopathy	1	4
	Total	6	20

Graduate and Diploma Courses are given below.

Sl. No.	Discipline	Details of Seats available for admission					
		Government			Private		
		UG	PG	Diploma	UG	PG	Diploma
1.	Siddha	150	80	300	200	--	--
2.	Ayurveda	50	--	--	160	--	--
3.	Homoeopathy	50	--	--	450	24	--
4.	Yoga and Naturopathy	20	--	--	200	--	--
5.	Unani	26	--	--	--	--	--
	Total (1710 seats)	296	80	300	1010	24	--

National Institute of Siddha:

The State Government has played a vital role in setting up the National Institute of Siddha at Tambaram which is a joint venture of the Government of India and the Government of Tamil Nadu. The Government of India has provided 60% of the non-recurring expenditure and 75% of the recurring expenditure towards establishing this institute. The National Institute of Siddha was inaugurated on 3<sup>rd</sup> September 2005. It has been established with the objective of imparting post graduate education in Siddha systems and to provide medical care through Siddha systems of medicine. This premier Institution is now engaged in promoting and propagating the science and art of Siddha.

Tamil Nadu Medicinal Plant Farms & Herbal Medicine Corporation Ltd., (TAMPCOL) :

The Tamil Nadu Medicinal Plant Farms & Herbal Medicine Corporation Ltd., (TAMPCOL) was established in the year 1983. The Corporation manufactures Siddha, Ayurveda and Unani Medicines and supplies these medicines to all ISM wings functioning in the Government Hospitals and Primary Health Centres.

## RESEARCH

What is Research

Systematic way of thinking/ knowing

### Criteria for Research

- Logical
- Understandable
- Confirmable
- Useful

### Research Evidences in the past

- Vast palm leaf manuscripts, stone-scripts
- Published books in the pre-independent period.
- Still existing rare Traditional practices – a familial /cultural practice existence

Prologue of AYUSH research

- Maruthuvan Illakkanam- age, dress code, third eye.
- Preparation of medicines – Each and every preparation had its own SOP.
- Patient examination -Envagai thervu, neer nei kuri.
- Administration of medication and adjuvant.

Department of Indian medicine 1995.

Department of AYUSH in 2003.

AYUSH Mission Statement & its strategy

**Promotion and propagation of AYUSH systems of medicines in India and abroad and to attain the global leadership of the country in the field of traditional medicine.**

- Dynamic and vibrant education system
- Regulatory bodies & Research councils

- Drug standardisation
- Integration of ISM in National programmes.

#### Objectives

- Promotion of good health & expand
- outreach of health care.
- Improving quality of teachers & clinicians
- Safe ,effective drugs at affordable cost
- Authenticated RM availability -NMPB
- Re-orientation and **prioritization of Research** in AYUSH
- Creating awareness

#### Research at CCRAS

- **Clinical research** -23 Including 777 Oil and *Thamira chenduram*
- **Literary research** – 18 works – Therayar sekarappa
- **Drug research** - surveys, cultivation, pharmacognosy, pharmacology and phyto-chemistry -- 24

#### Research on Drug standardization

- Four pharmacopoeia committees
- Drugs control department - Drugs control cell (AYUSH)-GMP, GLP, GACP - Drugs and cosmetics act 1940.
- PLIM **Pharmacopoeial Laboratory for Indian Medicine** & HPL Homoeopathic Pharmacopoeia Laboratory – Ghaziabad –protocol of testing
- IMPCL-INDIAN MEDICINES PHARMACEUTICAL CORPORATION LIMITED to manufacture ASU drugs.

#### ICMR COMPOSITE DRUG RESEARCH SCHEME (1964 - 1970)

Drug-oriented approach under Dr.C.Dwaraknath

#### ICMR MULTICENTRIC TRIALS (initiated in 1985)

##### **Disease-oriented approach under Dr.G.V.Satyavati**

- ➡ List of 30 refractory diseases prepared by experts in modern medicine and Indian systems of medicine (Ayurveda, Unani).

6 selected for evaluation through RCT

Anal fistula  
Diabetes  
Viral hepatitis  
Urolithiasis  
Bronchial Asthma  
Filariasis

#### **KSHARASOOTRA FOR ANAL FISTULA**

- Insertion in to the fistulous track of a specially prepared medicated thread coated with herbal drugs and rendered alkaline (*Sushruta Samhita*, 600 B.C.) .

- Surgical linen thread smeared with the fresh latex of *Euphorbia neriifolia* and a specially prepared alkaline powder from the plant *Achyranthes aspera* and turmeric powder from the dried rhizomes of *Curcuma longa*.

Healing occurred	Ksharasootra (N=265)		Surgery (N=237)	
Recurrence rate	6/155	3.9%	16/142	0.03

## patent

- [Turmeric](#) and [basmati rice](#) patents granted by [United States Patent and Trademark Office \(USPTO\)](#)
- [Neem](#) patent granted by [European Patent Office \(EPO\)](#) in late 1990s

## Traditional Knowledge Digital Library (TKDL)

initiated in the year 2001

34 million pages

available in five languages

English, German, French, Spanish and Japanese

- In 2006, Government decided to allow access to the library to international [patent offices](#), including [European Patent Office \(EPO\)](#), Japan and the UK
- Another project to include data relating to 1,500 postures in [yoga](#) began in 2008.
- new reports of a large number of false gurus and yoga masters, who attempted to patent in their country this ancient knowledge, for example 131 yoga-related patents were traced in the US alone in 2007

Why we need patent?

To develop AYUSH products having Intellectual Property Rights (IPR) potential for increasing AYUSH exports

R F D

(Results-Framework Document) for Department of AYUSH (2011-2012)

Objectives

1 Delivery of AYUSH Services

2 Human Resource Development in AYUSH

3 Promotion and Propagation of AYUSH Systems

4 Research in AYUSH

5 Conservation and cultivation of medicinal plants

## Golden Triangle Partnership

- Dept of AYUSH
  - Identification of disease, system and medicine
- Dept. of Science and Technology
  - Drugs for the trial
- ICMR
  - Conducting trial

### Central schemes

- ROTP / CME
- Digitalizing of classical literatures
- Centre of excellence
- Public health initiatives
- **Extra –mural research**
- IEC- Information , Education and communication projects
- Workshops/seminars/ conferences.

### Centrally Sponsored schemes.

- Development of AYUSH institutions
- Quality control of AYUSH drugs
- Hospital and dispensaries under NRHM scheme

### Present status

- Identified conditions
  - Osteoporosis
  - BPH (Benign prostatic hyperplasia)
  - Hyper Tension
  - HIV / AIDS
- Identified drugs, dosage
- Drugs being manufactured –GMP
- Protocols developed - GCP

## Components as per ICH-GCP Guidelines

INTERNATIONAL CONFERENCE ON HARMONISATION-1996

*European Union, Japan and USA*

- A Multi Disciplinary Team
- Protocol Designing including
  - A. Informed Consent Form (ICF)
  - B. Adverse Drug Reaction (ADR) Form
- Case Record Form (CRF )



### A Multidisciplinary Team

- A team of experts from diverse fields should come together to develop a project of developing a protocol. For example assessment of efficacy of 'X' drug in specific disorder

Eg: Research problem - Neerizhvu – a siddha physician , diabetologist, ststistician, epedimiologist etc.

### Need of the Future

- India's stake in Global Market of ISM is below 5%(where TCM- 80%)
- Need of Evidence Based Medicine
- Holistic approach to the management of NCDs
- Cost of Medicare in India

### Scope for Research in India

- RICH TRADITION & BIO DIVERSITY
- MORE SCIENTIFIC MAN POWER
- PATIENT POPULATION MORE
- MORE SOFTWARE INTERVENTIONS
- LOW LABOUR COST

### Research in Future

- Phase I clinical trials as per WHO/ICMR/AYUSH guidelines
- Phase –II trials – In large number of patients
- Phase –III trials – RCT
- Phase – IV trials – Post marketing survey.

### Challenges in ASU Research

- Holism & Synergy
- Quality , Safety and Efficacy in reductionistic view
- Standardization
- Active compound isolation and its efficiancy
- Elaborate modern-pharmacological testing & toxicity testing
- SAR ( Structure Activity Relationship)
- Use of marker compounds
- Use of sophisticated equipments –HPTLC
- Stability Testing – Accelerated & Ambient temp
- Expiry dates
- Dosage forms for blinding the drugs.

## **AYUSH**

Department of ISM&H was created in March, 1995 and renamed as Department of AYUSH in November 2003.

### **CENTRALLY SPONSORED SCHEME for Development of AYUSH institutions (for modifications under 11<sup>th</sup> five year plan)**

1. Infrastructural development of AYUSH U.G / P.G. institutions – 2 crore and 3 crore respectively.
2. Assistance of add-on P.G / Pharmacy/ Para-medical courses – 3 crore
3. Development of Model AYUSH institutions / Centre for Advanced studies – 5 crore
4. One time assistance on 50:50 matching share basis for opening of new Ayurveda, Siddha, Unani and Homoeopathy institutions/ AYUSH universities in states not having such institutions – 10 crore.

### **CENTRAL SECTOR SCHEMES**

1. RoTP
2. ACDP
3. CoE
4. PHI
5. LHT
6. EMR
7. IC
8. IEC
9. AYUSH Industry cluster
10. Exchange programme/Seminar/workshops/conference

#### **1. RoTP**

(Central Sector Scheme for supporting Re-orientation Training / CME and Exposure programs of AYUSH)

- orientation training programmes, CME programmes,
- web-based educational programmes – CDs, web-based journals.
- publication of quarterly CME journals etc.

## **2. ACDP**

(Scheme for Acquisition, Cataloging, Digitization and Publication of Textbook and Manuscripts)

- To catalog and digitize the medical manuscripts in a standard format
- To support translation
- To utilize IT for dissemination of AYUSH knowledge to practitioners/ researchers/teachers.

## **3. CoE**

(Scheme for grant-in-aid to Non-profit/Non-Govt. AYUSH organizations / institutes for upgradation to Centre of Excellence)

CoE include – one or more of the following activities:

- Clinical research
- Research based on AYUSH fundamentals
- Pharmacognosy, pharmacology, pharmacy, bridging AYUSH and modern science.

## **4. PHI**

(Scheme for Grant-in-aid for promotion of AYUSH intervention in Public Health Initiative)

- Management of Communicable diseases (Malaria, Dengue, Cholera, TB, HIV, Syphilis etc)
- Management of Non-Communicable diseases like life style diseases.
- Maternal and Child Care
- Nutrition and Anaemia
- Epidemiological study

## **5. LHT**

(Scheme for Revitalization of Local Health Traditions)

- Documenting their practice ( eg. Bone setting, home remedies etc)

## **6. EMR**

(Scheme for Extra Mural Research Projects on ISM & H)

## **7. IC**

(Scheme for promotion of International Co-operation in AYUSH)

- Recognition and awareness in other countries.

## **8. IEC**

(Scheme for promotion of Information, Education and Communication in AYUSH)

- To create awareness through the information, education and communication about the strengths of the system.

## **9. Industry Clusters**

(Scheme for development of AYUSH industry cluster)

- 100 crore allocated.
- Cluster includes standardization, quality assurance and control , marketing etc.

## **10. Exchange programmes/Seminar/Conference/workshops**

(Scheme for conducting exchange programmes, seminars, conference, workshops)

- To improve the knowledge of the AYUSH practitioners through seminars, workshops etc.

## **TKDL**

(Traditional Knowledge Digital Library)

- Collaborative project between 1. CSIR ( Council of Scientific & Industrial Research), 2. Ministry of Science & Technology and 3. Dept. of AYUSH.
- Documentation of knowledge available in public domain from the existing literature related to Ayurveda, Unani and Siddha in digitized format.
- In 5 international languages – English, French, Unani, Spanish, and Japanese.
- In Siddha 12,950 medicinal formulations digitized.
-

## **Mainstreaming of AYUSH under NRHM**

(Modified Centrally Sponsored Scheme for Development of AYUSH Hospitals and Dispensaries )

### **Objectives:**

1. Mainstreaming of AYUSH through co-location of AYUSH facilities at PHCs, CHCs, DHs
2. Upgradation of AYUSH hospitals and dispensaries
3. Setting up Rogi Kalyan Samitis
4. HMIS (Health Management Information System)
5. Specialized AYUSH facilities in Govt. tertiary AYUSH hospitals with Public Private Partnership (PPP) mode.
6. Take up PPP projects in tertiary level hospitals.

### **Rogi Kalyan Samitis : ( Hospital Management Committees)**

- To provide flexibility and autonomy to the AYUSH hospitals at the district / sub-district levels .

### **NRHM ( National Rural Health Mission)**

- Launched in 2005 for a period of 7 years (2005-2012)
- To improve rural health care during system
- Operational in the whole country.
- It brings the AYUSH to the mainstream of health care.

### **Aim:**

- To provide accessible, affordable, accountable, effective primary health care.
- Bridging the gap in rural health care through ASHA ( Accredited Social Health Activitist)
- Will integrate programmes like – Health and Family welfare including RCH II , National Vector Borne Disease Control programme, National Leprosy Eradication Programme, Revised National TB control Programme, National Programme for control of Blindness, Iodine Deficiency Disorder Control Programme, Integrated Disease surveillance Programme.

### To Strengthen infrastructure:

- ASHA
- Supply of essential drugs both allopathic and AYUSH to the Sub-centres
- Provision of 24 hrs service in at least 50% of PHCs by including an AYUSH practitioners.
- Coding of new Indian Public Health Standards.
- Introducing 24x7 referral care services.

### Goals:

- Reduce Infant Mortality Rate, Maternal Mortality Ratio, Total Fertility Rate
- Reduce and control the prevalence of Malaria, Filaria, Dengue, Kala-Azar, Cataract , TB.
- Improving Mobile Health Units even to the hilly areas and tribal areas.

## Directorate of Indian Medicine and Homoeopathy - Education

### INDIAN MEDICINE AND HOMEOPATHY UNDER GRADUATE & POST-GRADUATE COURSES

#### UG COURSES OFFERED:

Sl.No.	Name of Courses	Medium of Instruction
1.	B.S.M.S-Bachelor of Siddha Medicine and Surgery	Tamil & English
2.	B.A.M.S-Bachelor of Ayurveda Medicine and Surgery	English & Sanskrit
3.	B.H.M.S-Bachelor of Homeopathy Medicine and Surgery	English
4.	B.N.Y.S-Bachelor of Naturopathy and Yogic Science	English
5.	B.U.M.S-Bachelor of Unani Medicine and Surgery	Urudu & Arabic

#### LIST OF GOVERNMENT MEDICAL COLLEGES

Sl.No.	Name of Institutions	Name of the Course	Annual Intake
1	Govt. Siddha Medical College, Palayamkottai	BSMS	100
2	Govt. Siddha Medical College, Chennai	BSMS	50
3	Government Ayurveda Medical College, Kottar, Nagarcoil	BAMS	50
4	Government Unani Medical College, Chennai	BUMS	26
5	Government Homeopathy Medical College, Thirumangalam, Madurai	BHMS	50
6	Government Yoga and Naturopathy Medical College, Chennai	BNYS	50

**LIST OF SELF FINANCING MEDICAL COLLEGES**

<b>S.No.</b>	<b>Name of Institution</b>	<b>Name of the Courses.</b>	<b>Annual in take</b>	<b>Govt. Quota</b>	<b>Management Quota</b>
1	Hahnemannhomeopathy Medical College, Koneripatti, Rasipuram Taluk, Namakkal District - 637 408. Ph : 04287-227226,226451 Fax : 227226 Email : drhmcr@gmail.com	BHMS	100	65	35
2	White Memorial homeopathy Medical College, Attoor, K.K.District - 629 177 . Ph : 04651-282292, 282282 Email : mail@whitememorialcolleges.com (Minority Institution)	BHMS	100	50	50
3	Saradakrishna Homeopathy Medical College, Convent Junction, Kulasekaram, K.K.District-629 161 Ph : 04651 - 279448, 280100 Fax : 04651 -279448 Email : college @skhmc.org (Minority Institution)	BHMS	100	50	50
4	Martin Homeopathy Medical College & Hospital, DPF Mill Compound, G.N.Mills (Post), Mettupalayam Road, Coimbatore – 641 029. Ph : 0422-2647657 Fax : 0422-2645262 E-mail : homoeocollege@gmail.com	BHMS	50	33	17
5	Sri Sairam Homeopathy Medical College & Research Centre, Poonthandalam Village, Sriperumbudur Taluk Chennai-600 044. Ph : 32507774/22512030 Fax : 22512121 E-mail :www.sairamhomoeo.edu.in	BHMS	50	33	17
6	R.V.S.Homeopathy Medical College, 242-B Trichy Road, Sular, Coimbatore – 641 402 Ph : 0422-2680077 Fax : 0422-2687604 E-mail : rvsinfo@md3.vsnl.net.in	BHMS	50	33	17

7	Sivaraj Homeopathy Medical College and Research Institute, Siddharkoil Road, Thumbathulipatty, Perumampatty (Post) , Salem 636 307 Ph : 0427-2481006,2481007 Fax : 2481206 E-mail : sivarajcolleges@yahoo.com	BHMS	50	33	17
8	Venkadeswara Homeopathy Medical College, No.4/11,Samayapuram Road Karambakkam post Porur,Chennai -600 116 Ph : 24760638/24763676 Fax : 044-24760638 E-mail : vhm2000@yahoo.com	BHMS	50	33	17
9	Sri Sairam Siddha Medical College & Research Centre, Poonthandalam Village, Sriperumbudur Taluk, Chennai-600044 Ph : 044-22512050 Fax : 044-22512121 E-mail : www.sairamsiddha.edu.in	BSMS	50	33	17
10	Akila Thiruvithanore Siddhavaidya Sangam, Munchirai,Pudukkandai (Post) , K.K.District - 629 171. Ph : 04651-235355 Fax : 04651-235351 E-mail : atsvssmc@gmail.com	BSMS	40	26	14
11	Velumailu Siddha Medical College and Hospital, 48, Grand West Trunk Road, Bangalore High Road, Sriperumbudur, Kancheepuram 602 105 Ph : 044 27162722 Fax : :+91-044-27162980	BSMS	40	26	14
12	<b>R.V.S.Siddha Medical College, Kannampalayam, Coimbatore -641 402</b> . Ph : 0422 - 2681123,2681124 Fax : 0422-2680047 E-mail : rvs_siddha@yahoo.co.in	BSMS	30	20	10
13	Sivaraj Siddha Medical College, Siddharkoil Road, Thumbathulipatty, Perumampatty (Post) , Salem 636 307 Ph : 0427-2481006,2481007 Fax : 2481206 E-mail : sivarajcolleges@yahoo.com	BSMS	50	33	17



14	Dharma Ayurveda College, 48, Grand West Trunk Road, Bangalore High Road, Sriperumbudur,Kancheepuram dist.602 105 Ph : +9144 27162722 Fax : +9144 27162980	BAMS	40	26	14
15	Ayurveda College, Coimbatore 242-B, Trichy Road, Sulur, Coimbatore - 641 402 Ph : 0422-2681346,2681347	BAMS	40	26	14
16	Sri Sairam Ayurveda Medical College & Research Centre, Poonthandalam Village, Sriperumbudur Taluk, Chennai-600044 Ph : 044-22512040 Fax : 044-22512121 E-mail : www.sairamayur.edu.in	BAMS	50	33	17
17	J.S.S.College Of Naturopathy And Yoga Sciences, Coimbatore - 641 105 Ph : +914222656858/4 Fax : +914222656470 E-mail : jssinyscoimbatore@gmail.com	BNYS	60	39	21
18	Sivaraj Naturopathy & Yoga Medical College, Siddharkoil Road, Thumbathulipatty, Perumampatty (Post), Salem 636 307 Ph : 0427-2481006,2481007 Fax : 2481206 E-mail : sivaraj@siddhaindia.com	BNYS	40	26	14
19	Sree Ramakrishna Medical College Of Naturopathy And Yogic Sciences, Kulasekaram, Kanniyakumari (Dt.)-629 161 Ph : 04651278425,277065 Mob : 9486369699,9487102509 E-mail : srkmcollege@gmail.com	BNYS	50	33	17
20	S.V.S Medical College Of Yoga And Naturopathy And Research Institute, Bangaram, Kallakurichi,Villupuram District.626 202 Ph : 04151-236051,290333,222880 Mob : 9994038796 E-mail : sivarajcolleges@yahoo.com	BNYS	50	33	17

**POST GRADUATE COURSES:****i. M.D.Siddha with 3 years duration:**

Name of the College	Maruthuvam	Gunapadam	Sirappu Maruthuvam	Kuzhanthi Maruthuvam	Noi Nodal	Nanju Noolum Maruthuva Neethi Noolum
Government Siddha Medical College, Palayamkottai	10	10	10	10	10	10
Government Siddha Medical College, Chennai.	10	10	05	05	04	-

Out of 94 Annual intake of M.D.(S), the following No.of seats for Service Candidate and Non-Service Candidates:

Category	Maruthuvam	Gunapadam	Sirappu Maruthuvam	Kuzhanthi Maruthuvam	Noi Nodal	Nanju Noolum Maruthuva Neethi Noolum	Total
Service Candidate 50%	09	09	08	06	06	05	43
Open for Service & Non-Service Candidate 50% Based on the Merit.	08	10	07	08	06	04	43
Special Category	03	01	-	01	02	01	08

**ii. M.D. Homeopathy with 3 years duration:**

**Total No of Seats 30**

Name of the College	Materia Medica	Paediatrics	Practice of Medicine	Reportory	Organon	Total
Saradha Krishna Homeopathy Medical College, Kulasekaram, K.K.District. (Minority Institution)	6	6	6	6	6	30