

## **CENTRAL COUNCIL FOR RESEARCH IN SIDDHA, CHENNAI**

Every year the birth star of *Siddhar Agathiyar*, the father of Siddha Medicine is celebrated as “Siddha Day”. The Ministry of AYUSH had accorded approval to observe the 3<sup>rd</sup> Siddha day on 13<sup>th</sup> January, 2020. The mega event was organised by Central Council for Research in Siddha (CCRS) in collaboration with National Institute of Siddha (NIS) and Directorate of Indian Medicine and Homoeopathy (DIM&H) at Amma Arangam, Chennai. The theme of the Siddha Day celebration was “Siddha science for Preventive and Promotive Health”.

The Third Siddha Day was a triumphant success with overwhelming support of Shri. Vaidya Rajesh Kotecha ji, Secretary, Ministry of AYUSH and mentorship of Shri. P.K. Pathak, Additional Secretary, Ministry of AYUSH, New Delhi.

Her Excellency Dr. Tamilisai Soundararajan, Hon’ble Governor of Telangana inaugurated the 3<sup>rd</sup> Siddha day celebrations and in her chief guest address, emphasized the role of Integrative medicine and traditional medicine especially Siddha system for Prevention as well as Promotion of Health. She appreciated the Amma Magaperu Sanjeevi scheme and advocacy of Nilavembu kudineer in the prevention and management of Dengue fever successfully.



Figure 1 Lighting of Lamp by Her Excellency Dr. Tamilisai Soundararajan, Hon'ble Governor of *Telangana*



Figure 2 Presidential address by Guest of honour Shri Shripad Yesso Naik, Hon'ble Minister of State (IC), Ministry of AYUSH



Figure 3 Chief Guest address by Her Excellency Dr. Tamilisai Soundararajan, Hon'ble Governor of *Telangana*



Figure 4 Welcome address by Prof. Dr. K. Kanakavalli, DG, CCRS

Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent charge), for AYUSH, delivered the Presidential address highlighting the extensive activities carried out through the Ministry of AYUSH to promote and popularize AYUSH systems. The celebration of Siddha Day is spreading the benefits of the Siddha system to the masses.

Dr. C. Vijayabaskar, Hon'ble Minister for Health and Family welfare, Tamil Nadu, briefed the schemes which have gained popularity in the State to tackle nutritional disorders (Anemia) and vector borne diseases (Dengue). Moreover, due to the integration with traditional systems of medicine, the state of Tamil Nadu had ranked the top in health indicators.

Shri. P.K. Pathak, Additional Secretary, Ministry of AYUSH mentioned that preventive, promotive and curative are the three essential aspects of health as well as strength areas of Siddha Medicine. So, Siddha is not merely considered as a medical system, but indeed a "Way of Life" which can very well be followed in our day-to-day activity to get rid of all physical and psychological ailments.

Dr. (Tmt.) Beela Rajesh, Secretary, Department of Health & Family Welfare Government of Tamil Nadu felicitated the gathering and pointed out the achievements of the Department with regards to tackling Public health problems.



Figure 5 Keynote address by Additional Secretary, Shri Pramod Kumar Pathak, Ministry of AYUSH



Figure 6 Her Excellency Dr. Tamilisai Soundararajan, Hon'ble Governor of Telangana is being honoured by Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai

While Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha, Chennai, welcomed the gathering and thanked the State and Central departments for various cooperation given for the upliftment of Siddha system of Medicine. Prof. Dr. R. Meenakumari, Director, National Institute of Siddha delivered the vote of thanks.

In order to observe the Siddha day in a scientific manner, a National Conference on the theme “Siddha Science for Preventive and Promotive Health” was organized. Three plenary lectures were organised as part of the scientific session. Dr. Sudha Seshayyan, Vice-chancellor, The Tamil Nadu Dr. MGR Medical University, Chennai, spoke on the topic, “Siddha Medicine-Translational Research and its significance”. Dr. G. Sivaraman, Managing Director, Arogya Siddha Hospitals and Arogya Health Care Pvt. Ltd. Chennai, gave a discourse on the topic, “The Current World’s Expectations from a Siddha Physician”. Prof. Dr. V. Gopal, Principal, College of Pharmacy and Registrar Academic, Mother Theresa Post Graduate and Research Institute of Health Sciences, Pondicherry, delivered a lecture on the topic, “Research on Siddha Science: Opportunities and Future Perspectives”.

Awareness Programmes on Siddha system of Medicine included lectures, rallies, and various competitions were held for one month prior to Siddha Day by various Peripheral Institutes / Units in this regard.

Siddha day Pre-events include Indiaan Records Event, Mini Project Research Grant competition, Write-a-thon Competition, Mural Painting Contest, Scientific writing and Success stories ‘writing was held to hone the talents of students of Siddha medical colleges, various other colleges and the public. Prizes and certificates were awarded to the winners on the Siddha Day.

On eve of the grand third Siddha day celebrations, more than 1200 registered delegates participated including Siddha Students, Researchers and Siddha experts. To encourage young students and researchers, scientific papers were allowed to be presented as posters on various topics pertaining to Siddha science for Public and Promotive Health.

Live Potted Plants and Raw drug specimens with information of their use in Siddha System Medicinal system were displayed along with their botanical details. The faculty members of various Siddha Colleges / Institutes, UG, PG and Research Scholars and the general Public benefitted by this informative exhibition.

The celebration of the third Siddha day was marked by special events Siddha Master Health check-up including Body constitution analysis, Pulse diagnosis and Diet-Activity counselling, free medical camp and Varmam therapy. In addition, herbal cooking competition was also conducted.

### **Mass Event on “My health in My hands”:**

Central Council for Research in Siddha (CCRS) and Velammal Vidyalaya (Annexure) jointly organised a Pre-Siddha Day event called “என் நலம் என் கையில்” on promoting the concept of “My health in My hands”, Self-Health awareness, as a Mass Event Attempt for Indian World Records. Highlight of the event was the biggest human formation of Siddha Day 2020 with 2020 Children wearing Agathiyar face mask and holding a Medicinal plant sapling in their hand to inculcate the habit of healthy living by using herbs from childhood itself.



Figure 7 Student formation of Siddha Day 2020



Figure 8 Students portraying En nalam en kayil

Prof. Dr. K. Kanakavalli, Director General, CCRS in her Keynote address, stressed the importance of using home remedies made from plants & spices in the kitchen. Shri S. Ganesh IAS, Director, Directorate of Indian Medicine and Homoeopathy delivered the Special Address.

Dr. G. Sivaraman, MD, Arogya Siddha Hospital & Arogya Healthcare Pvt. Ltd, Chennai felicitated the gathering and expressed positivity at the way people are aware of the role of Siddha Medicine in improving health is at their hands.

### **MINI PROJECT RESEARCH GRANT:**

Mini Project Research Grant competition was organized by Central Council for Research in Siddha as a part of the Third Siddha day events. The guidelines for Mini Project Research Grant were uploaded on the council’s website.

A team was deputed by DG, CCRS to coordinate the Mini Project Grant comprising the following members:

1. Dr. S. Selvarajan, Research Officer (Siddha), S-III, CCRS, Chennai.
2. Dr. Shyamala Rajkumar, Research Officer (Siddha), S-II, CCRS, Chennai.
3. Dr. R. Meena, Research Officer (Siddha), SCRI, Chennai.
4. Dr. V. Aarthi, Research Officer (Siddha), CCRS, Chennai.
5. Dr. Eugene Wilson, Research Officer (Siddha), CCRS, Chennai

The Guidelines were revised, drafted by Dr. Eugene Wilson, Research Officer (Siddha) and suggestions incorporated as given by other members and was uploaded in the Siddha council website after the approval of DG, CCRS.

43 projects were received from BSMS students (UG Category) and 8 projects were received from MD Siddha students (PG Category). In toto, 51 project proposals were received from students of the Siddha Medical Colleges.

The following members were nominated by DG CCRS, as scrutinizing members for mini projects under U.G and P.G category:

1. Dr. T. Anandhan, Former Assistant Director, SCRI, Chennai
2. Dr. M. Joseph Maria Adaikalam, Associate Professor, Department of Epidemiology, the Tamil Nadu Dr. M. G. R. Medical University, Chennai.
3. Dr. R. Manikandan, Senior Medical Officer, Central Government Health Scheme, Chennai.

In this regard, all the projects were scrutinized on 9<sup>th</sup> January, 2020 at 2.30 p.m. at DG's Chamber, CCRS, Chennai. The members evaluated the Projects individually and scored them. Based on the total marks, the projects were ranked according to the final score of the aggregate mark sheet signed by all the experts.

DG, CCRS informed the coordinator Dr. S. Selvarajan, Research Officer (Siddha) S-III, CCRS, Chennai to discuss with the each of the students in the rank list for finding out the capability of the student and check whether the candidate or some other staff faculty member has prepared the project. Dr. S. Selvarajan made a call to all the top rank holders to find out whether the individual has actually worked for the project and aware of the work which he / she is going to carry out.

Based on the call with the students, Dr. S. Selvarajan, Research Officer (Siddha) S-III, CCRS, Chennai conveyed that all the top rankers in both UG and PG category were able to tell about their research project and answered all questions which were raised by him. Appropriately, the list of selected candidates released.

## RESULT OF MINI PROJECT RESEARCH GRANT

Sl. No	ID	Name	U G	College	Title	Project Grant
1	MP 16	S. Ilanchezhayan	U G	Government Siddha Medical College, Chennai	A Comparative study on Suddhi process of 'Naagam' – Natural ore vs Commercial sample	Rs.10,000/-
2	MP 19	D.V. Haripriya	U G	RVS Siddha Medical College & Hospital, Sulur, Coimbatore.	Evaluation of effectiveness of Amma Magaperu Sanjeevi Pettagam in delivery and in lactating women	Rs.10,000/-
3	MP 39	R. Shruthi	U G	Sri Sairam Medical College and Research Centre, West Tambaram, Chennai	Agathiyars Docket	Rs.10,000/-
4	MP 42	S. Priyadarshini	U G	Sri Sairam Medical College and Research Centre, West Tambaram, Chennai	Clinical Intervention of Karpa Nei in the treatment of PCOD	Rs.10,000/-
5	MP 44	P. Sakthi Priya	U G	Sri Sairam Medical College and Research Centre, West Tambaram, Chennai	Evaluation of Efficacy of Chinnileaf in the treatment of Urticaria	Rs.5,800/-
6	MP 47	T. Sasi Priya	PG	National Institute of Siddha, Tambaram, Chennai	Screening the physico-chemical properties and evaluation of Antidiabetic potency of Puttran Soru. (Termite soil)	Rs.25,000/-
7	MP 48	C. Rahini Nivedhidha	PG	National Institute of Siddha, Tambaram, Chennai	Standardisation and pharmacological profile of Ellukaithol uppy (Extract from furi cover of <i>Sesamum indicum</i> )	Rs.25,000/-

## SCIENTIFIC WRITING COMPETITION:

A scientific writing Competition was held to boost the morale of the budding scientific research writers on occasion of the third Siddha Day. Many participated enthusiastically, out of which First, Second and Third Prizes were given. The List of Winners includes:

Position	Name of the Authors	Title	College
I	R. Saranya S. Athula S. Hari	Medicated Chewing Gum: A nutraceutical Supplement for Acid Peptic Disorder (APD)	Velumailu Siddha Medical College, Sri Perumpudur
II	M. Sri Sakthi Logisha K. Thirignanam R. Kalaivani M. MD. Musthafa T. Siddiq Ali	Efficacy of leech therapy in the treatment of Eczema a case study	Govt. Siddha Medical College, Chennai
III	G. Ramana M. Ariviyalan L. Vidhya D. Praveen kumar Gurumoorthy S.K. Sasi	An observational study on Siddha diagnostic tools Naadi Neikkuri & Manikadai nool in Nithamba soolai (Cervical cancer)	Govt. Siddha Medical College, Chennai

## SUCCESS STORY: WINNERS

A success story writing competition was held to literally identify the successful attempts made in Siddha as a beacon for the furtherance of the system and benefit of others. Many participated actively and First, Second and Third Prizes were given.

The list of winners includes:

Position	Name of the Authors	Title	College
I	S. Narrainshree	KAMANAM – BA 36 Travel of Siddha heritage from Santhigiri to San diego	Santhigiri Siddha Medical College, Thiruvananthapuram
II	R. Keerthika	A Clinical trial on therapeutic efficacy of suttigai (Thermal Cauterization) in the management of Kaalani (Corn foot)	National Institute of Chennai

III	L. Rajareegan R. Vidhya K. Balagurusamy	Effectiveness of Naga Chunnam for the treatment of female infertility – A Success story	Velu Mailu Siddha Medical College, Sri Perumbadur
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### QUIZ COMPETITION:

Quiz competitions were held separately among UG students, PG students and General Public. The List of the winners of the Quiz competitions held on 13.12.2019 are as follows:

#### LIST OF WINNERS FROM THE UG STUDENTS

Team	Name of the Students	Name of the College	Prize
1.	M.Tamilselvi R.Dharani S.Gowtham	Sri Sairam Siddha Medical College, Chennai	1 <sup>st</sup> Prize
2.	D.E.Abraham Prince S.J.Hariharan C.S.Nagarajan	Government Siddha Medical College, Palayamkottai.	2 <sup>nd</sup> Prize
3.	P.Ponsridharani T.Santhosh Raj R.Saranya	Velumailu Siddha Medical College, Sriperumbudur.	3 <sup>rd</sup> Prize

#### LIST OF WINNERS FROM PG STUDENTS

Team	Name of the Students	Name of the College	Prize
1.	Dr.M.K.Sathis Kumar (Pothu Maruthuvam) Dr.J.K.Jaysree (Nanju Maruthuvam) Dr.A.Sakthi Paargavi (Noi Naadal)	National Institute of Siddha	1 <sup>st</sup> Prize
2.	Dr.N.Nethaji Subash Chandrabose Dr.M.Thivya Sundarai Dr.A.Wajagath Ali	Government Siddha Medical College	2 <sup>nd</sup> Prize

## LIST OF WINNERS FROM THE GENERAL PUBLIC

Team	Name of the Students	Prize
1.	Rajalakshmi Kodimalar Gomathi Shree devi	I <sup>st</sup> Prize
2.	Abirami P.Thilagavathi Venkatraman	II <sup>nd</sup> Prize
3.	Nandhini Kavitha Dhanasundhari	III <sup>rd</sup> Prize

### HERBAL COOKING COMPETITION:

The Herbal cooking competition was held at Amma Arangam, Shenoy Nagar, Chennai on 13<sup>th</sup> January, 2020 to display the value of the including herbs in the daily diet. The competition was conducted exclusively for Public. The participants were asked to cook their favourite herbal recipe that represented the flavour of Siddha and bring it to the venue. Many herbal dishes that were a starter, main course, snack, dessert was brought to the venue. Judgement was based on the nutrition, health value, taste & flavour, Creativity, innovation, Presentation with balance and harmony in the menu.

Various seminars, Medical camps were conducted in the Seven Peripheral Units/Institutes as part of the Third Siddha Day pre-events.

## SIDDHA CENTRAL RESEARCH INSTITUTE, CHENNAI

Siddha Central Research Institute (CCRS, Ministry of AYUSH, Govt. of India) and Govt. Siddha Medical college, Chennai under the aegis of Directorate of Indian Medicine and Homoeopathy, Chennai jointly conducted a one-day National Seminar on Siddha Palliative Care (NSSPC) on 20<sup>th</sup> Dec. 2019 at Siddha Central Research Institute, Arumbakkam, Chennai – 600106.

In the seminar, the students' response is really overwhelming, and we have participants from various Siddha medical colleges, staff of SCRI and CCRS. About 154 participants and staff from the government and private Siddha medical colleges actively participated in the seminar. Nine resource persons including 4 in-house speakers delivered their Scientific lectures.



Figure 9 Brochure on National Seminar on Siddha Palliative care



Figure 10 Release of Monograph on Udaliyal Project

During the Inaugural ceremony DG, CCRS Prof. Dr. K. Kanakavalli delivered the presidential address. Dr. Jeyaprakash Narayanan, Chairman, Siddha Pharmacopoeia Committee and Dr. P. Parthibhan, Joint Director, Directorate of Indian Medicine and Homoeopathy, Govt. of Tamil Nadu delivered the Felicitation addresses.

Dr. Abhijit K. Dam, Secretary, Indian Association of Palliative Care delivered the felicitation address at the gathering. Dr. M. Kannan, Joint organizing Secretary delivered the vote of thanks. The scientific sessions were highly interactive and participatory. At the end of the sessions, certificates were distributed to the participants. The event ended by fulfilling its scope.

## **SIDDHA REGIONAL RESEARCH INSTITUTE, PUDUCHERRY**

### **National Seminar on Art of healthy lifestyle through Siddha Dietetics**

Siddha system emphasizes that the diet and life style are the determinants of human health. The physical and intellectual wellbeing can be achieved through proper food and life style. *Unave Marunthu; Marunthe Unavu*, is the statement which highlights the importance of healthy food and its medicinal values. The epistemic perspective of nutritional concepts in Siddha system of medicine differs from current modern system. Hence, this seminar is organized to share the knowledge and experience on Siddha dietetics from experts of relevant field for the benefit of student's community.

The major thrust areas covered in the Seminar are:

- Siddha fundamentals and principles on food
- Role of taste in disease management
- Nutraceuticals/ functional foods by Siddha traditional means
- Lifestyle management through healthy food practices.

A one-day National Seminar on Art of healthy lifestyle through Siddha Dietetics was organized by Siddha Regional Research Institute, Puducherry on 22<sup>nd</sup> December 2019 (Sunday) at Hotel Abi Krishnaa, Puducherry.

The event started with registration from 08:30 am. Upon registration, the delegates were provided with participation kit which included a Jute bag, IEC material on Kanji varieties, notepad and a pen. Totally 166 participants attended. Students and faculty from various Siddha Medical Colleges, Arts and Science Colleges, Pharmacy College were participated. Siddha Medical Officers and Siddha physicians were also participated in the seminar.

The inaugural ceremony started with *Thamizhthaaai Vaaazhthu* and Lightening of *Kuthu vilakku* followed by *Siddhar Anthem*. Dr. R. Rathinamala, Research Officer (S) Siddha Regional Research Institute, Puducherry welcomed the gathering. The inaugural session was presided over by Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai. In her presidential address she insisted to follow *Theran Pini Aunga Vidhi* and its influence for the healthy maintenance of life. These simple principles should be propagated in a proper manner for globalisation of Siddha. The Dignitaries were then honoured with a memento and Shawl. Dr. A. Rajendra Kumar, Research Officer (Siddha) Scientist- II & In charge, Siddha Regional Research Institute, Puducherry has delivered the key note address. The Guest of honour Dr. G. Sriramulu, Director, Department of ISM&H, Puducherry has delivered the chief guest address. He insisted the need of scientific validations of Siddha formulations. The felicitation address was given by Dr. S. Selvarajan, DDO, CCRS, Chennai and Shri. K. Vasudevan, ADO, SRRI, Puducherry. The

inauguration was concluded with the Vote of thanks by Dr.B. Chitra, Research Officer (S) Siddha Regional Research Institute, Puducherry.



Figure 11 Guest of honour Dr. G. Sriramulu, Director, Department of ISM&H, Puducherry delivering the Chief Guest address



Figure 12 Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai honouring Dr. G. Sriramulu, Director, Department of ISM&H, Puducherry

The first technical session commenced with the presentation of Dr. T. Kavitha, Assistant Professor, Mother Theresa Post graduate and Research Institute of Health Sciences, Puducherry on the topic of *Lifestyle management through healthy food practices*. Then the next presentation was given by Dr. G. Madhu Kartheesh, BSMS, Founder – Astro Food, Chennai, National Food Consultant, Mauritius on the topic *What healthy eating does to your body*. The post lunch session started with the lecture by Dr. M. Elangovan, Principal Scientist (Economic Botany), ICAR - Indian Institute of Millets Research (IIMR), Hyderabad on the *Diversified Uses of Millets in India*. In the last session Dr. R. Menaka, Lecturer, Govt. Siddha Medical College, Arumbakkam, Chennai delivered a lecture on *Challenging Nutrition Behaviour – A Paradigm shift through Siddha*.

The panel discussion commenced around 5 p.m. and was chaired by Dr.A. Rajendra Kumar co-chaired by Dr. N.Jeya sankar, Dr. T. Kavitha, Dr. G. Madhu Kartheesh and Dr. R. Menaka. The importance of dietetics and its medicinal values, scope of research in these areas are re-emphasized by the speakers. Feedback about the conduction of seminar was also obtained from the delegates. With the concluding remarks from the dignitaries, certificates were distributed to the delegates. The event concluded by 5.30 p.m with National anthem.

### **Third Siddha Day celebrated at Siddha Regional Research Institute, Puducherry**

The Third Siddha Day was celebrated on 13<sup>th</sup> January, 2020 at OPD premises of Siddha Regional Research Institute, Puducherry. Dr. Nidhya E., Research Officer (Pathology) welcomed the gathering. The programme started with lighting of Kuthuvilakku. Dr. Gayathri Gunalan, Research Officer (Biochemistry) briefed the Pre-Siddha Day 2020 events and gave the inaugural speech. Dr. Lavanya, R.O. (Siddha) delivered the Siddha Day speech on the topic “**நோயற்ற வாழ்விற்கு வள்ளுவம் கூறும் உணவு நெறிமுறைகள்**”. The Chief guest of the day,

Dr. T. Sivakumar, I.I.S. Asst. Director, Field Outreach Bureau, Puducherry, delivered the felicitation address and distributed the cash prizes to the prize winners of the Slogan Writing Competition (Pre-Siddha Day Event). Dr. A. Faridha, Research Associate (Siddha) proposed the vote of thanks. An IEC material on Kanji varieties in Siddha system of medicine was distributed to the public. Medicinal plants and raw drugs were displayed with information on therapeutic indications to create awareness among the public.



Figure 13 Lighting of Lamp by Dr. T. Sivakumar, I.I.S. Asst. Director, Field Outreach Bureau, Puducherry



Figure 14 Dr. Gayathri Gunalan, Research Officer (Biochemistry) delivered the inaugural speech



Figure 15 Dr. Lavanya, R.O. (Siddha) delivered the Siddha Day speech on the topic “**நோயற்ற வாழ்விற்கு வள்ளுவம் கூறும் உணவு நெறிமுறைகள்**”



Figure 16 Dr. A. Faridha, Research Associate (Siddha) proposed the vote of thanks

### **SLOGAN WRITING COMPETITION:**

A slogan writing competition was held at Siddha Regional Research Institute, Pondicherry. Shri. N. Sankarasubramanian, Assistant Librarian, Pondicherry University, Puducherry judged the event. First, Second, Third Prize and Two Consolation prizes were given. The List of Prize winners are as follows:

<b>S. No.</b>	<b>Contestant Name</b>	<b>Prize</b>	<b>Slogan</b>
1.	Sh. M. Ajmal Khan	First	நித்த உணவே சித்த மருந்து சித்த மருந்தே மொத்த மகிழ்வு.
2.	Ms. K.Manjula	Second	வேல் தூக்கிய தமிழர் தம் பார் தூக்கும் சித்தர் மருத்துவம்!
3.	Ms. Rita Raj	Third	நல்லுணவே மருந்து: நம்முடலே மருத்துவர்.
4.	Ms. S. Selvarani	Consolation- I	உண்போம் அறுசுவை விருந்து – தேவைப்படாது உணவுக்கு முன் பின் மருந்து.
5.	Sh. M.Manish Kumar	Consolation -II	Celebrate the warmth of Spiritual Life; Practice and feel Siddha's vibe!

### **MURAL PAINTING CONTEST:**

Mural painting contest was held on 5th January 2020 on the premises of Siddha Regional Research Institute, Puducherry. Among the entries, twenty participants /teams were shortlisted and invited to execute the Mural Painting. The panel of jury included Sh. P. Suresh, Assistant Professor, Bharathiar Palkalai Koodam, Puducherry -605007. Dr. M. Subbiah, Assistant Professor, Department of Performing Arts, Pondicherry University, Puducherry -605014 and Dr. N. Jeya Sankar, Siddha Expert, Puducherry.

The Prize Winners of the Mural Painting Contest:

<b>Prize</b>	<b>Name</b>	<b>Affiliation</b>
First Prize	1. Km. K. Ellora 2. Sh. Santosh Raj. T 3. Km. Priya. A 4. Km. Jinu. S.S	Velumailu Siddha Medical College, Chennai.
Second Prize	1. Dr. K. Ranjitham 2. Dr. S. Karthi 3. Dr. A. Kaviya	National Institute of Siddha, Chennai.

	4. Dr. Elaviduthalai	
Third Prize	1. Sh. Arun Kumar	Chettinad Sarvaloka Education International School, Puducherry.
	2. Sh. Balaji	Game Programming Faculty (Image Infotainment Limited), Uthukottai.
	3. Sh. C. Madhivannan	Fine Art Teacher in Govt. High School, Puducherry.
Consolation I	1. Km. C. Cilfa	Velumailu Siddha Medical College, Chennai.
	2. Km. Shabana Yasmin. J	
	3. Km. Vennila. U.S	
	4. Km. Sowmiya Sree. R	
Consolation II	1. Km.G. Monali	Velumailu Siddha Medical College, Chennai.
	2. Km.Kruti Sri. K	
	3. Km. Harini Gayathri. M	
	4. Km. Kehren R Rayma	

Cash awards of Rs.10,000/-, Rs.6000/- & Rs.4000/- as first, second and third prize were awarded to the winners respectively. Consolation prize of Rs.1000/- for each team was also given.

## **SIDDHA REGIONAL RESEARCH INSTITUTE, THIRUVANANTHAPURAM**

3<sup>rd</sup> Siddha day observance in Thiruvananthapuram by Siddha Regional Research Institute, Thiruvananthapuram in collaboration with National AYUSH Mission, ISM and Department of AYUSH Kerala, Siddha Medical Association, Santhigiri Siddha medical College and Siddha NGO's in Kerala was successfully completed on 13th January 2020. The Inaugural function was organised at the Olympia Chambers, Chandrasekharan Nair Stadium, Palayam, initiated with the distribution of Siddha Pamphlets, medication – Neerkovai Mathirai and Venkarapodi, one plant – Seenthil (*Tinospora cordifolia*) and one fruit- Nellikai (*Emblica officinalis*) in the reception chamber.

Inauguration was done by Honourable Sh. K. Sreekumar Mayor of Thiruvananthapuram and presided over by Sh. VK. Prasanth, a respected MLA of Thiruvananthapuram. Dr. Navjot Khosa IAS, the State Mission Director NAM Kerala and Managing Director of Kerala Medical Services Corporation (KMSCL) rendered the welcome address and the Keynote address was marked by the Honourable Chief guest, Dr. Sharmila Mary Joseph IAS, Secretary, Department of AYUSH Kerala. The Director of ISM Dr K.S. Preeya, Dr. K. Jamuna Director of Homeopathy Department Kerala, Dr. Sunil Ray Principal of controlling officer, Govt. Homeopathic Medical College, Thiruvananthapuram and Dr. Robert Ray District Medical Officer, ISM has felicitated the observance of 3<sup>rd</sup> Siddha day. The function was enlightened with the presence of Dr. M. Subash, State Programme Manager, AYUSH Mission, Dr. R. Jayanarayanan, State Programme Manager (Homeopathy), Dr. V.B. Vijayakumar State Nodal Officer (Siddha) and Dr. Jaganathan Principal of Santhigiri Siddha Medical College. The function concluded with the Vote of Thanks by Dr. A. Kanagarajan, Assistant Director of Siddha Regional Research Institute, Thiruvananthapuram.

The Inaugural function was followed by the lecture of the invited Speakers Dr. Thirunarayanan and Dr. Stanley Jones along with the Open forum discussion and Expo organized in the Chandrasekharan Nair Stadium Palayam. The Medicinal plants and raw drugs in Siddha have been displayed in the expo; the books, IEC materials were distributed for the awareness of the public about Siddha system of Medicine.

In connection with the observance of 3<sup>rd</sup> Siddha day, a Mega Medical Camp was organised in the Saraswathy Mandapam, Poojappura, Thiruvananthapuram on 13<sup>th</sup> January 2020 at 2.30 pm. The programme was inaugurated by the ward Councillor Dr. Vijayalakshmi in the presence of State programme Manager Dr. M. Subash (Ayurveda) and Dr. R. Jayanarayanan (Homeopathy). The District Medical Officer, ISM Dr. Robert Roy, State Nodal Officer (Siddha) Dr. V.B. Vijayakumar and Dr. Gopakumar Former Assistant Director SCRI, Chennai.



Figure 17 Inaugural function of 3<sup>rd</sup> Siddha day at the Olympia Chambers, Chandrasekharan Nair Stadium, Palayam



Figure 18 Welcome address by Dr. Navjot Khosa IAS, State Mission Director NAM Kerala and Managing Director of Kerala Medical Services Corporation (KMSCL)



Figure 19 Dr. Sharmila Mary Joseph IAS, Secretary Department of AYUSH Kerala delivered the Keynote address



Figure 20 Dr. A. Kanagarajan, Assistant Director SRRI, Thiruvananthapuram delivering Vote of Thanks



Figure 21 Visit of Dr. Navjot Khosa IAS, State Mission Director NAM Kerala and Managing Director of Kerala Medical Services Corporation (KMSCL) in the medical camp



Figure 22 Siddha Consultation in the special Siddha day Medical Camp at Saraswathy Mandapam Poojappura

### **Pre-Siddha day event of SRRI, Thiruvananthapuram EXTSSM - 2020**

National Seminar & Workshop on “External therapies in Siddha System of Medicine” (EXTSSM-2020) was organised by Siddha Regional Research Institute, CCRS jointly with Department of AYUSH Kerala & NAM Kerala, Santhigiri Siddha Medical College (SSMC), Siddha Medical Association India and NGOs on 7<sup>th</sup> January 2020 at the Conference Hall of

SRRI, Thiruvananthapuram to enlighten on the scope of External therapies in Siddha System of Medicine.

The Welcome address was pronounced by Dr. G. S. Lekha, Research officer (Siddha) followed by the inauguration of the Seminar with the lighting of lamps. The Inaugural address was earmarked by the Honourable Chief guest, Dr. Sharmila Mary Joseph IAS, Secretary, Department of AYUSH Kerala, and was proceeded with the Presidential address by the Honourable Chief guest, Dr Navjot Khosa IAS, the State Mission Director NAM Kerala and Managing Director of Kerala Medical Services Corporation (KMSCL).

The special address was articulated by the Joint director of ISM Dr. Anil Kumar and was followed by the felicitation address of Dr. M. Subash, State Programme Manager, Dr. V. B. Vijayakumar, Vice president CCIM, Dr. Jaganathan Principal in-charge of Santhigiri Siddha Medical College, Dr. Emy. S. Surendran Research Officer, Regional Ayurveda Research Institute for Life style disorders. Vote of Thanks enunciated by Dr. A. Kanagarajan, Assistant Director, SRRI, Thiruvananthapuram. The Honourable chief guests Dr. Sharmila Mary Joseph IAS and Dr. Navjot Khosa IAS visited the Institute, discussed about the activities of SRRI, Thiruvananthapuram and showed appreciation.



Figure 23 National Seminar & Workshop on External therapies in Siddha System of Medicine (EXTSSM -2020)



Figure 24 Inviting Chief Guest for EXTSSM -2020



Figure 25 Presidential address by Dr Navjot Khosa IAS, Director NAM Kerala



Figure 26 National Seminar & Workshop on External therapies in Siddha System of Medicine (EXTSSM -2020)



Figure 27 Audience in National Seminar & Workshop on External therapies in Siddha System of Medicine (EXTSSM -2020)



Figure 28 Inaugural Address by Dr. Sharmila Mary Joseph IAS, Secretary, Department of AYUSH Kerala

The Aim of Seminar was to bring out the external therapeutic procedures in regular practice and to update the scientific knowledge in regard to this. The technical session commenced with lecture of Dr. J. Jeyavenkatesh, on “Clinical Experience of few Siddha External Therapies”. Followed by “SWOT Analysis in Siddha” by Dr. V.B. Vijayakumar and ‘Siddha – Anchored on Scientific facts’ by Dr. K. Jaganathan. The programme concluded with

“Management of Powthira moolam (Fistula in ano) with Karanool therapy” by Dr. E. R. Sreeraj. Participants included the students and faculties from Santhigiri Siddha Medical College, Siddha Physicians from the nearby hospitals, totalling to around 100.

## SIDDHA CLINICAL RESEARCH UNIT, PALAYAMKOTTAI

### **Pre-Siddha Day – Siddha Medical Camps:**

As part of the third Siddha day celebrations, Siddha Clinical Research Unit, Palayamkottai organized two free Siddha medical camps to create awareness about Siddha System of Medicine among the general public.

A free Siddha medical camp was organised at Government Higher Secondary School, North Ariyanayagipuram on 31<sup>st</sup> December 2019. Dr. K. Sivaranjani, R.O. (Siddha), Dr. R. Kiruthiga R.A(Siddha), Shri Ajith Kumar, Pharmacist, Shri. S. Dhamodharan, Lab attendant participated in the camp. After Consultation, Siddha medicines were distributed to the around 140 patients.

Another Siddha medical camp was organized on 6<sup>th</sup> January 2020 at CMS Evangelical Primary School, Moontradaippu in Tirunelveli district. Dr. P.Elankani, R.O (Siddha) Sci III I/C, Dr.R.Kiruthiga R.A (Siddha), Shri Ajith Kumar, Pharmacist, Shri.S. Dhamodharan, Lab attendant participated in the camp. Following Consultation, Siddha medicines were distributed to the around 133 patients.

### **Pre-Siddha Day Activities in Ramnad District:**

A Medicinal Plant expo was organized on 8<sup>th</sup> January, 2020 at Suresh Sudha Azhagan Memorial School, Thirupullani. Headmaster K. Selvaraj, Presided over the function. Dr. K.Muthuraman, AMO, Uthirakosa mangai welcomed the gathering. K. Pughalenth, DSMO, Ramnad district, delivered the inaugural address and explained about Planting Herbs in the home. Dr. P. Srimuganagalingam, AMO, Panaikulam explained to the students about the History of Siddha Medicine, Siddhars and about Siddha books. Secretary of Antiquity protection foundation, V.Rajaguru gave Audio-Visual presentation on rare herbal plants.

### **Pre-Siddha Day Activities in Madurai District:**

A Pre-Siddha Day event was organised on 9<sup>th</sup> January 2020 at Presentation convent Girls Higher Secondary School, Theni. The schedule of events included

1. Awareness programme and seminar for Adolescent girls on Adolescent Anaemia and PCOD
2. Distribution of Pamphlets
3. Free Siddha Medical Camp
4. Herbal Exhibition
5. Adolescent Counselling

Mr.Sai Charan Tejaswi IPS, Superintendent of Police, Theni district was the chief guest. Mrs S. Renuga Devi. CEO, Theni District, Mr. S. Raghavan, DEO, Theni district were invited as Guests of Honour. Sr. Z. Alphonsa, Superior, Presentation convent Girls Higher Secondary School,

Theni felicitated the gathering. Dr. P. Mariappan, DSMO, Madurai and Theni districts delivered the Vote of Thanks.

#### **Pre-Siddha Day Activities in Thoothukudi District:**

District Siddha Medical office (DSMO), Thoothukudi and Siddha Clinical Research unit, Palayamkottai jointly organised Siddha Herbal Expo on 10<sup>th</sup> January 2020 at Thoothukudi Medical College Hospital Campus, District Siddha Medical Office, Thoothukudi. District Collector, Thiru Sandeep Nandoori inaugurated and expressed that Siddha Medicine is becoming more popular in the urban areas and seekers of Siddha medicine are increasing in recent days. In the event, Dr.R.Rajaselvi, DSMO, Thoothukudi district, Dr.P.Elankani, R.O(S) Sci III I/C, Dr. Silas Jebamani, RMO, delivered the felicitation address. The exhibits displayed Siddha Medicine on areas of Pediatrics, Gynaecology, Cosmetology, Varmam external therapies and Siddhars' life style. Special Medical Camp for public and awareness lectures were held as part of the event.

#### **Pre-Siddha Day Activities in Tirunelveli District:**

A Pre-Siddha day event was organized jointly by District Siddha Medical office (DSMO), Tirunelveli and SCRU, Palayamkottai at Puliyangudi Illathu Pillaimar Thirumana mandapam on 10<sup>th</sup> January 2020 from 10.00 AM to 4.00 PM. Dr.A. Rajeswaran, AMO, Govt. Hospital, Puliyangudi delivered the Welcome Address, Dr. J. Mabell Arul Mani, DSMO, Tenkasi delivered the presidential address. Dr. P. Muthukumar, MBBS, Medical officer, Govt. Hospital, Puliyangudi, Dr.M.K.A.Kotheri yasar arafath, Govt. Hospital , Puliyangudi, Dr. A. Karthiga, Govt. Hospital, Puliyangudi delivered the felicitation address. Dr. M. Manokari, RA(Botany) participated on behalf of SCRU, Palayamkottai. Dr. K. Selvarani, AMO, Kuruvikulam delivered the Vote of Thanks. The participants included 2500 School and College students and around 1000 Public people. The following events were organised

1. School Children Rally
2. Herbal Expo
3. Essay Competition
4. Raw drugs Expo
5. Awareness on Nutritional foods and Siddha Medicine.

#### **Pre-Siddha Day Activities in Virudhunagar District:**

Pre-Siddha Day event was organized jointly by District Siddha Medical office (DSMO), Virudhunagar and SCRU, Palayamkottai at Devangar Higher Secondary School, Aruppukottai, Virudhunagar district on 10<sup>th</sup> January 2020. Dr.G.Manimegalai, DSMO, Virudhunagar district welcomed the gathering. Dr.R.Manokaran, Joint director, Medical and Rural health services, Virudhunagar delivered the presidential address. Dr. K. Sivaranjani, R. O (S), SCRU, Palayamkottai, Mr.K.M.Vijayakumar, Chairman, Devangar Mahajana Sabai, Mr.M.Kannan, Secretary, Devangar Higher Secondary School, Aruppukottai delivered the felicitation address. Dr. V.N.Parimala Selvan, AMO, Kariyapatti delivered the vote of thanks. A special awareness programme, herbal expo, Quiz competitions were held as part of the programme.

**Pre-Siddha Day Activities at Kanyakumari District on 10.01.2020**

AYUSH Herbal Expo was organized by District Siddha Medical office (DSMO), Kanyakumari and SCRU, Palayamkottai at Govt. Hospital, Nagercoil. Dr. Eliza, Dr. J. Sriram participated in the event. Special awareness programme and Herbal Expo was organized for the School and College students.

## SIDDHA MEDICINAL PLANTS GARDEN, METTUR

The Herbal exhibition and Free Siddha Medical Camp was organized by Siddha Medicinal Plants Garden, Mettur Dam on 28th December 2019 at Siddha Medicinal plants garden, Workshop corner, Mettur. Dr. P. Radha, Research Officer (Botany) In-Charge of SMPG delivered a welcome address to all the dignitaries, delegates and public. Prof. Dr. K. Kanakavalli, Director General, CCRS presided the events with brief notes on general activities of SMPG and CCRS. Chief guest Sh. V. Saravanan IAS, Sub- Collector, Mettur Dam delivered a short and precise talk on Siddha system of medicine used for various ailments with a special emphasis on his personal experience. Dr. G. Selvamorthy, DSMO, Salem District delivered the Guest of Honour address, Dr V. Aarthi, Research Officer (Siddha), CCRS, Chennai delivered the felicitation address and Dr. Eugene Wilson Research Officer (Siddha), CCRS, Chennai delivered the Vote of thanks to all the Guests and participants of the program.

The Sub-Collector, Mettur Dam inaugurated the Herbal plant Exhibition at 11.30 am and the Director General, CCRS Chennai inaugurated the Free Siddha Medical camp at 11.40 am.

About 120 Medicinal plants and 82 different raw drugs were exhibited in the Herbal exhibition. Around 650 people including the general public of Mettur, students, teachers and researchers from various parts of the Tamil Nadu have participated and benefited by the Herbal plant Exhibition and 159 patients benefited by the Free Siddha Medical Camp.

### Free Siddha Medical Camp:

The following Siddha doctors provided service at the free Siddha Medical Camp, conducted by SMPG, Mettur, on 28th December 2019.

1. Dr. I. Chelladurai, M.D (Siddha) : Research Officer (Siddha), SMPG Mettur Dam.
2. Dr. Eugene Wilson. M.D (Siddha) : Research Officer (Siddha), CCRS, Chennai.
3. Dr. S. Jayakumar. M.D (Siddha) : Assistant Siddha Medical Officer, Mettur Dam
4. Dr. K. Mathan. M.D (Siddha) : Volunteer Siddha Physician
5. Dr. Priya Nandini. M.D (Siddha) : Volunteer Siddha Physician

S.No	Category	Number of patients
1	Male	10
2	Female	11
3	Male child	52
4	Female child	86
<b>Total</b>		<b>159</b>

A total of about 159 patients were benefitted by the Medical Camp.



Figure 29 Inauguration of Siddha Day function at SMPG, Mettur Dam



Figure 30 Presidential address by Prof. Dr. K. Kanakavalli, Director General, CCRS



Figure 31 Dr. I. Chelladurai, Research Officer (Siddha), SMPG, Mettur Dam providing consultation at free Siddha medical camp



Figure 32 Dr. Eugene Wilson, Research Officer (Siddha), CCRS, Chennai Hqtrs. providing consultation at free Siddha medical camp

## Herbal Exhibition



Figure 33 Explanation of raw drugs by Dr. P. Radha, Research Officer (Botany) & i/c, SMPG, Mettur Dam



Figure 34 Display of Raw drugs utilized in manufacture of Siddha drugs

## SIDDHA CLINICAL RESEARCH UNIT, NEW DELHI

### National seminar on Integrated Research approaches in Siddha system of medicine:

Siddha Clinical Research Unit, New Delhi (a Unit of Central council for Research in Siddha), Vardaman Mahavir Medical College and Safdarjung Hospital jointly organized a National Seminar on Integrated Research Approaches in Siddha System of Medicine as a Pre-Siddha Day Event on dated 9<sup>th</sup> January 2020 at LT – III, Vardaman Mahavir Medical College, New Delhi.



Figure 35 Dignitaries in the inaugural function of National Seminar, pre-siddha day event



Figure 36 Dr. R. Manickavasagam RO (Siddha) Incharge, SCRUC, New Delhi delivered the welcome address.

The dignitaries included Chief Guest Shri. Pramod Kumar Pathak, Dr. Ravi, Dr. Anil Khurana, Prof. Dr. N.N.Mathur and Dr. K. Kanakavalli. The Felicitation address was delivered by Dr. Anil Khurana Director, General In charge, CCRH and Dr. Prof. N. N. Mathur, Principal, VMCC.

### Technical sessions:

During the Technical session –I , Prof. Dr. Rama Jayasundar (PhD, Cambridge) (BAMS) delivered a lecture on “AYUSH systems and Modern medicine: why, how and where they differ”. Dr. P. Sathiyarajeswaran, M.D (S), M.Phil delivered a lecture on “SWOT Analysis for Integration Siddha System with Modern Medicine” as part of the technical session –II. In the Technical session-III, Dr. V. Kalaiselvan, M. Pharm, Ph.D delivered lecture on “Role of Indian Pharmacopoeia Commission in Promoting the Quality of Herbal Drugs”. During the technical session-IV Dr. P. Manickam Ponnaiah B.S.M&S., M.Sc (Epid)., Ph.D delivered lecture on “Research in Integrative Medicine Involving Siddha System of Medicine: Rationale, Challenges and Considerations”. Dr. B. Akila RO (Siddha), Siddha Clinical Research Unit, New Delhi delivered a vote of thanks.

## SIDDHA CLINICAL RESEARCH UNIT, BENGALURU

### **Pre-Siddha Day event: National seminar on ‘Role of Siddha medicine in the management of Nutritional disorders – An Integrative approach.’**

A National Seminar on 'Role of Siddha medicine in the management of nutritional disorders- An Integrative approach', was organised by Siddha Clinical Research Unit, Bengaluru in association with The University of Trans Disciplinary Health Sciences and Technology (TDU), Bengaluru on 13<sup>th</sup> December, 2019 at TDU, Bengaluru. Prof. G. Hari Ramamurthi, Centre Head, Centre for Local Health Traditions and Policy, TDU gave the welcome address. Prof. Darshan Shankar, Vice Chancellor, TDU delivered the keynote address stressed the need for promoting Siddha medicine outside the boundary of Tamil Nadu. Dr. A. Rajendra Kumar, Research Officer (Siddha) i/c, Siddha Regional Research Institute, Puducherry has delivered the Inaugural address. Research Institute, Puducherry rendered the Inaugural address. Dr. Kaviraj udupa, Additional professor, Department of Neurophysiology, NIMHANS, Bengaluru expressed his interest to open a Siddha wing in NIMHANS campus in his felicitation address and assured to give full support in this regard. Dr. M. Harihara Mahadevan, Research Officer (Siddha) proposed the vote of thanks.

Lectures were arranged in 5 thematic sessions highlighting the importance of Nutritional health and related disorders under the following topics:

Topics	Speakers
Overview of Nutritional disorders in Siddha system of Medicine	Dr. Eugene Wilson, Research Officer (Siddha), Central council for Research in Siddha, Chennai.
Epidemiology and modern aspect of nutritional disorders	Dr. Kaviraj Udupa, Additional Professor, Department of Neuro Physiology, NIMHANS, Bengaluru.
Siddha Perspective on Nutritional Health	Dr. T. Thirunarayanan, Director, Centre for Traditional Medicine and Research, Chennai.
Trans Disciplinary Research approaches for nutritional disorders, focusing on Bio-assimilation	Dr. Subrahmanya Kumar K., Assistant Professor, Centre for Ayur biology and Holistic Nutrition, TDU.
Trans Disciplinary Research approaches for Metabolic Health	Dr. Vishnu Prasad C.N., Assistant Professor, Centre for Ayur biology and Holistic Nutrition, TDU.
National level programs on Nutritional disorders and Integration of Siddha Medicine – A Roadmap	Dr M. Harihara Mahadevan, Research Officer(Siddha) i/c, SCRUC, Bengaluru.

All the lectures were translated to Hindi for easy understanding of participants. Students from Sairam Siddha Medical College, Chennai, TDU, Bengaluru, Siddha Medical Officers from Dharamapuri & Krishnagiri district, Tamil Nadu, Private Siddha Practitioners from Karnataka and Traditional healers attended the seminar.

Dr. R. Thilagavathi, Research Officer (Siddha), Dr. C. Eswaran, Research Associate, Dr. K.P.Vanmathi, Research Associate, Mr. N.S.S. Srinivas, Consultant, Sh. R. Santhapriyan, Pharmacist, Sh. Athikesavan, Pharmacist, Sh. D. Udaya, MTA & D. Manjunath, MTA were part of the team from SCRUC, Bengaluru to have assisted in conducting the seminar.



Figure 37 Inauguration of National Seminar on 'Role of Siddha medicine in the management of nutritional disorders- An Integrative approach



Figure 38 Dr. Kaviraj Udupa, Additional Professor, NIMHANS delivered felicitation address to the gathering

## SIDDHA CLINICAL RESEARCH UNIT-TIRUPATI

### Siddha Day Camp:

As a part of Siddha Day and Makara Sankranti Celebrations, Siddha Clinical Research Unit-Tirupati organized the Siddha Awareness and Nilavembu Kudineer Camp at Tirupati, Andhra Pradesh associated with Ganesh Utsav Committee on 13<sup>th</sup> Jan 2020. In this camp, Dr. Radha, Consultant(s), Dr. Arunachalam, Research Associate(s), Shri A. Ravichandran, Asst. Consultant (admin), Mr. Premkumar, Ms. Shenbagavalli, Mr. Anil participated. AC (Admn) delivered a speech about the Siddha system of medicines to General public. Ganesh Utsav Committee-Tirupati honoured our staff with Memento and Shawl.



Figure 39 Distribution of Nilavembu Kudineer at free Siddha Medical Camp

### Pre-Siddha Day Event:

#### National Workshop on Scope of Integrative Medical Treatment in Clinical Practice (SIMTI-2020)

A National workshop on scope of Integrative Medical Treatment in Clinical practice (SIMTI) was organized by Siddha Clinical Research Unit Tirupati in association with Sri Venkateshwara Institute of Medical Sciences (SVIMS) on 3<sup>rd</sup> January, 2020 at Sri Padmavathi Auditorium, SVIMS.



Figure 40 Release of book titled “An Anthology of Research Reviews on Siddha Integrative Treatment”,

### Workshop title:

SIMTI- Scope of Integrative Medical treatment in clinical practice. The acronym

SIMTI is a word from Romanian language which means “Reality”. The acronym fits well to the workshop title as it too focuses on the reality of clinical practice, the growing trend of integration. Siddha day is an auspicious occasion celebrated on the star birthday of Siddha Agathiyar, the father of Siddha Medicine and this year, the third Siddha day falls on 13<sup>th</sup> Jan 2020. A National workshop on scope of Integrative Medical Treatment in Clinical practice (SIMTI) was organized by Siddha Clinical Research Unit Tirupati, CCRS in association with Sri Venkateshwara Institute of Medical Sciences (SVIMS) on 3<sup>rd</sup> January, 2020 in connection with at Sri Padmavathi Auditorium, SVIMS.

**Inauguration:**

The Inauguration ceremony started around 10.00am. Welcome speech was delivered by Dr. K. Samraj Research officer i/c of Siddha Clinical Research Unit Tirupati that was followed by lighting of lamp. Director General of Central council for Research in Siddha, Prof. Dr. K. Kanakavalli gave the inaugural address. The Director General quoted that Integration is a way of practising medicine in a way that selectively incorporates elements of complementary and alternative medicine into comprehensive treatment plans alongside solidly orthodox methods of diagnosis and is not usually taught in medical schools. Also, she narrated the importance of Integrative medicines that it helps to raise the prognosis profile of patients, and also designs a plan to help us build healthy behaviour and skills. She also highlighted that familiarisation with complementary therapies is needed to be started in medical schools and other institutes of higher education through awareness programmes. So that it will create fundamental changes in the way physicians are trained because integrated medicine is not just about teaching doctors to use herbs instead of drugs.

Honourable Director cum Vice chancellor of SVIMS Prof. Dr. B. Vengamma was the guest of honour who in her speech, elaborated the need of integration and appreciated the efforts of SCRUT Tirupati towards integration. Also, in her speech she mentioned the basic elements of Siddha, prevention of the core concept of Siddha medicine and the necessity to propagate integration. The Vice Chancellor in her speech pointed out the need for Siddha day celebration saying that it is to sensitize the public about the holistic approach in the health care system and to equip students, faculty members and practitioners of Siddha for providing standard care.

The special invitee Prof. Dr. S. P. Thiyagarajan, Professor of eminence & Dean, Sri Ramachandra Medical University made a note on importance of preclinical studies in integration of medicine. In his speech he mentioned about out numbering chronic illness, the writing cost of medicines, diagnostic algorithm at present. He also made a note in the changing trend of general public towards holistic health. He added that to have a great success the evidence-based medicine must not be restrictively protocol based. He also made clear to the students the difference between complementary medicine and alternative medicine.

**Book launching program:**

A book titled “An Anthology of Research Reviews on Siddha Integrative Treatment”, a compilation work of integrative studies done by various authors was published on the occasion. Honourable Vice Chancellor of SVIMS released the book and the first copy was received by the

Director General Prof. Dr. K. Kanakavalli, CCRS Chennai. The chief editor is Prof. Dr. K. Kanakavalli, Director General and the editors are Dr. K. Samraj Research Officer i/c, Dr. K. Nandhagopal, Dr. S. Radha, Dr. K. Arunachalam and Dr. S. Rajalakshmi. The book contains research articles including literature review, preclinical and clinical trials in an integrative way to enlighten the researchers on integrative research. It explains literature evidence of integration in Siddha system of medicine, challenges in integrative research. It also includes interesting articles on Pragmatic trials, self-controlled studies and cross over studies. The National Health Policy regarding integration is also explained briefly in the text.

The programme was felicitated by Dr. M. Hanumantha Rao Dean & Sr. Prof of anaesthesiology, SPMC, Dr. K. V. Sreedhar Babu, Registrar, SVIMS, Dr. Uma Maheswara Rao, and Head of Dept. of Pharmacology & in-charge of Controller of Examinations and Dr. R. V. R. Prasad Research Officer & i/c, CRU Homeopathy, Tirupati.

### **Scientific Sessions:**

Three thematic sessions were conducted in the workshop as per the schedule.

#### **1. Thematic session I: Introduction of integrative medicine and medical procedures**

- Prof. Dr. S. P. Thiyagarajan Professor of eminence & Dean, Sri Ramachandra Medical University.

#### **2. Thematic session II: Integrative Medicine in Public Health:**

- International and national level policies to promote integration of modern medicine and evidence-based medicine by Dr. P. Sathiyarajeswaran, Director i/c, Siddha Central Research Institute, Chennai.
- Role of Health care communication in the development of Integrative Medicine by Dr. Pranabandhu Das, Associate Professor, Dept. of Radiation Oncology, SVIMS, Tirupati.

#### **3. Thematic session III: Pre-Clinical and Clinical efficacy in Integrative Medicine:**

It was conducted as post lunch session around 2.45pm, shared by three key speakers:

- Efficacy of Integrated medicine in pre-clinical aspect by Dr. K. R. Subash, Associate Professor, Dept. of Pharmacology, SVIMS, SPMC (W) Tirupati.
- Integration of Yoga and Meditation in Cardiovascular Diseases (CVD) by Prof. Dr. V. Vanajakshamma, Dept. of Cardiology, SVIMS, Tirupati and
- Integrative Medicine in the management of Pain by Dr. C. Anbarasi, Research Officer (Siddha), Siddha Central Research Institute, Chennai.

### **Summary of the Workshop:**

The details of the event were summarised by Dr. S. Radha, Consultant, Siddha Clinical Research Unit, Tirupati.