सत्यमेव जयते
Ministry of AYUSH

3rd SIDDHA DAY

13th January 2020

SOUVENIR

National Conference on Siddha Science for Preventive and Promotive Health

Organized by

Central Council for Research in Siddha
Ministry of AYUSH, Govt. of India
&
National Institute of Siddha
Ministry of AYUSH, Govt. of India

In association with

Directorate of Indian Medicine and Homoeopathy
Govt. of Tamil Nadu

Navigator

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10th January, 2020

प्रो. डॉ. के. कनकवल्ली
महानिदेशक
Prof. Dr. K. Kanakavalli
Director General

PREFACE

Siddhar Agathiyar is considered as the father of Siddha Medicine because of his remarkable contribution to the field of Siddha system of Medicine. In this regard, Ministry of AYUSH, Govt. of India has accorded approval for observing Siddha Day every year on the birth star of Siddhar Agathiyar in Ayilyam star which falls on the Tamil month Maarkazhi. With the support of Ministry of AYUSH, the 3rd Siddha Day is jointly organized by the Central Council for Research in Siddha and National Institute of Siddha, Ministry of AYUSH, Government of India in association with Directorate of Indian Medicine and Homoeopathy, Government of Tamil Nadu on 13th January, 2020.

The Ministry of AYUSH is keen that all stake-holders including State Governments join together to observe the Siddha Day. Each institution carries out innovative activities for creating awareness about Siddha to the public. At the same time, efforts were put forth to strengthen and to take the Siddha system forward by the practitioners, faculty members, students and all stake holders. Thus, the usefulness of the Siddha system of medicine will be known to everyone and the greatness of Siddha will become evident automatically.

Siddhar Thirumoolar has provided an apt definition of Siddha Medicine which is contemporary to definition of health provided by the World Health Organization. The theme of the Siddha day is "**Siddha Science for Preventive and Promotive Health**". Personalized medicine and disease prevention are the core concepts of Siddha system of medicine which is also emphasized in P4 medicine – the future trend of health care. P4 is an approach to make medicine more Predictive, Preventive, Personalized and Participatory. Its two major objectives are to quantify wellness, predict and prevent disease. Siddha system of medicine emphasizes the quality of life through various preventive and promotive healthcare measures.

Siddhars have also recommended certain basic lifestyle guidelines for healthy life. Besides various holistic treatment methodologies, "Kayakarpam" is one of the important disease preventing and health promoting concept in Siddha. They recommend simple lifestyle practices, daily regimen and seasonal regimens for prevention of diseases and promotion of health. These disease preventing practices are aimed to increase the immunity towards both physical and mental illness. Thus, a National Conference on the current theme is coined to cherish the Siddha system and also to educate its science to the common public and learned society.

The Ministry of AYUSH is taking steps to expand the units of CCRS across the country with the view to globalize Siddha System of Medicine. The Council has taken keen interest in propagating the uniqueness of Siddha system by conducting various Siddha Day pre-events through the various Peripheral Institutes/Units of CCRS. The conferences, seminars have provided a good platform for the students and researchers to learn the innovative research trends and outcomes. The following thrust areas: nutritional disorders, palliative care, Siddha dietetics, external therapies and Integrative Medicine were discussed.

In commemoration of the third Siddha day, pre-Siddha day activities were successfully organized with the support of Directorate of Indian Medicine and Homoeopathy. Through this programme, awareness was created up to the grass root level through medical camps, rally, competitions, etc., for the benefit of general public. Various competitions were also held for the benefit of Siddha students / practitioners to harness their potential towards scientific writing and research. In this regard, mini project research grant contest was organized for the undergraduate and post graduate students. Moreover, to enhance the culture of documentation, scientific writing and success story writing competitions were held. In addition, to create awareness and sensitize the public about Siddha system of Medicine, quiz competition was organized for Siddha students and public.

A mega student event depicting "SIDDHA DAY – 2020" involving 2020 students of Velammal Vidyalaya, Chennai was organized for promoting the concept "என் நலம் என் கையில்" to enrich the medicinal values of plants among the school children. The event was planned in a manner that each student would be wearing Saint Agasthiyar's facemask and holding a medicinal plant sapling in their hand.

This year Central Council for Research in Siddha jointly with National Institute of Siddha and Directorate of Indian Medicine and Homoeopathy, Government of Tamil Nadu is organizing the Siddha Day Celebrations at Amma Arangam, Shenoy Nagar, Chennai. Moreover, Siddha Master Health check-up for the public will be organized comprising body constitution (dhegi) analysis, Siddha pulse diagnosis (Naadi), diet / activity counseling, free medical camp and Varmam therapy, exhibition of medicinal plants, raw drugs display, etc. and herbal cooking competitions.

I take this opportunity to thank the Ministry of AYUSH officials especially Shri Shripad Yesso Naik, Hon'ble Minister of State (IC) for Defence & AYUSH, Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH and Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH for their concerted support in guiding the Siddha day events. I extend my gratitude to the Steering Committee, Organizing Committee, Advisory Committee and Executive Committee for their support to organize the event in a grand manner. Above all, I am glad about the interest shown by the students/delegates in presenting posters and participation in cultural events, competitions, which show their passion towards Siddha medicine.

I extend my good wishes to the Siddha day Celebrations 2020 and to the souvenir, which is being brought out to mark this occasion with the blessings of our great Siddhars.

(Prof. Dr. K. Kanakavalli)

FOREWORD

सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

स्वच्छ भारत
एक कदम स्वच्छता की ओर

सचिव
भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
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SECRETARY
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FOREWORD

Siddha system of medicine is one of the ancient traditions of healthcare in the Indian sub-continent well documented and replete with novel therapeutic interventions and treatment modalities. It is widely practiced in South India and because of the steps taken by Ministry of AYUSH; it is increasing in popularity in other parts of our country. After the establishment of a separate research council namely, Central Council for Research in Siddha (CCRS) and its various peripheral Institute/units located in various States of our country and National Institute of Siddha (NIS) and its growth has become noteworthy. With ample support from the State Governments in Tamil Nadu and Kerala, public healthcare delivery of Siddha system is well received by establishing Siddha dispensaries under Directorate of Indian Medicine & Homoeopathy (DIM&H) and National Rural Health Mission (NRHM).

It is worthwhile to observe the third "Siddha Day" on the birthday of Siddhar Agathiyar, the Father of Siddha Medicine, whose pioneering contributions are indispensable to the field of Siddha. It gives me immense pleasure to know that supported by the Ministry of AYUSH, the CCRS jointly with NIS in association with DIM&H, Government of Tamil Nadu, is organizing the Third "Siddha Day" at Amma Arangam, Chennai- 600030.

The observance of Siddha Day every year will certainly augment the understanding and reputation of Siddha Medicine. The theme for this year is "Siddha Science for preventive and promotive health" is the need of the hour. Siddha system treats both the body and mind. It plays a very vital role in treating dengue, chikungunya, etc. An integrated approach with both Siddha and modern medicine will prove effective in treating chronic intractable diseases. A National Conference on the above theme will be held.

This will serve as a platform for sharing of information by eminent speakers and the deliberations will absolutely help the Siddha students, teachers, Siddha practitioners, research scholars and researchers of Siddha and other related disciplines enrich and update their knowledge. I feel really happy to know that CCRS is bringing out a souvenir, on this occasion, with the abstracts of scientific papers and other informative messages which I am sure that enlighten the scholars of medical and other scientific disciplines. I wish the Siddha Day a grand success.

(Rajesh Kotecha)

New Delhi,
Dated: 09.01.2020

MESSAGE FROM DIGNITARIES

सत्यमेव जयते

श्रीपाद नाईक
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध,
सोवा–रिग्पा एवं होम्योपैथी-(आयुष) मंत्रालय एवं रक्षा राज्य मंत्री
भारत सरकार
MINISTER OF STATE (INDEPENDENT CHARGE) FOR
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA,
SOWA-RIGPA, HOMOEOPATHY-(AYUSH) &
MINISTER OF STATE FOR DEFENCE
GOVERNMENT OF INDIA

January, 2020

Message

Similar to the practice of observing health days, the birthday of Siddhar Agathiyar is observed as "Siddha Day" every year. Siddhar Agasthiyar's birthday falls on Star Ayilyam in the Tamil month Margazhi. Therefore, the "Third Siddha Day" will be observed on 13th January 2020. The Ministry of AYUSH is confident that all stake-holders including CCRS, NIS, Directorate of Indian Medicine and Homoeopathy and private Institutions, NGOs, etc., will come forward and take leadership roles to observe the Third Siddha Day.

The founders of Siddha medicine known as Siddhars aimed at perfection of health. Thirumoolar, a revered Siddhar defines medicine as one which alleviates physical and psychological ailments along with prevention of ailments as well as enhances the longevity by improving the quality of life. This definition is contemporary to the definition of health provided by the World Health Organization.

Prevention of outbreaks of emerging and re-emerging diseases, control of non-communicable diseases, the health impact of environmental degradation and climate change are some of the great challenges being faced by every health care systems of the world. The National Health Policy (NHP) 2017 has strongly advocated mainstreaming the potentials of AYUSH systems there by and re-emphasizing the need for integrating AYUSH in the National Health Mission, Research and Education. In this direction, our Hon'ble Prime Minister Shri Narendra Modi Ji has taken special interest towards the healthcare of the people through AYUSH systems of Medicine. With his broad vision, Ministry of AYUSH will cater to 1.5 Lakhs Health & Wellness centres across the country as part of Ayushman Bharat. Hon'ble Prime Minister's mission will be complementing the National Health Policy 2017 that insisted upon integration and main streaming of AYUSH services in conventional Health care delivery system.

I am glad to observe that CCRS has filed five patents in the last four years and successfully developed the THERAN software which has been implemented for Electronic Data Capturing System for OPD and up scaled as AYUSH Hospital Management Information System (A-HMIS) by the Ministry of AYUSH. The activities of CCRS are being carried out through 8 peripheral Institutes / Units located in Tamil Nadu, Kerala, Karnataka, Andra Pradesh and Union Territories of Puducherry & New Delhi.

Moreover, I am happy to learn that various pre-Siddha events have been held through the peripheral Institutes / Units of CCRS all over the Country. Seminars/Workshops, Medical Camps, Rallies, Awareness programmes and scientific happenings showered the blessing of Siddha to the society. In addition, the practitioners in Srilanka, Malaysia and Singapore have shown special interest which adds strength to Siddha.

My hearty congratulations for the successful conduction of the Siddha day Celebrations and the National Conference on "Siddha Science for Preventive and Promotive Health".

(Shripad Naik)

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Dr. C. Vijayabaskar
Minister for Health and
Family Welfare

Secretariat
Chennai - 600 009

Date: 07.01.2020

MESSAGE

I am very happy to learn that **3rd Siddha Day** is being celebrated on 13th January 2020 on the occasion of Birthday of Sage Agasthiyar, which is befitting tribute to the founder of Siddha Medicine. I am also happy to learn that a souvenir is also brought out on this occasion.

Siddha System is one of the ancient traditional systems of medicines in India. **AMMA'S** Government has always ensured pride of place not only to the Siddha Systems of Medicine but also to other Indian System of Medicine and Homoeopathy. Tamil Nadu is the only State in the Country where Government Medical Colleges have been established in all the five disciplines of Indian Systems of Medicine.

Tamil Nadu Government has well acknowledged the importance of Siddha Medicine and extends its all support for benefitting to the public, especially Nilavembu Kudineer is widely distributed to combat the viral fevers including Dengue, Chikunguniya etc. and also Amma Magapperu Sanjeevi is being distributed to pregnant women for ante-natal and post-natal care.

I thank the Hon'ble Minister of AYUSH, Government of India for extending support to celebrate the 3rd Siddha Day in Tamil Nadu and directing both Institutions functioning under the Ministry – Central Council for Research in Siddha and National Institute of Siddha to celebrate it in a very grand manner.

I wish the function a grand success. I congratulate all staff of CCRS/NIS, Department of Indian Medicine and Homoeopathy, Faculty members of Colleges, Students who have tirelessly worked for success of this event.

(C. VIJAYABASKAR)

प्रमोद कुमार पाठक
PRAMOD KUMAR PATHAK
अपर सचिव
ADDITIONAL SECRETARY

सत्यमेव जयते

भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा–रिग्पा एवं
होम्योपैथी (आयुष) मंत्रालय
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA, SOWA-RIGPA &
HOMOEOPATHY (AYUSH)

Message

I am happy that the 3rd Siddha Day is jointly organized by the Central Council for Research in Siddha and National Institute of Siddha, Ministry of AYUSH, Government of India in association with Directorate of Indian Medicine and Homoeopathy, Government of Tamil Nadu on 13th January, 2020 at Amma Arangam, Shenoy Nagar, Chennai.

Siddha System of Medicine is gaining momentum in recent years because of its systematic approach of dealing with the life style disorders and facilitating public health. Central Council for Research in Siddha and National Institute of Siddha are rendering quality health care services to the public. In addition, CCRS is carrying out various research projects to validate Siddha system of medicine for effective dissemination nationally and globally.

The Ministry of AYUSH is keen in propagating the Siddha system of medicine by observing 'Siddha Day' on the birth star of Siddhar Agathiyar. It is befitting to observe health days such as Siddha Day for propagation of Traditional Siddha Medicine throughout the nation. Indeed, the Siddha day has strengthened the linkages of Siddha students, researchers, Siddha practitioners and public for effective dissemination and utilization of Siddha medicine.

As part of Siddha day celebrations, Central Council for Research in Siddha and National Institute of Siddha has conducted various conferences / seminars for imparting recent trends and knowledge on various topics pertaining to Siddha system of medicine. In addition, different competitions such as mural painting, mini-project, success story writing, scientific writing and quiz for Siddha medical students, free Siddha medical camp inclusive of Yogam and Varmam, Siddha medicinal plants exhibition for the benefit of public was organized. It is noteworthy to organize a National conference on the theme "Siddha Science for Promotive and Preventive Health" on the occasion of Third Siddha day on 13th January 2020.

I am glad to know that CCRS is bringing out a souvenir, on the occasion.

I wish the third Siddha day a grand success.

P. K. Pathak

(P.K. Pathak)

Dr (Tmt) BEELA RAJESH IAS
Secretary to Government
Health and Family Welfare Department
Government of Tamil Nadu

Secretariat,
Chennai-600 009.

Phone: 91-44-2567 1875
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E-mail: hfwsec@gmail.com

06.01.2020

MESSAGE

I am very happy to know that 3rd Siddha Day is being celebrated on 13th January 2020, in commemoration of the birthday of Siddhar Agasthiyar in the month of Margazhi on Ayiliyam star.

The Siddha system provides preventive, promotive, curative, rejuvenative and rehabilitative health care. Siddha system is said to be divine and a holistic system of medicine as it offers excellent medicines and lifestyle guidelines for healthy living. "Siddha system" is a unique system of medicine as it is both medicinally and spiritually enriched. Siddha heritage is invaluable as it helps to acquire health for physique, peace for mind and purity for the soul.

The Government of Tamil Nadu is strongly supporting the Siddha system through its various dynamic activities which in turn delivers health care benefits to the public in the management of non-communicable diseases, musculoskeletal diseases, vector borne diseases, skin diseases and reproductive & child care. It embraces the distribution of Nilavembu Kudineer, Amma Magapperu Sanjeevi kit, external therapies like Varmam & Thokkanam along with an array of internal Siddha medicines with promising results.

It gives me immense pleasure to know that the National Conference on Siddha Science for Preventive and Promotive Health is being organized as a part of 3rd Siddha Day which is the need of the hour in the current scenario.

I feel truly glad to know that Central Council for Research in Siddha is bringing out this Souvenir on this occasion with the abstract of scientific papers and other information which will offer insights for research scholars, practitioners, faculty members and students of Siddha fraternity and other related scientific community.

My heartfelt congratulations to the organizers for their effort in organizing this event and I wish the Siddha Day a grand success.

(DR (TMT.) BEELA RAJESH)

Shri S. Ganesh
Director, Directorate of Indian Medicine and Homoeopathy,
Government of Tamil Nadu

Message

At the outset, I am glad to be part of the 3rd Siddha Day Celebrations and convey my best wishes. It gives me immense pleasure to note that the 3rd Siddha Day is being celebrated on 13th January, 2020 on Siddhar Agathiyar birth day as approved by Ministry of AYUSH on the theme "Siddha Science for Preventive and Promotive Health" at Amma Arangam in Chennai.

Siddhar Agathiyar the father of Siddha Medicine has contributed greatly to its treasure trove. Siddhars have shared the sagacity of their wisdom regarding diseases, diagnosis, treatment single herbs, minerals and animal products.

Siddha is being one of the oldest traditional systems of medicine practiced on par with other contemporary systems in terms of tackling communicable, non-communicable diseases and nutritional disorders promoting public health in the long run.

The eventual significant gathering of students, faculty members, practitioners and the deliberations of the invited speakers will definitely benefit the Siddha fraternity by providing insights into Siddha practice and exploring new perspectives of research in Siddha. I am happy to know that a Souvenir is being released to commemorate the event.

राष्ट्रीय सिद्ध संस्थान - **NATIONAL INSTITUTE OF SIDDHA**
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Prof. Dr. R. Meenakumari
Director

MESSAGE

It is a great moment of pride to be a part the Third Siddha Day Celebrations being held on 13-1-2020. Every year Siddha Day celebrated on the birth day of Saint Agathiar, the father of Siddha system of Medicine.

2. Siddha Day is a land mark event for the entire Siddha fraternity. Siddha Day is organised by the National Institute of Siddha and the Central Council for Research of Siddha in association with the Department of Indian Medicine and Homoeopathy, Govt. of Tamil Nadu. The entire programme is financially supported by Ministry of AYUSH, Govt. of India. Befitting the occasion, Her Excellency, Dr. Tamilisai Soundararajan, Hon'ble Governor of Telengana will be the Chief Guest. Shri Shirpad Yesso Naik, Hon'ble Minister of State (Independent Charge) for AYUSH and Defence, Govt. of India and Dr. C. Vijayabaskar, Hon'ble Minister of Health and Family Welfare, Govt. of Tamil Nadu will be delivering Presidential Address and Special Address, respectively.

3. As a prequel to the Siddha Day Celebrations, National Institute of Siddha has conducted several programmes for propagation and validation of Siddha System of Medicine. For this purpose and in order to establish synergy between various AYUSH systems and to ensure knowledge transfer between the AYUSH systems, the following programmes were also arranged by National Institute of Siddha:

i. NABH - Awareness to AYUSH Professionals by NIS
ii. Hands on Training in Leech Therapy
iii. Hands on Training in Karanool Therapy
iv. Body, Mind & Life Conference in the theme of Mental Healthcare for the elderly
v. "Autism Management in Siddha" - in association with Swabhiman Trust.
vi. Training in Entrepreneurship / GMP / Quality Control Testing of Siddha Medicines in association with IMPCOPS.
vii. A seminar - An Equilibrating Conceptualization in Siddha Fundamentals – in association with *Paanigai-A Clinical Core Group for Siddha Students.*

viii. Workshop on "Emerging contemporary technologies in Siddha research and Core Siddha Gadgets in Siddha diagnostic sciences" in collaboration with Arogya Healthcare Pvt Ltd.

ix. *'Siddha In Schools'* - Siddha Awareness Campaign in various Schools – Herbal Gardens were established in identified schools

Further four Focus Group Discussions are also scheduled as a part of post Siddha Day events.

On 8th and 9th of January, 2020, following programmes were conducted at Palayamkottai, Tirunelveli, as a part of pre Siddha Day Celebrations

(i) Conduct of Scientific sessions

(ii) Conduct of National Conference on "Mainstreaming Siddha System of Medicine in the Management of NCD in Public Health"

We are very grateful to Her Excellency, Dr. Tamilisai Soundararajan, Hon'ble Governor of Telengana, Shri Shirpad Yesso Naik, Hon'ble Minister of State (Independent Charge) for AYUSH and Defence, Govt. of India and Dr. C. Vijayabaskar, Hon'ble Minister of Health and Family Welfare, Govt. of Tamil Nadu for gracing the function despite their busy schedule.

We are also very grateful to Shri Vaidya Rajesh Kotechha, respected Secretary, Ministry of AYUSH, Shri Pramod Kumar Pathak, respected Additional Secretary, Ministry of AYUSH for their continuous guidance and support.

I also take this opportunity to thank all the members of Siddha fraternity, in particular the faculty members, officers and staff of National Institute of Siddha and the Central Council of Research in Siddhafor extending their unstinted support for the conduct of pre Siddha Day and Siddha Day functions.

I am certain that this celebration will achieve its goal of promotion and propagation Siddha System of Medicine.

(Prof. Dr R. Meenakumari)

Chennai - 47
10.01.2020

FIRST CIRCULAR

सत्यमेव जयते
Ministry of AYUSH

SIDDHA DAY 2020

DATE & TIME
13th January, 2020
Monday, 9.00 a.m.

VENUE
Amma Arangam
Shenoy Nagar, Chennai - 30

Theme: Siddha Science for Preventive and Promotive Health

With the support of

Ministry of AYUSH, Government of India

Organized by

Central Council for Research in Siddha
Ministry of AYUSH, Govt. of India

National Institute of Siddha
Ministry of AYUSH, Govt. of India

In association with

Directorate of Indian Medicine and Homoeopathy
Govt. of Tamil Nadu

Siddha System of Medicine

Siddha is one of the ancient, codified, traditional systems of medicine and an important component of AYUSH systems providing holistic care. Siddha system emphasizes more on prevention of illness as well as promotion of health through its various internal and external dosage forms. Moreover, the strength of Siddha is its distinct therapeutic procedures namely *Varmam*, *Thokkanam*, *Pura maruthuvam* which have gained universal acceptance and recognition. Siddha has a structured system for imparting education, health services, research and manufacturing with the constant support from Ministry of AYUSH, Govt. of India and State AYUSH Departments in Tamil Nadu, New Delhi, Kerala, Puducherry, Karnataka and Andhra Pradesh. With the support of Hon'ble Prime Minister, Shri Narendra Modi, the creation of dedicated Ministry for AYUSH by the Govt. of India has strengthened the growth of Siddha system through the Research Council, National Institute and network of health care facilities by AYUSH Directorates.

Observance of the Siddha Day

Siddhar Agathiyar is considered as the father of Siddha medicine and was born in Star *Ayilyam* in the Tamil month of *Margazhi*. The Ministry of AYUSH, Govt. of India has accorded approval for observing his birthday as Siddha Day every year. This year, the *Ayilyam* star falls on 13th January 2020 and hence it is proposed to observe the third Siddha Day with the support from Ministry of AYUSH. The celebration is to be conducted in an apt manner, so that the general public are educated about the benefits of Siddha System of Medicine through various activities. In addition, several events / activities are planned to take forward the Siddha system by the practitioners, faculty members, students, NGOs and all stake holders of Siddha system.

Objectives of the Siddha Day

- To sensitize the public about the holistic approach of healthcare & disease prevention through Siddha principles
- To propagate the unique strengths of Siddha medicine
- To promote Siddha medicine into the mainstream of healthcare
- To equip the students, faculty members and practitioners of Siddha for providing standard of care
- To harness the potential of Siddha medicine in National Health Policy & National Health Programmes

About the Theme

The theme of the Siddha Day is "Siddha Science for Preventive and Promotive Health". Personalized medicine and disease prevention are the core concepts of Siddha System of Medicine which is also emphasized in P4 medicine which is an approach to make medicine more Predictive, Preventive, Personalised and Participatory. Its two major objectives are to quantify wellness, predict and prevent disease. Siddha System of Medicine emphasizes the quality of life through various preventive and promotive healthcare measures.

Siddhars have also recommended certain basic lifestyle guidelines for healthy life. Besides various holistic treatment methodologies, *"Kayakarpam"* is one of the important disease preventing and health promoting concept in Siddha. They recommend simple lifestyle practices, daily regimen and seasonal regimens for prevention of diseases and promotion of health. These disease preventing practices are aimed to increase the immunity towards both physical and mental illness. Thus the current theme is coined to cherish the Siddha system and also to educate its science to the common public and learned society.

Siddha Day Events

National Conference on Siddha Science for Preventive and Promotive Health

Plenary lectures and Poster presentations

Siddha Master Health Check-up: Body constitution analysis, Pulse diagnosis, Diet / activity counselling, Free medical camp and *Varmam* therapy.
Exhibition: Medicinal plants and raw drugs display.
Culturals - Competitions
Herbal Cooking Competition

About Amma Arangam

Amma Arangam is an air conditioned auditorium situated at Shenoy Nagar in Chennai and is named after Former Chief Minister Dr. (Late) J. Jeyalalitha popularly and fondly remembered as Amma, which means mother for all. The swanky Amma Arangam is built on an area of 12,446.35 sq m and has an auditorium at the ground-level that could seat 896 people, and a first floor community centre.

Abstracts are invited on the following topics

1. Siddha Nutrition and Dietetics in Nutraceuticals & healthcare industry
2. Siddha Hygiene, Preventive & Promotive healthcare principles
3. Siddha diagnostics including pulse reading for early detection and prevention of diseases
4. Role of *Kayakarpam*, *Yogam*, *Varmam*, etc in prevention of triple burden (NCD's, Communicable & Nutritional disorders)
5. Evidence based rejuvenators and elixir drugs used in Siddha medicine for promotion of health
6. Preventive and promotive healthcare in Oncology - Exploring the scopes in Siddha System of Medicine
7. Folklore claims as an evidence for traditional lineage of the Siddha System of Medicine
8. Natural products and their molecular targets in enhancing the quality of life
9. Novel strategies and innovations in biomedical research of Siddha System of medicine
10. Role of Siddha antioxidants in disease prevention and health promotion

Mode of Presentation: Poster only

Guidelines for Abstracts Submission

- Title: Times New Roman, Font size 14, Bold
- Author: Name of authors with affiliation of each author and E-mail ID of presenting author. Times New Roman, Font:10, Italicize the presenting author
- Structured abstracts preferred: Background / objectives, methods, results, conclusion, 5 keywords, Times New Roman, Font 12, line spacing 1.5, all headings bold. Not more than 250 words
- Final decision pertaining to the selection of abstract rests with the scientific committee
- Original unpublished research works / case reports are preferred
- Registration for the event is mandatory for poster presentations
- Guidelines for poster presentation will be available on **www.siddhacouncil.in** & **www.nischennai.org**
- Guidelines for full paper submission: **http://siddhacouncil.com/ccrs/wp-content/uploads/2018/10/12-JRSM-AI.pdf**

Registration Fee

- UG Students, PG Students, Practitioners & Others – ₹ 100/-
- Spot registration subject to availability – ₹ 200/-
- Registration fee can be paid through Demand Draft / Online transfer / Cheque / Cash
- DD in favour of **"Siddha Day A/c of CCRS"** payable at Chennai
- For online transfer SBI A/c No. 38947137438, IFSC Code : SBIN 0003273
- The registration form can be downloaded from CCRS/NIS websites & filled form with the fee details to be submitted to **siddhaday2020@gmail.com**

Important Dates to Remember

Last date for Registration & Abstract submission: 31.12.2019
Last date for Full paper submission: 31.12.2019

Best Poster Awards

Agathiyar Award
Pulathiyar Award
Theraiyar Award
Best poster awards for Siddha UG and PG
Best poster awards for Science disciplines

Communication Address

The Director General
Central Council for Research in Siddha
Arignar Anna Hospital campus,
Arumbakkam, Chennai 600 106
E-mail: siddhaday2020@gmail.com

About the Organizers

Central Council for Research in Siddha (CCRS)

Central Council for Research in Siddha is the apex body for research in Siddha. It has eight peripheral Institutes/ Units – three in Tamil Nadu and one each in Puducherry, Kerala, New Delhi, Karnataka and Andhra Pradesh. These Institutes / Units carry out clinical research, drug research, medicinal plants research, literary research and fundamental research. The outcome of research at CCRS is evident as 5 patents have been published in the patent journal. It has been the constant effort of CCRS to generate and record evidence to support the various time-tested practices, medicines and therapies of Siddha, to seek a wider role for Siddha in the public health firmament of the country and to take the benefits of this system to people in different corners of the country and beyond the National borders.

National Institute of Siddha (NIS)

The National Institute of Siddha, Chennai is an autonomous organization under the Ministry of AYUSH, Government of India. It has been constructed in 14.78 acres of land. This institute was registered under the societies Act 1975. This institute was dedicated to our nation by the then Hon'ble Prime Minister on 3-9-2005. The National Institute of Siddha is as an apex Institute of Siddha in the country to develop high standard of teaching, training and research in all aspects of Siddha System of Medicine with scientific approach. The Institute is offering PG education and Ph.D. programme under the regulation of Central Council of Indian Medicine (CCIM) and affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai for rendering Healthcare through NABH accreditated 250 bedded Ayothidoss Pandithar Hospital and Research at Post Graduate and Ph.D. level.

Directorate of Indian Medicine & Homoeopathy (DIM & H)

Directorate of Indian Medicine and Homoeopathy was established by the Government of Tamil Nadu in the year 1970. The Indian Medicine and Homoeopathy Department was established to look after the AYUSH Medical Systems. The aim and objectives of Department is to provide health service to the Public through Indian systems of medicine and Homoeopathy monitor the education and research activities in Indian systems of medicine and to promote the growth of Medicinal Plants, etc. The AYUSH healthcare render its services through Major Hospitals, Medical College Hospitals, District Head Quarters Hospitals, Taluk / Non Taluk Hospitals, PHCs, Rural Dispensaries, NRHM Wings etc., and Siddha Educational Institutions.

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- Nandha Siddha Medical College and Hospital, Erode
- Excel Siddha Medical College & Research Centre, Namakkal
- Department of Siddha, Tamil University, Thanjavur
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- TAMPCOL, Chennai
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Director General
Central Council for Research in Siddha

Prof. Dr. N. J. Muthukumar
Director, i/c
National Institute of Siddha

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Mentor

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Additional Secretary, Ministry of AYUSH, Govt. of India

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For further details, submission of registration forms and abstracts:
E-mail: siddhaday2020@gmail.com
Mobile: 8939470210 & 9444088634

Last date for Registration and Abstract submission: 31.12.2019

INVITATION

सत्यमेव जयते
Ministry of AYUSH

With the support of
Ministry of AYUSH, Government of India

We cordially invite you for the

3rd SIDDHA DAY CELEBRATION

Theme: Siddha Science for Preventive and Promotive Health

Her Excellency
Dr. TAMILISAI SOUNDARARAJAN
Hon'ble Governor of Telangana

Shri SHRIPAD YESSO NAIK
Hon'ble Minister of State (Independent Charge) for AYUSH & Defence, Govt. of India

Dr. C. VIJAYABASKAR
Hon'ble Minister for Health & Family Welfare, Government of Tamil Nadu

Date : 13th January 2020 (Monday),Time : 9.00 a.m.
Venue : Amma Arangam, Shenoy Nagar, Chennai - 30

Organized by

Central Council for Research in Siddha
Ministry of AYUSH, Govt. of India

National Institute of Siddha
Ministry of AYUSH, Govt. of India

In association with

Directorate of Indian Medicine and Homoeopathy
Govt. of Tamil Nadu

3rd Siddha Day Celebration

Programme Schedule

09.00 to 10.00 a.m.	Registration
10.01 to 11.00 a.m.	Inaugural Function
11.01 to 11.30 a.m.	Tea Break
11.31 to 11.45 a.m.	Tamil Classical Dance
11.46 to 12.30 p.m.	Plenary Lecture - 1
12.31 to 01.00 p.m.	Plenary Lecture - 2
01.01 to 02.00 p.m.	Lunch Break
02.01 to 02.15 p.m.	Traditional Dance
02.16 to 02.45 p.m.	Plenary Lecture - 3
02.46 to 03.15 p.m.	Award Distribution
03.16 to 03.45 p.m.	Tea Break
03.46 to 04.15 p.m.	Prize Distribution
04.16 to 07.30 p.m.	Cultural Programme Competitions
07.31 p.m. onwards	Dinner

For further details:

CENTRAL COUNCIL FOR RESEARCH IN SIDDHA
Ministry of AYUSH, Govt. of India
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Ministry of AYUSH, Govt. of India
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Chennai – 600 047
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E-mail: nischennaisiddha@yahoo.co.in

E-mail: siddhaday2020@gmail.com

Inaugural Programme

Date : 13.01.2020 (Monday) Time : 10.00 a.m.

Prayer	:	**Tamil Thai Vazhthu & Siddhar Vanakkam**
Welcome Address	:	**Prof. Dr. K. Kanakavalli** Director General Central Council for Research in Siddha, Chennai Ministry of AYUSH, Government of India

Lighting of Kuthu Vilakku & Release of Souvenir...

Chief Guest Address	:	**Her Excellency** **Dr. TAMILISAI SOUNDARARAJAN** Hon'ble Governor of Telangana
Presidential Address	:	**Shri SHRIPAD YESSO NAIK** Hon'ble Minister of State (Independent Charge) for AYUSH & Defence, Government of India
Special Address	:	**Dr. C. VIJAYABASKAR** Hon'ble Minister of Health & Family Welfare Government of Tamil Nadu
Keynote Address	:	**Shri Pramod Kumar Pathak** Additional Secretary Ministry of AYUSH, Government of India
Felicitation Address	:	**Dr. (Tmt.) Beela Rajesh** Secretary, Department of Health & Family Welfare Government of Tamil Nadu
		Shri S. Ganesh Director, Directorate of Indian Medicine and Homoeopathy Government of Tamil Nadu
Vote of Thanks	:	**Prof. Dr. R. Meenakumari** Director, National Institute of Siddha, Chennai Ministry of AYUSH, Government of India

National Anthem...

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15.	Traditional herbal cookery competition conducting team	1. Dr. V. Aarthi - Coordinator 2. Dr. L. Juliet 3. Prof. Dr. M. Meenakshi Sundaram 4. Dr. S. Visweswaran 5. Dr. R. Karolin Daisy Rani 6. Dr. S. M. Chitra 7. Dr. A. Geetha 8. Smt. K. Bhavani 9. Smt. D. Padmini

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National Conference on
"Siddha Science for Preventive and Promotive Health"
3rd Siddha Day
13-01-2020

PLENARY LECTURES

Dr.Sudha Seshayyan
Vice-Chancellor
The Tamilnadu Dr.M.G.R. Medical University, Chennai
"Siddha Medicine - Translational Research & its Significance"

Dr.G. Sivaraman
Managing Director,
Arogya Siddha Hospitals &
Arogya Healthcare Pvt. Ltd, Chennai
"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,
A Government of Puducherry Institution,
"Research on Siddha Science: Opportunities & Future Perspectives"

PLENARY LECTURES

Siddha Medicine: Translational Research & Its Significance:

Dr.Sudha Seshayyan, Vice-Chancellor, The Tamil Nadu DR.MGR Medical University, Chennai.

The Siddha system of medicine has a hoary past. The system uses various substances and products available in nature to substantiate positive health.

The system is being practiced at several levels by several people. Practitioners of the Siddha system of medicine have met with success through the years. However, much of this success has not been validated or quantified The major reason that dents into the credibility of the entire system and its practice is that there is no proper scientific basis to several drugs and modalities of this system.

Science and Medicine share a common characteristic of repetition. If a particular result that was obtained in a particular condition is again obtained when the same condition is repeated, the result stands accepted and gets doctrine as a concept or theorem or postulate. In other words, when conditions are the same, results are and should be the same. This principle of "Repetition and Repeatability is the one that guides medical practice too. When symptoms and signs are the same, same drugs and similar approaches (of course, within the limits of individual and justifiable variations) provide relief. However, it is premature to think that this principle (the principle of repetition and repeatability) is applicable only in treatment and relief of diseased conditions. The pantheon of symptoms and signs of any disease is studied, analyzed and defined by this principle; the feasibility of any treatment modality is also fixed by the same principle. It is again the same principle that translates the success of bench side into the success of the bedside and the experience of the bedside into the intelligence of the community. It is therefore essential to strengthen the bench side to consolidate the efforts of the bedside.

The bench side of the siddha system, as all of us are aware, is extremely weak and piecemeal. Though quite a lot of clinical success has been reported, 'optimistic repeatability has not been established in many cases. Science envisages repeatability and testable explanation Testable explanations will mean the relationship between cause, context and consequences. It is that in several cases of clinical success and claims, testable explanations have not been established and this fact rolls the siddha system into a mesh of myth and legend. Lack of repeatability questions the primary clinical success itself. The clinical success is suspected many times and even if it is accepted, the question as to whether the success was consequential to the siddha modality or was by chance or any other parallel process that was involved.

Under such circumstances, it is mandatory for siddha research to be kindled, rekindled and sustained. More emphasis on appropriate research is required and better understanding of the cause-effect relationship of the system. Research can be and should be initiated in more than one way.

a. **RESEARCH INTO THE APPLICABILITY OF THE ENTIRE SYSTEM AND PRACTICE**

The siddha system (and for that matter even ayurveda) is based on the balance between Vaadham, Pitham and Kapam. Disturbances in this balance lead to disorders and diseases. Very many related and unrelated factors cause the aforesaid disturbances. Weather & Climate, Close and Far Environment, Active & Sedentary Lifestyle, Food & Diet, Mental Status and Tendencies are all factors that can tilt the balance.

It is true that the relationship between most of these factors and the pathogenesis of several diseases has been well established. However, it is not clear if the relationship between these factors and the tripartite balance of the humours has been adequately quantified. Similarly, it also is not clear if the factor of humoral imbalance accurately established in various diseases and their pathogenesis

Science demands clarity and clarity demands testable explanations.

'EN vagai-th therivu' is the mainstay of diagnosis in the siddha system. It again is a matter of ambiguity as to how many siddha practitioners profess appropriate wisdom in eN vagai-th therivu and put such wisdom into practice, it is necessary that a clear-cut norm should be established in the use and practice of eN vagai-th therivu.

Most of siddha medicine is today taught and practiced with principles of other systems of medicine, especially with those of the allopathic system. Integrated medicine has its own advantages. Nevertheless, when it comes to quantification, statistics and success Indicators from integrated practice will not provide adequate clarity

It is therefore the duty of the senior members of the system to channelize efforts towards core research in siddha. Such core research should be carried out to establish

(i) The relationship between various factors of influence like climate, diet and stress and the tripartite humoral basis, this relationship should be clearly recorded and validated under repetitive circumstances, the relationship should be validated in the newer and emerging diseases to; the same relationship should also be recorded and documented in terms of cross-influence of the factors and the existence of various permutation-combination of them.

(ii) The clear boundaries and functionality of eN vagai-th theruvu); whether changes in the individual and the environment in the past two or three millennia could have changed some of the principles of eN vagai-th therivu

b. **RESEARCH INTO TREATMENT MODALITIES:**

It is indeed Joyous to learn that several agencies now are embarking on projects of siddha research. However, it is not clear if these projects have been piloted and standardized. It is mandatory that research into even fundamental principles of practice are standardized Standardization is extremely important in cases of clinical trials.

Though a few pharmaceutical agencies and organizations are involved in siddha research, formulations are tested more than clinical trials being conducted. Drug standardization is done well. Though drug standardization is required and would keep us in good stead, it is necessary that more and more of therapeutic preparations are validated with appropriate clinical trials.

There can be different and varying modalities of treatment. It is essential to validate each of these modalities individually and separately and also in combination. As combination of modalities of different systems can influence or attenuate their own efficacy, combination of modalities of the

siddha system can also do so. So, these modalities including drugs should be tested, standardized, validated and documented.

c. **RESEARCH INVOLVING APPROVED AND AUTHENTIC METHODS:**

Yet another area of lacuna noted in siddha research is that appropriate pilot studies are often not conducted. Procedures of protocol including informed consent and inclusion criteria are to be followed meticulously. Pilot studies and review of literature are absolute elements in Systematic Research Protocol and should be given their due importance.

When a project is attempted without a proper pilot study or appropriate review of existing literature on the subject, there is a two-fold danger. One, there is wastage of resources (including time and energy). The other is a constrictive pressure on the researcher to justify; this leads to falsification of results.

Piloted studies would help in translating siddha research into siddha practice In addition, the research project needs to be focused. All of us would agree that not only drugs but diseases also have a wide range of functionality. It is therefore important that when a project is attempted, the study focuses on the type of disease, the chronicity of the disease, the stage of the disease, the age range of the study population, the environment of the study population and so on. Let us take a very common example, if a study is attempted on diabetes, it is not sufficient to say Diabetes, but to specify if it is Diabetes mellitus and If so, whether it is type 1 or type 2. Similarly, it is not just enough to say someone afflicted with Type 2 DM but to specify the number of years the individual has been afflicted with and the average range of blood sugar that the individual has been maintaining. Thus, the study population is to be restricted by clearly defined parameters and the study fortified by details of focus.

d. RESEARCH INTO SPECIAL AREAS OF THE SIDDHA SYSTEM:

The Siddha system has several areas of special interest. Varmam is one such example. In as much as areas like varmam are unexplored, the research potential of such areas is high.

Specific medications and extracts which have been recorded in siddha literature also need a special impetus as far as research into their efficiency and efficacies are concerned.

One example that we can look at is the aloe vera. The aloe vera plant and its various parts have been claimed to be used in several dermatologic, cosmetic and other conditions. However, the standardization of the various components and validation of their uses have not yet been clearly demarcated. The gel portion of aloe vera contains a mannose-rich polysaccharide called glucomannan that stimulates fibroblastic activity in wounds.

In some recent studies, aloe vera gel has been found to be according protection and healing in radiation dermatitis. However, the exact mechanism is yet to be completely defined. The application of the aloe gel seems to generate an anti-oxidant material called the metallothionein in the skin.

Some anti-viral and anti-cancer properties have also been reported. These are supposed to be due to the anthraquinones which are present not in the gel but in the latex layer. Prolonged use of oral aloe gel is thought to cause colorectal cancer.

It is also thought that the anthraquinones can induce allergic reactions. On the other hand, alprogen, an antiallergic chemical has been detected in the gel portion.

We can therefore see there are varying propositions and varying information Instead of merely stating aloe vera is good, it is necessary to validate and quantify the efficacy of each of these components and put them into appropriate use.

e. RESEARCH INTO UNEXPLORED AREAS:

It is for all of us to understand that there are several areas of virgin potential in the system. Senior experts and enthusiastic youngsters can join hands in research into these areas. Plant extracts can be obtained and researched into Pilot and full-blown projects can be gradually focused upon.

f. RESEARCH INTO ASPECTS OF PERSONALISED MEDICAL PRACTICE:

'One drug for one disease is more of an allopathic concept. Researchers in siddha can try to crystallize on the siddha concept of personalized and customized attention. The native and ancient siddha practitioners mixed their formulations to suit each individual patient. Why did they do so? Was it that they did not possess facilities of mass implementation or was it that they specifically varied the formulations according to the demands of the individual condition? if the latter was the case, further research into such aspects is mandatory to consolidate success.

All the afore-mentioned points need to be thought of, well investigated and then well implemented to make success translation of any siddha research.

One last word of caution. Let there not be blanket claims of curing any disease of any individual at any point of time. As people disposed to science, we all are aware that diseases have multifactorial causes and existence. What is applicable at one situation may not be applicable at another. Such over ambitious claims may end up ruining the reputation of the system itself.

The current world expectations from a Siddha physician

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Science is the pursuit of knowledge about us and the world around us. That pursuit has shaped the way we view the world, as also the application of the knowledge. It has transformed our lives for the better. We have lived in a most cultured, humanitarian and healthy life, while other communities of rest of the world struggled to keep the uniqueness of human race. The contribution of our traditional wisdom is the sole reason behind how live nearly twice as long today as our ancestors did in 1900 and the quality of our lives is far better than it was then. The contributions of science of the west is indispensable. The traditional and the contemporary knowledge has increased the quality of life. Reading books on cultures and traditions will give a perspective about the Tamil tradition as well as Siddha medicine.

Questions in front of a Siddha Physician:

- Can you heal me?
- Can you guide me to lead healthy life?
- Can you explain how you treat?
- Can you prevent me from pressing ailments?
- Can you hug me with your cushioning words?

The patient's mindset resembles "If you treat me like an option, I'll leave you like a choice". Affection is not present when the patient is treated as a customer and thinking of us as an entrepreneur.

Clarion call to young buddies:

Learn the science	Behind traditions of Siddha medicines and Tamil Language
Listen the world	What other doctors, co-scientist and Philosophies say
Love the people	Affection, friendliness and morality towards my people can be possible

With Siddhars blessing, an unexploited trait has been given to us, we learn the science, listen to the world and love the people.

1. **Learn the science**:

Charles Darwin: Although he couldn't continue as a medical student, he quit to become a naturalist and devoted his entire life on studying the theory of evolution, the fundamental to the medical science. He holds it strongly although he faced severe contempt from fellow men. Although other people mock at us, let us hold on to our science and use it for the welfare of people.

TV Sambasivam Pillai: He single-handedly has organised 86,000 words which has now been transformed into a search engine through the efforts of CCRS. I am simply amazed at

his scientific and language proficiency. Instead of "Bewilderment" he used the word "Stupefy" appropriately to describe mental state of confusion, which is highly commendable.

2. **Listen the World**:

I would like to point at this point, Siddha doctors are being approached from all over the world for their preventive and proactive steps regarding non communicable diseases. Mental Illness another is another pressing concern today. Preventive measures are highly welcomed in current situations.

Diabetes: Functional beverages can be positioned for prevention. In Theraiyar Kudineer 100 and Athma Rakshamirdham consist of various decoctions that can be preferably used.

Diet of DM includes Low Glycaemic, low carb/keto/GM/Paleo/intermittent fasting. Functional herbs to delay onset / prevent DM, IGT. Role of Yoga and Thokkanam should be appreciated. There is a need to popularize herbal tea and speak more about foods in addition to the medical prescription. Eat lancet commission suggest that our diet contains 70% of vegetables / meat / fish and 30% of carbohydrates / rice / wheat / millet by 2030.

Current Research study shows Thokkanam prevents growth of cancer stem cells corrects lymphatic drainage improving innate immune system. What happens in thattal, kaikattal has to be researched.

Prevention of HT, Dyslipidaemia, IHD:

Urbanised young people mostly suffer from heart attack. This can be prevented by:

- Functional beverages – Pancha aushadhi, morning ginger
- Siddha Rejuvenators such as venthamarai, marudham pattai, Sarpagandha
- Yoga and pranayama

Pancha ausadhi is a combination of ginger, lemon, garlic, apple cider vinegar (can be taken as kaadi) and honey, it is used in the prevention of CHD. Seethali pranayama has the effect to reduce coronary artery pressure and systemic hypertension.

Cancer prevention:

The role of polyphenols, terpenoids and fractional nutrients, antioxidants in kaya kalpam drugs to prevent cancer has to be further investigated by Siddha community. There is epigenetic damage spanning 10 years thereby increasing the chances of cancer.

In cancer prevention, Kalpa drugs play an important role. Karisalai prevents the fibrotic changes, cirrhosis and thereby hepatocellular carcinoma. The role must be substantiated through research by fellow Siddha community. The word "gut-bio" is currently used in systems' biology, essential for prevention of cancer.

Agasthiyar kulambu is not only a purgative but causes major changes in GIT through use of various adjuvants.

"Manamadhu semmaiyanal…" quotes the importance of mental health in the Siddha science.

The recent phase of medical world has reduced concentrating towards mental health. A Siddha physician must understand the decline in mental health caused by WhatsApp, internet and tv serials that tend to change the mind set of people.

Natural killer cells – Siddha's target:

Natural prevention against cancer cells by Natural killer cells. Mercuric trichloride has been used to increase NK cells in lymphatic lymphoma and has been approved has an FDA drug.

System Biology (P4):

P4 signifies

- Predictive
- Preventive
- Participatory
- Personalized medicine

The patient must participate in the treatment by making necessary lifestyle changes.

3. **Love the people**:

The Gadchiroli story – Dr. Abhay Bang and Dr. Rani Bang from John Hopkins University has made possible reduction of pneumonia deaths in children affected by Sickle cell anaemia in a remote area in Chhattisgarh. Compassion and research together are a very powerful weapon that changes the world.

In conclusion, there are many facets in Siddha where we can go hand in hand with local people and work together for their welfare.

Thank You.

Research on Siddha Science: Opportunities & Future Perspectives

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If even one new drug of the stature of penicillin or digitalis has been unjustifiably banished to a company's back shelf because of exceedingly stringent regulatory requirements, that event will have harmed more people than all the toxicity that has occurred in the history of modern drug development. - William Wardell

Siddha science, even today is providing drugs useful in the management of a wide spectrum of infectious and non- infectious diseases. This science of Siddha still remain underexplored for the discovery of new medicine.

The main difference between drugs discovered from Siddha science and man made synthetic drugs is complexity. Siddha uses drugs of natural origin to bring about chemical transformations, enabling very specific structural changes to be made to specific sites in a stereo specific manner resulting in a complex molecule.

Drug discovery from Siddha science can be made more meaningful, successful and effective if done the Pharmacognostical way. The factors influencing the selection of drugs of natural origin from Siddha science, for drug discovery are accessibility, sampling techniques, authentication, Good Collection Practices, biological variation and time tested therapeutic efficacy.

The Pharmacognostical approach to drug discovery has resulted in a number of success stories like, quinine from Chinchona bark, digoxin from Digitalis, camptothecan from *Campotheca acuminate*, taxol from Pacific yew, galanthamine from *Galalthus woronowii*, and cryptolepine from *Cryptolepsis sanguinolenta.*

Combing Pharmacognostical approach with ethno pharmacological approach, ecological approach and bioinformatics approach produces good results. The effectiveness of extraction and testing methods used also play a vital role in the successful drug discovery. Metabolomics help in the rapid analysis of the plant extract and can give a good indication of the active constituents present in the particular extract. Virtual screening makes use of the availability of large compound libraries generated by combinatorial and high throughput chemistry to select a small number of likely candidates for experimental testing. Reverse Pharmacognosy is a potential way for better success in drug discovery.

Thus the drug discovery process from Siddha Science can be made more efficient and effective by following the Pharmacognostical method.

The cost of research, development and testing of a new drug is vastly greater than the cost of each dose produced. How should we pay for new medicines? Innovators should be rewarded according to the impact of their medicine, and people should contribute to these rewards according to their ability to pay. -Thomas Pogge

ABSTRACTS

UNDERGRADUATE CATEGORY

TSD/UG-01

பாரம்பரியம் சொல்லும் பெண்களுக்கான மருத்துவம்

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சித்த மருத்துவம் மிகவும் பழமையும் பெருமையும் வாய்ந்த மருத்துவம். சங்கக் காலத்தில் சித்த மருத்துவம் தமிழ் மருத்துவம் என்று அழைக்கப்பட்டது. சித்த மருத்துவமும் தமிழரின் பாரம்பரியமும் ஒன்றோடு ஒன்று இணைந்து காணப்படுகிறது. இன்று உலகம் முழுவதும் இருக்கும் பெண்கள் சந்திக்கும் பெரிய பிரச்சனை என்னவென்றால் அவர்களின் மாதவிடாய் கோளாறுகள் ஆகிய பெரும்பாடு, வெள்ளைபடுதல் மற்றும் சூல் பிரச்சனைகள் இவற்றிற்கு நம் முன்னோர்கள் கற்று தந்த மறைமுகமான மருத்துவ வழியே அரசானிக்காள் என்று சொல்லக்கூடிய ஒரு சம்பிரதாயம். மகளிர் சம்மந்தமான பிரச்சனைகள் அனைத்திற்கும் சித்த மருத்துவம் ஒரு மகத்துவமான தீர்வாக உள்ளது.

Keywords: சித்தமருத்துவம், மகளிர் பிரச்சனைகள், பெரும்பாடு, வெள்ளைபடுதல், அரசானிக்காள்.

TSD/UG-02

TO EVALUATE *NEELAKANDA CHENDHOORAM* AND *KOUSIGAR KUZHAMBU PUGAI* FOR BREAST CANCER - A CASE STUDY

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Background: Breast Carcinoma (*Maarbaga Puttru)* is considered to be the fastest developing health illness on nowadays. The Case study deals with 54 years female with a known history of right sided Breast Cancer having the symptoms of pain and swelling present in the right breast. Administration of *Neelakanda Chendhooram* (internally) with *Kousigar Kuzhambu Pugai (*externally), reveals the above specified *Siddha* formulations are used for the treatment of breast cancer. **Materials and Methods:** *Neelakanda Chendhooram* is a Herbo-mineral preparation with the reference in Siddha classical text –*Siddha Maruthuva Kalangiyam* by P.R.Ramasamy. *KousigarKuzhambuPugai* is a Herbo-mineral preparation being referred in Siddha text -*Siddha Vaithiya Thirattu* by K.N.Kuppusamy.**Result:** According to Siddha, Cancer is caused by the vitiation in *kaphavatham* humour. This case study elicit the effectiveness of *Neelakanda Chendhooram* and *Kousigar Kuzhambu Pugai* for the treatment of breast cancer. **Conclusion:** *Neelakanda Chendhooram* and *KousigarKuzhambuPugai* has target action towards Breast Carcioma and it will be much beneficial and reducing the rate of Breast Carcinoma.

Keywords: *Neelakanda Chendhooram, Kousigar Kuzhambu Pugai*, Breast Carcinoma, *Mulai Puttru*.

TSD/UG-03

EFFECTIVENESS OF RASA CHENDHOORAM ON CERVICAL CANCER- CELL LINE INVITRO STUDY

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Background: Treatment of cancer without any side effects is still a challenge in a medical system. Among other cancers, cervical cancer is one of the leading cancer killers in women. It is estimated that in India, about 160 million women aged 30-59 years are at risk of developing cervical cancer. This leads to increasing search for improved anti-cancerous drug. Siddha system of medicine among the traditional system which have many herbo-mineral preparations for treatment of cancer. To prove that the traditional formulation of *Rasa Chendhooram* (RC) have a great significant role in treatment of cervical cancer. **MATERIALS AND METHOD**: The HeLa cell line were cultured in 24 well plates and incubated. To this, the various concentrations of RC samples were added and incubated for 24 hours. To this DMSO was added. The influence of RC on HeLa cell line will be determined. **RESULT:** The growth inhibitory nature of RC against HeLa cell line with different concentration will be noted. The 50% of inhibitory concentration (IC50) of drug will be determine from the graph of inhibition. **CONCLUSION:** The result acquired from in vitro studies achieved via HeLa cell line will reveal anti cancerous and anti-tumorous activity of RC. This should prompt further research to lift the medicine globally.

Keywords: *Rasa Chendhooram*, Cervical Cancer, Anti-tumours, Anti- cancerous activity.

TSD/UG-04

AN UNREVEALED MEDICINE FROM TRADITION FOR JAUNDICE - A FOLKLORE PRESENTATION

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Background: Siddha Medicine is one of the classical medicinal system known to mankind. Various Siddha medicines were mentioned in Siddha Manuscripts. Jaundice is the yellowish discolouration of the skin and mucous membrane. This paper demonstrates that extract of the plant ***Citrullus colocynthis*** has been used in the treatment of jaundice. **Materials and Methods:** The *Citrullus colocynthis* belongs to the family Cucurbitaceae. The leaf extract of *Citrullus colocynthis* has alkaloids Colocynthin, Cucurbitacin, E, Quercetin and Myrecetin. **Results:** The extracts of Citrullus colocynthis MYRECETIN: Alleviate -HFD induced steatosis, decreased hepatic lipid accumulation. CUCURBITACIN E: Protects hepatocytes by reducing ALT. COLOCYNTHIN: Prevents from liver problems. **Conclusion:** From this paper, I concluded that the mystery of *Citrullus colocynthis* used as Folklore medicine for jaundice which is due to its phytochemicals Myrecetin, Cucurbitacin, Colocynthin.

Keywords: Jaundice, Siddha drug, extract of *Citrullus colocynthis*, Hepato protector.

TSD/UG-05

MANAGEMENT OF PSORIASIS VIA MEDICATED AEROSOL -A FOLKLORE PRESENTATION

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BACKGROUND/OBJECTIVES: Our traditional *Siddha* medicine is following several customary practices presently. Years ago, *Siddha's* mystery of medicines is following in routine life as folklore local of tribal people's way of treatment still hidden their medicinal ideas are treasures. Psoriasis is a common chronic, recurrent immune mediated disease of the skin of joints. The prevalence of psoriasis in India ranges from 0.44 to 2.8%. This article provides a pavement for control of management of psoriasis with evidence from our traditional *Siddha* practitioners. A specific method is being practiced in *Tirunelveli* by *Keshavaraja* for almost 28 years. **MATERIALS AND METHODS:** Treatment procedure includes three different methods. 1. Medicated aerosol – *Vellarugu, Milagu, Thumbai, Sanjeevi, Siruthelkodukki*. 2. Liquid application – - Juice of *Acalypha indica* is applied in whole body and washed after few minutes. 3. Internal medicine – *Vellarugu, Siriyaanangai, Avuri.* - Finely grinded and given with ghee. **RESULT:** Remission and relapse has controlled with application of this treatment for 5 years. **CONCLUSION:** Our traditional system offers several specific medications, which are to be brought out for the welfare of human and these are to be explored via research.

KEYWORDS: Psoriasis, *Siddha* medicine, Medicated aerosol, Liquid application, Internal medicine.

TSD/UG-06

EFFICACY OF SHANMUGA MELUGU WITH VAITHIYA MUPPU ON RHEUMATOID ARTHRITIS – A SINGLE CASE STUDY

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BACKGROUND: *Muppu* is considered as the Panacea Siddha medicinal system and well known as "*Elixir of life*" and also as "*the vaccine for death*" which has a great purpose in medicine and Alchemy which can heal all disorders including Rheumatoid Arthritis (*Uthiravatha suronitham*) which is a chronic systemic Auto-immune inflammatory disease of joints. Siddhars used *Muppu* as a Catalyst and Traditional practitioners found that when *Muppu* was added to a medicine in very smaller quantity, its efficacy increases abundantly. To evaluate the efficacy of combination of *Shanmuga Melugu* with *Muppu* in the management of Rheumatoid Arthritis. *Muppu* is added to *Shanmuga Melugu* (Herbo-mineral formulation) and was clinically studied by prescribing it to a 30 years old woman who suffered from Rheumatoid Arthritis & the laboratory reports were collected. **CONCLUSION:** The findings of the clinical study indicated that *Shanmuga melugu* in combination with *Muppu* had a good effect on the patient and showed a wide change in the parameters of Serological test (RA Factor, CRP, ASO titer) and proved to be a effective one against Rheumatoid Arthritis.

KEYWORDS: Vaithiya Muppu, Shanmuga Melugu, Rheumatoid Arthritis, Uthiravathasuronitham.

TSD/UG-07

POTENTIAL ACTIVITY OF *SESAMUM INDICUM* IN REPLACEMENT FOR METFORMIN IN TARGETING AMPK ACTIVATION

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BACKGROUND: Dysfunction of cellular systems is known to be the cause of various metabolic diseases such as Diabetes mellitus, Obesity, PCOS, etc., ***Siddha*** system of medicine has a wide range of *Preventive techniques* and *Medications* for various Metabolic diseases. This article aims at producing a valuable therapeutic target, using certain techniques used in Siddha system as an illustration model. The main aim of the article is to illustrate the scientific approach potential capability of *Sesamum indicum* compared to Metformin by AMPK activation. It involves in the activation of protein kinase, thereby helps in maintaining proper cellular function. **RESULT:** This review helps in revealing the potential action of *Sesamum indicum* for prevention and treatment of various metabolic disorders. **CONCLUSION:** This review critically explores the novel scientific aspects behind the utilization of *Sesamum indicum* as a potential analogue for metformin.

Keywords: *Sesamum indicum*, Metformin, AMPK activation, metabolic diseases.

TSD/UG-08

EVALUATION OF COPPER CONTENT IN PLANTS - A SPECIFIC CATEGORISATION GIVEN IN SIDDHA PHARMACOPOEIA (THADHU-JEEVAM)

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BACKGROUND: Copper is an essential trace element that is essential for the proper functioning of organs and metabolic processes. In the *Siddha* literature, copper containing plants are specially categorized under a specific group given in *Thadhu-Jeevam* pharmacopoeia. They are *Kovai* (Coccinia grandis), *Sirukeerai* (Amaranthus tricolor), *Kaiyaan* (Eclipta prostrata), *Tharaa* (Fumaria parviflora), *Mookkirattai* (Boerhavia diffusa), *Thekku* (Tectonia grandis), *Avuri* (Indigofera tinctoria) their categorization is due to similar properties, taste, quality and activities of the given medicinal plants. **OBJECTIVES:** To evaluate that copper containing plants given in *Thadhu-Jeevam* Literature are categorized based on the similarities in their activities and constituents. **METHODS:** Analogous properties, characters and activities of copper containing plants are reviewed and collected. **CONCLUSION**: Thus, from the review and literature, this poster will provide the knowledge that these copper containing plants mentioned in *Thadhu-Jeevam* pharmacopoeia are categorized based on these similar criteria.

KEYWORDS: Copper Content, Medicinal plants, *Siddha* Pharmacopoeia.

TSD/UG-09

TRIOLOGY OF SEENDHIL SURANAM FOR VISUAL ACUITY AND ARMD OF RETINA

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BACKGROUND: Visual acuity commonly refers to the clarity of vision dependent on optical and neural factors. Globally at least 2.2 billion people have a vision impairment or blindness as per 2019 surveillance of WHO. It is common in age group between 15- 40 years. *Seendhil suranam* which is recommended for Alopecia, ulcers, Tb, wheezing, cough and various other diseases using different vehicles. In this paper, it is explored to improve eyesight and acuity of vision. *Seendhil suranam* contains all necessary micro and macro nutrients for a healthy eye and mainly for the retina. The mechanism of the amino acids, vitamins, minerals which play a major role in retinal functions and normal ocular functions are made obvious. **METHODS**: Seenthil suranam contains of 3 ingredients: Eclipta alba (*Karisalai*, Tinospora cordifolia (*Seendhil*), Lumbricus terrestris (Earthworm). **RESULT**: *Seendhil suranam* with its consequential nutrients relevantly improves acuity of vision and helps decrease the degenerative in ARMD (Age related macular degeneration). **CONCLUSION**: There is only belittle importance in the department of ophthalmology which needs to be made eminent and kinetic. This is a small initiative in copious levels of ophthalmology.

KEYWORDS: *Seendhil Suranam*, Visual Acuity, ARMD, Vitamins, Minerals, Amino acids.

TSD/UG-10

A CASE STUDY ON "SCIENTIFIC APPROACH AND EFFICACY OF SIDDHA HERB *CATHARANTHUS ROSEUS* AGAINST PYREXIA"

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BACKGROUND: In recent days, ***Siddha*** system of medicine has emerged as an arena for research especially in the management of fever. Fever is often a sign that your body is fighting off from some type of bacterial or viral infections. A variety of viral infections can affect human from common cold to flu. Unlike bacterial infection most viral fever does not respond to Antibiotics. This study deals with the effectiveness of *Catharanthus roseus* against fever. *Vinblastine, Vindoline, Catharanthine* and *Vincristine* are the powerful natural products, belonging to terpenoid indole alkaloids isolated from tropical plant *Catharanthus roseus*. The flower of *Catharanthus roseus* with certain drugs is made into *Kudineer*. This has been given thrice a day for 10 patients in our hospital who are suffering from fever. Its effectiveness is noted day by day. This has been proved that *Catharanthus roseus* has a unique mode of action and effectiveness against pyrexia especially of viral origin. This study deals with the scientific approach on *Catharanthus roseus,* its mode of action and effectiveness against Pyrexia especially of viral origin. **CONCLUSION:** This study critically explores the novelty behind the traditional use of Siddha Herb *Catharanthus roseus* for the effective management of Fever.

KEYWORDS: Vindoline, Catharanthine, Alkaloids, *Catharanthus roseus*, Fever**.**

TSD/UG-11

FOLKLORE FUMIGATION THERAPY ON SKIN DISEASES AND INSECTS BITES

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BACKGROUND: *Pugai* is termed as fumigation. It is one of the external therapies in siddha system. Fumigation signifies the artificial impregnation of the atmosphere with the fumes or smoke of any herbs or aromatic substances. **OBJECTIVES**: *Pugai* is an effective external treatment procedure to treat skin diseases and insects' bites. Main purpose of fumigation procedure is to reduce microbes &inactivating the microbes on environmental surfaces to control infections. **MATERIALS AND METHODS**: The folklore practice of the whole plant of *thumbai* (Leucas aspera) used as fumigation therapy, after the therapy the leaf extract of *vetpalai* (*Wrightia tinctoria*) given internally. **RESULTS**: The process during the therapy cleanse the surface impurities from microbes, protect the topical skin from toxins and improves the peripheral circulation. **CONCLUSION**: Here we conclude that the external therapy of pugai plays a major role to treat skin diseases and insects' bites.

KEY WORDS: Fumigation, skin diseases, insects' bites, thumbai, vetpalai.

TSD/UG-12

PREVENTIVE CARE IN ONCOLOGY

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INTRODUCTION: For the conference, I would like to discuss about the preventive and "promotive health care in oncology". **AIM**: Preventive care in oncology which is already stated in our "Siddha system". **BACKGROUND**: Among various medical systems, Siddha is an ancient and holistic medicine in India. As the evidence of the proverb, "Prevention is better than cure", it is necessary to prevent various diseases before it comes our siddha system plays a major role in the preventive care. Cancer is one of the chronic non communicable disease, so it is necessary to prevent it. As a part, I deal with the preventive care of cancer found in the Siddha system. THEME: "***முதனானிற் மத்தகறி முததனினு மருந்ததாம்***. As already stated in our Siddha system, Reheating of food causes "Acrylamide". Acrylamide when enters the body it converted to "Glycidamide". Both are oncogenic substances. **CONCLUSION**: Hence, it is proved that Siddha system had already stated about the preventive care in oncology.

KEY WORDS: Acrylamide, Glycidamide, Siddha.

TSD/UG-13

ROLE OF KAYAKARPAM, YOGAM, VARMAM, IN PREVENTION OF NON-COMMUNICABLE DISEASE – HYPERTENSION

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BACKGROUND: *Kaya karpam* is one of the unique special therapeutic divisions in *Siddha* system of medicine advocated specially for rejuvenation, decreasing morbidity and increasing the life span. *Yogam* is a group of physical, mental and spiritual practices, which originated in ancient India. *Varma kalai* is a Tamil traditional art of vital points, in which the body's pressure points are manipulated to heal or cause harm. *Kaya karpam*, *yogam*, *varmam*, plays major role in prevention of noncommunicable disease. Hypertension is one of the non-communicable diseases. It can lead to severe health complication. **CONCLUSION:** In this poster we will briefly discuss about the role of *kaya karpam*, *yogam*, *varmam* in prevention of hypertension.

KEYWORDS: *Kaya karpam, Yogam, Varmam*, Hypertension.

TSD/UG-14

SIDDHA DIAGNOSTICS INCLUDING PULSE READING FOR EARLY DETECTION AND PREVENTION OF DISEASE PCOS - AMENORRHEA

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BACKGROUND: Pulse reading in *Siddha* system refers to the detection of the abnormalities in *Mukutram*. The three principle pulses are felt in the wrist region along the artery with three fingers simultaneously. The main reason for disease is any alternation in *Mukutram*. By reading pulse we can diagnose the disease earlier and we can prevent the ill effects of the disease. **OBJECTIVES:** In this poster, we will briefly discuss the *Siddha* diagnostics including pulse reading for early detection of PCOS- Amenorrhea.

KEYWORDS: Siddha system, Siddha diagnostics, Pulse reading, PCOS- Amenorrhea.

TSD/UG-15

EVIDENCE BASED REJUVENATORS IN *SIDDHA* MEDICINE

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BACKGROUND: *Siddha* system of Medicine is a traditional medicine helps in curing many diseases. Its elixir gives many of its branches to it. One of its branches include **Rejuvenators**. Rejuvenator in *Siddha* is known as **"*Kayakarpam*.**" *Kayakarpam* makes our body an iron and helps in increasing the life span. ***Kadukkai* (*Terminalia chebula*)** in other name called "***Amutham***" makes our life an elixir and helps in the promotion of health. **THEME**: "Extraordinary claims require extraordinary evidences. **AIM**: To explore *Siddha* system of Medicine for the preventive and promotive health `"In this poster, I am discussing about the evidences of **"*Terminalia Chebula*"** in literatures and revealing its medicinal properties. **MATERIALS AND METHODS:** The evidences of *Kadukkai* from the *Siddha* literatures are obtained from the books includes *Thiruvalluvar Nayanar Karpam* 300, *Karuvurar Vadha Kaviyam* 700 and another Tamil literature such as *tholkappiyam* and *pathupattu*. *Kadukkai* and its evidence from Tibetan culture. **CONCLUSION**: *Kadukkai* is considered as one of the best *Karpam* which is compared to a **mother.** From the above materials, I have concluded the medicinal values of *Kadukkai* in *Siddha* as well as in Tamil literature.

KEYWORDS: *Kadukkai*, *Kayakarpam*, Evidences, Rejuvenator.

TSD/UG-16

ROLE OF SIDDHA ANTIOXIDANT IN DISEASE PREVENTION AND HEALTH PROMOTION

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BACKGROUND: Free radicals or Reactive Oxygen Spices (ROS) are the most reactive and unstable atom with unpaired electrons which are formed due to oxidation. When these free radicles are not properly removed from our body it, may cause disease like all types of cancer, ischemia, ageing, rheumatoid arthritis and respiratory distress syndrome. These types of chronic oxidative stress disorders can be avoided by antioxidants. Antioxidants are a substance that may prevent oxidation and prevent the formation of free radicals. These types of antioxidants can be of both natural and artificial. In our siddha system of medicine with the concept of *"UNAVE MARUNDHU MARUNDHE UNAVU"*, these types of antioxidants are found in most of the herbs. According to our traditional system of medicine, all the *Kayakarpa Mooligai* has an antioxidant property. **OBJECTIVES:** This presentation gives some most precious information about the herbs with antioxidants properties and their role in our body. **CONCLUSION:** Nowadays antioxidants are more important to prevent most of the types of lifestyles disorder and to live a healthy life like our ancestors.

KEYWORDS: Antioxidants, Free radicals, *Kayakarpam*, Chronic Oxidative disease, Siddha Medicine.

TSD/UG-17

ROLE OF SIDDHA ANTIOXIDANTS IN DISEASE PREVENTION AND HEALTH PROMOTION

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BACKGROUND: Siddha is known to be a Tamil medicine, which prevent and control diseases in many ways. As we know that diseases are common which spread all over the world. It is necessary to prevent before it attacks our human body. Among all our siddha system involved mainly in preventive measures of disease. Diets, medicines, special therapies, etc., are some of the preventive measures **Aim**: For the conference, I would like to discuss about the role of siddha antioxidants (*Inji karpam*).In that way, I mainly deals with the INJI KARPAM (*Zingiber officinale*), one of the best Antioxidant drugs in Siddha. THEME: *"Health is Wealth"* From this poster, I explain about it actions on preventive and promotive health. I discuss about the mechanism of action, phytochemicals of *Zingiber officinale* for preventing grey air, old age. **MATERIALS AND METHODS**: *Inji karpam* is evidenced from herbal antioxidants, *kaya karpam* and other siddha literatures and journals. **CONCLUSION**: From this, I have concluded that *Zingiber officinale* is one of the best antioxidants and help in curing and prevention of diseases.

KEY WORDS: *Zingiber officinale*, *Karpam*, Antioxidants

TSD/UG-18

CORRELATIVE STUDY OF PATIENT'S SYMPTOMS WITH MANIKKADAI NOOL AND NAADI

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Aim: To determine the diagnostic significance of Wrist circumference and *Naadi* in *Siddha* system of medicine. **Objective:** The diagnosis of the disease involves identification of the cause of the disease. *Envagai thaervugal* plays an important role in diagnosing the diseases. ***Manikkadai nool*** also plays an inevitable role in the diagnosing the diseases. By using the twine, the circumference of wrist of patient is taken. Then this total length of the thread was counted in terms of numbers of finger units. ***Naadi*** is the technique of pulse diagnosis which can diagnose physical, mental and emotional imbalance in the body. **Methods:** *Manikkadai nool* measurement as a continuous variable ranging from 4 to 11 fb with an interval of 0.25 fb between each value. It enumerates the corresponding disease condition associated with each value as a desk reference for Physicians. The test was conducted in 25 people which includes 13 males and 12 females aged 15-75 years. *Naadi* also evaluated using the signals obtained from 3 precise locations on the wrist at the radial artery. By comparing these three, result is obtained. **Result:** In this study, Correlation between the *Manikkadai nool* and *Naadi* with patient's symptoms was assessed. The analysis shows positively skewed (symmetrical) with both the *Manikkadai nool* measurements and *Naadi*. **Conclusion:** Most of the patient's *Manikkadai nool* values fell within the range of 8-11. The distribution of *Manikkadai nool* measurement and *Naadi* in comparison with the patient's symptoms is positively skewed which could be considered as the theoretically symmetrical distribution. This will helpful to prove a non-invasive diagnostic and screening tool in *Siddha* for detecting the diseases.

Key words: *Manikkadai nool*, diagnostic tool, theoretically, Correlation.

TSD/UG-19

A ROLE OF MEDICINAL PLANTS IN POLYCYSTIC OVARIAN SYNDROME (PCOS)

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BACKGROUND: *Siddha* is a Comprehensive system that places equal emphasis of the body-mind and strives to restore the innate harmony of the individual. Diet and lifestyle play a major role not only in maintaining health also in curing and treat the disease. Polycystic ovarian syndrome (PCOS) affects 10% of women of childbearing age and adolescent girls mainly due to hormonal imbalances and insulin resistance. It has impact on the reproductive system. It can cause difficulties in women trying to conceive and is considered as one of the common causes of infertility. Gestational diabetes and premature delivery are some of the side effects. Insulin resistance is present in nearly 80% of women who are diagnosed with PCOS. Insulin can stimulate the ovaries to produce an excess of testosterone which then interrupts the normal development of follicles. It leads to irregularities in ovulation. PCOS can be controlled through weight loss, a healthy diet, regular exercise and medication. Women with PCOS are more prone to condition such as infertility, diabetes, endometrial cancer, high level of cholesterol & depression. PCOS is the condition in which the ovaries contain many immature or partially mature eggs. They turn into cysts. The ovaries become enlarged and secrete large number of androgens. Siddha system has enormous pharmacopoeia containing herbs, and mineral products. Herbals play an important & major role in treatment for diseases. There are lot of herbal plants & their extracts on changes in the serum level of sex hormones and ovarian tissues. Extract of some plants contains phytoestrogens treats hyperandrogenism, Insulin resistance and ovarian weight as well as increase in ovulation. Here the list of few plants is given and how it can be partly effective to treat polycystic ovarian syndrome via effecting serum level of different hormones.

KEYWORDS: Polycystic ovarian syndrome, gestational diabetes, hormones.

TSD/UG-20

PRANAN RESPONSIBLE FOR DIGESTION AND ABSORPTION - CASE SERIES STUDY

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INTRODUCTION: *Siddha* system of medicine has a hoary past. *Siddha* system is based on *Vatham*, *Pitham* and *Kabam*, which are the three humours responsible to run out human life. **OBJECTIVE:** *Vatham* is termed as air. It had ten types among them the first one is *Pranan* the *Uyir Kaatru*. Aim of my study is to prove *Pranan*, which is responsible for digestion and absorption through case series study. **METHODS:** In my study, the research tool taken is *Sakthi Varmam* to stimulate *Pranan* among anaemic cases. **RESULTS:** By stimulating *Pranan*, it increases digestion and absorption of food, which regulates haemoglobin level in anaemic patients. **CONCLUSION:** Thus, *Pranan* involves in digestion and absorption.

KEYWORDS: Pranan, Vaatham, Sakthi Varmam, Siddha, Anaemia.

TSD/UG-21

NOVEL STRATEGIES AND INNOVATIONS IN BIO-MEDICAL RESEARCH OF SIDDHA SYSTEM OF MEDICINE

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BACKGROUND: Traditional medicines were obtained from natural substances play a dominant role in almost all parts of the world. Different forms of medicines such as Chinese, Kampo, and traditional Korean medicine are in practice in most parts of the world. India is known for its traditional system of medicine including Ayurveda, Siddha, and Unani. Siddha medicine is one of the primogenital systems of medicine practiced in South India, especially in Tamilnadu. All these forms of medicine keep on progressing by bringing out its novel strategies and innovations thereby exploring the possible new drugs that have their incomparable advantages. The study of natural Substances and its innovative approaches has made significant contributions to drug development. These natural Substances have started undergoing interesting developments in their ability to interact with numerous varied biological targets in health care systems. This article attempts to explore technological change that has taken place in this modern era in the field of the Siddha system of medicine. It also tries to investigate the different kinds of strategies, evolutionary techniques and the challenges that the Siddha medical industry facing towards improving the effectiveness of drugs.

KEY WORDS: Siddha, Natural Substance, Traditional Medicine, Strategy, Innovations

TSD/UG-22

STUDY OF CHEMICAL CONSTITUENTS OF MARIGOLD (*Tagetes erecta* L.) AGAINST CONJUCTIVITIS AND CATARACT.

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BACKGROUND: Marigold contains compounds possessing anti-inflammatory, antioxidant properties and prevents metabolic cataract. Lutein and zeaxanthin are deposited in Macula of eye, deficiency of which causes AMD. **OBJECTIVES:** To study the therapeutic properties of Lutein, the main component of Marigold which is very effective against vision loss (AMD-Age-related macular degeneration) and cataract and hence promotive health. **METHODS:** Phytochemicals present in Marigold (Lute in, Kaempferitrin, Gallic acid, Beta-Sitosterol) are effective anti-oxidants, has anti-inflammatory properties and it is also used to treat Diabetes since it has acute lowering effect on blood glucose which is the major cause of metabolic cataract. It also improvises vision loss in AMD conditions. The flower extract is taken internally shows effective reduction of inflammation and eye pain. It further has nematocidal, fungicidal and insecticidal activities which prevents our eye from infections of pathogens and has chemo preventive effects. **RESULT:** Intake of Marigold flowers will improvise vision and also diminishes the opacity of cataract and might give ultimate cure without any surgical demands.

KEYWORDS: Cataract, AMD, Marigold, Lutein, Zeaxanthin.

TSD/UG-23

A REVIEW OF NUTRACEUTICAL EFFECTS AND PHARMACOLOGICAL ACTIONS OF NAVA DHANIYANGAL

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BACKGROUND: "*Unave marunthu*" is an important principle of our *Siddha* system of medicine. Food habits of the person play a major role in their healthy life. Our forefathers classified the food material into different varieties. One of the classifications is "*NAVA DHANIYANGAL*". So, the present work was designed to explore the nutraceutical effects and pharmacological actions of *Nava dhaniyangal*. **OBJECTIVE**: To explore the nutraceutical effects and pharmacological actions of *navadhaniyangal*. **METHODS**: A detailed literature search was done in *Siddha* textbooks at library A.T.S.V.S Siddha Medical College, Munchirai. Apart from this detailed search was done in websites like PubMed, science direct, etc. **CONCLUSION**: Based on this review information medicinal value of *nava dhaniyangal*, which are mentioned in our *Siddha* text books is well correlate with the recent pharmacological studies of the grains. We can use the grains for the particular disease as dietetics regimen to improve the prognosis of symptoms.

KEYWORDS: *Nava dhaniyangal*, *Siddha* diet, Nutraceutical effects of grains, pharmacological actions of grains.

TSD/UG-24

ROLE OF SIDDHA ANTI-OXIDANTS FOR ALZHEIMER‟S DISEASE

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Background: *Siddha* system is a medical science through which the body as well as the soul is treated. The *Siddha* system has not only the curative and preventive effect on different disease but also paves the way for longevity and good health. This system plays a vital role in several neurological disorders. According to WHO (World Health Organization), more than 400 types of neurological disorder are present in the world. In that 60-70% life threatening Geriatric cases are affected by Alzheimer's disease. **Discussion:** Alzheimer's disease (AD) is a neurodegenerative disorder related with the increase of age and it is the common cause of dementia, which is a great socio-economic burden in the ageing society. AD is due to acetylcholine deficiencies, free radicals and inflammation of brain tissue. The common complication of AD is demolishment of vital brain cells causing trouble with memory, thinking, and behavior. **Conclusion**: There is no cure for AD, but some important rejuvenating medicinal herbs, which has antioxidant, and anti-inflammatory prevents AD by improving the brain function and reducing the free radicals. This paper aims to review the natural herbs, which has a significant benefit for the neurological disorder.

Keywords: Alzheimer's disease, Neurological disorders, brain cells, medicinal plants, antioxidants anti inflammatory.

TSD/UG-25

EXTERNAL THERAPEUTIC APPROACH TO MYOPIA WITH SUKKU KALI

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BACKGROUND: Myopia or nearsightedness is a visual abnormality in which the resting eye focuses the image of distant object at a point in front of retina. This study deals with a new approach to myopia with external therapy of *Sukku kali* on eyebrows. **METHOD**: Clinical trial involving 5 myopic patients will be done. **RESULT**: Optometric tests will be done pre and post the clinical trials. The mean difference of eye power will be calculated, and the statistical analysis will be done. **CONCLUSION:** This study will serve as an alternative therapy in progressive treatment of myopia.

KEY WORDS: Myopia, *Sukku kali*, external therapy, optometry, clinical trial.

TSD/UG-26

ROLE OF SIDDHA ANTIOXIDANTS IN DISEASE PREVENTION AND HEALTH PROMOTION

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BACKGROUND: Antioxidants is nothing but a molecule that inhibits the oxidation of other molecules. It can slow down the process of oxidative damage throughout the body. In recent years, the human age is reduced to 65 years due to living habits. The present study is aimed to review the antioxidant effect of *Siddha* Medicinal herbs & *Siddha* formulations. In traditional *Siddha* Medicine, the antioxidant is described as '*Kayakarpam*'. The *Kayakarpam* Medicines makes the body as strong as stone & make it endure. The *Siddha* classical text explains about the *Karpa* medicine as herbal origin, mineral origin & Animal Origin. **OBJECTIVES:** The main objective of the study is to create awareness about the importance of medicinal herbs & how it used to prevent various lifestyle disorders & metabolic disorder.

KEY WORDS: Antioxidants, Kayakarpam, Long healthy life, Medicinal herbs, Siddha formulation.

TSD/UG-27

HERBAL NUTRACEUTICALS - A PROCLIVE SCOPE AND OPPORTUNITY IN SIDDHA HEALTH CARE

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BACKGROUND: Nutraceutical is a food or part of a food that supposedly provides medicinal or health benefits, including the prevention and treatment of diseases. They can be considered non-specific biological therapies used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy or support the structure and function of the body. The aim of *Siddha* is to maintain the health of a healthy person and to cure diseases. Although, the first and foremost aim is preventive in nature rather than curative. It had described various do's and don'ts with respect to seasonal regimen, diurnal regimen, etc. The concept of *Pathyam* and *Apathyam* is one such concept which is the peculiarity of *Siddha* system. Besides various holistic treatment methodologies, *Kayakarpam* is one of the important diseases in preventing and health promoting concept. Herbs, nature's gifts to mankind, are the antioxidant products which may function intrinsically to scavenge free radicals. Thus, herbal nutraceuticals are used as a powerful instrument in maintaining health and to act against nutritionally induced acute and chronic diseases, thereby promoting optimal health and longevity. This article presents the information regarding herbal nutraceuticals in *Siddha* which are used to treat and prevent various lifestyle diseases.

KEYWORDS: Herbal nutraceutical, *Kayakarpam*, *Pathyam*, *Apathyam*, lifestyle diseases, prevention

TSD/UG-28

ANTIBACTERIAL ACTIVITY OF "SIVANARVEMBU CHOORANAM"AGAINST STAPHYLOCOCCUS

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BACKGROUND: *Sivanarvembu chooranam*- a *Siddha* medicine is used to treat eczema. **OBJECTIVE**: To analyze the antibacterial activity of "*Sivanarvembu chooranam*" a *Siddha* medicine against Staphylococcus. Methods: *Sivanarvembu Chooranam* is an efficient Siddha formulation used to treat human beings from ancient times. One of the important ingredients of this *Chooranam* is *Sivanarvembu* plant scientifically known as *Indigofera aspalanthoids* which is found to have antibacterial effect from previous studies. In the present study, the Antibacterial susceptibility test for *Sivanarvembu Chooranam* was done using disc diffusion method on agar. The plate was observed for formation of zone of inhibition around the discs. The diameter of the zone is directly proportional to the sensitivity of Staphylococcus against this formulation. Many forms of this drug are also in practice among the siddha physician till today. It is also one of the important ingredients of medicated oil for syphilis and other skin diseases. This study evaluates the antibacterial activity of siddha formulation "*Sivanarvembu chooranam*". Results: The current study revealed that *Sivanarvembu Chooranam* has considerable antibacterial activity against Staphylococcus and validates its use as an antibacterial agent. Conclusion: The *Sivanarvembu Chooranam* can be used not only as an antibacterial agent but also as anticancerous and antioxidant drug without any side effects.

KEYWORDS: Siddha, *Indigofera aspalathoids*, *Sivanarvembu Chooranam*, Disc diffusion pharmacology.

TSD/UG-29

CORRELATIVE STUDY OF *ENVAGAI THERVU (NAA)* WITH *NILAM (NEIDHAL)* AND *KAALAM (KOOTHIR KAALAM)*

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BACKGROUND: The ancient *Siddha* system of medicine deals with its unique diagnostic technique called "*Envagai thervu*". This study deals with first diagnostic tool "*Naa"*. According to *Siddha* concept, the *Nilam* and *Kaalam* makes changes in the body constituents (*Naa*). This study shows whether there is a notable change seen in tongue according to *Kaalam* and *Nilam*. The period is "*Koothir kalam"*. The study is conducted in *Neidhal nilam*. This study is to note that whether there are any changes in tongue in accordance with the variations in the *Uyir thathu*. This paved the way to correlate with *Kaalam* because according to *Kaalam uyirthathu* gets deranged. As this study is held in *Neidhal nilam*, so it is related to *Pithavaadham*. **MATERIALS AND METHODOLOGY**: The examination of tongue is done in 20 subjects. **RESULT**: The expected result is to see considerable changes in the tongue in relation with *Koothir kaalam* in *Neidhal nilam*. **CONCLUSION**: This study concludes that *Nilam* and *Kaalam* shows a considerable change in *Envagai thervu* (*Naa*) in accordance with derangements in *Uyir thathu*.

Keywords: *Envagai thervu, Naa, Neidhal nilam, Koothir kaalam*

TSD/UG-30

NATURAL PRODUCTS AND ITS MOLECULAR TARGETS IN ENHANCING THE QUALITY OF LIFE

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INTRODUCTION: *Siddha* system of medicine is one among ancient system of medicine in India. It has been practiced for more than 2000 years. In Siddha medicine, *KAYAKARPAM* is one of the special formulations for Therapeutic and Rejuvenation purpose as well as it boosts the immunity. It has been formulated several thousand years back by our great Siddhars for balancing the three humors of the body and well-being of the human life. **BACKGROUND:** Bathing is an essential day to day activity which we consider only for personal hygiene. But our *Siddhars* designed a procedure for bathing which balances the three humors of the body. This Procedure includes usage of certain powders in which one of the formulations is PANCHAKARPA KULIYAL CHOORANAM. It has its own therapeutic value. The aim of this review is to analyze the natural products of PANCHAKARPA KULIYAL CHOORANAM and its individual as well as compound targets. This review summarizes the actions of these natural products in enhancing the quality of life**. MATERIALS AND METHODS:** The Siddha literature (*Bohar 7000*, *Siddha Maruthuvaanga Surukkam*). **CONCLUSION:** *PANCHAKARPA KULIYAL CHOORANAM* is used in enhancing the quality of life by balancing the three humors of the body.

KEY WORDS: *Panchakarpam*, Immunity booster, three humors, *Kayakarpam*, Natural products.

TSD/UG-31

SNAKE BITE DIAGNOSTIC TOOL IN SIDDHA MEDICINE

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BACKGROUND/OBJECTIVES: *Siddha* system of medicine is one of the oldest traditional systems of medicine. It deals with 4448 diseases and contains 64 types of medicines. (32-Internal, 32-External). Diagnosis of disease in Siddha is unique and it is called as "*Envagai thervu*". It includes the examination of pulse, skin, tongue, color, speech eyes, urine, and feces. Siddha system describes about food, plant, chemicals, animal poisons. It provides a special test to identify the type of snake that caused the poisoning. **MATERIALS AND METHODS:** The root of the *Aristolochia bracteata* (worm killer/*Aadu theendaa paalai*) is given to snake bite person. The specific taste sensed by the person indicates the type of snake **RESULTS/CONCLUSION:** With this method, it is easy to find the cause. So, the management of snake bites becomes simple. In my poster, I will be elaborating about this test and the chemical changes behind it.

KEY WORDS: *Siddha* medicine, Snake bite, *Aristolachia bracteata*, bitter taste

TSD/UG-32

Can Yoga Reverse Ageing

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BACKGROUND: The Science of *Siddha* medicine is of fundamental important to man‟s well-being and his survival. It encompassed of 32 internal medicines, 32 external therapies, *Siddhar–Yogam, Varmam,* Rejuvenation methods. *Yoga* is a scientific-spiritual- holistic discipline and our ancient cultural heritage. The very existence of mankind is threatened by new epidemics of stress related disorders. *Yoga* is the panacea for the modern stress epidemic and has various facets and techniques such as *Asans*, *Pranayams*, *Dharana* and *Dhyan*. Aging is the progressive loss of metabolic and physiologic functions. *Telomeres* are repetitive DNA sequences at the ends of eukaryotic chromosomes. These prevent the loss of genomic DNA at the ends of linear chromosomes and in turn protect their physical integrity. *Telomere length is a primary biomarker of cellular ageing*. Shorter telomeres are associated with a decreased life expectancy. Physical activity has been associated with decreased levels of oxidative stress and inflammation, and it helps to prevent chronic disease. Thus, there are possibilities that telomere shortening might be slowed down by yoga and meditation interventions which helps in maintenance of chromosomal stability and maintain genomic. It concludes that *yoga* and meditation might delay the aging process.

KEYWORDS: Ageing, Telomere, *Yoga asanas*, *Dhyan*, Stress control.

TSD/UG-33

HERBO- MICROBIOME

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BACKGROUND: Microbiota is ecological commensal, symbiotic, pathogenic found in and on all multicellular organisms studied to date from plants to animals. Microbiota includes bacteria, archaea, protists, fungi and viruses. Microbiota has been found to be crucial for immunologic, hormonal and metabolic homeostasis of their host. Body microbiome is skin, GIT, Reproductive tract (especially females), Respiratory tract. GI tract may have 10^{14}micororganism. They synthesize various biological compounds such as vitamins, essential amino acids, short chain fatty acids (SCFA) and process undigested dietary components. SCFA - anti-inflammatory effect, Protection from pathogens, develop immune system - metabolic pathways and modification of epigenetic genome. **Antimicrobial herbs:** licorice, garlic, onion, aloe vera, lavender, olive leaf, turmeric, clove, grapefruit seed extract. **CONCLUSION:** Herbs can alter the microbiome and microbiome can alter the effects of herbal medicines. A diverse microbiome is important for optimum health, growth and development.

Keywords: Microbiota, Bacteria, immune, microorganism.

TSD/UG-34

NITHIYA OZZHUKKAM IDAILY REGIMEN IN SIDDHA LITERATURE IS COMPARED WITH MODERN PHASE

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BACKGROUND: *Siddha* system of medicine is most ancient and spiritually enriched one in Indian system of medicine and unique system when compared with other conventional system. In millions of years ago, *Siddha* medicines are formulated and equipped by the Siddhars, after undergoing various researches on herbs and the rich minerals resources of earth. The medicines are enriching with prayers and control, which not only cures the disease but also peace to the psyche and spirit. This heavenly system of medicine is a treasure of numerous medicines. *NAAL OZHUKKAM* the name itself denotes the daily regular activities that every person needs to carryout in a systematic manner to maintain the good and healthy body, which including the care of all the components of daily regimen from morning to night. The current study deals about the *NITHIYA OZHUKKAM* (Daily Regimen) given in the *Siddha* literature is compared with modern aspect.

Keywords: *Siddha, Nithiya ozhukkam*, herbs, spiritually, psyche and spirit.

TSD/UG-35

ROLE OF YOGA ASANAS AND PRANAYAMA IN REDUCING HYPERTENSION

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BACKGROUND: To highlight the role of *Yoga Asanas* and *Pranayama* in reducing Hypertension. **OBJECTIVES:** To study the effect of *Yoga Asanas* (postures) and Pranayama (breathing techniques) in reducing the blood pressure level and to maintain the body metabolism. **METHODS :** The effect of *Yoga* in reducing blood pressure with the help of Asanas such as *Balasana, Vajrasana, Paschimottanasana, Shavasana, Sukhasana, Ardha Matsyendrasana, Badha Konasana, Janusi rasasana, Virasana, Setu bandhasana* and *Pranayama* like *Bhastrika pranayama*, *Kapal bhati pranayama*, *Bhramari pranayama* and *Nadi shodhan pranayama*. From these *Vajrasana* pacifies the sympathetic nervous system and slows down the heart in order to increase the blood flow to the lower abdomen. *Setu bandhasana* energies the kidney and soothe the nervous system in order to regulate the blood pressure. Some of the pranayama like *Bhastrika pranayama* increases oxygen supply to all parts of the body thus improving blood circulation. **RESULT:** This paper concludes that we can reduce blood pressure by *Yoga Asanas* (posture) and *Pranayama* (breathing techniques) without using medication. **CONCLUSION**: We as *Siddha* students should recommend these *Yoga Asanas* and *Pranayamas* to patient before taking medication to reduce the side effects.

KEYWORDS: Hypertension, sympathetic nervous system, *vajrasana, setu bandhasana, bhastrika pranayama.*

TSD/UG-36

YOGA AND *PANCHA KOSHAMS* – INTEGRATED APPROACH

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BACKGROUND: *Siddha* system is one of the ancient systems which contain mostly philosophy. One among that is 96 *Thathuvas.* These 96 *thathuvas* contains *Naadi, Vaatham, Aasayam, Ragam, Kosa, Malam, Vinai,* and so on. These *thathuvaas* used to diagnose and treat the patients. In that there are five *Koshams* mentioned. *Koshams* are correlated with the three *sharira*. The application of *Yoga* therapy can be correlated with the *Pancha Koshams* **MATERIALS AND METHODS:** correlation of the *Pancha Kosham* with the three *Sariram*. *Thoola Sariram* with *Annamaya Kosam, Sookuma sariram* is correlated with *Pranamayam, Mano Mayam* and *Vignanan Mayam* whereas *the Karana sariram* is correlated with *Anandha maya kosam*. The Physical sheath is *Annamaya Kosam*, Energy sheath is *Pranamaya Kosam*, Mind sheath is *Manomaya Kosam*, Sheath of intellect, Sheath of Eternal Bliss is *Anantha Maya Kosham*. **RESULTS AND CONCLUSION:** Yo*ga* therapies help to strengthen the *Koshams* which help to lead life without diseases.

KEYWORDS: *Pancha koshams*, *Yoga* therapies, *Sharira*, *Siddha* philosophy.

TSD/UG-37

PRAYANAMA - AS AN ADJUVANT MODALITIES IN BREAST CANCER PATIENTS

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BACKGROUND: *Pranayamam* and *Yoga techniques* which are the branches of *Siddha* system of medicine can be used to prevent, as well as to inhibit the symptoms in all types of cancer. This topic dealt with the various Pranayama methods which can be used as an adjuvant treatment option in breast cancer patients undergoing radiation therapy. **OBJECTIVE**: To determine the effectiveness of *Pranayamam* techniques on the emotional aspects such as impatience, worry, anxiety, and frustration among breast cancer patients undergoing radiation therapy. **METHODS**: The following *Pranayamam* techniques should be performed twice a day that is in morning and evening for 5 days a week, for up to 6 weeks during radiation therapy. ***Sheethali*** -5 min (50– 60 cycles) ***Brahmari*** -8 min (10 cycles) ***Nadi sodhana*** - 5min (21–25 cycles). RESULT: Breast cancer patients undergoing radiation therapy along with the regular practice of *Pranayama* techniques, helps in reducing the Emotional stress, Anxiety, Negative thoughts. CONCLUSION: *Pranayama* can be used as an adjuvant therapy for breast cancer. Patients undergoing radiation therapy are may be advised to practice the *Yoga* and *Pranayama* techniques only under the guidance of a certified practitioner.

KEY WORDS: Pranayama, Breast cancer, Supportive therapy, Emotional aspects, Radiation therapy.

TSD/UG-38

ROLE OF SIDDHA MEDICINE IN MANAGING HELICOBACTER PYLORI –A REVIEW

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BACKGROUND/OBJECTIVES: Helicobacter pylorus is a small spiral gram-negative bacillus that plays a role in the pathogenesis of several diseases ranging from asymptomatic gastritis to gastric cancer. *Zingiber officinale* has been used traditionally for the treatment of gastrointestinal ailments such as motion sickness, dyspepsia etc., Helicobacter pylorus is the primary etiological agent associated with dyspepsia, peptic ulcer and the development of gastric and colon cancer. The purpose of this paper is to review the most potent medicinal plant *Zingiber officinale* with anti H. Pylori property is one of the possible mechanisms by which gastro-protective herbs treat gastrointestinal tract disease. **METHODS**: The Siddha Literature (*Agathiyar Gunavaagadam*) and the article papers are reviewed. **RESULTS/CONCLUSION**: *Zingiber officinale* is used in managing Helicobacter pylori.

KEYWORDS: Helicobacter pylori, *Zingiber officinale*, peptic ulcer.

TSD/UG-39

PHYSIOLOGICAL AND BIOLOGICAL ANALYSIS OF RUBELLA VIRUS

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Background: Emphasizing the physiochemical and biological details of Rubella virus. **Objective**: Reviewing the origination, causes, mechanism, symptoms and prevention or treatment of Rubella virus. **Methods**: Rubella Virus is controlled by use of *Malaivembu*, hence a thorough literature review is a must. **Conclusion**: In *Siddha* system *Malaivembu* acts as Immunomodulator. Even though the Vaccination is effective, the most valuable herb in prevention of Infection.

Keywords: Rubella, *Malaivembu*, Immunomodulator.

TSD/UG-40

VALKAYAI MEMBADUTHUM VARAPRASATHAM

(ENNAI KULIYAL)

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BACKGROUND: *Ennai Kuliyal* explained by our *Siddhars*, is well known to be best for reducing our body heat and provides us various benefits such as body glow etc. On the other hand, it acts as a best Immuno-modulator to our body, hence prevents our body from various common and major diseases. And, it improves blood supply and hence act as a best stress buster. **METHODS:** This is the method on which we apply medicated oil on our whole body, give some massage, and leave for some time and taking bath on warm water. Applying certain drops of oil on eyes, ears and nose prevents certain diseases. There are various types‟ medicated oil for concern person depending upon his/her body humor. **RESULT:** Thereby in this poster we are going to explain the benefits, and dos and don'ts on *Ennai Kuliyal*. **CONCLUSION:** *Ennai Kuliyal* is one of the most wonderful treasure left for us by our Siddhars. Let be aware on that and make use of that.

KEY WORDS: Ennai kuliyal, massage, body heat, Medicated oil, body glow.

TSD/UG-41

A Comparative Study on the Antibacterial Activity Of "KANDHAGA VENDHAYA PARPAM" Against S. Aureus and E. Coli

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BACKGROUND: *Kandhaga Vendhaya Parpam* is a herbo mineral Siddha formulation which is found to have many therapeutic properties. In the present study, the antibacterial activity of *Kandhaga vendhaya parpam* was screened. **OBJECTIVE:** To compare and evaluate the antibacterial activity of *Kandhaga vendhaya parpam* against the microorganisms S. aureus and E. coli. **MATERIALS AND METHOD: INGREDIENTS:** *Kandhagam* - 100g, *Vendhayam* – 200g, *Nellikaicharu* – 50 ml. **AQUEOUS EXTRACT PREPARATION:** 100g of *kandhaga vendhaya parpam* is soaked in 200 ml of distilled water for 12 hrs and it is filtered using filter paper. **METHOD:** The antibacterial assay was performed by Kirby-Bauer disk diffusion method. **RESULT AND CONCLUSION:** This study proves that the aqueous extract of *Kandhaga vendhaya parpam* possess effective and considerable antibacterial activity against S. aureus and E. coli.

KEYWORDS: Antibacterial activity, S. aureus, E. coli, Kirby Bauer disk diffusion method, *kandhaga vendhaya Parpam*

TSD/UG-42

ROLE OF SIDDHA ANTI OXIDANTS IN DISEASE PREVENTION AND HEALTH PROMOTION

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Background: External therapy in *Siddha* is the way of touch therapy. There are various kind of external therapy, one among them is *Podi thimirthal*, a decent procedure to detoxify the body. At the point when the body is kneaded and cleaned upward way, warm vitality is created and because of this, the fat is condensed and rejected. These herbs and powders penetrate deep inside the body through pores in the skin. After this, the lymphatic toxins are reduced as well. Even circulation of blood is improved through which the rejuvenation effect is created in the body. The herbs used in *Podi thimirthal* are Mustard, Senna, Deodar, Gooseberry, and Horse Gram. **Methods:** This poster with *Siddha* literatures and journals as reference enumerates the benefits of *Podi thimirthal* (dry powder massage) in *Siddha* medicine. **Conclusion:** This poster concludes the usage of *Podi thimirthal* for various kinds of disease for the body and help the people to live disease free life.

KEYWORDS: Detoxify, inflammation, physicians, rejuvenation, and blood.

TSD/UG-43

PREVENTIVE MEDICINE AND IMMUNITY BOOSTER OF THE ATHIMATHURA CHOORANAM

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BACKGROUND: *Athimathuram chooranam* is a preventive medicine used to treat seasonable diseases. **OBJECTIVES**: To cure seasonable diseases by the method of *Kayakarpam*. Medicinal practice that are designed to alter and avoid diseases. **METHODS:** Preventive medicine aims to reduce risk factors that contribute to diseases development and progressions. The *Athimathuram chooranam* is as a preventive medicine. It is given in 4 months (*sithirai*, *vaikasi*, *aani*, *aadi*) in spring seasons, the medicine should be given from March to May. In summer June to August, In autumn September to November, In winter December to February. If the medicine is given in these months, the seasonal diseases which affects in these months will be cured. Regular dosage size -1gram, digestive period - 12 *nazhigai*, expiry date-3months. **RESULT:** Consumption of *Kayakarpam* medicine for 4 months in every year will succeed in improving immunity, reduces the mind stress and a good diseases free life in social status.

KEY WORDS: *Siddha, kayakarpam*, Preventive medicine, *Athimathuram*, dosage.

TSD/UG-44

PREVENTIVE METHODS AND PATHIYAM – KABAM NOI (IRRAIPU NOI)

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BACKGROUND: *Kabam* will increase when foods containing sweet is in taken. So *pathiya muraigal* will include foods excluding sweet taste so that the medication taken against *kabam* disease (ASTHMA) will have maximum potency. **OBJECTIVES**: To study about the preventive measures that must follow for example - asanas and the *pathiya muraigal* (The food that must be taken and to be avoided) during the unbalanced *kabam* disease (ASTHMA). **METHOD**: The five-element theory (5 *bootham*) propound that the air, water, fire, earth and the space mixes together to produce the six taste (*Arusuvai*) namely sweet, sour, salty, bitter, pungent and astringent. And when the food rich in particular taste is consumed they are further combined to produce the "*Muthathugal*" .When a food rich in particular taste is consumed at large the derangements of the *muthathugal* occurs that causes a *kutram* to the *muthathugal* and results in a disease. So *pathiya muraigal* should be followed to cure the alteration called "*Mukutram*" i.e., in case of ASTHMA *kabam* is altered so that the foods like *peerkangai kodi pasalai keerai*, (which increases the *kabam* and causes asthma) should be avoided. **RESULT**: The preventive measure acts as a precaution and the *pathiya muraigal* helps in enhancing the treatment for *kabam* disease (Asthma) that provides speedy recovery.

KEY WORDS: *Pathiya muraigal*, Asthma, *Kabam*, *Siddha.*

TSD/UG-45

IMPORTANCE OF WARMWATER IN SIDDHA OILBATH

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BACKGROUND: Siddha medicine which is known as Tamil medicine is gifted by enlightened Tamil Siddhars to us. It is mingled with our day to day life habits and customs. As oil bath is more beneficial our people have been practicing oil bath regularly for ages. Here we elaborately explain the favors of warm water usage in oil bath.

KEY WORDS: Siddha medicine, Warm water, Oil bath.

TSD/UG-46

ROLE OF *KAYAKARPAM* IN THE PREVENTION OF TRIPLE BURDEN

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BACKGROUND/ OBJECTIVES: Re-emphasizing the role of *Kayakarpam* in the prevention of triple burden. To analyze and evident the role of rejuvenating herbs *(KAYAKARPA MOOLIGAIGAL)* in the prevention of communicable, non-communicable diseases and nutritional disorders which are potrayed in ancient Tamil medicinal literatures like *AGATHIYAR GUNAPADAM, AGATHIYAR GUNAVAGADAM, BOGAR KARPAVITHI 300, KONGANAR KARPAMURAI 100* and many more. **METHODS: S***iddha* medicine has been reflected in the ancient Tamil literatures and medicinal books and those epics witnessed the antiquity and remarkable facts about *Kayakarpam*. Remembering those *Kayakarpa mooligai* and their potent, which play a vital role in the prevention of diseases and in emphasizing a healthy life since ancient period. The composition of those herbs, their mode of action in living cells and their properties are summarized. This testimony is all about re-stressing and grabbing back all attention on the importance of rejuvenating herbs and their practices. **RESULT:** This documentation shows and proves us that our ancestors comforted their lives through our medications and thus the role of *Kayakarpam* is witnessed from great medicinal literatures. **CONCLUSION:** Today, this modern generation should be enlightened with the knowledge and action of *Kayakarpam* which helps them to lead a healthy life thus increasing the span of life.

KEYWORDS: Rejuvenating herbs, Tamil medicinal literature, prevention of diseases, evidences, increased life span.

TSD/UG-47

ROLE OF KAYAKARPAM AND YOGA IN PREVENTION OF AMENORRHEA-NUTRITIONAL DISORDER

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BACKGROUND: To highlight the participation of Kayakarpam and Yogam in prevention of Nutritional disorder (Amenorrhea). **OBJECTIVES:** *Amenorrhea*, which defines as the absence or cessation of menstrual bleeding, having an etiology particularly due to the deficiency of iron. This type of Amenorrhea was treated using *Kayakarpam* and *Yogam* which has been illustrated in *Yoga Karpam 300* and *Yogam tharum Yoga Muthiraigal*. **METHODS:** The routine use of *Kayakarpam* and its composition may delay, prevent and cure diseases. The Asanas *Salabasanam*, *Viparita karanai*, *Magara muthirai*, *Madhangi muthirai*, *Sangu muthirai* and *Kayakarpam* herbs like Veppam pattai, Ponnangani and regular practice of these Asanas and taking of these herbs, improves the function of abdominal organs, regulates the menstrual cycle and increases the absorption of iron in our body. **RESULT:** This paperwork evidences various practices established in literature and witnesses the procedures followed by our progenitors. **CONCLUSION:** Thus, both traditionally and Scientifically, Iron deficiency Amenorrhea has been prevented by using the above *Kayakarpam* and *Yogam* techniques.

KEYWORDS: *Kayakarpam*, *Yogam*, Amenorrhea.

TSD/UG-48

SCIENTIFIC RELATION-TAMILIAN ANTIQUITY HABITS OF FLOWERING OF GIRL TO WOMEN

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Background: Ancient people arrange environmental, physical, mental, food and lifestyle modification for the Ist time menstruation attained in a girl's life. It is a scientifically related activity. **Objectives:** To study about scientific knowledge of our ancient Tamilian people's habit. **Methods:** Ancient Tamilian peoples take some interesting lifestyle changes in newly menstruation attained girl's life. These plans are medically and scientifically related activities. Our former peoples known, at that time (menarche) girls feel afraid and mentally, physically weak. So traditionalist made a change for that girl's life. Such as isolation and nobody should touch the person-because at the time sex hormones were enormously changed. These hormones are major factor for regulation of immunity. Turmeric water bath (*Manjal Neerattu*) - act as anti-inflammatory and maintain personal hygiene. Raw egg with sesame oil swallowing-it prevents postmenstrual symptoms. Arrange function and dress up with heavy ornaments-promote our mental strength; jewels stimulate chakras in our body. So, positive energy and self-confidence improved. Iron ring wearing in toes- Iron ring boost up nerves of the toes. These nerves strengthen Pelvic and back portion also. My study explains the Tamilian Antiquity lifestyle are not meaningless. It is scientifically and medically giving many health benefits. **Result:** This paperwork display and confirms that the Tamilian Ancient lifestyle was medically and scientifically related concept.

Keywords: Tamilian antiquity habits, Commencement of menstruation, *Manjal Neerattu*, Health benefits, scientifically relation.

TSD/UG-49

SMELL IDENTIFICATION IN SIDDHA DIAGONOSTICS (THERAIYAR)

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INTRODUCTION: For the conference *Siddha science* in Preventive and Promotive health, we are discussing about Siddha diagnostics through some flower basis which are mentioned by our Siddhars. **AIM:** To explore the role of siddha in diagnostics (Smell identification). **BACKGROUND:** *Siddha* is a unique system among all over the medical systems. It was originated and followed by southern state Tamilnadu as a Holistic Tamil medicine. It plays an important role in all aspects like Prevention, Diagnostics, Treatment using medicines etc, as diseases are emerged rapidly all over the world, Prevention of diseases is highly important. Diagnostics also plays a vital role for preventing diseases. We deal with the Siddha role in diagnostic aspects. We specifically take the identification of smell which was mentioned by *Theraiyar Siddhar*. **THEME:** *Siddha diagnostics* including Pulse reading for early detection and prevention of diseases. **CONCLUSION AND DISCUSSION:** Through our Paper presentation, we posted the herbal flowers for smell diagnosis in our Siddha system.

KEY WORDS: Smell diagnosis, Siddha diagnostics, *Herbal flowers*

TSD/UG-50

A LITERATURE REVIEW - ROLE OF *VARMAM* IN THE MANAGEMENT OF HYPERTHYROIDISM AND HYPOTHYROIDISM

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BACKGROUND/OBJECTIVE: Siddha system is a traditional system in South India which includes internal and external medicines to treat various types of diseases. *Varmam* is a kind of pressure manipulation therapy in Siddha system of medicine. Improper food habits and undue lifestyle of the current generation lead to many diseases. In some cases, the endocrine glands are affected leading to illnesses such as growth disorders, diabetes, thyroid disease and sexual dysfunction. To manage hyperthyroidism and hypothyroidism by using *Varmam* points. **CONCLUSION:** This paper throws light on the management of hyperthyroidism and hypothyroidism by manipulating specific *varmam* points– *Kondaikkolli, Uthirakkaalam,* and *Sumai Varmam*.

KEY WORDS: *Siddha,* Hyperthyroidism, Hypothyroidism, *Varmam* points, *Kondaikkolli, Uthirakkaalam, Sumai Varmam.*

TSD/UG-51

DIET AND THE MICRO-BIOME

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BACKGROUND: Micro-biota is ecological, symbiotic, pathogenic found in and on all multi-cellular organisms studied to date from plants to animals. Micro-biota includes bacteria, fungi and viruses. Micro-biota has been found to be crucial for immunologic, hormonal and metabolic homeostasis of their host. **MATERIALS AND METHODS**: Various diets. **RESULTS AND CONCLUSION:** Diet, herbs, antibiotics all the things can change micro-biome populations. Pre-biotic, pro-biotic, symbiotic all are helpful. Body micro-biome is skin, GIT, Reproductive tract (especially females), Respiratory tract. GI tract may have 10 microorganisms. They synthesize various biological compounds such as vitamins, essential amino-acids, SCFA.

KEYWORD: Diet, Micro-biome, Pro-biotic, Pre-biotic.

TSD/UG-52

FACTS BEHIND THE VARMAM POINTS IN PREVENTING DISEASES

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BACKGROUND: *Varmam* is one of the oldest South Indian martial therapeutic art. It is a method of unarmed fighting system targeting mainly nerves, veins, joints, organs. It refers to points where the energy remains concentrated. It is also being practiced for emergency conditions. *VILANGU VARMAM* located in the pit on the chest below the collar bone, where the collar bone meets the shoulder bone is helpful in the management of suffocation. *ANNA KAALAM* is useful in regulating appetite, bowel movements, body temperature, etc., lies six fingers below *URUMI KAALAM* and one finger above the navel. This poster attempts to discuss the anatomical locations of these *varmam* points & their associated superficial, deeply located vein & nerves, and their role in preventing diseases are highlighted.

KEYWORDS: *Vilangu varmam*, *Anna kaalam*, Anatomical locations.

TSD/UG-53

A REVIEW ON ANTI-CANCEROUS ACTIVITY OF *THIRITHODA SAMAPORUTKAL*

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Introduction: Siddha system is an ancient traditional system of medicine originated in Tamil land. Siddha medicine is preventive and curative of diseases and promotive of good health. Cancer, one of the deadly diseases is characterized by abnormal multiplication of cells in the human body continuously multiplying with inability to be controlled or shaped. Many plant species have been indicated by Siddhars as preventive of cancer. **Objective:** This poster aims to throw light on *Thirithoda Samanaporutkal,* which are used in our day-to-day cooking, have anti cancerous properties. Diet plays an important role in balancing the *thirithodam*. The various conditions of cancer are precipitated by the derangement of three humors, which can be corrected by proper diet. **Discussion & Conclusion**: Medicinal plants form a good source of agents for treating various types of malignant diseases. They are safe for long-term use by cancer patients. They provide nutrition and reduce the side effects of conventional cancer therapy due to their effective antioxidant activity. At least one third and potentially more than half of all cancers can be prevented by adopting healthy lifestyle and regular screening. One of the major principles of *Siddha* system is *"unavae marunthu;marunthey unavu"(i.e. Food itself is medicine and medicine itself is food).*

Keywords: Siddha, Anti-cancer activity, *Thirithodam, Thirithoda samana porul*

TSD/UG-54

NUTRITION TO BE FOLLOWED IN SIX SEASONS

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INTRODUCTION: *"Andathil Ullathae Pindam***,** *Pindathil Ullathae Andam"* Each year is divided into six seasons of two months duration each known as *„Perumpozhuthu"*. In order to lead a healthy life, several food habits have been prescribed by our Siddhars according to these seasons. **OBJECTIVE:** A single humor dominates over the other two in a season and during any specific period in a day. The seasonal conduct mentions some precautionary steps to follow during ***kaala chaerkai*** which is a transitional period of 14 days (last 7 days of ongoing season and first 7 days of next season). Seasonal conduct of ongoing season should be gradually stopped, and the regimen of next season should be gradually initiated to help our body adapt to seasonal changes. **CONCLUSION:** Hence to maintain the three humors in the equilibrium state, certain food habits must be followed. Few of them have been described in this paper.

KEY WORDS: *Perumpozhuthu*, Food habits, Siddha, Three humours.

TSD/UG-55

A COMPARATIVE STUDY OF NOI ANUGA VIDHI OZHUKKAM i.e. SIDDHA HYGIENIC PRINCIPLES WITH THOSE FOLLOWED IN THE CURRENT SCENARIO – A SCIENTIFIC APPROACH

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INTRODUCTION: In this current era medical and health communities largely focus on the criteria of preventing diseases rather than treating/curing the diseases affecting people who have adopted an unduly modified lifestyle. Our *Siddha* system of medicine deals elaborately with *Noi Anuga Vidhi Ozhukkam*, a unique set of hygienic principles to prevent diseases. **OBJECTIVE:** This paper is an attempt to compare our own *Siddha* hygienic guidelines with modern principles to validate the scientific nature of the principles. **CONCLUSION**: This current comparative study helps to integrate Siddha and Modern principles to ensure better quality of life from pediatric to geriatric population in terms of healthy habits, dietary regimen and other activities with respect to *Perumpozhuthu* (Six seasons).

KEY WORDS: *Noi Anuga Vidhi Ozhukkam*, Six seasons

TSD/UG-56

FOLKLORE - ENEMA THERAPY FOR CHRONIC KIDNEY DISEASE (A SINGLE CASE STUDY)

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INTRODUCTION: A female patient came with complaints of severely elevated levels of serum creatinine and urea. No H/O DM/HT/HD. Nephrologists suggested for kidney transplantation. But the patient was not willing to undergo surgery. So, began to proceed an Enema therapy with *MANDOORATHI ADAI KASAYAM*, and fomentation with *GINGER* EXTRACT (*Zingiber officinale*) on lumbar loin region. Internally *POONAIMEESAI LEAF* (*Orthosiphon stamineus*) and *VIDA NARAYANA PATCHILAI DECOCTION* 60ml bd was given. The patient was under medication for 45 days. Laboratory findings revealed that the serum creatinine and urea level was tremendously decreased.

KEYWORDS: Chronic Kidney Disease, Enema therapy, *Poonai meesai*, *Mandoorathi adai kasayam*.

TSD/UG-57

NEPHROPROTECTIVE EFFECTS OF POONAIMEESAI KUDINEER- SINGLE CASE STUDY

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BACKGROUND: The kidneys are the major excretory organs in humans. The kidneys maintain the serum creatinine and urea within normal range. Creatinine and urea have been found to be a reliable indicator of kidney function. Elevated creatinine and urea level signify impaired kidney function or kidney disease. **OBJECTIVES**: Our aim is to present a case study which proves the nephroprotective effect of the *Poonaimeesai kudineer*. **METHODS**: We selected a male patient from our college IPD (Sri Sairam Siddha Medical College and Research Centre). He had complaints of renal impairment with elevated levels of blood urea and creatinine. We prescribe the above mentioned *Poonaimeesai kudineer* to the patient for 10 days. **RESULTS**: After 10 days the levels of blood urea and creatinine reduced tremendously. The creatinine and urea level reduced to near normal range within 10 days of dosage. **CONCLUSION**: Thus, *Poonaimeesai kudineer* seems to be very effective nephroprotective drug.

KEY WORDS: chronic renal disease, *Poonaimeesai*, nephroprotective, creatinine, blood urea.

TSD/UG-58

ROLE OF SIDDHAR YOGAM AND VARMAM IN THE MANAGEMENT OF MALNUTRITION AND CARDIOVASCULAR DISEASES

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INTRODUCTION: ***Siddhar Yogam*** (a part of *Kayakarpam*) and ***Varmam*** are special branches of *Siddha* system of medicine which plays a major role in promoting drugless therapies. It also plays a vital role in preventing the Triple burden (communicable, non-communicable and Nutritional disorders). The prevalence of Malnutrition and Cardio-vascular diseases are rapidly increasing nowadays in our country. Both non-communicable and Nutritional disorders are some of the major causes of death all over the country. **OBJECTIVE:** The present study is to elucidate the clinical importance of Siddha unique therapies such as *Kayakarpam* including *Yogam* and *Varmam* to prevent triple burden. **CONCLUSION:** *Siddhar Yogam* techniques (*Karpa yogam*) and *Varmam* therapy shows significance in the management of Malnutrition and Cardiovascular diseases.

Keywords: Kayakarpam, Yogam, Varmam, Triple burden, Siddha.

TSD/UG-59

NATURAL PRODUCTS AND THEIR MOLECULAR TARGETS IN ENHANCING THE QUALITY OF LIFE

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INTRODUCTION: Natural products have been playing vital role in human health care. Natural products have special resource advantage properties such as antioxidant and scavenging free radicals helps in antiaging and extending life span. Natural products have played central part in treatment and prevention of human diseases in thousands of years. More than 80-90 % of the world population rely on traditional medicines that use natural products, for their primary health services. Almost 73% of the current pharmaceutical products are derived from natural products including medicinal agents from traditional plants. Siddha System also uses natural products which enhances life. *Withania somniferum* (*Amukkara*) is used for boosting immunity, anti-aging.it is used as an adaptogen to help the body cope with daily stress and improve thinking ability. *Hygrophila auriculata* (*Neermulli*) prevents aging and greying of hair by strong production of melanin. *Terminalia auriculate* (*kadukkai*) enhances intellect, strength of the body and stimulates the sense giving rejuvenating feel. Noni a plant from Southeast Asia have natural antibiotic property. In this paper, we strongly demonstrate that our Siddha medicine with natural products improves quality of life.

KEY WORDS: natural products, anti-aging, antioxidant, antibacterial.

TSD/UG-60

ROLE OF SIDDHA ANTIOXIDANT IN DISEASE PREVENTION AND HEALTH PROMOTION

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INTRODUCTION: *Siddha* medicine is the traditional, ancient and unique treatment system in South India particularly in Tamilnadu. Antioxidant is a substance or chemical component which inhibits the oxidation and protects our body from many diseases extending our life span. Certain synthetic antioxidants such as butylated hydroxyl toluene (BHT) and butylated hydroxyl anisole (BHA) can prevent oxidation in our body but are too dangerous to mankind. In Siddha medicine 108 rejuvenating Herbs (*kayakarpam*) which is proposed by *Karuvurar* around 3000 years back is used to maintain health cure, prevent the disease. Many *kayakarpa* herbs act as an antioxidant. Some of the *Kayakarpam* medicinal plants which contain antioxidant property like *Alternanthera sessilis*, *Manihot esculanta*, *Alangium salviifolium*, *Vitex althissima*, *Azadirachta indica*, *Decalepsis hamiltonii*, *Cucurbita moschata*, *Lagenaria siceraria*, *Solanum trilobatum*, *Aegle marmelos*. This review article reveals that *Siddha* medicinal plants act as antioxidants and nontoxic to mankind which is used in *kayakarpam* medicine.

KEYWORDS: *Kayakarpam*, Antioxidant, *Siddha*, Rejuvenation, Health

POSTGRADUATE CATEGORY

TSD/PG-01

Naadi Analysis for *Kalladaippu* (Renal Calculi)- A *Siddha* Diagnostic Tool

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INTRODUCTION: Renal calculi affect 10-12% of the population in industrialize countries. In Indian population about 12% of them are expected to have renal calculi and out of which 50% may end up with loss of kidney function. In today's modern medical practices, there is a plethora of urine diagnostic examination and Ultra Sonogram and X-ray available this act as an added financial burden to the patients. **OBJECTIVES:** To evaluate *Naadi* in renal calculi patients and will be documented. **METHODOLOGY:** Patients reporting at OPD and IPD of Arignar Anna Government Hospital of Indian medicine and Homeopathy will be enrolled in the study based on inclusion and exclusion criteria. If the patients are willing their *Naadi* were examined. **RESULT**: Most of the Renal Calculi cases 77% of cases came under *Pithavatham Naadi*. **CONCLUSION:** This current study is to document Siddha diagnostic tool- *Naadi* in renal calculi. It may give an idea whether the *Naadi* will help to early diagnose and prevention the disease.

KEYWORDS: *Kalladaippu, Naadi, Pithavatham.*

TSD/PG-02

PANJAPATCHISAASTHIRAM ON VARMAM

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INTRODUCTION: *Panja patchi Sasthiram* is based on *Panjabootham*. Five types of birds are denoted in this *sasthiram* is representing one *Panjabootham* each. The reign of the birds changes according to the ascent and descent of the moon. For instance, the *valooru*, which reigns as fire *bootham* during an ascent of the moon, reigns as earth *bootham* during the descent phase. The individual birds, during the five *saamam* of the day and five *saamam* during the night, perform five different acts – eating, ruling, walking, sleeping, and dying. These acts also vary according to the day of the week. This is used to interpret the disease according to the time in which the patient gets affected, by calculating the *maathirai*.

KEYWORDS: *Panja patchi sasthiram, saamam, maathirai, varmam*

TSD/PG-03

AN OBSERVATION STUDY ON NEIKURI EXAMINATION FOR NITHAMBASOOLAI (CERVICAL CANCER)

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INTRODUCTION: The *Siddha* system of medicine that originated in the southern part of India especially in Tamilnadu, Kerala and Srilanka. It is one of the ancient traditional medicine in the world. Siddha system meant for not only curing the disease, it also cares to diagnose the diseases. In that Diagnosis of disease in siddha system is based on eight-fold examination, *manikkadai nool*, astrology and *pancha patchi sasthiram*. In eight-fold examination *naadi* plays a major role in diagnosis, *neikuri* also has its importance equal to *naadi*. The study aims to evaluate the *neikuri* examination of *Nithamba soolai* (cervical cancer). It is the fourth most frequent cancer in women with an estimated 5,70,000 new cases in 2018 requesting 6.6% of all female cancers. Approximately 90% of deaths from cervical cancers occurred in low- and middle-income countries. This study was conducted in OPD of *Noi Naadal* department of Arignar Anna Government Hospital of Indian medicine and Homoeopathy, Arumbakkam, Chennai – 106. A total number of 40 diagnosed cervical cancer patients were randomly selected for this study. The result would provide the resourceful documentary data for cervical cancer, its helps for the future reference and study in the means of diagnosis.

KEY WORDS: *Siddha, Neikuri, Nithambasoolai*, Cervical cancer

TSD/PG-04

AN OBSERVATIONAL STUDY ON SIDDHA DIAGNOSTIC TOOLS FOR ACQUIRED IMMUNO-DEFICIENCY SYNDROME (AIDS)

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INTRODUCTION: Siddha System is one among the Indian system of medicine which is developed largely by Siddhars. They contribute vast knowledge in basic principles of a human body formation, development, physiology, pathology diagnosis and treatment at before the modern Science develops. On Diagnosis it provides some special tools without Any modern parameters i.e eight-fold examination, *Neikuri*, *Manikkadai Nool* etc.., The study is on the diagnosis of one of the Communicable Disease the world challengeable HIV–AIDS through Siddha diagnostic Tools *Naadi* and *Neikuri*. AIDS is a chronic, potentially life-threatening condition caused by the Human immunodeficiency Virus (HIV) by damaging the immune system of an individual. HIV is a sexually transmitted infection, other than this it is transferred through mother to baby during pregnancy, breast feeding, unhealthy blood transfusion etc.., This study provides the knowledge about the10 randomly selected AIDS Infected participants *naadi* and *neikuri* data. This helps to document the data for the future reference, diagnosis, prognosis and treatment protocol of this infection through Siddha medicines.

KEYWORDS: *Siddha*, Diagnosis, HIV–AIDS, *Naadi*, *Neikuri*.

TSD/PG-05

PROPHYLACTIC PRINCIPLES OF SIDDHA FOR HEALTHY LIVING AND MANAGEMENT OF LIFE STYLE DISEASES

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INTRODUCTION: "Nothing on earth is more international than disease" said Paul Russel. Disease is a condition that arising from inability of body nature to meet with or neutralize the increased morbid effects resulting from the various changes taking place in the system. Now a day changes in lifestyle behavior leads to several disease such as Diabetes, Hypertension, Obesity, Cancer, Respiratory disease and so on. Lifestyle diseases commonly caused by alcohol, drugs and smoking abuse as well as lack of physical activity and unhealthy eating. The *Siddha* system is largely therapeutic in nature. *Siddha* Medicine is claimed to revitalize and rejuvenate dysfunctional organ that cause the disease and to maintain the ratio of *Dhosa*. *Siddha* System is a holistic approach to combat lifestyle disease by boosting the whole health system. *Siddhars* have recommended certain basic guidelines to be followed for long health living like proper diet, *Yogam*, *Naal Ozhukkam*, *Pancha Karpam*, *Theraiyar Pinianuga Vidhi*, , which are preventive as well as adaptive.

KEY WORDS: Prophylactic Principles, Life style diseases, Diet, *Pinianuga vidhi, Pancha Karpam, Naal Ozhukkam.*

TSD/PG-06

AUTOPHAGY FROM SIDDHARS PERSPECTIVE IN PREVENTING NON-COMMUNICABLE DISEASES- A REVIEW

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INTRODUCTION: Siddha system of medicine is one of the ancient medicines in the world. It described prevention of diseases through the way of NAAL OZHUKKAM and KAALA OZHUKKAM. Fasting (*PATTINI*) is one of the habits of *naal ozhukkam*. Siddhars quote about Fasting in "*Lankanam paramavizhtham*", "*Pattini perumarunthu*", "*Suram neenku matum soru kattathe*". Fasting is the most effective way trusted Source to trigger autophagy .Autophagy is the body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells. "Auto" means self and "phagy" means eat. So, the literal meaning of autophagy is "self-eating, also referred to as "self-devouring". So, it makes sense that intermittent fasting and ketogenic diets are known to trigger autophagy. The main benefits of autophagy seem to come in the form of anti-aging principles. In times of starvation, autophagy keeps the body going by breaking down cellular material and reusing it for necessary processes. "Of course, this takes energy and cannot continue forever, but it gives us more time to find nourishment. When the body is low on sugar through fasting or ketosis, it brings the positive stress that wakes up the survival repairing mode.

KEY WORDS: Fasting, autophagy, *pattini*, Non-communicable Diseases

TSD/PG-07

FOLKLORE CLAIMS OF SIDDHA MEDICINE IN TAMIL LULLABIES (THAALAATU PAADALGAL)

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INTRODUCTION: Folklore claims of *Siddha* medicine plays a vital role in prevention and cure of diseases for large number of people belonging to rural/indigenous/ethnic communities. Siddha medicinal system is one of the traditional medicinal system practiced by Tamil People from ancient times. Practices of traditional *Siddha* medicine vary immensely from region to region, as they are influenced by factors like culture, history, personal attitudes and philosophy. Historical practices of traditional medicine are passed on orally from generation to generation without any written document. One of its form is Tamil Lullabies (*Thaalaatu Paadalgal*) which is linked to the lives of the rural people and their feelings. It is used to pacify crying babies and put them to sleep. This presentation will showcase few instances of Folklore claims of Siddha Medicine in Tamil Lullabies (*Thaalaatu Paadalgal*).

Keywords: Folklore claims, *Siddha* medicine, Tamil Lullabies, *Thaalaatu Paadalgal*.

TSD/PG-08

ROLE OF SIDDHA ANTIOXIDANTS IN DISEASE PREVENTION AND HEALTH PROMOTION

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Antioxidant refers to the Substances that delay ageing process through oxidation reaction by removing the free radicals. In Siddha it may correlate with kayakarpam. Siddhars had found certain herbals to arrest or delay ageing and rejuvenating whole functional dynamics of the body system. Some herbs are *Emblica officinalis***,** *Withania somnifera, Zingiber officinale, Eclipta alba, Azadirachta indica, Tinospora cordifolia, Aloe barbadensis.* Beyond this some minerals also had antioxidant activity, such as Vitamin A, E and C, Zinc, Copper, Selenium. Pararasasekaram mentioned certain drugs which have been prescribed during antenatal period, which are having antioxidant property. They are *Nelumbo nucifera, Santalum album, Plectranthus vettiveroides, Piper longum, Nymphea pubescens, Vitex negundo, Madhuca longifolia.* Functional diet in Siddha also act as an antioxidant, and they are coprescribed in chronic degenerative disease. Health promotion aim is to promote individuals and communities to engage healthy behaviours and make changes that reduces the risk of developing chronic diseases, and other mortality. Modifiable dietary and lifestyle risk factors could prevent most cases of chronic degenerative diseases.

KEYWORDS: Siddha, Antioxidant herbs, Minerals, Antenatal, Functional Diet.

TSD/PG-09

SIDDHA HYGIENE, PREVENTIVE & PROMOTIVE HEALTHCARE PRINCIPLES

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INTRODUCTION: *Siddha* system of medicine (SSM) is one of the most ancient traditional health practices flourished in South India, Tamilnadu. *Siddhars* were spiritual masters who possessed the *Ashtama Siddhi*. *Siddha* system of medicine which treats not only the body but also the mind and the soul. *Siddhars* believed that a healthy soul can only be developed through a healthy body. *Siddhars* had a firm faith in the Deathless physical body being in tune with the spiritual immortal Soul that which ensures preventive against mortality. This statement is attributed to *Thirumoolar Thirumanthiram*. One of the salient features of *Siddha* system of medicine is that prevention of diseases is given much importance than cure. *Siddhars*, developed certain basic principles to promote healthy lifestyle. *Siddha* principles pertained to *Pini anugaa vithi, Thinai/Nilam ozhukkam, Kaala ozhukkam, Unavu, Naal ozhukkam* are highly specific. Along with this, the concept of *Kayakarpam* in the form of pharmacological and non -pharmacological approach, *Pranayama, Yogam* mentioned by *Siddhars* can prevent and promote healthy and holistic life. The Siddha system connects both spiritual and physical and treats the person as a whole in the manner of physical, psychological, social and spiritual well-being of an individual.

KEYWORDS: *Siddha, Pini anugaa vithi, Kayakarpam, Kaala ozhukkam, Naal ozhukkam.*

TSD/PG-10

ROLE OF *YOGAM* IN THE MANAGEMENT OF NON-COMMUNICABLE DISEASES

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INTRODUCTION: *Siddha* system is one of the ancient medicine systems practiced in India emerged from the South and now flourishing globally. *Yogam* is one such healthcare practice helps to improve health. There is no single definition of the practice of *Yoga*, that is globally accepted, although it has an ancient tradition that incorporates postures, breath control, and meditation, as well as specific ethical practices. *Yoga Maruthuvam* has high effectiveness besides being a safe, affordable treatment and methodology. It includes a combined method of practicing *Yoga, Pranayama, Dhiyanam* for 45 minutes daily. *Yogam* as a mode of treatment has become extremely popular and a high number of studies and systematic reviews offer scientific evidence of its potential in treating a wide range of non-communicable disease.

KEYWORDS: *Siddha, Yoga, Pranayama, Dhiyanam*, Non-communicable disease.

TSD/PG-11

RAN THERAPY IN TANDEM WITH ANTI-RETROVIRAL TREATMENT (ART) – A CASE SERIES STUDY ON HIV POSITIVE PATIENTS VISITING AYOTHIDOSSPANDITHAR HOSPITAL, NATIONAL INSTITUTE OF SIDDHA.

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INTRODUCTION: HIV is a virus that targets and alters the immune system, increasing the risk and impact of other infections and diseases. AIDS was already known to siddha system of medicine and was called *Vettai noi*. *Vettai noi* was caused by defect in the three humors and primarily due to *Azhal kuttram*. Three formulations of RAN therapy (*Rasagandhi Mezhugu, AmukkuraChooranam, Nellikai Legiyam*) have been found to be effective for HIV infected patients who do not have overt neural involvement. **STUDY SETTING:** AyothidossPandithar Hospital, National Institute of Siddha, Tambaram Sanatorium, Chennai 47.ART undergoing 8 HIV positive patients from a palliative center Named Anbagam came to Ayothidoss Pandithar Hospital, National Institute of Siddha in 2019 February for management of their health issues. **RESULTS & CONCLUSION**: Commonly these patients are presented with skin problems (mainly fungal) and weight loss. I follow these patients from February 2019 to till now. There are some significant changes were noted in their weight, CD4 count, and skin lesions during treatment period. This study establishes the Supportive role of RAN therapy in the management of HIV.

Key words: RAN therapy, Rasagandhi Mezhugu, Amukkura Chooranam, Nellikai Legiyam HIV patients, Case series.

TSD/PG-12

EFFECTIVENESS OF *KAZHARCHI CHOORANAM* AND *VARMAM* TREATMENT IN THE MANAGEMENT OF *KURAIVEEDANA NOI* (HYPOTHYROIDISM) – A CASE STUDY

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INTRODUCTION: Hypothyroidism is caused by reduced levels of thyroid hormones usually due to autoimmune Hashimoto thyroiditis. Clinical features include tiredness, irritability, depression, thinning hair/hair loss, dry, patchy skin, cold intolerance, weight gain, puffy eyes, hoarseness, sore throat, constipation, muscle cramps and menstrual irregularities. In India,42 million people suffer from thyroid diseases in which hypothyroidism being the commonest. The overall prevalence of hypothyroidism is10.95%. **METHODS:** In this case study, a 28-yearold female with symptoms of tiredness, hair fall, weight gain and body pain since 1month with known history of hypothyroidism along with TSH of level 23.79 MIU/ml reported. The patient was administered *Kazharchi chooranam* internally along with *Varmam* treatment for 3 months. *Varmam* points *Anna kaalam, Palla varmam, Kondaikolli* and *Sumai varmam* were given oncein 5 days. **RESULT AND CONCLUSION:** After 3 months of treatment period, TSH reduced to 8.80MIU/ml from 23.79 MIU/ml and corresponding symptoms gradually reduced. This result shows the effectiveness of *Kazharchi chooranam* and *Varmam* treatment in the management of hypothyroidism.

KEY WORDS: Hypothyroidism, *Kazharchi chooranam,Varmam, Siddha* medicine.

TSD/PG-13

REVIEW ON SIDDHA EXTERNAL MEDICINE – "PEECU" METHOD OF APPLICATION (RECTAL/ ANAL ROUTE OF DRUG ADMINISTRATION)

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INTRODUCTION: *Peechu* is the external therapy in which herbal decoctions or medicines are injected through openings like anus and vagina, etc. It act as a medicine in curing the disease which is not cured by internal medicine and external application of medicines, *peechu* treatment can be done as a last line of treatment for disease. Though this therapy it is also used as a cleansing method. Therapeutic source is from leaf juices, salts, honey, fatty oil, ghee, medicines that won't irritate the rectum. The drugs which can be indicated both orally and applied externally can be used for douching. Pharmacokinetic studies demonstrate that the rectal route enables to obtain bio availability which is markedly higher by oral route and plasma concentrations. Blood flow through anastomoses interconnecting the superior, medium, inferior rectal venous systems. Adsorption of feces, intraluminal degradation by microorganism's metabolism within the mucosal cell and lymphatic drainage do not significantly affect the fate of rectally administered drugs. According to pH partition hypothesis, only the nonionized moiety of a compound will be available for Transmucosal diffusion .This therapy is used in the action of laxative reduces the stagnation of feces in colon and rectum, reduces gastro intestinal disorders, controls the level of harmful micro-organisms, and improves digestion.

KEY WORDS: Douching, rectal drug administration, *Peechu*

TSD/PG-14

REVIEW ON HERBS WITH MARKED GAMMA AMINO BUTYRIC ACID REFERRED ON MATERIA MEDICA VEGETABLE SECTION FOR INSOMNIA.

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INTRODUCTION: Gamma amino butyric acid (GABA) being the main inhibitory neurotransmitter of the human cortex exerts protective and calming effects on the brain and body. It plays a crucial role in regulating the neuronal excitability throughout the central nervous system. Before 2000 BC *Siddhars* have elucidated plant sources that has been used to treat insomnia, anxiety, etc. that have been found to be rich in Phyto-constituents that mimics GABA. Recent research show that changes in central GABAergic neurotransmission occur when people or animal ingest the extract of herbs reported for sedative and anxiolytic properties. The *Siddha Gunapadam* (Materia medica) mentions seven herbs such as *Papaver somniferum, Withania somnifera, Cannabis sativa, Solanum torvum, Myristica fragrance, Hyocyamus niger, Argemone Mexicana* showing above effects. **AIM:** The aim of this review article is to explore the scientific evidence for the presence of GABA in the list of 7 herbs and to explain the formulation qualitatively. **METHODS:** The author online search of several database. An initial search for the terms "botanical name of the herbs ", "GABA" and a comprehensive search for formulations in Siddha literature was made. **CONCLUSION:** This article seeks to explain herbal sources for Siddha physicians handling cases of anxiety, insomnia and psychiatric ailments. Also provides leads in Research.

KEY WORDS: GABA, Siddha, Anxiety, Insomnia, Materia medica.

TSD/PG-15

SCIENTIFIC BACKGROUND BEHIND OILBATH IN PREVENTING LIFESTYLE DISORDERS

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INTRODUCTION: In *Siddha* system of medicine, *Saint Theraiyar* mentioned *Pinianuga vithigal* for the prevention and management of lifestyle disorders which include oil bath, purgation, *nasiyam, kallikam, karpamaruthukal* etc. These principles portrayed by *Theraiyar* literally mean the rules and guidelines for disease free life as portrayed "*Thinnamirandulaesikkaadakkamar"* –Theraiyar. Alteration in the three humour lead to various diseases, hence the need to balance the three through various preventive measures. According to *Siddha* principle, increase in *Azhal* humor cause *mega noigal* which is treated by oil bath that cures the disease by vitiation of the humor. **OBJECTIVE:** Main objective is to study scientific background behind the oil bath in preventing lifestyle disorders and oils used for various body constitution. **METHODS**: Review of Various *Siddha Sastric* literatures and scholarly articles. **RESULT**: Significance of oil bath and about *Pathiyam* and *Apathiyam* to be followed on the day of oil bath, to portray the importance of the practice.

KEYWORDS: *Theraiyar*, *Azhal*, *Mega Noigal*, Oil bath

TSD/PG-16

NOVELTY OF KARISALAI (*ECLIPTAPROSTRATA*L) IT‟S ANTI OXIDANT PROPERTIES

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INTRODUCTION: *Siddha* system is a comprehensive system placing an equal emphasis on the body, mind and spirit further aiming to restore its balance. In the current scenario disease is mainly due to the formation of free radicals resulting in cell death. Antioxidants eliminate free radicals, checks its formation thereby helping to prevent sickness and promote health. endogenous antioxidants are produced from the body, exogenous antioxidants sourced from external produces and that from external sources are called exogenous. In *Siddha* literature *Karpa* medicines plays as an antioxidant. *Karpa* medicine is classified into two types, *Pothu karpam* and S*irappu karpam*. *Karisalai (Eclipta prostrata* L*),* an exogenous antioxidant, being one of the *pothukarpam* is an effective *Siddha* herb preventing oxidative stress, in clearing up of free radicals. The primary objective of the study is to elucidate the antioxidant properties of *Karisalai*. Various herbal research articles and *Siddha* literatures were searched for this review. The paper seeks to explain antioxidant properties of *Karisalai* through appropriate scientific evidences which will further ignite more research in the plant.

Keywords: *Karisalai, Kaya karpam, Siddha* medicine, Antioxidant.

TSD/PG-17

MANAGEMENT OF PAIN WITH CALOTROPIS LEAF AND NEEM OIL

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INTRODUCTION: The traditional Dravidian system of medicine, referred popularly as Siddha medicine is a vast repository of External medicines particularly administration of drug through routes other than oral. External treatment procedures are important in the management of health and disease. Calotropis leaf **(***Calotropis gigantea)* and Neem oil (Seed oil of *Azadirachta indica*) are mostly used in external medicines in our Siddha. Using these two drugs many Siddha formulations available in markets (ex. *Arkaathi thylam*). They act as an anti-arthritic, anti-inflammatory as well as analgesic. Those drugs have more therapeutic activities. These external medicines can be done in major measure with locally available resources and therefore is accessible as well as affordable to the entire society.

Keywords: *Siddha*, Calotropis leaf, Neem oil, anti-arthritic, anti-inflammatory activities.

TSD/PG-18

MANIPULATION VARMAM TECHNIQUES FOR THE MANAGEMENT OF SUFFOCATION

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INTRODUCTION: *Varmam medicine* is the unique pride of *Siddha* System of Medicine gifted by the *Siddhars* for the welfare of mankind. It is an external therapy in *Siddha* System of Medicine. Most of the *Varmam*t exts enlist 108 *Varmam* points consisting of 12 *Padu varmam* and 96 *Thodu varmam* points.The *Vaasi*energy resides at *Varmam* points activating the vital life energy. These points lie in junctions of Nerves, *Naadis,* Muscle and bones. *Varmam* manipulation techniques when employed during emergency response management, are very successful first-aid treatment to save life. Diseases that can be handled through *Varmam* manipulation. Conditions like breathlessness/ suffocation due to asthma, bronchitis, pneumonia, lung cancer, pulmonary embolism, anxiety, COPD, high altitude with lower oxygen levels, congestive heart failure, arrhythmia, allergic reaction, anaphylaxis, subglottic stenosis, malfunction of lungs and heart results in deficient oxygen uptake. Clinically tested three *varmam* points that will enhance the oxygen uptake are taken for this study. *Sakthi Varmam, Vilangu Varmam* and *Manipuraga Adangal* are the three effective *Varmam* points in the management of suffocation. This study discusses the manipulation techniques of the above *Varmam* points in *Siddha* medical system.

KEYWORDS: *Varmam,Vaasi ,Nadi, Siddha, Adangal.*

TSD/PG-19

A REVIEW ON "OM" MEDITATION AND ITS BENEFITS

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INTRODUCTION: *Siddha* is a comprehensive system that places equal emphasis on the body, mind and spirit and strives to restore the innate harmony of the individual. Treatment is aimed at restoring balance to the mind-body system. *Yogam* refers to the spiritual discipline that includes Meditation, Exercises, Physical Postures, Breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual.*OM* chanting is an important exhalation exercise and significantly improves pulmonary functions in healthy subjects. A significant decrease in the heart rate was reported followed by *OM* meditation. This decrease may be due to effect of *OM* meditation on Autonomic functions, which causes psycho physiological relaxation. It also establishes the connection with the divine energy that would develop intuition, enhance creativity, increase energy level in the body and increase performance at the workplace. The impact of sound *OM* on nervous system and therefore serves as energy booster for human being under stress. It acts a brain stabilizer which recovers the body. This poster deals with the benefits of *OM* meditation.

KEY WORDS: *Siddha*, *Yogam*, *OM*, Meditation, Stress.

TSD/PG-20

CARDIAC CARE THROUGH SIDDHAR YOGAM

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INTRODUCTION: *Yogam Maruthuvam* is an integral part of Siddha System of Medicine. *Siddhar Thirumoolar* is one of the notable saints who dealt with *Yogam*. *Yogam* connects the mind and body which promotes the physical and mental health of an individual. In Siddha System, *Attanga Yogam* is most important one. It had been evolved over the centuries that it gives stimulation to every muscle, nerve, bone and gland in the body. In siddha system, *Dhiyanam* comes under *Attanga yogam* which aids in the management of musculoskeletal disorder, Metabolic disorder, etc. Cardiac diseases are described as "*Thamaraga Noi*" in Siddha Literatures. *Yogam* plays an important role in the prevention and management of Cardiovascular diseases. Siddha literature describes various types of *Dhiyanam* to manage cardiovascular disorders. This paper will discuss about cardiac care through *Siddhar yogam* and its scientific background.

KEY WORDS: *Siddhar yogam, Dhiyanam, Thamaraga Noi*.

TSD/PG-21

ANTI-OXIDANT ACTIVITY OF POONAIKKALI SEEDS FOR PARKINSON'S DISEASE- A REVIEW

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INTRODUCTION: Siddha system is the most ancient system of medicine. The word „Siddhi" generally refers to Ashtama siddhi. i.e., the eight great supernatural powers, whichare enumerated as anima etc. Kayakarpam is a unique pride medicine in Siddha system which can prevent ageing, wrinkles, degeneration and even death. *Kayakarpam* Medicine is majorly classified into Mooligai, Thathu, Jeevam.In that kayakarpam medicine Poonaikali is one of the Mooligai karpam. Poonaikkali (*Mucuna pruriens*) is an established herbal drug used for the management of nervous disorders, male infertility, skin diseases, and white discharge and as an aphrodisiac. It has been shown that its seeds are potentially of substantial medicinal importance. The ancient Siddha system, traditionally used *M.pruriens*, even to treat such things as Parkinson's disease. M. pruriens has been shown to have anti-Parkinson and neuroprotective effects, which may be related to its antioxidant activity. In addition, anti-oxidant activity of M.pruriens has been also demonstrated in vitro by its ability to scavenge DPPH radicals and reactive oxygen species.

Keywords: *Mucuna pruriens*, herbal drug, Antioxidant, Parkinson's disease, Male infertility.

TSD/PG-22

A REVIEW OF SIDDHA NUTRITION FOR MILK SECRETION IN LACTATING WOMEN

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INTRODUCTION: Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Benefits for the mother include less blood loss following delivery, better uterus shrinkage, and decreased postpartum depression. World Health Organization (WHO), recommend breastfeeding exclusively for six months. This means that no other foods or drinks are given. After the introduction of foods at six months of age, recommendations include continued breastfeeding until one to two years of age or more. Globally about 38% of infants are only breastfeed during their first six months of life. Many other women are suffered from lack of milk secretion**.** In Siddha system of medicine, there are various plants given to increasing the breast milk. This review mentions some easily available plants and its nutrients, which are used to improve lactation.

Keywords: Milk secretion, Siddha, Breastfeeding, Nutrition

TSD/PG-23

A REVIEW ON THE ANTIOXIDANT POTENTIAL AND THE PHENOLIC CONTENT OF SELECTED *KAYA KARPA* PLANTS MENTIONED IN *SIDDHA* LITERATURE

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INTRODUCTION: *Kayakarpa* medicines are a boon to the *Siddha* system due to its property of making the body competent and youthful by preventing greying, wrinkling of skin, ageing, and other diseases promoting longevity. This property is linked with the Antioxidant potential and the Phenolic content in the modern science. Antioxidants are the chemical substances which neutralize and scavenge the free radicals continuously produced in the body. Phenolic compounds in the plants have redox properties which allow them to act as antioxidants. Phenolics possess a wide spectrum of biochemical activities such as antioxidant, antimutagenic, anticarcinogenic as well as ability to modify the gene expression. As per *Theraiyar Yamaga Venba*, 15 herbs are stated *Pothu karpam*. **AIM AND OBJECTIVE:** This review is focused on the Phenolic content and Antioxidant potential in selected *Kaya Karpa* plants mentioned in *Siddha* literature. **METHODOLOGY**: A web line search using terms such as Antioxidants, Phenolics, *Kaya karpam* were done and the data is extracted from the journals and articles published. No restrictions were imposed on the publication year, publication type, or publication language. **RESULTS:** From the review we conclude that all the *Kaya Karpa* plants mentioned in the *Siddha* texts has good antioxidant potential due to the phenolic content present in them. The revealed antioxidant potential may provide potential therapeutic intervention against oxidative stress both in health and in disease.

KEY WORDS: Antioxidants, *Siddha* herbs, *Kayakarpam*, Polyphenols, Rejuvenators.

TSD/PG-24

COMPARATIVE REVIEW OF VALLARAI IN SIDDHA AND MOERN ASPECT IN TRETMENT OF EPILEPSY

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INTRODUCTION: *Kaya karpam* a unique treatment procedure in Siddha system of medicine has its importance in the prevention of cell damage. The word Kaya and Karpam denotes the meaning of prevention of body from diseases. Various types of medicinal plants have been reported in *kaya karpa* medicines. One of the *kayakarpa* plant is vallarai (C*entella asiatica*). The word epilepsy comes from the Greek and means to be taken, seized or attached. Epilepsy is a condition characterized by repeated seizures due to a disorder of the brain cells. Epilepsy has been described in the prehistoric Indian Siddha literature as *Kakkai Valippu*. The concept of Siddha textbook is that vallarai (*Centella asiatica*) should not be used for epilepsy patients. Because it increases the epilepsy condition. However, one or more research studies prove that *Centella asiatica* has anti-epileptic activity.

Key words: Epilepsy, *kakkai valippu*, vallarai, *Centella asiatica*.

TSD/PG-25

PREVENTIVE MEASURES OF EYE DISEASE IN SIDDHA SYSTEM OF MEDICINE AND SCIENTIFIC REVIEW

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INTRODUCTION: *Siddha* system of medicine is an ancient medicine in the world. *Siddhars* are the founding pillars of *Siddha* system. In *Siddha* system of medicine disease is classified into 4448 types. Medicine is one that cures disease and must prevent disease. In such category Siddha medicine helps in treating and preventing disease, Saint Theraiyar mentioned the prevention measures in *Pinianuga vithi*. In current scenario the number of people with visual impairment is increasing due to an overall aging population. National institute of health study has found that although 94 percent of people aged 12 and older have good vision remaining six percent 14 million of people are visually impaired of these more than 11 million have uncorrected visual impairment such as near sightedness, now a day's prevalence of eye disease is increasing. According to Siddha literature Agasthiyarnaiyanavithi500 eye disease are classified into 96 types, Theraiyar and various Siddhars mentioned preventive measures like *Kalikkam, Oil bath* and various methods for preventing eye disease. This paper deals about the scientific hypothetic background in *Kalikkam* and various preventive measures mentioned by Theraiyar used for eye disease.

KEYWORDS: *Siddha*, Eye diseases, *Kalikkam*, oil bath, preventive measures.

TSD/PG-26

EVALUATION OF HEAT THERAPIES IN *SIDDHA* FOR PAIN MANAGEMENT

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INTRODUCTION: *Siddha* medicine is a traditional system of healing medicine of India. It is mainly categorized into two classes, based on their administration of drugs namely AGA *maruthugal* (32 types of Internal medicine), and PURA *maruthugal* (32 types of External medicine) for treating the 4448 diseases described in the *Siddha* texts. The 32 types of external therapies are included in many treatment procedures. The purpose of this paper is to illustrate the different forms of heat used in *Siddha* heat therapy. The *Siddha* thermotherapy is used to relieve pain and stiffness in the affected area.The heat therapy takes various forms like *Suttigai*(Cauterization), *PodiThimirdhal* (Powder massage), *Ottradam*, (Fomentation), *Pugai* (Fumigation), *Vedhu* (Steam therapy). For these procedures, various herbs, metals and minerals are used. The range of temperature, its duration, materials used play vital role in relieving inflammation of the affected part.

KEYWORDS: *Siddha* medicine, External therapies, Heat Therapies, *Suttigai*.

TSD/PG-27

A CASE STUDY OF *SUTTIGAI* (THERMAL CAUTERIZATION) IN THE MANGEMENT OF *MUGAVATHAM* (BELL‟S PALSY)

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INTRODUCTION: Bell’s palsy is a unilateral lower motor neuron facial paralysis of acute onset. This is characterized by weakness of the muscles to one side of the face controlled by the facial nerve. As per Siddha classics this condition can be correlated with *Mugavatham. Suttigai* is one of the 32 external therapies of Siddha system. *Suttigai* (Cauterization) is defined as destruction of tissue using a hot instrument to treat diseases. *Suttigai* is used to treat *Vaatham* and *Kabham* related diseases. As *suttigai* gives immediate relief. Here is a case where almost complete recovery observed by administering *suttigai* in one sitting. **Objective:** To establish the efficacy of *Suttigai* therapy (Cauterization) in the management of *Muga vatham* (Bell’s palsy). **Methodology:** A 35-year-old male patient with two weeks history of right sided facial paralysis, presenting with inability to close right eye, which also had tearing and a burning sensation. Inability to make facial expressions such as smiling, frowning and absence of taste sensation. *Suttigai* is done with copper probe behind the ear of affected side. **Results:** The patient perceived a 70% to 80% improvement of facial movement after the first sitting of *Suttigai*. After 7 days, the patient reported with full control of his facial movement and recovered to normal. **Conclusion:** Efficacy of *Suttigai* treatment for the management of *Muga vatham* is successful with immediate relief. Hence more and more efforts are needed to optimize the treatment and utilization of *Suttigai* therapy in management of *Muga vatham.*

Key words: *Suttigai*, *Muga vatham*, Copper probe, Thermal cauterization

TSD/PG-28

A REVIEW ON MARUKKARAI KUDINEER AND IT‟S INGREDIENTS FOR PREVENTING AND PROMOTING ORAL HYGIENE

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INTRODUCTION: Oral disorders persist to be a major health issues in worldwide and are not limited to dental carries and periodontal diseases but to various autoimmune conditions. Oral health influences the general quality of life and poor oral health is linked to chronic conditions and systemic diseases. In ancient *Siddha* system of medicine talks more about more principal and moral guidance which is extremely relevant to our present-day health care system. Organic Phyto-chemicals from plants which are used in traditional medicine are believed to be a good substitute to synthetic chemicals. **METHODS:** A siddha formulation of **"*Marukkarai kudineer*"** holds the potential to kill specific pathogens responsible for causing carries and strengthen gums and teeth. **RESULTS/ CONCLUSION:** They could offer an effective alternative to antibiotics and represent a promising approach to the prevention and therapeutic strategies for various oral infections. The present review highlights the role of S*iddha* in the management of various oral health problems.

Keywords: Oral hygiene, *Marukkarai kudineer*, antimicrobial activity, *Siddha*.

TSD/PG-29

AWARENESS OF CONVENTIONAL DIETARY INGREDIENTS (THIRITHODA SAMA PORUL) FOR PREVENTION OF DISEASES AND PROMOTION OF HEALTH

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INTRODUCTION: Siddha system of medicine is one of the ancient systems of medicine in the world, originated from Tamilnadu. It is one of the holistic systems of medicine that deals with variety of ailments in human body. According to the Siddha system, Diet plays a major role in our everyday activity. Diet acts as the source of vital nutrients to gain energy and builds our body. Improper diet habits cause disturbances in equilibrium of the three humours (uyir thathukkal) and physical constituents (udal thathukkal) in turn causing several diseases. "*Unave marunthu, Marunthe unavu*". This verse, meaning diet can act as medicine, explains the importance of diet. The Siddha system of medicine also paves the importance of six tastes. This poster presentation focuses on *Thirithoda sama porul*, one of the best preventive diet which helps to ease out many diseases and promotes good health.

KEY WORDS: *Thirithoda sama porul*, Prevention diseases, Promoting health.

TSD/PG-30

PREVENTION OF EYE DISEASES THROUGH EXPLORATION OF ANJANAM AND KALIKKAM IN SIDDHA SYSTEM OF MEDICINE

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INTRODUCTION: Siddha system of medicine is one of the traditional systems of medicine in India. Eyes are the windows to the mind. A pair of sparking eye is the most important attractive factor in a person. Now-a-days changed work expectations requiring prolonged working hours in front of computers, nutritional deficiency, pollution, and stress, indiscriminate use of topical ocular drugs and increased incidence of allergic disorders lead to eye diseases in which most of them are curable. Eye is the most important and sensitive of five sense organs in human body. So, priority should be laid on the prevention of eye diseases. The basic principle of Siddha system of medicine is based on *Mukkutram* and in case of eye, derangement of *alosaka pitham* is considered as the main factor for causing disease. External medicinal applications are gifts to Siddha system of medicine, which needs to be researched and practiced. In this presentation external preventive as well as treatment procedures for eye diseases like *Anjanam* and *Kalikkam* are explored.

KEY WORDS: Eye diseases, *Anjanam, Kalikkam, Siddha* system of medicine, sense organ.

TSD/PG-31

EVIDENCE BASED REJUVENATORS AND ELIXIR DRUGS USED IN SIDDHA MEDICINE FOR PROMOTION OF HEALTH

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INTRODUCTION: Siddha system of medicine is the older system with various philosophy of health and life sciences. There are various specialties in Siddha system of medicine. One among them is Kaya karpam which is used as revitalizer and rejuvenator. “Kayam” means body and “Karpam” means “Strong as stone”. Hence it means keeping the body as strong as stone. Kaya karpam provides both mental and physical wellness as well as it can be used as a preventive measure for maintaining the health of an individual. Kaya karpam is divided in to Pothu Karpam (General) and Sirappu Karpam (special Karpam). In recent times there are various scientifically proven evidences for the rejuvenating herbs used in Siddha system of medicine. This presentation discusses about the herbs used as Kaya karpam and its scientific evidences.

KEY WORDS: Kaya karpam, Rejuvenator, Elixir drugs, Siddha medicine, Promotion of health

TSD/PG-32

"FOLKLORE HERBS MENTIONED IN QURAN – A REVIEW FROM SIDDHA AND SCIENTIFIC APPROACH"

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INTRODUCTION: Siddha system of medicine is an earliest Indian system of medicine and it provides efficient service to people. Aim of the system is to keep the body and mind in a good condition. Most of the current modern scientists say about the etiology of the diseases as incoherent lifestyle. The Siddha system of medicine has a specific character that it not only cures the disease but also prevent the disease. The main theme of Siddha is "Food acts as Medicine and medicine acts as food". In epic literatures there are many herbs mentioned. In Quran many herbs have been mentioned like Black cumin, Pomegranate, Saffron, etc which have lot of medicinal importance. The evidences are collected from Siddha literatures and correlated with scientific review. In those days people followed them and had an optimistic and healthy life. **OBJECTIVES:** To bring the scientific importance of herbs mentioned in Quran and in Siddha literatures. **METHODS:** The author conducted an initial search in Quran and the same was done in Siddha literatures. Additional search was also done in online databases using the Botanical name, Bio active principles and Antioxidant activity. **CONCLUSION:** Most of the herbs possess Antioxidant activity. These antioxidants act as rejuvenator and helps in living a healthy, disease free life which leads in Longevity. The study therefore supports to prove the herbs mentioned in Quran with medicinal plants possess antioxidant activity and helpful in acting as rejuvenator.

KEYWORDS: Siddha texts, Quran, Black cumin, Antioxidants, Rejuvenator.

TSD/PG-33

MANAGEMENT OF PILONIDAL SINUS WITH CALOTROPIS LATEX COATED KAARANOOL – A SINGLE CASE STUDY

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INTRODUCTION: *Kaaram* therapy and *Karanool* treatment are one among the external Siddha treatment, has a specific role in the management of sinus ulcer (*Naadi viranam*) and fistula in ano which is well explained by Siddhars in their treatises like *Agathiyar Rana Vaidhiyam* and *Yugi Vaidhya Chintamani*. **MATERIALS AND METHODS**: *Kaaranool* prepared with *Calotropis* latex, *Achyranthes* precipitated salt and turmeric can bring about healing and cure in pilonidal sinuses. Patient with pilonidal sinus of 4 cm length was selected based on MRI imaging and probing. After taking proper written consent, counseling and pre-operative procedures the track was negotiated with silver probe and threaded it with Calotropis coated *Kaaranool.* Patient was advised to do thread rotation, Sitz bath, *Mathan thailam* irrigation, walking and oil bath along with proper food regimen. New *Kaaranool* was changed (thread changing) weekly along with proper cleaning and dressing. Progress of the sinus track was assessed by using PDAI (Perianal Disease Activity Index) score weekly until the track was completely cut through and healed. **RESULTS**: Total number of days for the cut through was 117 days with unit cutting time of 29.25. **CONCLUSION**: Pilonidal sinuses can be managed with Calotropis coated *Kaaranool* therapy.

KEYWORDS: *Kaaranool* therapy, Pilonidal sinus, PDAI.

SIDDHA PRACTITIONERS

TSD/SP-01

STRATEGIES AND INNOVATIONS IN BIOMEDICAL RESEARCH OF *SIDDHA* SYSTEM OF MEDICINE

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OBJECTIVES: To understand the strategies in Biomedical research of *Siddha* system of medicine. To explore the possibilities of pharmacogenomics in *Siddha* system. **METHODS:** Correlating aetiology, classification & pathophysiology of diseases. Pre-clinical & clinical studies for understanding mechanism and targets for drugs. Safety pharmacology and drug interaction studies. **Drug Rediscovery** - Proven drugs studied for its phytoconstituents: Activity guided fractionation of Biomarkers & SAR studies of active constituents. New LEADS and lead optimization. ***Tridosha* balancing property of drugs** – Transcriptome approach in grading of drugs ***Siddha* Genomics** – *Tridosha* body - Immunophenotyping, SNP mapping & HLA. **Result**: Drug Rediscovery from *Siddha* helps in identifying new targets, understanding the mechanism of action on multiple targets or even multiple system and finding new Leads with unique safety and efficacy profile. *Siddha* phenotypic classification is based on genome differentiation and having correlation with different drug responses and adverse effect. **CONCLUSION:** "Drug Rediscovery" through *Siddha* drugs can reduce the time-lag between research induction project and clinical evidence generation. *Siddha* classification shows similar principle of pharmacogenomics for selecting "right drug, right dosage and to the right patient".

KEYWORDS: Drug Rediscovery, Pharmacogenomics, *Siddha* Phenotyping, *Tri-dosha.*

TSD/SP-02

A review on anti-diabetic herbs of siddha system based on their Organoleptic character

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INTRODUCTION: Siddha system is primordial system of medicine followed over a long period of time in Southern part of India. Siddha system has peculiar methods in treating a disease and possess varies diagnostic methods and treatment protocol. In siddha system, diagnostic methods are purely differing from other systems. The diagnostic tools are *En vagai thervu* (eight fold assessment test), *Neer kuri* & *nei kuri* (*Siddha* urine test), *nadi* (pulse test) etc. in *Siddha* system treatments are based on one's *nadi*, *suvai*, etc. Diabetics is the topmost non communicable disease in the world.in Siddha system it is compared with *neerizhivu*. In textbooks *neerizhuvu* is *karmam* disease. **OBJECTIVE:** To validate the anti-diabetic drugs in Siddha textbook based on their organoleptic characteristic. Methods: Suvai based treatment plan is one of the highlights of Siddha system. *Thuvarppu, kasappu* tasted herbs are mostly used in the treatment of diabetes. The study setting used for the collection of data is Arignar Anna hospital library. The book used for the reference is Gunapadam – *mooligai vaipu* and the key words used for searching data. The selected plants are further collated with the article that available in websites. **RESULT**: All the selected drug was evaluated with previous studies and most of the above drugs and herbs which has anti diabetic activities possess bitter and sour taste. From this we can conclude that Siddhars *suvai* based treatment can cure a disease which now a days proved by the scientific World.

KEYWORDS: *Siddha*, Anti-diabetic, Suvai.

TSD/SP-03

Physicochemcial analysis of muppuloga parpam, , invitro (cytotoxic, anti tubercular, anti HIV) activities, 28 days subacute toxicity in mice, spermatogenesis activity in mice and 5 case series on HIV patients

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BACKGROUND: *Muppuloga parpam* (MP) is the Siddha herbo mineral drug used to treat challengeable conditions. Objectives: To study physiochemical properties, invitro (cytotoxic, anti-tubercular, anti-HIV) activities, subacute toxicity and spermatogenesis activity in mice, and effect on HIV patients. Methods: Physicochemical analysis of MP was done. Invitro cytotoxic activity in four cell lines, antitubercular activity in H37RV strain, anti-HIV activity in HIV-1 strain were done. Acute toxicity study and 28 days subacute toxicity study were done in mice. On day 29, hematology, liver and renal function were estimated. Organs were collected for histology. For spermatogenesis activity, 30 days treatment with three doses was given in mice and semen analysis was done. We also estimated viral load in 5 HIV patients who received MP for 30 days. Results: The particle size ranges from 859 nm - 13.2 µm, which contains gold, copper, zinc and silver. MP was nontoxic to cells, showed IC50 of 1.6 µg/ml in H37RV and high dose was required to kill HIV cells. Subacute toxicity study showed increase in WBC, lymphocytes and platelets, and reduction in neutrophils in a dose dependent manner, which were long lasting even after one month of stopping the drug. Only high dose significantly altered HDL, TG and blood glucose level, which were reversed upon stopping the drug. Thirty days of MP treatment has significantly increased the sperm count. One-month therapy of MP significantly reduced viral load to 18%- 77% in 5 HIV patients. Conclusion: MP is suitable for the treatment of male infertility, tuberculosis and HIV.

KEYWORDS: Siddha, Gold basma, HIV, Tuberculosis

TSD/SP-04

Bioactive Constituent Profiling of Poly Herbal Distillate Thribhaladi Dravagam to evaluate its credible therapeutic role in Siddha clinical Practices

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INTRODUCTION: Hydro distillation in Siddha medicine is the technique of extracting valuable principles from a pre-processed raw drug through the traditional process of distillation under a controlled temperature setting. *Thribhaladi Dravagam* (TD) is one of the polyherbal distillate formulation stated in the Tamil medical text specified for phlegmatic affections. The drug was subjected to GC-MS studies to screen its bioactive sketch. **METHODS**: Two sets of raw drug samples from different locations were collected. The raw drugs were purified and pre-processed as per the classical literature and distilled in a traditional apparatus. Two distillate samples (TD 1 & TD 2) were prepared from the set of ingredients and were screened for its constituents. **RESULTS AND CONCLUSION**: The Gas chromatogram of TD 1 revealed 4 prominent peaks with retention time ranging from 4.84 to 8.27. TD 2 reported 8 prominent peaks with retention time ranging from 3.35 to 7.88. The study testified the presence of active volatile metabolites like aldehydes and oxygenated monoterpenes like citral and borneol, monocyclic alcoholic compounds like terpineol and organic acids like caprylic acid from both the samples. TD 2 reported more pharmacologically valuable lead molecules than TD 1, which may be due to the variation in diversity of the two sets of raw drug samples. The bio constituents of TD was found to be pharmacologically significant from the review of various reputed research works supporting the traditional claim on its role in the respiratory system and for maintaining good health. Through the review of *Thribhaladi Dravagam* and its analytical part performed through GC-MS, the medical applications of TD in multiple clinical associations and as a perfect health promoter has been justified for promoting its traditional value.

KEYWORDS - Citral, Caprylic acid, GC-MS, Isoborneol, Siddha medicine, Theeneer, Thribhaladi Dravagam, Terpineol.

TSD/SP-05

RULES FOR HEALTHY LIVING – *THERAN* QUOTES

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INTRODUCTION: Preventive care is one of the main principles of the *Siddha* system of medicine. There is an old saying in Tamil, "Wealthy life means free from disease". Poetess *Avvaiyar* says, "*Noikku idankodel*": "Don't give room to diseases" *Thiruvalluvar* states that the disease will never approach who avoids the cause of disease. **AIM AND OBJECTIVES:** Saint *Theraiyar* describes in *Theran pini anuga vithi*, the preventive methods to be followed on a day – to – day basis. **MATERIALS AND METHODS:** According to *Theran* quotes**,** drink only boiled water to avoid contamination of microbes and for proper digestion. He recommends clarified butter (melted ghee) for consumption. It has a higher smoke point, helps to avoid formation of carcinogenic substances, having Vitamin A and D. Butter milk rehydrates and reduces body heat. Milk has essential nutrients, promotes muscle growth. Drinking milk can lessen the chances coronary heart disease and stroke by up to 15 to 20%. Applying oil and hot water bath for rejuvenation, Sesame oil heated with spices or herbs, reduces body heat, redness of eyes, relaxes, promotes sleep, prevents hair loss and balances *thiridosha*. It is good to avoid food causing constipation and piles, previous day food even if it is Ambrosia and eating without proper appetite. Fermented food cause gastric cancer. Take sour curd. Yogurt possesses rich calcium, vitamin B-2, vitamin B-12, potassium and magnesium. Good for bones and a great probiotic that soothes inflamed gut.
CONCLUSION: Follow *Theran's* preventive measures to keep the diseases away for a happy healthy life.

KEYWORDS: *Theran* quotes, Preventive and healthy living, Siddha system.

TSD/SP-06

SCIENTIFICALLY AND STRUCTURALLY ELUCIDATED

MOLECULAR TARGETS OF SOME SIDDHA MEDICINAL HERBS IN THE ENHANCEMENT OF HUMAN HEALTH GLOBALLY – A REVIEW

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INTRODUCTION: Nowadays the modern therapeutics are also a great dependant of natural products because of its unique medicinal significance in the enhancement of quality of life. Computational biology become a wonderful platform in the current era to identify the pharmacodynamic and Pharmacokinetic principles behind the active molecule of herbals indicated in siddha texts to treat the challenging diseases like *Kaasa noi* (Tuberculosis), *Puttru noi* (cancer), *Iruthaya noi* (cardiac diseases) especially Autoimmune disorders such as *Maandha sanni* (Autism), *kaalanjaga padai* (psoriasis) etc., Some identified molecular component Costunolide from *Costus speciosus*, Heliangolide from *Helianthus annus* found effective in breast cancer, diabetic management respectively. Researches reveals that the identified components from plants Berberine and Sorafenib synergistically inhibit cancerous growth in Liver. Cannabinoid isolated from *Cannabis sativa* plays an important therapeutic role in treating Autism spectrum disorder. This collection of elucidated molecular active components of siddha medicinal plants in relation with its unimaginable potential pharmacological effects will help the proper utilization of natural plant products in protecting human health.

KEYWORDS: Traditional, Natural, Non-Communicable Diseases, *Siddha* Herbal.

TSD/SP-07

SIDDHA CONCEPTS IN NUTRACEUTICALS AND NUTRIVIGILANCE IN SIDDHAR VIEW

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BACKGROUND: Any substance, a food or a part of food that provides medicinal or health benefits including prevention and treatment of diseases is defined as Nutraceuticals. The basic principle of our ancient *Siddha medicine* is "**Unave marunthu, Marunthae unavu**" that is *Food being a medicine and medicine being a food*, which is explained by Siddhars in our Siddha texts around five thousand years ago. **AIM AND OBJECTIVES:** Herbal Nutraceuticals is used as a powerful ailment in maintaining good health. In this way our *Siddha* system of medicine provides wide range of herbal Nutraceuticals in treating various acute and chronic illnesses and improves quality of life. Nutrivigilance which is a type of Pharmacovigilance discussed about dietary supplements which can cause adverse event. **MATERIALS AND METHODS:** According to *Siddha*, the medicines prepared from plants, animals and mineral products can also be used as food supplements by using the concept of Nutraceuticals. Herbal medicines and *karpam* are used in the prevention of diseases. *Pancha mutti kanji*, *Chukku mudi kanji* and *Punarbagam* are used in various diseased conditions and also used as food supplements. The Nutrovigilance was explained by Siddhars as ***Anna thodam***, *i.e.*, food poisoning due to mixing of two or more food ingredients and adverse effects due to improper preparation and inappropriate consumption, drug-dietary supplement interactions or either due to contamination of food or adulterations resulting in violation of intrinsic properties of active components. **CONCLUSION**: Our Siddha preparation is being a good medicine and also plays an important role in Nutraceuticals.

KEY WORDS: Nutraceuticals, Siddha, Nutrivigilance, Food

TSD/SP-08

ANGATHAI KAAKUM ANGAYAM

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INTRODUCTION: In *Siddha* system of medicine, Great stress is emphasized on food which also has healing properties. The term ***"Unave Marundhu Marunde Unavu"*** clearly makes one to understand that the food we consume should be the right food. In those days no junk foods, unhealthy high calorie food was not available in the market like today. **AIM AND OBJECTIVE:** Nutraceuticals is a broad umbrella term that is used to describe any product derived from food sources with extra health benefits in addition to the basic nutritional value in foods. **MATERIALS AND METHODS:** The term nutraceutical combines two words nutrient (a nourishing food component) and ceutical (therapy) which means nutrient as medicine. The food should be nutritious as well as should possess qualities to promote good health. Lot of home remedies practiced in the traditional way has been used and marketed by the nutraceutical industry. *ANGAYA PODI* is one among them, which helps for postpartum care and helps digestion. *Angayam* means *Ain kaayam* i.e., possess mainly 5 ingredients. The Ingredients of *Angaya podi* are, Mustard, Asafoetida, Fenugreek, Garlic and Ajwain, in addition dried Neem flowers, dried Turkey berries, dried black night shade fruits are added to it. All the ingredients are mildly roasted and powdered. It helps in treating gastritis, improves appetite, heals mouth ulcers and expels intestinal worms. **CONCLUSION:** Food possesses nutritive values as well as used as medicine is used in Siddha system. The nutraceutical industry is flourishing and such age-old healthy food preparations will be of good use to the society.

KEY WORDS: *Angayam*, Nutraceutical, Nutrient, *Siddha* Medicine.

TSD/SP-09

A REVIEW ON SPECIFIED CANCER CARE IN SIDDHA - BY CLASSICAL HERBO-MINERAL FORMULATIONS

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BACKGROUND & OBJECTIVES: Every year, a number of precious human lives are lost due to cancer worldwide. Cancer continues to be a major public health concern worldwide, silently snatching away our near and dear ones. The aim of this review is to provide a general outline about tertiary Cancer care in *Siddha* by some of the Herbo-mineral formulations. **METHODOLOGY:** Recently, a greater emphasis has been given towards the involving traditional ***Siddha medicine*** that includes herbal, herbo-mineral and metallic preparations has been used from the immemorial to treat cancer. This paper compiles review of literature on herbo-mineral drugs indicated for cancer ailments and some of pre-clinical study review of siddha formulations such as ***Neeradimuthuvallathy leghyam & kaalamegha narayana chenduram*** in oral CA, ***Siddhar kuligai, Kandha Rasa villai and Rasa parpam*** in cervical CA, ***Ashta bairava chenduram*** in oral squamous CA, ***Rasaganthi Mezhugu*** in prostate CA, ***Guru kuligai*** in uterine CA. **RESULTS:** ***Siddha*** medicines are capable of protecting multiple organ systems and reduce the side effects of conventional cancer therapy with its Anti-oxidant activity. **CONCLUSION:** Specified treatments in ***Siddha oncology*** should be organized for patients by improving the clinical research of these higher order medicines and thereby promotes an integrated Palliative approach which may reduce the deaths due to cancer.

KEYWORDS: Siddha, Cancer, Herbo-mineral medicines

TSD/SP-10

MANUSCRIPTS ON *SIDDHA* MEDICINE IN NIIMH, HYDERABAD – A REVIEW

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INTRODUCTION: The marvel of accuracy with which the vast literature especially *Siddha* literature has been handed down or transmitted to us orally, from generation to generations in India carried from person to person through mouth and ear, is a matter of great admiration, all early literature that is now available in printed form, originally handwritten i.e. in the form ofmanuscripts is the basis for the learning of science & technology today. Manuscript is distinct from historical records such as epigraphs on rocks, fireman's, revenue records which provide direct information on events or processes in history. Unfortunately, many *Siddha* texts are unexplored till today are likely to exist in palm leaf manuscripts, which are decaying or undergoing permanent annihilation. Need for the importance in exploring the old knowledge, this article gives the description of a list of *Siddha* manuscripts in National Institute of Indian Medical Heritage, Hyderabad.

KEYWORDS: *Siddha*, Manuscripts, NIIMH.

TSD/SP-11

A retrospective observational study of Integrative medicines (IM) use by patients attending OPD of SCRU-Tirupati

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BACKGROUND: The use of Traditional medicine together with Conventional medicine is described as Integrative Medicine (IM). Integrative Medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies. Integrative medicine now has evolved because of public demand. **OBJECTIVE:** The aim of the study is to access the utilization of IM and the prescription pattern commonly used in IM. **MATERIALS AND METHODS:** This study reviewed the hospital records of patients attended OPD of *Siddha* Clinical research Unit, Tirupati for the period of 6 months from July 2019 to December 2019. **Results:** We included 150 patients, the most common morbidities were Diabetes (62.6%), Hypertension (58%), Dyslipidemia (20%), Hypothyroidism (12.6%). Biomedicine such as Metformin (60.6%), Amlodipine (41.3%), Telmisartan (14.6%), Glimipride (14%) were commonly used. *Siddha* medicines such as *Amukkara Chooranam* (65.3%), *Aavarai Kudineer* (56.6%), *Nilavaagai Chooranam* (42%), *Thiripala Kudineer* (41.3%) were commonly prescribed along with the above said biomedicine. **CONCLUSION:** There is a high prevalence of IM use in our study population and there was no significant Drug to drug interaction observed. IM is a rapidly expanding industry that requires further evidence-based research to provide more information on the effectiveness and safety.

KEYWORDS: AYUSH, Biomedicine, Integrative Medicine, *Siddha* medicine, Traditional medicine.

TSD/SP-12

Scientific evaluation of selected herbs from Agathiyar Gunavagadam a *siddha* classical literature for the management of Acquired Immunodeficiency Syndrome

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INTRODUCTION: The ancient *Siddha* system of medicine belonging to *Tamil* Culture has its origin right from the source of mankind. It has been enriched with enormous classical literature which has numerous medicinal formulations for various acute and chronic ailments of humans. In this present literature analysis the medicinal properties of three aromatic herbs *Devadaru* (*Cedrus deodara*), *Sitrarathai* (*Alpinia galanga*) and *Cinnamomum tamala* (*Lavangapathiri*) from the age-old text *Agathiyar Gunavagadam* of *Sage Agasthiyar* has been evaluated through literatue research for its therapeutic efficacy. Each of the selected herbs mentioned in *Agathiyar Gunavagadam* in the Poetic forms with ancient Tamil language has been indicated for Chronic fever, diarrhoea, dysentery, Oral ulcers, respiratory ailments, skin diseases and tumours which are the co-morbid conditions of Acquired immunodeficiency syndrome (AIDS). Upon careful literature survey, Human Immunodeficiency virus (HIV) infections can be correlated with that of *Mega Noigal* in *Siddha* literature which may occur due to an imbalance in three humours *Vali*, *Azhal* and *Aiyam*. Based on *Siddha* concept of *Suvai*, *Gunam* and *Thanmaigal*, these three herbs are found to alleviate the imbalanced *Doshas* thereby reduce the disease burden. Further, Scientific analysis of all three herbs were also performed through previous research works and the results confirm that the plant *Sitrarathai* has anti-HIV property and all three herbs have potential immunomodulatory effects which makes this selected formulation an unique natural immune booster for the effective management of HIV.

KEY WORDS - *Sitrarathai*, *Lavangapathiri*, *Agathiyar Gunavagadam.*

TSD/SP-13

Traditional Culinary practices versus Modern Food Concept and its Impact on Essential Nutrition of Pediatric population- A Review

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BACKGROUND: The main risk factors in developing countries like India are related to nutrition and contribute to nearly 40% of total death and 39% of total disease burden. While the intake of calorie-rich foods may be high, micronutrient-rich foods are nowadays lacking in modern food concepts. As a result, significant micronutrient deficiencies tend to develop in growing childrens. This may consequently affect the growth and maturity, disease resistance and overall physical activity and mental performance of the child. **OBJECTIVE**: The aim of this poster is to review and document the traditional culinary practices of food preparation and modern food processing and how they influence the overall nutritional value of the food and how it affects the overall health of the pediatrics population. **MATERIALS AND METHODS**: Literature sources from various dietary disciplines of Siddha medicine, published articles on food science were reviewed. The present practices of food processing were interpreted on comparing with traditional food concepts of Tamil Nadu. **OBSERVATION & DISCUSSION**: Traditional food concepts such as usage of earthen utensils and iron vessels for cooking, partial pounding of rice, fermenting foods, fresh grinding in stone grinders, use of natural sweeteners and native fruits, balanced use of spices in the diet will have remarkable health benefits as compared with modern food processing like rice polishing, heavy milling and poor storage conditions, use of preservatives, additives, synthetic flavors and sweeteners, freezing and packing of food and use of Teflon coated utensils for cooking, etc. **CONCLUSION**: The present practice of food processing invariably reduces the overall nutritional value of the food due to loss of essential trace elements that ultimately hamper the overall wellness of growing child. Traditional food concept should be promoted to a wider angle for a healthy young generation.

KEYWORDS: Traditional Culinary practices, Modern Food Concept, Pediatric health, micronutrient deficiencies.

TSD/SP-14

Sleep – Inevitable to Body, Mind and Soul

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BACKGROUND/OBJECTIVE: Siddha is not only a medicine but also the way of Life. It deals with Preventive, cure and care by several methods and medicines. *Siddhar Agathiyar* emphasized the importance of Prevention and Promotion of health (PPH), so he coined the word "*Noi Illa neri*" in his text *Agathiyar Vaithiya Kaandam 600* and *Theraiyar* formulated "*Pini Anugaa Vidhi*". They covered the chapters which include "*Naal Ozhukkam*" (NO) and "*Kaala Ozhukkam."* In NO they covered from waking up to the end of day with Sleep. Sleep is a naturally recurring state of mind-body characterized by altered consciousness reduced muscular activity and reduced interaction with surrounding. We spend one third of lifetime as sleep. *Siddhars* framed several regulations for sleep mechanism. **METHODS**: Wake up time is 26th -28th *Naazhigai* (4am-5am) of the day. In our body Circadian rhythm (CR) controls sleep, wakeup, heat, cold, hormonal secretions, according to modern science thoughts early morning wake up energies body. Day sleep produces 18 types of *Vadha* diseases quoted in *jeevaratchaamirtham* and *Pathaartha guna chinthaamani*. Sleep directions are correlated with Electromagnetic field. Excessive sleep causes giddiness, headache, sinusitis, tiredness, odematous condition. Sleep deprivation causes angry, fear, depression. **RESULTS/ CONCLUSION:** Sleep is inevitable to body, mind and soul, sleep disorders can be taken care of following the regulations given by Siddhars. Excessive sleep is controlled by *Vamana*, *Anjanam* and *nasiyam* application. Sleep deprivation is relieved through strenuous exercise in evening time and take enough of milk, curd and meat before Sleep.

KEYWORDS: Sleep, *Siddha*, Circadian rhythm, electromagnetic field, *Naal Ozhukkam*.

LIFE SCIENCES

TSD/LS-01

TRADITIONAL SIDDHA FORMULATION IN PREVENTIVE AND PROMOTIVE HEALTH CARE IN BREAST CANCER

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INTRODUCTION: ***Siddha*** system is one of the oldest Indian traditional systems of medicine. Cancer is the second most common disease in India which increases risk in mortality rate. Cancer is known as "***Putru***" in Siddha medicine which literally means "***Termite mound***" because of its proliferative nature. Breast Cancer risk in India is one in twenty in women. Since an increase in proportion of cancer patients, it is in need to search for new compounds that provide suitable specific Anti-proliferative effects that can be developed as Anti-cancer agents. **OBJECTIVE:** The ancient text of Siddha medicine, reported that the Siddhars, Saints and Seers had given details about "*Puttru Noi*" and its treatments. **METHOD:** *Paavu Chooranam, Veera Rasa Padhangam, Panchamuga Chendhuram, Shemamruthaa* are some of the formulations which plays a main role in prevention of breast cancer. **RESULT:** Traditional siddha medicine has been giving definite cure for many chronic and challenging diseases for centuries. **CONCLUSION:** The main aim of the review is to state that Siddha literatures are real treasure houses which can be subjected to scientific validations.

KEY WORDS: Breast cancer, Siddha drugs, Shemamruthaa, Paavu chooranam, Padhangam.

TSD/LS-02

PREVENTIVE AND PROMOTIVE HEALTH CARE IN ONCOLOGY USING TRADITIONAL SIDDHA FORMULATION – A REVIEW

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INTRODUCTION: Cancer is one of the major public health illness across worldwide, which affects over 2.5 million cases in India alone**.** ***Siddha*** is one among the three popular Indian traditional system of medicine. *Siddha* formulations are mostly poly-herbals, or it may contains metals, minerals or animal products. Cancer continues to offer a formidable challenge to conventional medicine despite significance and advantages in the field of basic and clinical oncology. **OBJECTIVES:** Over few decades several **Anti-cancer** agents which have been investigated or used, belong to the *Siddha* system of medicine which helps in the prevention of cancer. **Methods:** Our great ***Siddhars*** explained many Medicinal preparations to cure life threatening cancer diseases using Siddha preparations such as ***Rasagenthi Mezhugu,Semecarpus Anacardium*** **milk extract,** ***Amukkara, Neeradimuthu vallathy Mezhugu, Namachivaya Chedhooram*****. RESULT:** The above Siddha formulations particularly using Herbo-mineral drugs is used to cure life threatening diseases like Cancer. The formulations in Siddha system acts in multiple biochemical pathways and are capable to reduce the side effects of conventional cancer therapy as per *Siddha* literatures. **CONCLUSION:** The *Siddha* system of medicine and Siddha literatures are the treasure house for centuries to cure human disease based on principles of *Tridosha* and effective in the treatment of cancer.

KEYWORDS: Anti-cancer agents, Siddha formulation, Herbo-mineral drugs, Rasaganthi Mezhugu

TSD/LS-03

PREVENTIVE AND PROMOTIVE HEALTH CARE IN ONCOLOGY - MEDICINAL PLANTS TO TREAT CANCER (SIDDHA PRESPECTIVE)

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INTRODUCTION: *Siddha* medication, customary arrangement of recuperating that began in South India and is viewed as perhaps the most seasoned arrangement of medication. The Siddha system is based on a combination of ancient Medicinal practices and Spiritual disciplines as well as Alchemy. The term *Siddha* is originated from Tamil word called Siddhi, which means "***An object to be attained***" or "***heavenly bliss"***. Cancer is one of the main sources of mortality worldwide and the burden is expanding day by day. This horrendous infection existed in our general public from very long ago and the method for the executives including Restorative viewpoints has been broadly depicted in old style Siddha writings. The Siddha science has accepted to include a stage to the remedial parts of malignant growth and lead to solid living by cultivating healthy cells as well as controlling/murdering the disease cells. This literature analysis reveals that some Medicinal plants has its own specific effects on specific type of Cancer. **RESULT**: Traditional Siddha medicines can be valuable in the administration of Cancer, other than being Sheltered, Cost effective and Non-intrusive. The details comprising of different herbs, metals or minerals each having huge potential for a cancer treatment are being utilized in Siddha System. These formulations are intended to work on multiple biochemical pathways and can influence several organ systems gradually. **CONCLUSION:** According to the result of above outcomes, it is obvious that conventional Siddha drug can be valuable in the administration of disease, other than being protected, cost efficient and non-invasive. This study is to give review of therapeutic plants in siddha system of medicine for the treatment of Cancer.

KEYWORDS: Siddha Medications, Anti-tumour activity, cultivating cell lines, Therapeutic plants, Plant utilization.

TSD/LS-04

TARGETING ANGIOTENSIN CONVERTING ENZYME WITH FLAVONOIDS – AN *IN-SILICO* APPROACH TO COMBAT HYPERTENSION RELATED COMPLICATIONS

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BACKGROUND & OBJECTIVES: Enzymes plays a major role in disease-linked metabolic reactions and hence serve as molecular targets for drug design and therapeutic applications. Angiotensin Converting Enzyme is an exopeptidase that participates in the body's Renin-angiotensin system. By catalyzing the conversion of angiotensin I to angiotensin II and degradation of bradykinin, it results in vasoconstriction and hypertension. It is one of the key enzymes involved in Cardiovascular, Renal and Diabetic diseases and thus can act as a potential drug target. Ligands that can block its activity can be applied for designing novel drugs for such complications. Flavonoids are polyphenolic secondary metabolites produced by plants. They are naturally available in vegetables and fruits. This study involves ***in silico*** interaction analysis of the drug target with flavonoid ligands obtained from vegetables. **METHODOLOGY:** Computational Biology tools are harnessed for the mutation and modeling of the target, docking studies, and drug properties of the ligands. **RESULTS:** The findings showed stable and significant docking of Angiotensin Converting Enzyme with flavonoids. Isorhamnetin was the best among the docked ligands. The analyzed flavonoids also possessed favorable drug properties. **CONCLUSION:** Flavonoids seem to be natural, safe and potent inhibitors of Angiotensin Converting Enzyme. Hence, they can be promising resources for novel drug design against Hypertension related complications and to enhance quality of life.

KEY WORDS: Angiotensin Converting Enzyme, Flavonoids, *In silico*, Drug Design

TSD/LS-05

Green Synthesized Silver Nanoparticles from *Caesalpinia coriaria* as antimicrobial agent against oral pathogens *Enterococcus faecalis, Lactobacillus casei, Streptococcus mutans & Candida albicans.*

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BACKGROUND: The scope of the present study was to prepare Silver nanoparticles (AgNps) and to Investigate the mode of action as antibacterial compound from *Caesalpinia coriaria* (Jacq) Willd. The polyphenolic compound from ***Caesalpinia coriaria*** shows antibacterial effects in pathogenic bacteria. NAPALERT database reveals that ***Caesalpinia coriaria* (Jacq) Willd** might be effective in the prevention of certain human pathogenic bacteria. We investigated the effect of green synthesized silver nanoparticles form ***Caesalpinia coriaria***, on the induction of antibacterial activity against *Enterococcus faecalis, Lactobacillus casei, Streptococcus mutans & Candida albicans.* **METHODS:** AgNps was synthesized from *Caesalpinia coriaria* and their characterization study was carried out. Green synthesized AgNps (*Caesalpinia coriaria*) were treated with *Enterococcus faecalis, Lactobacillus casei, Streptococcus mutans & Candida albicans*, resulted in the leakage of reducing sugar and proteins through the membrane. **RESULTS:** Based on the current findings, the action model of green synthesized AgNps (*Caesalpinia coriaria*) results in the leakage of cellular materials. Hence AgNps enter the inner membrane and inactivate the enzyme system (respiratory chain dehydrogenase), thus inhibiting the respiration and growth of cells. Thus the result suggests that green synthesized AgNps *Caesalpinia coriaria* was a potential candidate plant for the management of Organisms using its antibacterial activity. **CONCLUSIONS**: From this study, the green synthesized AgNps *Caesalpinia coriaria* was a potential candidate plant having Antibacterial activity.

KEY WORDS: ***Caesalpinia coriaria,*** AgNps, *Enterococcus faecalis, Lactobacillus casei, Streptococcus mutans & Candida albicans.*

TSD/LS-06

The role of Siddha antioxidants in disease prevention and health promotion

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BACKGROUND: Globalization and the new gastronomical food habits "modernization limits the human physical activities leading to the lifestyle diseases. The new habitat of mankind to more sophisticated living leads to lack of exercise and increasing oxidation stress to the system. Basically, accumulation of free radicals and reduced metabolism increases stress in the human leading the chance of Coronary Heart Diseases (CHD), diabetes, cancer and lots more. Antioxidant creates a defense system by detoxifying the body to rejuvenate the anti-aging property to prevent the possibilities of lifestyle diseases. Exploring the traditional heritage and knowledge of antioxidant to match the millennial world by making the intake of antioxidant through new processing technology incorporated along with the food to eliminate the lifestyle diseases. The antioxidants have a strong potential to be used as most conventional treatments of diseases especially in inflammatory disease, neurodegenerative disease, cancer and diabetes. Hence administration of balanced diet with good supplementation of fruits, vegetables, grains, oil and nuts that have an adequate essential antioxidant such as Vitamin A, E, C, lipoic acid etc. can be sufficient to improve our body immune system to prevent many neurodegenerative disorders, cardiovascular disease, and premature aging.

KEY WORDS: Antioxidant, LHS, CHD, detoxification, Vitamins.

TSD/LS-07

ANTIPSORIATIC ACTIVITY OF CASSIA AURICULATA LINN. FLOWERS IN FREUND‟S ADJUVANT-FORMALDEHYDE INDUCED ANIMAL MODEL

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BACKGROUND: The plant *Cassia auriculata* Linn. Belonging to the family Caesalpiniaceae (Leguminosae) used in the *Ayurvedic* system of medicine for the treatment of diabetes, ulcers, leprosy, conjunctivitis, liver and skin diseases. **AIM:** The present examination aimed to evaluate the anti-psoriatic effect of the ointments 0.5% and 1.0% (w/w) containing ethanol extract of the flowers of *Cassia auriculata* using complete Freund's adjuvant (CFA) and induced or instigated animal model and evaluated for its physical parameters. **METHODS:** Anti-psoriatic effect of 0.5% and 1.0% (w/w) ointments was evaluated by the phenotypic features (redness, erythema and scales) in terms of Psoriasis severity index (PSI) and histological features (epidermal thickness and degree of orthokeratosis). **RESULTS:** Evaluation of Physical parameters for the prepared ointments showed satisfactory and considerable results with an acceptable condition of consistency for application. 0.5% and 1.0% (w/w) ointments treated in animals showed a significant (*P<0.05) increase in the Ortho keratinocyte layer and a significant (P**<0.01) reduction in the epidermal layer of skin treated with 1.0% (w/w) ointment with a progressive reduction (P**<0.01) in the severity of psoriatic lesions (erythema, redness, and scales) from day 7 to 21st day. **CONCLUSION:** The current inquiry revealed that the flowers of *Cassia auriculata* possess anti psoriatic activity, confirming their traditional use which in associated skin disorders.

KEYWORDS: *Cassia auriculata*, Psoriasis, Herbal ointment, Complete Freund‟s Adjuvant.

TSD/LS-08

Invitro Cytotoxic nature of *Tragia involucrata* stem extract against Human Breast Cancer Cell Line.

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OBJECTIVES: To investigate the *Invitro* cytotoxic nature of *Tragia involucrata* stem extract against human breast cancer cell line. **METHODS:** The stem part of *Tragia involucrata* was subjected to successive solvent extraction process using Hexane, Ethyl Acetate, Ethanol and Aqueous solvents based on their polarity. The crude extracts obtained were subjected to preliminary phytochemical analysis and cytotoxicity activity against human breast cancer cell line (MCF-7) using MTT (3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide) assay. Then one of the extract which showed significant cytotoxic effect was analyzed by *Invitro* anti-oxidant assay, Flow Cytometry, DNA Fragmentation assay, AO/EtBr staining, Western blot analysis of apoptosis markers. **RESULTS:** Phytochemical Screening of different extracts i.e Hexane, Ethyl acetate, Ethanol & Aqueous extracts of *Tragia involucrata* revealed the presence of Alkaloids, Flavonoids, terpenoids, Steroids, Cardiac glycosides. The cytotoxic activities of four different extracts were studied using MCF 7 cell line. The Ethanol extract of *Tragia involucrata* showed significant cytotoxic effect when compared to other extracts. The *In vitro* antioxidant assay showed better free radical scavenging activity. The Flow Cytometry, DNA Fragmentation assay, AO/EtBr staining showed that the ethanol extract showed apoptosis in MCF-7 cell line. Western blot analysis showed reduced Bcl_2 protein and increased Bax protein, Caspase -3 and Caspase-9 protein. **CONCLUSION:** The results obtained indicated that the Ethanol extract of *Tragia involucrata* have anticancer activity and further studies will be performed to isolate the novel compounds for chemotherapeutic use.

KEYWORDS: *Tragia involucrata*, Ethanol Extract, Phytochemical Screening, MTT Assay, Apoptosis.

TSD/LS-09

Analgesic activity of *Alpinia galanga* extract in mice models and TNF-alpha receptor computational docking analysis on its leads with pharmacokinetics prediction

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BACKGROUND: *Alpinia galanga* is a *Siddha* herb recognized and used across many traditional medicine systems for its analgesic and anti-inflammatory activity. The present study scientifically validates the potential anti nociceptive action of ethanolic extract of *Alpinia galanga* by chemical, neurogenic and inflammatory nociception model in mice followed by identification of potential lead compound by computational analysis. **METHODS:** The assessment of anti-nociceptive action is evaluated by Acetic acid induced abdominal constrictions and Formalin assay on ethanolic extract of *Alpinia galanga*, followed by 20 compounds with known chemical structure of *Alpinia galanga* is subjected to computational analysis to predict possible lead compound with desirable pharmacokinetic and drug like features. **RESULTS:** The percentage inhibition rate of Aspirin (100mg/kg) was 82.15% compared to *Alpinia galanga* (100mg/kg) 19.63%, (200mg/kg) 33.02% and (400mg/kg) 57.13% by acetic acid induced abdominal constrictions antinociceptive mice model. *Alpinia galanga* 400mg/kg (71.70%) had comparable percentage inhibition of nociception to standard group indomethacin (88.71%) in formalin induced nociceptive mice model. Among 20 compounds screened for pharmacokinetic and drug like features, Galanal B had the binding free energy -56.664 when compared to control compound 2AZ5-56.000. **0:** The *Alpinia galanga* extract had significant anti nociceptive activity and followed by computational analysis of 20 compounds with known chemical structure predicted Galanal B as lead compound with best insilico pharmacokinetic and drug like features.

KEY WORDS - *Alpinia galanga*, Formalin assay, Insilico, Nociception, QSAR

TSD/LS-10

COMPUTATIONAL APPROACH TO EXPLORE DIALURIC ACID INDUCED TOXICITY IN MICROTUBULE BINDING PROTEIN TO PROMOTE TYPE 2 DIABETES MELLITUS

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BACKGROUND: Microtubule Associated Protein, Tau (MAPT) is identified as an essential factor for microtubule dynamics and neuronal outgrowth. tau also regulates insulin signaling to control Type 2 diabetes. Abnormal expression of tau protein leads to hyperphosphorylation known as taupathies. Presence of alloxan occurs in refined wheat flour, especially in various baking products such as parotta. The reduced form of alloxan, dialuric acid enters beta cells of islets of langerhans and binds MAPT to induce toxicity by hyper phosphorylating the tau protein that destructs pancreatic beta cells causing type 2 diabetes mellitus. Here, the toxic effects of dialuric acid targeting MAPT through *in silico* computational predictions has been investigated. **METHODS:** Three-dimensional structure of MAPT protein was constructed through *i-Tasser* and it has been refined and validated by Galaxy Refine and PROCHECK. The structure of ligand was retrieved from pubchem. Molecular docking was accomplished by Auto Dock 4.2 software and the toxicity prediction was performed by ADMET online tools. **RESULTS:** The results indicate the strong binding affinity between dialuric acid and MAPT protein and it showed a binding free energy (ΔG) of -3.72 kcal/mol. Dialuric acid binds with the active region SER 232 of MAPT whereby it hyperphosphorylated the protein to become toxic. Also, ADMET results strongly suggests that the compound dialuric acid possess toxic property and similarly Ames test confirmed that it was found to be mutagenic. **CONCLUSION:** From this dialuric acid was found to be toxic which could be able to damage the beta cells of pancreas and abates insulin signaling leading to diabetes mellitus.

KEYWORDS: MAPT, alloxan, dialuric acid, diabetes mellitus, ADMET.

TSD/LS-11

PROTECTIVE EFFECT OF SMILAX CHINA AGAINST MERCURIC CHLORIDE ON MALE ALBINO RAT TESTIS

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INTRODUCTION: The environmental contamination due to heavy metal compounds such as mercuric chloride causes highly toxic effects on reproductive organs which causes infertility. Mercuric chloride is a cumulative poison and is considered as a direct-acting toxicant. *Smilax china* is a deciduous climber which possess antioxidant, aphrodisiac and spermatogenic agent. Hence protective efficacy of *Smilax china* in Wister albino rat tests was analyzed. **AIM:** To analyze testicular alterations in Wister albino rats and therapeutic, prophylactic potential of *Smilax china* (Linn). **MATERIALS & METHODS:** Male albino Wister rats were grouped into 9 groups, receiving Mercuric chloride in various doses and *Smilax china* in different period (Phase I – 30days & Phase II – 45days). The animals were euthanized at the end of experimental period. Testis were collected in Bouins fixative and processed for Histological examination stained with H & E, Toluidine Blue and Ki67. Morphometric Analysis and Morphology of the sperm were also analyzed. **OBSERVATION:** The testis exhibited structural deformities. The seminiferous tubules were irregular in shape. They exhibited big vacuole in their lumen due to toxic load. The spermatogonia were deformed and the cytoplasm become vacuolated and granular. The Sertoli cells were damaged and only deformed nuclear material were visible, where in animal receiving smilax china the structural and pathological changes are preserved denoting *Smilax china* prevents the tissue from toxicity changes. **CONCLUSION:** Based on this study it is concluded that mercury causes severe toxic testicular damage. It is also evident that *Smilax china* prevents the toxic effects on male gonads preserving the spermatogenesis.

KEYWORDS: Mercuric chloride, toxicant, Wister albino rats, *Smilax china*.

TSD/LS-12

PREVENTIVE AND PROMOTIVE HEALTH CARE IN ONCOLOGY BY GREEN SYNTHESIS OF SILVER NANOPARTICLES.

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BACKGROUND: *Siddha* medicine, one of the most ancient and organized medical system of India. It is based on a combination of ancient medicinal practices, spiritual disciplines, alchemy and mysticism. Cancer being a leading disease existed in our society from time immemorial. Now-a-days silver nanoparticles play a vital role in the prevention of cancer cells. There are several methods used in silver nanoparticles such as *Arishtas*, *Kashayam* occur in siddha medicine. The extraction done in green synthesis is like *Kashayam*. **METHODS**: The green synthesis of nanoparticles using plants and their extracts is considered as an indicative approach in material synthesis for environmental benignity. Extracellular nanoparticle synthesis, which utilizes extracts from individual leaves rather than entire plants, may prove to be more inexpensive due to easier downstream processing. Characterization of synthesized nanoparticles is accomplished through analysis by Zeta potential, UV-Vis spectroscopy, Fourier transform infrared spectroscopy (FTIR), Transmission electron microscopy (TEM) and Scanning electron microscopy (SEM), X-ray Diffraction. **RESULTS**: In the treatment of silver nanoparticles it significantly inhibits the cell viability and proliferation of cell. It mainly cause cell death by inducing the mitochondrial membrane permeability change and activation of caspase. **CONCLUSION**: Silver nanoparticles shows Increase in ROS Formation and depletion of antioxidant in their preventive action towards the cancer cell line. This study is to give an Overview of green synthesis of silver nanoparticles.

KEYWORDS: Silver nano particles, Green synthesis, Spectroscopy, Transmission Electron Microscopy.

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PREVENTION OF BREAST CANCER BY ETHANOLIC ROOT BARK EXTRACT *MALLOTUS PHILIPPENSIS* ON MCF-7 CELL LINE

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BACKGROUND: One of the most common malignancies in women is breast cancer. Although several treatments for breast cancer are available, application of herbal medicine as a supplementary treatment is a new option in curing the disease. In this study, anti-cancer effect of *Mallotus philippensis* was investigated to prove the real need for new efficient anti-cancer drugs with reduced side effects. **OBJECTIVE:** The aim of the study was to investigate anti-cancer activity of the medicinal plant *Mallotus philippensis*. **METHODS:** Ethanol extract of root of *Mallotus philippensis* was obtained by Soxhlet extraction. MCF-7 breast cancer cell line was treated with different concentrations of the extract by MTT assay. **RESULTS:** Ethanol extract of root of *Mallotus philippensis* exhibited anti-cancer activity in MCF-7 cell line at concentrations of 41.95 (µg/ml) and 9.21 (µg/ml) of Doxorubicin which was compared as standard drug by MTT assay. **CONCLUSION:** The ethanolic root extract of *Mallotus philippensis* induce apoptosis in MCF-7 cells confirming its anti-cancerous property. This is a promising response for developing new natural and safe anticancer agents. Further research is required to elucidate their cellular and molecular mechanisms and to estimate their clinical activity.

KEYWORDS: *Mallotus philippensis*, Ethanol extract, Anti-cancer, Doxorubicin

TSD/LS-14

ANTI- MRSA ACTIVITY AND LCMS ANALYSIS OF *IRASAVALLATHI ILAGAM* (SIDDHA POLYHERBAL FORMULATION)

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BACKGROUND: Antimicrobial resistance (AMR) is a serious threat to the human health occurring everywhere in the world. By 2050, more deaths will occur due to antimicrobial resistance compared to any other major cause of diseases. Single isolated interventions have limited impact on AMR. Therefore, polyherbal drug formulations have been recommended for the treatment of AMR. The *Irasavallathi Ilagam* is a *Siddha* polyherbal formulation composed of 29 components of various plant sources with many therapeutic indications such as colon cancer, leucoderma, psoriasis, Soft Tissue and Skin Infections, throat cancer, hepatitis C, gastric inflammation, leucorrhoea etc. **METHODS:** The antimicrobial effect of *Siddha* polyherbal medicine, *Irasavallathi Ilagam* was investigated against MRSA by agar well diffusion method. **RESULTS:** Minimum Inhibitory Concentration (MIC) of the drug was 75µg. The identification of chemical ingredients was carried out using Liquid Chromatography-Mass Spectrometry (LC-MS). The qualitative analysis of *Irasavallathi Ilagam* confirms the presence of high and low molecular weight compounds such as Perfluoro butanoic acid, cis-Aconitic acid, etc. **CONCLUSION:** The Siddha polyherbal drug, *Irasavallathi Ilagam* proves to be effective against AMR and source of future studies in the treatment of Antimicrobial resistance (AMR).

KEYWORDS: Poly herbal, anti-microbial resistance, Minimum Inhibitory Concentration.

TSD/LS-15

MATRIX METALLOPROTEINASES (MMP"S) AS A TARGETED THERAPY TOWARDS COLON CANCER

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BACKGROUND/ OBJECTIVES: Colon cancer is defined as any malignant neoplasm arising from the inner lining of the colonic epithelium and is the third most common cancer and the third leading cause of cancer related deaths for both men and women in United States. Proteins comprising the ECM play critical roles in cell proliferation and migration, and different proteases control ECM remodeling and degradation. Cancer cells interact with the ECM, and structural remodeling is important for migration from a primary tumor site. One specific group of proteolytic enzymes, matrix metalloproteinases (MMPs), was studied extensively as key mediators of ECM degradation and in the processing of other bioactive molecules. Elevated levels of serum MMP-8, MMP-9, and TIMP-1 have appeared in several cancers: lung, gastric, hepatocellular, and colorectal, but also in melanoma and head and neck cancer. **RESULTS:** Natural products have been used worldwide as traditional medicines for thousands of years to treat various forms of diseases including cancer. Plant-based chemo-preventive agents and their constituent Phyto-chemicals have been known to interfere with various molecular pathways involved in colon cancer initiation and progression. Resveratrol, Curcumin, Garlic seed, flaxseed, turmeric, ginger or ginger roots are some of the natural products used for colon cancer targeting proteolytic enzymes, matrix metalloproteinases (MMPs). **CONCLUSION:** A future aspect was to identify the medicinal plant used to treat colon cancer and to identify the compounds targeting MMPs.

KEYWORDS: Colon Cancer, Matrix Metallo proteinases, Natural Products, Plant-based chemo-preventive agents.

TSD/LS-16

EVIDENCE BASED FOLK LORE CLAIM OF *MALLOTUS PHILLIPPENSIS* IN PREVENTION OF COLORECTAL CANCER CELL LINE HCT116

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BACKGROUND: As of 2018 there were 14.1 million new cancer cases, 9.6 million cancer death and 32.6 million people living with cancer worldwide. Cancers that start in the cells lining inside of the colon and rectum are called colorectal cancers (CRS). CRS are the third most predominant cancers worldwide and are the fourth most common cause of cancer mortality with approximately 9.4% of global cancer cases irrespective of gender. **OBJECTIVE:** The aim of the study was to investigate the anticancer activity of *Mallotus philippensis* to prevent colorectal cancer. **METHODS:** *Mallotus philippensis* ethanol extract of root was obtained. The He La cell line was treated with different concentrations of the root extract of *Mallotus philippensis* by MTT assay. **RESULTS:** *Mallotus philippensis* ethanol extract of root revealed anticancer activity in HeLa cell line at concentrations of 46.24 (µg/ml) and 7.3 (µg/ml) of Cisplatin which was compared as standard drug by MTT assay. **CONCLUSION:** The ethanol root extract of *Mallotus philippensis* induces cyto-toxicity in HeLa cells and confirmed its anticancer property. Therefore, this source may be a good candidate for the development of novel anticancer agents. Moreover, much remains to be learned about long- term safety and adverse effects of Phyto-chemicals proposed for cancer treatment.

KEYWORDS: Folk lore, Oncology, *Mallotus philippensis,* HCT 116 cell line, MTT Assay.

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