



सत्यमेव जयते
Ministry of Ayush

With the support of Ministry of Ayush, Govt. of India



वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE

6th SIDDHA DAY - 2023

9th January 2023

Theme: Siddha Diet and Nutrition for Healthy Life

**ஆரோக்கிய வாழ்விற்கு சித்த மருத்துவ உணவு மற்றும்
ஊட்டச்சத்து முறைகள்**

**Venue: SPS Mahal, RMS Colony left side Bus Stop, NH45, IOB Nagar,
Karumandapam, Tiruchirappalli – 620001, Tamil Nadu.**

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

PATRONS

Shri Sarbananda Sonowal

Hon'ble Cabinet Minister
Ministry of Ayush &
Ministry of Ports, Shipping and
Waterways

Dr. Munjpara Mahendrabhai Kalubhai

Hon'ble Minister of State
Ministry of Ayush & Ministry of Women and
Child Development

MENTORS

Vaidya Rajesh Kotecha

Secretary, Ministry of Ayush

Shri Pramod Kumar Pathak

Special Secretary, Ministry of Ayush

ADVISORS

Shri Rahul Sharma

Joint Secretary
Ministry of Ayush

Ms. Kavita Garg

Joint Secretary
Ministry of Ayush

Shri S. Ganesh

Director, Directorate of Indian
Medicine and Homoeopathy,
Govt. of Tamil Nadu

Siddha System of Medicine

Siddha system of medicine is one of the oldest codified traditions of healthcare in the Indian sub-continent with novel therapeutic interventions and treatment modalities. It enjoys state patronage as part of the officially recognized Ayush systems and caters to considerable proportion of population through public and private health care facilities. Siddha system has a growing institutional network for education and training, health services, research and manufacturing of drugs. Establishment of National Institute and Research Council for Siddha has galvanized the development process by imbibing quality benchmarks in postgraduate education and research, standardization and validation of drugs, innovative technologies have improved outreach in the public health system and multifarious professional capacity of the Siddha practitioners.

The uniqueness of the Siddha medicine lies in its holistic approach -- the physical, mental, social and spiritual well-being by adapting simple lifestyle practices, dietary regimens relevant to six tastes, usage of safe and effective plant-based drugs and drugs of mineral and animal origin. Siddha *Kaya karpam* and the external therapies like *Varmam* and *Thokkanam* also augment strength to the system. The cornerstone of Siddha medicine for healthy living is food and life style.

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 6th Siddha Day falls on 9th January, 2023. Plenary Lectures and Cultural Programmes will be held.

Objectives of the Siddha Day

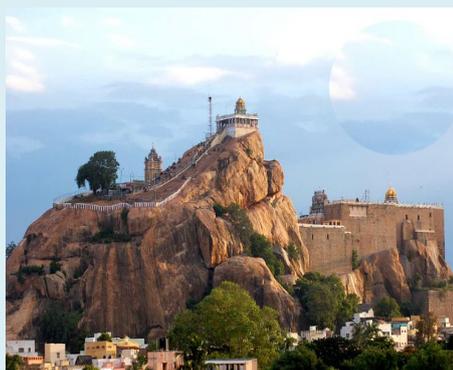
- To sensitize the public about the Siddha holistic approach of healthcare and disease prevention
- To propagate the unique strengths of Siddha Medicine
- To promote Siddha medicine into the mainstream of healthcare
- To equip the students, faculty members and practitioners of Siddha for providing standard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

About the Theme

“Food is Medicine; Medicine is Food” is one of the core doctrines mentioned in Siddha classics for healthy life. This maxim acknowledges the emphasis laid by *Siddhars* on healthy eating and the nutritional importance of a balanced diet. Siddha Medicine describes the significance of balancing food (*Thirithoda*) ingredients namely pepper, turmeric, cumin seeds, asafoetida, dried ginger, cardamom, fenugreek and garlic maintain the homeostasis between the three humours namely *Vali*, *Azhal* and *Aiyam*. *Siddhar Theraiyar* has mentioned few dietary principles to be followed as a prophylactic measure for leading a healthy life. Example: “Always consume sour curd, never eat root tubers except yam, take meals twice a day instead of thrice daily, and take diluted buttermilk and melted ghee”. The role of Siddha diet and nutrition during the COVID-19 pandemic is noteworthy. To emphasize the significance of food and nutrition, the United Nations General Assembly has declared the year 2023 as 'International Year of Millets' and hence this Siddha Day is aimed to create awareness on the theme “Siddha diet and Nutrition for Healthy Life”

About Tiruchirappalli

Tiruchirappalli also called Tiruchi or Trichy, is a major tier II city in the Indian state of Tamil Nadu and the administrative headquarters of Tiruchirappalli district. The city is credited with being the best livable city and the cleanest city of Tamil Nadu, as well as the fifth safest city for women in India. Tiruchirappalli sits almost at the geographic centre of Tamil Nadu state. The city is known for various nationally recognized institutions and significant tourist destinations. A major road and railway hub in the state, the city is served by the Tiruchirappalli International Airport (TRZ) which operates flights to the Middle East and Southeast Asia. Among the many tourist spots, Kallanai (also known as the Grand Anicut) is an ancient dam. It is built (in running water) across the Kaveri river flowing from Tiruchirappalli District to Thanjavur district, Tamil Nadu. SPS Mahal is a newly constructed Mahal in Trichy city with a facility to accommodate more than 1000 people.



Malai Kottai (Rock Fortress)



Kallanai Dam



Mukkombu Dam

Registration Fee

- UG Students and PG Students Rs.100/- Must register through their college only.
- Practitioners & Others – Rs.100/-.
- Practitioners & Others for registration please send your request to the email id - siddhaday2022@gmail.com
- Last date for Registration: 30.12.2022

About the Organizers

Central Council for Research in Siddha (CCRS)

Central Council for Research in Siddha (CCRS) is an autonomous organization under the Ministry of Ayush, Government of India. CCRS is an apex body for conducting research in Siddha system of medicine. It is a scientific and Industrial Research Organisation (SIRO) equipped with state of the art infrastructure with sophisticated instruments, facilities and departments. The Council is engaged in multifaceted research activities. It has eight peripheral institutes/units – three are located in Tamil Nadu, one each in Puducherry, Kerala, Karnataka, Andhra Pradesh and New Delhi. CCRS through its peripheral Institutes / Units undertakes clinical research, drug research, medicinal plants research, literary research and fundamental research. CCRS is also rendering clinical service through a Siddha wing at Ayush Wellness Clinic, Rashtrapati Bhavan, New Delhi. Extended Siddha OPDs at All India Institute of Ayurveda, Saritha Vihar, New Delhi, Pondicherry University, CSIR-CLRI and ICMR-NIE provides Siddha treatment for the benefit of general public.

National Institute of Siddha (NIS)

NIS, Chennai is an autonomous organization under the Ministry of Ayush, Government of India providing academic and healthcare services. The institution was dedicated to the Nation on 3rd September 2005 by Dr. Manmohan Singh, the then Hon'ble Prime Minister of India. NIS is striving to be a Centre of Excellence in Siddha system of Medicine. The Institute offers postgraduate courses in 8 disciplines and doctoral research programmes in Siddha, provides medical care and undertakes research to promote and propagate the Siddha system of medicine. Ayothidoss Pandithar hospital attached with NIS is a 200-bedded NABH accredited hospital. Apart from the regular OPD at NIS, a special tribal OPD is being conducted at Kothimangalam, Chengalpattu district. Also Swasthya Rakshan OPD and Swasthya parikshan camps are being conducted at 5 places in Chengalpattu and Kanchipuram districts.

Directorate of Indian Medicine & Homoeopathy (DIM & H)

The Directorate of Indian Medicine and Homoeopathy was established by the Government of Tamil Nadu in the year 1970. The Department of Indian Medicine and Homoeopathy was established to look after the Ayush Medical Systems. The Department is functioning with the following aims and objectives: providing health care services to the public through Indian Systems of Medicine and Homoeopathy, providing and monitoring education and research activities in Indian systems of Medicine, promoting the cultivation of medicinal plants, etc.

Organising Committee

Chairman & Organizing Secretary

Prof. Dr. R. Meenakumari

Director General (Additional Charge),
Central Council for Research
in Siddha &
Director,
National Institute of Siddha

Convenor

Prof. Dr. P. Parthibhan

Joint Director,
Directorate of Indian Medicine
& Homoeopathy, Chennai

Coordinator

Dr. S. Kamaraj

District Siddha Medical
Officer, Tiruchirappalli

Associated Institutions / Organizations / Departments / Entrepreneurs

- All District Siddha Medical Officers (DSMO) from Directorate of Indian Medicine & Homoeopathy, Govt. of Tamil Nadu
- The State Licensing Authority (IM), Govt. of Tamil Nadu, Chennai
- Department of Siddha, The TN Dr. M.G.R. Medical University, Chennai.
- Government Siddha Medical College, Palayamkottai.
- Government Siddha Medical College, Chennai.
- Sri Sai Ram Siddha Medical College and Research Centre, Chennai.
- Velumailu Siddha Medical College, Sriperumbadur.
- Santhigiri Siddha Medical College, Thiruvananthapuram, Kerala.
- ATSVS Siddha Medical College & Hospital, Kanyakumari.
- Sivaraj Siddha Medical College, Salem.
- R.V.S. Siddha Medical College, Coimbatore.
- Maria Siddha Medical College, Thiruvattar, Kanyakumari.
- JSA Medical College for Siddha & Research Centre, Ulundhurpet.
- Nandha Siddha Medical College and Hospital, Erode.
- Excel Siddha Medical College & Research Centre, Namakkal.
- The Indian Medical Practitioners Co-operative Pharmacy and Stores Ltd (IMPCOPS), Chennai.
- Tamil Nadu Medical Plant Farms & Herbal Medicine Corporation Limited (TAMPCOL), Chennai.
- Private Siddha Practitioners, Siddha Entrepreneurs and NGOs.

For further details and submission of registration forms

E-mail: siddhaday2022@gmail.com

Last date for Registration: 30.12.2022