



Sai Siddha Forum

Half Yearly

December 2017 - Issue 1



Sri

SAI RAM SIDDHA MEDICAL COLLEGE & RESEARCH CENTRE

(An ISO 9001 : 2008 Certified Institution)

Sai Leo Nagar, West Tambaram, Chennai - 44. www.sairamsiddha.edu.in





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Forward Messages

I am delighted to know that Sri Sai Ram Siddha Medical College and Research Centre is releasing the second issue of "**Sai Siddha Forum**". I am glad that Sri Sai Ram Siddha Medical College and Research Centre is running successfully its 16th year by producing eminent physicians during this period.

I appreciate the earnest effort of the editorial team in releasing the second issue of "**Sai Siddha Forum**" which will be a proved platform to share new ideas and clinical experience with the reader. I do hope that "**Sai Siddha Forum**" will bring in a remarkable change in the academic and professional world. I look forward to further editions of this publication from time to time.

I extend my appreciation to Sri Sai Ram Siddha Medical College and Research Centre for their great care bestowed in publishing this bulletin.



Sai Prakash LeoMuthu
Chief Executive Officer

I consider it a privilege to be asked by the editorial members to contribute a foreword once again to the second issue of the bulletin "**Sai Siddha Forum**" which gives me a sense of pride.

Siddha - under the Department of AYUSH has now grown to great heights. The whole world is now looking at this system for their relief from sufferings. I feel blessed to write this foreword.

Hope this publication will continue to serve not only Siddha community but also those in other profession. All the very best for the upcoming publications.



Mr. R. Sathish Kumar
Co-ordinator

It gives me an immense pleasure to present before you the second issue of "**Sai Siddha Forum**". This work is a total reflection of our academic activities, extension services and extra - curricular activities.

Our vision is to impart skillful knowledge, value based education and to render service to suffering humanity. There is no question that this bulletin will be a choice addition to siddha field.

I congratulate the Editorial team for their tireless effort to bring out the second issue of "**Sai Siddha Forum**".



Dr. S. Mathukumar
Principal

*Education is the manifestation of the
perfection already in man*



M.J.F. Ln. LEO MUTHU
Founder Chairman

*A prodigious altruist and educationist who set a paradigm
for constancy with conscientiousness and clemency*



A ROLE OF VARMA ON TRIGEMINAL NEURALGIA : CASE STUDY



- Dr. M. Latharani M.D(S)

INTRODUCTION

Trigeminal neuralgia (TN or TGN) is a chronic pain disorder that affects the trigeminal nerve. There are two main types namely typical and atypical trigeminal neuralgia. The typical form results in episodes of severe, sudden, shock like pain in one side of the face that lasts for seconds to a few minutes. Group of these episodes can occur over a few hours. The atypical form results in a constant burning pain that is less severe. Episodes may be triggered by any touch on the face. Both forms may occur in the same person. The pain tends to begin at the angle of the jaw and radiate along the junction lines either between the ophthalmic branch and maxillary branch or between maxillary branch and the mandibular branch, sometimes both. It is one of the most painful conditions that results in depression.

ETIOLOGY

The exact cause is unclear but believed to involve loss of the myelination around the trigeminal nerve. This may occur due to following reasons

- Compression from the blood vessels or the nerves emerging out from the brain stem
- multiple sclerosis / stroke / trauma.
- Diagnosis is typically based on the symptoms.

OCCURRENCE RATE

Though trigeminal neuralgia can affect people of any age, it tends to affect people more than 60 years

of age. Possibility of Trigeminal Neuralgia on Right side of face is 5 times more than on Left. It affects 1/8000 people per year.

CASE STUDY

A 52 year old male patient came with the complaint of severe pain on the left side of the face, who was having the same complaint since 2 years. It was diagnosed as trigeminal neuralgia. He took allopathy treatment, where he didn't get any remedy, he came to me. I suggested him varma treatment. The varma points given were,

- Kondaikolli
- Kambothiri II
- Janni Varmam
- Sunnambu Kalam
- Poigai
- Porchai and
- Sevikuththi varmam.

After first day of treatment, he got an improvement in tingling pain. So I repeated the same points for further days. He was completely relieved from the pain after seven days of varma treatment. After some months he referred another patient with the same complaint. Till today 4 patients (2 Male and 2 Female) have been treated successfully.

CONCLUSION

Trigeminal neuralgia is the most painful condition in which, patients suffer a lot. Very happy to say that, our varma treatment has quick and good relief without any internal medicine.



Kondaikolli



Janni



Kambothiri



Poigai



Sevikuththi



EFFECTS OF YOGA IN PCOS

INTRODUCTION

Polycystic ovarian syndrome, an emerging lifestyle disorder involving multiple systems occurring among 10-25% of school going students in India. PCOS is a psychosomatic disorder of uncertain etiology characterized by obesity, anovulation associated with infertility, hirsutism, abnormal menstrual pattern, menstrual pain and cramps and pregnancy related complications. Yoga is a complete prescription for the healthy body and mind which can destroy the root cause of PCOS.

AIM AND OBJECTIVES

To define the role of yoga in the management of PCOS.

METHOD

We randomly selected three schools in Dharmapuri District for creating awareness PCOS and we collected a data from student at the age group of 14-18 who are suffering from irregular menstrual cycle.

We advise the students to get practice of five yogasanas for six months. The suggested yogasanas are:



DHANURASANA



MARJARASANA

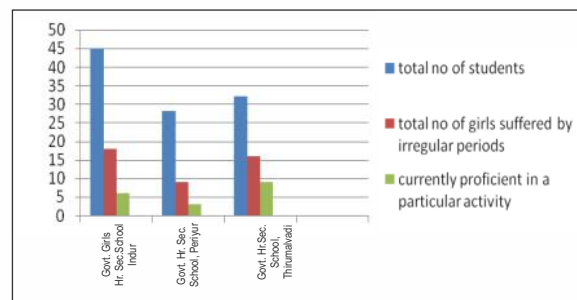


VARJARASANA

RESULT

After the three months of yoga practice there is a correction in irregular periods and systematic relief to the students.

VENUE	TOTAL NO.OF STUDENTS	NO.OF STUDENTS WITH PCOS	NO. OF STUDENTS CURED
GOVT. GIRLS HSS (INDUR)	45	18	11
GOVT. HSS (PERIYUR)	18	09	04
GOVT. HSS (THIRUMALVADI)	32	14	09



BALASANA



BHUJANGASANA

CONCLUSION

Yoga is a holistic science and art of living and helps to tone up the whole system. Daily yoga for 30 min with 5 asanas ultimately stabilize the menstrual cycle .So,it is the time to acknowledging the role of yoga as a safe and effective treatment of pcos.



D. Sowmiya



B. Prathisha



J. Priya Nandhinie

CRRI



EAT GOOD FISH AND STAY HEALTHY

Name of the Fish	Medicinal Uses	Siddha Reference
 VIRAL MEEN (MURREL FISH) FRESH WATER FISH	Rich in proteins - formation of muscles, acceleration of wound healing, regulation of body fluids, easy to digest	Cure diseases and aids in body building, benefits gut
 KENDAI / SANNA KENDAI MEEN (CARP FISH) FRESH WATER FISH	Healthy fish to consume, high Omega3 fatty acids- reduces plaque buildup, lowers risk of atherosclerosis, reduces HT and risk of heart attack or stroke, eliminates strain of CVS	Cures chronic diseases, vatha diseases & Gunmam
 VOWVAL MEEN (POMFRET FISH), SEA WATER STROMATEUS CINEREUS	Regulation of blood clotting, prenatal & postnatal neurological development, beneficial in cardiac arrhythmias, reduces depression in older people, low risk of oral, digestive track & breast cancer, builds immune system	Cures pithamayakam, kaduvan, used in pathiyam, induces semen secretion and lactation
 MADAVAI MEEN (MULLET FISH): Sea water Mugi oligolepe	Reduces risk of thrombosis, Carbohydrate-satisfies daily nutritional need, increases appetite, accelerates wound healing, develops cells in the body	Increases muscle protein
 KIZHANGAN MEEN (LADY FISH): SEA WATER Sillagosinham	Contains several minerals, vitamins like B & D, rich in vitamin A	Cures major diseases, chronic constipation, induces appetite, healthy nutrition and a diet fish
 VILANGU MEEN (EEL FISH): SEA WATER Anguilla bengalensis	Contains Low sugar, minerals, vitamins like A, B complex, D & E, rejuvenates the body, lowers the risk of type -2 diabetes, powdered form is used for rejuvenating in older people, increasing vitality & energy	Induces thathuviruthi
 THIRUKKAI MEEN (WHIP TAIL STING RAY): SEAWATER TRYGONSEPTION	Skin is used as an under layer for cord or leather wrap, used to make shoes, boots, belts, wallets, jackets and cellphone cases	Increases the uyirathathu - vadham, the udalthathu - sukilam, cures pitham and sobai
 KELITRU MEEN (MACKEREL FISH): SEA WATER MACRONE	Help against cardiovascular disease, prostate cancer, age - related vision loss, dementia, depression, suicide, schizophrenia & Alzheimer's disease, increases brain activity and memory, reduces pain, stiffness and swollen joints in arthritis	Increases potency



R. Shanthini
CRRI



THYROID SCORE



Dr. LAZHA, MD(S)

(Find Your's)

- Tiredness, Sluggishness and lethargic
- Dry hair & skin
- Sleep more than usual.
- Muscle weakness
- Constant feeling of cold
- Frequent muscle cramps
- Poor memory
- More depressed (mood change easily)
- Slower thinking
- Puffier eyes
- Hoarser voice
- Constipation
- Coarse hair, hair loss, brittle
- Muscle/joint pain
- Low sex drive/impotency
- Puffy hands and feet
- Easy weight gain
- Outer third of eyebrow thin
- More Irregular menses
- Heavier menses (clotting/3+days)
- Carpel tunnel syndrome

- Goitre
- Weight loss
- Palpitations
- Tachycardia
- Increased systolic blood pressure
- Dyspnoea
- Nervousness
- Irritability
- Emotional lability
- Tremor
- Increased sweating
- Pruritis
- Brittle nail
- Insomnia
- Amenorrhoea
- Oligomenorrhoea
- Lid lag
- Heat intolerance
- Fatigue
- Thirst
- Lymphadenopathy

Rate your symptoms- scale of 0-3

0 - None , 1 - Mild , 2 - Moderate, 3 - Severe

Rate your symptoms -scale of 0-3

0 - None , 1 - Mild, 2 - Moderate , 3 - Severe

Total hypo score

0 = None
0 - 7 = 1
8 - 14 = 2
15 - 21 = 3

Total hyper score

0 = None ,
0 - 7 = 1
8 - 14 = 2
15 - 21 = 3

ABBREVIATIONS

CVA	-	Cerebro Vascular Accident (Stroke)
ABCD	-	Airway, Breathing, Circulation, Disability
BBC	-	Bilateral Breast Cancer
XRT	-	Radiotherapy (external)
ψ	-	Psychiatric
po	-	Orally
DJD	-	Degenerative joint disease (another name for Osteoarthritis)



AN INTERVIEW WITH A EXPERT

Dr. J. Jeyavenkatesh

Kokila Siddha Hospital and Research Centre, Madurai.

1. What are your tips for today's budding practitioners?

Any Siddha doctor who is practicing,

- Should be present at their clinic daily without fail/delay
- Should have their own pharmacy
- Should issue OP card to all the patients
- Should record the medicines prescribed to the patients
- Should follow patience to their patients

2. Do you believe that Siddha has reached every corner of our state?

No. Lower middle class and middle class people are ready to take any kind of Siddha treatment, while upper middle class people approach us only for external therapies, but refuse to take internal medicines, So We are responsible to make a belief on Internal medicines too among them.

3. What were the hurdles you faced during your initial practice period and how did you overcome them?

The main hurdle that I faced during my initial practice period was debt for medicine in pharmacy. As days passed by, the amount of debt increased, but I considered it as my growth in clinical side. So, my advice to young practitioners is you can buy medicines even in debts, but soon after, it should not exceed your income from practice.

4. Is language a hindrance for Siddha being less commonly practiced in other states of India besides Tamil Nadu?

Certainly not. When the doctors of other medical systems outside Tamil Nadu are able to practice their system in our state, it is also very



much possible to practice Siddha in other states besides the differences in language.

5. Many, still portray that Siddha doctors are "Leghiyam sellers"?

So what..? When those kinds of medicines are also included in our system, why don't we take it in a positive way and say proudly that we do sell Leghiyam? It is one of the forms of our medicine and there is no need to look down upon it.

6. Do you consider Government jobs as the only future for Siddha doctors?

Definitely not. Government job is only for a security of permanent income for one's life. Otherwise, any private practitioner can earn more than 2 LPM, only if they are sincere and ready to sacrifice small things during their initial practice period.

7. As a NABH accredited hospital chief could you tell us what is the need of NABH and what are its benefits according to you?

NABH accreditation is needed for a hospital to provide a standard systematic way of treatment for the patients. Through NABH accreditation, we can solve practical difficulties of a patient, be it prescription, proper medication and follow-up.

As a NABH accredited Hospital, we are able to follow and provide a systematic treatment as said above.

8. Do we need a book in Siddha, as CIMS is in allopathy?

Paralleling CIMS book of allopathy medicine, we have many books like Siddha vaithiya thirattu, Anuboga vaithiya navaneetham, etc., But they are not composed together as a single book. But we have literature for every medicine in our books separately.

9. What is your opinion on present day academics in Siddha and what are the changes that can be done in the academic books of Siddha?

Our Siddha books are more scientific and first & foremost it is important to believe them. If we clearly understand and memorize the concepts

that are given in our textbooks will be of a great help in our practice. The only change that can be done is to translate our books into English so that it reaches every corner. During my initial stages of practice, I used to refer my textbooks and it was a great help for me in treating my patients. So, clear understanding of our academic textbooks is very much essential .

10. What is your opinion on more number of women studying Siddha?

It is because there is more women population in our state than male population. Not only in Siddha, but women are more in many other courses also.



Interviewed by Dr. R. Sathish

VADIVELU VERSION OF MEDI-TERMS

CNS MANIFESTATION VADIVELU VERSION

 aphasia	 amnesia	 vertigo
 dysarthria	 insomnia	 visual hallucination
 post traumatic stress syndrome	 loss of equilibrium	 facial palsy

FACIAL MUSCLE ACTION

 MENTALIS	 canninus
 Buccinator	 Levator palpebrae supriosis
 RISORIOUS	 Risorious



R. Priyanka (Final Prof)



ASPIRATE THE ENZYMES HIDDEN -Try if you can

Z	A	M	Y	L	A	S	E	D	E
B	M	A	L	T	A	S	E	E	S
O	R	C	A	U	A	Q	C	X	A
N	Y	A	R	T	Z	K	B	T	N
I	K	O	S	D	H	N	B	R	I
S	B	A	X	V	I	U	M	I	T
P	L	B	D	N	Z	W	G	N	A
E	R	T	N	O	M	J	P	A	L
P	W	E	S	A	E	R	U	S	E
T	R	Y	P	S	I	N	Z	E	G

HINT:

Nine enzymes are present in this letters
Amylase, Maltase, Trypsin, Gelatinase,
Dextrinase, Pepsin, Elastase, Rennin, Urease)

Z	A	M	Y	L	A	S	E	D	E
B	M	A	L	T	A	S	E	E	S
O	R	C	A	U	A	Q	C	X	A
N	Y	A	R	T	Z	K	B	T	N
I	K	O	S	D	H	N	B	R	I
S	B	A	X	V	I	U	M	I	T
P	L	B	D	N	Z	W	G	N	A
E	R	T	N	O	M	J	P	A	L
P	W	E	S	A	E	R	U	S	E
T	R	Y	P	S	I	N	Z	E	G



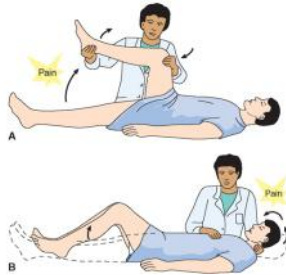
M. Afrin Snowfar, III Yr



MIND GRILL A Medical Quiz Zone

01. In which of the following conditions, the below signs are positive?

- a) Measles
- b) Meningitis
- c) Un complicated Malaria
- d) Mumps



01. A 27 year G I woman is 20 weeks pregnant she presents to you inquiring about the safety of immunization during pregnancy which of the following vaccines is contraindicated in pregnancy?

- a) Hepatitis B
- b) Varicella
- c) Influenza
- d) Tetanus



03. What is the most likely diagnosis?

- a) Herpes Simplex
- b) Impetigo
- c) Molluscum contagiosum
- d) Oral thrush



Answers :
1.b) Meningitis 2.b)Varicella
3.a) Herpes simplex



·A.Subashree vadivoo (Final Prof)

EDULINKS

APPS AND SITES USEFUL FOR MEDICAL COMMUNITY

EPOCRATES:

App that brings all drug related information to your finger tips. Allow users to review drug prescribing and safety information of thousands of brand, Generic and OTC drugs.

PROGNOSIS: YOUR DIAGNOSIS:

An app with fun for all healthcare practitioners who enjoy challenging their clinical knowledge with an engaging series of clinical care scenarios which assess the decision making skills of the player, with comprehensive and concise discussion of the diagnostics reasoning involved.

QUIZ LET:

Can create flash cards online and share them with friends via Quiz let. Studying becomes much more mobile with this app.

KEEP ME OUT:

When it's our final exams, keep me out app will prevent from visiting our most frequently visited websites .We can enjoy some quality, device-free and distraction-free time.



L.Nava subramanyabharathi (Final Prof)



SELF ASSESSMENT FORM

Dr. S. Kanimozhi B.S.M.S., MSc.Anatomy

A Questionnaire to assess your mental stamina



S.NO	QUESTIONS	YES	NO
01	Are you a short tempered person		
02	Do You Kick anything or throw anything while you are angry?		
03	Do You speak Gossips often even about your best friends?		
04	Do You always suggest some ideas to someone in every situation?		
05	Do you consider all ups and downs in your life equally?		
06	Do you have confidence to solve all your problems yourself?		
07	Do you expect someone's help in all your works?		
08	Will you treat others like you, if they are in a complicated situation?		
09	Do you cry for silly problems?		
10	Do you have your food and sleep properly even when you are in a problem?		
11	Do you always criticize somebody?		
12	Are you an anxious person to be the first in everything?		
13	Do you bother about a Gossip on you?		
14	Do you take revenge against the person you dislike?		

- If you answer is yes for more than 12 Questions Bad .You have to improve your mental stamina / strength even more.
- If your answer is yes for more than 8 questions – Fair
- If your answer is yes for more than 5 questions – Good



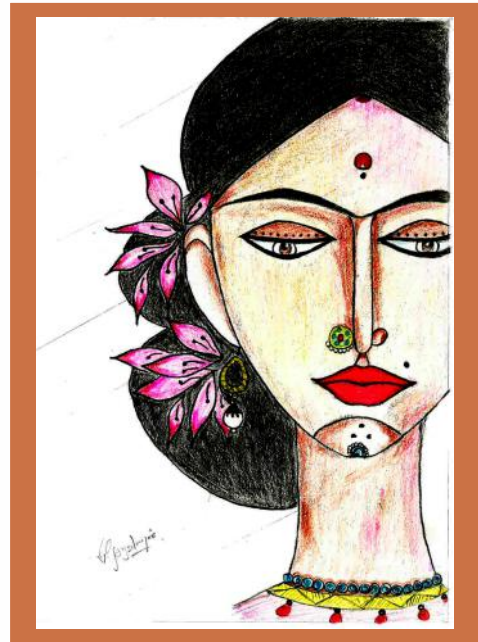
DRAWINGS

KINDNESS- RADIANCE OF HUMANITY



U.SOWMYA (III-PROF)

PATIENCE - WOMAN



G. SELVA SARAVANAN (FINAL PROF)

BELIEVE - TO FLOURISH



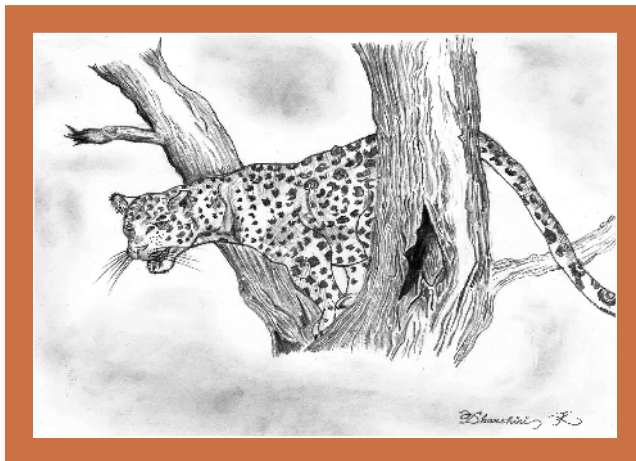
K.DHARSHINI (II-PROF)

RUTHRA



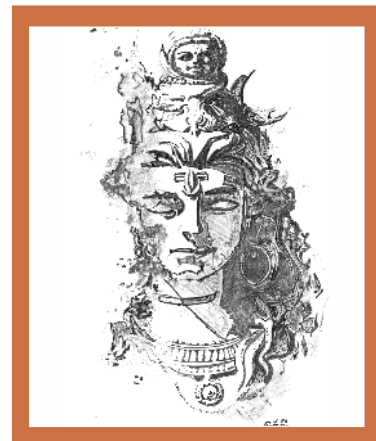
M. SUMATHI (FINAL PROF)

FURIOUS - PRACTICE RIGHTFUL ANGER



K.DHARSHINI (II-PROF)

MUTHAL SIDDHAR



MUTHAMIZHARASI (FINAL PROF)



Events at a glance

Departmental Activities



Paper Presentation



Medical Camp





Events at a glance

CULTURAL DAY



SAIRAM TROPHY 2017



TREE PLANTATION



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