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The latest- Long term alternate therapy epidemiology in Siddha treatment

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Abstract

Siddha is an ancient medical science, with a history of around 5000 years, developed by Siddhars in the Tamil speaking regions of India. Siddha system is based on Panchabootha (five elements) and Tridosha (three humours i.e. vatha (air and ether), pitta (fire) and kapha (earth and water) theories. Nadi diagnosis (pulse reading), among other methods is an important tool in diagnosing a disease. Siddha medicines prepared from the products of nature (mainly herbal plants) are used in the treatment of a wide range of acute and chronic diseases. Siddha treatment comprises of prescription of medicines and therapies, dietary advice and lifestyle guidance to restore health equilibrium. Siddha system is a time-tested, therapeutic, preventive and holistic system. This study showcases the value of Siddha as an alternative system of treatment, and its effectiveness in addressing health issues.

LATEST is a study of 3943 patients treated over 10 years from 2002 - 2011. Analysis of the information collected highlight the benefit of Siddha for the treatment and maintenance of patients in various segments. It also elucidates the type of patient demographics and diseases for which people are seeking alternative treatment options, treatment effectiveness and the average duration of treatment for improvement. Outcomes have been validated with modern diagnostic measurements in order to document improvement in patient condition.

Predominant population prevalence and length of follow-up among LATEST patients has shed interesting insights into the benefits of Siddha treatment. Patients treated over a finite time period for Acid Peptic Disease, Bronchial Asthma, Diabetes Mellitus, Dyslipidemia and Hypertension can realize benefit and control of symptoms with minimal side effects while accounting for co- morbidities which could also be treated using Siddha and/other treatment paradigms.

Key Takeaways:

- Patients who suffer from lifestyle and chronic ailments in particular often find that disciplined use of Siddha reduce their suffering significantly
- Common problems like fever, cough/cold, diarrhea/vomiting can be treated effectively minimizing the need for antibiotics and other drugs
- Completely natural form of medication with minimal side effects and a holistic view on health
- Acid Peptic Disease could be treated completely using Siddha without the need for conventional medicine
- Bronchial Asthma could be treated using a combination of Siddha and conventional medicine and over time reduce the need for any medication
- Patients with Diabetes Mellitus, Hypertension and Ischemic Heart Disease could be treated without interfering with the action of their regular prescription medicine, slowing disease progression
- Disciplined lifestyle modifications and dietary corrections could delay the onset of chronic diseases
- Patients could be treated using Siddha complementing conventional medicine, when necessary, eventually minimizing the need for medicines and ultimately slowing disease progression.

Biography

Dr. Sharavanan is a general practitioner who integrates Siddha ,Homeopathy and Yoga systems in the background of modern medical training. He graduated in modern medicine from Rajah Muthiah Medical College, Annamalai University. He did his post graduation in Homeopathy from the Faculty of Homeopathy, London and Post graduation (Diploma) in Hospital and Healthcare Management from Symbiosis Deemed University, Pune. He holds diplomas in Yoga, Siddha Medicine and Holistic Healthcare from Annamalai University, Tamil University, Thanjavur and Apollo Hospitals Educational Research Foundation, Hyderabad respectively.Dr. Sharavanan worked as a cardiology resident at the Apollo Hospitals, Chennai and trained in Yoga therapy from the Krishnamacharya Yoga Mandiram, Chennai. He is also trained in Reikei healing levels 1 & 2. Dr. Sharavanan is an active researcher and practioner of Siddha medicine at the Sri Aurobindo Siddha Research Foundation.