

SIDDHA MEDICINE AND ITS RESPONSE TO COVID-19 INFECTION

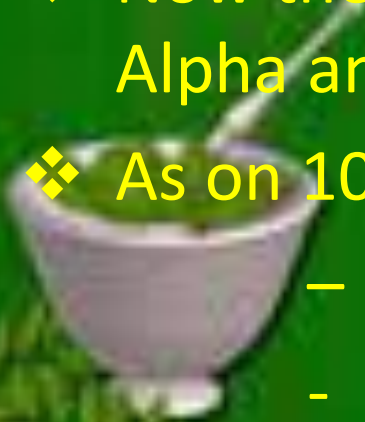
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COVID – 19 PANDEMIC

COVID-19 infection was declared by WHO as a

- ❑ “PUBLIC HEALTH EMERGENCY of INTERNATIONAL CONCERN” – In 30 Jan 2020.
- ❖ A PANDEMIC on 11 March 2020.
- ❖ Now there are many variants of virus – Delta, Alpha and Beta variants are most virulent.
- ❖ As on 10th September 2021
 - More than 224 Million cases
 - More than 4.62 Million deaths



COVID – 19 in India

- First case – 30.01.2020 in Thrissur, Kerala state
- First death – 12.03.2020, a 76 year old man
- Total cases upto 10.09.2021 – 33.19 Million
- Total deaths upto 10.09.2021 – 442,238



COVID – 19 IN TAMILNADU State

- First case – 07.03.2020 in CHENNAI
- First death – 25.03.2020 in Madurai
- Total cases upto 10.09.2021 – 2.63 Million
- Total deaths upto 10.09.2021 – 35,094



KABASURA KUDINEER

[KABAM – FEVER DECOCTION]

➤ INGREDIENTS :- Equal parts of

<i>Zingiber officinale</i>	–	Ginger
<i>Piper longum</i>	–	Long Pepper
<i>Syzygium aromaticum</i>	–	Clove
<i>Tragia involucrate</i>	–	Indian stinging nettle
<i>Anacyclus pyrethrum</i>	–	Pellitory
<i>Terminelia chebula</i>	–	Chebolic myrobalan
<i>Adhathoda vasica</i>	–	Malabar nut plant
<i>Plectractus amboinicus</i>	–	Mexican mint plant
<i>Saussurea lappa</i>	–	Indian Costus
<i>Tinospora cordifolia</i>	–	Heart leaved moonseed
<i>Cleodendrum serratum</i>	–	Blue fountain Bush
<i>Andrographis paniculata</i>	–	Green chiretta
<i>Cissampelos pareira</i>	-	Velvet leaf
<i>Cyperus rotundus</i>	–	Nut grass plant
<i>Hygrophilla auriculata</i>	–	Marsh Barbel

NILAVEMBU DECOCTION

➤ INGREDIENTS :- Equal parts of

<i>Andrographis paniculata</i>	–	Green chiretta
<i>Zingiber officinale</i>	–	Ginger
<i>Cyperus rotundus</i>	–	Nut grass plant
<i>Plectranthus vettiverodes</i>	–	Valak
[ba li ka, u-di- tsya in Tibetan]		
<i>Vetivera Zizanoides</i>	–	Khus
<i>Piper nigrum</i>	–	Balck pepper
<i>Santalum album</i>	–	Sandalwood
<i>Trichosanthes cucumerina</i>	–	Snake gourd
<i>Mollugo cerviana</i>	–	Threadstem carpetwood

Management of COVID – 19 CASES IN SIDDHA MEDICINE

- **Asymptomatic Patients**
 - Kapasura decoction – 5 to 60 ml
 - 2 to 3 times a day for 14 days
 - Amukira powder – 500 mg tablets
 - 1 to 2 tablets 2 times a day for 30 days
 - Nellikay Ilagam – 2 to 5 gms
 - 2 times a day for 30 days



Management of COVID – 19 CASES IN SIDHA MEDICINE

- Cases with mild Symptoms
 - Thalishathi vadagam tablets – 500 mg
 - 1 to 2 tablets to be chewed 3 times a day for 15 days
 - Adathodai Manapagu syrup – 2 to 10 ml
 - 2 times a day for 15 days
 - Nellikay Ilagam – 2 to 5 gms
 - 2 times a day for 30 days
 - Kapasura decoction – 5 to 60 ml
 - 2 to 3 times a day for 14 days
 - Seenthil powder 1 to 2 gms
 - 2 times a day for 15 days

Management of COVID – 19 CASES IN SIDDHA MEDICINE

Symptomatic Management

- Fever
 - Nilavembu kudineer
 - Vettumaran matthirai
 - Sudharsana churana matthirai
 - Vasanthakusumagara matthirai
- Cough
 - Athimathura theneer
 - Thalishathy vadagam

Management of COVID – 19 CASES IN SIDHA MEDICINE

➤ Symptomatic Management

Pain in the Chest and all over the body

- Amukkara churanam
- Athimathura churanam
- Thippili rasayanam
- Sambirani pathangam
- Kastoori matthirai
- Mutthu parpam
- Poornachandrodhayam



Management of COVID – 19 CASES IN SIDDHA MEDICINE

➤ Symptomatic Management

Problems related to coagulation of blood

- Gorochanai matthirai
- Pavalam matthirai
- Muthuchippi parpam
- Silasatthu parpam
- Vediuppu chunnam

Diarrhoea

- Kabada matthirai



Management of COVID – 19 CASES IN SIDDHA MEDICINE

- 153 Govt. run exclusive Siddha COVID – 19 care centers.
- Around 10 private exclusive Siddha COVID – 19 care centers.
- A few integrated COVID - 19 care centers which provided Siddha treatment and modern medicine treatment.
- More than 50,000 patients treated at above centers.

Management of COVID – 19 CASES IN SIDDHA MEDICINE

➤ **Siddha treatment gives at centers.**

- Following COVID appropriate behaviour (mask, strict hand hygiene, physical distancing)
- Providing healthy balanced diet with proper hydration
- Daily practice of Yoga
- Advise patients and family to stay connected and engage in positive talks through phone, video-calls, etc.
- Self-monitoring and nursing care for fever, breathlessness, SpO₂ or worsening of any symptoms
- Anti-Pyretic, Anti inflammatory and Anti-tussive for symptomatic relief
- Steam inhalation/Fumigation if needed
- Specific medication according to the prognosis and symptoms
- Nasal O₂ support (O₂ concentrators and Cylinders) in some selected centers.

Management of COVID – 19 CASES IN SIDDHA MEDICINE

- Other measures at Siddha COVID - 19 Centers
 - General hygiene & sanitation measures
 - Environmental sanitation
 - Isolation and quarantine, whenever needed
 - Varmam Therapy
 - Diet advisory with reference to Siddha systems



Management of COVID – 19 CASES IN SIDHA MEDICINE

- **Drugs on Discharge :** - Depending upon the symptoms at the time of discharge
 - Brammanantha bairavam 1-0-0 OD for 7 days
 - Thalisyathy vadagam 1-0-1 BD for 14 days
 - Amukkara churana matthirai 2-0-2 for 14 days
 - Athimathura matthirai 1-0-1 for 7 days
 - Nilavembu kudineer 60 ml od for 7 days
 - Adathodai kudineer 60 ml od for 7 days
 - Vettumaran matthirai 1-0-1 bd for 5 days



A glass globe of the Earth is placed on a lush green lawn. The globe is highly reflective, showing the continents and oceans. The background is a soft-focus green field with bokeh light effects. The text "Thank you." is written in a bold, yellow, sans-serif font across the lower-left portion of the image.

Thank you.