



# Siddha Newsletter

## Unit of Siddha Medicine, University Of Jaffna

The Newsletter of the Unit of Siddha Medicine, University of Jaffna – Issue 02

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## Activities by the Unit

### 1<sup>st</sup> International Conference and Exhibition of Siddha Medicine (ICESM – 2018)

The Unit of Siddha Medicine, University of Jaffna conducted 1<sup>st</sup> International Conference and Exhibition on Siddha Medicine (ICESM) - 2018 including Pre Conference Workshop collaborated with the Ministry of Ayush, New Delhi, Government of India, Department of Indigenous Medicine - Northern Province and Siddha Teaching Hospital, Kaithady from 23<sup>rd</sup> to 27<sup>th</sup> February 2018. The theme of the conference was “Healthy Soul and Body through Nature”.

Nearly 500 participants took part in the Pre-Conference Workshop regarding on Varma therapy, Bone setting treatment, Yoga therapy and External Therapies with practically performed by ten Resource Persons from North India, South India and Malaysia. Beneficiaries of Pre-Conference Workshop were Siddha and Ayurveda Medical officers, Private Practitioners and Traditional Practitioners. Chief Minister of Northern Province Hon. C.V. Vigneswaran took part as chief guest in the Awarding Ceremony of Pre Conference Workshop of ICESM- 2018 on 25<sup>th</sup> February 2018.

The Conference of ICESM- 2018 was inaugurated by Hon. Shri.A.Natrajan, Consulate General, High Commission of India, Jaffna. In this Conference 204 research papers were received and after reviewed only 175 research papers were selected and published in the Proceeding of ICESM-2018.

#### ICESM 2018

**Chairperson** – Dr. (Mrs)V.Sathiyaseelan  
**Convener** – Dr. (Mrs.) K. Soundararajan  
**Secretary** - Dr. (Mrs.)A.Sritharan  
**Treasure** – Dr. (Mrs.) T. Kumutharanjan  
**Editor** - Dr.S.Sivashanmugaraja

#### Organizing committee:

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 Dr. C. P. Sathiyathan

The Exhibition and Pre Conference Workshop of ICESM- 2018 was inaugurated by Hon. Dr. Gnanaseelan Gunaseelan Minister, Ministry of Health, Northern Province. Five Proposed Departments of Unit of Siddha Medicine were exhibited their products in the exhibition stall and the BSMS students

attached to the Unit of Siddha Medicine, University of Jaffna were explained to the public and for the school students.

The whole scheduled programs were telecast lively by Mass Medias in Jaffna and Colombo. The 1<sup>st</sup> International Conference and Exhibition on Siddha Medicine (ICESM) – 2018 was concluded smoothly in 27<sup>th</sup> of February 2018 with the Conference Dinner.



## 4<sup>th</sup> International Yoga Day

It was organized by the the Astankayoga Mandhir & Indian Cultural Center, High Commission of India on 10<sup>th</sup> May 2018 at Unit of Siddha Medicine.

Dr.(Mrs.) S. Pancharajah Dr.S.Sivashanmugarajah Dr.(Mrs.) V.Sathiyaseelan Dr.(Mrs.)T.Thayalini, Dr.(Mrs.) K.Sounthararajan and Dr.(Ms.)V.Sanmugarajah contributed as a Chairpersons for the sessions of School children, University students, Special Needy Children, Diabetic patients and elders respectively.

About 350 participants were benefited from this programme. In these sessions explanations and demonstrations were given by the resource persons from Astanka Yoga Mandir, Colombo on Yoga. Yoga show was demonstrated by the Unit of Siddha Medicine students and certificates issued for the participants.



## Launching 1<sup>st</sup> Siddha Newsletter 2017

Dr.(Mrs.) T. Thayalini Chairman Research and Higher degree committee of Siddha Medicine with the help of Dr.(Mrs.) R. Mirraj, Ms. P.Sulosana and Mrs. S.Nirosha prepared First Siddha Newsletter 2017 as electronic version. Dr. (Mrs.) V.Sathiyaseelan, Prof.G.Mikunthan and Dr.K.Vellayuthamoorthi launched the 1<sup>st</sup> Newsletter on 27<sup>th</sup> December 2018 at Siddha Auditorium.



## Medical camps

Department of Noinadal chikitsai organized medical camps with the collaboration of other Departments of unit of Siddha Medicine on 02/07/2018 & 15/ 09/ 2018 at Vishvamadu and Kilinochchi. Dr.(Mrs.) S. Krishna, Dr. (Ms.) R. Raveendran and Ms.P.Sulosana., Dr. (Mrs.) R. Miraaj, Dr. (Ms.) R. Raveendranand, Dr.M.N.Roshana had given their contribution.



## All five Departments participated in the Exhibitions at

- Unit of Siddha Medicine, UOJ ,
- First International Conference and Exhibition in Indigenous Medicine, Eastern Province (ICEIMEP-2018) Trincomalee Campus, Eastern University
- EXPO 2018 at BMICH, Colombo



## Department of *Moolathathuvam*

### ○ ICESM– 2018

The Proposed Department of *Moolathathuvam* directed and exhibited the models and banners related to the subjects of *Siddha Maruthuva Moolathathuvam*, *Udatkootiyal*, *Udatholiliyal* and *Uyirrasayanamin* in the 1<sup>st</sup> International Conference and Exhibition on Siddha Medicine (ICESM) was held from 23<sup>rd</sup> to 27<sup>th</sup> February 2018 at the Unit of Siddha Medicine, University of Jaffna. Hologram and videos related to the human anatomy and physiology were shown to the school students. *Pirakriti* Assessment was done to the public.





### ○ Ayurveda Expo - 2018

The “Department of Moolathathuvam” participated and exhibited their models (Symbol of God Shiva-Lingam, six *Atharanga*, *Naadi*) and banners related to the *Siddha Maruthuva Moolathathuvam* in the Ayurveda Expo 2018, the three-day Mega exhibition (International Indigenous Healthcare Exhibition & Symposium) was held on 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> July 2018 at the BMICH, Colombo 07.



### ○ ICEIMEP-2018

The “Department of *Moolathathuvam*” contributed their support in the 1<sup>st</sup> International Conference and Exhibition in Indigenous Medicine (ICEIM 2018) and exhibited their innovative ideas through Banners and Models related to the Siddha *Maruthuva Moolathathuvam* such as *Sivalingam*, *SiddhaMaruthuva Thottram*, *96 Thathuvankal*, *Anda Pinda Thathuvam*, *6 Aatharam*, *Vatha Pitha Kapha arimugam*, *Udatthathukal*, *Siddha Maruthuvanin Ilakanam*, *Thirukural & Thirumanthiram koorum Maruthuvakaruthukal*.

- **Demonstrators from the Department of *Moolathathuvam*** Provided Models to demonstrate to the University College Students on 30<sup>th</sup> November 2018.

## Department of Gunapadam

### ○ Nila Mutram



The “Nila Mutram” event was organized by the proposed “Department of Gunapadam”, 31/01/2018 on a Poya Day at the Auditorium of Unit of Siddha Medicine. University of Jaffna from 9.30 am to 1.30 pm. This program creates awareness of “Management of Non Communicable Diseases” in Siddha aspect.

➤ **1<sup>st</sup> International Conference & Exhibition on Siddha Medicine (ICESM-2018)**

○ **Medicinal Plants Section**

Department of Gunapadam exhibits medicinal plants which are used in various diseases related to various system of human body and also demonstration was given about the use of plants in day to day life(rejuvenating herbs). Medicinal plants were displayed through plant nurseries, herbarium sheets, banners, leaflets and model of herbal garden was also explained to establish herbal garden in home as well as in institutions.

○ **Siddha Drug Section**

For the exhibition, the proposed “Department of Gunapadam” manufactured and exhibited. various Siddha drugs, which was fully prepared and packed by siddha students in the stall which was allocated to our department, under the supervision of our lecturer in charge.

The ancient manuscript, instruments and containers made by animal horns which were used by traditional physicians for the preservation of Siddha drugs were also exhibited and earn more attention among the people.



### ○ Medicinal Flowers Exhibition

Seasonal Medicinal flowers exhibition was arranged by the proposed “Dept.of Gunapadam” on 26<sup>th</sup> June 2018. Seasonal flowers collected from various region of Northern province and food prepared with medicinal flowers were also exhibited to explain the medicinal uses of flowers in healing various diseases. . Around 300 students and 10 teachers from three schools from Zonal Education Thenmaradchi were participated and benefited. Herbal porridge which was sponsored by Department of Indigenous medicine, Northern province was distributed to all participants. Head, Unit of Siddha Medicine gave the introduction and the chief guest, Dr.I.Jebanamakaneshan from Teaching hospital, kaithady delivered the message on uses of flowers.



**The traditional food prepared by naturally available flowers**





### • Celebration for World Environmental Day

World Environmental Day was celebrated on 29.06.2018 at Unit of Siddha Medicine by the proposed “Dept.of Gunapadam”, to protect the Environment, and the knowledge & information was provided to school students and teachers to initiate school herbal garden. More than 400 medicinal plants were exhibited and distributed to the school students to initiate the cultivation of Medicinal Plants at the school level. Three schools from Thenmaradchi Zone participated and benefited. 450 students and 30 teachers obtained knowledge regarding importance of medicinal plants. Herbal porridge distributed to all participants from multi-disciplinary institutions sponsored by the Dept.of Indigenous Medicine.



### ➤ Awareness program on Preparation of Pure Siddha Drugs & Its Importance

This was organized by Department of Gunapadam on 30<sup>th</sup> June 2018. Around 50 internal & external medicines which was prepared by 3<sup>rd</sup> BSMS students under the fullest support and guidance of Dr.(Mrs.)V.Sathiyaseelan and Dr.T.Vijayakumar, during their practical hours. Presentation on external & internal medicines was made by the students. 50 Medical officers from multi-disciplinary medical institution and 20 workers from private manufacturing centers participated. The Guest Dr.I.Jebanamakaneshan and Dr. C. P. Sathiyathan appreciated the students' activity. Finally the discussion was made with all participants to improve the quality and standard of pure Siddha Drugs.

### ➤ Ayur Expo 2018

Proposed "Department of *Gunapadam*" of the Unit of Siddha Medicine, University of Jaffna participated and exhibited Herbs & Herbal products, banners related to the *Gunapadam* in this Mega Exhibition. Some important plants were exhibited and explained with herbarium sheets and about forty different kind of medicines were displayed. Our pharmacy products like herbal ball for fomentation (*Oththanam*), Chandrakalalepa for headache, Citamatti thailam for vatha diseases and Naaval koopi for mathumegam were sold in EXPO 2018 at BMICH.

Unit of Siddha Medicine obtained a **Merit Award Certificate** for best stall in Ayurveda Expo-2018 Mega Exhibition.



### ○ Educational Tour

An educational tour was organized for the 32<sup>nd</sup> BSMS students from 3<sup>rd</sup> August 2018 to 10<sup>th</sup> August 2018 and visited herbal garden in Nawinna, Bandaranayake Ayurveda Memorial Institute, Haldumulla herbal garden, Pattipola herbal garden, natural habitat forest of Batticaloa and Agasthiya Malai in Trincomalee, guided by Dr.(Mrs.)V.Sathiyaseelan and Dr.T.Vijayakumar.

Tour helped to gain knowledge regarding the identification of medicinal plants taxanomically including rare, common and red listed medicinal plants, critical danger and endanger medicinal plants in different region in Sri Lanka. The Herbarium preparation of Herbarium sheets and method of tissue culture were observed.

### ➤ Yoga programme for school children

Yoga program is initiated in schools of Thenmarachi.



- **Elder's home Exhibition from 1<sup>st</sup> to 10<sup>th</sup> October 2018**

“Proposed Department of Gunapadam” Exhibited products in the exhibition from 1<sup>st</sup> to 10<sup>th</sup> October 2018 held at Elders Home, Kaithady. Medicinal plants, Herbarium sheets, dry specimen of the plants and their



Medicinal values with simple remedies were prepared and displayed by 2<sup>nd</sup> BSMS students under the guidance of Dr.(Mrs.)V.Sathiyaseelan and Dr.(Mrs.)M.P.Vidhya, according to the system of human body and for the common diseases of elders. Spinaches and fruits in Northern Province were displayed. . More than 300 medicinal plants exhibited including seasonal Medicinal plants and Palmyrah products also exhibited with the Nutritional and Medicinal value.Public, school students and farmers were benefitted in this Exhibition.

- **1<sup>st</sup> International Conference and Exhibition on Indigenous Medicine (ICEIM 2018) at Trincomalee Campus, Eastern University.**

Proposed “Department of *Gunapadam*” of the Unit of Siddha Medicine, University of Jaffna participated and exhibited Herbs & Herbal products, banners related to the *Gunapadam* and Samooga Nala Maruthuvam in this Exhibition. Proposed “Department of *Gunapadam*” exhibited many Pharmacy products such as herbal hair dye, Herbal ball, medicated oils, mosquito killer, lepa, dandruff powder and chooranam.Herbal natural foods supplement and natural habitat medicinal plant herbarium were also exhibited in the Exhibition.

Unit of Siddha Medicine obtained 1<sup>st</sup> place for best stall award among the National and International Exhibitors.



### ➤ Diabetic day

Exhibition for International diabetic day was organized by Jaffna Diabetic Association on November 21<sup>st</sup> 2018, in Jaffna Hindu College. Our stall was exhibited in the college from 9a.m to 12 p.m. and nurseries, dry herbs and banners and prepared natural foods for diabetic patients were exhibited and explained by 2<sup>nd</sup> BSMS students under the guidance of Dr.(Mrs.)V.Sathiyaseelan, Dr.T.Vijayakumar and Dr(Mrs.)M.P.Vidhya. Clear explanation was given about the treatment and simple home remedies for diabetes. School children and public about 700 people were benefited through this exhibition.



### Department of Noi Nadalchikitsai

### ICESM Exhibition



*1<sup>st</sup> International conference and Exhibition on Siddha Medicine 23<sup>rd</sup> – 27<sup>th</sup> February 2018.*

Third to final BSMS students were participated in the exhibition conducted by Noinaadal Chikitsai Department. Exhibited mainly Noi Naadal, Maruthuvam and Traditional Medicine related products. Some examination like blood pressure, pulse reading, blood glucose and etc were carried out in the patients. Siddha investigation like as Neerkuri, Neikuri also carried out.

### Ayur expo



Department of Noinaadal Chikitsai gave fullest support and the proper guidance to the students to prepare Noinadal, Maruthuvam and Traditional Medicine related Medicines in the Exhibition of EXPO 2018 at BMICH, Colombo, which was organized by Institute of Indigenous Medicine on 13<sup>th</sup> 15<sup>th</sup> July 2018.

### ○ Educational Tour

The 4<sup>th</sup> BSMS students visited the Panchakarma training at Ayurveda Teaching hospital, Borella.



**Department of Viranachikitsai**

Conducted Exhibition related with the subjects of Aruvai maruthuvam, Sirorogamaruthuvam and Nanjiyalum Neethi Maruthuvam in *1<sup>st</sup> International conference and Exhibition on Siddha Medicine 23<sup>rd</sup> – 27<sup>th</sup> February 2018*. Siddha drugs were prepared by the Siddha students with guidance of staff and displayed in the exhibition stall with the description of the diseases to the school student and publics for the treatment of diseases of head, eye, nose, mouth and ear diseases. Siddha students from Sirorogamaruthuvam invented a nebulizer for the Sinusitis condition. This equipment was placed at the exhibition.

Dr(Mrs)S.Pancharajah, Dr.T.Thayalini and Dr.M.N. Roshana gave fullest support and the proper guidance to the students to prepare Medicines and Banners in the Aruvai Maruthuvam, Siroroga Maruthuvam and Nanchiyalum neethimaruthuvam for the exhibition. These medicines and banners were exhibited in the Exhibition of EXPO 2018 at BMICH, Colombo, which was organized by Institute of Indigenous Medicine on 13<sup>th</sup> 15<sup>th</sup> July 2018.

Dr(Mrs)S.Pancharaja, Dr.T.Thayalini and Dr.M.N. Roshana had given fullest support and the proper guidance to the students to prepare Medicines and Banners in the Aruvai Maruthuvam, Siroroga Maruthuvam and Nanchiyalum neethi maruthuvam for the exhibition. These medicines and banners were exhibited in the Exhibition of First International conference and exhibition of Indigenous Medicine, 2018(ICEIM – 2018) organized by Provincial Department of Indigenous Medicine Eastern province with the collaboration of Unit of Siddha Medicine, Trincomalee campus on 4<sup>th</sup> and 5<sup>th</sup> October 2018.





- The clinical lectures at Gampaha Wikramararaichi Ayurveda Institute, Jakala for Aruvai Maruthuvam was arranged by Dr. (Mrs.) S. Pancharajah for the final BSMS students (29<sup>th</sup> Batch) from 11.12.2018 to 15.12.2018. This lectures were conducted by Dr A.A Pushpakumar.
  - Final BSMS students were enrolled in this programme. He clearly demonstrate the surgical methods for Inguinal Hernia (*Kudal Andam*), Anal Fistula (*Puntharam*), Renal stone (*Kalladaippu Noi*), Gall stone (*Pitta Kallu*), Varicose Vein (*Narampu Chilanthi*), Corns (*Aanikkudu*) and Piles (*Eruvaimulai Noi*)
  - He also delivered lectures on Akni Karma, preparation of Sharaa and usage of Shaara.
  - Students also got the skill to withdraw the blood (*Siraviyatha*) for Varicose Vein and insert the *Karththiri* for fistula. In addition the students visited to modern panchakarma unit located in Kiribathgoda, where they have seen the cupping method (*Hijaama*), and water therapy for different disease condition.
  - They also gained knowledge in preparation of culture media to culture organism and antimicrobial activity against certain pathogens.
  - This clinical lectures were very useful to the students to enrich their knowledge and skills.
  - Clinical lectures for Siroraoga maruthuvam and Aruvai Maruthuvam are conducting successfully with the help of Siddha Medical officers of Kaithady Siddha Teaching Hospital.



- Opening of laboratory for Viranachikitsai at Ground floor of the New Building of Unit of Siddha Medicine





### Department of Kuzhanthai & Mahalir Maruthuvam

- 4<sup>th</sup> and final BSMS students prepared banners, modals, handouts under the guidance of Dr.(Mrs.)S.Krishna and Dr.(Mrs.)N.Sivaram of the Department of Kuzhanthai and Mahalir Maruthuvam to participate in the 1<sup>st</sup> International Conference and Exhibition on Indigenous Medicine in Eastern Province 2018 (ICEIM – 2018) organized by the Provincial Department of Indigenous Medicine, Eastern Province the collaboration with Unit Of Siddha Medicine and Trincomalee Campus on 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> October 2018.

### Ayur Expo



## Activities of SMSA

### ○ Celebration of Siddha Day

It was celebrated at the Unit of Siddha Medicine, Kaithady on 4<sup>th</sup> of January 2018.

2<sup>nd</sup> Siddha Day was celebrated on 26<sup>th</sup> of December 2018 at Agasthiya Sthabana Sivan kovil where Agathiya worshipped lord Ganguveli in Muthur, South of Trincomalee.



- *Vijayadashami* was celebrated by the SMSA at Siddha Auditorium on 19<sup>th</sup> October 2018.





- **OliVizha** was held on 30<sup>th</sup> November 2018 at the Auditorium of Unit of Siddha Medicine.



- **Siddha Medicos Week & Colors night 2018**

It was organized by SMSA held from 26.10.2018 to 02.11.2018.





- **Releasing of Siddha Magazine for 2015/2016**

Participated in the Releasing of Siddha Magazine for 2015/2016 by former SMSA was held on 29<sup>th</sup> December 2018 at Siddha Auditorium, Unit of Siddha Medicine.

- **Siddha Medical Student Association made pongal at Madduvil Pandithalaichchi amman kovil.**

Staff and students of Siddha Medicine had participated pongal at Madduvil Kovil.

- **Siddha Medical Student Association participated freshers meet**



**Thaipongal 2018 was celebrated by the Siddha Medical student Association****➤ Newly recruited Staff in Unit of Siddha Medicine in the year of 2018**

<b>Lecturers (Probationary)</b>	<b>Temporary Staff</b>	<b>Academic supportive staff</b>
Dr. T.Vijayakumar	Dr(Mrs).T. Manoraj	Ms. S.Laxsitha / Management Assistant Gr-III
Dr. (Mrs.) S.Krishna	Dr.(Miss.) B. Babitha	Ms.K.Gowsiga / Management Assistant Gr-III
Dr. (Mrs.) N.Sivaram	Dr(Mrs). D. Kabalini	Mr.Mathikaran / Electrician
Dr.(Mrs.) V.Milano Prasad	Dr.(Ms.) T. Gilaxshana	Mr.R.Ravikaran / Plumper
Dr.Miss.R.Ravendran	Dr.(Ms.) K.Sinthussha	Mr. T.Sarangan / Works Aid
Dr. (Mrs.) M. Rajeetha	Dr.(Ms.) S.Kajanthay	Mr. J.Jasinthan / Works Aid
Dr(Mrs)N.R. Mansoor	Mr. V. Athavan	Mr. N.Hobinath / Works Aid
	Ms. P. Sulosana	Mr. V.Thanusan / Lab Attendant
	Mrs. S. Nirosha	Mr. R.Rajaruban / Lab Attendant
	Miss. R. Sripandurangana	Mr. A.Rameshan / Office Labourer
	Miss. K. Kugarani	

Please send your feedback and comments to Dr. (Mrs.) T. Thayalini e-mail: [thayalini08@gmail.com](mailto:thayalini08@gmail.com)/