



Siddha Newsletter

Volume 7, Issue II, July to December 2023



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1. Activities by the Unit

1.1 Siddharhalum Ariviyalum-7

Seventh full moon monthly seminar on Siddharhalum Ariviyalum was held on 03.07.2023 at Unit of Siddha Medicine via online. Brahmashri S. Padmanabhan Faculty of Hindu Studies attended as the chief guest. Dr.S. Nityapriya Lecturer Unit of Siddha Medicine, Mr. S. Ramanaraj Senior Lecturer, Department of Hindu Civilization delivered the keynote address.



1.2 Exhibition at Manipay Hindu Ladies College

In accordance with the Principal's request, the Unit of Siddha Medicine participated in the exhibition organized by Manipay Hindu Ladies' College in commemoration of their Diamond Jubilee, held on the 16th and 17th of August 2023. With the approval of the Vice-Chancellor, the five proposed departments of the Unit contributed to the event. Lecturers and demonstrators guided the students in preparing and presenting the exhibits.

A total of 16 students from the Third BSMS and 9 students from the Fourth BSMS actively took part in the exhibition. More than 1,500 students, 50 teachers, and 30 parents benefited from the informative displays and activities presented. The following exhibits were presented by the proposed departments:

- ✘ **Proposed Department of Moola Thathuvam** – Body Mass Index (BMI).
- ✘ **Proposed Department of Gunapadam** – Display of fruits, spinaches, and flowers used in medicine, highlighting their nutritional values and health benefits.
- ✘ **Proposed Department of Noi Naadal Chikitchai** – Awareness on obesity, *Gunmam* (gastric ulcer), and their management.
- ✘ **Proposed Department of Kuzhanthai and Mahalir Maruthuvam** – Guidance on managing female adolescence-related issues, worm infestations in school children, and malnutrition.
- ✘ **Proposed Department of Virana Chikitchai** – Demonstrations on ear, nose, and teeth

examinations, along with related health advice.



1.3 Maha Kumbabhishekam

The Sri Siddhi Vinayagar Temple Maha Kumbabhishekam was held on Sunday, 20th August 2023, from 6.15 am. to 7.30 am. On Friday, special Vinayagar worship was conducted from 7.30 a.m., followed by oil offerings from devotees on Saturday, between 8.30a.m. to 4.30 p.m. The Maha Kumbabhishekam took place at the Siddha Medicine Sri Siddhi Vinayagar Temple from 6.15 a.m. to 7.30 a.m, and the Mandalabhishekam ceremonies were conducted daily from 3.00 p.m. to 5.00 p.m. for 14 days, from Monday, 21st August to Sunday, 3rd September 2023. The final Sanghabhishekam was held on Monday, 4th September 2023, at 8.00 am. The Kumbabhishekam rituals were conducted by Siva Sri Kugananda Somaskandha Gurukkal with great devotion and traditional observance.



1.4 Medical camp by the Proposed Department of Noi Naadal Chikitchai

The Proposed Department of Noi Naadal Chikitchai, in collaboration with the Chavakacheri Pradeshya Sabha, organized a medical camp on 12th September 2023 from 9.00 a.m. to 2.00 p.m. at the Pradeshya Sabha Library, Sarasalai. Twenty students from the Fourth and Final BSMS participated in the camp, accompanied by three lecturers and nine demonstrators. Approximately 35 patients received medical consultation and treatment during the event. In addition to providing treatment, the team offered valuable health advice and awareness to the participants. The Himalaya Drug Company extended its support by supplying essential medicines for the camp, contributing to the successful conduct of this community health initiative.

1.5 World's Environmental Day Celebration

In honor of *World Environment Day*, the Unit of Siddha Medicine, University of Jaffna, organized an awareness and educational exhibition on 27th September 2023 at Bogar Hall, Unit of Siddha Medicine. The event aimed to promote environmental consciousness and a healthy lifestyle among school students and the community. A total of 316 students from six schools, including one preschool, enthusiastically participated in the event. The celebration brought together young learners, teachers, and the academic community to explore the close relationship between nature, health, and sustainable living.

With the approval of the Vice-Chancellor, five proposed departments of the Unit of Siddha Medicine contributed to the exhibition. Lecturers and demonstrators provided valuable guidance to the students in preparing exhibits that blended traditional Siddha wisdom with modern environmental understanding. From the Proposed Department of Noi Naadal Chikitchai, ten students from the Third BSMS and four students from the Fourth BSMS played a leading role in organizing the exhibition. Their displays focused on the connection between environmental pollution and health, covering:

- ✂ Pollution of land, water, and air
- ✂ Diseases caused by environmental pollution
- ✂ Methods of prevention and management of pollution-related illnesses
- ✂ Knowledge and practices for maintaining a healthy lifestyle

The Proposed Department of Gunapadam enriched the event with a large-scale herbal exhibition featuring over 500 medicinal plants in the herbal garden. Students and were educated on the identification, medicinal properties, and practical uses of these plants. A special sales counter was also arranged, offering selected medicinal plants to promote home herbal cultivation and natural remedies.

Throughout the event, the participating students and academic staff actively interacted with school-children and teachers, sharing insights on the importance of protecting the environment for physical and mental well-being.



1.6 World's Diabetic Day

In commemoration of *World Diabetes Day*, the Unit of Siddha Medicine organized an Awareness Program on Neerilivu (Diabetes) on 6th December 2023, from 9.00 a.m. to 1.00 p.m. at the Unit of Siddha Medicine, University of Jaffna. The event aimed to educate the community on the causes, symptoms, and management of diabetes through the principles of Siddha Medicine.

The program was coordinated by the Proposed Department of Noi Naadal Chikitchai, with the active involvement of four lecturers and one assistant lecturer, who guided students in preparing the educational materials and presentations. A total of 10 students from the Third BSMS, 15 students from the Fourth BSMS, and 10 students from the Final BSMS participated enthusiastically, contributing to the success of the awareness activities.

The awareness sessions were conducted through PowerPoint presentations, video demonstrations, and interactive discussions with the audience. These sessions provided participants with valuable insights into the prevention and management of diabetes using traditional Siddha approaches. More than 50 patients benefited directly from the program.

The following topics were covered during the awareness program:

- ✘ **Introduction to Neerilivu** – Causes, clinical features, warning signs of undiagnosed diabetes, and possible complications.
- ✘ **Management of Neerilivu** – Explanation of preventive measures and simple home remedies based on Siddha practices.
- ✘ **Healthy Dietary Practices** – Guidance on appropriate food patterns and lifestyle modifications for diabetic individuals.

The event successfully promoted health awareness and community engagement, emphasizing the importance of traditional medical knowledge in managing modern lifestyle-related diseases such as diabetes.



1.7 Awareness Program on Neerilivu (Diabetes) for Senior Citizens

The Proposed Department of Noi Naadal Chikitchai, Unit of Siddha Medicine, University of Jaffna, organized an awareness program on Neerilivu (Diabetes) as part of *World Diabetes Day* celebrations at the State Elders' Home, Kaithady, on 14th November 2023, from 9.00 a.m. to 12.30 p.m.

The program was conducted with the active participation of four lecturers and 45 students from Third to Final BSMS. Over 50 senior citizens benefited from the session, which aimed to provide

practical guidance on the prevention and management of diabetes through Siddha medicine principles. The awareness program covered the following key topics:

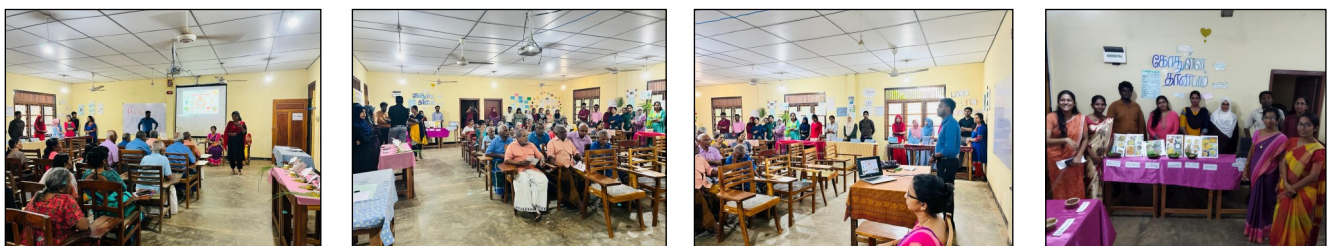
- ✘ Introduction to Neerilivu – Causes, clinical features, warning signs of undiagnosed diabetes, and possible complications.
- ✘ Management of Neerilivu – Explanation of simple home remedies and preventive measures.
- ✘ Dietary Guidance – Recommended food patterns for individuals with diabetes.
- ✘ Simple Exercises – Practical exercises to support blood sugar control and overall well-being.
- ✘ Relaxation Techniques – Methods to reduce stress and improve quality of life.

The program successfully raised awareness among senior citizens about diabetes management and highlighted the role of traditional Siddha practices in promoting healthy living.



1.8 World's Diabetic Day—Awareness Program

Samookanala maruthuvam of Unit of Siddha Medicine has conducted awareness program on "Diabetes and Traditional foods" at unit of Siddha Medicine University of Jaffna on 2nd of December 2023 for the world diabetic week 2023. Different varieties of rice, small millets, cereals, fruits and vegetables, Palmyra products, deiry products and medicinally important yams were exhibited there. Benefits of these foods , preparation of foods and how these foods prevent or control the Diabetes were explained by the BSMS students.



1.9 Awareness Program— “Small Grains for Health”

The Jaffna Science Association organized an awareness event titled “Small Grains for Health” featuring the distribution of free, delicious, and healthy kurakkan pulp. The programme included explana-

tions of various small grain food recipes, highlighting the nutritional and health benefits of traditional grains. The event took place at the Nallai Thirugnanasambandhar Atheena Kala Mandapam, Nallur, on Sunday, 27th August 2023, from 11.00 a.m. to 1.00 p.m. Admission was free, and participants enjoyed a variety of small grain-based dishes such as Kurakkan Pul, Kurakkan Bittu, Dinai Kanji, Millet Dosa, Samai Idli, Samai Choru, Kumbu Pul, Varagu Puriyani, Kudhiravali Kanji, Millet Laddu, and several others, along with informative explanations about their preparation and health value. The event was organized by the Medical Science Section (C) of the Jaffna Scientific Association and was sponsored by Sivagauri Balayogi and Dr. R. Gauribalan, UK.

The second awareness event on the above titled “Small Grains for Health” was held at Navatkuli. The programme included explanations of various small grain food recipes, highlighting the nutritional and health benefits of traditional grains. The event was conducted by lecturers from the Unit of Siddha Medicine and temporary demonstrators, who actively engaged participants through informative sessions and demonstrations.



1.10 JICA Team Visit

Research team from Albion .co.Ltd , Japan and JICA team visited to unit of Siddha Medicine on 07.12.2023 and discussed with the future collaboration on Research.



1.11 Awareness program on Antimicrobial resistance

An Anti-Microbial Resistance (AMR) program was conducted at the Unit of Siddha Medicine, University of Jaffna, on December 1st, 2023, to mark the Antimicrobial Resistance Awareness Week 2023. The resource persons were Prof. M. Kalamathy from the Department of Microbiology, Faculty of Medicine, and Dr. T. Thayalini from the Unit of Siddha Medicine, who delivered insightful sessions on antimicrobial resistance.

Siddha students and staff actively participated in the program and gained valuable knowledge about the proper use of antibiotics and the causes of development of resistant organisms in humans. A CD featuring an AMR awareness drama, prepared by the students of the Faculty of Allied Health Sciences, was officially released by the Dean, Faculty of Allied Health Sciences, and the Head, Unit of Siddha Medicine, during the program. The drama proved to be highly informative and beneficial for both students and staff.

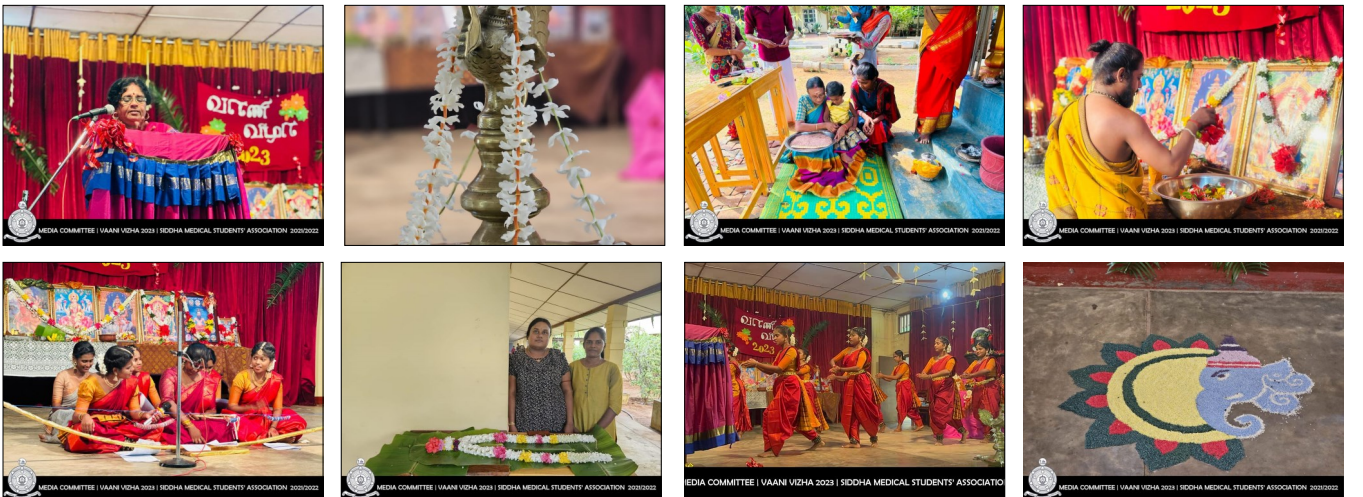


2. Activities by the SMSA Union

சித்த மருத்துவ அலகின் 2020/2021 கல்வியாண்டுக்கான சித்த மருத்துவ மாணவர் ஒன்றியம் 29.08.2022 அன்று ஆரம்பிக்கப்பட்டதை தொடர்ந்து 09.08.2023 இறுதி கூட்டம் நடைபெற்று ஆண்டறிக்கை மற்றும் கணக்கறிக்கை சமர்ப்பிக்கப்பட்டு இனிதே ஒன்றியம் கலைக்கப்பட்டது.



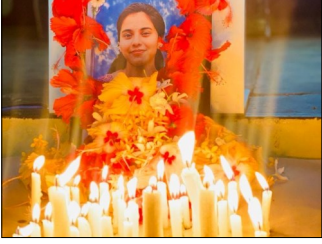
2023.10.24 செவ்வாய்க்கிழமையன்று யாழ்ப்பாணப் பல்கலைக்கழகத்தின் சித்த மருத்துவ அலகில் விஜயதசமியை முன்னிட்டு விசேட பூஜை, ஏடு தொடக்கல், கோலப்போட்டி, மாலைகட்டுதல் போட்டி மற்றும் கலாச்சார நிகழ்வுகள் சிறப்பாக இடம்பெற்றன.



2023.10.28 சனிக்கிழமையன்று யாழ்ப்பாணப் பல்கலைக்கழகத்தின் சித்த மருத்துவ அலகில் திருமுலரின் குருபூசை வழிபாடு இடம்பெற்றது.



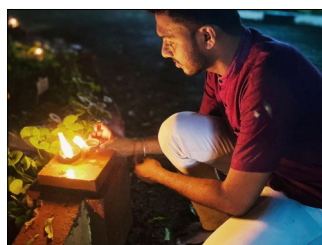
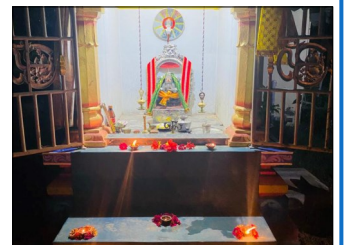
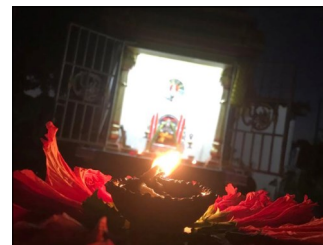
38 ஆம் அணியை சேர்ந்த சகோதரி யஷஹரியின் முதலாம் வருட நினைவு அஞ்சலியானது 2023.11.06 அன்று கேட்போர் கூடத்தில் நடைபெற்றது.



2023.11.07 அன்று சித்த மருத்துவ அலகில் நூலக வாரம் தொடர்பான போட்டிகள் (கட்டுரை, கவிதை, குறுக்கெழுத்து, சித்திரம், சுடோக்கு) சிறப்புற நடாத்தப்பட்டது.



2023.11.26 அன்று சித்த மருத்துவ அலகில் கார்த்திகை விளக்கீடு சிறப்பான முறையில் நடைபெற்றது. இதில் மாணவர்கள் கலந்து கொண்டு தீபங்களை ஏற்றி வழிபட்டனர்.



2023.11.29 அன்று சித்த மருத்துவ அலகில் பாம்பாட்டி சித்தர் அவர்களின் குருபூசை தினத்தையொட்டி விசேட வழிபாட்டு நிகழ்வுகள் இடம்பெற்றன.



2023.11.29 அன்று சித்தமருத்துவ அலகில் மறைந்த சகோதரி ஷயஹரியின் நினைவாக மாணவர் ஒன்றியத்தினால் இரத்த தான நிகழ்வு ஒழுங்குபடுத்தப்பட்டிருந்தது. கலந்து கொண்ட அனைவருக்கும் எமது மனமார்ந்த நன்றிகளைத் தெரிவித்துக் கொள்கின்றோம்.



2023.12.09,10 ம் திகதிகளில் சித்தமருத்துவ அலகில் அணிகளுக்கிடையில் ஆண் பெண் இருபாலருக்குமிடையிலான சதுரங்கம் மற்றும் கரம் போட்டிகள் சிறப்பான முறையில் நடாத்தப்பட்டன. பங்குபற்றிய போட்டியாளர்களுக்கும், வெற்றியாளர்களுக்கும் பாராட்டுக்களை தெரிவித்துக் கொள்கின்றோம்



2023.12.15 வெள்ளிக்கிழமையன்று யாழ் பல்கலைக்கழகத்தின் சித்த மருத்துவ அலகில் கிறிஸ்மஸ் பண்டிகையை முன்னிட்டு ஒளிவிழாவானது கலை நிகழ்ச்சிகளுடன் சிறப்பு நடாத்தப்பட்டது. ஒளி விழாவை முன்னிட்டு கிறிஸ்மஸ் மரம் அமைத்தல் மற்றும் கிறிஸ்மஸ் வாழ்த்து அட்டை தயாரித்தல் போட்டிகள் கேட்போர் கூடத்தில் இடம்பெற்றன.



2023.12.30 அன்று சித்தமருத்துவ அலகில் அகஸ்திய மாமுனியின் ஜனன தினத்தை முன்னிட்டு அகஸ்தியர் தினமானது காலை 9.00 மணியளவில் பொங்கல் நிகழ்வுகளுடன் ஆரம்பிக்கப்பட்டது. பின்னர் சிறப்பு பூஜைகள் இடம்பெற்றன. ஆதனைத் தொடர்ந்து அகஸ்தியர் எனும் தலைப்பில் மாணவர்களுக்கிடையே நிகழ்நிலையில் பேச்சுப் போட்டியும் நடாத்தப்பட்டது.



Abana Enhances the Blood Pressure Lowering Effect of Propranolol in Mild to Moderate Hypertension

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Shukla, S.S., Research Fellow,

and

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ABSTRACT

Fifty-four mild to moderate cases of essential hypertension were selected for a clinical trial with Abana along with conventional therapy. A careful monitoring was done to demonstrate the significance of combined therapy. Better results were obtained when Abana was given along with propranolol. It can be concluded that Abana reduces the dose of concomitant conventional therapy. Abana did not produce any adverse side-effects even after continuous oral administration.

INTRODUCTION

In this century essential hypertension has become a major cause of death due to renal and cardiac complications. According to Robert (1975), over one half of all heart attacks and two thirds of all cerebrovascular attacks occur in individuals who were previously hypertensive. For a number of years, workers have attempted to define the mechanisms responsible for the development of essential hypertension. Till recently, no unified concept has been developed to explain the aetiopathogenesis of essential hypertension.

Due to a multifactorial aetiology the management of essential hypertension is still complex. Several new drugs have been introduced with better clinical efficacy. But due to adverse side effects, single drug therapy is not found useful for adequate management of essential hypertension. Beta-blockers are found useful in the regulation of mild to moderate cases of essential hypertension. They are also advocated in severe hypertension along with other conventional drug therapy.

Several herbomineral drugs are found useful in the treatment of essential hypertension. Continuous use of such drugs does not produce any adverse side effects. Abana, which is a combination of several herbs and minerals, has shown clinical efficacy in the management of cardiovascular disorders. In the present work attempts have been made to assess the effect of combined therapy with Abana and pro-

pranolol in comparison to propranolol alone, in mild to moderate cases of essential hypertension.

MATERIAL AND METHODS

Fifty-four diagnosed cases of mild to moderate hypertension were selected for this study. Patients having systolic blood pressure below 170 mm Hg and diastolic blood pressure below 110 mm Hg were included. Cases with evidence of diabetes and cardiac involvement were excluded.

Fifteen cases were given propranolol in the dose of 40 mg t.i.d. Twelve cases received Abana in the dose of two tablets t.i.d., while the remaining 27 cases were put on combined therapy for 12 weeks. Careful clinical and laboratory investigations were carried out to monitor the blood pressure levels and biochemical parameters. The initial values were compared with those after 12 weeks of therapy.

RESULTS

Propranolol significantly reduced the systolic and diastolic blood pressures in the doses used in this study. Abana given alone brought about significant reductions in systolic blood pressure, but diastolic blood pressure exhibited insignificant reductions. In combined therapy where propranolol was given along with Abana, the fall in systolic blood pressure was more pronounced than with propranolol alone ($p < 0.001$). Similarly diastolic blood pressure also dropped appreciably at the end of 12 weeks of combined therapy. From the Table given below, it is evident that combined therapy produces better clinical results than propranolol alone.

Table: Showing the effect of combined therapy on the systolic and diastolic blood pressures in moderate hypertension

| Group | Systolic Blood Pressure (mm Hg) | | Comparison: initial vs 12 weeks of therapy | Diastolic Blood Pressure (mm Hg) | | Comparison: initial vs 12 weeks of therapy |
|----------------------------|---------------------------------|-------------------|--|----------------------------------|------------------|--|
| | Initial | 12 weeks | | Initial | 12 weeks | |
| Propranolol (N=15) | 167.72 ± 18.73 | 149.46 ± 15.66 | $p < 0.01$ | 107.62 ± 15.14 | 91.00 ± 11.67 | $p < 0.02$ |
| Abana alone (N=12) | 169.50 ± 18.10 | 154.85 ± 12.85 | $p < 0.05$ | 108.32 ± 10.78 | 100.78 ± 9.85 | $p < 0.05$ |
| Propranolol + Abana (N=27) | 171.26 ± 24.43 | 133.76 ± 20.34 | $p < 0.001$ | 109.19 ± 13.23 | 88.75 ± 12.51 | $p < 0.001$ |

DISCUSSION

An ideal antihypertensive drug should lower the blood pressure by reducing the general precapillary resistance, since this is the demonstrable major abnormality in patients having persistent essential hypertension. Out of the galaxy of antihypertensive drugs currently available, only some have shown overall efficacy in the management of hypertension. Several factors must be considered before choosing any drug for the management of essential hypertension. Cost, frequency of dose and side-effects must be considered. Diuretics are also useful in the management of blood pressure but con-

tinuous use may cause hypokalaemia. Sowers, J.R. (1987) reviewed the significance of various drugs in the management of hypertension. Calcium channel blockers are now effectively used as monotherapy and in combination with other antihypertensive agents.

In spite of extensive research the treatment of hypertension is still empirical. One of the objectives of antihypertensive therapy is to control blood pressure with least inconvenience to the patient. The ultimate objective in treating hypertensive patients is to prevent complications and prolong life expectancy. Recently it has been emphasised that herbomineral drugs are useful in the management of cardiovascular disorders. In the present trial the beneficial effect of Abana has been studied. Abana given alone was found less effective in cases of persistent hypertension, but when it was given along with propranolol, better efficacy could be obtained by lowering the dose of this conventional drug.

It is evident from the results that changes are more marked in the combined therapy group than in the single therapy group. Earlier it has been reported that Abana reduces the circulating catecholamines in cases of cardioneurosis and sympathetic hyperstimulation (Dubey *et al.*, 1986). The down-regulation of adrenergic receptors by Abana is responsible for the reduction of systolic and diastolic blood pressures caused by autonomic reactivity. The combination therapy has demonstrated rapid and sustained action on the blood pressure levels. The choice of such combined therapy should be based on several considerations. The important considerations are the patient's personality, pre-symptoms, severity of hypertension and nature of complications. A rational correlation of these observations with a knowledge of pharmacodynamics and side-effects of the various drugs, and the socio-economic status of the patients, will help to arrive at a satisfactory anti-hypertensive programme.

Experimental trials have also provided identical results in combined therapy. Requirements of conventional therapy can be minimised and sustained results obtained by the therapy outlined.

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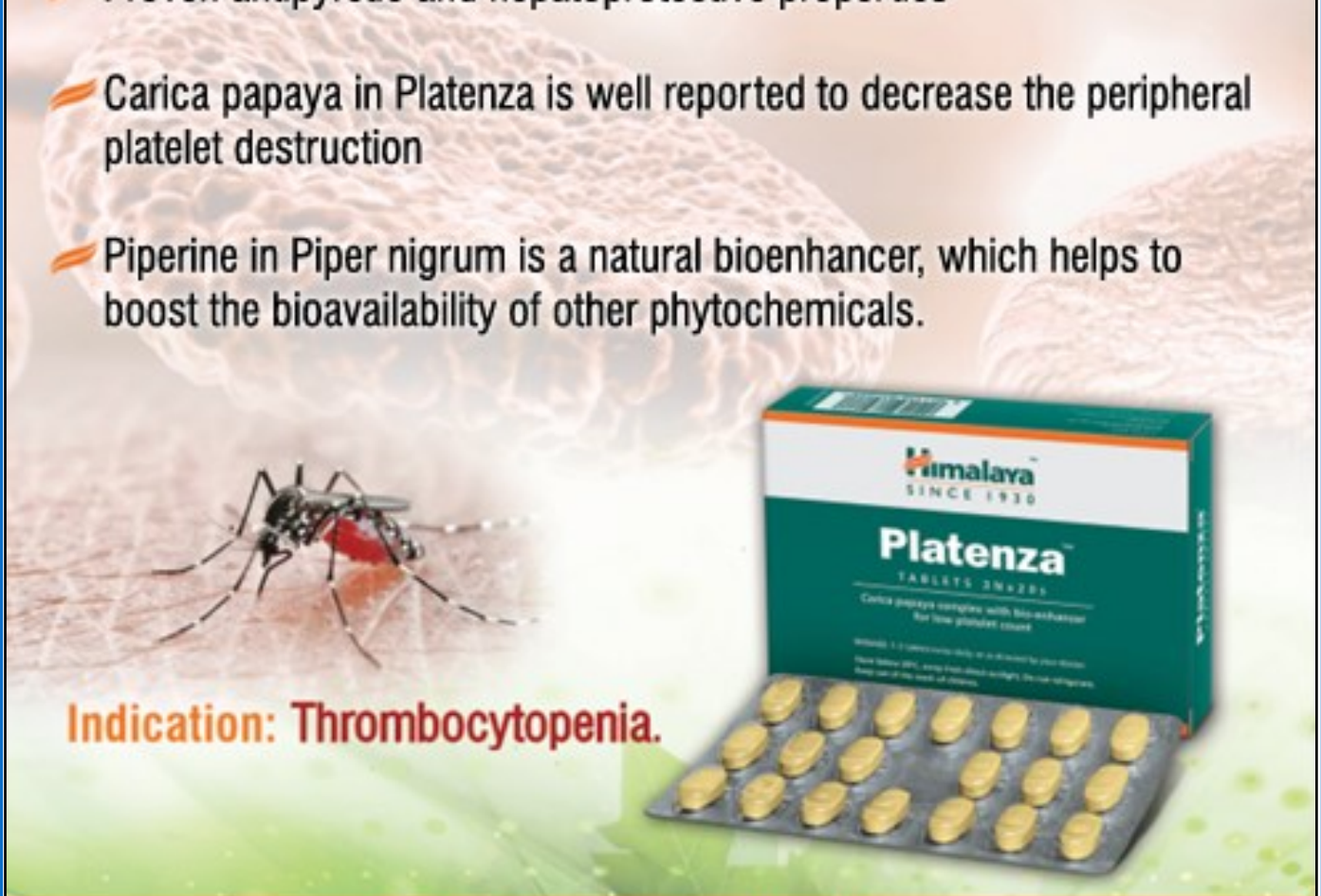


Platenza™

Carica papaya complex with bioenhancer for low platelet count



- Boosts platelet count and reverses thrombocytopenia due to dengue
- Proven antipyretic and hepatoprotective properties
- Carica papaya in Platenza is well reported to decrease the peripheral platelet destruction
- Piperine in Piper nigrum is a natural bioenhancer, which helps to boost the bioavailability of other phytochemicals.



Indication: Thrombocytopenia.

Contains time-tested herbs



Carica papaya



Phyllanthus maderaspatensis



Piper nigrum



Tinospora cordifolia



Marketed by:
Mega Pharma (Pvt) Ltd.

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Please send your feedback & comments to Dr.T.Thayalini (email:tthayalini@univ.jfn.ac.lk)