



# Siddha Newsletter



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**Unit of Siddha Medicine,  
University of Jaffna.**

## **INSIDE THIS ISSUE**

Activities by the Unit.....	01-03
Activities by the SMSA.....	03-04
Himalaya Article .....	05-06

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# 1. Activities by the Unit

## 1.1 Awareness Programme & Medical Camp for Women

The Siddha Teaching Hospital, in collaboration with the Proposed Department of *Kuzhanthai & Mahalir Maruthuvam*, Unit of Siddha Medicine, jointly organized an awareness programme and medical camp for women on 4<sup>th</sup> January 2024. This event was held as part of the fourth day celebration of Agathiyar Day at the Chavakachcheri Divisional Secretariat, Jaffna. The programme aimed to enhance women's health awareness and provide essential medical care.

## 1.2 Women's Day 2024

The International Women's Day Celebration 2024 was successfully held on 08<sup>th</sup> March 2024 from 8:30 AM to 12:30 PM at the Siddha Auditorium. The event was organized by the Proposed Department of *Kuzhanthai and Mahalir Maruthuvam*, in collaboration with the Final BSMS students. The programme commenced with a series of traditional and spiritual rituals symbolizing wisdom, respect, and enlightenment, thereby setting a meaningful tone for the celebration and emphasizing the importance of women's well-being and empowerment.

## 1.3 Awareness Programme on Small Millet Foods

The Dr.T.Thayalini conducted an awareness programme with the support of temporary staff and fourth BSMS Students at Cane Hospis/Maruthanamadam focusing on the nutritional value and health benefits of small millet foods on 21<sup>st</sup> March 2024, . The session encouraged healthier dietary practices among the public, with 35 participants taking part in the event.



## 1.4 Diabetes Camp & Awareness Session

A Diabetes Screening Camp and Awareness Programme was conducted on Saturday, 20<sup>th</sup> April 2024, jointly organized by the Jaffna Diabetes Association and the University of Jaffna. The event was held at St. James' Church, Gurunagar, commencing at 9:00 a.m. The pro-

programme provided a range of medical services for the public including general health screening, eye examinations, dental care, cancer screening, and yoga sessions. Unit of Siddha Medicine contributed a special session on “The Importance of Herbs in Diabetes Management” Fourth BSMS students presented information on millets, while second BSMS students educated the public on various medicinal herbs. More than 60 participants attended the programme. A curated display of 32 key anti-diabetic medicinal herbs was also arranged, featuring live plants, dried herbal samples, and well labelled exhibits. Public-friendly explanations were provided on modern research evidence, practical household usage, methods of preparation, and dietary incorporation, including the use of herbs as leafy vegetables, decoctions, herbal drinks, and other traditional preparations. The event was made successful through the dedicated involvement of lecturers, assistant lecturers, and clinical demonstrators.

### 1.5 Educational Tour

Second BSMS students (38<sup>th</sup> batch) undertook an educational tour as part of their curriculum for four days, during the vacation from 2<sup>nd</sup> April to 6<sup>th</sup> April 2024. A total 51 students participated in the visit, accompanied by three academic staff members. The students visited several herbal gardens and institutions to enhance their practical knowledge of medicinal plants. The places visited during the tour included :

1. Haldummulla Govt. Herbal garden
2. Pattipola Govt. Herbal garden
3. Diyathalawa Govt. hospital and garden
4. Giranthirukottee Govt. Herbal garden

At the Halldummulla Herbal garden, students observed more than 180 different plant species along with 134 different varieties of seeds. At rhe Pattipola Government Herbal Garden, they



studied 52 different types of hill station plant species. At Diyathalawa Government Hospital and Herbal Garden, the students were exposed to various natural treatment methods along side practical training in plant identification. At Giranthirukotte they observed 130 different plant species and benefitted through different plant identification, cultivation technique and storage technique. Thus this educational tour provides a good platform and exposure to the BSMS students.



## 2. Activities by the SMSA Union

### தைப்பொங்கல் விழா

சித்த மருத்துவ மாணவர்கள் ஒன்றியத்தினால் பொங்கல் விழா 21.01.2024 அன்று நடாத்தப்பட்டது. தைப்பொங்கல் தினத்தை முன்னிட்டு தைப்பொங்கல் விழா நிகழ்வுகளான பொங்கும் நிகழ்வுகள், மாணவர்களிடையே “முட்டி உடைத்தல்”, “மாட்டுக்கு கண் வைத்தல்”, “சங்கீத கதிரை” போன்ற பல பாரம்பரிய விளையாட்டுகள் நடத்தப்பட்டன.



### சித்தமருத்துவ வாரம்

சித்த மருத்துவ மாணவர் ஒன்றியத்தால் சித்தமருத்துவ வாரம் 22.02.2024 முதல் 26.02.2024 வரை இடம்பெற்றது. சித்தமருத்துவ அலகில் அணிகளுக்கிடையில் ஆண் பெண் இருபாலருக்குமிடையிலான சதுரங்கம் மற்றும் கரம் போட்டிகள் சிறப்பான முறையில் நடாத்தப்பட்டன. Badminton, Table tennis, Cricket என்பன யாழ்ப்பாணப் பல்கலைக்கழக உள்ளக விளையாட்டு அரங்கிலும் தடகள விளையாட்டுக்கள் யாழ்ப்பாணப் பல்கலைக்கழக மைதானத்திலும் இடம் பெற்றது.



## பங்குனித் திங்கள்

1/4/2024 அன்று பங்குனித் திங்களை முன்னிட்டு சித்த மருத்துவ அலகினால் மட்டுவில் பன்றித்தலைச்சி அம்மன் கோவில் பொங்கல் நிகழ்வுகள் மேற்கொள்ளப்பட்டன. இந்நிகழ்வில் சித்த மருத்துவ மாணவர்கள், செயல்முறை வழிகாட்டுனர்கள், உதவி விரிவுரையாளர்கள் மற்றும் விரிவுரையாளர்கள் கலந்துகொண்டார்கள். 11.30 மணிக்கு பொங்கல் நிகழ்வுகள் முடிவடைந்த பிறகு, ஆலயத்தில் படையல் வைத்து அனைவரும் வழிபாட்டில் ஈடுபட்டு நிகழ்வுகள் அனைத்தும் மதியம் 12 மணியளவில் இனிதே நிறைவுற்றது.



## இப்தார் விழா

25.03.2024 அன்று இப்தார் நிகழ்வுகள் சித்த மருத்துவ அலகின் கேட்போர் கூடத்தில் இடம்பெற்றன.



# Alcoholic Liver Disease and Gut Health: An Intricate Bidirectional Association

The gut harbors a diverse array of microbiota, which creates a symbiotic relationship with the host and plays a key role in metabolism, digestion, immune function, and host homeostasis, among many other functions. A disturbance in the symbiotic relationship can alter physiologic functions in the host, making way for the manifestation of various ailments.<sup>1,2</sup>

Chronic intake of alcohol is one such crucial factor, which in several studies, is proven to alter the composition of the intestinal microbiome, quantitatively and qualitatively, leading to intestinal dysbiosis. People who consume alcohol moderately and patients suffering from alcoholic liver cirrhosis exhibit bacterial overgrowth in the small intestine. This small intestinal bacterial overgrowth correlates with the severity of alcoholic cirrhosis and is also known to be a potent risk factor for the development of hepatic encephalopathy.<sup>1</sup>

Cirrhosis dysbiosis ratio (CDR) helps measure changes in the concentration of beneficial and pathogenic bacteria in patients with alcoholic liver disease (ALD). CDR is the ratio of the number of beneficial bacteria to the number of potentially pathogenic bacteria. A low CDR is an indication of advancement in ALD.<sup>1</sup>



## Factors Contributing to Intestinal Dysbiosis

There are several factors that contribute to intestinal dysbiosis due to chronic alcohol consumption.

### Lifestyle

Factors such as dietary habits, medications, and xenobiotics strongly determine the concentration and composition of the intestinal microbiome. Alcohol consumption along with a fat- and sugar-dense diet can prompt intestinal dysbiosis.<sup>1,2</sup>

### Genetics

The genetic makeup of a person can influence the gut microbial composition, which could subsequently affect

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*Alcohol consumption along with a fat- and sugar-dense diet can prompt intestinal dysbiosis.*

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metabolism. Women are supposedly more susceptible to alcohol-induced liver diseases compared with men. Variations in patatin-like phospholipase domain-containing protein 3 and polymorphism in cytochrome P450 2E1 and alcohol-dehydrogenase-3 genes increase the risk of developing liver diseases in chronic alcohol consumers.<sup>1</sup>

### Gastrointestinal motility

Chronic alcohol consumers exhibit an increased orocecal transit time compared with social drinkers or teetotalers. Ethanol content in alcohol is known to reduce gastrointestinal motility, triggering the growth of luminal bacteria.<sup>1</sup>

### Gastric pH

Chronic intake of alcohol results in hypochlorhydria, which could be due to significant alteration in gastric histology. Hypochlorhydria is linked to bacterial overgrowth in the small intestine of patients with cirrhosis. It is, however, unclear whether ethanol-induced hypochlorhydria influences the progression of ALD.<sup>1</sup>

### Bile flow

Chronic alcohol consumption results in excessive excretion of bile acids; however, once the person develops cirrhosis, the concentration of total bile acids in the feces decreases considerably, which could be due to reduced bile secretion into the intestine. A drastic reduction in bile

flow in patients with cirrhosis could contribute to quantitative changes in the gut microbiome.<sup>1</sup>

### Immune response

Chronic alcoholism detrimentally affects the host's immune system. A study by Hartmann et al<sup>1</sup> reports that chronic alcohol consumption suppressed the activity of regenerating islet-derived (Reg)3b and Reg3g (bactericidal molecules produced by the intestinal epithelial cells).

### Consequences of Intestinal Dysbiosis

Chronic consumption of alcohol alters the taxonomic composition of the intestinal flora and causes mucosal inflammation and an imbalance in the intestinal barrier. Alcohol causes mucosal barrier dysfunction by disturbing epithelial tight junctions, thus increasing gut permeability. Increased gut permeability (leaky gut) results in translocation of pathogenic bacteria and their harmful metabolites and proinflammatory luminal metabolites into the bloodstream,

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*Chronic alcohol abuse alters the taxonomic composition of the intestinal flora and causes mucosal inflammation and an imbalance in the intestinal barrier.*

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further causing damage to the liver and other organs.

### Conclusion

ALD is emerging as one of the major public health issues globally and is linked to high morbidity and mortality rates. This calls for educating the public and offering counseling to patients suffering from ALD on the dire consequences of chronic alcoholism.<sup>1,2</sup>

### References

1. Hartmann P, et al. *Alcohol Clin Exp Res*. 2015;39(5):763–775.
2. Meroni M, et al. *Int J Mol Sci*. 2019;20(18):4568.

## World Liver Day

Every year, World Liver Day is observed on April 19. Liver diseases are fast becoming a public health priority. A steady transition in diet and lifestyle has created a ground for a spectrum of liver diseases. According to the WHO, liver diseases are the 10th most common cause of death in India.

World Liver Day is observed to address the increasing rate of liver disease-related deaths and educate people about adopting a healthy lifestyle to support liver health.