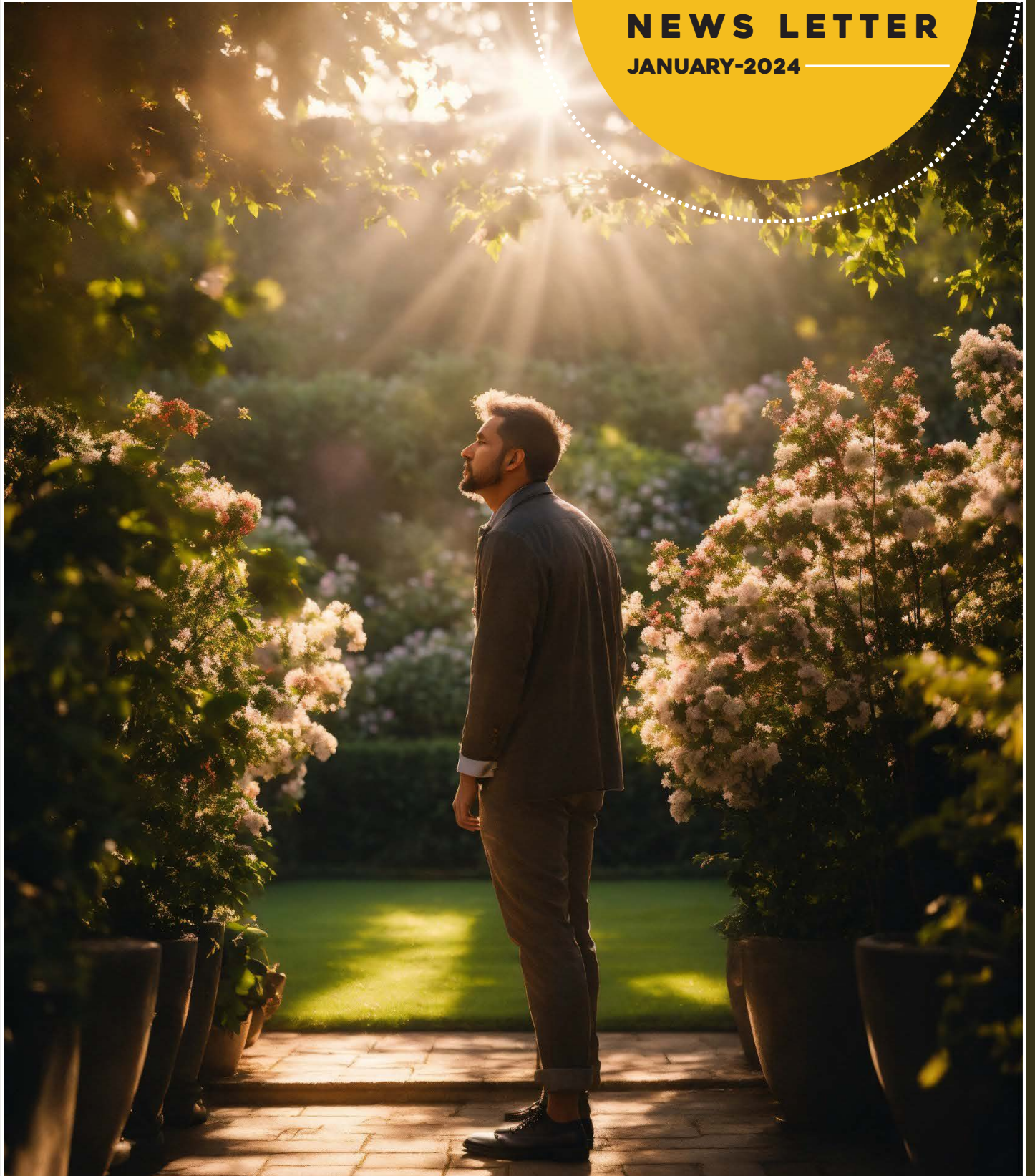




NATIONAL AYUSH MISSION KERALA

സ്വസ്ഥ്യ  
**SWASTHYA**  
NEWS LETTER  
JANUARY-2024



YOU MAY READ OUR LATEST PUBLICATIONS ONLINE ON



Vol  
7

Issue  
1







# AYUSH

## Inside |

## Editorial Board

### EDITOR IN CHIEF

DR. D. SAJITH BABU IAS  
STATE MISSION DIRECTOR, NAM

### MANAGING EDITOR

DR. R. JAYANARAYANAN  
SPM HOMOEOPATHY, NAM

### EXECUTIVE EDITOR

DR. SAJI P.R  
SPM ISM, NAM

### EDITOR

DR. FARHA SHAMSUDHEEN  
CONTENT EDITOR, NAM

### ASSOCIATE EDITORS

SANJANA. S. KURUP  
MASS MEDIA OFFICER, NAM  
NIVYA UNNIKRISHNAN  
JOURNALIST TRAINEE, NAM

### LAYOUT AND DESIGN

DEEPU R NAIR  
GRAPHIC DESIGNER, NAM

■ One Health.....	4
■ Ayurveda for One Health.....	15
■ Yoga contribution in One World One Health.....	19
■ The Concept of One Health in Siddha .....	23



**DR ANAND PR, B.H.M.S, M.D**  
Chief Medical Officer  
Department of Homeopathy,  
Govt. of Kerala

# One Health

'*One Health*' is an integrated, unifying approach to balance and optimize the health of the people, animals, vegetations and the environment. It is particularly important to prevent, predict, detect, and respond to all the global health threats. The approach mobilizes multiple sectors, disciplines, and communities at varying levels of society to work together.

One Health involves the public health, veterinary, agriculture and the environmental sectors. One Health

approach is particularly relevant for food and water safety, nutrition, the control of zoonoses, pollution management, waste disposal & management and combatting antimicrobial resistance.

***One Health focuses on identifying new solutions that addresses the root causes & the links between risks & health impacts.***



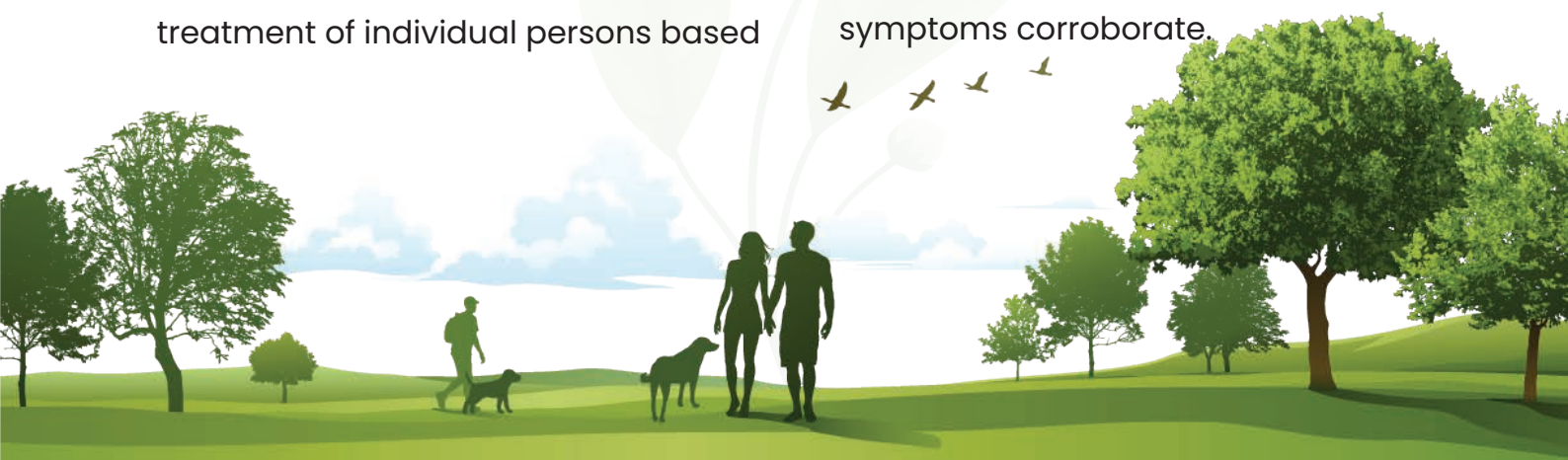
## ***Role of Homoeopathy in One Health***

One Health is a concept that recognizes the interconnectedness of human, animal, and environmental health. It is a collaborative approach that aims to address the health challenges faced by all three domains. Homoeopathy is a system of medicine that believes in the principle of "like cures like" and uses highly diluted substances to stimulate the body's natural healing abilities. Since its formulation in the eighteenth-century, Homoeopathy has played a major role in primary & secondary prevention of epidemics of which many were zoonotic in nature. Scientific evidence in almost all such epidemics clearly showcases that Homoeopathy can be used both therapeutically and as well as prophylactically in epidemic diseases with great success.

## ***Prophylactic usage of Homoeopathy***

Just as is true for homoeopathic treatment of individual persons based

on the unique principle of individualization, Hahnemann has advised in his Organon of Medicine [6th edn] to carefully observe each epidemic disease as 'a phenomenon of unique character' that must be distinguished from the previous outbreaks. To gather the picture of the disease, the 'totality of characteristic signs and symptoms', he suggests observing several cases to formulate a 'Genus Epidemicus(GE)' for that particular epidemic. He elucidates in various articles that this remedy or a group of remedies suitable to various phases or stages of the epidemic, found after a detailed study of the characteristic symptoms of patients, afflicted with the epidemic shall prevent the disease in those unaffected with the epidemic so far. While it is also understood that in those affected, this GE may even serve as a therapeutic aid in the initial stage of the disease, if symptoms corroborate.





Preventive use of Homoeopathy was first applied in 1801 during an epidemic of scarlet fever in Königslütter, Germany, when Hahnemann prescribed a single dose of Belladonna, as the GE to susceptible children in the town with 100% success. Camphora, Cuprum metallicum and Veratrum album proved successful in different stages of the Cholera epidemic (1831–1832) and it was reported that mortality rate in European homoeopathic hospitals was 7%–10%, whereas with conventional treatment, it varied between 40 and 80%. Camphora saved another epidemic of Cholera (1846), where mortality rate amongst patients treated with Homoeopathy was 5%–16% as compared to 54%–90% amongst patients treated conventionally.

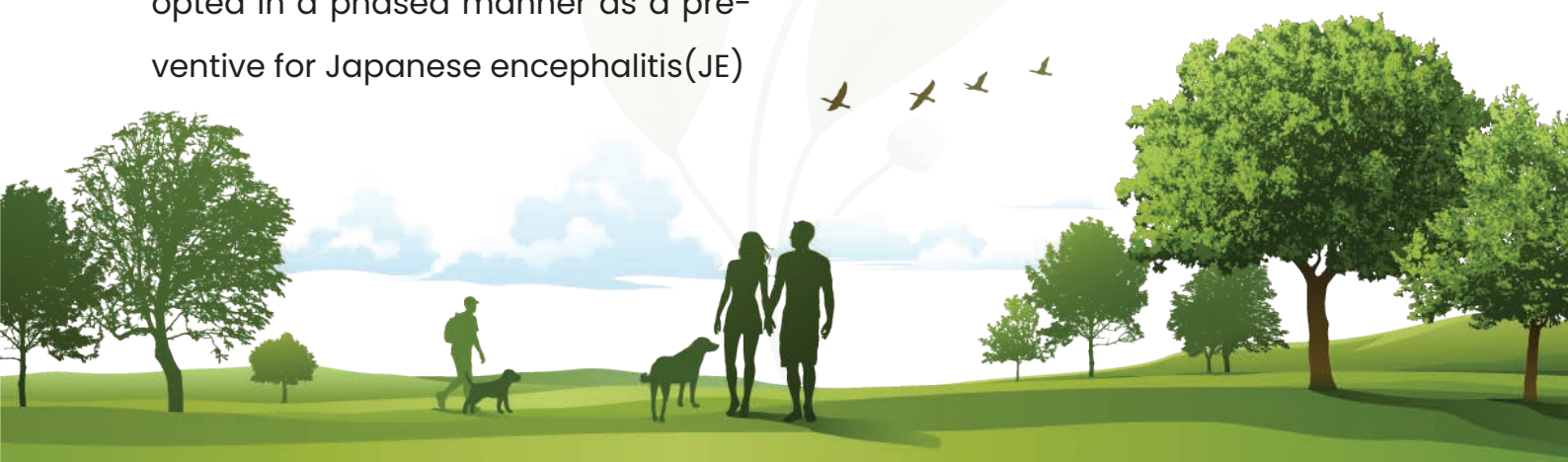
The Belladonna, Calcarea carbonicum, Tuberculinum (BCT) regime adopted in a phased manner as a preventive for Japanese encephalitis (JE)

in 1999 for a period of 3 years brought down the mortality and morbidity rates of JE significantly in the state of Andhra Pradesh.

For a series of dengue fever outbreaks over the years in Brazil (2001–2012), identified GE *Eupatorium perfoliatum* or a combination of remedies based on the epidemic picture could significantly control the occurrence by 80%–90%.

Protective effects through antiviral properties of Belladonna have also been observed in Japanese encephalitis in preclinical studies conducted by CCRH in collaboration with School of Tropical Medicine, Kolkata, and in molecular studies conducted in collaboration with King's George Medical University, Lucknow.

In the recent past, homoeopathic drug Ars Alb 30 and external ointment



Ledum Pal was used in the district of Wayanad, Kerala, to contain an epidemic of Kysanur Forest Disease, a tick borne zoonotic hemorrhagic fever with monkeys as hosts harboring the disease.

The Department of Forest cleared the undergrowth thus reducing the tick population and the Department of Homoeopathy (from the public health side) intervened with its preventive measure. The combined effort led to the rapid containment of the epidemic and was one of the first instances where the principles of “one Health” was used effectively in Kerala.

### **Prevention through Nosodes**

A concept that emerged from Homoeopathy is the application of nosodes (remedies prepared from the actual cause of the illness, i.e., microorganisms, or from its byproducts) as isoprophylaxis (IP), to treat the

same condition. It is somewhat akin to conventional vaccination, although the preparation is made in the homoeopathic manner of potentization, with serial dilutions and succussions at each step.

Back in 1974 and 1998 in Brazil, the use of Meningococcinum a homoeopathic nosode made from Meningococcus showed a near 95% protection against the meningococcal disease over a span of 1 year. In Cuba the results from the leptospirosis episode in 2008 have been the most promising where disease surveillance statistics revealed an 84% decreased incidence of the disease in those provinces which were treated with a nosode (prepared from four strains of inactivated *Leptospira*). In contrast, the incidence of leptospirosis in the other, untreated, provinces of Cuba rose by 21.7% during the same time. Another nosode Oscillococcinum



has been variably used as 'specific preventive' against flulike syndromes or for their treatment and was found effective in a study.

### ***Therapeutic use of Homoeopathy***

In the recent years, successes of adjunct homoeopathic treatment in epidemics of dengue and acute encephalitis syndrome have been reported in studies conducted by CCRH. Adjuvant homoeopathic treatment given to dengue hemorrhagic cases at a tertiary care hospital during the dengue outbreak in 2015 in Delhi showed that patients who received Homoeopathy had rapid rise in platelet count and a smaller number of days of hospital stay compared to those who received standard care alone. Similarly, in acute encephalitis syndrome/Japanese encephalitis, Homoeopathy as an adjuvant to the Institutional Management protocol (IMP) could decrease

death rate by 15% in comparison to those who received only IMP. Another study in 2010–2011 clearly puts forward the promising role of homoeopathic treatment in cases of chikungunya and its sequelae post chikungunya chronic arthritis (PCCA) with complete recovery in more than 84.5% and 90% cases, respectively.

### ***Homoeopathy & the Current Covid-19 pandemic***

The Scientific Advisory Board of CCRH, (consisting of eminent homoeopathic experts from various parts of India), in a meeting held on 28 January 2020, had an indepth discussion to find out a possible preventive for outbreak of corona virus in China. In the absence of access to the patients afflicted with the disease, the signs and symptoms of the patients were referred from the recent publication from Wuhan, China, published in Lancet titled, 'Clinical





features of patients infected with 2019 novel coronavirus in Wuhan, China' to arrive at a group of remedies covering the characteristic presentation of the disease. After repertorisation using synthesis repertory, and intensive deliberations amongst the board members, Arsenicum album was found to be the most suitable medicine as a possible preventive.

CCRH reported overall protective effect of Arsenicum album 30C was 83.43% in its prospective parallel cluster cohort study in 10,180 individuals residing in 11 Covid-19 containment areas in Delhi. There are various studies conducted in India and other countries providing insight into efficacy of Homoeopathy in Prophylaxis and treatment of Covid-19.

### ***Homoeopathy & Animal Health***

Homoeopathy has been used in veterinary medicine for over two centuries.

It is a safe and effective alternative to conventional medicine for treating a wide range of animal health conditions. Many diseases affecting animals that have the potential to cross over and affect humans are either viral or bacterial in nature. Homoeopathy has been scientifically found to cure many such viral or bacterial diseases.

The role of homeopathy in veterinary, animal husbandry, livestock and poultry farming should be further explored. many poultry farmers are now relying more on homoeopathy for better disease control, reducing the use of antibiotics which can potentially affect the end consumers health. One of the benefits of using Homoeopathy in veterinary medicine is its ease of dispensing and that it has no known side effects or drug interactions. This makes it a safe option for animals that may be sensitive to



conventional medications or have underlying health conditions that make them more susceptible to side effects.

By giving homoeopathic medications to animals affected with potential zoonotic diseases, we can cure them or at least reduce the viral load so that they will be less infective to human beings. The same can be used in case of animals acting as vectors for a particular disease.

### ***Homoeopathy & Agriculture***

One of the key benefits of homeopathy in agriculture is that it is a natural and non-toxic alternative to conventional pesticides and fertilizers. Homeopathic remedies are made from natural substances such as plants, minerals, and animal products, and are diluted to such a degree that they are safe for humans, animals, and the environment. With recent advances in the use of Homoeopathy in Agriculture, it is also

increasingly being used to help improve crop yields and control pests and diseases.

Homeopathy is also believed to help improve the overall health and resilience of plants, making them more resistant to pests and diseases. By stimulating the plant's natural defences, homeopathy can help reduce the need for chemical pesticides and fertilizers, which can be harmful to both the environment and human health. While the use of homeopathy in agriculture is still relatively new, there is growing evidence to suggest that it can be an effective and sustainable alternative to conventional farming methods.

By reducing or titrating the use of chemical pesticides and fertilizers, homeopathy can help farmers to produce healthier and more environmentally sustainable crops and livestock,



while also reducing the risk of pesticide and fertilizer contamination in food products thus leading to a healthier society. Many pesticides and fertilizers are notorious for enhancing the cancer burden in the society, reduced use of these chemicals by replacing with homeopathy – a promise to reduce the oncologic burden in a community.

In conclusion, homeopathy has the potential to revolutionize the way we farm and produce food in a more sustainable and eco-friendly manner. By harnessing the natural healing power of plants and other natural substances, we can improve the health and well-being of both plants and animals, while also reducing our reliance on harmful chemicals and pesticides.

### ***Role of Homoeopathy in One Health***

#### **1. Primordial Prevention**

An increased use of homoeopathy in control of diseases in veterinary and

Agriculture can not only stop the spread of disease among them but has the potential to stop the transmission of potential zoonotic, vector borne and other diseases to humans.

#### **2. Pre Epidemic Prophylaxis (Primary Prevention)**

Prophylactic Homoeopathic medicines can be found using the known symptoms of disease using processes exclusive for homoeopathy and these can be distributed among the population likely to be exposed to such agents (viruses, bacteria and other pathogens). The homoeopathic prophylactics considered can be one that are already known or utilized in homoeopathy till time immemorial or they can be new medicines formulated using homoeopathic principles of isoprophyllaxis and nosodes. The research agencies in homoeopathy and related fields can support research (including animal research)





prophylactic medicines. Such an approach can help reduce the risk and mitigate the impact of future emergence of zoonotic and vector borne disease which have a epidemic or pandemic potential.

### **3. Epidemic prophylaxis (Secondary Prevention)**

This type of prevention deals with prevention of diseases and epidemics once it has broken out in the society. Homoeopathy works with the unique principle of “Like cures Like”(Similia Similibus Curantur). There are well defined scientific rules laid out in Homoeopathy to find out the Genus Epidemicus, the homoeopathic medicine or group of medicines to be distributed in mass when an epidemic breaks out. The choice of such a medicine is based on symptom similarity between the symptoms suffered by majority of the patients suffering from the epidemic and those which were

described by the particular drug considered during its human pathogenetic trial. Thus, Homoeopathy has been found useful in prophylaxis even for epidemics that were new in occurrence.

### **4. Post epidemic rehabilitation (including post traumatic or catastrophic event stress management)**

Homoeopathy has shown its mettle in Post covid management for patients suffering from various complications after the epidemic. Homoeopathy was also found useful for patients dealing with PTSD post landslides in Wayanad, Kerala and after the deluge in Ernakulam and Alappuzha, Kerala. Department of homoeopathy has established a disaster management team properly trained in handling such issues, state wide.

### **5. Symptomatic Management of chemical exposure/plastic burning related illness**

Homeopathy has shown its efficacy in managing respiratory illness, skin



problems etc; faced by people of Brahmapuram in Ernakulam due to the plastic burning incident. More than 350 affected persons relied on homoeopathy for the treatment. The feedback we received from the patients were so promising. Though it's a small sample experience, homoeopathy can definitely be employed in managing chemical exposure related illness.

## **6. Scope for expansion**

Research activities can be speeded up by central research agencies like CCRH in homoeopathy to promote animal studies in zoonotic diseases which have an epidemic or pandemic potential. Routine Surveillance of diseases should be done by different systems of medicine working in close liaison. Homoeopathy is unique as it is the only system of medicine where symptom similarity is used as the basis of selection of a medicine for an

epidemic. Research activities in association the veterinary and agricultural research universities and departments should be done to explore the potential benefits of homoeopathy in agriculture, livestock and veterinary sciences. Such novel research and collaborations can be utilized by the government to make policies to deal with new epidemics with Homoeopathic medicines as secondary prophylaxis during outbreak of epidemics with new pathogens.

## ***Funding requirement***

A) For facilitating One Health Research and Knowledge – Funding can be provided to Agriculture and Veterinary universities, Homoeopathy research institutes teaching institutions and the Department of Homoeopathy to do collaborative research to explore the potential benefits of homoeopathy in these fields.



B) Strengthening RAECH-The Department of Homoeopathy has already for a Rapid Action Epidemic Control Cell in Homoeopathy, This cell is coordinating all activities regarding the use of Homoeopathy in Epidemics and Pandemics in Kerala. Funding is solicited to facilitate the strengthening of this cell including allocation of human resources to this cell.

C) Improve One Health governance by adequately representing Homoeopathy in various forums of One Health.

D) Incorporating Homoeopathy in OH Joint Plan of Action and blueprint for action and during policy making.

E) For strengthening Surveillance in Homoeopathy – State level surveillance for diseases is not complete unless AYUSH systems are not included in it. Surveillance data collection and interpretation should have robust medical, technical and statistical

support. All this require funding.

F) Logistics – Adequate funding should be also solicited for proper logistics at the hour of need for transporting medicines and resources to the area of operation during an epidemic.

### **Conclusion**

Homoeopathy is one system of medicine which is uniquely aligned with the principles of 'One Health'. The wholistic concept where the understanding that humans, animals including wild life and the environment are all connected and imbalance in one can led to turbulence and ill-health in another is integrated in the tenets of Homoeopathy. Homoeopathy as a system of medicine and the Department of Homoeopathy are fully equipped to communicate, coordinate, and collaborate with different departments to achieve the best health outcomes for the people, the animals, the plants, and the environment, thus creating a one healthy world.





# Ayurveda

for one health

**DR. SHARMAD KHAN**  
MD (Ayurveda)  
CHO, AHWC, Nemo



Ayurvedic science is used effectively in many ways for health care and treatment of diseases.


This year's slogan or tag line for national Ayurveda day was Ayurveda for everyone, every day under the theme Ayurveda for One Health.



In 2006, the vision of One Health was implemented as a health programme. The One Health Commission came into existence in 2009. In 2015, the One Health program was prioritized in the United Nations Sustainable Development Goals.

What to eat in relation to daily health care? What to drink What not? Dietary guidelines and what type of exercise/exertion is required? What type can they be? What is the importance of sleep and what are the harms of abnormal sleeping? Do you follow proper health care and practice habits according to changing weather?, which are for the subject of discussion along with One Health concept for this year.





Changes in the climate and land use affect animal habitat and movement

For this AYUSH clubs will be formed in all educational institutions of the state under the guidance of National AYUSH Mission and programs will be conducted to create awareness among students from various school of thoughts about health care methods according to Ayurveda. Awareness programs, competitions and dissemination of knowledge on the maintenance and use of medicinal plants and its identification will also be conducted as follow-up programmes. Lifestyle Clinics (NCD clinic) will be started on a weekly basis in all Ayurvedic institutions. Diagnosis of lifestyle diseases and its treatment, ways to stay free from such diseases, pre-determining the possibilities of lifestyle diseases, and for that, according to the ayurvedic judgment, each one of them will be determined and given instructions.

### One Health

Interventions only for human survival lead to the destruction of the universe. If we don't proceed with equal importance to the plants, animals, society and environment around us, the balance between them will be disturbed and it will cause the destruction of the universe itself. It is enough to take care to live in harmony with nature. Especially in the case of health. If not reconciled with nature, human health will deteriorate and incurable disease conditions will gain strength. Moreover, various diseases will recur, animals, insects and other organisms will cause the spread of disease, thereby increasing environmental problems and threatening human life, the resistance seen in humans against disinfectants will increase morbidity, and





the same will cause the treatment to be ineffective, and the quality of food will decrease to the extent that it is not useful for humans.

### Objectives

- To prepare Ayurveda for the health of the people of the world
- Develop national health policy and plans to improve Ayurvedic interventions
- Alleviate morbidity and severity of illness through Ayurveda
- Ensure the health of not only humans but also other animals and plants and thereby nature
- Convince students, farmers and

general public about the potential of Ayurveda and its benefits in their respective fields

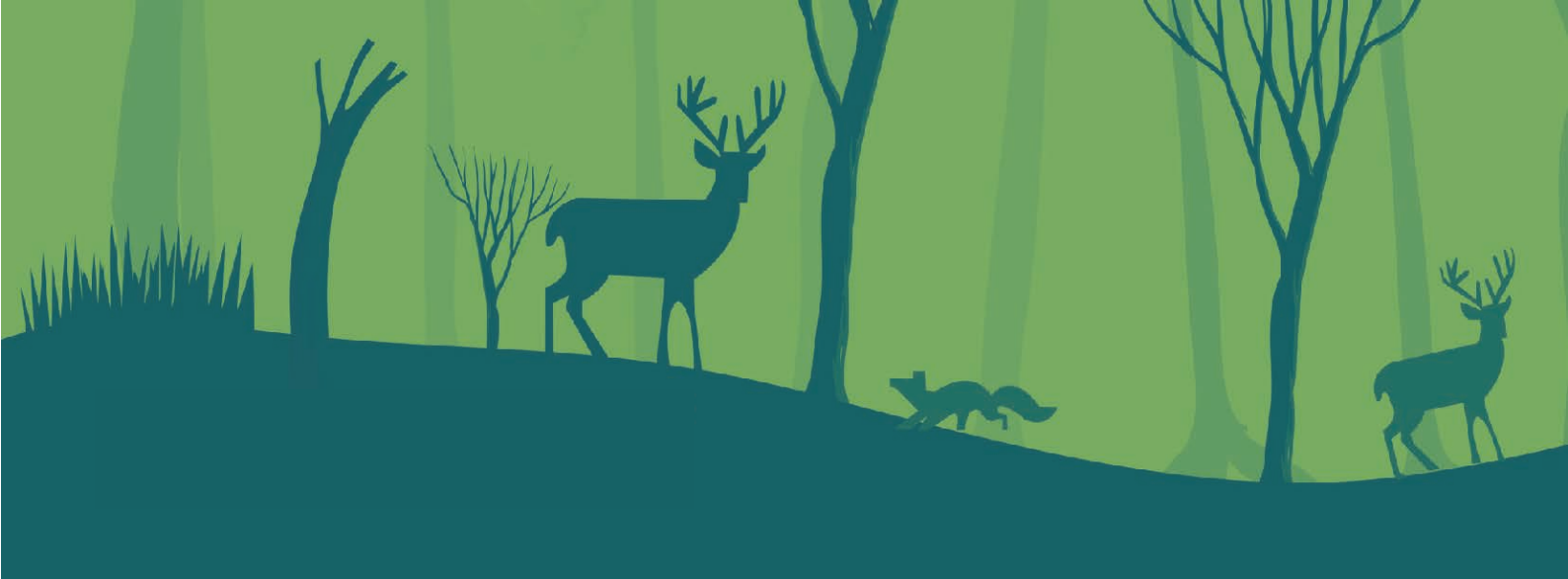
- Understand how beneficial the intervention of Ayurveda is to change from disease to health
- The objectives are to enable interventions to present Ayurveda as evidence-based medicine.

### Relevance of Ayurveda in one health

5000 years ago, Ayurvedic masters had written the verdict that man alone does not exist in the nature. The relationship between nature and man starts from birth itself. The relationship between man and nature and the health that results from their proper







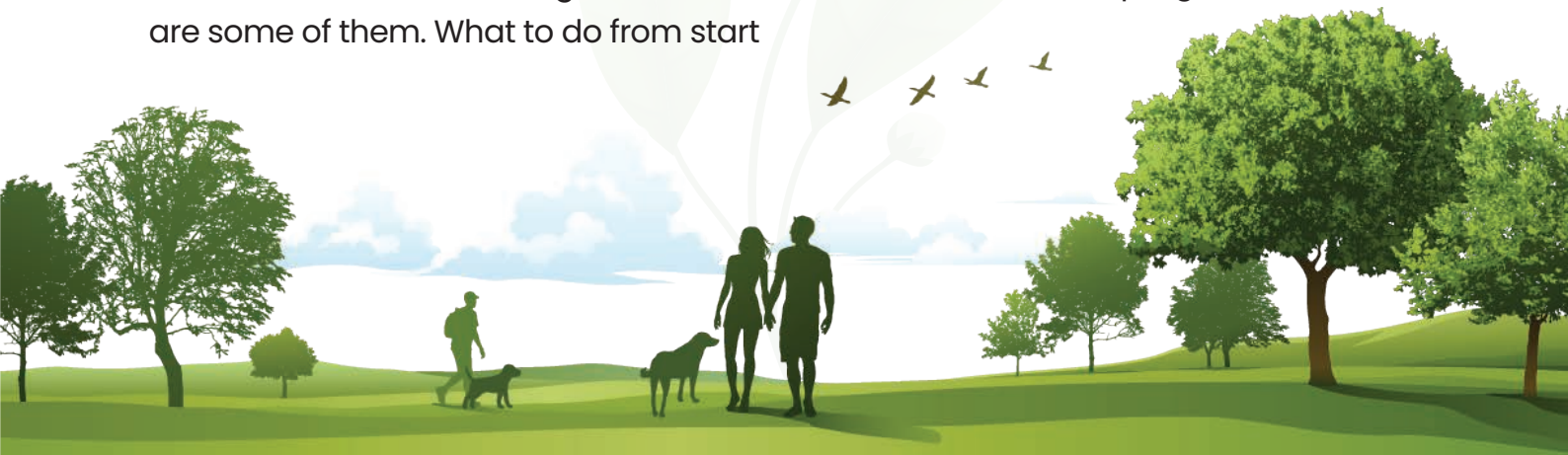
combination, and the ill health that otherwise results, is best presented in Ayurveda. Ayurveda has adopted the method of maintaining health and treating diseases using mainly natural resources. It is an approach that embraces what is innately human and keeps away as much as possible what is not.

Ayurveda suggests that medicines, like food, should be able to maintain balance by taking what is lacking in the human body from nature and nurturing it, and not re-accepting what is in excess.

Similarly, Ayurveda prescribes health care as more important than disease treatment. Many of them are ways to preserve health without using up too many resources. Daily routine, lifestyle, exercise and diet according to weather are some of them. What to do from start

to finish of a day? What not? It has been suggested since the beginning of Ayurveda. It is for these reasons that the need to preserve traditional knowledge has been suggested as an important part of the One Health Programme.

Antibiotic resistance in animals, presence of antibiotics in milk, artificial additives in other food products, life and treatment using plant and mineral resources, production of veterinary medicines, use of organic materials for agriculture, manipulation of the things we eat as food, production and availability of healthy food items, including local and traditional foods, providing clean water, clean air and clean environment should all be part of one health. All these are to be achieved through the implementation of the One Health programme.



# YOGA

*Contribution in one world one health*

**DR. SREEKAVYA. S H**  
Medical officer (Yoga)  
GAH. Neyyattinkara



*The word 'Yoga' is derived from the Sanskrit word 'Yuj' which means 'to join' or 'unity.' It is described in spiritual terms as the union of the individual consciousness with the universal consciousness.*

In another term, yoga is the 'union of mind and body' for balancing and harmonizing the physical and mental functions of body. This is done through the practice of physical postures (asana), breathing control (pranayama), and meditation. Though the origins of Yoga date back to

thousands of years ago, it has now been globally recognized as an integrative and holistic approach to health. Yoga and modern medicine are both based on rational principles and have been found to complement each other to offer a complete and holistic model of health.

The profound concept "the world is one family"- recognizes the interdependence of all living beings and the need for compassion and unity. It teaches us to embrace diversity, respect all life forms, and work together for the betterment of humanity and



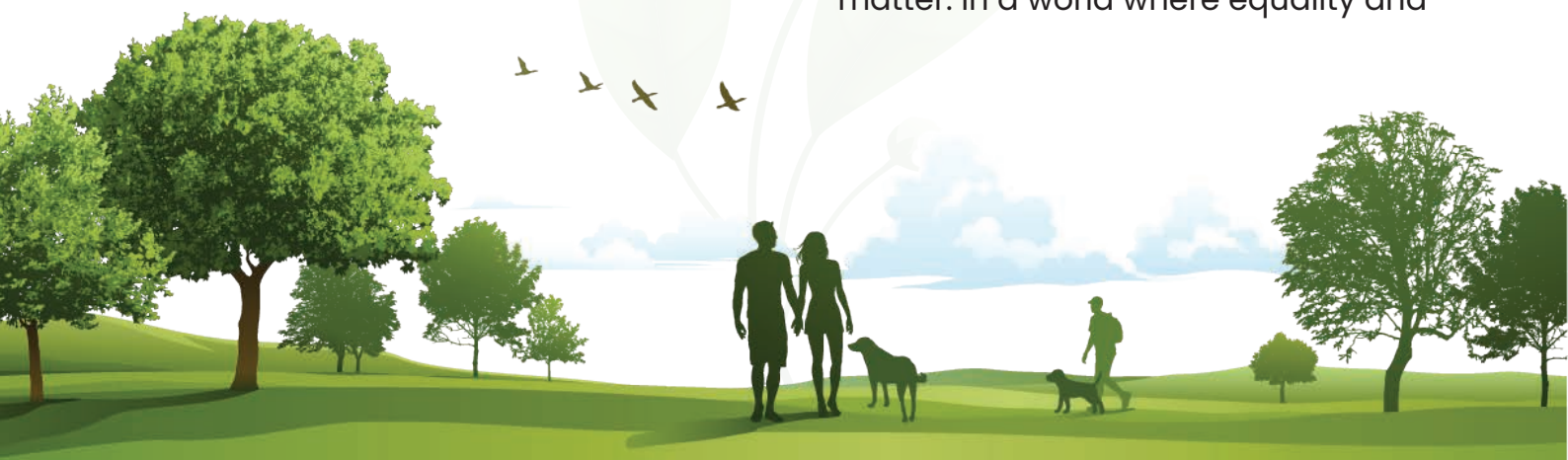


the planet. “One World, One Health” resonating with the ancient Indian principle of “Vasudhaiva Kutumbakam” promotes the interconnectedness of all living beings. This concept encourages us to recognize that we are part of a larger global family, where the well-being of every individual and every living being matters. It urges us to embrace a holistic approach to health, encompassing physical, mental, and environmental well-being. By adopting practices that promote balance and harmony, like Yoga, we can enhance our own health

while contributing to the well-being of the entire planet.



When Yoga is practised in groups, barriers such as race, religion, and socio-economic status cease to matter. In a world where equality and







inclusivity are being fought for, Yoga can become a unifying force, weaving individuals into a single thread of mutual growth. Thus, it is a tool to bring people together.

The Covid-19 pandemic has highlighted the interconnectedness of human health, animal well-being, and the environment. It has underscored the fact that our actions have far-reaching consequences and that the health of one individual or community directly impacts the health of others.

The outbreak led to the realization that (a) a previously unknown pathogen could emerge from a wildlife source at any time and in any place and, without warning, threaten the health, well-being, and economies of all societies; (b) there was a clear need for countries to have the capability and capacity to maintain an effective alert and response system to detect and quickly react to outbreaks of international concern, and to share information about such outbreaks rapidly and transparently; and (c) responding to large multi-country outbreaks or pandemics requires concerted global cooperation and global participation





using the basic principles enshrined in “One Health”.

Yoga, in its essence, is an invitation to the world to breathe as one, live as one, and be one. Let’s not just practice Yoga: let’s embody it. Let Yoga guide us towards one world, one health.

***The Covid-19 pandemic has highlighted the interconnectedness of human health, animal well-being, and the environment.***





# THE CONCEPT OF ONE HEALTH IN SIDDHA

**DR JIJI V C, BSMS MD (SIDDHA)**  
Medical officer Siddha  
Govt siddha hospital, Vallakkadavu



'**One Health**' is an integrated, unifying approach to balance and optimize the health of people, animals, and the environment. One Health (OH) is a collaborative, multisectoral, coordinated, and transdisciplinary approach – working at the local, regional, national, and global levels – with the goal of achieving optimal health outcomes by recognizing the interconnection between people, animals, plants, and their shared environment. This approach

has gained increasing attention in recent years due to several factors that have changed the relationships between humans, animals, and the environment, such as population growth, climate change, globalization, urbanization, industrialization, and the movement of humans and animals. The emergence of zoonotic diseases and pandemics like Covid-19 further emphasized the importance of one health approach.







The Siddha system of medicine has a rich repository of immune-modulators, antivirals, anti-inflammatory and antimicrobial agents, which have proven to be effective in controlling, preventing, managing comorbid conditions in Covid-19. Siddha system medicines can address issues like antimicrobial resistance, zoonotic diseases, vector-borne diseases,

foodborne diseases, and environmental health. One Health approach in the Siddha system highlights its potential in tackling health challenges such as emergence of new pandemics, zoonotic diseases, non communicable diseases, antimicrobial resistance, food safety, environmental health.







Siddhars are more attentive and meticulous in maintaining overall health and well being of environment and human society . They categorised the ecosystem into five geographical diversities and detailed aspects like food, water, shelter, economic livelihood, recreation, the prevailing diseases and its preventive measures. Emphasizing water pollution prevention, they advocated ideas in their “Patharthagunachinthamani” text about the natural methods to prevent contamination of water from soluble and

insoluble impurities, comprehensive water management traditional plans, rainwater harvesting, sewage treatment plants, and corpse disposal. Ancient Siddhars promoted the formation of "Ooruni" water storage tanks used for drinking water in which they insisted on planting trees like Indian gooseberry, cheulic myrobalan, and chebulic bellerica as a measure to prevent contamination and enhance the therapeutic efficacy of water. They recognized the importance of and the







gardening and agriculture to replenish the environment with fresh air. The classic like chilappathikaram detailed agriculture, dairy farming and the rules and regulations to be followed while constructing homes in harmony with the principles of social and preventive medicine. They gave importance to eco-friendly architectural activities by using natural herbs and stones as roofing and flooring materials and by considering seasonal variation as a way to improve immunity

and the health of the environment.

Famous Siddhar Sattaimuni explained the human-nature relationship and its impact on human health explored through his verse "ANDA PINDA THATHUVAM." This verse highlights that the environment is the same within and outside of an individual human being, which indicates that the body physiology must be tuned according to the habitat and the prevailing season as an adaptive and preventive measure for maintaining one's health.





Besides, AGATHINAI Iyal Soothiram -14 described the seasons, climatic variation, vitiated humors, disease incidence, rules, healthy dietary habits for disease prevention and immunity enhancement.

An incredible approach “Give no room for disease” is getting due attention regarding the traditions they followed. One month prior to the season from mid-February to mid-July (athanakalam). They will celebrate the bogi festival in which all the old things will be thrown out, the house will be cleaned properly, and animals in their homes will be cleaned after smearing turmeric. In order to eliminate pathogens, they entertained old practices like spraying cow dung water, fumigation with Indian dammer and frankincense, and placing neem leaves in the courtyard by

considering their antimicrobial effect. This tradition reflects their commitment to eliminate pathogens through old practices and safety measures that Siddhars had taken to protect human being from the ill effects of rapid climate and environmental changes in order to combat emerging infectious diseases and zoonotic threats, vector-borne diseases.

Siddha system analyzes the body on the basis of five element theory. All created or evolved matter in the world, be it animal, plant, or mineral, falls under five elements category. In addition, the three humors, physical, mental, and functional components of human beings, are formed by all these elements. Whenever there are any changes in the five elements of the universe, it will reflect in the organisms living in it, which in turn leads to



humoral imbalance, thereby causing diseases. The Siddha system of medicine treats such diseases by means of its holistic approach in harmony with nature. The holistic approach of Siddha, by treating the patient as a whole, with interventions targeted toward complete physical, psychological, and spiritual well-being, makes this science an excellent option for managing lifestyle disorders. To prevent and promote health, this system offers relevant, safe, and well-planned guidelines through Siddha literature Theraiyaryemagavenba.

Siddhars had contributed their knowledge in microbiology. It's quite interesting that ancient Tamil texts classified the pathogens in the body into four categories: pathogens living on the surface of the body, pathogens

living on sputum, pathogens living on blood, and pathogens living in the faeces. Saint Thirumoolar detailed the diseases caused by germs in his verses. The text "Agasthiyarvaisoori" described in detail the smallpox, ill effects of pox, and its prevention protocols like notification by placing neem leaves and turmeric on the door, house isolation, quarantine, and disinfection by means of sprinkling turmeric water. The use of various simple Siddha disinfectant techniques plays a crucial role in maintaining health and thus preventing various communicable and non-communicable diseases.

Antimicrobial resistance poses major threats to public health, causing serious issues for the successful prevention and treatment of communicable diseases. In such instances, Siddha







medicines with proven broad spectrum antimicrobial activity offer possibilities to combat such issues. Besides Siddha Kayakarpam, a unique treatment procedure in the Siddha system of medicine, boost innate immunity, promote general health, and prevent diseases in normal individuals.

The great Siddhars extended their wisdom not only for the well-being of humans but also for traditional animal healthcare practices too. For illustration, they coined some ethnopharmacological preparations, especially for

preserving the health of animals, in their treatises named gajavagadam, mattuvaidhyam, and Agasthiyar Ravanaidhyam. In addition to these, they had explored rabies, a viral zoonotic disease that causes progressive and fatal inflammation of the brain and spinal cord. From this, it is clear that the great Siddhars considered the lives of all living beings and gave ethical commandments to safeguard and ensure health. Besides, Siddhars are very careful in addressing health problems that result from interactions



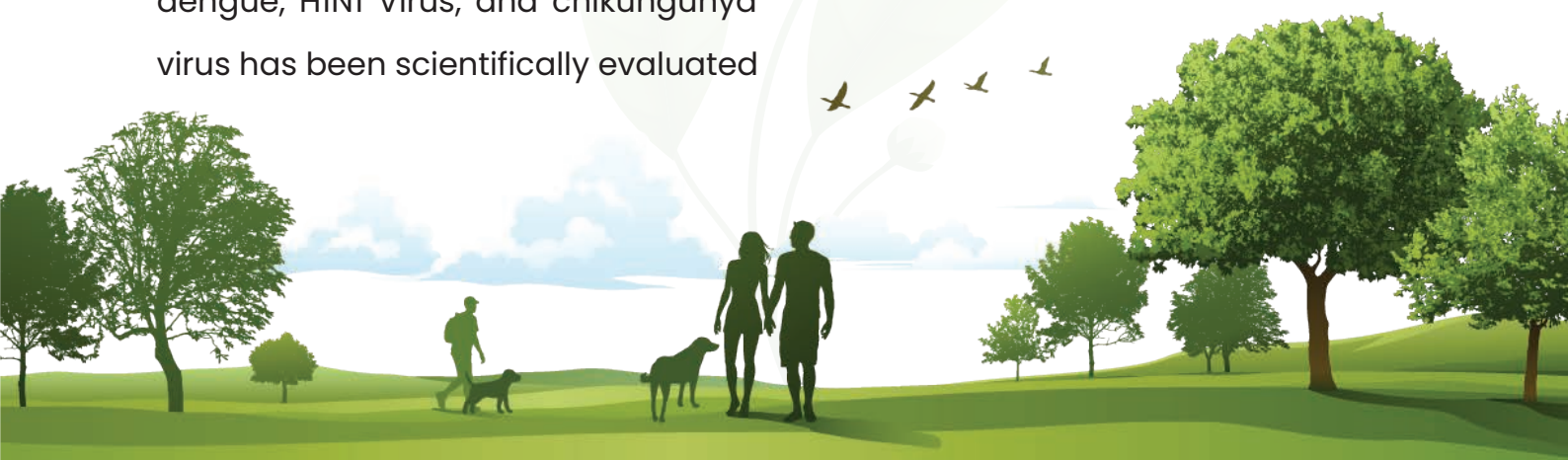




with animals, such as toxic bites and antidote therapy.

Recently, renaissance has happened in the acceptance of the Siddha system of medicine all over India during pandemic season. . The Siddha medicine played a significant role in controlling the mortality rate of chikungunya and dengue in Tamil Nadu by the administration of NilavembuKudineer in 2015. The antiviral activity of NilavembuKudineer against dengue, H1N1 Virus, and chikungunya virus has been scientifically evaluated

through in vitro studies. From this, it is evident that the concept of the One Health approach to balance the health of people, animals, and the ecosystem is not a new domain in in Siddha system. To fully utilize the potential of the Siddha system in One Health approach, integrating concepts like preventive principles to tackle future virus outbreaks, kaya-kalpam, Siddha dietary principles, promoting Siddha-based lifestyles and practices are required.










NATIONAL AYUSH MISSION KERALA



# Sports Ayurveda

*Taking Indian Sports  
to New Heights*



-  *Sports Ayurveda provides safe and effective management of sports injuries with minimal surgical intervention.*
-  *Full functional recovery from sports injuries with minimal scars.*
-  *Even in surgical conditions, patients regain complete functional activity after treatment.*

## Sport Ayurveda Centers

- **Govt. Ayurveda Marma Hospital**  
Kanjiramkulam, Trivandrum
- **District Ayurveda Hospital**  
Asramam, Kollam
- **District Ayurveda Hospital**  
Kacheripady Junction, Ernakulam
- **District Ayurveda Hospital**  
Paremavu, Idukki
- **KISAR** (Kerala Institute of Sports Ayurveda & Research)  
Patturaikkal, Thrissur



To know more, connect with us : [www.nam.kerala.gov.in](http://www.nam.kerala.gov.in)