

## Opportunities and Challenges in Siddha System of Medicine

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**Abstract:** Owing to the greatness of the traditional Siddha system of medicine to the global acceptance inclined work is the timely need by the research scholars and the students. The uniqueness reserved for about centuries beyond had its own challenges. Nevertheless this is attained effortlessly by the organized team work and in good leadership. In Reference to usage of Traditional Chinese medicine at a maximum level by the people, the author has attempted a short communication to sort out the challenges and opportunities in Siddha system of medicine which will be accomplished to reach the people in maximum.

**Keywords:** Siddha, traditional, opportunities, challenges

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### I. Introduction

Ancient siddha system of medicine defined by siddhars has its unique history of more than 5000 years in southern parts of Tamilnadu. Despite its uniqueness the global acceptance of this system of medicine is quite lacking when compared to Traditional Chinese Medicine. In recent years, the results proved that the Siddha formulations worked well in the epidemic conditions like chikungunya and dengue fever competing the present situation. The proper standardized forms of the same in terms of clinical and toxicological parameters will certainly ensure wider acceptance. We need to work on every possible way in to improve Siddha education, create interest in research and development of Siddha products, establish standard nomenclature of Siddha terminologies, develop collaboration with Global organizations interested in traditional medicine, establish standard operating procedures(SOPs) develop GMP facilities and methodologies for product development. These challenges can be accomplished with diligent use of funds, resources and adherence to strict professionalism. This can be further amplified with the synergy of political will and assuring leadership.

The importance of preventive medicine is reiterated in many research articles. For example "Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized controlled trial" shows the effect of science of breath as explained by the saint Thirumoolar. There are many studies which demonstrate that disease get worsened due to change of lifestyle e.g. "Smoking and other risk factors of cardiovascular diseases, connected with arteriosclerosis among youth". In view of the fact that lifestyle changes, diet and exercise alone could reduce metabolic disease burden, the Traditional Medicine, which emphasizes these aspects in their practice can play a very important role in developing robust preventive medicine programs to complement interventional therapies. The key for success lies in improving the standard of teaching and training Siddha doctors in colleges and teaching hospitals complying with standards such as NABH. This will enable and upgrade skills of the practitioners address the current healthcare needs. The need of the hour is to develop appropriate models and demonstrate sufficient scientific evidence for the various therapies of this ancient system and integrate Siddha System of medicine in healthcare delivery and National health programs.

### II. Conclusion

Finally there is a need evidence-based applications and research by Siddha practitioners in the following areas: The key areas are as follows:

1. Standardization of quality control (R & D);
2. Sustainable development of resources;
3. Integration of Siddha in health delivery systems;
4. Promotion of science and technology as integral part of Siddha

Addressing the above will certainly equip Siddha system to face the challenges and covert them into opportunities for the benefit of mankind and the Siddha practitioners. Finally it will transform Siddha System of medicine to evolve into a robust Integrated Healthcare platform that meets global standards.

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