

Siddha Medicine is one of the oldest forms of treatment practised, especially in South India. The aim of Siddha medicine is to make the body perfect and differs vastly from the other conventional forms of medicine. Siddha concentrates on healing your medical condition from within and as a result, a more solid foundation towards eliminating your disease can be had. There are vast types of symptoms and deficiencies that can be treated by Siddha medicine.

The Siddha system comprises essentially of philosophical concepts including the four main components: 1. Iatro-chemistry, 2. Medical practice, 3. Yogic practice and 4. Wisdom. The Siddha system is evolved based on ninety-six tools (96 Tattuvam) which include physical, physiological, psychological and intellectual aspects of every human being. Among them the five elements viz, are the fundamental units of everything in the human body and the cosmos. There are three vital life factors (Vali, Azal, Aiyam) responsible for good health. These life constituents are formed by five elements in different combinations. There are seven physical constituents in our body-- nourishing essence, blood, muscle, fat, bone, nervous tissue and sperm/ovum. Their physiological and pathological features are explained in Siddha literature and they are applied in the practice. Holistic approach is the cornerstone of Siddha treatment. Treatment procedures in Siddha system of Medicine help in normalizing the altered vital life factors. Taste of food and medicine has been

accorded lot of importance in the principle of treatment. Every taste is constituted by the combination of two basic elements. Selection of drugs for the treatment of diseases is also based on the six tastes. In addition to primary healthcare, Siddha treatment is popular in the treatment of acute and chronic ailments like arthritis, diabetes mellitus, obesity, hyperlipidaemia, hemiplegia, paraplegia, parkinsonism, muscular disorders, respiratory diseases, digestive disorders, gynaecological disorders and skin diseases including psoriasis and vitiligo.

Agastyar or Agasthya, is believed to be the founding father of Siddha Medicine. Eighteen Siddhars are considered to be pillars of Siddha Medicine. Siddha medicine is claimed to revitalize and rejuvenate dysfunctional organs that cause the disease.

Siddha treatment is very effective for arthritis, joint diseases, skin diseases, Urinary Tract Infections (UTI), renal stones, liver problems, neurological disorders and hemiplegic conditions. Siddha system also offers an effective treatment for minor ailments including cold, cough and fever.

Siddha has safe herbal and herbo mineral treatment for psoriasis, eczema, alopecia, diabetic ulcer, warts, vitiligo, pemphigus, pompholyx, leprosy, and many more very common and rare diseases. Lifestyle modifications including diet are important.

Siddha practitioners believe that five basic elements – earth, water, fire, air, sky – are in food, "humours" of the human body, and herbal,

animal or inorganic chemical compounds, such as sulfur and mercury, used as therapies for treating diseases.

Every individual can have Siddha treatments. They are extremely safe and can be had by persons who are undergoing other medications too. Siddha medicines usually do not hamper with other treatment plans and they only concentrate on eradicating the disease from the source. There will be no side effects when using Siddha medicines. This ancient technique of healing are found to be extremely safe through many researchers and are not known to hamper with other medications and drugs you might be having.