

DEPARTMENT OF UNDERGRADUATE SIRAPPU MARUTHUVAM
GOVERNMENT SIDDHA MEDICAL COLLEGE AND HOSPITAL
PALAYAMKOTTAI, TIRUNELVELI – 627002

INTRODUCTION

The Government Siddha Medical College and Hospital has been functioning with excellence since 1964 as the first Government Siddha Medical College in Tamil Nadu. The Department of Sirappu Maruthuvam plays an important role in undergraduate Siddha medical education by imparting knowledge and practical training in various specialized therapeutic procedures described in Siddha literature.

The department provides undergraduate students with comprehensive training in external therapeutic procedures, preventive healthcare approaches, rehabilitation techniques, and traditional Siddha treatment modalities. The curriculum is designed to equip students with both theoretical understanding and clinical exposure to specialized Siddha therapies.

SPECIAL FEATURES OF SIRAPPU MARUTHUVAM

Sirappu Maruthuvam is one of the unique branches of Siddha medicine that mainly focuses on external therapeutic procedures and specialized treatment methods. These therapies are widely utilized for the management of neurological, musculoskeletal, dermatological, Psychiatric and lifestyle-related disorders

Traditional Siddha external therapies have been practiced for generations in Tamil culture as preventive, promotive, and curative healthcare approaches. The department emphasizes preserving these traditional practices while integrating scientific and clinical perspectives for modern healthcare applications. Students are trained to understand the therapeutic principles, indications, contraindications, and clinical applications of various Siddha external treatment procedures.

The department also provides specialized Siddha psychiatric care aimed at supporting the management of stress-related disorders, anxiety, insomnia, behavioral disturbances, and psychosomatic conditions through holistic Siddha approaches. Therapeutic modalities including external therapies, herbal

formulations, lifestyle regulation, astanga yogam, and dietary management are incorporated to promote mental well-being and improve quality of life.

In the fi the department offers Kayakarpam therapies, a rejuvenative treatment protocol in Siddha medicine designed to promote healthy ageing, enhance vitality, improve immunity, and maintain physical and mental wellness. These therapies focus on revitalization of body systems through specialized medicines, dietary regimens, yogic practices, and preventive healthcare principles for the elderly population.

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SPECIALIZED TREATMENT METHODS PRACTICED

Under the guidance of experienced faculty members, several specialized Siddha therapeutic procedures are demonstrated and practiced in the department. These include:

- Thokkanam (Therapeutic massage)
- Podi Thimirthal
- Ottradam
- Pugai
- Varmam
- Steam therapies
- Bandaging methods
- Traditional rehabilitation procedures
- Yoga practice
- Tharai
- Thappalam & thalam

These therapies are commonly utilized for conditions such as:

- Neuromuscular disorders
- Musculoskeletal conditions
- Sports injuries
- Paralytic disorders

- Chronic inflammatory conditions
- Stress-related disorders
- Psychiatric conditions

Students receive clinical exposure in patient assessment, therapeutic application, hygiene protocols, and patient rehabilitation techniques. Emergency supportive approaches and traditional first-aid concepts in Siddha medicine are also introduced during training sessions.

ACADEMIC AND RESEARCH ACTIVITIES

The Department of Sirappu Maruthuvam actively encourages undergraduate students to participate in academic presentations, seminars, workshops, and clinical discussions related to Siddha specialized therapies.

Students are motivated to undertake:

- Literature reviews
- Clinical observations
- Case discussions
- Research-oriented academic activities

The department regularly organizes:

- Continuing Medical Education (CME) programs
- Workshops on Siddha external therapies
- Medical camps
- Public health awareness programs
- Demonstration sessions for traditional therapeutic procedures

Academic papers and presentations related to Siddha external therapies and rehabilitation methods are presented in various national and institutional scientific forums.

The department also promotes awareness regarding healthy lifestyle practices, preventive healthcare, and the role of Siddha medicine in improving quality of life.

CONCLUSION

The Department of Undergraduate Sirappu Maruthuvam continues to contribute significantly to Siddha medical education by preserving and promoting traditional Siddha therapeutic practices through systematic academic training and clinical exposure. We take pride in training future Siddha physicians capable of delivering safe, effective, and holistic healthcare services through specialized Siddha treatment methods.