Published by:

NATIONAL INSTITUTE OF SIDDHA
(An Autonomous body under the Ministry of AYUSH, Govt. of India)
Tambaram Sanatorium, Chennai - 600 047, Tamilnadu, India.

Tel (Admin) : +91(0)44-22411611
Fax : +91(0)44-22381314
Tel (Hospital) : +91(0)44-22380789
E-Mail : nischennaisiddha@yahoo.co.in
Website : www.nischennai.org
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SIDDHA SYSTEM OF MEDICINE</td>
<td>4</td>
</tr>
<tr>
<td>NATIONAL INSTITUTE OF SIDDHA</td>
<td>7</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>8</td>
</tr>
<tr>
<td>HOSPITAL SERVICES</td>
<td>9</td>
</tr>
<tr>
<td>SPECIAL THERAPIES</td>
<td>15</td>
</tr>
<tr>
<td>SWACHH BHARATH MISSION</td>
<td>21</td>
</tr>
<tr>
<td>RESEARCH</td>
<td>22</td>
</tr>
<tr>
<td>INFORMATION EDUCATION COMMUNICATION</td>
<td>22</td>
</tr>
<tr>
<td>ACHIEVEMENTS</td>
<td>23</td>
</tr>
<tr>
<td>PUBLICATION</td>
<td>24</td>
</tr>
<tr>
<td>FACILITIES OF NIS</td>
<td>26</td>
</tr>
</tbody>
</table>
SIDDHA SYSTEM OF MEDICINE

Siddha System of Medicine is one of the ancient traditional system of medicine, practiced in the peninsular part of India, propounded and developed by esoteric immortal personalities, ‘Siddhars’ who defied death, preached the philosophy of Siddha Medicine and theory of immortality. Agathiyar is believed to be the founding father of Siddha Medicine. Eighteen Siddhars are considered to be important in Siddha Medicine.

Siddha Medicine had a history dated several thousand years back. It is the crystallization of the rich experiences of Tamil people’s long struggle against diseases. This is not only a system of medical science, but also a part of culture of the society and it employs a holistic approach in its treatment methodology and it has made enormous contribution to the healthcare of the people.

Kayakarpam (special combination of medicine and lifestyle) and Muppu (the universal Salt) are few among the speciality of Siddha system of medicine.

Basic concepts

Siddha system of medicine has its own fundamental principles, anatomy, physiology, pathology, an extensive set of pharmacopoeia and various types of internal medicines and external therapies in practice, with specialization in iatro-chemistry well before the development of modern science.

According to this system, the human body is the replica of the universe and so are the food and drugs irrespective of their origin. This system believes that all objects in the universe including human body are composed of five basic elements namely, earth, water, fire, air and ether. The food, which the human body takes and the medicines used are all made up of these five elements. The proportion of the elements present in the drugs vary and their preponderance or otherwise is responsible for their actions and therapeutic results.

This system considers the human body as a conglomeration of three humours, seven basic tissues and ninety
six thathuvams (96 philosophy of humans). The food is considered to be basic building material of human body which gets processed into humours, body tissues and waste products. The equilibrium of humours is considered as health and its disturbance or imbalance leads to disease or sickness.

This system also deals with the concept of salvation in life. The exponents of this system consider achievement of this state is possible by medicines and meditation.

Siddha system of medicine has become popular all over the world which ensures prevention and promotion of health / well being through principle of “Food is medicine and Medicine is food”, lifestyle modifications, meditation etc and its uniqueness in treating diseases.

**Materia Medica**

The system has developed a rich and unique treasure of drug knowledge in which use of various types of herbs, metals, minerals and animal products is very much advocated. Apart from the vast herbal sources some idea about the depth of knowledge the system possesses in the field of mineral, materia medica has been formed from the detailed drug classification, briefly described below: There are 25 varieties of water-soluble inorganic compounds called Uppu. These are different types of alkalies and salts.

There are 64 varieties of mineral drugs that do not dissolve in water but emit, vapors when put in fire. Thirty-two of these are natural and remaining are artificial.

The system has a classification of metals and alloys, which melts on heating and solidifies on cooling. These include gold, silver, copper, tin, lead and iron. These are incinerated by special processes and are used in medicine. There is a group of drugs that exhibit sublimation on heating and includes mercury and its different forms like red sulfide of mercury, mercuric chloride and red oxide of mercury etc.
Sulphur, which is insoluble in water, finds a crucial place in Siddha materia medica along with mercury for usage in therapeutics and in maintenance of good health. In addition there are drugs obtained from animal sources like milk and milk products, conch and coral etc.

**Uniqueness of Siddha**

There are 32 types of internal medicine like Tablet, Decoction, Parpam, Chenduram, etc and 32 types of external therapy such as non - invasive surgery, setting of bones, cauterization, blood letting, leech therapy, Karanool treatment etc. Kayakarpam (special combination of medicine and life style) and Muppu (the universal Salt) are speciality of Siddha system of medicine.

The Siddha system is capable of treating all types of disease. In general, this system is effective in treating all types of skin problems particularly Psoriasis, Eczema, Vitiligo. Hemiplegia, Urinary tract infections, diseases of liver and gastro intestinal tract, general debility, anaemia, fevers in addition to arthritis, allergic disorders and diseases of children.
NATIONAL INSTITUTE OF SIDDHA

National Institute of Siddha is an autonomous, premier Institute for Siddha System of Medicine functioning under the Ministry of AYUSH, Government of India. This Institute was dedicated to our nation by our Hon’ble Prime Minister of India Dr. Manmohan Singh on 3rd September 2005. The National Institute of Siddha has good infrastructure and well maintained Hospital premises in a neat and tidy manner.

This is an apex Institute for Siddha Medicine to develop human resources, render health care services, promote and propagate Siddha Medicine and undertaking research to establish evidence based medicine.

National Institute of Siddha, Chennai is located in a 14.78 acres spacious campus in Tambaram Sanatorium.

It is easily accessible by Air / Bus / Train from Chennai Railway Station / Central Bus stand / Airport and situated in Grand Southern Trunk Road, Tambaram Sanatorium. This is an exceptional project to have created a man-made pond in our institutional premises as a water conservation measure. A sewage recycling plant provides water for the herbal garden. This Institute is poised to reclaim the glory of Siddha System so that the system can play a major role globally in the field of health care.
EDUCATION

M.D (Siddha)

National Institute of Siddha is offering 3 years Doctor of Medicine (M.D Siddha) Post Graduate Course in Siddha Medicine. The Institute is affiliated to The Tamil Nadu Dr.M.G.R. Medical University, Chennai and it follows the syllabus and curriculum approved by the Central Council of Indian Medicine (CCIM).

Admissions are made based on the performance in the entrance examination conducted by the Institute.

Every year 46 PG scholars are admitted in six branches of Postgraduate M.D(Siddha) courses namely,

i. Maruthuvam (General Medicine)
ii. Gunapadam (Pharmacology)
iii. Sirappu Maruthuvam (Special Medicine)
iv. Kuzhandai Maruthuvam (Paediatrics)
v. Noi Nadal (Siddha Pathology)
vi. Nanju Noolum Maruthuva Neethi Noolum (Toxicology and Medical Jurisprudence).

Ph.D (Siddha)

This Institute has been recognized as a centre for carrying out Ph.D programme in six departments and leading to the award of Ph.D degree in Siddha by The Tamil Nadu Dr.M.G.R Medical University, Chennai. Apart from part-time Ph.D programme, two regular Ph.D’s in each department are pursuing their research works.
HOSPITAL SERVICES

Out-Patient Department (OPD)

In the Ayothidoss Pandithar Hospital attached to this Institute, an Outpatient department benefiting more than 1800 outpatients daily and an Inpatient department with a capacity of 200 beds are functioning and the bed occupancy remains more than 90%.

WORKING HOURS:
8 a.m to 12 noon (all the days in a year)

Patient (New or Old) has to get registered in the registration counter, if he / she is a new patient, a Registration book will be issued on payment of Rupees Five only. Doctors will write the prescription medicines and diet in the book for patient information. This book has to be brought by the patient every time he/she visits OPD for consultation.

Consultation at OPD and Medicines for 5 days are given free of cost to all the outpatients. Laboratory Investigations are free. Some sophisticated equipment based laboratory investigations are done on payment basis.

In-Patient Department (IPD)

GENERAL WARD (FREE TREATMENT WARD):

- IPD has got a bed strength of 200.
- Siddha medicines, food and laboratory investigations are provided free of cost.
- Depending on the disease, special external treatment techniques such as Thokkanam, Varmam, Yogam, Patru, Ottradam, Vethu, Pugai are provided to patients free of cost.
In-patient department has excellent treatment sections separately for men, women and children.

**PAY WARD:**

- This section has a bed strength of 12 nos.
- Only Rs 350/- is charged per day
- Minimum Laboratory Fee will be charged.
- Depending on the disease, special treatment methods such as Thokkanam, Varmam, Pattru, Ottradam, Vethu, Pugai are rendered free of cost.

In the IPD, disease specific diet like Vatha diet, Pitha diet, Mathumegam diet, Skin diet, etc. are given based on the principles of Siddha medicine.
SPECIAL OPDs:

In special OPDs medicines are given for 7 days at free of cost for all the patients.

**Geriatric OPD:**
Every Tuesday
from 3 p.m to 5 p.m.

**Yoga OPD:**
Every Friday
from 8 a.m to 12 noon

**Cancer OPD:**
Every Wednesday
from 3.00 p.m. to 5.00 p.m.

**Fertility OPD:**
Every Friday
from 3.00 p.m. to 5.00 p.m.
COMMON DISEASES TREATED IN AYOTHIDOSS PANDITHAR HOSPITAL

Mathumegam (Diabetes Mellitus)
Eraipppu Erumal (Bronchial Asthma)
Elaippu Erumal (Pulmonary Tuberculosis)
Iya Eraippu (Bronchial Asthma)
Kaasam / Erumal (Cough)
Manthaara kaasam (Seasonal Asthma)
Suram (Fever)
Vaatha suram (Chikungunya)
Kaba Suram (Flu)
Lasuna thaabitham (Tonsillitis)
Peenisam (Sinusitis)
Kuruthi Azhal Noi (Hypertension)
Kurar kammal (Hoarseness of voice)
Athi Veethana Noi (Hyperthyroidism)
Kurai Veethana Noi (Hypothyroidism)
Suryaavartham (Diurnal Headache)
Chandraavartham (Nocturnal Headache)
Paandu (Anaemia)
Sobai (Oedema, dropsy)
Kaamaalai (Jaundice)
Gunmam (Peptic ulcer, dyspepsia)
Gunmasoolai
Ajeeranam (Indigestion)
Malakkattu (Constipation)
Kazhichal (Diarrhoea)
Seetha / Kuruthi kazhichal (Dysentery)
Kuruthi Moolam (Bleeding piles)
Moolam (Haemorrhoids)
Pouthiram (Fistula - in - ano)
Seezhkkatti (Abscess)
Akkaram (Stomatitis)
Kalleeral Noi (Liver disease)
Pithappai kal (Cholelithiasis)
Peruvayiru (Ascites)
Neer churukku / Moothira kiricharam (UTI)
Kalladaippu (Urolithiasis)
Athithoola Rogam (Obesity)
Thamaraga Noi (Heart disease)
Anda veekkam (Scrotal swelling)
Thaathu Nattam (Spermatorrhoea)
Napunjakam (Impotence)
Maladu (Infertility)
Soothakathadai (Amenorrhoea)
Sinai(ppai)kkzhalai (Ovarian tumour)
Soolaka Neerkkazhalai (Ovarian cyst)
Perumpaadu (Abnormal menstruation)
Vellai noi (White vaginal discharge)
Silipaatham (Filarisis)
Ninakkazhalai (Lipoma)
Katti (Tumour)
Thazhumbu Thisu Valarchi (Keloid)
Enbumurivu (Fracture)
Eka anga vaatham (Monoplegia)
Pakka vaatham (Hemiplegia)
Aruna vaatham (Paraplegia)
Mutrudal vaatham (Quadriplegia)
Cegana vaatham (Cervical spondylosis)
Thandaga vaatham (Lumbar spondylosis)
Kuthikaal vaatham (Painful heel)
Nadukku Vaatham (Parkinson’s disease)
Kumba vaatham (Periarthritis)
Lahu pakka vaatham (Hemiparesis)
Muga vaatham (Facial paralysis)
Vaathasoolai (Neuralgia, Myalgia)
Karapaathasoolai (Peripheral neuropathy)
Vaathasthambam (Sciatica)
Sevi soolai (Ear ache)
Ulappirazhu / Mana Noi (Mental disorder)
Valippu Noi (Convulsive disorder)
Kudiveri Noi (Alcoholic intoxication)
Naala vibaatham (Varicose veins)
Valikkeelvaayu (Rheumatic arthritis)
Azhal keel vaayu (Osteoarthritis)
Uthira vaatha suronitham / Vali Azhal keel vayu (Rheumatoid arthritis)
Adipatta keelvayu (Traumatic arthritis)
Ovvamai (Allergic condition)
Karappaan (Eczema)
Podugu (Dandruff)
Pitha vedippu (Fissure foot)
Kaal ani (Corn)
Mudiuthiral (Hair falling)
Venirkatti (Summer boil)
Mugapparu (Acne, Pimples)
Kaalanjaga padai (Psoriasis)
Viranam (Ulcer)
Karumpadai (Hyperpigmentation)
Marul (Wart)
Ven pulli (Leucoderma, Vitiligo)
Padar thaamarai (Tinea)
Themal (Tinea versicolor)
Virpodagam (Boils)
Akki (Herpes zoster)
Nagachutru (Whitlow)
Kanaakkadi (Urticaria)
Puzhuvettu (Alopecia)
Nala vibaatha pun (Varicose ulcer)
Ela narai (Premature greying of the hair)
Kan Noigal (Diseases of eyes)
SPECIAL THERAPIES OF SIDDHA MEDICINE

THOKKANAM

This is one of the unique special therapies in Siddha. Thokkanam means manipulation over the skin and muscles. There are nine types of such manipulation techniques.

In the department of Sirappu Maruthuvam, Thokkanam treatment is given regularly for the patients of loco-motor Disorders — Vaatha diseases and Keel vaatham (Joint) diseases. As per the methods prescribed by the faculty members masseurs provide oil massage and Thokkanam treatment to O.P and I.P patients regularly. Commonly Thokkanam and oil massage are given simultaneously depending upon the clinical conditions.

YOGAM

Yogam is an important and integral part of Siddha system of Medicine. There are eight steps or types of Yogam namely, Iyamam (Purification of mind), Niyamam (Purification of deeds), Asanam (Postures), Pranayamam (Breathing techniques), Prathyaharam (Control or Withdrawal of senses), Dharanai (Concentration), Dhyanam (Meditation) and Samadhi (Achieving the goal, Becoming one with God). Depending upon the clinical conditions, techniques of asanam, pranayamam and dhyanam are employed to treat the patients.
**VARMAM**

This is a unique therapeutic technique in Siddha. These are energised points all over the body especially at junctions of nerves, muscles, tendons and blood vessels where pranic energy remains vibrant. Manipulation in the form of pressing with fingers (which may be followed by massage) on such points will release the pranic energy which will reach the site(s) of affection and bring relief.

**KARANOOL THERAPY**

Karanool therapy is an unique para surgical treatment carried out for the management of fistula-in-ano. It is a method of chemical cauterization of the patient fistulous tract. Caustic substances like Achyranthus salt, Dalmia extensa salt etc. are smeared on a surgical linen thread which is used to cut the tract. The major advantages of this procedure are, it will preserve the function of continence and prevents the recurrence of the condition.

**ATTAI VIDAL (LEECH THERAPY)**

Attai vidal is a procedure used to remove toxins from blood using leeches. It is useful in arthritis, eczema, certain eye diseases, dysmenorrhoea and traumatic swelling.
**SUTTIGAI (CAUTERIZATION)**

Burning of the tissues to remove or close a part of it. Usually used to stop heavy bleeding. It is used in Scrotal swelling, Abdominal swelling, Kapha disorders etc.

**PATRU (POULTICE)**

A poultice, also called cataplasm, is a soft moist mass, herbs often heated and medicated, is spread over the skin to treat an aching, inflamed, or painful part of the body. Poultices are also applied in skin diseases as emollient, anti-microbial and anti-allergic. Patients with Frozen shoulder, Lumbar spondylosis are treated with this procedure.

**OTTRADAM (FOMENTATION)**

Ottradam is given to the patients with the complaints of contusion and other swelling. It is also used in certain dermatological conditions. Ottradam is the application of hot or cold packs of substances like medicinal leaves, pulses, cereals husk, lime, brick powder, etc. on or around the affected part, this ‘warm application’ induces fomentation, or sweating which helps to disperse aggravated doshams in the affected area and dilating all body channels for cleansing.
POOCHU (ANOINTING)

Application of liquid formulation locally. Application of medicated oils or herbal juices or mixtures of powdered drugs. This is mainly used to reduce Pitham and disease related to Vaatham, Eczema etc.

PUGAI (FUMIGATION)

Fumigation is an inhalation therapy with medicinal herbs. The main purpose of this procedure is infection control. Fume inhalation therapy is given to the patients with respiratory ailments like sinusitis, bronchitis, allergies, ear diseases, dental carries and asthma. This method is also done on different parts of the body apart from inhalation like in non healing ulcers, fistula, ano-rectal diseases, poisonous bites, stings and skin diseases.

KATTU (BANDAGE DRESSING)

The application of medicine made of herbals, inorganic substances to the affected area and bandaging it - dressing. It is applied for cases with inflammations, open wounds, painful conditions etc.

NASIYAM (NASAL DROPS)

A process by which the drug is administered through the nostrils - Nasal instillation. This application wards off the diseases of head such as sinusitis, nasal block, migraine etc. It gives an instant relief.
**VETHU (STEAM INHALATION)**

A steam inhalation and steam application to either localized regions or the whole body. It treats anorectal diseases, tremors, Rheumatoid arthritis and conditions associated with Vatham.

**SEELAI (MEDICATED GUAZE / PLASTER)**

It is an adjunct used for application to a wound in order to promote healing. It is used for wound healing, chronic ulcers, abscess, neoplasm, fistula etc.

**KOMBU KATTAL (BONE SETTING)**

Kombu kattal is a procedure for immobilizing the fractured bone using splints and bandages with a paste of bone setting herbal materials. This is used to reduce pain and swelling, contusions in fractures.

**POTTANAM (MEDICATED POUCH/PACKS)**

Induction of perspiration by applying heat using heated packs of herbal powder. It is used in eye diseases, tridosham, spondylosis etc.
PASAI (CREAM)

A semisolid lipid or resin / gum based applications, usually fats are used as bases, vegetable oils or bees wax. As with creams they are emollient and protective, but stay on the skin longer. It is used in headaches and painful conditions.

KALIMBU (OINTMENT)

A viscous semi solid preparation used topically. Used in Ulcers, Eczema like conditions.

PEECHU (ENEMA)

Peechu is done using medicated water / medicated oil to evacuate rectum.

ENNAI KATTU (OIL POOLING)

This is a procedure of holding warm medicated oil in the affected area for a specific time. A specific oil in a specific amount is poured into the reservoir and kept in the same condition for a time. This helps the oil to penetrate deeper into the tissues, softening the stiff and tight muscles. This helps to alleviate several painful conditions such as Spondylosis, Inter vertebral disc prolapses, Lumbago (low back ache), Sciatica etc.
SWACHH BHARAT MISSION

According to directions of Ministry of AYUSH, Govt. of India, National Institute of Siddha has implemented the activity of “Swachh Bharat Mission” by undertaking outreach activities like Swasthya Rakshan OPDs and Swasthya Parikshan Camps, in 5 adopted villages / large colonies of socially and economically poor people linking them with cleanliness which is the fundamental pavement to disease prevention.

Free Siddha Medical Camps

National Institute of Siddha is conducting five Siddha Medical Camps in rural and semi-urban areas.

1. Old Perungalathur
2. Sembakkam
3. AGS Colony Hasthinapuram
4. VGP Nagar
5. Kannadapalayam

These camps are conducted as Swasthya Rakshan OPDs and Swasthya Parikshan Camps.

Special OPD for Dengue & Chikungunya

Special OPDs are being conducted during the outbreaks of Dengue (Pitha Suram) & Chikungunya (Vatha Suram). For diagnosis, treatment and follow-up for combating the Dengue like fever through Siddha medicine.

Nilavembu Kudineer, a poly herbal Siddha formulation is prescribed along with regular OPD treatment.
RESEARCH

The research programme in National Institute of Siddha is being carried out by M.D(S) students in the form of dissertation work as a part of the 3 year course. NIS is recognized for offering full-time / part-time Ph.D programme and Ph.D scholars are carrying out research work. Faculty members are also undertaking research projects with support of NIS budget grant / EMR from Ministry of AYUSH.

The research work are broadly categorised into Pre-Clinical (Drug Standardization, Toxicological & Pharmacological studies) and Clinical Research (including Clinical Trials, Health System Research and Epidemiological studies).

All Research proposals will be developed in the form of Protocol and Form-B for Toxicological and Pharmacological studies. All research proposals are screened by Scientific Advisory Committee / Institutional Ethics Committee / Institutional Animal Ethics Committee for adhering all regulatory norms. The clinical studies are entered in the Clinical Trial Registry of India.

Information Education Communication (IEC) Promotion and Propagation of Siddha Medicine:

a. Programmes on the utility and effectiveness of Siddha Medicine is being carried out through the electronic and print media.

b. Students from various Arts & Science, Medical and Paramedical colleges are permitted for visits to NIS to enrich their knowledge in Siddha Medicine.

Shri Nilanjan Sanyal, Secretary, Ministry of AYUSH, Govt. of India visiting NIS Stall in the AROGYA FAIR, Guwahati, Assam on 30.01.2015
c. Participation in all AROGYA FAIRs conducted by Govt. of India for propagation of Siddha system of medicine.

d. Posters on Siddha Medicine are displayed in AROGYA FAIRs, conferences, workshops etc to enlighten the facts of Siddha to the public.

e. Faculty members and P.G. Students are participating in Seminars, Workshops, Conferences and presenting research papers on Siddha medicine exploring to the scientific community.

f. NIS Website contains all activities and information about the Institution, Hospital and Siddha System of Medicine for public. (Website: www.nischennai.org)

Achievements

1. M.D(S) qualified human resource developed - 273
2. Ph.D fellowship awarded - 6
3. Average OPD reporting per day - 1592
4. IPD bed occupancy - 96%
5. ROTP / CME / Workshops conducted - 13
6. Collaborative research projects - 4 ongoing

Shri Nilanjan Sanyal, Secretary, Ministry of AYUSH, Govt. of India inaugurating the National Scientific Workshop on Management of Non-Communicable Diseases in Siddha System of Medicine at NIS
Publications

Books

National Institute of Siddha has published two books during the year 2014 which were developed under collaboration with World Health Organisation and Ministry of AYUSH.

1. Development of Siddha Treatment Guidelines for Selected Diseases
2. Development of Standard Siddha Terminologies
Journal of Siddha

An exclusive journal for Siddha scientific community to explore the scientific facts to the clinicians, researchers, academicians etc, is published by NIS periodically, named "Journal of Siddha".

NIS Newsletter

The events of NIS is informed to the Public, Institutions and Colleges, Hospitals etc, through its quarterly newsletter.
FACILITIES OF NIS

MUSEUM

Museum in NIS was established in the year 2010 with the intention of exhibiting the heritage and importance of Siddha system of medicine to public and to science society as well. It has got a rich specimen collection of raw drugs 261 numbers from plant, animal and mineral origin and a total of 341 numbers altogether. They are mainly used by the Siddha students and public for drug identification and reference purpose. It also houses a good collection of Siddha specific specimens like palm leaf manuscripts (Maruthuva kurippu olaichuvadigal) and some Antique items which were found to be used by the ancient Siddha practitioners (viz.,) Marauri (Bark of tree), Neem tree plate, Kalvam, Marauzhakku, Mara padi, Mara agappai, Surai Kudukai, Pakku ural, Eeya chatti etc., Also Museum contains Miniature Models of Earthen Siddha Medicine preparation instruments like, Avienthiram, Mezhugu thaila enthiram, Kuzhi thaila Karuvi, Thula enthiram, Thooba enthiram, Padhanga karuvi, Senthuram erikkum karuvi, Man aduppu etc.

HERBAL GARDEN

National Institute of Siddha is located at the foot hills of Pachamalai with serene green atmosphere in Tambaram sanatorium. A well built Green house with 250 medicinal plants are grown and maintained for the purpose of identification, conservation and hospital utility. An exclusive Medicinal Garden of 1000 sq.m area is established by the side of the In-Patient hospital. Around 100 medicinal trees and shrubs are planted in the garden for academic purpose. About 100
medicinal trees are also planted in and around the institute to make the campus green and for the utility of patients. Post graduate Siddha students of all disciplines and academic researchers from other institutions are able to learn about 200 medicinal plant species under one roof. The functions of Herbal garden and Green house are, Introduction, multiplication, acclimatization, assessment and documentation of medicinal plant species from various sources. Rare and Endangered medicinal plant species such Saraca asoca, Pterocarpus santalinus, Gossypium arboreum, Orthosiphon stamineus, Ceropegia juncea, Cananga odorata, etc. are conserved in the herbal house and garden.

**AUDITORIUM**

The Institute has a state-of-the-art auditorium in the campus with a capacity of 160 seats. It is centrally Air-conditioned with power back-up generator set. There is a beautiful stage with LCD facilities and audio visual equipments. It has gallery seat arrangement for audience which facilitate the easy view of stage. The Institute offers the usage of Auditorium, on rent for organizing Seminars, Conferences, Cultural Events etc.

**ANIMAL HOUSE**

Animal housing facilities are available for carrying our research in animal experiments. The animal facility is registered under CPCSEA, Government of India. The approval of animal research is granted by the Institutional Animal Ethics Committee (IAEC).

**CANTEEN**

Canteen facility for supply of food to in-patients and public exists with two dining halls for staff and others. Canteen is being operated by out-source agency as per procedure with rate fixed annually for all food items.
MINOR OPERATION THEATRE

There is a Minor operation theatre functioning in NIS under the Aruvai Maruthuvam unit. Aseptic minor surgical procedures are carried out in M.O.T. Some of the procedures performed include Karanool threading for fistula in ano, corn foot excision, Incision and drainage of abscesses, sebaceous cyst excision etc. Necessary equipments like electro cautery, suction apparatus, UV cabinets for karanool preparation etc. are available.

PHYSIOTHERAPY

The physiotherapy section was established on Feb 2013. Our physiotherapy section’s main aim is to promote, maintain and restore physical, psychological and social well-being taking account of variation in health status.

Physiotherapy section take care of conditions like Rheumatoid Arthritis, Ankylosing Spondilitis, Spondylosis conditions, other Ortho Arthritic conditions, Neurological disorders like Hemiplegic, Paraplegic, Cerebellar, Ataxic conditions, Parkinsonism etc.,

Physiotherapy section is well equipped with the best and the latest equipments for the exercise therapy and electrotherapy which includes IRR, SWD, Ultra Sound, Paraffin wax bath, Cervical & Lumbar Traction, Muscle Stimulator, Hot & Cold pack applications etc. Over twelve thousand patients were getting benefited in a year.
LIBRARY

NIS - Library is a unique information resource centre involved in collection of books and other documents on Siddha medicine. The acquisition policy of NIS-Library aims to acquire and retain all important Siddha and other Indian medicine publications published from and relevant to country.

Presently library has 8685 books consisting of 2454 titles. The library has collection of 234 thesis/ dissertations submitted by P.G and Ph.D scholars. New books are added to collection every year. NIS-Library is also subscribing important medical journals and also provides links to number of open access journals. An audio –visual unit is also available in the library block for conducting seminars/ Lecture etc. Departmental library is also functioning in 6 departments of Siddha for immediate reference to teachers and scholar.
Dignitaries visit to NIS

Dr. Santhosh Babu, IAS, Commissioner of Indian Medicine and Homeopathy, Govt. of Tamilnadu

Shri Nilanjan Sanyal
Secretary,
Ministry of AYUSH,
Govt. of India

Shri A.K. Ganeriwala,
Joint Secretary
Ministry of AYUSH, Govt. of India
OPD CENSUS OF NIS

OPD census from the year 2004 - 2014

OPD census for the year 2014

TOTAL NUMBER OF OPD PATIENTS IN THE YEAR OF 2014 = 673318
Serve food with love and affection.

Consume food only if hungry.

Always consume boiled water diluted buttermilk and melted ghee.

Never consume food cooked on the previous day.

Avoid curd in dinner.

Take only cow's milk at night.

Do have a short walk after dinner

Don't walk in polluted areas.

Don't sleep during daytime

Never indulge in immoral sexual activities.

Don't hold nature's call like urination, defaecation for longer time.

Take oil bath in warm water once in four days.

Always give respect to your parents and teachers.

- Theraiyar