

## **National Institute of Siddha COVID19 activities for AYUSH News Letter**

Siddha system of medicine has accepted widely in southern part of India such as Tamil Nadu, Puducherry, Kerala, Karnataka Andrapredesh fight against COVID19. National Institute of Siddha initiated many initiatives to combat this pandemic, Kabasura kudineer/ Nilavembu Kudineer distributed to 50,000 people consists publics in high risk containment zones and frontline workers such as Doctors, Sanitary workers, Police personal etc., with the support of local municipality, administration in allopathic hospitals, SRM medical college and research institute and Chengalparru medical collge to enhance the immunity and as a prophylactic. Siddha immunity medicines distributed to 3000 police personnel in Chennai and New Delhi. One population based prophylactic study on Siddha system of medicines being conducted in 20,000 populations. NIS, through its pilot study on the use of Siddha medicine, has come out with potent combinations of Siddha drugs and is ready to use the combo to prevent the spread of the virus as well as treat the infected. There are three randomized clinical trials on COVID19 patients to evaluate the efficacy of Siddha formulations in COVID19 and post covid conditions. 490 bedded Siddha COVID care centre is functioning under the National institute of Siddha in collaboration with Chengalpattu district administration, Govt.of Tamil Nadu at SRM university campus to treat COVID patients with exclusive Siddha medicines. Another Siddha Covid care centre is functioning in collaboration with CCRS, Chennai Corporation and Govt.of Tamilnadu. The National Institute of Siddha (NIS) confirmed that it has treated patients infected with the coronavirus in a span shorter than the normal recovery time.

### **50,000 Kabasura Kudineer pockets distributed as preventive and immune enhancing campaign**

In the wake of COVID 19 incidences National Institute of Siddha, Chennai is committed to defend the onslaught of the pandemic by providing Kabasura Kudineer as per the directives of Ministry of AYUSH, New Delhi, Govt. of India. Under the guidance of Prof.Dr.R.Meenakumari, Director NIS with a global race to prevent the deadly

coronavirus, NIS has given 'kabasura kudineer' a herbal concoction pockets to effective management of COVID-19 pandemic.

NIS has distributed Kabasura kudineer to at least 50,000 people and frontline workers residing in greater chennai. It helps in improving the immunity and keeping the public healthy and fight against COVID-19. Kabasura concoction is given regularly to the police, public and even the health and sanitation workers, as a precaution in the following areas.

- 🌳 Delhi police perssonel at Police commissionerate, W&EO, New Delhi
- 🌳 Police officials, Chennai city Police Commissionerate, Central Zone
- 🌳 Doctors and frontline workers at Chengalpattu Medical college, Chengalpattu, SRM Medical college, Kattankulathur
- 🌳 Doctors and frontline workers at Government thoracic medicine hospital, Tambaram sanatorium and Government Hospital, Chrompet.
- 🌳 Frontline workers who are all handling Biomedical wastes from NIS.
- 🌳 People in COVID19 containment apartment at pancaliamman koil street, Arumbakkam
- 🌳 Publics in COVID19 containment zone Pallavaram Municipality which consists of muthu sami nagar, kuppu nayakkan pettai
- 🌳 Containment zones in municipalities such as East Tambaram, West Tambaram, Chitlapakkam, Anakaputhur, Pammal, Hasthinapuram, Sembakkam, Chrompet etc.,



As a part of this initiative, today (30.04.2020) the Director, NIS Prof. Dr. R. Meenakumari has inaugurated the dispensing of Kabasura kudineer concoction to all the hospital employees and PG students of Govt. Hospital of Thoracic Medicine, Tambaram Sanatorium and Government Headquarters hospital chrompet .



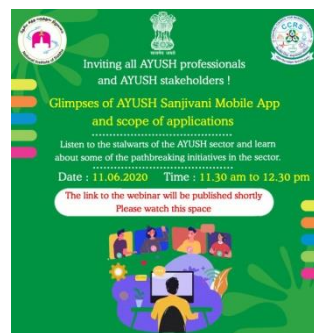
National Institute of Siddha with Chengalpet Medical College and SRM Medical College Hospital have joined hands to treat COVID-19 patients at the COVID facility in SRM hospital with Kabasura kudineer. Also, their frontline health workers with direct contact with SARS-CoV-2 positives and other staff and students are also to be administered Kabasura kudineer for the prevention of Corona infection.



National Institute of Siddha (NIS) organizes siddha medical camp & distribution of Kabasura Kudineer with the support of Central council for Research in Siddha (CCRS) to the Delhi police personnel at Police commissionerate, W&EO, New Delhi and for police officials Chennai city Police Commissionerate, Central Zone, Chennai and more police officials & frontline workers are likely to receive the benefits.

### **AYUSH Sanjivani Mobile application**

We organized Webinar on AYUSH Sanjivani Mobile application and scope of applications on 11.06.2020 along with CCRS. NIS is promoting AYUSH Sanjivani through various social media platforms such as whatsapp, facebook, Twitter, Instagram, You tube etc., on daily basis in multi language such as Tamil, English, Hindi, Telugu, Kannada, Malayalam etc.,. A team of doctors and PG Scholars deputed to promotion of AYUSH Sanjivani among the public and patients visiting to NIS.



## COVID 19 Researches at National Institute of Siddha

As per the guidance provided by Ministry of AYUSH, this Institute has been taking actions to combat the Covid-19 pandemic in several fronts. In order to extend the benefits of Siddha complementary treatment to more number of patients, this Institute proposes to provide treatment with Siddha medicines alone to the patients admitted in COVID19 Isolation wards.

*A prospective non randomized open label controlled intervention study on the effect of polyherbal Siddha formulation Kabasura Kudineer as a prophylactic measure among High risk population (Health care workers / Containment Zone Population) exposed to COVID-19. This is a Interventional, Prophylaxis and Prospective study. Total Sample Size for this study is 40,000. Sample size for Group 1 is 20,000 and receiving*



(Kabasura Kudineer + Standard of care) Sample size for Group 2 is 20,000 receiving (Standard of care only) which will be common control for CCRAS & CCRH. People in Containment zones, Frontline health workers, police personnel and other public servants inclusive of those with direct / primary contacts with COVID positives including in this study (High, moderate and low risk exposures).



## Clinical trials to study about the efficacy of Siddha medicines for COVID19

- *An Open-Label Randomized Controlled Clinical trial to Evaluate the Safety and Efficacy of selected Siddha formulations in patients diagnosed with COVID-19 (Chengalpet Medical College).*
- A Randomized Controlled Clinical Trial to determine the complementary effect of selected Siddha formulations in facilitating the possibility of accelerated recovery in COVID 19 patients (SRM Medical College)
- An Observational Proof-of-Concept (PoC) Study to Evaluate the Safety and Efficacy in COVID-19 patients treated with selected Siddha formulations (SRM Medical College)





These projects were approved by our NIS scientific advisory body and Institutional Ethics Committee by concern institutions. These trials were registered with CTIRI before initiation of recruitment process. The Clinical research is conducting as per AYUSH guidelines for Clinical Research or ICMR guidelines. Compliance with relevant regulations for Bio-medical and Health Research. Compliance to Good Clinical Practice Guidelines. Compliance to National Ethical Guidelines for Bio-medical and Health Research on Human Participation published by ICMR.

#### **490 bedded Siddha COVID Care Centre at SRM University established by NIS**

National Institute of Siddha launched a special Siddha treatment facility for COVID19 patients at SRM University campus, Kattankulathur along with Chengalpeta district administration on 20/08/2020. This center facilitates the Siddha management and research for COVID19. Prof. Dr. R. Meenakumari., Director NIS and Mr. John Louis., Collector, Chengalpeta District Jointly inaugurated a 490-bedded Siddha COVID Care Centre. The Director., NIS said that the facility had been created for the novel coronavirus patients who wish to get treatment for the virus infection under the Siddha medicine could get admitted. NIS will focus upon standalone Siddha treatment and research in the management of Coronavirus positive patients by providing Kabasura kudineer, Amukkura chooranam, Nellikkai leggiyam, Adathodai Manapagu, Siddhar yogam, meditation, steam inhalation, gargling etc.,





### Telemedicine Service for COVID19

National Institute of Siddha has started telemedicine services for the benefits patients during the COVID19 Pandemic. This telemedicine facility is available for general public between 8:00AM to 12:00 Noon Monday to Saturday.

Stop the Spread of Germs

**Telemedicine Service**

Call... 044 - 22380789 for Consultation

Timing : 08.00 am to 12.00 noon (Monday to Saturday)

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