



## **COVID 19 AND ALTERNATIVE MEDICINES: A STUDY BASED SIDDHA MEDICINE**

Dr. S. Kayalini<sup>1</sup> & Dr. S. Srikanthan<sup>2</sup>

Correspondence: kayalini20@gmail.com

### **Abstract**

COVID19 is the epidemic that threatens to spread the world. The medical science is trying to counter COVID 19 outbreaks. In addition to modern medical care, alternative medicine practices have also developed anti-COVID 19 medical structures. Alternative medicine which is culturally unique, built on long-term human life experiences, has recommended clinical explanations for COVID 19, their healing mechanisms, and preventative measures. In this context, the study attempts to better describe the practices of alternative medicine as a clinical solution to COVID19 with special reference to siddha medicine system. Siddha medicine is the primary ethno medicine system in Sri Lanka and South Indian cultural context. Siddha medicine, combined with the traditional medical practice of the Tamil people, has evolved as institutionalized system over the half-century. The objective of this study is to describe how Siddha medical practices related to COVID 19 are seen as an alternative medical practice. This study is based on qualitative methods. The primary data for this study was mainly collected from literatures on basic and fundamental principles of Siddha system of medicine as well as the study of COVID 19. The supplementary data on alternative medical practices for COVID 19 was collected from the discussion with village dwellers selected through purposive sampling. This study reveals how COVID 19 is absorbed under medical practice in terms of the principles related to siddha medicine. Although modern medical science has suggested a variety of interpretations of COVID 19, as well as treatments and preventative measures, alternative medicine around the world have provided medical interpretations of COVID 19 based on their respective medical traditions and philosophies. In this context, it can be observed that in siddha medicine COVID 19 is associated with the inequality of kapah, one of the three main causes of the disease. Kabasura and Nilavenbu Kudineer (decoction) are gaining prominence in Siddha medicine in medical procedures against COVID19. Further, siddha medicine suggests that one can protect oneself from the effects of COVID 19 when one follows a healthy lifestyle and breathing exercises regularly along with wearing face mask and maintain social distances. The study concludes that siddha medicine, which is seen as an alternative medical practice in Sri Lanka and India, maintains medical practices against COVID 19 through its medical supportive treatments and care.

**Key words:** COVID 19, Alternative Medicine, Siddha Medicine

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<sup>1</sup> Ayurveda Medical Officer, Kachchai Free Siddha Pharmacy, Chavachchery Predeva Saba, Kodigamam

<sup>2</sup> Senior Lecturer in Anthropology, Department of Sociology, University of Jaffna