

PROGRAMME CODE - USIC01

ASSOCIATE DEGREE IN CLINICAL SIDDHA MEDICINE- SYLLABUS

FIRST YEAR

CODE	SUBJECTS	CREDITS
USIC01-1	HISTORY & FUNDAMENTAL PRINCIPLES OF SIDDHA MEDICINE	- 8 CREDITS
USIC01-2	MEDICINAL BOTANY	- 8 CREDITS
USIC01-3	PRACTICAL –I	- 8 CREDITS
USIC01-4	PRACTICAL –I	- 8 CREDITS

TOTAL		32 CREDITS

DETAILED SYLLABUS

USIC01-1 HISTORY & FUNDAMENTAL PRINCIPLES OF SIDDHA MEDICINE

SIDDHA MARUTHUVA ADIPPADAI THATHUVANGALUM VARALARUM

Unit 1 Determination of visible and in-visible things (Porul Nirnayam).
Siddhantam, vedantam and other philosophical concepts of Porul Nirnayam i.e. Arusamyam and their literatures.

Unit 2. Three primordial and eternal entities and their siddhantic theories (Pathi, Pasu, Pasam).(1) Pathi (Almighty).

Unit 3 Definition and description of pathi, existence of pathi based on Epistemology (Alavai)

Unit 4 Nine divine manifestations of pathi (Thirumenikal).i.e. 1) Sivam 2) Sakthi 3) Natham 4) Vindhu 5) Sadasivam 6) Maheswaran 7) Ayan 8) Ari 9) Aran.

Unit 5 Five divine powers of pathi:-

1) Parasakthi 2) Aadhisakthi 3) Gnana Sakthi 4) Itcha Sakthi 5) Kriyasakthi

Unit 6 Study of cosmic play (Thirukoothu). (2) Pasu (Soul).

Unit 7 Definition and description of pasu i.e. distinction between pathi and pasu – three kinds of soul – seven kinds of creation– four kinds of birth.

Unit 8 Tholkappiyer's classification based on senses.
(3) Pasam (Bondages)

Unit 9 Definition, description and classification. i.e. Aanavam, Kanmam, Mayai, Mayeyam and Trodanam

Unit 10 Classification of Maya.

1) Sutha Maya : (Siva thathuvam) – 5 – Pure evolutes of Mayai

Unit 11 Sivam – Sakthi – Sadasivam – Easwaram – Sudhavidhai. 2) Asutha Mayai : (Viddya thathuvam) – 7 – Impure evolutes of mayai

Unit 12 Kalam – Niyathi – Kalai – Aragam – Viddhai – Purudan – Mayai
3) Prakruthi Mayai : (Aanma thathuvam) – 24 – peculiar properties of soul

Thanmathiras – 5 – Bootham – 5 – Gnanendriyam – 5 – Kanmendriyam – 5 –

Unit 13 Anthakaranam – 4.

Unit 14. III. Deekai (Initiation towards the highest goal of life) a) Samaya Deekai b) Vishesha Deekai c) Niruvana Deekai

Unit 15. Siddha Markankal (Ways to attain Salvation)

1. Sarya 2) Kriya 3) Yoga 4) Gnana

Unit 16 V. Epistemology (Alavai) – 10 types. 1) Perception (kandal), 2) Inference (Karuthal), 3) Testimony (Urai), 4) Non-existence (Abavam), 5) Deduction (Porul), 6) Analogy (Oppu), 7) Inference by exception (Ozhibu), 8) Co-existence (Unmai), 9) Tradition (Iytheekam), 10) Natural inference (Iyalbu).

Unit 17. Different schools of thought regarding the creation of universe – Relation between macrocosm and microcosm (Andathil Ullathe Pindam).

Unit 18. Five element theory (Iymbootha kolgai) Creation of five elements – Properties of five elements – five fold combination and its description (Panchabootha Panchikaranam) – application of five element theory in Siddha treatment aspect.

Unit 19. 96 Fundamental principles (Thathuvai) and its different concepts i.e. Sivaprakasa Kattalai – Thiruvallavai kattalai – Siddhanta Kattalai – Vedantha kattalai – Thathuva Deepikai – Yugimuni's concept. Bootham – 5 (five elements) – Pori – 5 (Sense organs) Pulan – 5 (Perception by the sense organs) – Karmendriyam – 5 (Motor organs) – Gnanendriyam (The discriminative powers of five senses) – Karanam – 4 (four intellectual faculties) – Arivu – 1 (Wisdom of Self – realization) – Nadi – 10 (Vital channel) – Vayu – 10 (Vital forces) – Aasayam – 5 (Visceral cavities) – Kosam – 5 (five sheaths) – Aatharam – 6 (Six vital centres), Mandalam – 3 (Three regions) – malam 3 (Three impurities of soul) – Thodam – 3 (Three life factors) – Eadanai – 3 (Three worldly attachments) – Gunam – 3 (Three cosmic qualities) – Vinai – 2 (Acts) – Ragam – 8 (Eight passions) – Avasthai – 5 (Five states of consciousness).

Unit 20 Theory of Life factors (Uyir thathukkal) Vali, Azhal and Iyam

Unit 21 Predominant locations – Properties – Physiological functions – Abnormal functions

Unit 22 Increased and decreased features – Classifications – temperament (Tegi).

Unit 23 X. Seven physical constituents (Udal kattukal)

Saram (Primary nourishing juice) – chenbeer (blood) – Oon (muscle) - Kozhuppu (fat) - Enbu (Bone) - Moolai (Bone – marrow and nervous tissue) Suckilam/ Suronitham (Sperm/Ovum). description about 7 physical constituents i.e. Normal function – increased and decreased features.⁵

Unit 24 Five basic properties of drug Suvai (Taste) – Gunam (Properties) – Veeryam (Potency) – Vibavam (Post absorptive tastes) – Prabhavam (Specific action)

Unit 25 Taste – relations with five elements – features of imbalanced intake of six tastes.

Unit 26 Definition and description of the following:- 1) Pathiyam (prescribed regimen) 2) Pattini (fasting therapy) 3) Patru (Plaster) 4) Thokkanam (Physical manipulation) 5) Otradam (Foementation) 6) Rasavatham (Alchemy) 7) Muppu (Siddhars vital substance) 8) Kayakalpam (Science of Rejuvenation) 9) Bethi maruthuvam (Purgative therapy) 10) Vanthi maruthuvam (Emetic therapy) 11) Vethu (Steam or atmothrapy) 12) Idumarunthu (Philters) 13) Nanju (Poisons) 14) Vehangal (Natural urges) 15) Oppurai, Ethiruai, Kalappurai (Synergetic, Anatagonistic, Mixed Principles of treatment).

Unit 27 History of Tamil Nadu including three Tamil Academies.

Unit 28 History of Siddhars:- Agasthiyar – Thirumoolar – Therayar – Yugimuni – Bohar – Sattamuni – Nandhidevar – Ramadevar – Dhanvanthri – Konganavar – Karuvoorar – Kalanginadhar – Pulippani – Pampatti Siddhar – Macchamuni – Romarishi – Korakkar – Idaikadar – Sundaranandhar – Thiruvalluvar – Agaipei Siddhar – Kuthambai Siddhar – Sivavakkiaar – Azhuganni Siddhar – Pulathiar.

Unit 29 Eight kinds of supernatural (Divine) powers – Atomising (Anima), Expansion(Mahima),Lightness (Lahima), Heaviness (Karima), Achievement (Propthi), Obtaining desired things(Prahamiyam), attracting power (Vasithuvam), Attainment of salvation (Esathuvam)

Unit 30 Eight Stages of Yoga (Astanga Yogam)

Iyamam – Niyamam – Asanam – Pranayamam – Prathiyakaram – Dharanai – Dhiyanam– Samadhi.

Unit 31. Purity of mind (Iyamam), Purity of action (Niyamam), Postures (Asanam), Breathing exercise (Pranayamam), Sense withdrawal (Prathyakaram), Concentration (Dharanai),Contemplation (Meditation) (Dhyanam), Ecstasy (Samathi)

Unit 32 Qualities of a good Physician.

USIC01-2 MEDICINAL BOTANY

MARUTHUVA THAVARA IYAL

Unit 1 Definition-History & Importance of Medicinal plants in Siddha science- Plant Biology & Medicinal uses of the following groups :
Thallophytes, Bryophytes, Pteridophytes & Gymnosperms Study of the life-cycle of the following: Gracilaria, Penicillium, Parmelia & Dryopteris.

Unit 2 Taxonomy of Angiosperms-Natural system of classification (Bentham & Hooker)- Herbarium Techniques. Diagnostic Vegetative & Reproductive Characters of the following families:

Unit 3. Ranunculaceae

Unit 4. Menispermaceae

Unit 5. Capparaceae

Unit 6. Malvaceae

Unit 7. Zygophyllaceae

Unit 8. Rutaceae

Unit 9. Meliaceae

Unit 10. Fabaceae

Unit 11. Caesalpiniaceae

Unit 12. Mimosaceae

Unit 13. Cucurbitaceae

Unit 14. Apiaceae

Unit 15. Rubiaceae

Unit 16. Asteraceae

Unit 17. Apocynaceae

Unit 18. Asclepiadaceae

Unit 19. Solanaceae

Unit 20. Acanthaceae

Unit 21. Lamiaceae

Unit 22. Nyctaginaceae

Unit 23. Euphorbiaceae

Unit 24. Piperaceae

Unit 25. Liliaceae

Unit 26. Zingiberaceae

Unit 27. Poaceae

Unit 28 Plant Anatomy-Idealised plant cell structure (Electron microscopic)-Cell organelles & cell inclusions-Role of Anatomy in identification of raw drugs-Epidermal trichomes-Stomatal index- Vascular tissues-Study of the following anatomical structures: Root-Amaranthus sps. Stem-Boerhaavia Leaf-Adhatoda/Senna

Unit 29 Plant Ecology & Plant Tissue Culture: Plants in relation to environment-Hydrophytes, Mesophytes, Xerophytes & Halophytes. Conservation of extant, endangered medicinal plants using Biotechnology (Tissue culture, Cloning), Maintenance of domestic, medicinal gardens.

Unit 30 PLANT PHARMACOGNOSY Study of organized raw drugs based on their morphology: Roots & Rhizomes Woods Barks & Galls Leaves Flowers Fruits Seeds Entire organism

Unit 31 Study of Unorganized raw drugs Dried latex (Opium) Dried juice (Aloe) Dried extract (Agar) Gums (Acacia) Hard resins (Damars) Oleo resins (Turpentine) Gum resins (Asafoetida) Fixed oil (Castor oil)

Unit 32 Phytochemistry-Pharmacological actions of the following:
Glycosides - Anthraquinones, Cardiac & Saponins. Alkaloids-Tropane, Quinine & Indole Tannins-Hydrolysable & condensed Volatile oils-Obtained from various plant parts. Adulteration of Raw Drugs & Detection, Poisonous Plants, Basics of Herbal Drug Standardization.

PROGRAMME CODE - USIC01

ASSOCIATE DEGREE IN CLINICAL SIDDHA MEDICINE- SYLLABUS

SECOND YEAR

CODE	SUBJECTS	CREDITS
USIC01-5	NOI ANUGAVITHI OZHUKKAM	- 8 CREDITS
USIC01-6	VARMA MARUTHUVAM	- 8 CREDITS
USIC01-7	PRACTICAL –I	- 8 CREDITS
USIC01-8	PRACTICAL –I	- 8 CREDITS
TOTAL		32 CREDITS

USIC01-5 : NOI ANUGAVITHI OZHUKKAM

Unit -1 Introduction to preventive and social medicine, concept of man and society, aim and scope of preventive and social medicine, relations between economic factors and environment in health and disease.

Unit-2 The ways to lead a disease free life as said by ancient siddhar Theriyar.

Unit-3 The five landscapes and occurrence of its diseases.

Unit-4 Urbanisation –Town planning

Unit-5 Industries- Occupational diseases and its preventions.

Unit-6 Waste management – Excreta disposal and modern sewage treatment. Modern housing and Vaasthu.

Unit-7

Disposal of dead bodies- Electronic crematorium. Seasons (Perumpozhuthu, Sirupozhuthu)- Principles to be followed in the above seasons and the specific food.

Unit-8

Water- Uses- Sources- Pollution and its related diseases, Purification and distribution.

Unit-9

Atmospheric temperature- Effects of heat stress- Effects of cold stress- Preventive measures of global warming – humidity.

Unit-10 Air pollution- Health aspects. Prevention and control , ventilation- Types, Lighting.

Unit-11 Noise- effects of noise pollution.

Unit-12 Good habits –Personal hygiene (oil bath etc.) – Dressing – gems and pearls- Their medicinal effects.

Unit-13

Food- Six tastes – Three types of food- Toxicity- Adulteration –Food borne diseases – Prevention and control – Food standards.

Unit-14 Drinks – Properties of hot water linked with utensils – fruit juices.

Unit-15 Uses of beetle leaf and nut.

Unit-16 Rest and sleep – Types of bed – Sleeplessness.

Unit-17 Nutritious and balanced diet- Role of fibres, cereals, vegetables – Greens – fruits – honey– animal proteins – fish - birds – pickles etc.

Unit-18 Milk and its products – Diseases – Thritoda sama porulgal.

Unit-19 Serving procedures – types of vessels and their effect on food preparation.

Unit-20 Communicable diseases.

Causes –Symptoms –Prevention and control of Chicken pox- Measles – Mumps – Influenza –Diphtheria – Whooping cough – Tuberculosis etc.

Unit-21 Intestinal infections:

Causes, symptoms, prevention and control of Poliomyelitis – Viral hepatitis – Cholera – acute diarrhoeal diseases – Typhoid –

Unit-22 Food poisoning – Amoebiasis – Ascariasis – Hookworm infestation etc.

Unit-23 Arthropod borne infections;

Causes, symptoms, Prevention and control of Dengue – Malaria – Filariasis.

Unit-24 Surface infection: Causes, symptoms, Prevention and control of Trachoma – Tetanus – Leprosy – STD – AIDS.

Unit-25 Health information and basic medical statistics –health information – sources.

Unit-26

National health programmes – NMEP – NFCP – NLCP – NTP –National Aids control programme – National programme for control of blindness – Iodine deficiency disorders programme – National cancer control programme – National mental health programme.

Unit-27

National diabetes control programme –

Unit-28

Child survival and safe motherhood programme–

Unit-29

National family welfare programme –

Unit-30

National water supply and sanitation programme – Minimum needs programme.

Unit-31

Public health administration and International health relation.

Unit-32

Siddha concept of prophylaxis – immunology and personnel hygiene.

www.bsscommunitycollege.in

USIC01-6 VARMA MARUTHUVAM

UNIT -1 Definition – Description about the importance of Varmam – why it is called as Unique feature of Siddha system : -

UNIT-2 History of Varma, Guru vanagam, Varmani Padal,

UNIT-3 Basic Philosophies related to the formation of Varma points –classification based on three humours – based on anatomical locations –

UNIT-4 based on signs & symptoms –

UNIT- 5 special & particular physical manipulation techniques & massage pertaining to Varma therapy –

UNIT -6 pulse diagnosis of varma patients – NAADI PAARTHAL
Naadi's spread from head to toe in a descending manner . It can be felt with three fingers viz; ring, middle and index fingers in the same order (with ring finger above, towards the body) by applying very little pressure and releasing it , changes in vatham, pitham and kapam are reflected on the pulses which can be felt with the three palpating fingers.

UNIT – 7 VATHA NAADI

During pulse reading , the pulse felt with the index finger is the vatha naadi.

UNIT – 8 PITHA NAADI

During pulse reading , the pulse felt with the middle finger is the pitha naadi.

UNIT – 9 KAPA NAADI

During pulse reading , the pulse felt with the ring finger is the kapa naadi.

UNIT – 10 AATHMA NAADI

The pulse that is felt with the little finger during the afore said pulse reading method is aathma naadi.

UNIT – 11 BOOTHA NAADI

The changes in the brain due to suzhumunai imbalance is felt as bootha naadi . it is felt with the thumb in the place between the thumb and forefinger and in a specific point on the forehead called Baalachandira adangal.

UNIT – 12 GURU NAADI

This constitute of all the above mentioned five naadi's viz: vatha , pitha , kapa , Aathma and Bootha naadi's .

UNIT – 13 PRAANAN NAADI

This naadi is not checked usually . it is checked only to assess the patients life i.e, the patient is dead or alive. The inner side of the thigh is striked with a stick and the area is checked for heat/ inflammation/Erythema.

UNIT –14 Important medicines used in varma therapy – Food items prescribed for the patients.

Detailed study about the following Varma points:- (it includes location – signs & symptoms – necessary manipulation techniques – medicines)

UNIT -15 Paduvarmam (12) 1) Utchi varmam 7) Urakka kalam

2) Pidari kalam 8) Thummi kalam 3) Chevikutrikalam 9) Ner Varmam

4) Natchathirakalam 10) Adappa kalam 5) Thilartha kalam 11) Periya athisurikki kalam

6) Kannadikalam 12) Kallada kalam

UNIT -16 Thodu varmam (96)

I. Varma points located from scalp to neck : (22) 1) Pootellu Varmam 12) Aayama kalam 2) Munchuvadhi varmam 13) Nadi kalam 3) Nettri kalam 14) Chenni Varmam 4) Pinchuvadhi varmam 15) Poigai kalam 5) Porichal varmam 16) Kurunthukuttikalam 6) Puruva kalam 17) Alavattukona channai 7) kannakalam 18) Vettu Varmam 8) Kumbidum kalam 19) Kokki kalam. 9) Bala varmam 20) Manthira kalam 10) Chuliyadi Varmam 21) Kannu varmam 11) Moorthi kalam 22) Arukukalam.

II. **UNIT -17** II Varma Points located from the Neck to Moolatharam : (37) 23) Malar varmam 24) Vilangu varmam 25) Kulir varmam 26) Arangu varmam 27) Mattran kalam 28) Thivalai varmam 29) Kareeral varmam 30) Velleral varmam 31) Koombu varmam 32) Nenchadappan varmam 33) Villu varmam 34) Mundellu varmam 35) Urumi varmam 36) Kuttri varmam 37) Kakotta kalam 38) Chippi varmam 39) Changu thirikalam 40) Vayu kalam 41) Manthira kalam 42) Chiriya Athithuriki 43) Iruppu varmam 44) Villu varmam 45) Andakkalam 46) Kaccha varmam 47) Thandu varmam 48) Thandinadi varmam 49) Pandri varmam 50) Ada varmam 51) Mothira kalam 52) Vanthi kalam 53) Valamburi kalam 54) Choruthenda kalam 55) Nabi varmam 56) Hanuman varmam 57) Pushti kalam 58) Chuli varmam 59) Kurunthukutti kalam.

III.

IV. **UNIT -18** The Varma points located on the Upper & Lower limbs: (37) 60) Thuthikai varmam 61) Dhakshana kalam 62) Kavali varmam 63) Peruviral mayya varmam 64) Manikattu varmam 65) Kannu varmam 66) Mulankai varmam 67) Muttu varmam 68) Kocchu varmam 69) Chulukku varmam` 70)

Puja varmam 71) Mozhi varmam 72) Aani varmam 73) Pathakkala varmam
74) Chulukku varmam 75) Kochu varmam 76) Aaama kalam 77) Thundu
varmam
78) Chirattai varmam 79) Muttu varmam 80) Channi varmam 81) Naithalai varmam 82)
Visha varmam 83) Uppu Kuttri varmam 84) Kal kannu varmam 85) Kuthikal varmam
86) Nadai varmam 87) Kulachi varmam 88) Mudichi Varmam 89) Boomi kalam 90)
Naduviral chulikke varmam 91) Kal kavali 92) Peruviral mayya varmam 93) Adakka
varmam 94) Konachanni 95) Komberi kalam 96) Pathachakkaram.

UNIT -19 Alagu kamoodhari adangal – after varmam point injury if jaw lock happen
do this adangal, the mathirai level is $\frac{1}{2}$.

UNIT -20 Thavala adangal – after varmam injury if the patient couldn't take water do
this adangal.

UNIT -21 Poigai adangal – after varmam injury if the eyes directed upwards and
couldn't hear the sounds does this adangal, the mathirai level is $\frac{1}{2}$.

UNIT -22 Uchi adangal – if the patient is unconscious do this adangal, if he does not
get conscious that is Asathiam.

UNIT -23 Suzhimunai adangal – this adangal is very useful, all varmam injuries in head
can be relieved by this adangal.

UNIT -24 Alagu sennadi adangal – after varmam injury if the patient is in sleep with
snoring do this adangal.

UNIT -25 Mudi sudi adangal – after varmam injury if the patient's mouth deviated with
salivation do this adangal.

UNIT -26 Kurundhu adangal – after varmam injury if the patient is in the stage of
delirium do this adangal.

UNIT -27 Prana sadhana adangal – after varmam injury if the patient's tongue extended
away from mouth do this adangal.

UNIT -28 Pen kuzhi adangal – after varmam injury if the patient's tongue pulled inside
the mouth do this adangal.

UNIT -29 Udhira narambu adangal – after varmam injury if the patient developing high
grade fever and rigors do this adangal.

UNIT -30 Eeradangal – after varmam injury if the patient is with fully opened mouth
do this adangal

UNIT -31 GERIATRICS Definition – Description – Care and management of old aged persons – old age diseases –old age state of mind – mental depression – External changes.

UNIT -32 THOKKANAM – (Physical manipulation):

Definition – Types – Descriptions according to Therantharu – practical training – Nasal applications – Steam therapy - Fume therapy

www.bsscommunitycollege.in