

Siddha system of medicine viz a viz Ayurveda

Pareexit Shevde

Padmashree Dr. D. Y. Patil College of Ayurved & Research institute, India

Three traditional medicinal systems predominate in modern India: Ayurveda, Siddha, and Unani. Siddha medicine (Tamil: *CittaVaithiyam*) occurs in Tamil Nadu and parts of Kerala. Tradition lists a total number of eighteen Siddhars, beginning with Nandi and the semi-legendary Agattiyar through to the final Siddhar, Kudhambai. Ayurveda surely has an impact on this tradition of medicine though Siddha has some unique concepts too and differs from Ayurveda in certain principles. Detailed study of astrology, marma and rasashastra can be considered as strength of Siddha medicine. The principle of Tridoshas and Panchamahabhutas are common in both the systems with some differences in opinions. It would appear that Siddha and Ayurveda share a common theoretic foundation, but differ most strikingly in their respective forms of therapeutics. It would be useful for both these traditional medicinal branches to take an overview of each other for the betterment of both.

Biography

Pareexit Shevde has completed his B.A.M.S. from GAM & RC, Goa and currently in his final M.D. (Ayu) in Ayurveda Samhita Dept. of Padmashree Dr. D. Y. Patil College of Ayurveda, Pimpri, Pune.

pareexit.shevde@gmail.com