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## To validate the siddha pathology of nasal disease in relation with microcosm

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Among the traditional medicines in India, Siddha system of medicine is well pronounced with the basic principles of nature and its elements, which are renowned by the scientific sages named Siddhars. Finding the cause of an illness is the basic goal of siddha system. The exact cause of the disease is diagnosed well using eight tools designed by sage Yugimuni. "Noi naadi noi mudhal naadi athu thanikum, Vaai naadi vaaipa seyal"-Thirukkural; Athigaram-95; Kural-948

About 60% of patients in the world are suffering from nasal disease especially the nasal block. In this condition, respiration cannot be done properly to meet their life energy and patients with such illness have stress, prompt difficulty in carrying out their normal routine life. It is consequently important to get rid of such nasal disease by knowing its pathogenesis. Human body should be sturdy to bear our vital force. For that respiration paves way in name of Pranayama, which is the fourth stage in Astangayogam, and this meant to be a step ladder to attain Samathi, in which man coalesce with God. The aphorism connoting microcosm and macrocosm built by five elements is the universal's singular idea. This dictum applies not only for physiology, but for pathology as well. Thus it is necessary to understand the pathology of disease which is related to change in universe. The pathology of nasal disease could be precisely understood in relation to the water cycle. This understanding emphasizes the importance of scientific knowledge in traditional medicine.

### Biography

S Yamini Priyadharsini has completed her Bachelor of Siddha Medicine and Surgery the Tamil Nadu Dr. M.G.R. Medical University, Chennai, India. She has presented 4 papers in national conferences and doing her post-graduation in the University mentioned above.

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