

# Innovations

## The Odyssey of Holistic Siddha Medicine System towards Universal Acceptance: The Panacea in the Pursuit towards SDG3

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### **Abstract:**

*Tamil siddar Thirumoolar once told "I nurtured my body, I nurtured my life". Having a healthy life and substantial wellbeing is what every man dreams. Every tradition has unique modus-operandi towards medicine and health. Siddha is a traditional medical system which focuses on holistic health. Siddars are saints and distinguished scholars who lived in Tamil Nadu, known for their immense contribution in establishing a separate medical system called "siddha". Since ancient times the siddha medicine has established and developed in southern part of India, especially Tamil Nadu. The objective of this paper is to examine the significance and importance of traditional medicine system, especially siddha in achieving SDG3. The paper begins by examining SDG3: Good health and well-being and its importance. This paper also attempts to explore the major findings of Siddha medicine and its impact in modern medicine and also tracks the growth of siddha medical system through all these years. At the end the paper examines how siddha is a fitter choice to achieve SDG3.*

**Keywords:** Good Health, SDG, Siddha, Traditional medical system, Wellbeing.

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### **1. Introduction:**

In the tapestry of sustainable development, good health and well-being emerge as fundamental threads, woven intricately into the fabric of human rights. Acknowledging this essence, the United Nations has enshrined it within the 17 Sustainable Development Goals, signifying its paramount importance. This goal stands as a beacon, illuminating the path toward enhancing the well-being of individuals spanning various life stages, encompassing reproductive, maternal, newborn, child, and adolescent health.

Central to this aspiration is the vision of universal health coverage, ensuring every individual's access to safe and affordable medicines and vaccines. Additionally, the goal underscores the imperative of eradicating preventable diseases, reflecting a collective commitment to fostering a healthier global populace. The realization of this goal demands a harmonious symphony of efforts, echoing across nations, transcending boundaries, and embracing diverse healing traditions.

In this collective endeavor, traditional medical systems such as the Siddha System of Medicine emerge as potent allies. Rooted in the ancient soil of South India, this venerable healing methodology offers a unique perspective on care. It goes beyond the confines of disease, delving into the intricacies of individuality. Siddha medicine extends personalized care, considering not only the ailment but also the mental state, habitat, diet, and physical condition of the individual.

What sets Siddha medicine apart is its holistic approach, seamlessly integrating the wisdom of the past with the advancements of the present. It advocates lifestyle modifications that resonate with the rhythms of nature, emphasizing the profound interconnection between humanity and its environment. This harmony not only promotes well-being but also offers a bridge, linking traditional healing with modern medical practices.

In the mosaic of healthcare, the Siddha System of Medicine shines as a precious gem, offering insights and methodologies that enrich the healthcare landscape. As we journey forward, the integration and exploration of Siddha medicine within modern healthcare systems stand as a testament to our commitment to the universal right of good health and well-being. Through this collaboration, we pave the way for a future where every individual, regardless of their background or location, can access holistic and integrated healthcare, fostering a world where good health is not just a goal but a shared reality.

## **2. Good health and well-being:**

In the realm of global aspirations, Good Health and Well-being stand tall as one of the 17 paramount Sustainable Development Goals, meticulously crafted and embraced by the United Nations in 2015. This goal intricately weaves a tapestry aiming not only for the mere existence but the flourishing vitality of all individuals, regardless of age.

This goal casts a wide net, enveloping pivotal health priorities that span across the life spectrum. It delves into the realms of reproductive, maternal, newborn, child, and adolescent health. It scrutinizes the domains of communicable and non-communicable diseases, advocating for universal health coverage. Furthermore, it champions the cause of securing access to safe, effective, quality, and affordable medicines and vaccines.

SDG 3 sets its sights on extinguishing needless suffering, eradicating the specter of preventable diseases, and stemming premature mortality. It channels its focus towards key targets, each a stepping stone in elevating the health quotient of an entire nation.

These targets encompass a comprehensive strategy, encompassing the reduction of maternal mortality and the cessation of preventable deaths among newborns and children under five. It crusades against the epidemics of

AIDS, tuberculosis, malaria, and other communicable diseases. Moreover, it undertakes the noble mission of curbing premature mortality arising from non-communicable diseases. The goal is to establish universal health coverage, ensuring a safety net that catches everyone in times of need. It hinges on strengthening the very backbone of nations: early warning systems, risk mitigation, and the adept management of both national and global health risks.

To embark on this arduous journey and scale the peaks of SDG 3, nations must exhibit unwavering dedication. Immediate, decisive actions are the need of the hour. It involves bridging the chasms of inequality in accessing essential health services. It encompasses fortifying the financial sinews of health systems and nurturing the growth of a resilient health workforce in developing nations. This commitment demands no less than the undivided attention of every nation, transcending borders and vested interests.

In this noble pursuit, the ancient wisdom of the Siddha system of medicine emerges as a beacon of hope. Hailing from the annals of Indian heritage, this venerable healing methodology offers not just remedies but holistic prevention. It stands as a testament to personalized care, advocating lifestyle modifications that harmonize with nature's rhythms. Furthermore, it seamlessly integrates with modern medical practices, fostering a collaborative approach towards the holistic well-being of humanity.

Yet, this endeavor is not confined to the realm of hospitals and clinics alone. It extends its branches into the very soil and air we breathe. A pristine environment, unspoiled by the ravages of pollution and unbridled commercialism, is the cornerstone upon which good health and well-being are built. Environmental stewardship is not just a choice but a mandate, an essential ingredient in the recipe for Health for All. It demands vigilance, addressing the symbiotic relationship between environmental factors and our physical well-being.

In summation, SDG 3: Good Health and Well-being is not merely a goal but a clarion call. It echoes the universal anthem for vibrant health and enduring well-being. The journey toward this goal is an odyssey, one that necessitates the collective wisdom and concerted efforts of nations worldwide. A symphony composed of diverse cultures, united by a common refrain: health is not a privilege but a fundamental human right.

#### ***Importance of Good health and well-being:***

For one to live a happy and meaningful life, good health and wellbeing are necessary. As contrast to simply being free from illness or infirmity, health is a condition of whole physical, mental, and social well-being. It is an essential component of sustainable development and a fundamental human right. For someone to reach their greatest potential and have a productive life, they need to be in good health and wellbeing. A person's ability to learn, work, and engage in community activities is higher when they are healthy. Achieving other development objectives, like lowering poverty and inequality, fostering economic growth, and ensuring environmental sustainability, also depends on people's health and well-being.

The importance of health extends beyond the individual to include society at large. Healthier people are more productive and place less of a strain on healthcare systems, both of which can result in significant cost savings.

Additionally, because healthy people are better able to participate in the labour market, invest in their education, and give back to their communities, a healthy population is more likely to contribute to social and economic progress.

While vital to our life, our physical well-being does not have a help line. To keep us moving forward, we must take into account its several branches. A balanced upbringing is necessary for one to be healthy. A sound mind is just as important to physical health as a sound body.

### **3. Traditional Medical Systems:**

In the annals of human existence, ancient societies steeped in traditions echoing through time, have woven an intricate tapestry of healing practices that transcend the ages. These age-old healing methodologies, nurtured by indigenous wisdom, cultural ideologies, and historical legacies, persist alongside contemporary medicine, offering nuanced insights into the art of healing and healthcare.

At the core of these traditional medical paradigms lies a profound reverence for the holistic nature of health. Unlike its modern counterpart fixated on isolated symptoms and diseases, traditional systems perceive the body, mind, and spirit as interwoven facets of an intricate whole. This holistic vantage accentuates the equilibrium and concord within the body and its symbiotic relationship with the natural cosmos.

Embedded within these traditional medical customs are cultural and spiritual tenets, intricately entwined with the fabric of daily life. Elaborate rituals, solemn ceremonies, and herbal elixirs are not just remedies for physical maladies; they are conduits addressing spiritual disharmonies and emotional disquietudes. The custodians of these traditions, revered healers whose wisdom transcends generations, wield knowledge passed down through time.

The bedrock of numerous traditional medical systems is herbal lore—a repository of wisdom accumulated over centuries. Flora, meticulously catalogued and deeply understood, serve as fountains of medicinal knowledge. Traditional healers possess profound insights into the properties of diverse plants, harnessing their therapeutic virtues for the betterment of humanity.

Yet, traditional systems extend beyond the realm of herbal remedies. They encompass a diverse spectrum of therapeutic modalities—acupuncture, massage, meditation, and dietary regimens. Acupuncture, rooted in the annals of Traditional Chinese Medicine, entails delicately inserting slender needles into specific meridian points, harmonizing energy flows to foster recuperation. Massage, ubiquitous in these traditions, unfurls its prowess in soothing muscles, enhancing circulatory rhythms, and assuaging pain.

Mental and spiritual well-being stand as cornerstones within traditional medical philosophies. Practices like meditation, yoga, and prayer assume pivotal roles in nurturing mental clarity, emotional equilibrium, and spiritual communion. Traditional healers underscore the indispensability of a sound mind in upholding overall well-being.

Beyond herbal remedies and therapeutic rituals, traditional systems incorporate ceremonial observances into their healing repertoire. These rituals, intricate and purposeful, beseech the benevolence of ancestral spirits and deities, seeking divine guidance and blessings upon the afflicted. The force of belief and unwavering faith propels these healing practices forward.

Furthermore, traditional medical systems draw sustenance from the ethos of community and interconnectedness. The welfare of an individual intricately interlaces with the harmony of the community and the natural milieu. Traditional healers, akin to custodians of communal well-being, not only tend to individual ailments but also nurture the holistic health and equilibrium of the community.

Amidst the relentless march of modern medical progress, traditional healing practices endure in many corners of the globe. Their efficacy in addressing specific conditions, coupled with their cultural significance, safeguards their legacy and integration into contemporary healthcare landscapes. Moreover, there's a burgeoning acknowledgment of the profundity embedded in traditional wisdom, permeating mainstream healthcare and ushering in a holistic healing approach.

In summation, traditional medical systems unfurl a rich tapestry of healing methodologies, intricately woven with the threads of cultural heritage and centuries of sagacity. Their holistic ethos, emphasis on herbal wisdom, diverse therapeutic techniques, and spiritual flourishing, illuminate a profound understanding of the interwoven facets of human well-being. As these ancient traditions persist, they enrich the mosaic of global healthcare, embodying the essence of healing wisdom across millennia.

#### ***Significance of traditional medical systems:***

In India, traditional medicinal practises have a rich cultural and historical background. These practises date back thousands of years and have been handed down through the generations. They play a significant role in the country's identity and have contributed to the preservation of India's rich cultural history.

Traditional medical practises have importance beyond only their cultural significance. They provide individuals with a spectrum of natural and holistic treatments that can be useful for a number of diseases as an alternative to contemporary Western medicine. Instead of merely treating symptoms, traditional medical systems frequently place more of an emphasis on health promotion and disease prevention.

The value of a healthy lifestyle and the mind-body link are also frequently included in traditional medical systems. They place a strong emphasis on using natural medicines, dietary modifications, and physical therapy to enhance health and well-being, which can be advantageous for individuals of all ages and backgrounds.

In general, traditional medical systems contribute significantly to India's cultural legacy and provide insightful information about the nature of health and wellness. They have the ability to support contemporary Western medicine and provide consumers a selection of powerful, all-natural remedies for a range of ailments.

#### 4. Siddha and Siddhars:

A conventional kind of medicine known as the Siddha system developed in the southern region of India. A holistic approach is used to treat the body, mind, and spirit while employing natural cures and methods to promote harmony and balance within the person.

In Tamil, the word "Siddha" signifies "perfection" or "accomplishment." It is thought that the ancient Tamil siddhars, who were spiritual masters and healers, founded the Siddha system of medicine. The three doshas, or humors, vatham, pittam, and kapham, as well as the five natural elements of earth, water, fire, air, and ether, are the foundation of the system.

The human body is a microcosm of the cosmos, and each person has a distinct constitution and makeup, according to the Siddha system. As a result, the system places a strong emphasis on the value of treating the whole person rather than just the symptoms of a disease. To treat ailments and maintain health, the Siddha school of medicine employs a number of natural cures and methods. It consists of herbal remedies, dietary adjustments, way of life adjustments, yoga and meditation, massage, as well as spiritual and psychological counselling.

The value of the mind and spirit in preserving health is likewise acknowledged by the Siddha school of treatment. Its method of healing involves psychological and spiritual components. The method stresses the significance of preserving a positive outlook, creating inner serenity, and forging a deep bond with the divine.

Since the body, mind, and spirit are all interconnected, the Siddha school of medicine takes a holistic approach to treatment. In order to establish balance and harmony within the individual, it highlights the significance of natural medicines and methods. The technique has been used as a form of healing in South India for countless years and is still widely used now.

In recent years, the Siddha system of medicine has become more well-liked not only in South India but also throughout the world. It is an appealing alternative to traditional medicine because of its holistic approach to treatment and focus on natural cures and methods.

The ancient techniques described in writings about Siddha medicine, yoga, fasting, and meditation were used by intellectuals in earlier times to acquire this knowledge. Siddha is still taught at government and private medical schools today, especially in the southern states of Tamil Nadu and Kerala, along with various other historic and traditional systems of medicine.

Siddha system views the human body as a combination of three humors, seven fundamental tissues, and bodily wastes like feces, urine, and sweat, just like Ayurveda does. The basic building blocks of the human body are thought to be the nutrients found in food, which are then converted into bodily humors, tissues, and waste products. When the humors are in balance, it is thought to be healthy, and when they are out of balance or disturbed, it can result in illness or disease. The idea of salvation in life is also covered by this approach. These system's proponents believe that using drugs and meditation will allow one to achieve this state.

Chemistry has been discovered to be a science that is helpful to alchemy and medicine in the Siddha system. Both the manufacture of medicines and the transformation of base metals into gold were discovered to be advantageous. They possessed very advanced understanding of plants and minerals and were completely versed in practically all scientific disciplines.

The Siddhars were also aware of a variety of alchemical processes, including sublimation, cibation, fusion, distillation, calcinations, congelation, fermentation, separation conjunction or combination, exaltation, which is the action or process of refining gold, fixation, which is the process of making something non-volatile or resistant to the action of fire, purification, incineration of metals, liquefaction, extraction, and so forth.

Even cupellation of gold and silver, a crucial step in alchemy that is credited to the Arabs, was something the Siddhars were aware of long before.

There were even polypharmacy, which allowed them to work with chemical compounds by boiling, dissolving, precipitating, and coagulating them. Some of their top-secret techniques, particularly those for stabilising and fixing flammable compounds like mercury, sulphur, orpiment, vermilion, and arsenic, etc., remain a mystery.

Siddhars also sculpted the idol of lord Muruga at Pazhani which is called as Navabashanam meaning a mixture of nine poisons all the poisons were mixed in a manner that the product is a wonderful medicine.

The Siddha System of Medicine emphasises that medical treatment must be patient-centred and take the patient's environment, prevailing weather conditions, age, sex, race, habits, mental state, habitat, diet, appetite, physical condition, physiological makeup, and other factors into account in addition to the disease. This requires individualised care, which minimises the possibility of misdiagnosis or misguided treatment.

Finding the aetiology of a disease is part of the diagnosing process. Examination of the pulse, urine, eyes, study of the voice, body colour, tongue, and the condition of the digestive system are all methods used to identify the causal causes. The system has developed a thorough process for examining urine, which involves analysing its colour, smell, density, amount, and pattern of oil drop distribution. It takes a holistic approach, and the diagnosis takes into account both the person's overall health and the ailment they are dealing with.

The Siddha System also addresses issues relating to women's health, and the Siddha classics contain several formulations that can address these issues for a better quality of life. From the very first day a girl kid is born, women's health is taken care of. Breastfeeding is extensively encouraged by the Siddha System throughout the first three months of life. According to the Siddha System, food itself is medicine, hence lactating women are recommended to eat foods high in iron, protein, and fibre at this time so as to avoid any nutritional problems for the infant as well as the mothers.

The Siddha System is successful in treating persistent liver conditions, skin conditions, particularly psoriasis, rheumatic issues, anaemia, prostate enlargement, bleeding piles, and peptic ulcer. Certain infectious disorders, such as venereal infections, have been successfully treated using the Siddha Medicines, which contain mercury, silver, arsenic, lead, and sulphur. Siddha remedies, according to practitioners, are effective in lowering the

extremely crippling issues that HIV/AIDS patients experience. Further investigation into the effectiveness of these medications is now being conducted.

## **5. Role of Siddha Systems in Achieving SDG of Good Health and Well-being:**

In the realm of ancient medicinal wisdom, the Siddha system stands as a venerable titan, its origins tracing back to the annals of India's past. Within the tapestry of global aspirations encapsulated by the Sustainable Development Goal (SDG) 3, which ardently strives for universal health and holistic well-being, the Siddha system weaves its unique thread, offering profound contributions that transcend the conventional bounds of healthcare.

### **1. Comprehensive Well-being:**

Siddha medicine, a tapestry of profound wisdom, delves into the intricate harmony of the mind, physique, and soul. Its essence lies not in the mere absence of maladies but in the profound synthesis of physical vitality, mental serenity, and social equilibrium. The Siddha paradigm fosters an all-encompassing well-being, a tapestry mirroring the SDG's grand vision of health in its entirety.

### **2. Preventive and Nurturing Health:**

At its core, Siddha medicine champions the ideals of prevention and nurturance. Through the alchemy of natural remedies, culinary counsel, the profound artistry of yoga, and the tranquil whispers of meditation, it advocates for the safeguarding of a vigorous existence. By forestalling ailments and nurturing vitality, Siddha weaves a narrative that alleviates the burden on healthcare infrastructures, aligning seamlessly with SDG 3's noble pursuit of fostering robust lives.

### **3. Herbal Alchemy and Ecological Harmony:**

Within Siddha's alchemical grasp, the verdant realm of herbal remedies finds its sanctum. Medicinal flora, an arsenal of potent cures, not only provides efficacious healing but also heralds the anthem of sustainability. By embracing sustainable harvests, Siddha perpetuates the delicate dance of biodiversity and ecosystems, staunchly advocating for SDG 15's cause of nurturing terrestrial life. Furthermore, it nurtures communities, imparting wisdom to guard their natural heritage, ensuring a harmonious existence for both humanity and Earth.

### **4. Cultural Conservation and Health Care Equitability:**

Siddha medicine, steeped in the rich cultural tapestry of diverse communities, becomes a vanguard of indigenous wisdom and practices. In its silent embrace lies the preservation of cultural diversity, resonating harmoniously with SDG 11. Moreover, Siddha medicine extends its benevolent hand, especially in the remote recesses where modern healthcare's touch is scarce. This equitable accessibility reverberates in tune with SDG 10, endeavouring to bridge societal disparities.

**5. *Harmonious Integration:***

The world, in its grand tapestry of medical philosophies, is witnessing a harmonious integration of traditions. Siddha medicine, steeped in historical efficacy, emerges as an integral mosaic in this grand design. This fusion transcends boundaries, amplifying the spectrum of medical solutions. In embracing Siddha, societies bolster the noble quest of SDG 3, heralding a universal canopy of health and vitality.

**6. *Unceasing Exploration and Scholarly Pursuits:***

The corridors of Siddha medicine echo with the footfalls of relentless explorers. In their unceasing quest, new vistas of botanical marvels and compound revelations unfurl. This relentless odyssey not only enriches Siddha's repertoire but also reverberates across the tapestry of medical sciences. In the hallowed halls of research, Siddha kindles the flames of innovation, mirroring the aspirations of SDG 9, weaving a tapestry of industry, innovation, and infrastructural marvels.

**7. *Knowledge Enrichment and Academic Nurturing:***

The legacy of Siddha beckons for scholarly ardor. It craves for minds adorned with erudition; hands skilled in the artistry of healing. Investment in education and the nurturing of Siddha's custodians align harmoniously with SDG 4, the sanctum of quality education. In these endeavours lies the assurance of a lineage of adept medical practitioners, their sagacious wisdom illuminating the pathways of healthcare.

In summation, the Siddha system, an ancient repository of healing sagas, etches its indelible mark upon the canvas of SDG 3. Through its holistic ethos, its profound preventive prowess, its allegiance to cultural heritage, its embrace of sustainable paradigms, its seamless integration into the global medical mosaic, its unyielding scholarly pursuits, and its fervent commitment to knowledge enrichment, Siddha emerges not just as a medicinal practice but as a beacon guiding humanity towards the noble zenith of robust health and profound well-being.

***Significance and importance of Siddha: nitty-gritty of Siddha:***

The word "Siddha," which signifies "perfection" or "eternal ecstasy," is derived from the word "Siddhi." They are known as the supernatural abilities that gave the ancient saints their title of Siddhars. Because of these qualities, Siddhars used their knowledge to benefit mankind. They discovered and established the Siddha system of medicine, which has a strong therapeutic bent. They were able to categorise 4,448 ailments and many medications with the use of this technique.

The therapeutically valuable drugs treated a wide range of unusual ailments with the use of herbs, roots, salts, and even toxicity-reduced poisons. Before the Aryans colonised the Gangetic plain and the Sind region, a highly organised culture lived on the banks of the River Kaveri and Thamirabarani. The Siddha system is regarded as having its roots in this culture.

Other systems in the North assisted it in growing over time and further enriched it. Despite this, it continues to uphold its authenticity because it employs numerous practises that the traditional Ayurvedic system does not consider relevant. Medicines derived from metals and minerals are part of Siddha's Materia medica. The use of metals and minerals in Ayurveda is not mentioned at all, though.

It is said to be one of the most advanced medical systems overall in addition to being one of the oldest medical systems in the nation. This is explained by the fact that Tamil Siddhars wrote about AIDS thousands of years ago.

Because of its distinctive approach to health and healing, the Siddha system of medicine has grown in prominence and significance. It is a holistic approach that considers the person's emotional and spiritual health in addition to the physical symptoms of an illness. It is also founded on the idea of customised medicine, which treats every patient as a distinct individual with a particular set of requirements and conditions.

Some of the key benefits of the Siddha system of medicine include:

**1. *Natural and holistic approach:***

The Siddha school of medicine emphasises the value of natural healing through the use of herbs, minerals, and other natural medicines because it believes that the body has the innate power to cure itself. It also acknowledges the connection between the mind, body, and spirit and aims to treat the whole person rather than just the outward manifestations of a disease.

The Siddha school of medicine takes a holistic approach to healthcare, which means it takes into account a patient's lifestyle, diet, and environment in addition to their specific symptoms.

**2. *Focus on prevention:***

The Siddha system of medicine places a strong emphasis on prevention, which includes maintaining a healthy lifestyle through nutrition, exercise, and good hygiene. The system also offers treatments and preventative measures to help fend off ailments before they start.

In addition, the Siddha system of medicine emphasises the need of identifying the underlying cause of a disease and addressing it as opposed to only treating the symptoms. This aids in preventing the sickness from recurring in the future.

**3. *Treatment of chronic diseases:***

Among other chronic conditions, the Siddha medical system has been found to be successful in treating diabetes, arthritis, and asthma. To address chronic diseases, the method combines natural treatments, lifestyle changes, and spiritual activities.

According to the Siddha system of medicine, vatam, pittam, and kapham (the body's three doshas) imbalances frequently lead to chronic ailments. As a result, treatment focuses on bringing these doshas back into balance.

#### **4. *Safe and effective:***

When used by qualified professionals, the Siddha system of medicine is regarded as secure and reliable. When compared to contemporary treatment, the system uses traditional natural therapies that have extremely little adverse effects.

The Siddha system of medicine is built on a long history of learning and application, and it is firmly ingrained in Tamil Nadu's culture and legacy.

#### **5. *Cultural significance:***

Being one of the country's oldest traditional medical systems, the Siddha system of medicine is significant both historically and culturally. The cultural legacy of Tamil Nadu has benefited from its transmission down the generations.

Together with Ayurveda, Unani, and Homeopathy, the Siddha system of medicine has been approved as one of India's official medical systems. The system's relevance and value have been made more widely known thanks to this acknowledgment.

The Siddha system of medicine is noteworthy and vital because of its all-natural, preventative approach to healthcare, emphasis on early detection and treatment of illnesses, effectiveness in treating chronic conditions, safety, and cultural relevance. It is a wonderful branch of medicine that has withstood the test of time and has the potential to be very significant in the field of contemporary medicine.

#### **Impact of siddha on modern medicine:**

Modern medicine has been significantly influenced by the Siddha system of medicine. The understanding of the significance of a holistic approach to healthcare is one of the greatest impacts. All dimensions of a patient's health, including their emotional and spiritual wellbeing, are now being addressed by modern medicine. This understanding has paved the way for the Siddha system of medicine as well as other complementary and alternative therapies to be included into contemporary healthcare.

In the area of managing chronic diseases, the Siddha system of treatment has also influenced modern medicine. Chronic ailments like diabetes, arthritis, and asthma have been successfully treated with the techniques developed by the siddha system. Alternative and complementary therapies are now being included into modern healthcare as modern medicine has begun to realise its value in treating chronic conditions.

The science of drug discovery has prospered from the Siddha system of medicine. The system has a long history of treating patients with natural herbs and minerals. This custom has sparked the development of novel medications and therapies for a variety of diseases and disorders. Modern medicine has begun to appreciate the usefulness of natural products in the drug discovery process and has begun to further investigate this field.

The Siddha system of medicine has had a number of other influences on modern medicine in addition to those discussed in the above section. They consist of:

**1. *New drug development:***

The Siddha medical system has a long history of utilising natural herbs and minerals for therapeutic purposes. A variety of ailments and conditions now have innovative remedies thanks to this heritage. For instance, it has been shown that the herb *Gymnemasylvestre*, which is frequently used in Siddha treatment, is efficient in lowering blood sugar levels in people with diabetes. Modern medicine today uses new diabetes drugs that were developed as a result of this discovery.

**2. *Preventive health care measures:***

The Siddha system of medicine places a strong emphasis on the value of prevention in preserving good health. It offers a variety of treatments and cures that can aid in preventing diseases from ever developing. This emphasis on preventative healthcare has had an impact on modern medicine, which today emphasises preventive steps including immunisations, routine check-ups, and lifestyle changes.

**3. *Treating mental health:***

The Siddha system of medicine has a number of cures and treatments for mental health illnesses because it understands the value of addressing mental health concerns. Modern medicine now emphasises mental health care more and has created novel therapies for mental health illnesses as a result of this focus on mental health.

**4. *Use of natural remedies in contemporary medicine:***

The Siddha system of medicine played a significant role in the creation of natural remedies for contemporary medicine. The Siddha system of medicine has helped in the discovery and development of new natural items that have been employed in contemporary medicine. Several modern medications are developed from natural products.

**5. *The creation of novel research techniques:***

The Siddha medical system has its own special research techniques that have been utilised to investigate the effectiveness and safety of its treatments. These study techniques have inspired modern medicine, which today employs comparable research techniques to investigate the security and effectiveness of complementary and alternative therapies.

**Siddha Medicine: A Holistic Path to SDG3 Success:**

In the labyrinth of healthcare, Siddha medicine emerges as a beacon, illuminating a unique route towards achieving the Sustainable Development Goal (SDG) of Good Health and Well-being. Rooted in ancient traditions, Siddha medicine possesses distinctive attributes that render it an invaluable contributor to this noble cause.

**1. *Holistic Harmony:***

At its core, Siddha medicine weaves a tapestry of holistic healing, recognizing the profound interconnection of the body, mind, and spirit. Unlike modern medicine, Siddha delves beyond symptoms, addressing the underlying causes of ailments. This holistic perspective embraces mental, emotional, and spiritual facets, often overlooked in contemporary healthcare paradigms, aligning seamlessly with the comprehensive vision of SDG3.

**2. *Nature's Bounty:***

Siddha medicine's reliance on natural remedies sourced from herbs, plants, and minerals reflects a harmony with nature. These time-honored ingredients, trusted for centuries, offer safer alternatives with minimal side effects, contrasting the synthetic compounds prevalent in modern pharmaceuticals. This emphasis on natural solutions resonates with SDG3's aspiration for sustainable, eco-friendly healthcare practices, minimizing the environmental footprint of medical interventions.

**3. *Preventive Wisdom:***

Prevention takes precedence in Siddha medicine, advocating lifestyle management through practices such as yoga, meditation, and dietary guidelines. By emphasizing prevention, Siddha aligns with SDG3's mission of disease reduction. Moreover, these preventive strategies alleviate the burden on healthcare systems, fostering sustainability in the long run.

#### **4. Cultural Integration:**

Siddha medicine, deeply embedded in local cultures, bridges gaps in healthcare accessibility, particularly in rural areas. Its integration into mainstream healthcare respects cultural diversity and encourages community engagement. This community-centred approach is pivotal for realizing universal health coverage, a cornerstone of SDG3's ambitions.

#### **5. Guardians of Tradition:**

Crucially, Siddha medicine serves as a custodian of ancient wisdom, preserving knowledge about medicinal plants, holistic healing practices, and overall well-being. This preservation not only enriches cultural heritage but also offers sustainable healthcare solutions. Harnessing this traditional wisdom bolsters efforts toward early warning systems, risk mitigation, and management of health challenges on both national and global scales, in alignment with SDG3's objectives.

#### **6. Summary:**

In essence, Siddha medicine's holistic ethos, reverence for nature's remedies, focus on prevention, cultural integration, and preservation of traditional wisdom converge to present a nuanced, sustainable approach to healthcare. As modern advancements continue, integrating Siddha practices into mainstream medical frameworks offers a richer, more encompassing strategy, charting a transformative course toward the universal goal of good health and well-being for all.

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