

# ASSESSING OF KNOWLEDGE OF SIDDHA MEDICINE HAVING ANTIVIRAL PROPERTY

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## ABSTRACT

Siddha medicine is an ancient system of medicine practicing in south India till today. In the siddha system, it is considered as each and every individual is a microcosm of this universe. The human body consists of the five primordial elements earth, water, fire, and space and it contains the 3 humours- vatha, pitta, and kapha and the several physical constituents. Based on these humors, the siddha system of medicine detecting, analysing and treating the various diseases. The siddha system of medicine deals with curing all diseases including microbial, bone related disorder, etc. without causing any side effects. The main aim of the study is to assess the antiviral property of the siddha medicine. A survey based questionnaire was done to create knowledge about the antiviral property of siddha medicine. A total questionnaire of 15 questions were collected by google form SPSS statistical analysis was done. The results were collected and data were analysed. The overall awareness of all sub groups was fair reporting correct answers. This study concludes that awareness and measures have been taken towards siddha medicine having antiviral property.

**KEYWORDS:** COVID-19; Siddha medicine; Antiviral property; Awareness

## 1. INTRODUCTION

Siddha medicine is an ancient system of medicine practicing in south India till today. In the siddha system, it is considered as each and every individual is a microcosm of this universe <sup>1</sup>. The human body consists of the five primordial elements earth, water, fire, and space and it contains the 3 humours- vatha, pitta, and kapha and the several physical constituents <sup>2-4</sup>. The basic constructing material of the human frame is food and gets processed into humours, tissues and wastes <sup>5</sup>. There is an equal emphasis on the body, thought and spirit and strives to restore the innate concord of the character. Nowadays many advanced techniques have been introduced <sup>6</sup>. Treatment is geared toward restoring stability to the mind frame system <sup>7</sup>.

The term antiviral agents has been defined in a very broad manner, as substances apart from a pandemic or virus containing vaccine or particular antibody which can produce either a defensive or therapeutic effect to the clear detectable gain of the virus infected host <sup>8,9</sup>. The siddha system of medicine deals with curing all diseases including microbial, bone related disorder, etc. without causing any side effects <sup>10-18</sup>. The main aim of the study is to assess the knowledge and awareness of antiviral property of siddha medicine.

## 2. MATERIALS AND METHODS

The present study has conducted questionnaire based surveys. The questionnaire contains 15 questions with multiple choices questions, a total of hundred individuals participated in this study. The responses were collected and analyzed by statistical methods and the results were represented as graph bars.

### 3. RESULT & DISCUSSION

The results were collected and the data were analysed. Majority of the students were aware of COVID-19 and precautions were taken. Their medical history was examined and overall gave a positive report. The awareness among participants about COVID-19 comprising 88% aware and 12% not aware (fig 1). The percentage of participants who think COVID-19 as a dangerous virus is 82% yes and 18% no (fig 2). The percentage of participants following precautions to stay safe from COVID-19 is 90% yes and 10% no (fig 3). The percentage of participants having adequate supplies of routine medications are 77% (fig 4). The percentage of participants who think the best way to get rid of COVID-19 comprises 36% Allopathy, 39% Ayurveda, 21% Siddha, 4% Homeopathy (fig 5). The awareness among participants about siddha comprising 75% aware and 25% not aware (fig 6). The percentage of participants who think siddha medicine can cure COVID-19 comprising 49% yes, 28% no, and 24% maybe (fig 7). The percentage of participants who think siddha medicine has antiviral property comprising 55% yes, 27% no and 18% maybe (fig 8). The percentage of participants who think it is necessary to follow siddha medicine are 75% yes and 25% no (fig 9). The percentage of herb that have antiviral property are 18% Oregano, 19% Basil, 26 % Sage and 37% All the above (fig 10). The percentage of participants think the best medicine for COVID-19 comprising 38% Nilavembu kudineer, 26% Amukkura choornam, 33% Kabasura kudineer, 3% Senthil choornam (fig 11).

In the present study, 75 % of the participants were aware of siddha medicine. In contrast with the present work, a study had reported that some were unaware of these medicines <sup>19</sup>. Many i.e 73 % of the participants have an idea that the siddha form of medicines have antiviral property. Most of the works agreed with the current observation, 75 % believed that the following siddha medicine is needed <sup>20-23</sup>. Because some medicinal plants have an antiviral property <sup>24</sup>. Through advanced technologies, it is important to find the suitable medicine for viral diseases <sup>24-28</sup>. In some clinical trials also demonstrating the limitations <sup>29-32</sup>. The limitations of the present study are limited sample size, only survey based analyses.

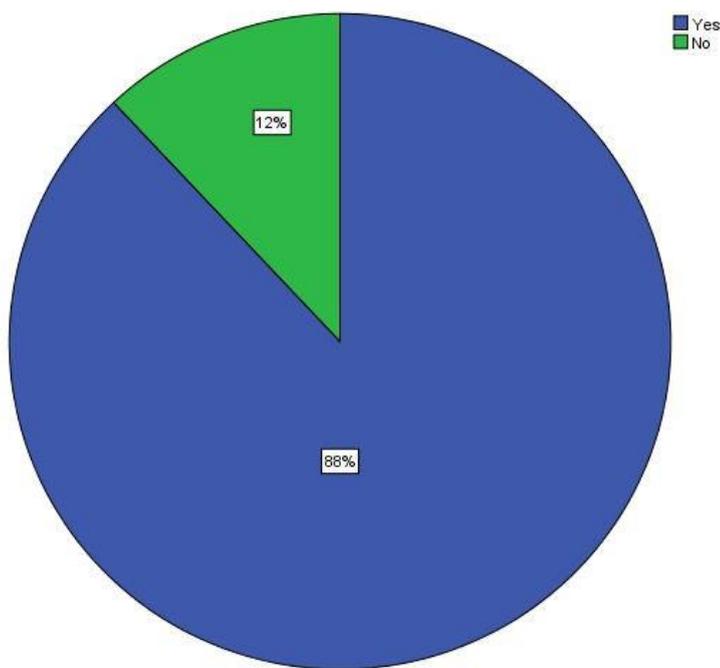


Figure 1. Pie chart represents the responses to the question, Awareness of COVID among the study participants. 88% of the study participants were more aware about the COVID19 outbreak.

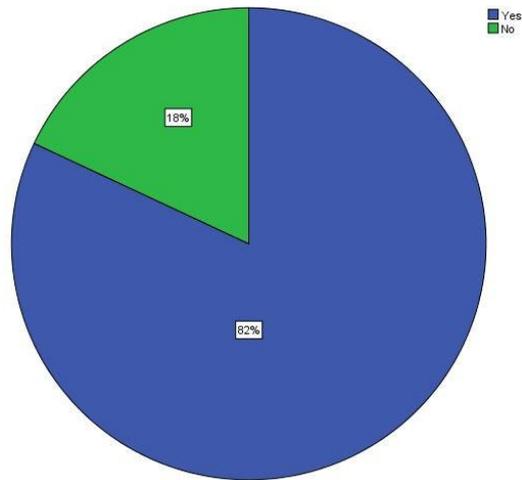


Figure 2. Pie chart represents the responses to the question, “Do you think COVID-19 is a dangerous virus?” 82% of the study participants were more aware that COVID-19 is a dangerous virus.

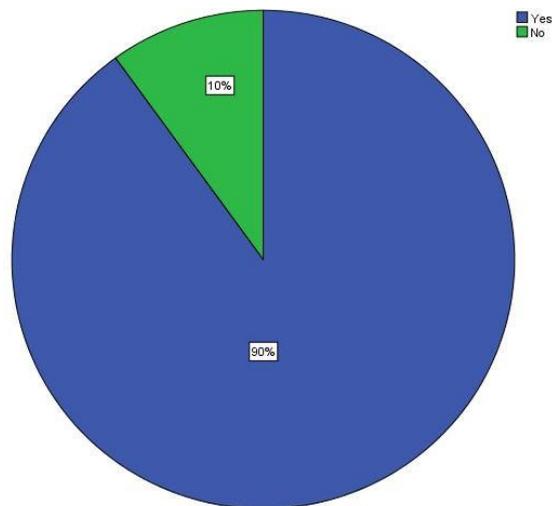


Figure 3. Pie chart represents the responses to the question, “Are you following the precautions to stay safe from COVID-19?” 90% of the study participants were following the precautions to stay safe from COVID-19.

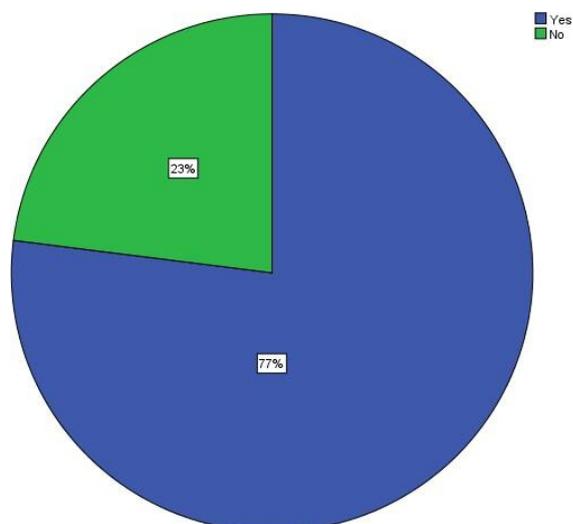


Figure 4. Pie chart represents the responses to the question, “Are you having adequate supplies of routine medications?” 77% of the study participants were having adequate supplies of routine medications.

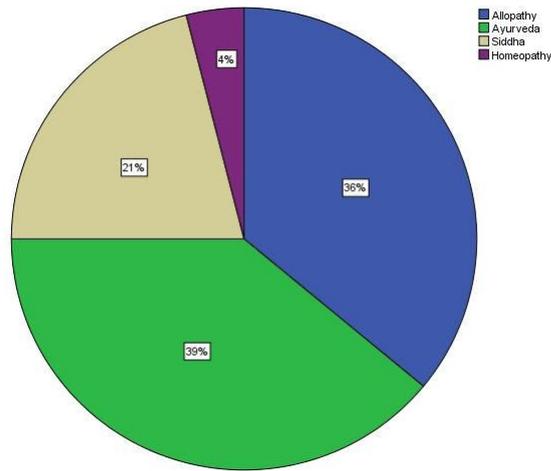


Figure 5. Pie chart represents the responses to the question, "What do you think is the best way to get rid of COVID-19?" 21% of the study participants think that siddha medicine as the best medicine.

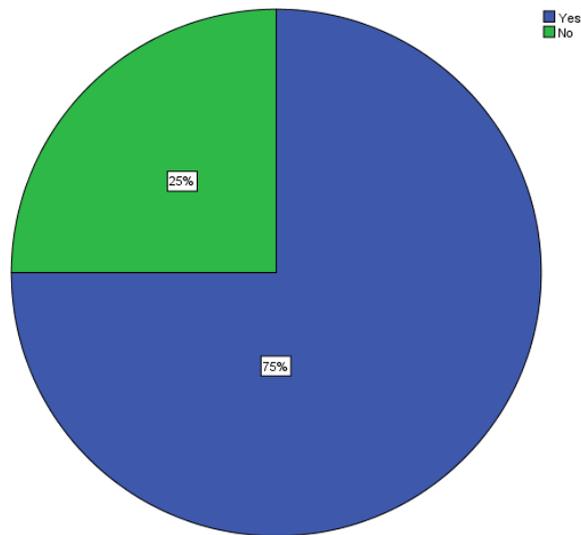


Figure 6. Pie chart represents the responses to the question, Awareness of siddha medicine among the study participants. 75% of the study participants were more aware about the siddha medicine.

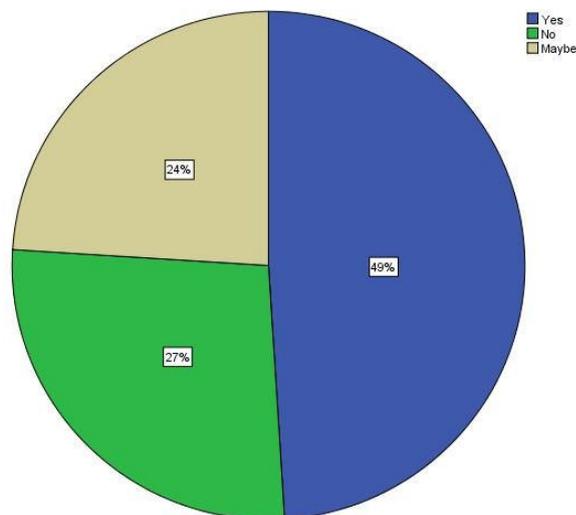


Figure 7. Pie chart represents the responses to the question, "Do you think siddha medicines can cure COVID-19?" 49% of the study participants think siddha medicines can cure COVID-19.

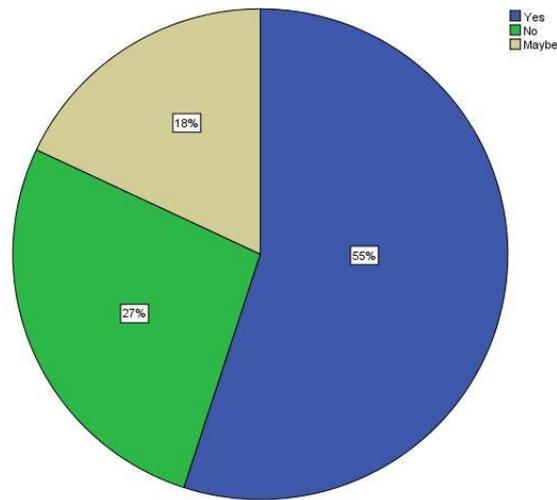


Figure 8. Pie chart represents the responses to the question, "Do you think siddha medicine has antiviral properties?" 55% of the study participants think siddha medicine has antiviral properties.

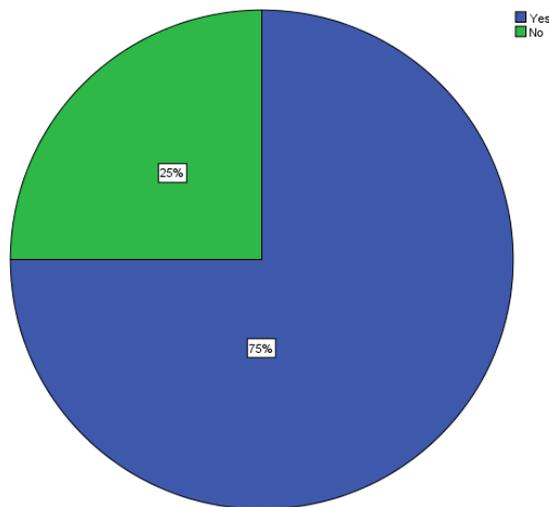


Figure 9. Pie chart represents the responses to the question, "Do you think it is necessary to follow siddha medicine?" 75% of the study participants think it is necessary to follow siddha medicine.

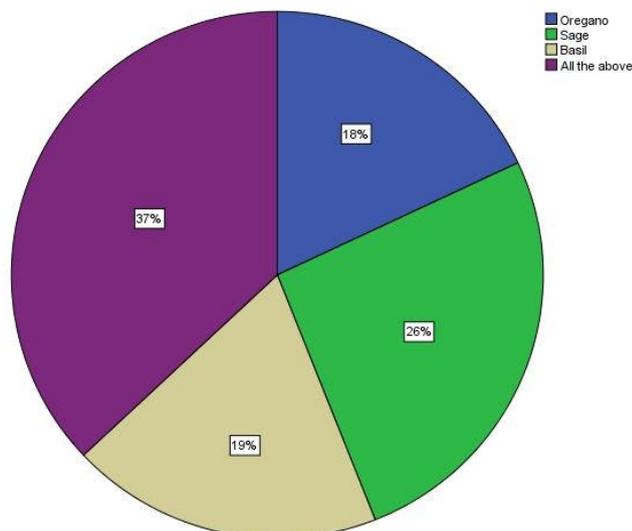


Figure 10. Pie chart represents the responses to the question, "Which of these herbs have antiviral property?" 37% of the study participants answered all the three herbs have antiviral property.

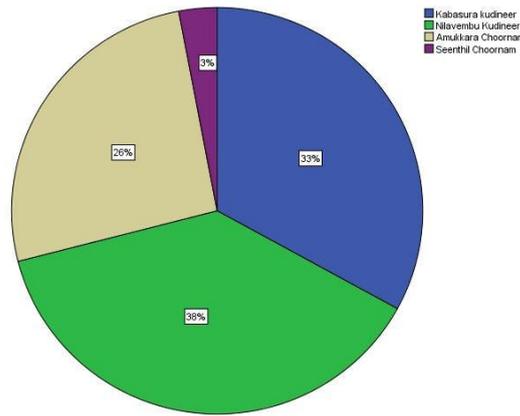


Figure 11. Pie chart represents the responses to the question, “What siddha medicine do you think is best for COVID-19?” 33% of the study participants think kabasura kudineer as the best for COVID-19.

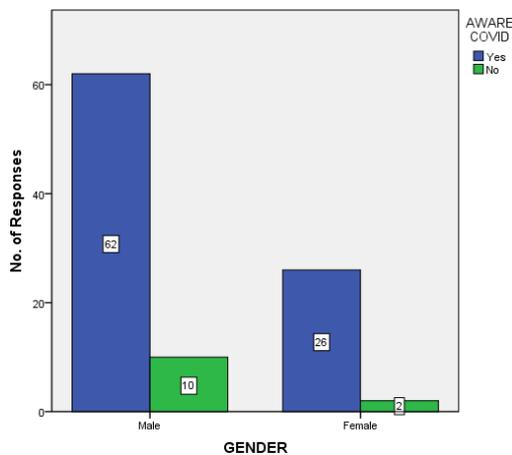


Figure-12 Bar graph showing the association between gender and awareness of COVID-19. X-axis represents the gender and Y-axis represents the number of participants of which blue colour indicates yes and green colour indicates no. The association between the gender and awareness of COVID-19 was found to be statistically insignificant [(Chi-square value-0.869 , p value-0.351 (>0.05)]. Even Though it is statistically not significant, majority of the male (62 participants) were aware of COVID-19 than female participants.

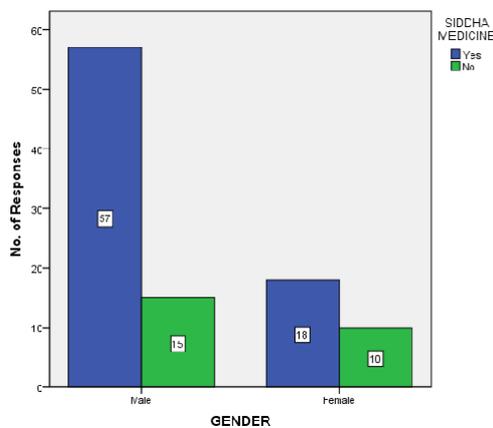


Figure-13 Bar graph showing the comparison of responses between gender to the awareness of siddha medicine. X-axis represents the gender and Y-axis represents the number of participants of which blue colour indicates yes and green colour indicates no. The association between the gender and awareness of siddha medicine was found to be statistically insignificant [Chi-square value-2.381 , p value-0.123 (>0.05)]. Even Though it is statistically not significant, the majority of the male (57 participants) were aware of siddha medicine than female participants.

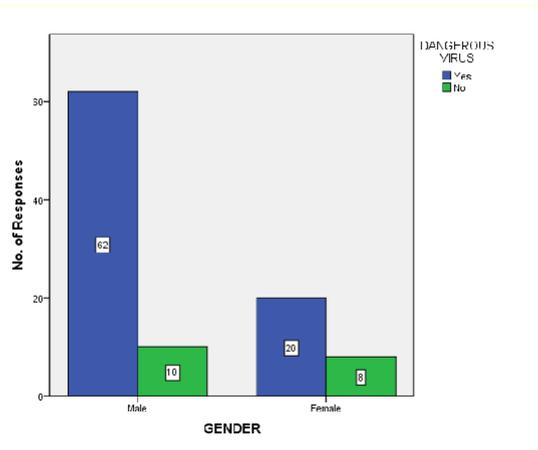


Figure-14 Bar graph showing the comparison of responses between gender to the awareness that COVID-19 is a dangerous virus. X-axis represents the gender and Y-axis represents the number of participants of which blue colour indicates yes and green colour indicates no. The association between the gender and awareness that COVID-19 is a dangerous virus was found to be statistically insignificant [Chi-square value-2.944 , p value-0.086 (>0.05)]. Even Though it is statistically not significant, the majority of the male (62 participants) were aware that COVID-19 is a dangerous virus than female participants

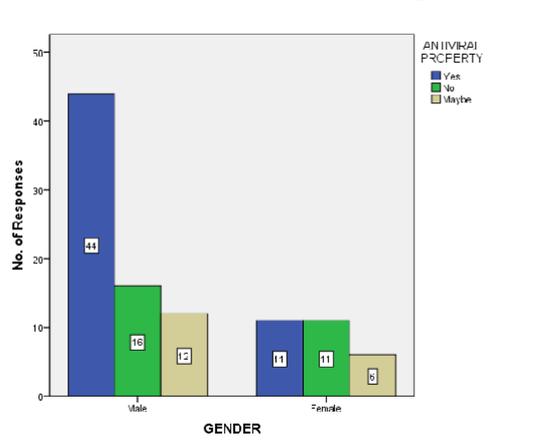


Figure-15 Bar graph showing the comparison of responses between gender to the awareness that Siddha medicine has antiviral property. X-axis represents the gender and Y-axis represents the number of participants of which blue colour indicates yes and green colour indicates no. The association between the gender and awareness that Siddha medicine has antiviral property was found to be statistically insignificant [Chi-square value-4.174 , p value-0.124 (>0.05) ]. Even Though it is statistically not significant, the majority of the male (44 participants) were aware that Siddha medicine has antiviral properties than female participants.

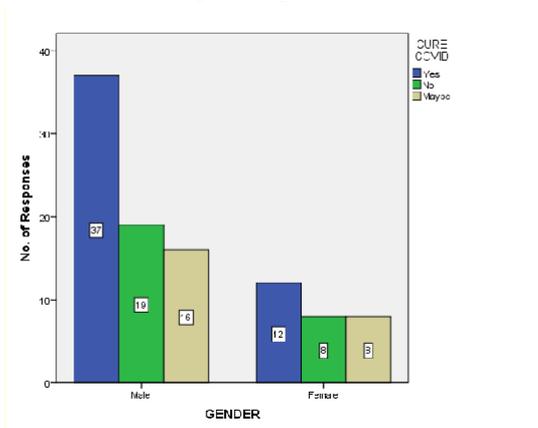


Figure-16 Bar graph showing the comparison of responses between gender to the awareness that Siddha medicine can cure COVID-19. X-axis represents the gender and Y-axis represents the number of participants of which blue colour indicates yes and green colour indicates no. The association between the

gender and awareness that siddha medicine can cure COVID-19 was found to be statistically not significant [Chi-square value-0.674 , p value-0.714 (>0.05)]. Even Though it is statistically insignificant, the majority of the male (44 participants) were aware that siddha medicine can cure COVID-19.

#### 4. CONCLUSION

The present study thus concluded that everyone must be aware of the siddha medicine and its medicinal property. In that way the current study believed that this work would cause awareness about the siddha medicine against viral infections.

**5. CONFLICT OF INTEREST:** The authors have none to declare.

#### 6. ACKNOWLEDGEMENT:

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