

## AN SURVEY BASED ON RESEARCH METHODOLOGY AND ITS DEVELOPMENT IN SIDDHA SYSTEM

Vignesh K.\*<sup>1</sup> and Dr. S. Yamini Priyadharsini MD(s)<sup>2</sup>

<sup>1</sup>Sivaraj Siddha Medical College, Salem.

<sup>2</sup>Lecturer, Department of Gunapadam, Sivaraj Siddha Medical College, Salem.

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### \*Corresponding Author

**Vignesh K.**

Sivaraj Siddha Medical  
College, Salem.

### BACKGROUND INFORMATION

Research is an essential and a ladder to any field for its development. But being an ancient system, our traditional system facing several difficulties to update in the field of research. As its principles are preternatural, they are arduous to explain and prove. So the outcome of research projects is also found to be inadequate. It is an essentiality for data collection of knowledge in research among Siddha members. This study was based on the questionnaire related research in social media to Under-Graduates, Post-Graduates and Siddha physicians in Tamil-

nadu.

### INTRODUCTION

Siddha is the one of the most ancient system of medicine laid by many of our great Siddhars, that subsist till the current generation. Since all our medication are classified into 32 internal and 32 external medications. All these therapies are immensely followed by our practitioners. But in the point of public domain its seems to more skeptical in using our Siddha medicines and they are indeed of evidence based medicines. So it is our own duty to create an credence of public in Siddha system of medicines. It can be achieved by manifesting evidences in the field of research. For that, our siddha communities must be enlightened in research sectors.

### METHODS

This study was based on the questionnaire system created in google docs about the basics of research in siddha system and shared in social media (whatsapp, telegram, facebook etc..) among the siddha communities. Their response were recorded and discussed below.

Table 1: List of questions framed.

Question No.	Questions	
	Undergraduates & Postgraduates	Siddha Physicians (Practitioners)
	Age	Age
	Gender (male / female)	Gender
	Designation (Under Graduates, Post Graduates, Siddha Practitioners)	Qualification Sector
1	Do you have interest in siddha?	Do you have interest in Siddha?
2	Have you ever worked out in Microsoft Excel & Microsoft PPT?	Have you studied research methodology?
3	Do you have your own/ know to use computers?	In what way you validate the drug?
4	What comes into your mind while you think of Siddha research?	Is research necessary in Siddha?
5	Have you studied research methodology?	Have you presented papers in conferences other than Siddha conferences?
6	Have you preceded in any Siddha conferences?	Have you done any research projects?
7	Have you presented in any conferences?	Do you know about impact factor & peer review?
8	Do you have experience in writing research articles?	Do you know what is open access?
9	Does Siddha system have Standard Operating Procedure?	What's your idea in doing Ph.D & PDF?
10	Have you done/ know any funded projects?	Is it possible to evaluate the genomic research for Siddha medicines?
11	List out the publishing sites that you know till far?	In Siddha system, whether research sector is lacking?
12	On what basis, you find the best journal for reading?	What do you prefer to use?
13	Do you know about Pharmacopoeial Laboratory for Indian Medicines (PLIM) guidelines?	If Siddha medicines are scientifically proved, will the use of our medicines will increase?
14	Is it possible to grow our endangered medicinal plants through micropropagation?	In what type of research are you interested in?
15	If Siddha medicines are scientifically proved, will the use of our medicines will increase?	Have you done any clinical research, If yes share your thoughts
16	-	Your thoughts in developing Siddha research?

## DISCUSSION

We got **117 responses** in Under Graduates, Post Graduates and **50 responses** in Siddha physicians and their results were discussed below.

Table 2: List of responses recorded among undergraduates and postgraduates.

Question No.	Responses	
	Undergraduates & Postgraduates	
	Under Graduates: 111 responses	Post Graduates: 6 responses
<b>Gender</b>	MALE: <b>39.7%</b>	FEMALE: <b>60.3%</b>
<b>1</b>	YES: <b>90.5%</b> NO: <b>7.8%</b> Joined by Compulsion: <b>1.7%</b>	
<b>2</b>	YES: <b>62.7%</b> NO: <b>32.8%</b>	
<b>3</b>	YES: <b>84.5%</b> NO: <b>15.5%</b>	
<b>4</b>	<p>Key to new way (2) nothing I want anything to my course, and people, so I like research It is not organised To standardize Its a necessary thing for every students to uplift siddha system dosage medicine Exploring ideas <input type="checkbox"/> Research is always a research Gaining knowledge .inventing new things. searching answer for unknown things repeatedly. Very poor in siddha field Improve the knowledge It's necessary for the development of your system The main ambition of siddha research is to know the scientific principles of siddha r's to every common people siddha researches are not well developed Tool for innovation Many obstacles are here. we dont have proper knowledge guidelines and funds with us Creative work undertaken on a systematic basis. Good way To upgrade clinical practice Providing Scientific validations for each and everything in our System It usefull best medical field in world Siddha is something extra ordinary which cannot be limited by the rules suggested to do research No idea Scientifically proved and Documented not necessary We want do more to research in siddha. The way to explore and prove the siddha medicine. to make evidence by doing research It s very necessary for us to upgrade To do lot More technical knowledge and funding is needed</p>	

<p>That is a needed one.</p> <p>It's grow in Siddha system but it's already proved by siddhars</p> <p>Preparation of medicine</p> <p>Want to know about the method of action of siddha medicines</p> <p>Best medicine</p> <p>Siddha research is to developing the knowledge based things and one of the pathway to success life</p> <p>Need separate guidelines for research, encouraging ug students by giving funds to do research on valid topics, need proper guidelines, workshops. For eg if I come with ideas I need a proper person to guide me which is most important. Almost all the students are talented we need guidance.</p> <p>Have to improve</p> <p>Proove scientifically then spread world wide</p> <p>It is useful to our soceity to increase the awareness...</p> <p>Its very important to the modern world and all the research of siddha come true</p> <p>Going well need more of exposure</p> <p>Its very essential in current situation for further more development of siddha system of medicine.</p> <p>Diabetes mellitus</p> <p>Essential</p> <p>Much essential for our system</p> <p>I want to research about not curable disease</p> <p>Books or sources for extensive literature survey should be easy to understand</p> <p>Yet to be established a lot.</p> <p>Medicine without side effects</p> <p>It is vast.</p> <p>Must be developed</p> <p>do something different</p> <p>Students have to be given sufficient knowledge. For that the faculties too should be given the same.</p> <p>Siddha is tamil medicine complete curing only this Medicine</p> <p>We want to improve</p> <p>It is a good medicine</p> <p>Explore the world of medicines</p> <p>It is not up to the mark yet, but yet to be explored.</p> <p>Senthil sir</p> <p>Siddha research is Essential and absolutely influential</p> <p>????</p> <p>It is the source for futher research fird</p> <p>To make a discover on this system</p> <p>thatz our duty</p> <p>Neurology research</p> <p>I wish to be a researcher</p> <p>Research in siddha is very low compared to allopathy medicine. So we do more research at our siddha system.</p> <p>My future</p> <p>Good</p> <p>Empowers knowledge.</p> <p>1. Standardization in each segment is need. 2. Standard treatment protocol has to be developed</p>
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	<p>Alavai  Clinical study needed  A wonder science which this modern world has no idea about it  An ocean to be explored!  Development of siddha and cures of diseases  Helps to develop our knowlegde and siddha science  Lesser adverse effects  Lot of things we need to research.summit into international &amp; national research papers  To prepar lot of mediation  Already researched  The siddha research scholars must do further more research work to explore the unproved concepts of siddha  It's our responsibility to make our system to reach worldwide  Development  Documentation  It's very important to siddha  If Scientifically proven medicine reach to pupil  Research for Siddha is not necessary because it is a well-developed one.  Siddha medicine is the best cured disease in the world  Siddha medicines.  helping allopathy  AYUSH  Making some literatures into documentation &amp;to find modified medicines to cure diseases  For reaching our system to world  Must not follow existing scientific standards, A unique scientific standards for siddha should be evolved.  very needed  Nei kuri</p>
<b>5</b>	<p>YES: <b>73.3%</b>  NO: <b>26.7%</b></p>
<b>6</b>	<p>YES: <b>79.3%</b>  NO: <b>20.7%</b></p>
<b>7</b>	<p>YES: <b>62.1%</b>  NO: <b>37.9%</b></p>
<b>8</b>	<p>YES: <b>65.8%</b>  NO: <b>34.2%</b></p>
<b>9</b>	<p>YES: <b>34.5%</b>  NO: <b>65.5%</b></p>
<b>10</b>	<p>YES: <b>34.5%</b>  NO: <b>65.5%</b>  Done Projects: <b>3.5%</b></p>
<b>11</b>	<p>Pubmed (1 responses)  No (9 responses)  No idea (7 responses)  dont know (2 responses)  Nothing (2 responses)  Ayush portal (2 responses)  no (2 responses)</p>

No (2 responses)
ijrs
I don't know
Pubmate
Siddhapapers.org
CCRS
I don't know. I'm a fresher
pubmed
Nooo
Pubmeds
ICMR, CCRS
science scholar, pubmed, goole scholar
pubmed,science corner
Siddhapapers, ayush
pubmed nih scopus
pubmed,springer
Very few...
Dharshan publishers, sciencedirect, pubmed
Anti-microbial activity of copper vesels
n
3
Ijcrms
Science direct
Pubmed, siddhaarticles.in etc.,
Siddha papers
Icjrms
ncbi, Siddhapapers, ijrap,
Ijsrms
International council of journal
Ijars
Pubmet
PubMed
www.nis.gov.in
You tube
Journals like ICMR,Database like pubmed,science direct
ISMGA
Elsevier, PubMed
Pub med
pubmet
ccrs official website
If publishin in our project to the succes
Pubmet
Didn't know
Siddhapapers.com, ijpcs.com, ijppr.com, etc.,
Medline, pubmed
elsevier, Sagepub, Malaya journals,international journal of science and research.
No one
Pubmed,
Pubmed , Google scholar , Scribd
Malaya, pubmed

	<p>Malaya.          Question is not clear. You mean publishing Journal (Jou of Ethnopharmacology, Jou of Pharmacology, elseiver etc)or Databases like PubMed, IC, DOAJ, Web of Science          Cocrane, pubmed          Ijsrm          Ijcp          Www .siddha resarch papers.com          JIM,BMJ,NCBI,NEJM          Bogar 2000          Ethnomedicine, The Nature, The springler, Lancet, BMJ, Siddhapapers, Paediatrics          Don't know          Siddha research.org          Malya journal          No idea          Any.do,calm.com          Siddha          ayush.com          Pubmed , Medline, etc          Siddhawalterresearch.com          International journal of pharmacy          Siddha papers          ...          IEEE          Siddha papers, ijppr, betham etc          Sciencedirect          IJISRT          Nilavembu kudineer medicine publishings          Pubmet, scopus BMJ.          Elceveer          silvior          Don't know</p>
12	<p>IMPACT FACTOR: <b>20.7%</b>          PEER REVIEW: <b>18.1%</b>          SCOPUS INDEX: <b>8.6%</b>          NO IDEA: <b>52.6%</b></p>
13	<p>YES: <b>43.1%</b>          NO: <b>56.9%</b></p>
14	<p>YES: <b>89.7%</b>          NO: <b>10.3%</b></p>
15	<p>YES: <b>80.3%</b>          NO: <b>3.5%</b>          MAYBE: <b>16.2%</b></p>

Table 3: List of responses recorded among Siddha physicians (practitioners).

Question No.	Responses	
	Siddha Physicians (Practitioners)	
Age	25-35 : 72% 35-45 : 26% 45-55 : - 55-65 : - ABOVE 65 : 2%	
Gender	Male: 62%	Female: 38%
Qualification	Undergraduate: 30% Postgraduate: 22% Siddha Physician: 30% Teaching Faculty: 18%	
Sector	Government : 16% Private : 52% Self Employed : 32%	
1	YES: 88% NO: 12%	
2	YES: 50% NO: 50%	
3	Pre_clinical study : 16% Clinical study : 58% By finding out its molecular mechanism : 5% No idea : 16% All the above : 5%	
4	YES: 86% NO: 14%	
5	YES: 60% NO: 40%	
6	YES: 72% NO: 28%	
7	YES: 50% NO: 50%	
8	YES: 56% NO: 44%	
9	Interested : 66% Not interested : 28% Doing : 6%	
10	YES: 56% NO: 44% NO IDEA: 32%	
11	YES: 92% NO: 8%	
12	Sashthric Medicines : 28% Pharma Patented : 8% ALL: 64%	
13	YES: 78% NO: 6% MAYBE: 16%	



14	Pre-Clinical Research : <b>12%</b> Clinical Research : <b>70%</b> Genomic Research : <b>10%</b> No Idea : <b>8%</b>
15	YES: <b>30%</b> NO: <b>70%</b>
	<p><b>Thoughts</b></p> <ol style="list-style-type: none"> <li>1) Due to lack of IEC couldn't able to establish more.</li> <li>2) In Psoriasis i done my clinical study.</li> <li>3) I have done few research but outcome is not good so dont waste funds</li> <li>4) I done pre-clinical research. but i am not satisfied. ...because i don't know how to interpret our medicine with my activity</li> <li>5) In diabetes mellitus, the main problem is selection criteria. Because freshly diagnosed patients are not available.</li> <li>6) Siddha principle specific protocol to be established rather than comparing with modern drugs</li> <li>7) Single drug medicine reaction is more efficient and good bioavailability when compare to compound drugs.</li> </ol>
16	<ol style="list-style-type: none"> <li>1) Lack of interest Lack of awareness Lack of guidance etc.</li> <li>2) To improve our Siddha in all way.</li> <li>3) Needed</li> <li>4) No need of research in Siddha already everything is written correctly, practice it first</li> <li>5) To promote siddha medicine in all over the world.....</li> <li>6) Staffs have to know the basic research knowledge. ..Then only students will try their best level.</li> <li>7) Increase the research methadology</li> <li>8) More research papers submitted for future</li> <li>9) We are in need of reverse pharmacology type of research and we should create our own research methodology.</li> <li>10) Not interested in research as i said already. but wat v do,papers only speak ...lack of financial background might be the cause for youngsters hesitate to do such researches...if,the govt provides proper funds for really those who working heartedly ...our system will spread throughout world, nowadays a trend turns to use native medicine... awareness in society. make use of it.</li> <li>11) Research awareness to young doctors, Financially support to the private doctors.</li> <li>12) Research funding and facilities</li> <li>13) A proper head should train the newcomers</li> <li>14) More clinical research in infectious disease is needed. Because recent dengue swine flu endemics showed good impression among society on siddha medicine. Need validation and dosage prescription on age wise etc have to be done immediately to face upcoming viral endemics.</li> <li>15) Proper guidance in clinical practice at UG level and economic support to practitioner and researcher</li> <li>16) Fund for siddha research</li> <li>17) It leads us a confident practice</li> </ol>

18) We must need research in Siddha system
19) 1. Purification method of drug is much important 2. Reference book 3. Research methods shld be taught to all the students and the other doctors who had not read research methodology subject. 4. Should make a compulsory rule that all the siddha physician shld present atleast 3 papers.
20) 1. Research along with our basic principles and Thinai, anubanam, medicated oil bath, food restriction is essential. 2. Emergency care, paediatric and antenatal & postnatal care is necessary.
21) Need good lab facilities and good infrastructure, animal house for preclinical studies, for clinical need well established hospitals with sapisticated lab facilities and funding source needed!
22) Research papers and promotions
23) It's very important and nessasary to evaluate our drugs by scientific way
24) Educate about research methodology from Undergraduation first year itself.
25) Need proper guidance
26) To be increasd
27) Doing pg courses related to research will surely help
28) The best way for feature in siddha system of medicine.
29) A team work regarding internal and external medicines by treating the patients clinically.
30) A single website in which all d researches regarding siddha medicines must be gathered n published, also awareness among the public must be elevated to next level
30) Widespread the knowledge of research works to students and offer fund.
31) Clinical studies and when drugs containing more than one mooligai control studies should be done.
31) 1. Human study we need. 2. Need suffecient stipend to do basic researches during my internship period. 3. Need to do a research in peru marunthugals.
32) Try to develop my knowledge to do research about our system.

### Under Graduates, Post Graduates

From questions 1, 2 & 3, Nearly  $\frac{3}{4}$  th of scholars having in siddha research, 32.8% of them lack knowledge in working in MS Word & MS Power point & 15.5% don't have computer knowledge Still more classes about computer MS office can be conducted.

From question 4, since our Siddha systems have lot of literature sources, due to lack of proper guide research is still lacking.

From questions 5-11, still more awareness and classes about basics of research methodology will increase the researchers and awareness about publishing sites.

From question 15, about 96.5% of people thought that all our medicines should be scientifically proved and in need of evidence based medicine.

### **Siddha physicians (practitioners)**

From questions 1 & 2, still more awareness and classes about basics of research methodology will increase the researchers.

Due to lack of IEC in still an hurdle among Siddha researchers.

### **CONCLUSION**

The main aim of this study is to create awareness in Siddha research in Siddha communities. From these above results we can conclude that lot of enterprise should be carried out in the field of research. In spite of having interest in siddha research, due to lack of proper guidance outcome of siddha publications found to be less. Research in Siddha can be developed by indemnifying in the diminishing sectors. By improving the fundamentals in research fields among Siddha communities is sufficient for public credence in our medicine.

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