

# JOURNAL OF INDIAN STUDIES

*Special Issue:*

Articles on  
Siddha  
&  
Ayurveda  
Traditions

*Chief Editor:*

*Professor Dr. M. Rajantheran MA, PhD*

*Editors:*

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*Selvarajoo Sundaram*

*President, GOPIO International*

**2013**

*Department of Indian Studies,*

*Faculty of Arts and Social Sciences,*

*University of Malaya,*

*50603 Kuala Lumpur,*

*Malaysia*



**UNIVERSITY  
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# **Journal of Indian Studies**

*Special Issue:*

## **Articles on Siddha & Ayurveda Traditions**

**Chief Editor: Professor Dr. M. Rajantheran MA, PhD**

Journal of Indian Studies is an annual journal published by the Department of Indian Studies, University of Malaya, 59100 Kuala Lumpur, Malaysia. The aim of this journal is to provide a channel for the publication of research works carried out by the teaching staff in this department. Languages used in this journal are Bahasa Malaysia, Tamil and English.

For the first time in the history, the department is publishing a special issue of this journal called, 'Journal of Indian Studies Special Issue: Articles on Siddha & Ayurveda Traditions'. This journal consist of three articles written by the department's academic staff members, fourteen research articles written by both local and foreign experts of this field and six research articles by Ph.D., candidates and one more by a M.A research student. All of these articles have been reviewed and edited by qualified experts in the field.

Publishing research outcomes in the field of Siddha and Ayurveda Traditions is the main objective of this journal. Apart from that, this is also meant to encourage young researchers and writers to adventure further in this field.

Views expressed in the articles are not necessarily the views of the Editors or the Department of Indian Studies.

I wish to forward my thanks to Associate Professor Dr.S.Kumaran, the Head of the Department of Indian Studies, who has entrusted me with this work. I am also indepted to Mr M.G.L. Velayutham, The Chairman/ Managing Director, ALMAA HERBAL India. Mr. Selvarajoo Sundram, The President of GOPIO International, Mr.Manimaran Subramaniam and Mr.K.Sillalee from the Department of the Indian Studies, University of Malaya, for thier valuable assistance and support.

Publication of this journal is sponsored by GOPIO, International.



## INDIAN TRADITIONAL MEDICINE SIDDHA AND AYURVEDA

### *a Renaissance to Transit to Wholesome Health*

Selvarajoo Sundaram, President,GOPIO International

Siddha and Ayurveda are long established traditional medicine systems in India and Ayurveda in particular is now quite accepted in many parts of the world. The growth and values of traditional medicine, that has centered and evolved within each civilization, have over the ages contributed largely to the science of medicine. Apart from India, China, the African continent and the Indonesian archipelago, there are also other jewels of knowledge in herbal and natural treatments. Allopathic medicine is an offshoot from this traditional medicine and over the long period of 1,000 plus years, allopathic medicine has evolved into a well organised studies based medical science. Allopathic medicine is not just evidence based but also cumulative years of clinical trials and studies. Allopathic medicine which is now the main stream health and medical treatment provider, is well established globally and is supported by the huge resources of many great hospitals, renowned teaching and research institutions, the important self regulatory country wise Medical Councils, the well established funding available through national health budgets and private sector "health economy" funding. The Pharmaceutical Industry alone is more than a trillion US Dollars Sector, globally.

It is in this environment that we are now witnessing globally a renaissance in the Traditional Medicine. This comparatively new interest in traditional medicine arises partly because of new information on satisfactory treatments and cures for health issues that have not responded to Allopathic medications and treatments. Further, the global trends for natural life style has taken positive assumptions for traditional treatments, including natural food, healthy dieting and the very popular yoga exercise.

GOPIO and our Collaborative Partners have decided to give support for systematic growth of Siddha and Ayurveda as complimenting health systems, within the National Health Systems. This is a Civil Society Organization (or NGO) effort, which will raise the traditional medicine awareness environment. An important step is to bring about the dialogue between Allopathic medicine and Traditional Medicine practitioners. This Conference 'Indian Traditional Medicine Siddha and Ayurveda' is also an annual meet to exchange the current knowledge between these two traditional medicines and hold dialogues with the Allopathic medicine doctors. Further, GOPIO International jointly with GOPIO Country Chapters will step up globally this promotional work for Siddha and Ayurveda.

In this second annual Conference, we have initiated an annual special Journal on Siddha and Ayurveda medicine. The papers included is a mix of professionals, academics, traditional knowledge based practioners and post graduate research students. Subsequent issues of this special Journal will witness sharper rice for referred papers. This Journal is jointly produced by the Department of Indian Studies, Faculty of Arts and Social Sciences, University of Malaya and GOPIO International. This first Journal is to provide a pulse read of the current knowledge and information of Siddha and Ayurveda.

GOPIO and the Collaborative Partners are quite aware of the challenges of the tasks before us, to bring the Traditional Medicine into the mainstream of health care in the Society. The Collaborative Partners are from medical practitioners, academics and Civil Society Organisations and their callings for this cause is their desire to see all around healthy living, for all. The collective belief is that it is timely for a new life style that will provide wholesome health. The hurdles are many, but with more Collaborative Partners, both local and global, the barriers or short comings can be crossed.

In the renaissance of Siddha and Ayurveda, the Collaborating Partners also have recognized synergetic practices that will assist the greater awareness towards natural lifestyle. Yoga is one such synergetic means and is also a well established tradition of all Indians. An important means to overcome some of these initial hurdles for Traditional Medicine is to encourage further the renaissance in Yoga and meditation, as a Lifestyle. Both yoga and meditations are well tested practices that can be taught to and learnt by children, as well as adults. A Community imbued in the practice of Yoga and meditation will be more receptive to Siddha and Ayurveda wholesome health practices.

This renaissance for wholesome health needs constant engagement of Traditional Medicines and Allopathic medicine and the coordination and support of more Partners.

**10th May 2013**