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In Siddha, we steer the flow of energy via pressure points to remove chronic pain: Sathya Sindhuja, Chakrasiddh

According to the siddha philosophy, mind and body are believed to be one cohesive entity. It came much before Ayurveda, where you can align mind and body in designed human nature with the cosmic energy.

- [Shahid Akhter](#)
- [ETHealthWorld](#)
- Updated: March 13, 2021,
Shahid Akhter, editor, ETHealthworld, spoke to [Bhuvan Giri Sathya Sindhuja](#), Founder, [Chakrasiddh](#), Hyderabad, to know more about [Siddha](#), its principles and practice today.

Where is Siddha placed in Ayush today?

In 2014, AYUSH Ministry was formed. We could see that more work was happening in Ayurveda and Yoga. Even Yoga International Day is observed now. Likewise, Siddha was not on the same platform and was unable to open its wings. So, very soon, a similar push will be needed for Siddha, too, to help it realise its full potential like Ayurveda and Yoga.

The term Siddha means achievements, and Siddhars were saintly persons who achieved results in medicine. Eighteen Siddhars were said to have contributed towards the development of this **medical system**. If such awareness is achieved for Siddha, we will observe great progress with the human mind. The science of Siddha has its root stretching back to ancient times. It is a literature in Tamil and is practised largely in the South part of India and abroad. The Siddha System is largely therapeutic in nature. It is a clear way of martial art. It came much before Ayurveda, where you can align mind and body in designed human nature with the cosmic energy. This may help you to learn how you can live your life pleasantly and peacefully without any diseases, how to set up your goals within, how to tackle life's pressures that you are facing now, and much more. This is the ideal way of living. This is the system to which everyone should get introduced.

What is Siddha? Please highlight the trends and current scenario.

Siddha is different because it is you who needs to practice it. It is not like a 2-year course where you come to attend the sessions and get a certification. In Siddha, you have to work at the cell level. It is a Guru Parampara vidya. My grandmother is a guru. It is only with guru that you could establish this. Under

such guru's guidance will it be a well-defined system. Siddha means complete orientation. Orientation involves body and mind, and how you are aligning everything in performing all the work in your life.

According to the siddha philosophy, mind and body are believed to be one cohesive entity. So, how to learn Siddha? It is the greatest vital part. It is not related to any education system. We cannot predefine this. It is a system of science where theory and practical are involved simultaneously. The science of Siddha healing uses [Nadi Vaidyam](#) and [Marma Chikitsa](#) to cure chronic and painful health disorders without surgical or medical intervention. It takes minimum 12-15 years generally to understand the anatomy perfectly. And imagine, we are working at a level beyond mind and science. Beyond science, Siddha system works even above the superficial level. At the same time, a similar connection will be observed at the cellular level. So, how the life energy travels will be well-defined and explained through actions. Unlike the other systems, it is inculcated into the system, we can see food and everything else apart. The human body is the replica of the universe, and so are the food and drugs irrespective of their origin. Siddha can be the mainstream of the healthy way of living.

What challenges does Siddha face?

It is a very strict discipline. It is not like taking a prescription, learning an exercise and doing it. It is like imagining. It is like sitting together. Learning about 'What is their diet?' and more. Everything has to be checked. At what time they sleep? How much of physical activity they do? How positive are the thoughts for yourself and the society? In this manner, there are like 8 levels of diagnosis. Not just for patients, but the diagnostic methodology is unique for each Siddhar depending on their clinical acumen.

Not everyone is eligible for Siddha treatment. For example, a patient coming in the final stage of a disease says, 'You said everything is curable with Siddha'. In such a health condition, it is not possible to stop the last breath, right? We don't have control over life and death. What we have control over is improving the quality of life with good health and habits. So, it involves a lot of practice. It is a science and vidya that has been passed through generations.

For 12 years now, I have been in this profession. During our initial days, it was a tough task to counsel people about our treatment and its benefits. We often answered questions like 'What is Siddha?', 'What are the benefits of Siddha?', 'How could I improve my life with Siddha?'. Sometimes, they would even ask, 'Why should we believe in Siddha treatment?', 'What is this technique which make us positive within?'. We faced such questions a lot. Not just few, every

doubt and complaint would be about similar topics. Slowly and gradually, through their personal and positive experiences of Siddha treatment, they started making small adjustments in their lives. This helped them bounce back in life.

Releasing toxins, knotted blockages, and restoring oxygen flow to the brain, one could feel the entire body de-stressing and rejuvenating. That made a huge difference. Now, we do not face those type of questions anymore. In fact, there are questions like, 'Do you assure that this treatment will benefit me?'. We give a simple answer in response that the assurance should be coming from you and not others. You should be assured within yourself. Your body will respond when you are assured of yourself and then you notice positive improvements. You will be disease-less, and painless. That is the biggest reward your body achieves with you.

All we can say is no re-occurrence, if you maintain the correct posture and exercise routine post your treatment. The key is not to depend on others, rather depend on yourself. The energy that you feel means that the Siddha is with you. Siddha works at the cell level. You can't even imagine how each cell memory shares its pain. Only if you put the alert, you are sorted. We often notice that people are completely unaware of the fact, which is why they say, 'Oh, cell has such memory'. This is because they are often looking for solutions outside when it was always within them. Siddha works within the cell itself. Siddha involves proper alignment and process to cure many diseases, without medication or surgical treatments. Almost 95% of the diseases do not need any medication. All you need to do is adapt good eating habits, right sitting posture and maintain a fresh mind. That's it.

An insight into what is Chakrasiddh, its inception, the journey so far, and future plans?

We officially launched Chakrasiddh. Chakra means the internal blockages. Siddha means siddhinshiram the energy points. The human body has 72,000 energy channels. At Chakrasiddh, we steer the flow of energy via pressure points in these channels to cure chronic pain and diseases. Chakrasiddh began its journey in 2002. We started small. We provided the best treatment we could to whomsoever visited us for treatment. With time, we started getting a good response owing to the benefits and positive results our patients experienced. They began visiting us willingly.

As of today, I do not need to explain our treatment to anybody. Patients start narrating their personal experiences with great joy and happiness. To date, almost 78000 patients have been treated and cured. If pain is removed from the body and mind, life would be very different. Pain is different. You are

different. Just have that clarity. Always have proper understanding of body and mind. That's it. Today, we are attending 200 to 300 patients in a day for a wide range of health issues like skeletal disorders, nervous disorders, and many others related to mind. The effects of Chakrasiddh healing can be felt within the first three days of commencement of the treatment. While we are noticing a positive response, lots of work still needs to be done for Siddha in terms of awareness. It's high time to increase awareness about Siddha.

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Learning Centers & Hospitals

- GOVERNMENT **SIDDHA MEDICAL** COLLEGE. Annexed with Aringnar Anna Govt.
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- GOVERNMENT **SIDDHA MEDICAL** COLLEGE. Palayamkottai, Tirunelveli, 627002, Tamil Nadu, **India** .
- SRI SAIRAM **SIDDHA MEDICAL** COLLEGE &RESEARCH CENTRE. West tambaram, Chennai, Tamil Nadu, **India**.
- SANTHAGIRI **SIDDHA MEDICAL** COLLEGE.

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Learning Centers & Hospitals

1. GOVERNMENT SIDDHA MEDICAL COLLEGE

Annexed with Aringnar Anna Govt. Hospital of Indian Medicine & Homeopathy, Arumbakkam,
Chennai – 106, Tamil Nadu, India

Courses offered: B.S.M.S., (UG) and M.D.(Siddha)- (PG)

2. GOVERNMENT SIDDHA MEDICAL COLLEGE

Palayamkottai, Tirunelveli, 627002, Tamil Nadu, India .

Courses offered: B.S.M.S.(UG) and M.D.(Siddha) – (PG)

3.NATIONAL INSTITUTE OF SIDDHA

Tambaram, Chennai, Tamil Nadu, India .

Courses offered: M.D.(Siddha) – (PG)

4.VELU MAIYIL SIDDHA MEDICAL COLLEGE

Sriperumbudhur, Kaanchepuram District, Tamil Nadu, India .

Courses offered:B.S.M.S (UG)

5. SRI SAIRAM SIDDHA MEDICAL COLLEGE &RESEARCH CENTRE

West tambaram, Chennai, Tamil Nadu, India

Courses offered: B.S.M.S (UG)

6. SANTHAGIRI SIDDHA MEDICAL COLLEGE

Thiruvananthapuram, Kerala, India .

Courses offered:B.S.M.S (UG)

S.NO	NAME OF THE COLLEGES AND OTHER INSTITUTES	UG/PG / Research	ADMISSION CAPACITY	TOTAL
1	National Institute of Siddha (NIS) Tambaram sanatorium, Chennai, Tamil Nadu, India.	PG	60	60
2	Regional Research Institute for Siddha, (CCRAS)Pondicherry, India	Research	-	-
3	a)Clinical Research Institute, (CCRAS), Palayamkottai, Tirunelveli, Tamil Nadu, India.(specialization in Velupunoi [Anaemia], Kaakaivalippu [Epilepsy]) b) Survey of medicinal plants unit, (CCRAS), Tirunelveli, Tamil Nadu, India .	Research	-	-
4	Central Research Institute [Siddha], Aringar Anna hospital campus, Chennai, Tamil Nadu, India. Specialization in Putru noi[Cancer], Kaalaanjaga padai[Psoriasis], SandUvaatha soolai[Arthritis], Manjal Kaamaalai[Jaundice], Venpadai[Leucoderma], Neerazhivu[Diabetes Mellitus]	Research	-	-
5	Indian Institute of History of Medicine, Hyderabad, Andhra Pradesh, India. The primary aim is collection of source of materials pertaining to history of Indian System Of Medicine, editing, translation of important treatises, rewriting, construction besides records.	Research	-	-
6	Govt. Siddha Medical College, Palayamkottai, Tirunelveli, Tamil Nadu, India.	UG / PG	100 / 60	160
7	Govt Siddha Medical College, Anna hospital campus, Arumbakkam, Chennai, Tamil Nadu, India.	UG / PG	50 / 20	70
8	Aringnar Anna Govt. Hospital Indian Medicine & Homeopathy, Arumbakkam, Chennai, Tamil Nadu, India.			

9	Velumayil Siddha Medical College & Research Centre, Bangalore main road, Sriperumbudhur, Kaancheepuram District, Tamil Nadu, India.	UG	50	50
10	Sri Sairam Siddha Medical College, West Tambaram, Chennai, Tamil Nadu, India.	UG	50	50
11	A.T.S.E college, Munsirai, Kanyakumari district, Tamil Nadu, India.	UG	50	50
12	RVS Siddha Medical College, Soolur, Coimbatore, Tamil Nadu, India.	UG	50	50
13	Santhagiri Siddha Medical College, Thiruvanthapuram, Kerala, India.	UG	50	50

Duration of education for UG 5 years & 6 months including internship

Duration of education for PG 3 years

Branches offered for Post Graduate course in Siddha Medicine.

<i>Branch</i>	<i>Modern Terminology</i>	<i>Availability</i>	<i>About the study</i>
Gunapaadam Department -II	Pharmacology	Available In All PG Institutes	Assessing the drug value, its chemical composition, clinical trials property and its effects.
Podhu Maruthuvam Department -I	General Medicine	Available In All PG Institutes	Assessing the diagnosing criteria through Siddha aspect, treating and preventing the disease.
Sirappu Maruthuvam	Special Medicine	NIS and Govt Siddha Medical College, Palayamkottai	Emphasising the importance of special methods of treatments like Varmam, Thokkanam, Yogam, Karpam etc.

Department -III			
Kuzhandhai Maruthuvam Department -IV	Paediatrics	NIS and Govt Siddha Medical College, Palayamkottai	Development and care of infants, children, diagnosing inborn errors and treatment of all paediatric diseases.
Nanju Maruthuvam Department -VI	Toxicology	NIS and Govt Siddha Medical College, Palayamkottai	Assessing the toxic effect of plants, animals, minerals and lethal dose, symptoms and management.
Noi Naadal Department -V	Pathology	NIS and Govt Siddha Medical College, Palayamkottai	Diagnosing the diseases through Siddha aspect by nature of the diseases, etiology and development.