

ANNUAL REPORT 2025

Siddha Chikitsa Kendra

Shri Krishna AYUSH University, Kurukshetra

1. Introduction

The Siddha Chikitsa Kendra, functioning under Shri Krishna AYUSH University, Kurukshetra, continued its clinical, academic, and outreach activities during the year **2025** from the Institute of Ayurveda Studies & Research Hospital, Umri Road, Kurukshetra. The Kendra focused on strengthening Siddha clinical practices, public health awareness, student academic support, and integration of traditional diagnostic and therapeutic principles.

2. Services Provided

During the year 2025, the following Siddha healthcare services were rendered:

- Comprehensive patient evaluation using Siddha principles, including **Naadi (pulse) examination**.
 - Diagnosis and management of lifestyle disorders such as diabetes, obesity, and hypertension.
 - Varma therapy applications for pain management and neurological conditions.
 - Spine Varma activation for musculoskeletal disorders including cervical spondylosis (Saganavatham).
 - Counseling, lifestyle modification, and diet guidance based on Siddha concepts.
 - Siddha awareness programs for school students and the general public.
 - Academic support and clinical doubt clearance for postgraduate Siddha students.
 - Participation in national health and wellness programs.
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3. Hospital Administration

- **Medical Superintendent:** Dr. Raja singla
 - **Senior Domain Expert:** Dr. P. Nirmala Devi (**Siddha**)
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4. Key Highlights & Clinical Activities – 2025

4.0 Spectrum of Diseases Managed & Counseling Services

During 2025, the Siddha Chikitsa Kendra managed a wide range of acute and chronic conditions through Siddha medicine, Varma therapy, counseling, yoga, and dietary guidance. The following conditions were treated or managed:

- Lasuna Thabitham
- Growth retardation
- Diabetes mellitus
- Keel Vayu (Arthritis)
- Vatha Kapham related disorders (including Vatha Azhukku) - VAKV - auto immune rheumatoid arthritis
- Obesity
- Asthma
- Piles
- PCOD
- Behavioral counseling for bed wetting in children
- Autism – Varma point stimulation
- Insomnia – treated with yogic techniques and dietary advice
- Hair fall and dandruff – treatment and counseling provided
- Hair growth counseling
- Dysmenorrhea
- Left hemiplegia (treated; follow-up pending)
- Sneezing and allergic conditions
- Pira Saram (post-typhoid convalescence care)
- Gunmam - peptic ulcer
- Cough
- Psoriasis – treated using Siddha hygienic methods and Siddha medications
- Anemia
- Varicosity
- Infertility
- Weight reduction – Siddha management with lifestyle advice and pamphlet distribution
- Chronic ethmoidal sinusitis – treated for one month with Siddha medications
- Deworming counseling

- Cholelithiasis – Siddha diet advice and management
- Thyroglossal cyst – treated with Siddha medications
- Epiphora
- Pediatric cough and cold
- Sciatica

4.1 Medical Camps Conducted

First Medical Camp – Gowshala Medical Camp

- Free Siddha medical camp conducted.
- Screening and management guidance for **diabetes, obesity, and hypertension.**
- Free health awareness pamphlets distributed.
- Varma therapy applied for indicated patients.



Second Medical Camp Free Siddha medical camp conducted at Sector 8, Primary School, Kurukshetra

- Diagnosis and Siddha management advice provided for **Pramai (Vertigo)**.
- Patients advised for regular follow-up and continuity of care.



Third Medical Camp

- Patiola school visit sidha awareness given (No Pics)
- School Kid examination

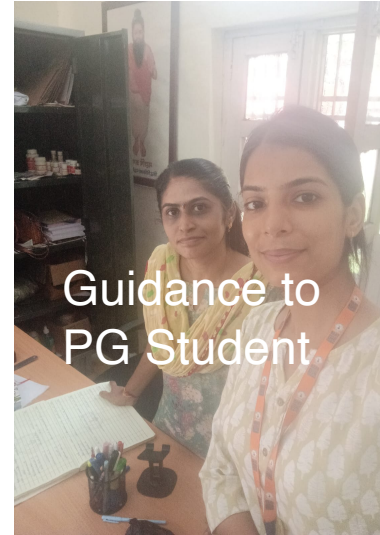
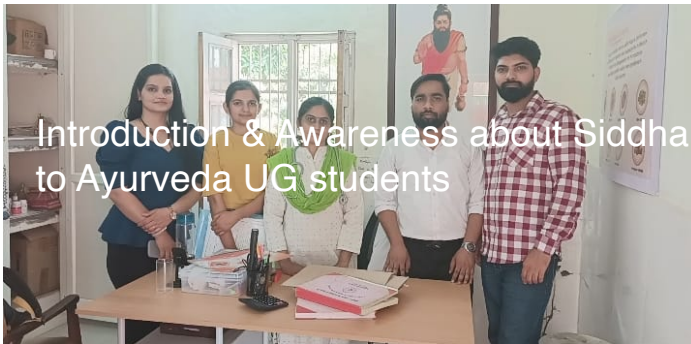


Pediatric asthma Treated:

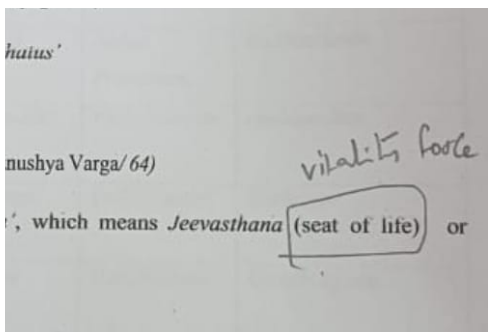


4.2 Academic & Research Activities

- **Postgraduate Siddha students' doubt clearance sessions** conducted to enhance clinical understanding.



- **Marma–Varma integration and comparison** work verified as part of **PhD research activities**.
- Emphasis on the Siddha principle that **Vital Force Energy is Varma**, reinforced through academic discussions.



depression on the forehead				
2. Located above the shanka and lower margins of hairline	Ardhangaal a	Shaya	Vishalyugana	Person survives until the foreign body is inside and in course of time it gets fell down itself due to Paaka. If it out initially than it will lead to death.
Located above the tail end of the eyebrows between the ear and forehead	Ardhangaal a	Asthi	Sadya Pranahara	Sudden death
Located between the two eyebrows.	Ardhangaal a	Sira	Vishalyugana	Person survives until the foreign body is inside and in course of time it gets fell down itself due to Paaka. If it out initially than it will lead to death.
Located at the confluence of the blood vessels supplying tongue, ear, nose and eyes	Panitala Pramana	Sira	Sadya Pranahara	Sudden death

Handwritten notes in the table:
 Same
 Point in Thalaika
 Kalam in Tamil
 Varma literature

4.3 Special Clinical Interventions

- **Saganavatham (Cervical Spondylosis):** Managed through Spine Varma activation.
- **Eczematous Ulcer:** Successfully treated using Siddha therapeutic principles.



- **Autism Clearance Varma:** Varma therapy applied as part of supportive management. *Reference Video: **Autism** - [link](#)*



5. Diagnostic Practices

- Regular **Naadi Examination** conducted to assess humoral imbalance and guide individualized treatment planning.



6. Public Awareness & Outreach Programs

- **Higher Secondary School Visit – Patiala:** Siddha awareness program conducted for students, focusing on preventive healthcare and traditional medicine.
- **Mango Tree Plantation:** Carried out as per the request of the Hon'ble Vice Chancellor, promoting environmental responsibility and medicinal plant awareness.



7. OPD Statistics OPD

Statistics – 2025

OPD Data (1st January 2025 – 31st December 2025)

The Out Patient Department (OPD) services of Siddha Chikitsa Kendra were provided throughout the year 2025. The OPD statistics are maintained in accordance with AYUSH / University reporting standards and are presented below.
OPD Statistics Table (Siddha)

Table 2

Sr. No.	Procedure Name	No. of Procedures
1	Varma Therapy (Pain Management)	10
2	Spine Varma	5
3	Autism Varma	4

Table 1

Month	No. of Patients	Average per Day	No. of Working Days
January	84	2.71	31
February	54	1.93%	28
March	79	2.55%	31
April	72	2.40%	30
May	51	1.65%	31
June	54	1.80%	30
July	60	1.94%	31
August	56	1.81%	31
September	75	2.50%	30
October	66	2.13%	31
November	96	3.20%	30
December	55	1.75%	31
Total	747	2.05%	365

7.A Dated Clinical, Academic & Outreach Activities – 2025

The following table highlights important dated activities, treatments, academic contributions, and institutional services carried out during the year 2025:

Sl. No.	Date	Activity / Description
1	01.08.2025	Mango tree plantation carried out at Siddha Chikitsa Kendra as part of environmental and medicinal plant conservation.
2	23.04.2025	Siddha treatment provided to IPS family (Mr. Sathees Balan), Gurugram, during OPD visit.
3	08.02.2025	Second OPD academic visit by PhD student Dr. Mukesh Rani; clinical guidance provided and Varma point activation demonstrated.
4	27.02.2025	Tamil Varma Points Atlas (English translation) book gifted to the Library of Shri Krishna AYUSH University through proper channel, approved by Hon'ble Vice Chancellor.
5	08.05.2025	Siddha awareness session conducted for undergraduate students of Shri Krishna AYUSH University.
6	08.11.2025	Siddha method of eye exercises taught for eyesight improvement to patients.
7	03.11.2025	Varicose vein patient counseled and treated with Siddha preventive methods to avoid varicose ulcer.
8	28.10.2025	Alcohol de-addiction counseling provided to a patient from Sector 5.
9	24.10.2025	Anxiety counseling sessions conducted for patients using Siddha and yogic methods.
10	27.11.2025	Obesity reduction awareness pamphlets distributed to patients.
11	28.11.2025	Bleeding gums treated using Siddha medication.

Sl. No.	Date	Activity / Description
12	17.11.2025	Post-typhoid convalescence care provided using Siddha medication.
13	01.08.2025	Thyroglossal cyst treated with Siddha medication.
14	10.11.2025	Emergency medicine purchase order received for the year 2025 to support uninterrupted patient care.
15	2025	Hypertension treated with Siddha medication during NIS medical camp.
16	2025	Obesity and weight reduction management carried out with Siddha treatment and dietary advice provided to patients.
17	2025	Anaemia treated with Siddha medication and appropriate nutritional guidance provided.
18	18 /12 /25	Cautions about Antibiotic usage below 5 yrs children advised to integrated pharmacist.

8 . National & Institutional Activities

Photo 1: Mrs Anitha Balan IPS taking treatment in siddha OPD.



Photo 2: Meditation and yogic practice conducted as part of Siddha holistic health promotion and National Yoga Day participation.

- Active participation in **International Yoga Day / National Yoga Day** celebrations.

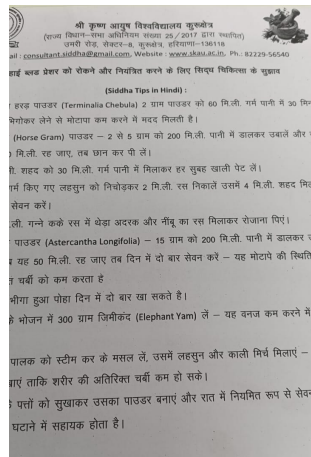


Photo 3: Convocation duty attended as part of institutional academic responsibility at Shri Krishna AYUSH University.

- **Convocation Duty:** Official convocation responsibilities attended as part of university services



Photo 4: Diabetic control Pamplet(Hindi)



Unani Day!!



श्री कृष्ण आयुष विश्वविद्यालय
कुरुक्षेत्र
यूनानी चिकित्सा केंद्र
विश्व यूनानी दिवस 2026
यूनानी चिकित्सा और स्वास्थ्य
दिनांक: 15-16 अक्टूबर 2026
समय - 9:30 बजे
स्थान: यूनानी चिकित्सा केंद्र



10. Conclusion

The year 2025 marked significant progress for the Siddha Chikitsa Kendra in terms of clinical service delivery, academic contribution, research support, and community outreach. Through medical camps, specialized Varma interventions, student mentoring, and public awareness initiatives, the Kendra reinforced the relevance of Siddha medicine in contemporary healthcare while aligning with the objectives of Shri Krishna AYUSH University.

Submitted by:

Siddha Chikitsa Kendra
Shri Krishna AYUSH University, Kurukshetra