



Original Research Article

Volume 4, Issue 10 -2018

DOI: <http://dx.doi.org/10.22192/ijcrms.2018.04.10.003>

A cross sectional study on usage of Ennvagaithervu for diagnosis among post graduate scholars at Government Siddha Medical College Hospital, Palayamkottai

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Abstract

Background: The Siddha system of medicine is an ancient system of medicine and it has unique diagnosis method “Ennvagaithervu” as *Naa, niram, mozhi, vizhi, sparisam, malam, moothiram* and *naadi*. Insufficient studies noted about the usage of *Ennvagaithervu* for diagnosis among Post graduate Scholars at Government Siddha Medical College and Hospital, Palayamkottai even though it’s cost effective and easy.

Objective: To assess the utilization of *Ennvagaithervu* by Post graduate scholars.

Methods: The study was conducted to evaluate the use of *Ennvagaithervu* among Post graduate Scholars (170) at above college. The data was collected by using questionnaire.

Result: The current study reveals that 88.2% PG Scholars are practicing *Ennvagaithervu*, 72.4% succeed to diagnose the disease through *Ennvagaithervu*, 86.5% of the PG Scholars state that *Ennvagaithervu* is the special trademark of Siddha system and believed *Ennvagaithervu* diagnosis gives better results than other competitive systems(63.5%). 63.52% of PG Scholars revealed their opinion that (77 Female and 31 Male) most of the doctors when they treat patient don’t use *Ennvagaithervu* completely for diagnosis. 38.2% of PG Scholars checked ‘*saadhalkuri*’ on severe cases and diagnosed whether the patient is curable or not and 28.2% found accurate *saadhalkuri* on patient. Out of the eight diagnostic tools *naadi* is preferred mostly (54.7%).

Conclusion: The current study concludes that PG scholars have positive attitude on usage of *Ennvagaithervu* for diagnosis and *Naadi* plays major role on diagnosis. Further studies need to analyse usage of eight component of *Ennvagaithervu*.

Keywords: Ennvagaithervu, Post graduate scholars

Introduction

Siddha system of medicine is an ancient traditional system of medicine originated in Tamilnadu which is being followed by natives of Tamilnadu and parts of Srilanka¹, Singapore and Malaysia where there are tamil descendants. Traditionally it is believed that siddha system is laid foundation by Siddhars, who through their spiritual powers and Ashtama siddhis manuscripted many medicines and methods of treating diseases. Just like the eight Ashtama siddhis, the siddha system of medicine also holds the special diagnostic tool “*Ennvagai thervu*” for diagnosis which itself is composed of eight diagnostic tools of utmost importance. The “*Ennvagai thervu*” also known as *Piniyari muraimaiis* composed of Naa, Niram, Mozhi, Vizhi, Sparisam, Malam, Moothiram and Naadi. The investigation is commonly based on three disciples like Poriyartherthal, Pulanaalaridhal and Vinaadhal. The eight components are briefly examined under different categories. The medical profession is a master piece in which history taking is an art, diagnosis is an eye opener by which treatment would be a piece of cake. Thus the eye opener needs to be accurate. Unless the diagnosis is perfect, the entire treatment would fail to serve its purpose. So diagnosis is a basic life line for any treatment and the diagnostic tools are the helpers. One such diagnostic tool is “*Ennvagai thervu*” which aids us to get better diagnosis. The difference between a siddha doctor and any other doctors can be drawn only through their diagnostic method

because with the help of *ennvagai thervu*, siddha physicians are able to diagnose any disease without the help of any instrument or modern day investigations. Thus *Ennvagai thervu* helps us to stand out the crowd and itself holds a special place through the siddhars texts. So the purpose of the study is to analyze the usage of *Ennvagai thervu* by the scholars and to assess whether the gifted tool has been used its way right or not. In order to evaluate the usage of *Ennvagai thervu* for diagnosis, a questionnaire based study was conducted among the post graduate scholars of Government Siddha Medical College, Palayamkottai. Since all the scholars are graduates, it is believed that they have their own opinion about *ennvagai thervu* which would be helpful for them to undergo the study. It was also evident from the wholesome response from the scholars.

Methods

The study was conducted by distributing a questionnaire containing 15 questions, in which all the questions were targeted on knowledge about *ennvagai thervu*, its usage and the accuracy of diagnosis. The scholars were asked to give their response through Yes or No type questions and were asked to choose whatever they think is appropriate in their opinions without revealing their identity. The completed questionnaire was then collected and the data was taken for study by analyzing as percentages and charts. Ethical approval for the procedure was obtained from the College Council Committee Board.

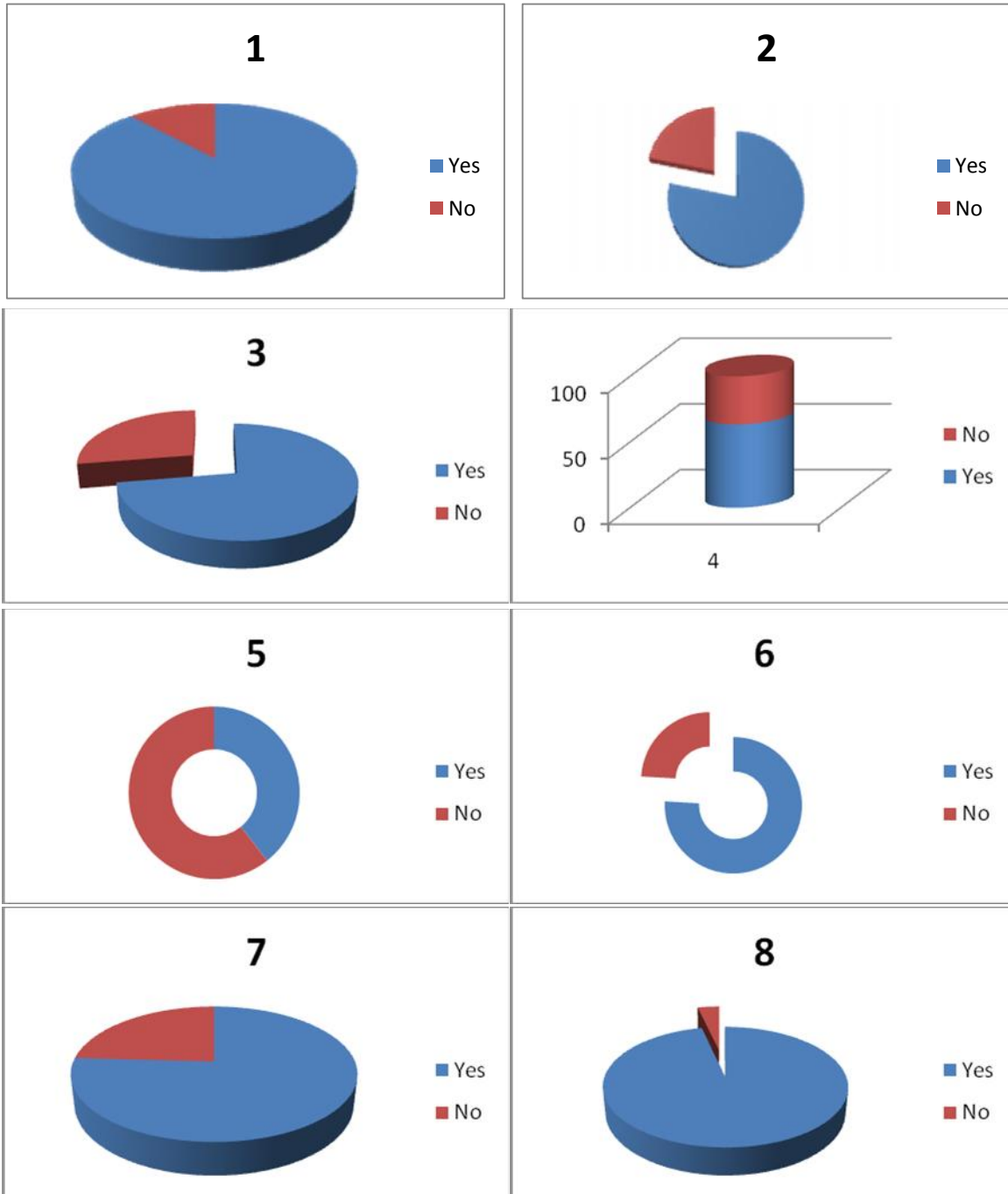
Table 1 containing the 15 questions taken for study is as follows:

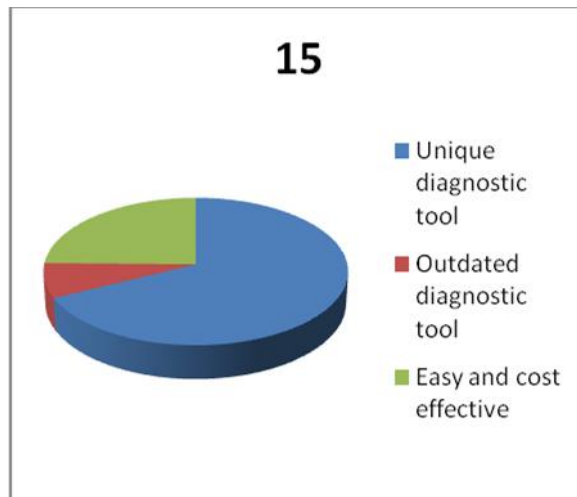
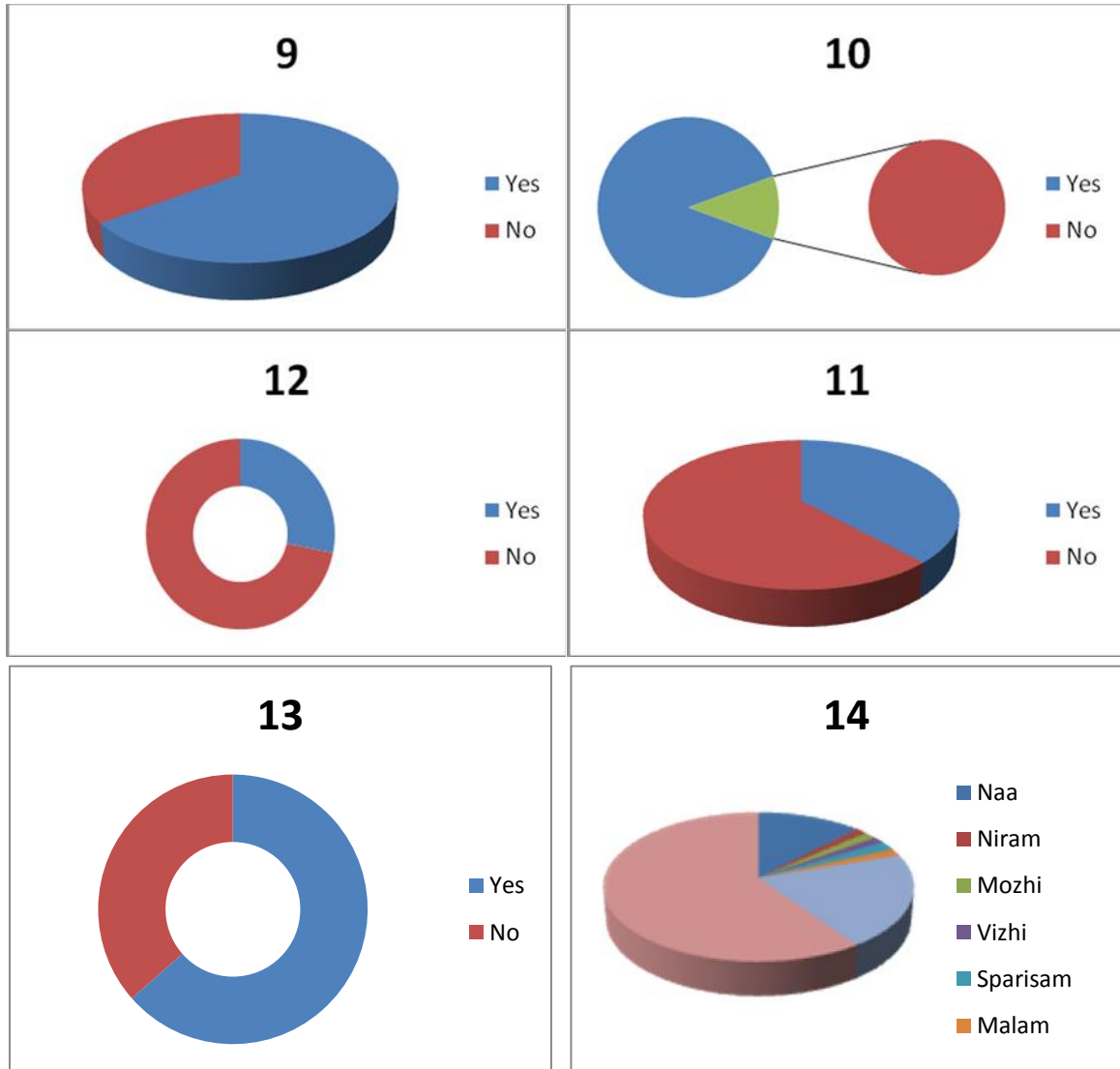
Questionnaire

1. Do you use “*ENNVAGAI THERVU*” when treating a patient?
2. Do you think “*ENNVAGAI THERVU*” helps you to diagnose more easily and accurately?
3. Have you ever succeeded in treating a patient by diagnosing through “*ENNVAGAI THERVU*”?
4. Do you think treating a patient through “*ENNVAGAI THERVU*” diagnosis gives better results far better than other competitive systems??
5. Do you think that the parameters mentioned in “*ENNVAGAI THERVU*” are outdated compared to other modern clinical investigations?
6. Do you think that successful doctors’ mantra is “*ENNVAGAI THERVU*” for successful diagnosis and treatment?
7. Have you ever educated your patients about “*ENNVAGAI THERVU*” while examining them?

8. Do you think “*ENNVAGAI THERVU*” is the special trademark of Siddha system of medicine?
9. Have you ever advised/convincing your colleagues or juniors to use “*ENNVAGAI THERVU*” for diagnosis?
10. Have you ever been advised by your teachers or colleagues to use “*ENNVAGAI THERVU*”?
11. Have you ever checked ‘saadhalkuri’ on severe cases and diagnosed whether the patient is curable or not?
12. Have you ever found accurate ‘saadhalkuri’ on any patient and the case ended up the same?
13. Do you think most of the doctors don’t use “*ENNVAGAI THERVU*” for diagnosis?
14. Out of the eight diagnostic tools from “*ENNVAGAI THERVU*”, which one do you prefer the most?
15. How do you describe “*ENNVAGAI THERVU*”?

Results and Discussion





Questionnaire with analysis:

Questioning about usage of Ennvagai thervu, 88.2% of doctors have admitted that they use Ennvagai thervu while treating a patient. This gives an idea that majority of the doctors are aware of Ennvagai thervu and are using it. The study also reveals that 78.2% of doctors find it very helpful to diagnose the disease more easily and accurately. Thus it is evident that usage of Ennvagai thervu gives accurate diagnosis. On contrary, 63.5% doctors also think that most of the doctors don't use Ennvagai thervu for diagnosis. When asked about success rate on treating the patient with the diagnosis obtained with the help of Ennvagai thervu, it was said that 72.4% doctors have succeeded in treating with the help of Ennvagai thervu while 27.6% revealed it to the opposite. 63.5% doctors registered their opinion that treating a patient through the diagnosis obtained with the help of Ennvagai thervu gives them better results than any other competitive systems. This reveals the confidence of scholars over the system and its way appreciable because having confidence in our own systemic much needed to survive the current scenario of competitive and corporate world. Also when asked about their opinions regarding the parameters used in Ennvagai thervu, 60.6% doctors feel that their system and the parameters used are not outdated compared to modern clinical investigations. It should also be noted that 39.4% doctors feel that the parameters are need to be updated. 75.9% doctors believe that to be a successful doctor, the mantra is "Ennvagai thervu". Educating a patient about the treatment given to them and the investigations they need to undergo is mandatory and it is not to be forgotten that it's a medical ethic too. But 65.3% doctors have opened up that they haven't educated their patients about Ennvagai thervu. It's evident that doctors need to know more of the basic ethics they need to follow.

Talking about the speciality of the tool, 86.5% doctors have registered that they think Ennvagai thervu is the special trademark of Siddha system of Medicine. Though there are many other investigations to follow, to make a voice about Ennvagai thervu, one has to be taught enough

about the usage and it is also our duty to spread the uniqueness to every fellow student and colleagues, because knowledge is of no use unless it is shared. So, when asked regarding it 64.7% doctors have said that they have advised their colleagues to use Ennvagai thervu and 88.8% registered that they have been taught or advised by their teachers about the importance of Ennvagai thervu.

One of the special parameter of Ennvagai thervu is their description about Saadhhal kuri. Thus when asked if the scholars have ever checked Saadhhal kuri on severe cases, 61.8% admitted that they haven't checked yet. 71.8% doctors have registered that they haven't found any accurate results on Saaadhhal kuri. It is obvious that more steps are needed to be taken on bringing better understanding and comparison on saadhhal kuri.

As there are various diagnostic tools under Ennvagai thervu, the choice of preference was questioned and it was found that Naadi is preferred mostly (54.7%) followed with moothiram (18.8%) and naa (11.2%). The least preferred was Niram (1.2%) followed by Sparisam (1.8%). Mozhi and Malam share the same percentage as 2.4%. Finally when asked to describe Ennvagai thervu, the scholars have opened up as it's a unique diagnostic tool (67.6%) and easy and cost effective tool (24.7%). 7.6% have felt it as an outdated diagnostic tool.

Conclusion

With the above study, detailed analysis of usage of Ennvagai thervu was done under scholars' knowledge, understanding and awareness about the diagnostic tool. The questions were also framed in a manner to provoke awareness among the doctors while undergoing the study. The mandatory need to educate the patients about the uniqueness of the system and the ethics of educating about the investigations and treatment they undergo is also stressed. The need to spread knowledge is also recommended. No matter how great the medicines are, the treatment is of no use if the diagnosis is not perfect. Thus proper use of diagnostic tools is much needed and with the above study it is clear that the scholars are aware of the tool and are using it appropriately for the

wellness of patients, prosperity of the doctor and flourishing of the siddha system of medicine. However, acquiring more and more deep knowledge is recommended since the system itself is a treasure and an ocean.

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	Subject: Siddha Medicine
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How to cite this article:

Neppolean. S, Victoria. S, R. Rajarajeshwari. (2018). A cross sectional study on usage of Ennvagaithervu for diagnosis among post graduate scholars at Government Siddha Medical College Hospital, Palayamkottai. Int. J. Curr. Res. Med. Sci. 4(10): 26-31.
DOI: <http://dx.doi.org/10.22192/ijcrms.2018.04.10.004>