

# **A cross-sectional study on the practices of Siddhar yogam (*Ogam*) intervention by Assistant Siddha Medical Officers of Government Siddha wings in Tirunelveli district-Tamilnadu**

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## **Abstract**

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### **Background:**

Yogam is one of the most important philosophies in India. Siddha system of medicine plays an inevitable role in improving the quality standards of life and contributes more to the society. There are about 25 Government siddha wings in Tirunelveli District. This study evaluates the development of siddhar Yogam interventions through government siddha wings of Tirunelveli district.

### **Aim:**

To assess and document the effective practice of Siddhar Yogam Intervention by Assistant Medical Officers of Government Siddha Wings in Tirunelveli district.

### **Study methodology:**

It is a Cross –Sectional Descriptive Study, conducted by Randomised Sampling Method among AMO s of all 25 Government Siddha Wings In Tirunelveli District. The participants are well informed about the study. Data is collected using Self Structured Standardised Questionnaire. It is statistically analysed and the results are Determined.

## Results and conclusion:

The study revealed variation in the knowledge and practice of Siddhar Yoga Intervention among the study population. Needs and necessities to improvise the practise and development of Siddhar Yoga Maruthuvam together are clearly revealed. The Effectiveness of Siddhar Yogam(Ogam) Intervention Practice by Assistant Medical Officers and its benefits among people through Government Siddha Wings in Tirunelveli district are documented.

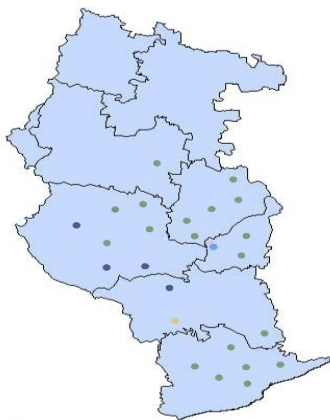
**Keywords:** Yoga, Siddha, Intervention, government, Medical Officer, Tirunelveli.

## 1.1 Introduction

### 1.2. Background:

Yogam is one of the most important philosophies in India. It is not merely a practice or a set of practices but the whole science of life itself. It is the practice of physical, mental and spiritual activities which originated in ancient India[16]. The ideas and methodologies of Yogam are described by many siddhars in the ancient literatures and their collection falls under Siddhar Yoga Maruthuvam. It has gained popularity all over the world. Yogam is a much misunderstood term these days. Asanas are now focussed as the prime factor of Yoga[3]. It will be not just bending and stretching the limbs in various postures. The ultimate goal of yoga is 'MOTCHAM' (Liberation)[13]. Siddha system

of medicine plays an inevitable role in improving the quality standards of life and contributes more to the society[18]. Every year more number of people are attracted and benefitted by siddha system of medicine through government siddha wings in Tamilnadu and the numbers are still increasing. Yogam has gained popularity all over the world. The Directorate of Indian Medicine has strictly recommended Siddhar Yogam Interventions to be practiced by siddha Assistant Medical Officers in their wings. There are about 25 siddha wings in Tirunelveli District which includes District Headquarters Hospital, Government Hospitals, Government Primary Health Centers and Government Siddha Rural Dispensaries [6].(Fig : 1). This study evaluates development of siddhar Yogam interventions through government siddha wings in Tirunelveli district.



**Fig:1**

### 1.3. Problem statement and justification:

Siddha system of medicine is one of the recognised indigenous systems of medicine that plays an integral part in Public health care system

of India. Globally, the status of Siddha system has undergone phenomenal change over the past few decades and new specialisations have been emerging. Siddhar Yoga maruthuvam is one of the specialisation emerged recent times. It is

packed with the vast knowledge of siddhar yogic literatures along with the modern specialisation[18]. Nowadays the trends of Medical practise has been changing and the society is moving towards Medicine less cure. But only few yogic interventions like asanas, pranayamam, meditation are considered as prime factors. In tamilnadu the Assistant Medical Officers -Siddha have been successfully practising this intervention with deep-rooted philosophy and modalities for many decades, benefitting people life and standards of living in a subtle nature[19]. It should be practised in an obvious, drastic manner and propagandas should be made. So that every people could cherish and adapt this intervention, which further contributes to the development of siddha system of medicine. This study will be helpful in the Knowledge, Attitude and Practise enhancement of the AMOs, put on light over the effective practises of siddhar yogic intervention by Assistant Medical Officers -Siddha and its documentation.

## 2.1. Aim and Objective

### 2.2. Aim:

To assess the practices of Siddhar Yogam Intervention by Assistant Siddha Medical Officers of Government Siddha Wings in Tirunelveli district.

### 2.3. Objective:

### 2.4. Primary objective:

To assess how effectively the practices of Siddhar Yogam Intervention are made by Assistant Siddha Medical Officers of Government Siddha Wings in Tirunelveli district.

### 2.5. Secondary objectives:

- To assess the perspective of participants towards Siddhar Yogam Intervention.
- To document the effectiveness and the challenges faced by the participants in practicing Siddhar Yogam Intervention.
- To assess how effectively the people are benefitted by Siddhar Yogam Intervention through government siddha wings.

## 3.1. Study methodology

### Study Type

Descriptive Study

### Study Design

This is a Cross-Sectional Study involving self-structured standardized questionnaire.

### Study Population

The study population involves Assistant medical officers of Government Siddha Wings in Tirunelveli district.

### Study Area

This field survey is conducted in the DSMO Office at the District Head Quarters Hospital - Tenkasi among the AMOs of the,

- District Headquarters Hospital (DHQ-HPL)
- Government Hospital (GH)
- Government Primary Health Centers (GPHC)
- Government Siddha Rural Dispensaries (GSRD)

### Study Period

4 months

### Sample Population

All the 25 AMOs of government Siddha Wings in Tirunelveli District – Tamilnadu.

## 4.1. Selection Criteria

### 4.2. Inclusion criteria:

Assistant Medical Officers of Government Siddha Wings in Tirunelveli District – Tamilnadu.

### 4.3. Exclusion criteria:

- Government Siddha Wings with,
- Vacant Assistant Medical Officer postings
- Assistant Medical Officers in medical leave.

## 5.1. Data collection

After the approval of the IEC, the Principal and the District Siddha Medical Officer, the study is carried out through field survey.

The participants are well informed about the study and an informed consent form is obtained from them. (See annexure for Informed consent form).

Primary data is collected using Self Structured Standard Questionnaire and secondary data from the Text, Journals, Magazines and other sources.

## 5.2. Data Management

The data is entered into MS Excel spreadsheet and quality checked by the researchers to ensure accuracy.

## 5.3. Confidentiality

Every survey response is maintained strictly anonymous and confidential.

## 5.4. Data Analysis

All the data collected through the study is statistically analyzed in Descriptive statistics and appropriate results were determined.

## 7.1. Questionnaire

## 8.1. Field visit

Explanation about the study, issue of study protocol, getting permission from the DSMO -Tirunelveli. [Fig 8.1]

## 6.1. Quality assurance

To ensure the accuracy and reliability of the data, the whole process of the research is supervised by guide & faculty of our department.

## 6.2. Participants Protection

### Risk

- No possible risk for the participants during the study.

### Benefits

- The study has promoted the knowledge and Practice of Siddhar Yogam Intervention.
- Increases the awareness of Siddhar Yoga Maruthuvam.

### Informed consent

- The participants were informed about the study prior to the survey.
- The study was conducted only after their consent.
- The participants were instructed about the study in their own local language.



[Fig 4.1]



**Brief explanation of the study, consent form, questionnaire, study outcome to all the Assistant Medical Officers – Tirunelveli District. [Fig 8.2]**



**[Fig 4.2]**

**Issuing the Consent form to all the Assistant Medical Officers of the Government Siddha Wings in Tirunelveli District. [Fig 8.3]**



**[Fig 8.3]**

**Issuing the Questionnaire to all the Assistant Medical Officers of the Government Siddha Wings in Tirunelveli District.[Fig 8.4]**



**[Fig 8.4]**

**Assistant Medical Officers signing the Consent Form issued. [Fig 8.5]**



**[Fig 8.5]**





[Fig 8.6]



[Fig 8.7]

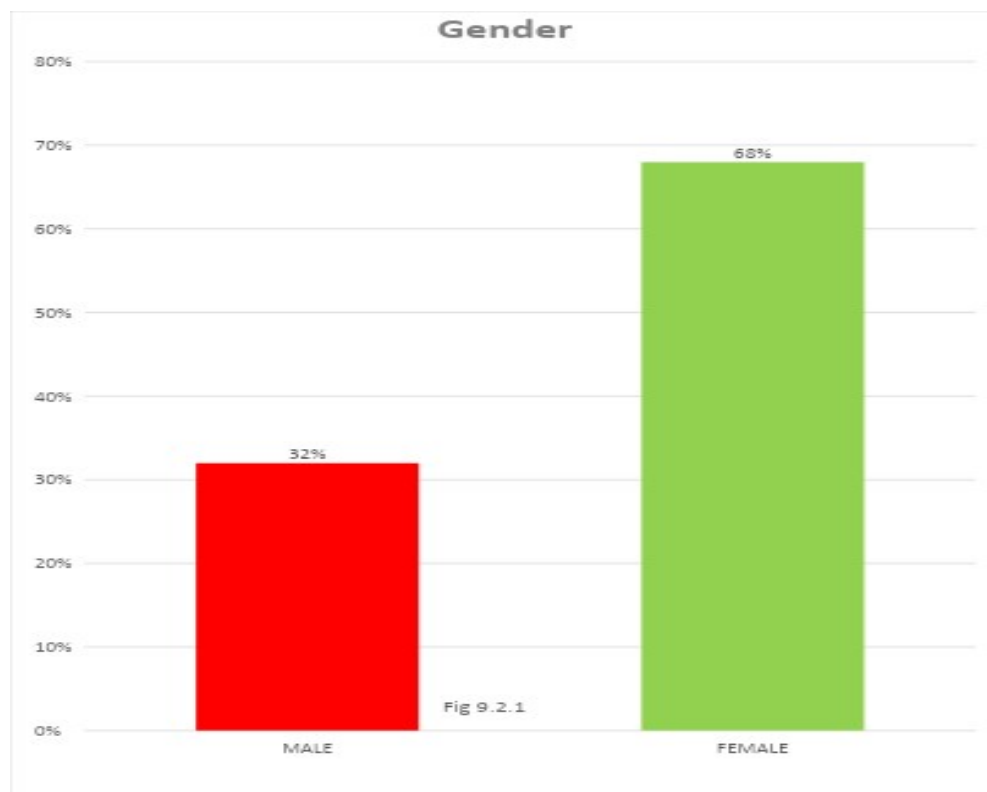


[Fig 8.8]

## 9.1. Results

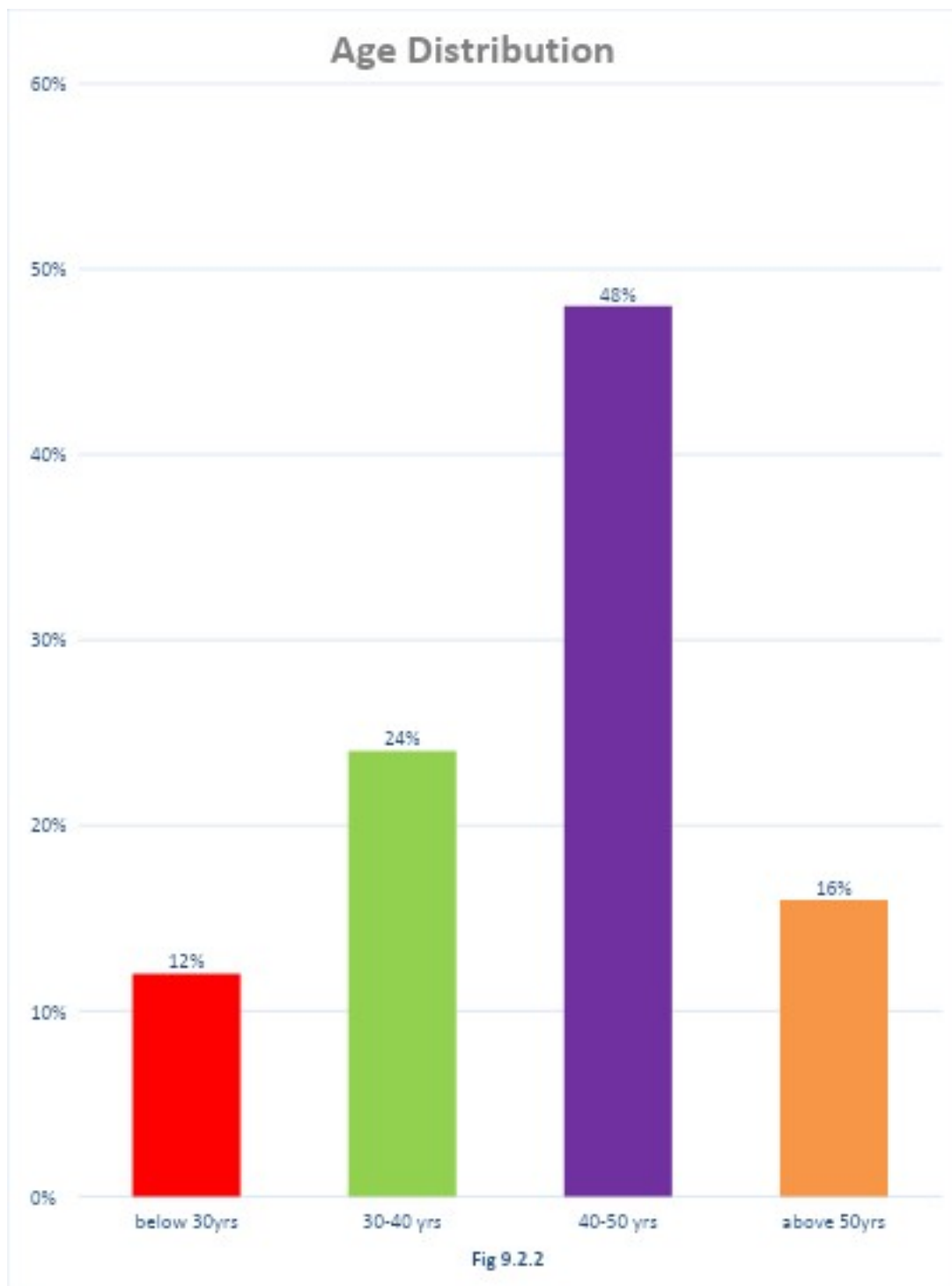
## 9.2. Demographic Data:

A. Out of 25 respondents, 32% were Male (8) and 68% were female (17) as shown in Fig 9.2.1

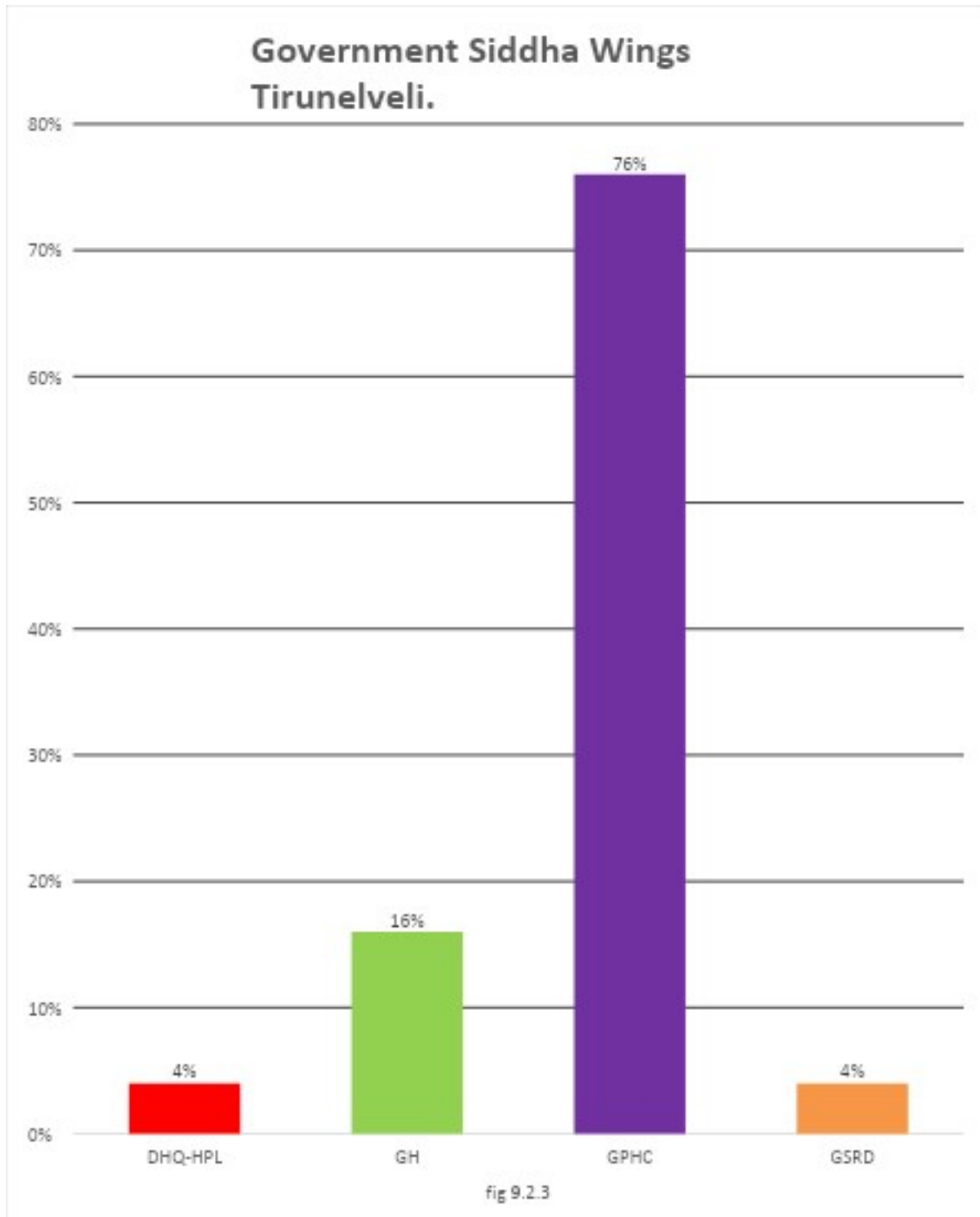




B. The mean age of the respondents is 42 years with the age distribution of minimum 27 yrs and maximum 57 years as shown in Fig 9.2.2

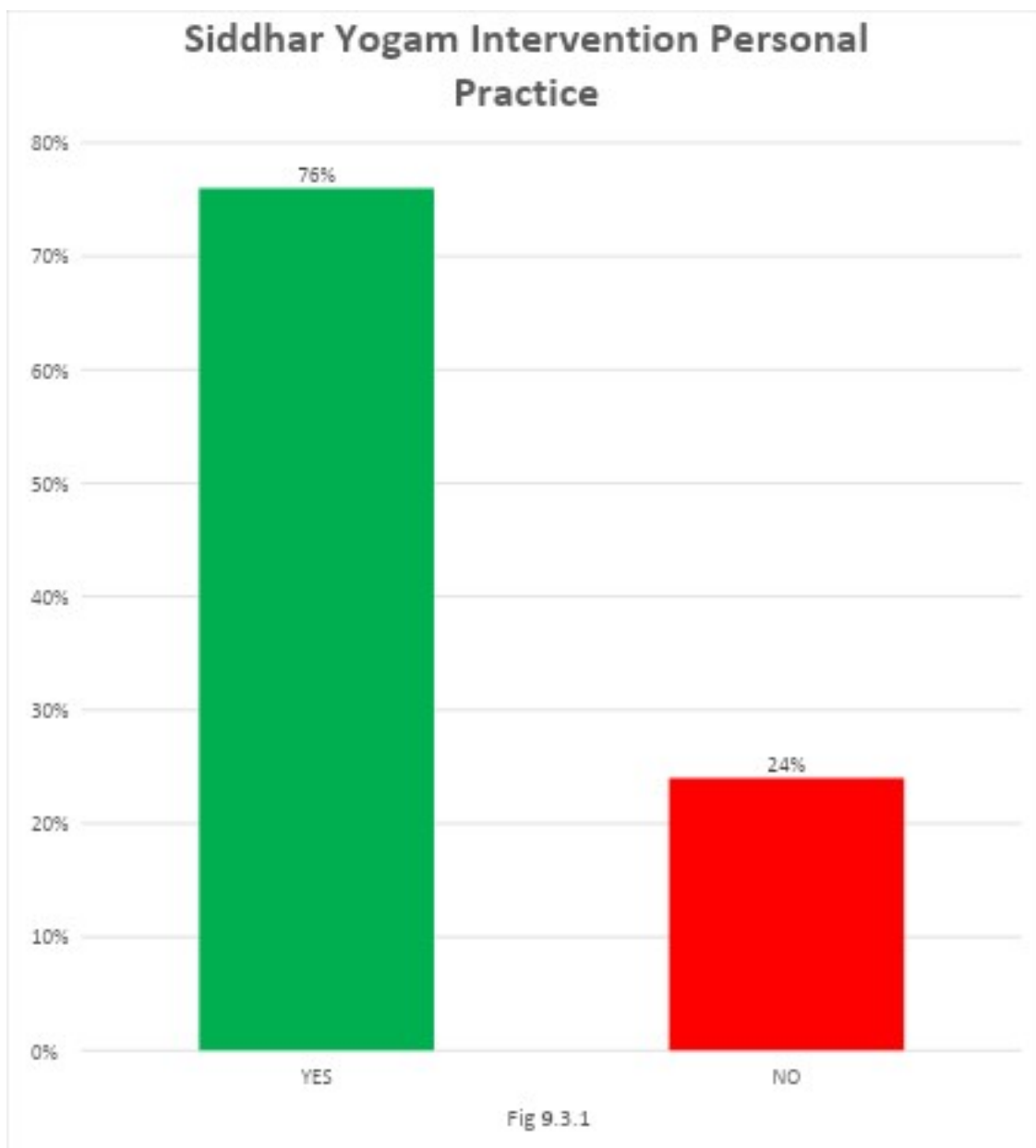


C. Out of 25 Government Siddha Wings, 4%(1) were District Headquarters hospitals ,16%(4) were Government Hospitals, 76% (19)were Government Primary Health Centers and 4%(1) were Government Siddha Rural Dispensaries as shown in Fig 9.2.3



### 9.3. Questionnaire:

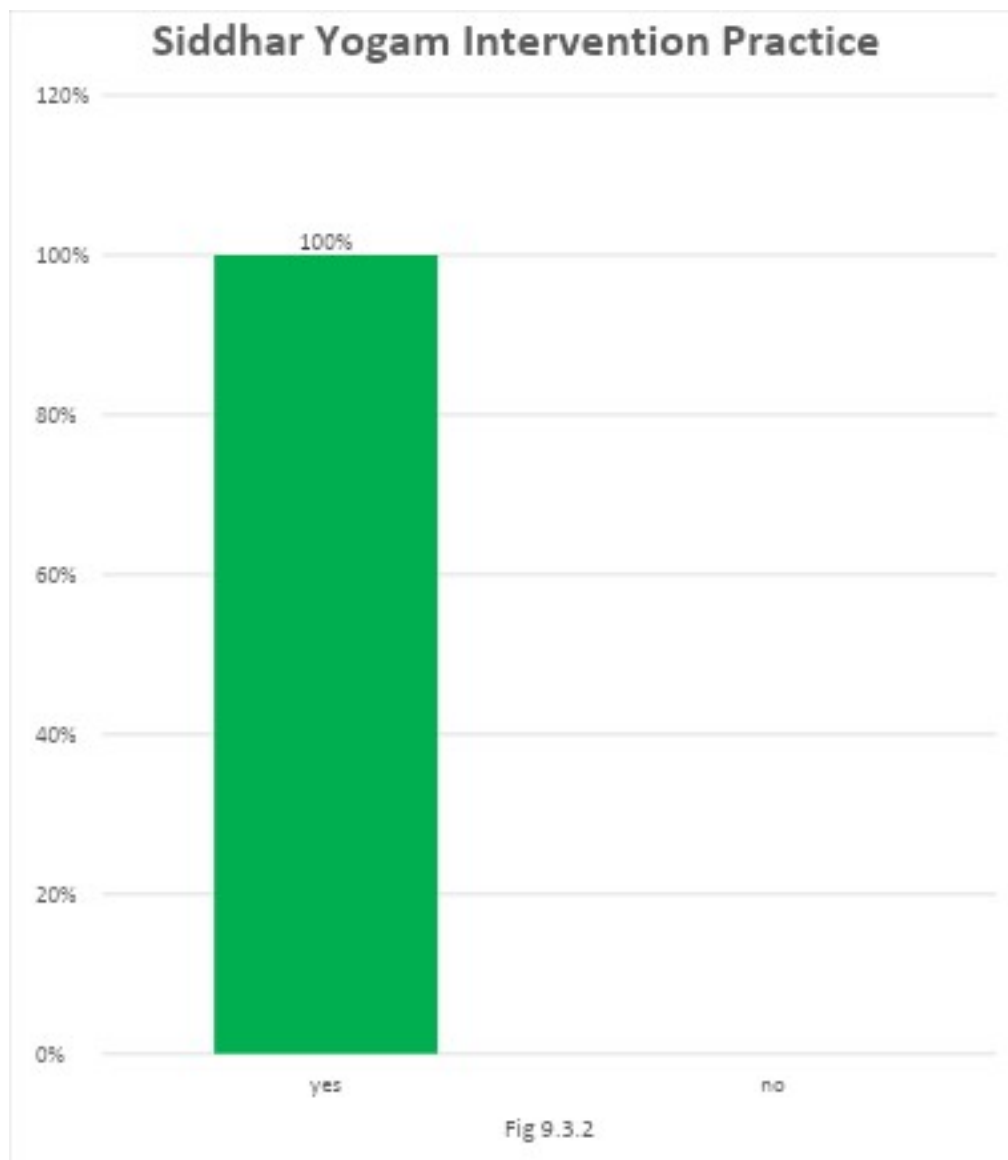
1. Do you perform Siddhar Yogam(Ogam) Intervention personally ?



Out of 25 respondents, 76%(19) adapted Siddhar Yogam Intervention Personally while 24%(6) responded negatively as shown in Fig 9.3.1

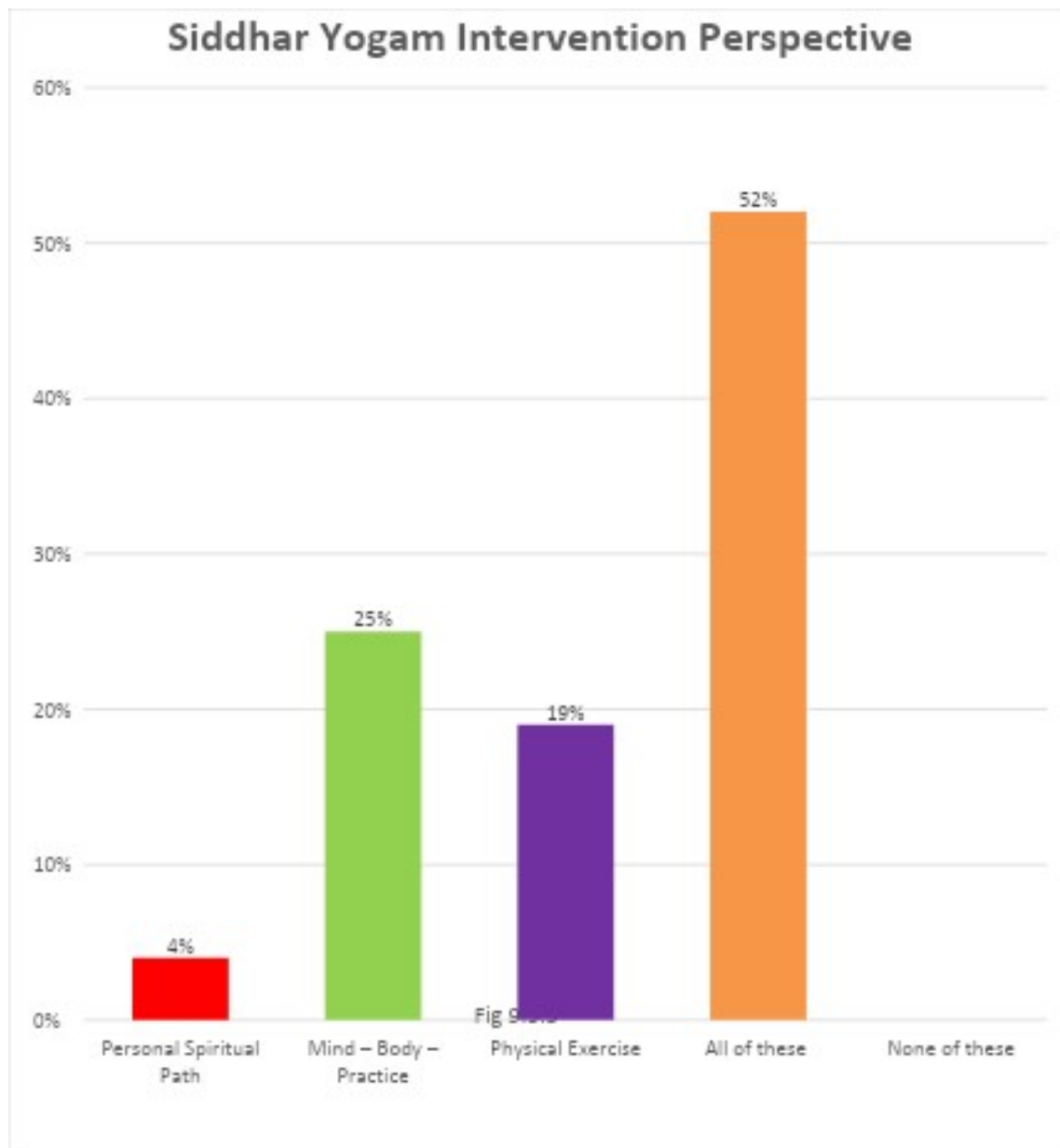


2. Do you practice and preach Siddhar Yogam(Ogam) Intervention in your Wing ?



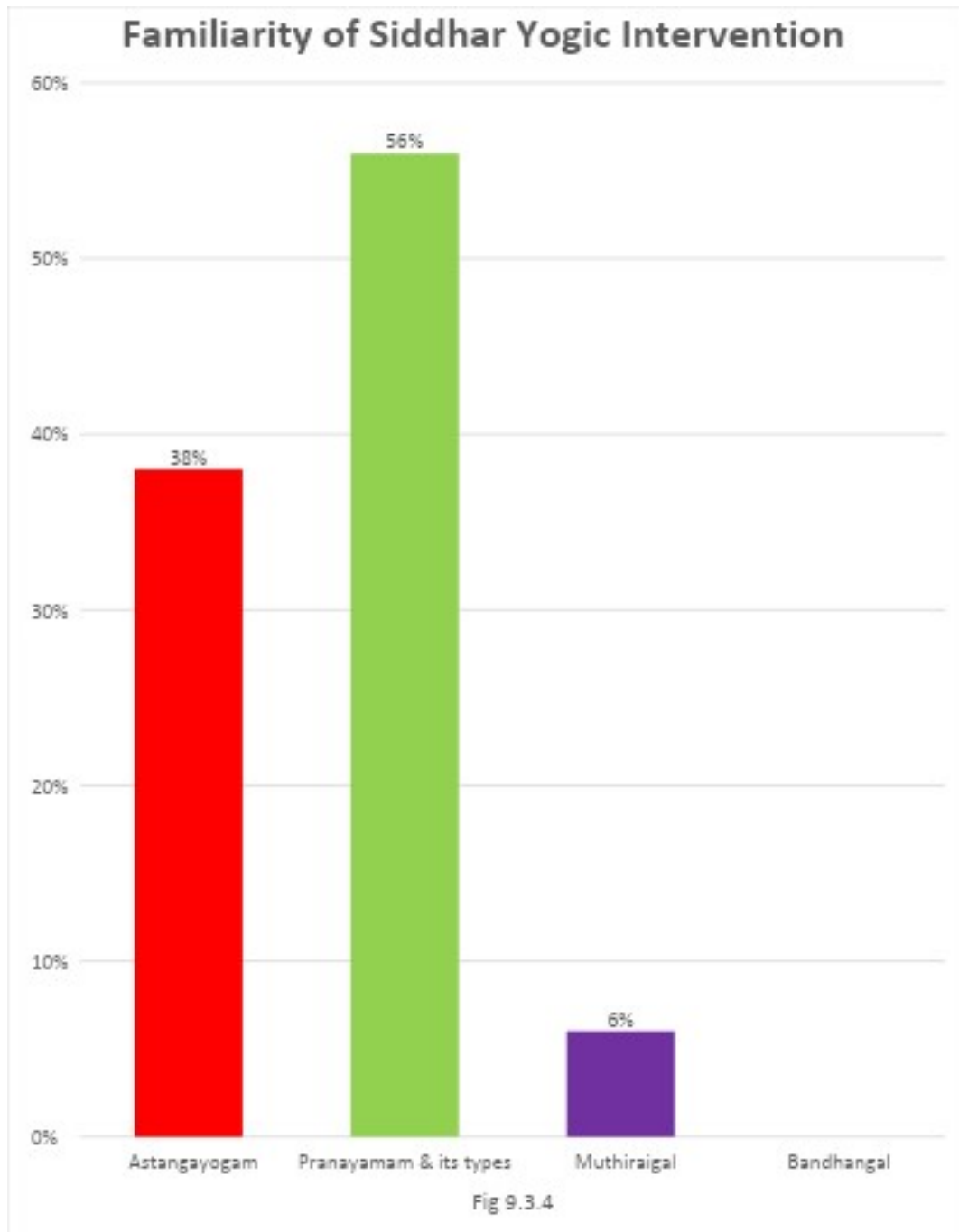
All the 25(100%) AMOs practice Siddhar Yogam Intervention in their Wings and none of them lack their interest in practicing this intervention as shown in Fig 9.3.2

3. According to you Siddhar Yogam(Ogam) Intervention is a part of ?



Out of the respondents 4%(1) believe it as Personnel Spiritual Path , 25%(7) as Mind -Body Practice, 19%(5) as Physical Exercise and 52%(14) as all of these as shown in Fig 9.3.3

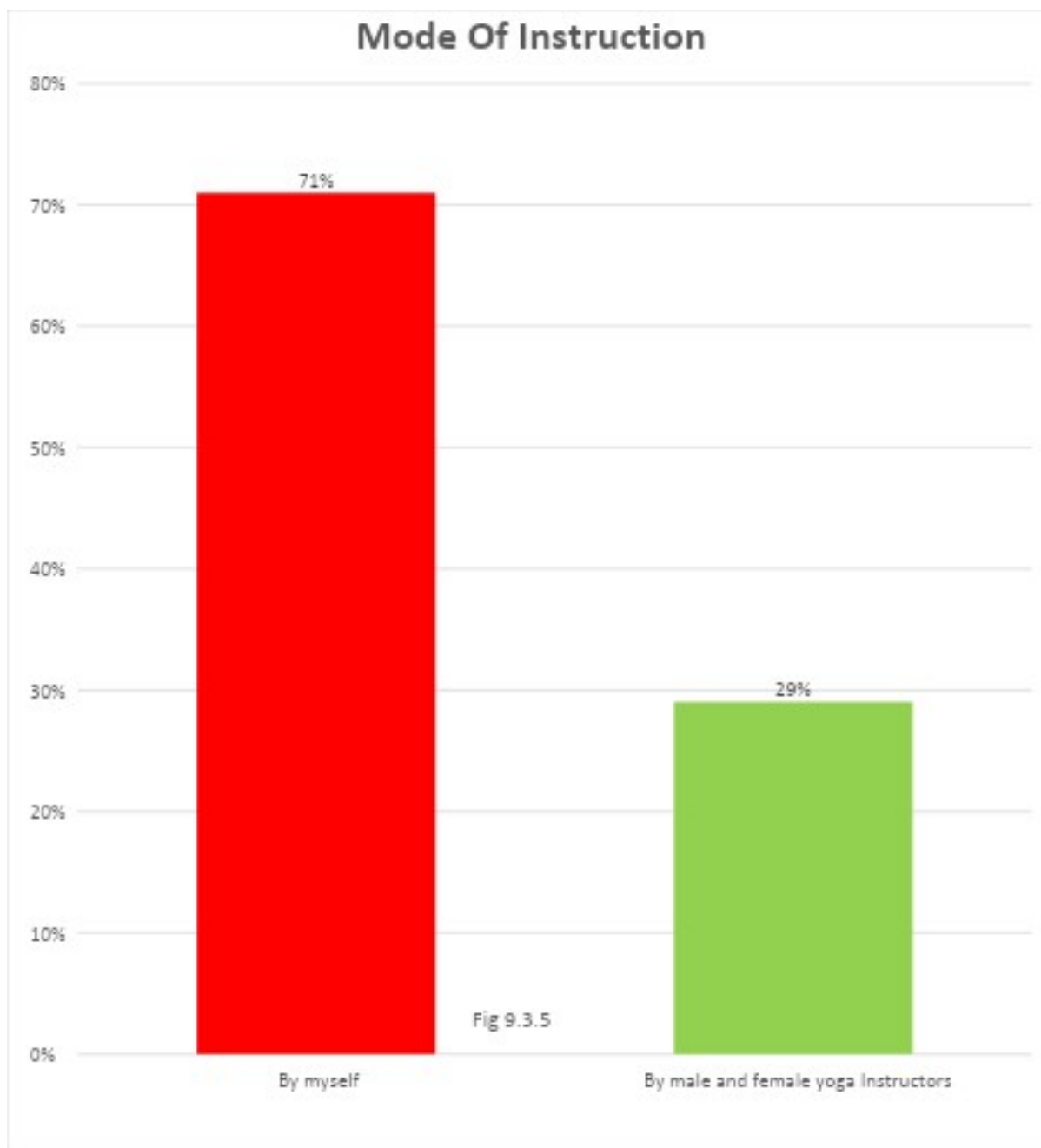
4. Are you familiar with ?



Majority 56%(18) of Participants responded that they are familiar with 'Pranayamam and its Types', 38%(12) with 'Astangayogam', 6%(2) with 'Muthiraigal' and to the surprise none of them(0) are familiar with 'Bandhangal' as shown in Fig 9.3.4

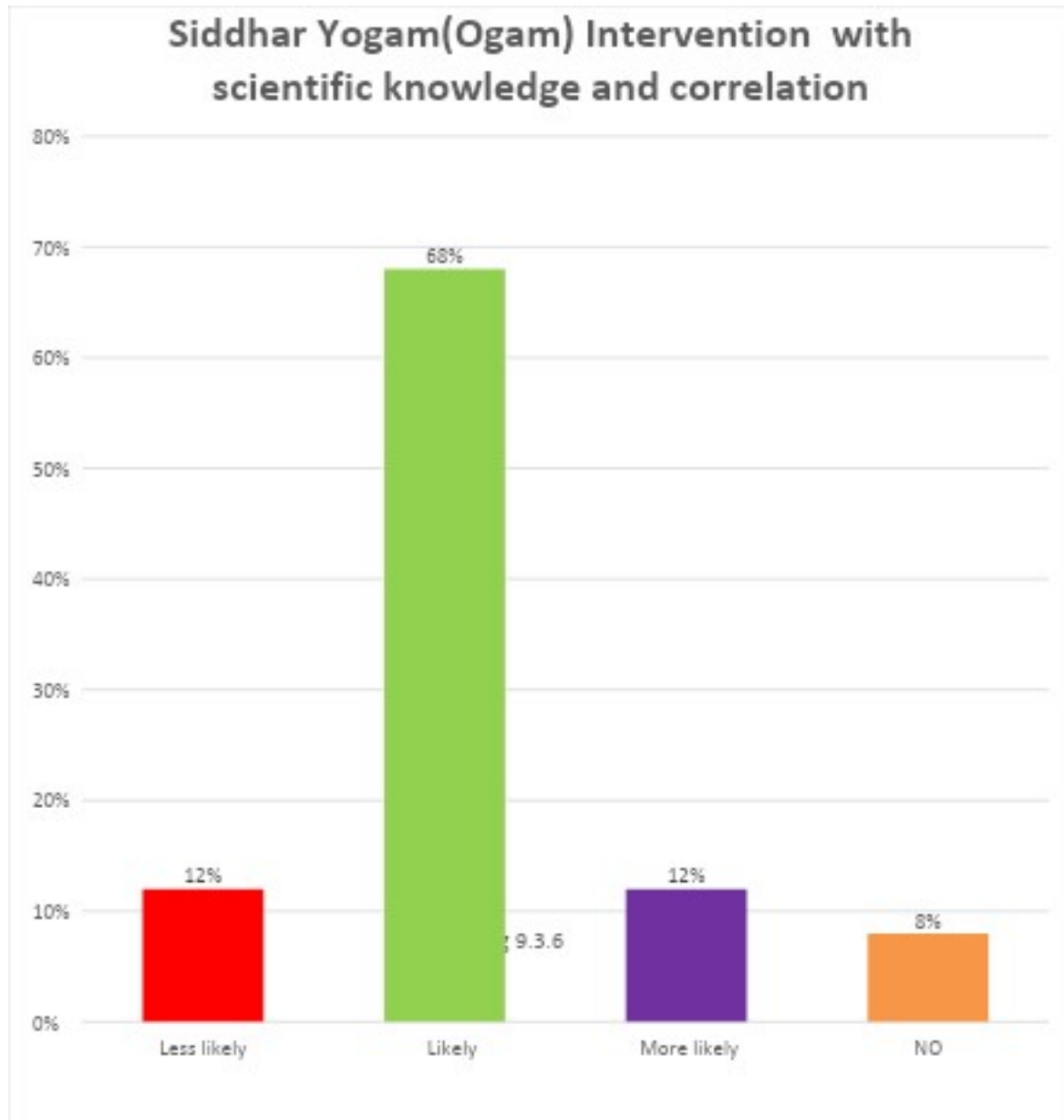


5. How the Siddhar Yogam(Ogam) Intervention are instructed in your wing ?



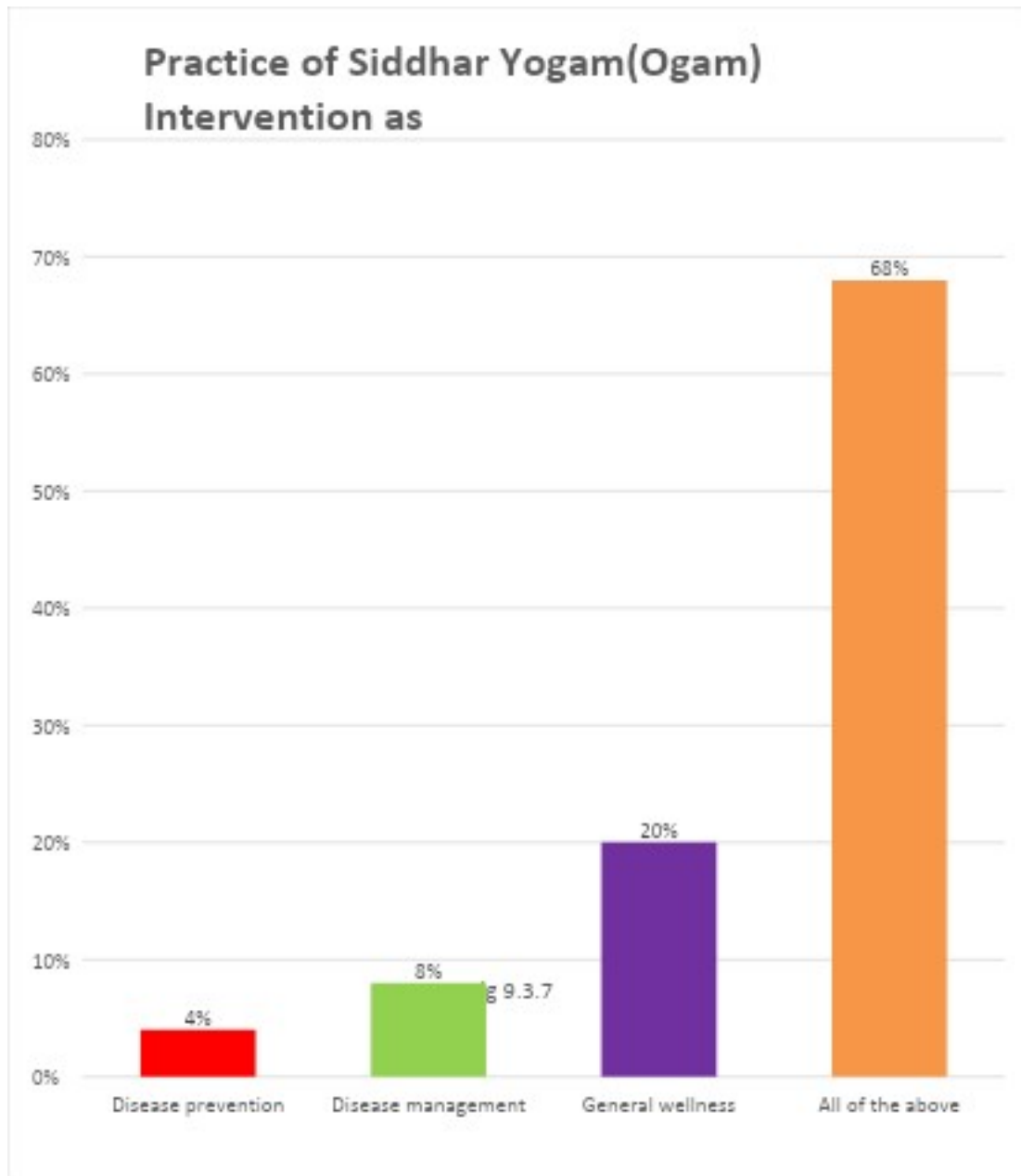
Majority of the participants responded that this intervention is instructed by themselves in their wings, while 29%(8) responded as by Male and Female Yoga Instructors as shown in Fig 9.3.5

6. Do you practice Siddhar Yogam(Ogam) Intervention with scientific knowledge and correlation ?



A Greater Figure 68%(17) of the participants practice Siddhar Yogam Intervention 'Likely' with scientific knowledge and correlation, 12%(3) 'Less Likely, 12% (3) 'More Likely' and 8%(2) responded Negatively. as shown in Fig 9.3.6

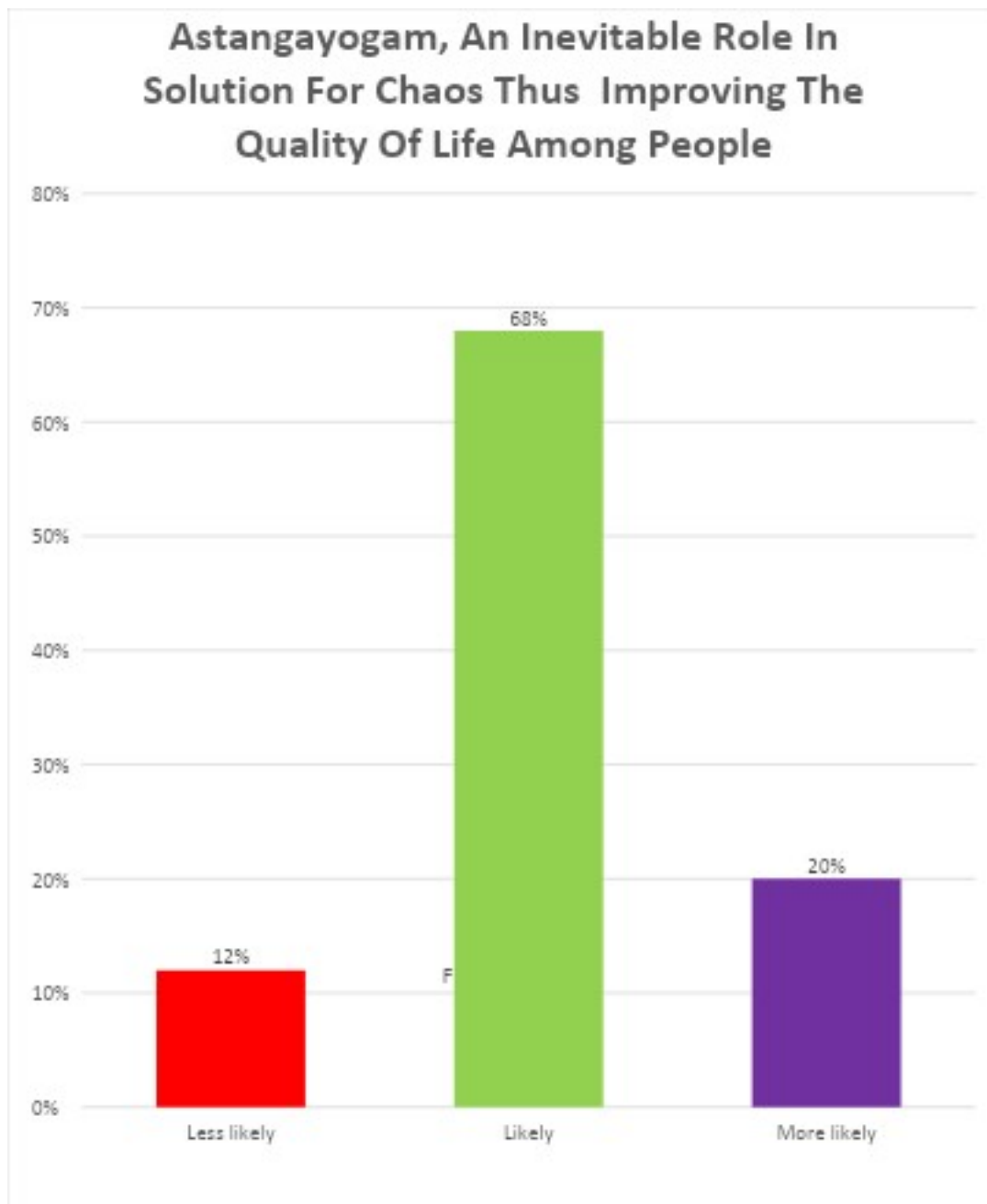
7. Do you practice the Siddhar Yogam(Ogam) Intervention as ?



About 4%(1) of respondents answered, that they perform this intervention as Disease Prevention, 8%(2) as Disease Management, 20%(5) as General Wellness and a majority of respondents answered that they perform this intervention as all of the above as shown in Fig 9.3.7

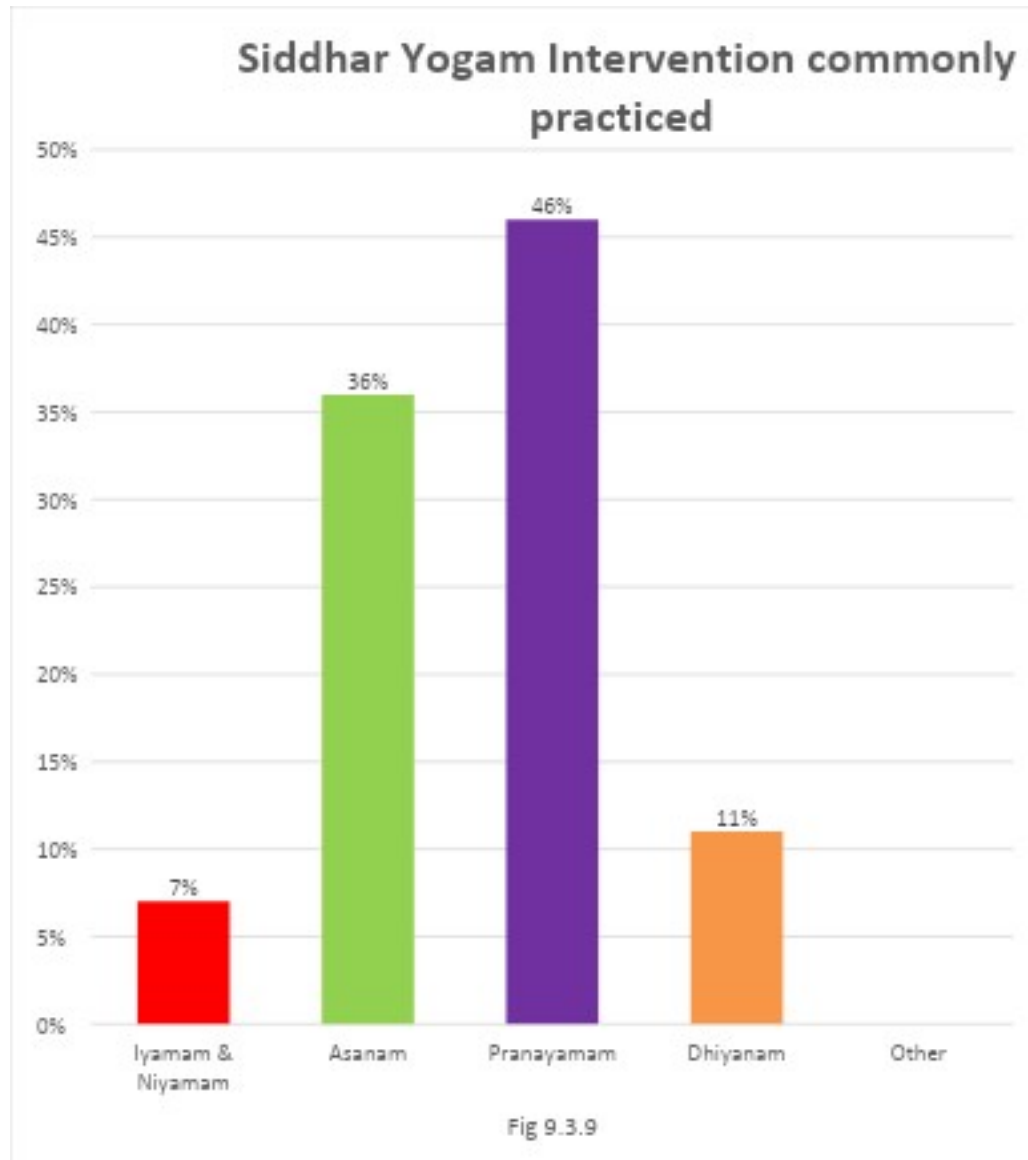


8. Do you think Astangayogam plays an inevitable role in solution for chaos thus improving the quality of life among people ?



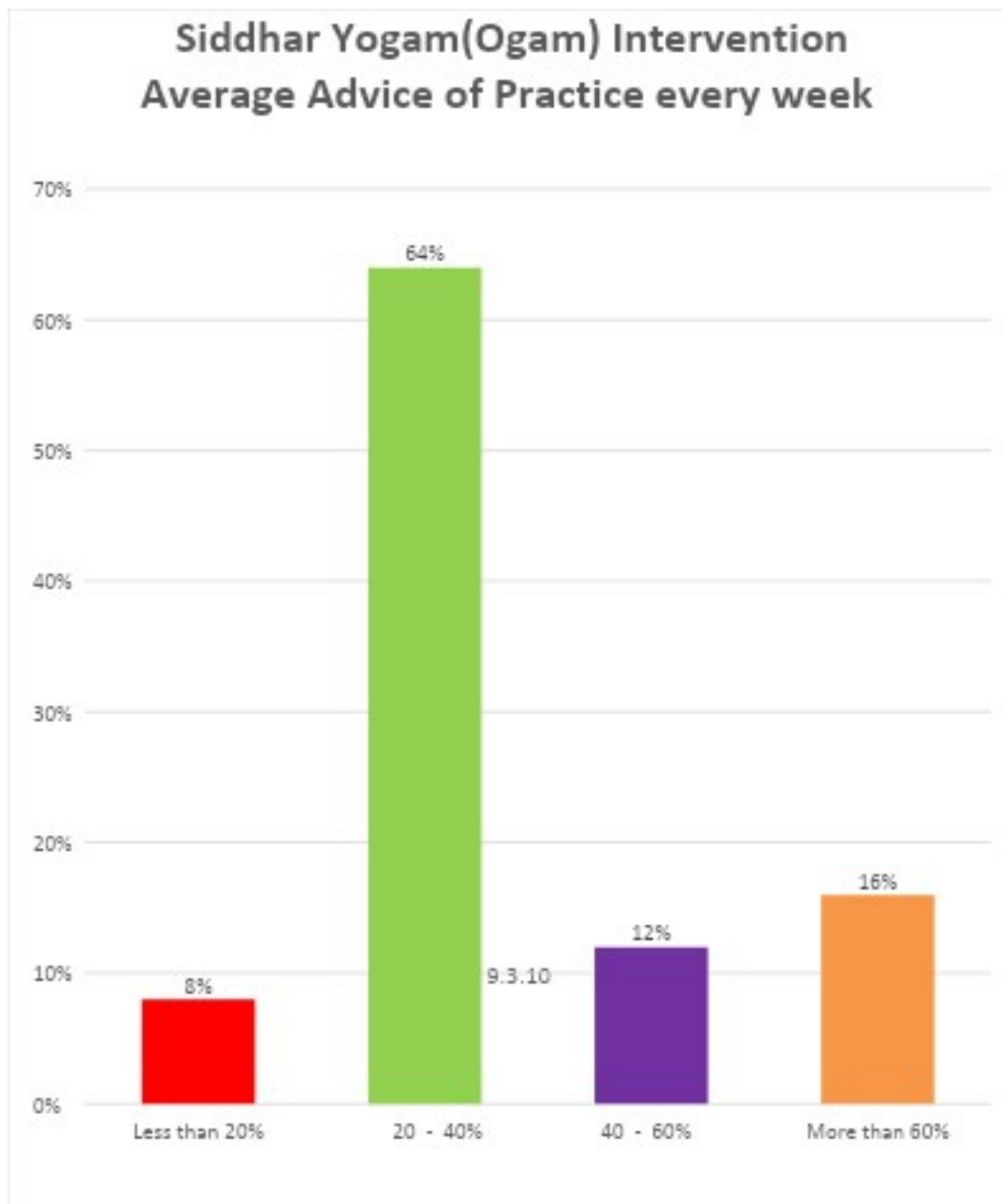
Majority 68%(17) of Participants responded that Astangayogam plays an inevitable role in solution for chaos thus improving the quality of life among people as 'likely', 20%(5) as 'More Likely' and only 12%(3) as 'less likely' as shown in Fig 9.3.8

9. Which type of Siddhar Yogam(Ogam) Intervention do you commonly practice in your wing ?



Among various Siddhar Yogic Interventions 7%(12) practice Iyamam & Niyamam , 36%(61) practice Asanas, 46%(77) practice Pranayamam, 11%(19) practice dhiyanam and none of them(0) reported any new intervention in their practice as shown in Fig 9.3.9

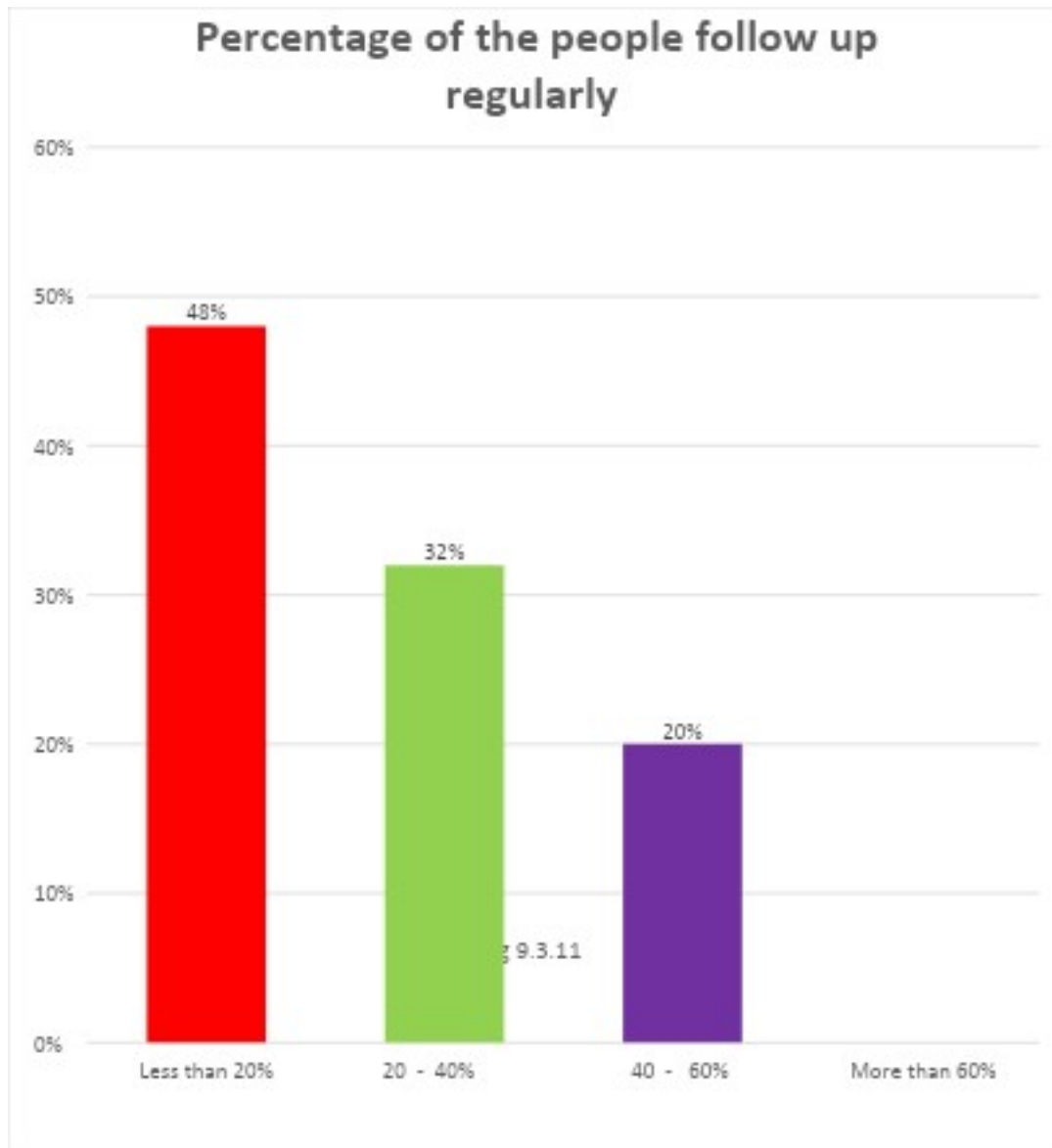
10. How many people are averagely advised to practice Siddhar Yogam(Ogam) Intervention every week ?



Among all the participants, majority of 64%(16) respondents advice this intervention for about 20-40% of their patients , 16%(4) for more than 60%, 12%(3) for about 40-60% and 8%(2) for less than 20% to their patients as shown in Fig 9.3.10

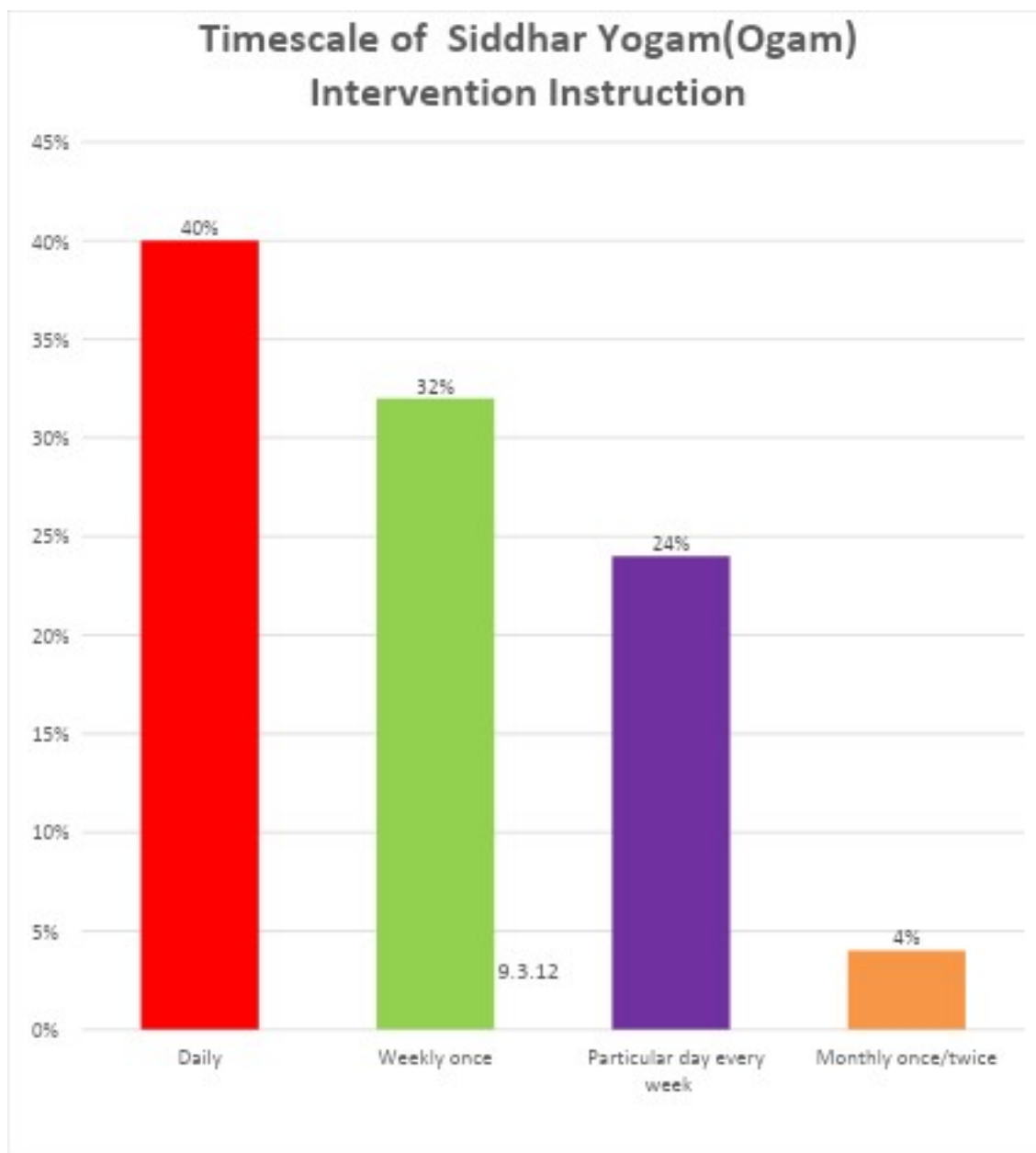


11. How many percentage of the people follows the Siddhar Yogam(Ogam) Intervention regularly ?



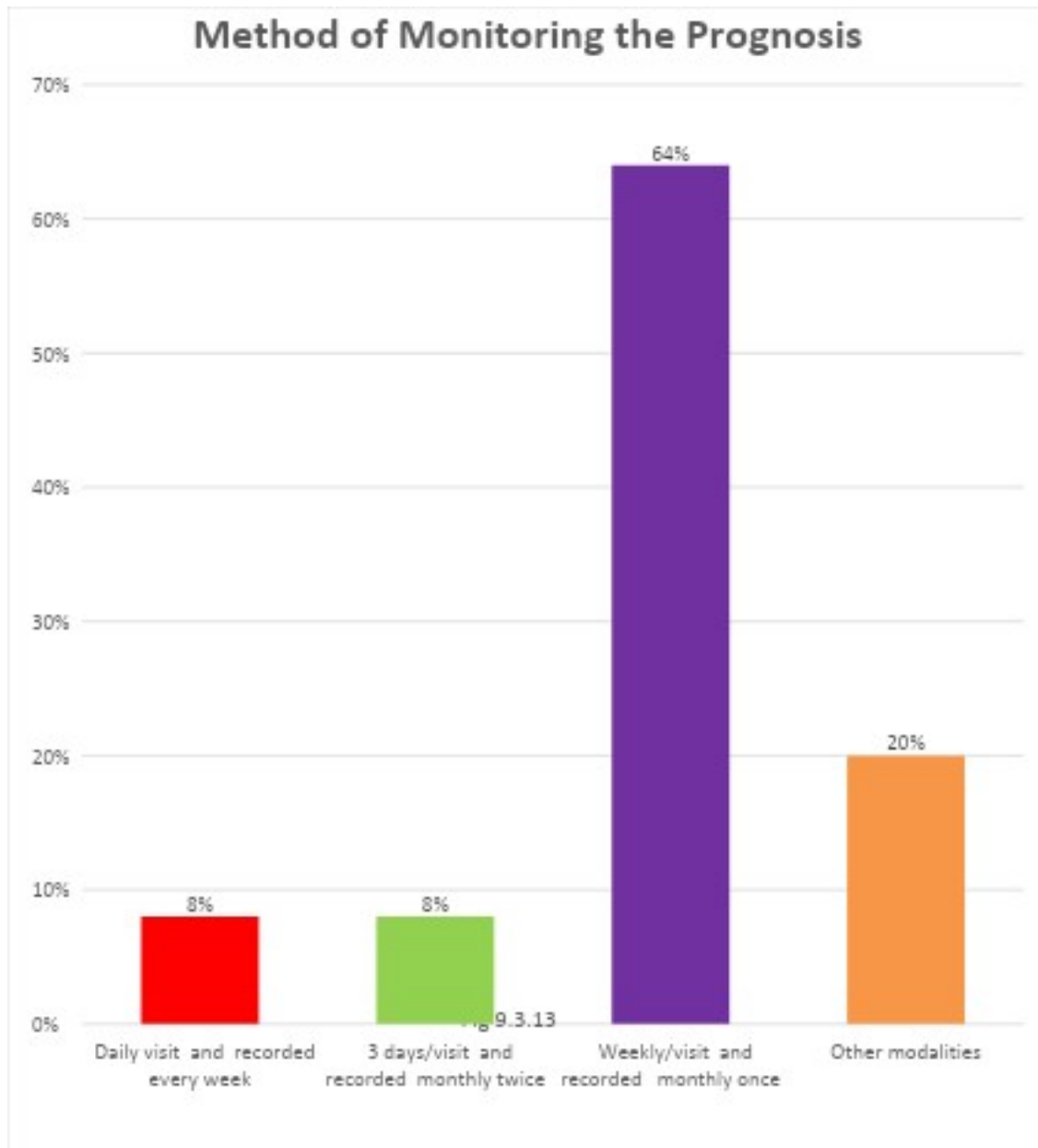
48%(12) respondents responded that less than 20% people follow this intervention, 32%(8) responded as 20-40% of people, 20%(5) responded 40-60% of people and none of them(o) responded more than 60% of people as shown in Fig 9.3.11

## 12. Timescale of how Siddhar Yogam(Ogam) Intervention are instructed ?



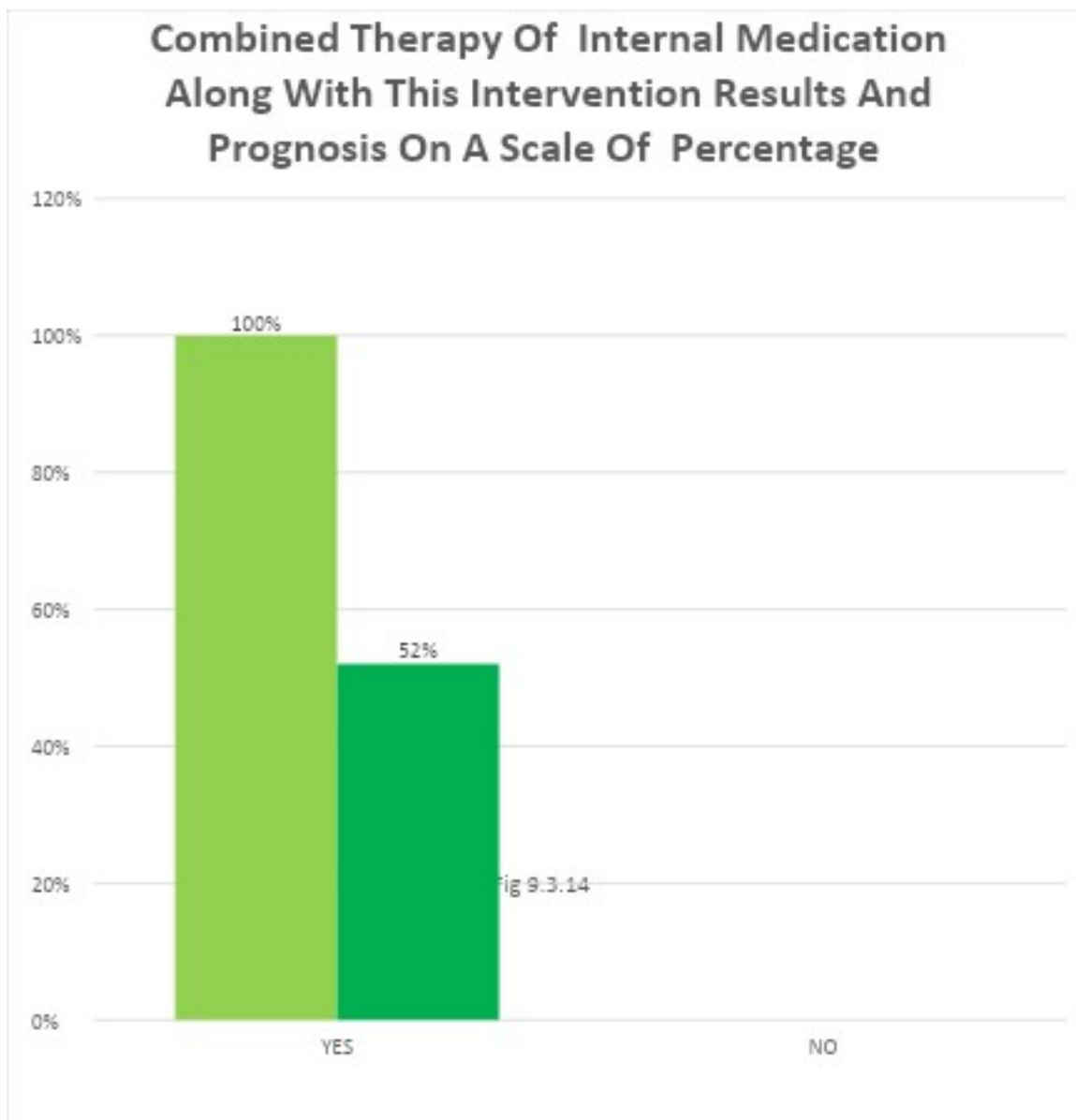
Out of 25 participants, 40%(10) of them responded that this intervention were instructed on Daily basis, 32%(8) as Weekly Once, 24%(6) as Particular Day / Every Week, 4%(1) as Monthly Once or Twice basis as shown in Fig 9.3.12

13. How the prognosis is monitored among people ?



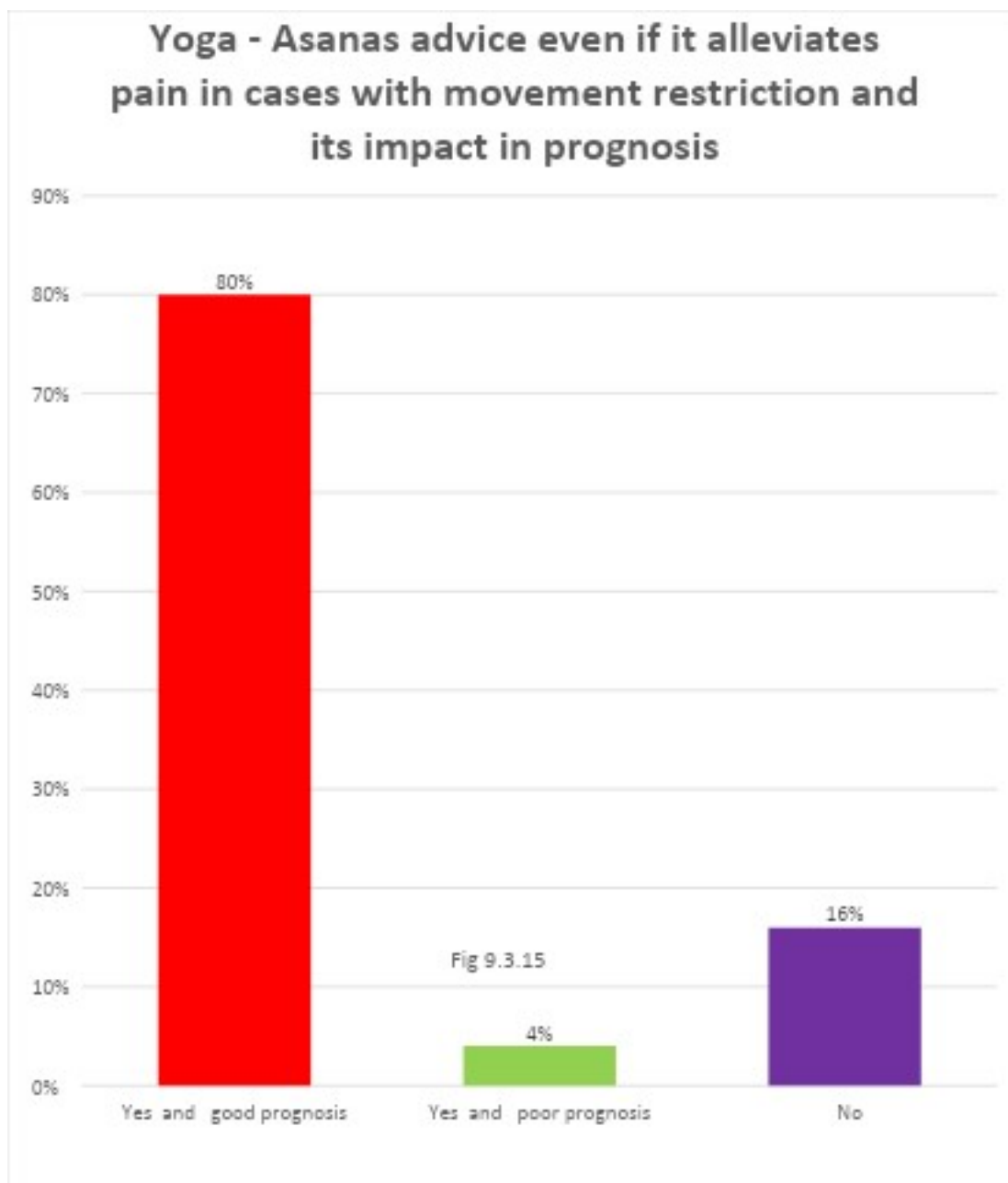
Majority 64%(16) of participants responded that the prognosis is monitored as “Weekly Once visit and recorded monthly”, 8%(2) as “Daily Visit and recorded Every Week”, 8%(2) as “3 days Once visit and recorded Monthly Twice”, whereas 20%(5) chosen “Other Modalities”. as shown in Fig 9.3.13

14. Does combined therapy of Internal medication along with this intervention gives better results. If yes, rate the prognosis on a scale of percentage ?



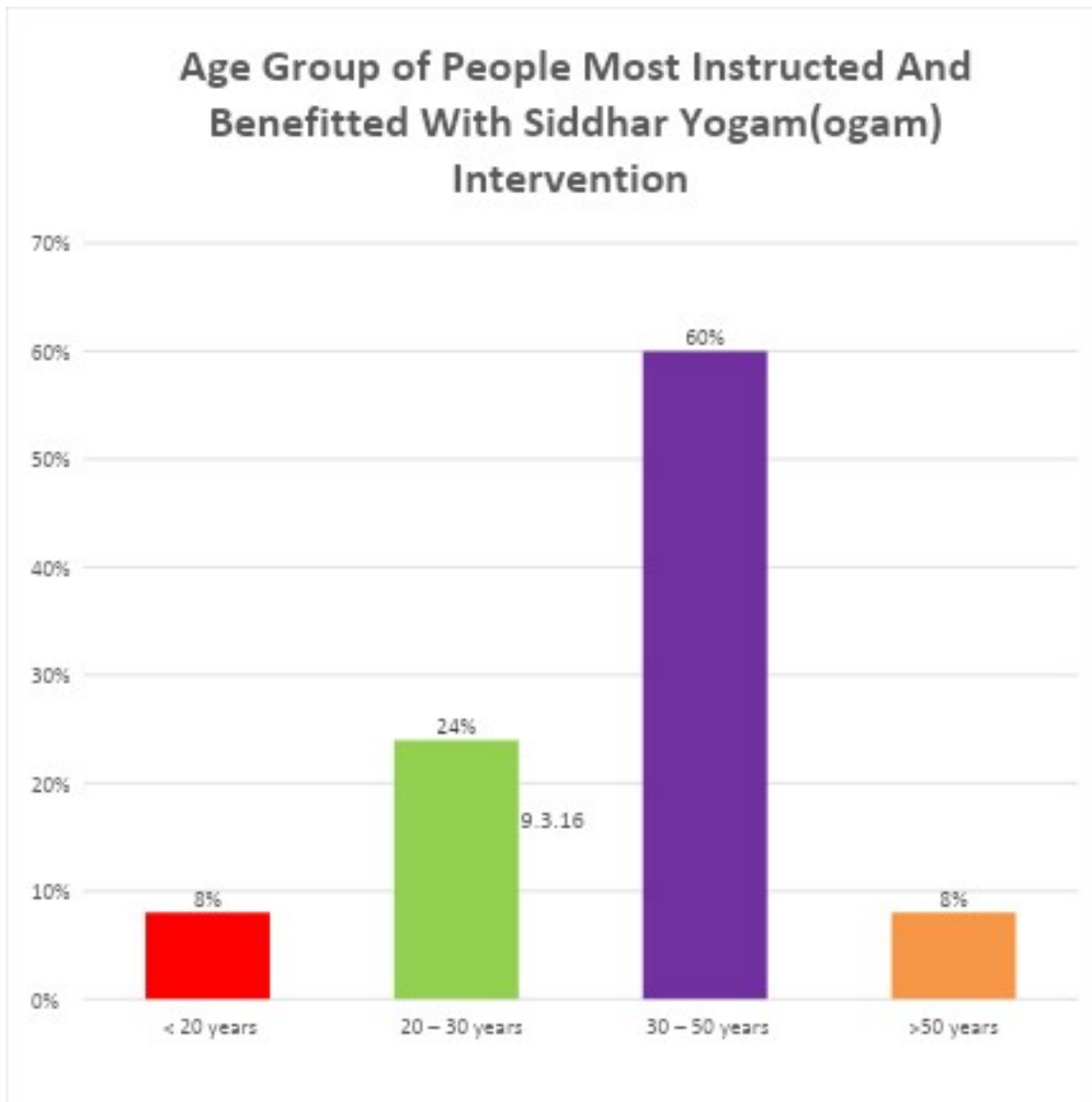
Out of the respondents, all of them(25) answered that the combined therapy of Internal medication along with this intervention gives better results and rated an average prognosis of 52%. None of them answered negatively as shown in Fig 9.3.14

15. Do you advice Yoga - Asanas even if it alleviates pain in cases with movement restriction and its impact in prognosis ?



Among all the Participants only 16%(4) responded Negatively, Otherwise all of the responded Positively out of which 80%(20) of participants responded with Good Prognosis and only 4%(1) with Poor Prognosis as shown in Fig 9.3.15

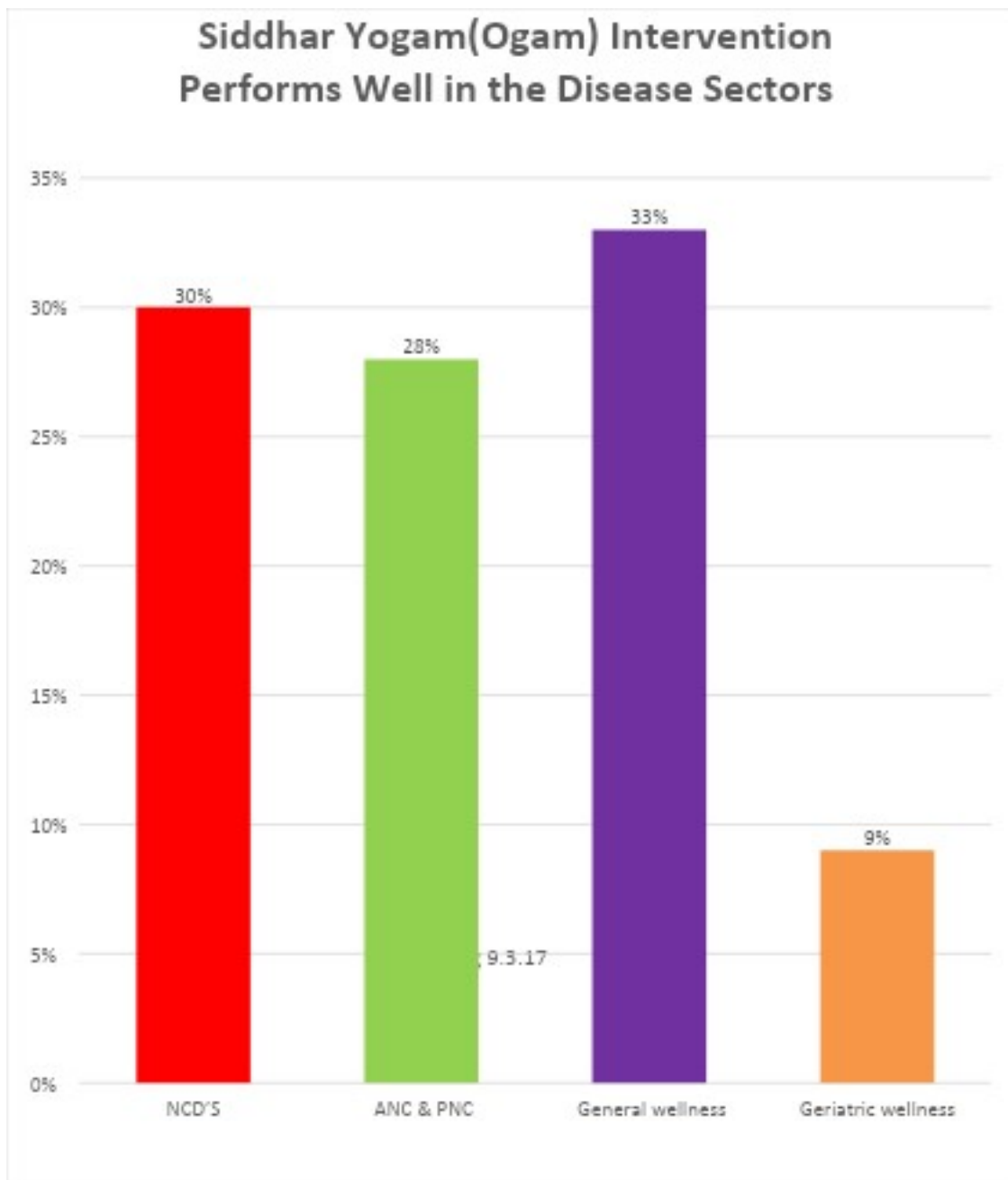
16. According to you which age group people are most instructed and benefitted with the Siddhar Yogam(Ogam) Intervention ?



Among all the participants, 60%(15) responded that 30-50 yrs age group people are most instructed and benefitted with this Intervention , 24%(6) as 20-30 yrs of age group, 8%(2) as less than 20yrs of age group and 8%(2) as greater than 50yrs of age group are most instructed and benefitted. as shown in Fig 9.3.16

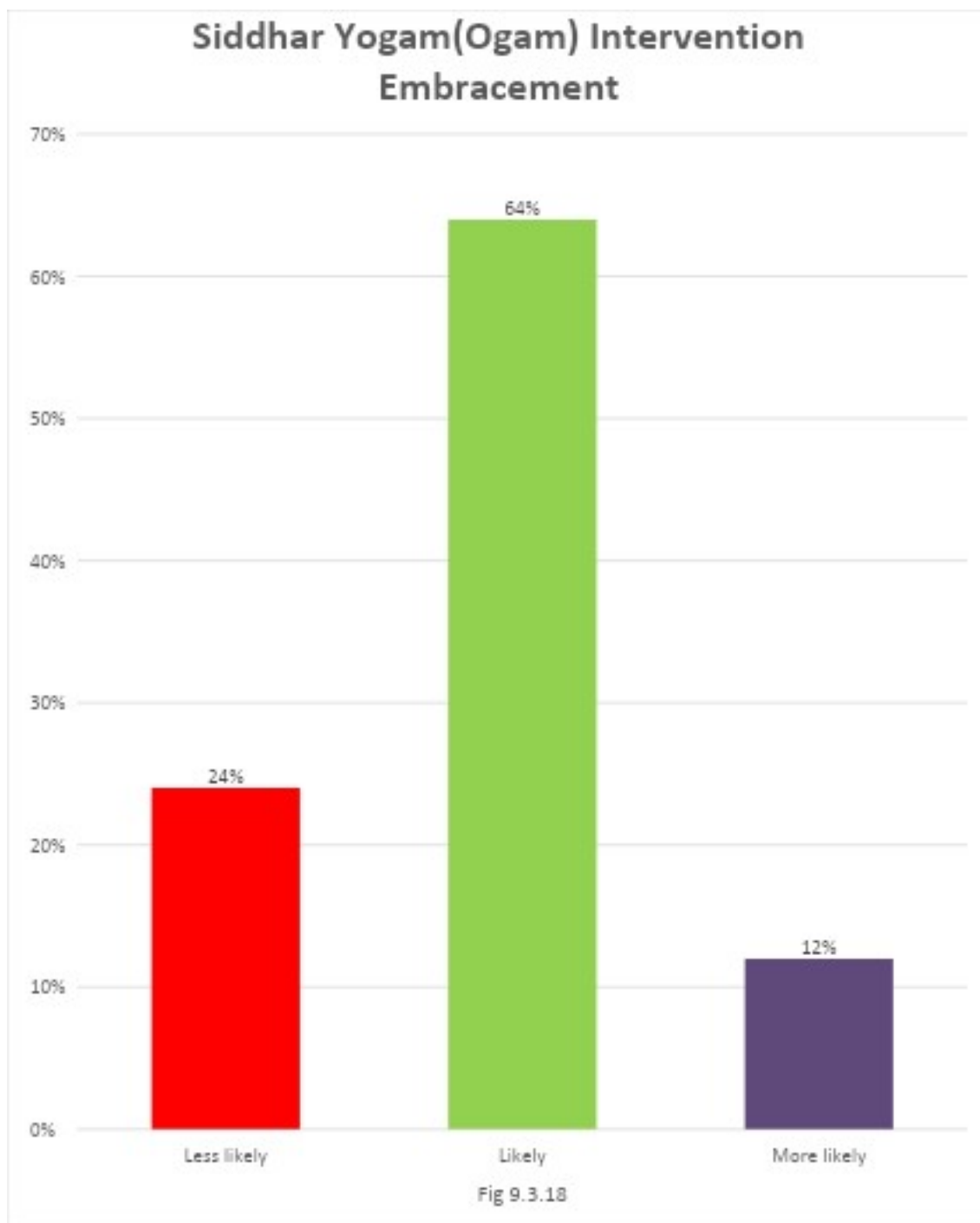


17. The Siddhar Yogam(Ogam) Intervention performs well in which disease sectors ?



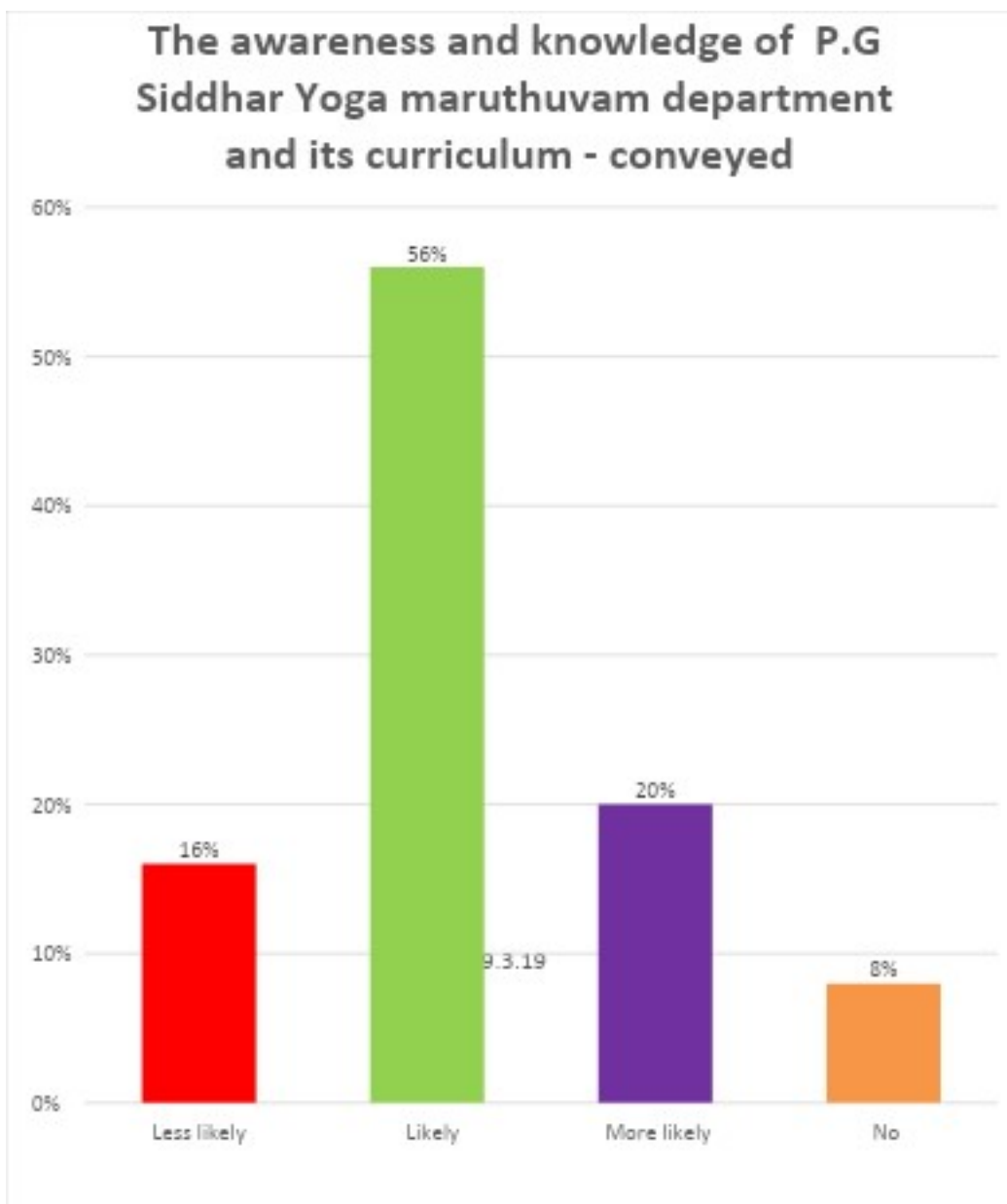
Among the respondents 33%(15) answered that this intervention performs well in General Wellness, 30%(14) in NCDs, 28%(13) in ANC & PNC, 9%(4) in Geriatric Wellness as shown in Fig 9.3.17

18. How people embrace Siddhar Yogam(Ogam) Intervention ?



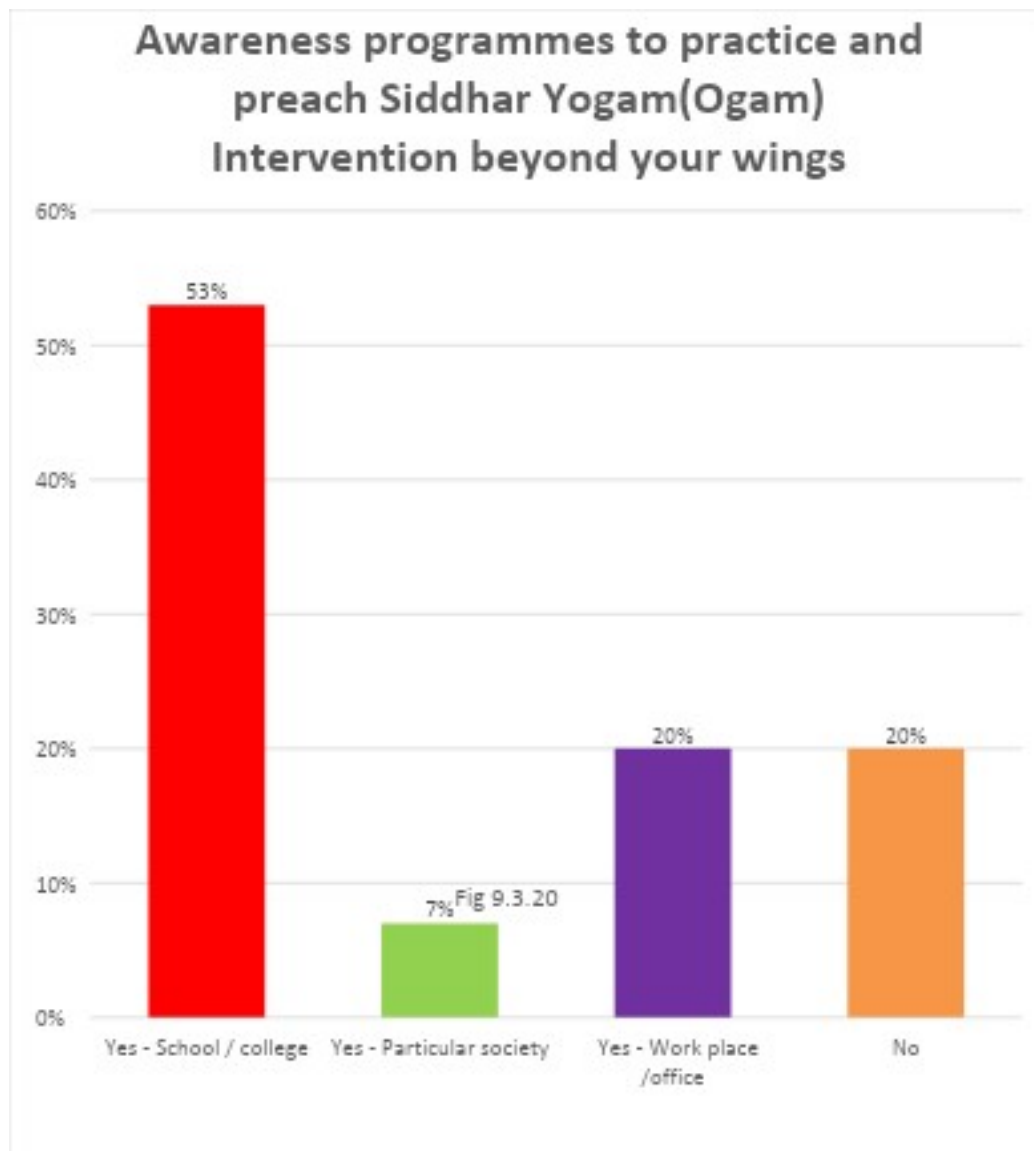
64%(16) of the participants responded, that people embrace Siddhar Yogam Intervention 'likely', 24%(6) as 'less likely', 12%(3) as 'More Likely' as shown in Fig 9.3.18

19. How likely do the awareness and knowledge of P.G Siddhar Yoga maruthuvam department and its curriculum is conveyed to you ?



A Greater Figure 56%(14) of the participants responded 'Likely' with the awareness and knowledge of P.G Siddhar Yoga maruthuvam department and the reach of its curriculum to them, 16%(4) 'Less Likely, 20%(5) 'More Likely' and 8%(2) responded Negatively. as shown in Fig 9.3.19

20. Do you conduct programmes to practice and preach Siddhar Yogam(Ogam) Intervention beyond your wings ?, if yes mention the places.



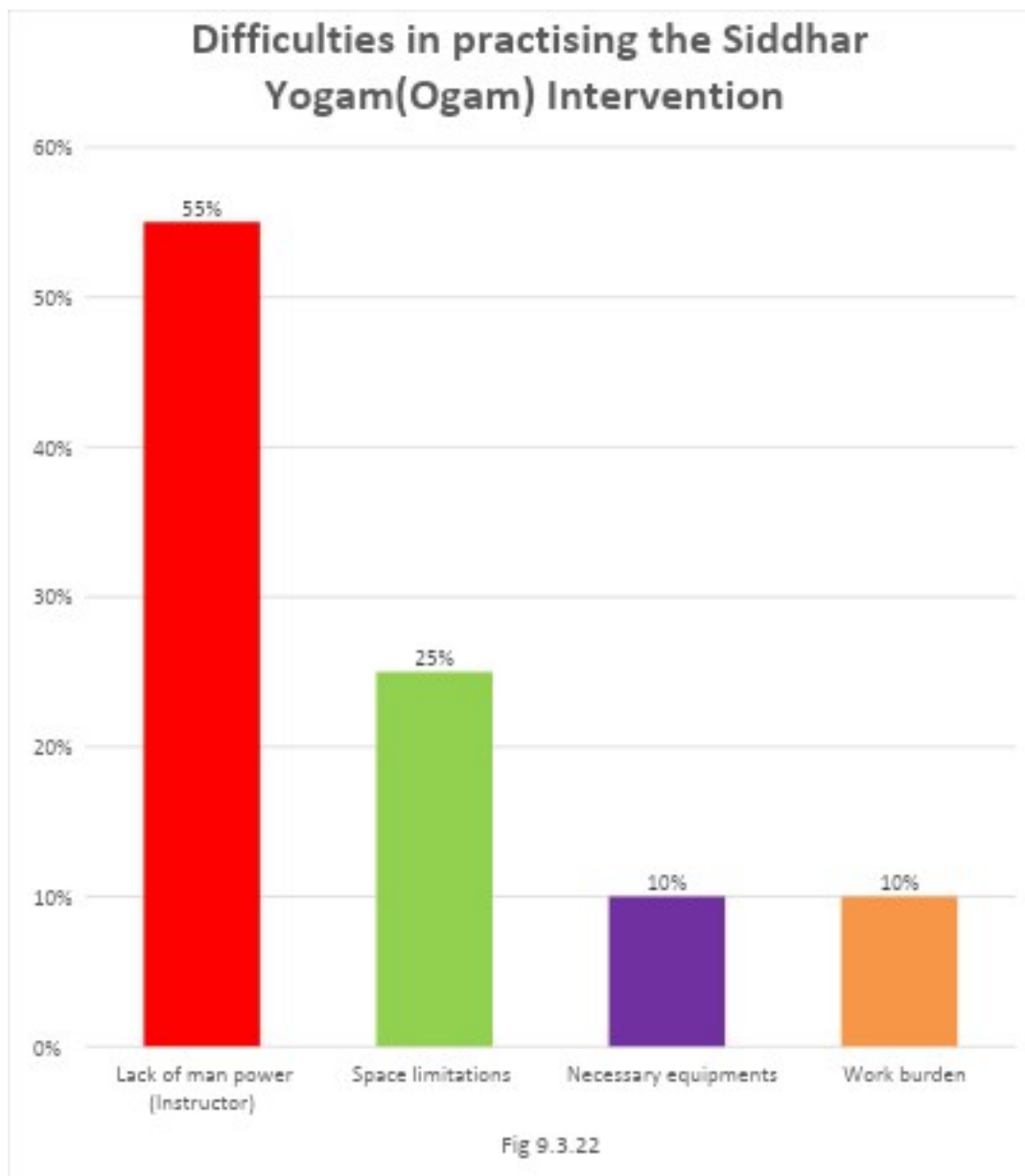
Only 20%(6) of the Participants responded 'Negatively', remaining all of the responded 'positively', out of which 53%(16) of Participant campaigned School/Colleges, 7%(2) campaigned Particular Society, 20%(6) campaigned Work Place/Particular Society. as shown in Fig 9.3.20

21. Did you make use of the opportunity to aware people with the Siddhar Yogam(Ogam) Intervention on the international day of yoga celebrations?



Out of all the Participants 76%(19) responded 'Positively' and 24%(6) responded 'Negatively'. as shown in Fig 9.3.21

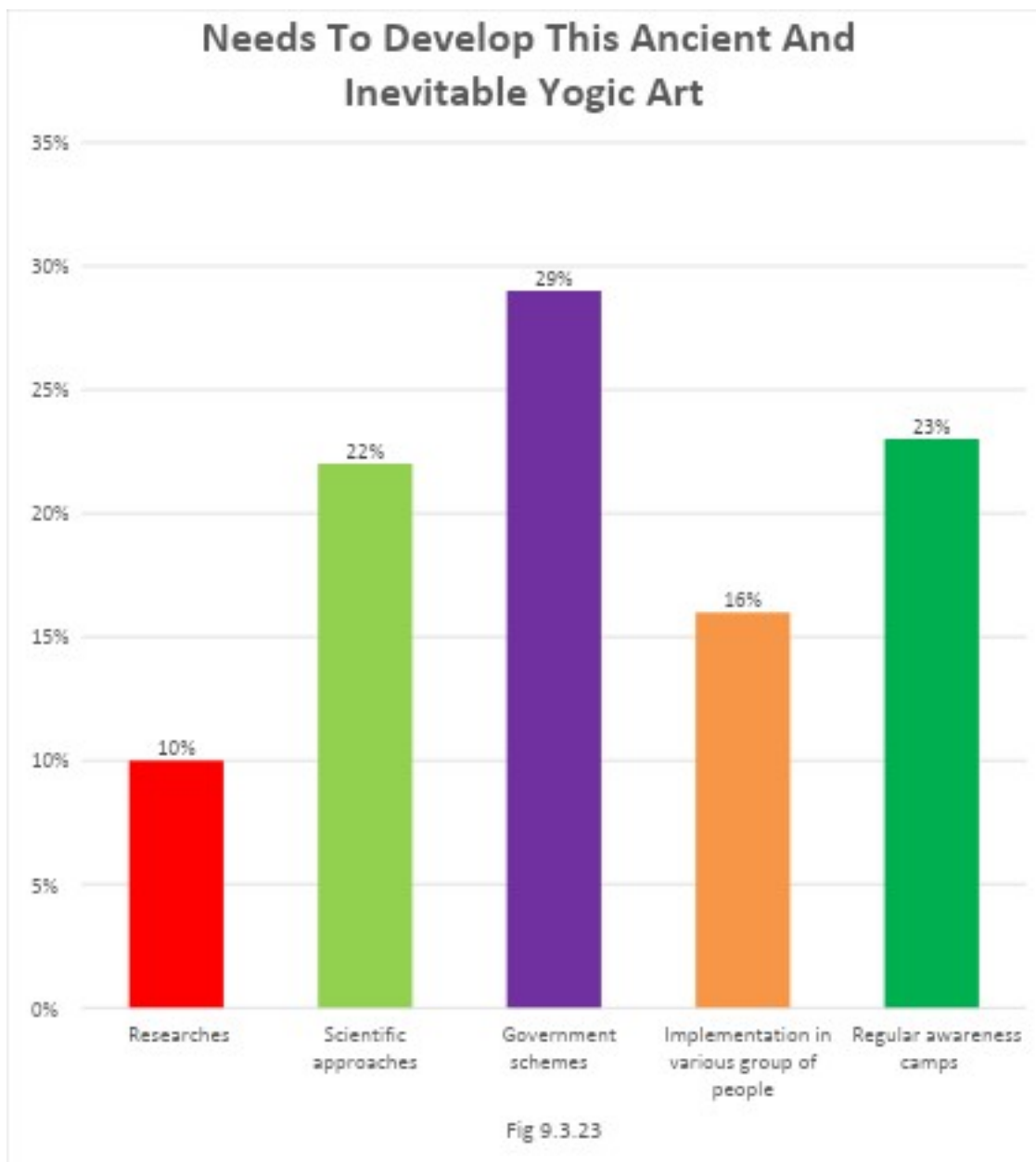
22. Difficulties faced in practicing the Siddhar Yogam(Ogam) Intervention in your wing ?



55%(16) Participants answered that they faced 'Lack of Man Power(instructor)', 25%(7) faced 'Space Limitations', 10%(3) faced 'Lack of necessary Equipment', 10%(3) felt 'Work Burden' in practicing Siddhar Yogam(Ogam) Intervention in their wing as shown in Fig 9.3.22



23. What are all the needs to develop this ancient and inevitable Yogic art ?



29%(9) of the Participants responded, that the need to develop this ancient and inevitable Yogic art as 'Government Schemes', 23%(7) as 'Regular Awareness Camp', 22%(7) as Scientific Approach, 16% as Implementation in Various Group of People, 10%(3) as Researches as shown in Fig 9.3.23

## 10.1. Discussion

The first few demographic questions are informative about the gender distribution, age

distribution and Hierarchy of the Government Siddha Wings in Tirunelveli District. The Gender Distribution among the study Participants clearly shows the dominance of female Assistant Medical Officers over the Male Doctors at a ratio of nearly 2:1 in the Government Siddha Wings in Tirunelveli District. The average age distribution of the participants is 41yrs with minimum 27 yrs of age and maximum of 57 yrs, stating a lesser composition of young age doctors. Government Siddha Wings in Tirunelveli District includes 1

District Head Quarters Hospital, 4 GH, 19 Government Primary Health Centers And 1 Government Siddha Rural Dispensaries , which are very few in number for the Tirunelveli District Population and emphasises the need for the Establishment of New siddha wings in Tirunelveli District.

Q1 and Q2 clearly shows that majority of the Participants perform and practice Siddhar Yogam Intervention and none of them lack their interest. Most of the Participants attitude towards Siddhar Yogam Intervention is an amalgam of Part of Personal Spiritual Path, Mind – Body – Soul Practice and Physical Exercise (Q4). Majority of the Doctors are only familiar with the popular Siddhar Yogic Intervention and there may be a lack of in-depth Knowledge about this Intervention (Q15,Q3). In majority(71%) of the wings, Doctors themselves instruct this Intervention (Q10), reveals the passionate work of AMOs. 68% doctors practice this Intervention Likely with scientific knowledge and correlation (Q18). Majority of the AMOs practice this intervention as general wellness, Disease Management And Disease Prevention and states that it performs well in General Wellness(33%), NCDs(30%), ANC & PNC(28%) and Geriatric Wellness(9%) [Q7&Q8].

Majority (64%) of doctors answered that 20-40% of Patients are averagely advised with this intervention every week and only few has regular followup [Q5&Q6]. 60% of the doctors answered that >50 years age group people are most instructed and benefitted with this Intervention[Q11]. 100% doctors answered that the combined therapy of Internal medication along with this intervention gives better results with an average percentage of prognosis as 52%, stating that this intervention, used along with any therapies gives better results. Majority(80%) of the doctors advice Yoga - Asanas even if it alleviates pain in cases with movement restriction and its impact is very good in prognosis (95%) with the standardised protocol, shows the role of this intervention in pain management. Majority (64%) of doctors answered that people embrace this intervention as likely.

68% of Doctors Likely think, Astangayogam plays an inevitable role in solution for chaos thus improving the quality of life among people, thus can be trialed and implemented.[

This Intervention is instructed and prognosis is monitored on the standard basis [Q12&Q13].

56% doctors answered ‘as likely’ the awareness and knowledge of P.G Siddhar Yoga maruthuvam department and its curriculum is conveyed to them[Q19], which clearly states the need for the awareness campaign and special lectures. Majority of the doctors conduct programs to practice and preach this Intervention beyond their wings [Q20], stating that 80% doctors put on light over this intervention among people beyond their wings, concentrating their focus on the younger generation, which is a very good thought process. 76% doctors make use of the opportunity to aware people with Siddhar Yogam(Ogam) Intervention on the international day of yoga celebrations, which is an great initiative. 55% doctors answered that they face lack of Man Power (Instructor) in practicing this intervention and others answered Space Limitation(25%), Necessary Equipment(10%), work burden(10%) [Q22].Doctors Point of view in the needs to develop this ancient and inevitable Yogic art clearly make way for the Glory and Cherishment of Sidhhar Yogic Intervention. [Q23].

## 11.1. Conclusion

This study reveals and documents the fact that how effectively Siddhar Yogam(Ogam) Interventions are practiced. Creates awareness about Siddhar Yoga Maruthuvam – a new division of PG -Department and its knowledge among the Assistant Medical Officers of the Government Siddha Wings in Tirunelveli District. Helpful in voicing out the hurdles and challenges in practicing Siddhar Yogam(Ogam) Interventions and its solution.This study is useful in understanding the necessity of government’s focus in practicing and preaching Siddhar Yoga Maruthuvam further effectively in and beyond tamilnadu, thus benefiting and improving the quality of people’s life across boundaries.

Emphasis the current trend essentials in developing this ancient and inevitable art.

## 12.1. Conflict of interest:

## 13.1. Reference:

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## 14.1 Annexure

### Questionnaire

Name of the Doctor :

Age/Sex :

Name of the Siddha Wing :

Participant Signature :

1. Do you perform Siddhar Yogam(Ogam) Intervention personally ?

- Yes
- No

2. Do you practice and preach Siddhar Yogam(Ogam) Intervention in your Wing ?

- Yes
- No

3. Which type of Siddhar Yogam(Ogam) Intervention do you commonly practice in your wing ?

- Iyamam & Niyamam
- Asanam

- Pranayamam
- Dhiyanam
- Other

4. According to you Siddhar Yogam(Ogam) Intervention is a part of ?

- Personal Spiritual Path
- Mind – Body – Practice
- Physical Exercise
- All of these
- None of these

5. How many people are averagely advised to practice Siddhar Yogam(Ogam) Intervention every week ?

- Less than 20%
- 20 - 40%
- 40 - 60%
- More than 60%

6. How many percentage of the people follows the Siddhar Yogam(Ogam) Intervention regularly ?

- Less than 20%
- 20 - 40%
- 40 - 60%
- More than 60%

7. Do you practice the Siddhar Yogam(Ogam) Intervention as

- Disease prevention
- Disease management
- General wellness
- All of the above

8. The Siddhar Yogam(Ogam) Intervention performs well in which disease sectors

- NCD'S
- ANC & PNC
- General wellness
- Geriatric wellness

9. Does combined therapy of Internal medication along with this intervention gives better results. If yes, rate the prognosis on a scale of percentage ?

- Yes – Percentage \_\_\_\_\_
- No

10. How the Siddhar Yogam(Ogam) Intervention are instructed in your wing ?

- By myself
- By male and female yoga Instructors

11. According to you which age group people are most instructed and benefitted with the Siddhar Yogam(Ogam) Intervention ?

- < 20 years
- 20 – 30 years
- 30 – 50 years
- >50 years

12. Timescale of how Siddhar Yogam (Ogam) Intervention are instructed ?

- Daily
- Weekly once
- Particular day every week
- Monthly once/twice

13. How the prognosis is monitored among people ?

- Daily visit and recorded every week
- 3 days/visit and recorded monthly twice
- Weekly/visit and recorded monthly once
- Other modalities

14. How people embrace Siddhar Yogam(Ogam) Intervention

- Less likely
- Likely
- More likely

15. Are you familiar with ?

- Astangayogam
- Pranayamam & its types
- Muthiraigal
- Bandhangaal

16. Do you think Astangayogam plays an inevitable role in solution for chaos thus improving the quality of life among people ?

- Less likely
- Likely
- More likely

17. Do you advice Yoga - Asanas even if it alleviates pain in cases with movement restriction and its impact in prognosis ?

- Yes and good prognosis
- Yes and poor prognosis
- No

18. Do you practice Siddhar Yogam(Ogam) Intervention with scientific knowledge and correlation ?

- Less likely
- Likely
- More likely
- No

19. How likely do the awareness and knowledge of P.G Siddhar Yoga maruthuvam department and its curriculum is conveyed to you ?

- Less likely
- Likely
- More likely
- No

20. Do you conduct programmes to practice and preach Siddhar Yogam(Ogam) Intervention beyond your wings ?, if yes mention the places

- Yes - School / college
- Yes - Particular society
- Yes - Work place /office
- No

21. Did you make use of the opportunity to aware people with the Siddhar Yogam(Ogam) Intervention on the international day of yoga celebrations?

- Yes
- No

22. Difficulties faced in practising the Siddhar Yogam(Ogam) Intervention in your wing ?

- Lack of man power (Instructor)
- Space limitations
- Necessary equipments
- Work burden

23. What are all the needs to develop this ancient and inevitable Yogic art ?

- Researches
- Scientific approaches
- Government schemes
- Implementation in various group of people
- Regular awareness camps

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