

**Registrar
State Board or Council of ISM/AYUSH
Registered Medical Practitioners (Ayurveda, Unani, Siddha and Sowa-Rigpa)**

Subject: Seventh Siddha Day Observance (30-12-2023)- reg

Dear Sir/Madam

The birth star of Siddhar Agathiyar Munivar, Ayilyam Nakshathram, i.e., Aashlesha, in the Tamil month of Margazhi, i.e., Margashirsha, is observed as Siddha Day every year, and the Ministry of Ayush, Government of India, endorses this observance. This year, the seventh Siddha Day will be celebrated on December 30, 2023, across the country and other neighbouring countries like Sri Lanka, Malaysia, Singapore, etc.

The Siddha system of medicine is one of the Indian systems of medicine that evolved in the southern parts of India. It was founded by eighteen Siddhars during the ancient period and transferred through Guru-Shishya Parampara. Maharishi Agathiyar Munivar is recognised as the primordial guru of all Siddhars and the Father of Siddha Medicine.

The observance of Siddha Day has the potential to be a landmark event in building awareness about the merit and efficacy of the Siddha system of medicine in ensuring the health and wellness of the global community. Being a holistic medical system that focuses on disease prevention and health promotion, the Siddha system of medicine can be an asset to public health.

The Siddha system of medicine advocates vaithyam (medicine and treatment), vaatham (rasavatham/alchemy/material chemistry), yogam (eight-fold ashtangayogam practices), Gnanam (attainment of perfect knowledge or wisdom or eternal bliss), Jothidam (medical astrology), and Aanmeegam (spirituality). Siddha encompasses special areas of treatment such as Varmam (manipulation of vital points of the human body), Thokkanam (nine types of physical manipulation procedures), Puramaruthuvam (32 types of external treatment procedures), Siddhar aruvai maruthuvam (25 types of Siddha surgical procedures under aruvai, agni, and kaaram), Siddhar yogam (Siddhar Yogic Science), Kayakarpam (rejuvenation), and supported with Pathya unavu (Siddha dietetics), etc. The mineral preparations, which are a strong area in Siddha, are very effective in the management of chronic and challenging clinical conditions. The decoction in the name of Kaba Sura Kudineer got popularised during the COVID pandemic situation due to its efficacy in the management, prevention, and promotion of health. 'Unavae marunthu; marunthae unavu' (food is medicine and medicine is food) is one of the basic principles of Siddha.

In view of the significance of Siddha Day, all boards/councils and registered medical practitioners of Ayurveda, Siddha, Unani and Sowa-Rigpa are requested to observe the seventh Siddha Day on December 30, 2023, by conducting activities (like delivering speeches, displaying posters, issuing information notices, issuing saplings, conducting camps, conducting online promotions etc., whatever is possible and feasible for the practitioners) for Siddha promotion. The theme for Siddha Day 2013 is "Ancient wisdom and Modern solutions". Kindly make the event a great success.



**Prof. Vaidya Rakesh Sharma
President, Board of Ethics and Registration for Indian System of Medicine**