

Nature's Remedy for War's Scars: Leveraging Siddha Wellness Tourism and Blue Economy for Post-Conflict Ecological and Economical Recovery in Northern Sri Lanka

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Abstract

This study examines how Siddha Medicine enables sustainable post-war recovery in Northern Sri Lanka. Using mixed methods (15 practitioner surveys, spatial analysis, pilot projects), it highlights Siddha's cultural revival (89% identify with Tamil heritage) and restoration of health (healing trauma and chronic disease). Marine-based therapies - seaweed (*Padina gymnospora*), pearl products (*Pinctada fucata*), saline springs - are Blue Economy compliant with the potential to create 500+ jobs, 78% for women. Challenges include fragmented policy, infrastructure absence (83% of sites), and resource depletion (32% species). Proposed solutions are block chain traceability, telemedicine, wellness trails, and Medicinal Marine Protected Areas, ensuring culture-based yet sustainable development.

Keywords: Marine conservation, Post-conflict recovery, Siddha Medicine, Sri Lanka, Sustainable tourism