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## **The Study of Reviewing the Siddha Perspective of in Public Health of Geriatric Care**

Niranjan Mahathevan

District Siddha Ayurvedic Hospital, Gopalapuram, Nillavelli  
*mniranjan1973@yahoo.com*

The modern medicine only play in the public health in Sri Lanka. Public health is the major part in the health system and manly focus on promoting the health and prevention With respect to that Siddha Medical System suggest prevention is better than cure. Basic principles of Siddha Medicine clearly mention health and disease known as the tridosha. Further, Siddha medical system develop from our old generation experience, culture and tradition and it contribute to public health for several thousand years. Siddha medical systems ensure the prevention and promotion of health and wellbeing through the principle of the food is the medicine and medicine is food, life style modification, yoga, meditation and holistic approach for treating diseases. In this context quality of health in the rural area is also affected by diet and life style. So it is important to promote traditional base food and life style in order to bring back the quality health and healthy ageing and started up a unique projects by using potential of Siddhaic concept is being used for health promotion and primary healthcare. Elderly populations have more committed to both communicable as well as non communicable diseases. Siddha medical care have the own strength in geriatric care. According to the Siddha Moopu means ageing, this quoted in Siddha literature of Karuurpathi. Siddha concept ageing process decided before the birth. moopiyalsolution focus on life style modification ,diet and habit restriction. Kaya karpam minimized the complication of ageing and delayed the ageing process. The programs should design community segment group like elders, children, mother and special need community and the interventions focus on health promotion regarding malnutrition, Non communicable diseases, home remedies, Geriatric clinics. The interventions consist mainly of awareness programs and Mobile field clinics are carried out in remote villages, providing consultations and free medicine for the villagers as well as screening for diabetes.

**Key Words:** Public health, Siddha medical system, Elders