

A REVIEW- COVID 19 AND PREVENTIVE MESURES IN SIDDHA SYSTEM OF MEDICINE

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ABSTRACT

Siddha system is oldest known medicine in this world appeared many millennia ago. This system was formulated and established by our "Siddhars". Siddha system of medicine include not only curative medicines, they have also suggested ways to take care of themselves in Siddha medicine and they also emphasized what we should do, not to do, how to keep ourselves clean in the time of illness through many literatures. COVID -19 is an infectious disease that affects the lungs. Recently, we know that COVID 19 has rocked our world for months. We have lost many lives in the world because of this life-threatening disease. Now a days, the COVID-19 has spread across the country very fast because it spreads easily from one infected person to another person. This review is about how to control COVID-19 and how we protect ourselves as stated in Siddha system.

KEYWORDS: Siddha System, COVID-19, Preventive Measures

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