



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences



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DEPARTMENT OF COMMUNITY HEALTH NURSING

AYUSH – SANTHIGIRI VISIT

As a part of Community Health Nursing posting for 7th semester B.Sc. Nursing students, visited Santhigiri Siddha Medical College, Pothencode to know more about AYUSH system of medicine. Santhigiri Siddha Medical College is a reputed institution providing education and healthcare services based on Siddha principles. The hospital is well-equipped with: Outpatient Department (OPD), Inpatient Department (IPD), Pharmacy, Herbal garden, Diagnostic and therapeutic units.

Objectives of AYUSH Visit

- Learn about different AYUSH healthcare system and their principles.
- Understand how AYUSH practices can complement allopathic treatment in patient care.
- Explore the role of AYUSH therapies in managing chronic diseases, lifestyle disorders and community health issues.
- Observe the use of herbal medicines. Panchakarma (Ayurveda), Yoga therapies, Unani formulations, Siddha remedies and homeopathic treatments
- Understand how diet, lifestyle modifications, and holistic healing are integrated into patient care
- Learn about government initiatives like the National AYUSH Mission (NAM) and its impact on community health.
- Understand how AYUSH is integrated into primary health care centres and wellness clinics and wellness clinics.
- Understand how nurses can incorporate basic AYUSH therapies like relaxation techniques, herbal remedies, and yoga in community health nursing



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- Learn about safe practices and possible contraindications in combining AYUSH modern medicine.

Treatments and Procedures Observed

- Use of herbal medicines, minerals, and natural substances
- External therapies such as oil massage and fomentation
- Detoxification and rejuvenation therapies
- Diet and lifestyle modifications as part of treatment
- Herbal garden
- OPD, IPD, Pharmacy

Report

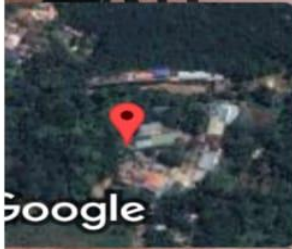
As a part of Community Health Nursing posting for 7th Semester B.Sc. Nursing Students on 21/01/26 and 23/02/26 went to Santhigiri Siddha Medical College (AYUSH Visit) Mrs. Nivya S R, Mrs. Aarcha S Nandan, Mrs. Aswathi P, Mrs. Ancy V Das took part in this observation visit, the sessions in Santhigiri incorporates class and visit to various areas such as medicine making unit, Botanical herbal garden, Siddha medical college etc. Detailed description of each area, its working, importance, its process, various therapies were given. Through the visit students got adequate knowledge regarding AYUSH its importance, its need, and its scope and opportunities.





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