

Research Article

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## Demographic data of the patients Approaching the outpatient department - National Institute of Siddha – Cross sectional study

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### Abstract

**Introduction:** Healthy traditions and value of Indian culture could be protected and promoted by adopting Traditional Medicine. Siddha system has unique information on prevention and treatment for codified disease. National Institute of Siddha, Chennai was established by Government of India. Since the start of this Institute, the outpatients reporting at NIS steadily increasing every year. **Aim & Objective:** A prospective cross sectional study was conducted to analyse the Source of Information about NIS, Patient's knowledge pertaining to Siddha system of medicine and reasons which bring the patients to National Institute of Siddha. **Materials & Methods:** Study was conducted in OPD – National Institute of Siddha, Chennai. Study period was three months and the patient was interviewed by a structured Questionnaire. **Results:** The study revealed more male patients reporting the OPD than the female patients. Word of mouth plays the major role in spreading the awareness about siddha medicine than any other source of information and this study shows more people were interested in siddha and peoples were 100% satisfied with the Doctor's service in NIS, Hospital maintenance, security and attender service. **Conclusion:** Siddha system of medicine is well positioned to provide palliative care. In this manner, National Institute of Siddha, Chennai is an apex Institute of Siddha.

### Keywords

Siddha medicine,  
National Institute of  
Siddha,  
NIS,  
AYUSH.

## Introduction

Siddha system is one of the oldest codified traditions of healthcare with unique therapeutic interventions and treatment modalities. It is one of the officially recognised traditional systems of healthcare in India. Siddha system has a growing institutional network for education, training, drug manufacturing, health care services and research. Establishment of the National Institute of Siddha has galvanized the development process by setting quality benchmarks in these areas. National Institute of Siddha, Chennai is accredited with prestigious NABH accreditation. It is the first Government Siddha hospital achieved NABH accreditation.

Outstanding health services are provided at the OPD and IPD of National Institute of Siddha, Chennai. Those who seek treatment can avail consultation and treatment provided by the doctors at free of cost with minimal registration fee of Rs.20/- for new patients, Rs.10/- for subsequent visits and treatment is free for senior citizens. In-patients' registration fee only of Rs.100/- with free healthy food for patient. Payment special ward is also available with air condition facility in In-patient department service. Inpatient ward is well furnished with 200 beds. NIS has well equipped diagnostic laboratory facilities such as Blood, urine, stool, hormonal investigations, X-Ray, ECG, Pulmonary function test, Ultrasonogram etc. OPD is being organized every day between 8 Am to 12pm and special OPD time is 2pm to 4pm. Special OPDs conducted exclusively for Geriatric, Diabetes, Cancer, Asthma and Cardiac Problems, Cosmetology, Infertility and Obesity. External Therapies like Varmam, Thokkanam, Physiotherapy, Yoga, Attai vidal, Kombu kattal, Patru, Ottradam, Kaara sigichai, Suttigai are well done for IPD patients. Every month NIS conducts periodic medical camps at various places in Chennai.

Since the start of this Institute the Outpatient reporting at NIS is steadily increasing every year. The average general OPD reporting per day was 2032 during 2015 – 2016. Nowadays nearly 3000

patients per day were approaching the NIS. Lot and lots of people all over the Tamilnadu patronizing this hospital. So it is the time to find out the Source of Information with the patients to establish the Health Service, Disparities in care, Design targeted programs to improve quality of care, and provide patient - Centered care in Outpatient Department - National Institute of Siddha.

## Aim & Objectives:

- ) To Find out the Source of Information about National Institute of Siddha Outpatient Department to analyse the awareness with Siddha Medicine among the people.
- ) To Evaluate the Health Service Provided by National Institute of Siddha Outpatient Department.
- ) To Explore the reasons which bring the patients to National Institute of Siddha Outpatient Department.
- ) To assess the Patient's knowledge pertaining to Siddha system of Medicine.

## Materials and Methods

This study was carried out in Outpatient Department, National Institute of Siddha, Chennai. This is an observational study designed as a hospital based cross sectional study to evaluate the demographic data of the patients approaching the Outpatient department - National Institute of Siddha, Chennai. The period of study was from June to August 2018. A total of 500 patients were selected randomly, interviewed during the three month period. Interview was carried out in local language. The purpose of the study was explained to them and informed consent was obtained orally. Patients were presented with a structured questionnaire about patient's educational qualification, means of contact and reason for patronizing the NIS and about the services was noted. Since the study pertains to data collection from the patient knowledge and no identification disclosure in the

study, Director, National Institute of Siddha in the capacity of Member-Secretary, IEC has granted permission to conduct the study. This study enrolled in Clinical Trial Registry of India Reg.no. CTRI/2018/06/014393. 5 to 10 patients were covered at daily OPD by randomly drawing the patients. A patient who had been interviewed would not be interviewed again.

## Results

**Table: 1** shows that 268 male (53.2%) and 234 female patients (46.8%) were covered for interview. Majority of the patients were 51 – 60 years of age (26.4%). Married patients were 468 (93.6%). Degree patients were higher 205 (41%) than the No schooling patients 19(3.8%). Middle class patients 80.8% were higher than the upper class peoples 14.8%.

**Table 1: Age, Sex, Marital, Educational & Socio economic status**

Demography	Number of patients	Percentage
<b>Age (Years):</b>		
20 – 30	72	14.4%
31 – 40	110	22%
41 – 50	113	22.6%
51 – 60	132	26.4%
61 – 69	73	14.6%
<b>Sex:</b>		
Male	262	53.2%
Female	234	46.8%
<b>Education:</b>		
No schooling	19	3.8%
Primary	83	16.6%
Secondary school	96	19.2%
High school	97	19.4%
Degree course	205	41%
<b>Marital status:</b>		
Married	468	93.6%
Unmarried	32	6.4%
<b>Socio – economic status:</b>		
Upper	74	14.8%
Middle	404	80.8%
Lower	22	4.4%

**Table: 2** shows lot of patients from all over the Tamilnadu. Patients from Chennai were 367 (73.4%), from Kanchipuram 69(13.8%), Thiruvallur 26(5.2%), Thiruvannamalai 12(24%), Villupuram 10(2%). NIS located at the edge of Kancheepuram district adjoining Chennai district

and could be easily reached by road / train. It has received more patients from both districts. Patients travelled 30 min to 1hour to reach the NIS 332(66.4%) and some patients travelled more than 2hours to reach the NIS 42(8.4%). Cost of conveyance to reach the NIS above Rs.600/- for patients of 9(1.8%).

**Table:2 Patient's place, Travelling time and cost of conveyance**

Patient's accessibility	Number of patients	Percentage
<b>District</b>		
Chennai	367	73.4%
Kanchipuram	69	13.8%
Thiruvallur	26	5.2%
Thiruvannamalai	12	2.4%
Villupuram	10	2%
Trichy	4	0.8%
Vellore	3	0.6%
Cuddalore	3	0.6%
Thirunelveli	2	0.4%
Salem, Trichy	1	0.2%
Ramanathapuram, Mumbai	1	0.2%
<b>Travelling time:</b>		
5 min – 25 min	91	18.2%
30 min – 1hour	332	66.4%
Upto 2hour	35	7%
More than 2hours	42	8.4%
<b>Cost of conveyance(Rupees)</b>		
0 – 200	422	84.4%
201 – 400	61	12.2%
401 – 600	8	1.6%
Above 600	9	1.8%

**Table:3 Source of information**

Source of information	Number of patients	Percentage
By friends/Relatives	474	94.8%
Media	11	2.2%
Noticed on road	13	2.6%
Visited earlier	2	0.4%
<b>Referred by any physician</b>		
Yes	19	3.8%
No	481	96.2%
<b>Already had modern treatment</b>		
Yes	201	40.2%
No	299	59.8%
<b>Reason for choosing NIS</b>		
Nearby house	9	1.8%
Interested in siddha	442	88.4%
Not satisfied with others	49	9.8%

**Table: 3** revealed that word of mouth or by friends 474(94.8%) plays major source of information about NIS than noticed on road 13(2.6%). More patients already approaching the modern treatment (40.2%).Then they patronizing

the NIS for interested in Siddha 442(88.4%) than not satisfied with other medicines 49(9.8%). Some physicians refer the patients to NIS 19(3.8%).

**Table: 4 Patient’s perception**

Patient perception	Number of patients	Percentage
<b>About Special OPD:</b>		
Yes	38	7.6%
No	462	92.4%
<b>Willing to tell about NIS to others</b>		
Yes	500	100%
No	0	
<b>Know about medicine value</b>		
Yes	19	3.8%
No	481	96.2%

**Table: 4** shows that more patients not to know about the special OPD conducted in NIS 462(92.4%). 100% patients were willing to tell about NIS to others. 96.2% patients were not about the medicinal value.

**Table: 5 Time taken for treatment**

Time taken for treatment	Number of patients	Percentage
5min – 15min	15	3%
16min – 30min	179	35.8%
31min – 45min	159	31.8%
46min – 1hour	126	25.2%
More than 2 hours	21	4.2%

**Table: 5** shows that people were waited lot of hours due to over crowd. More people wait for 16 min to 30 min (35.8%) . More than 2 hours 21(4.2%) some patients were waited for complete the treatment .

**Table: 6 Satisfaction**

Satisfaction	Number of patients	Percentage
<b>Want any changes in NIS</b>		
Yes	23	4.6%
No	477	95.4%
Maintenance of NIS	500	100%
Doctors service	500	100%
Reception service	500	100%
Dispensary service	500	100%
Attender service	500	100%
Security service	500	100%

**Table: 6** shows patients were 100% satisfied with maintenance, Doctors, reception, attender, dispensary and security services in NIS.

### Discussion

The present study attempts to study the profile of patients approaching the National Institute of Siddha, Chennai. There were Slight male predominance (53.2%) seen in our study. The patient based study significantly differs from population based study wherein illiterates are high and degree holders are less. This could be perhaps literates and educated who are socially well aware of, are evincing interest in Siddha medicine and using combination of both system of medicines. Mostly degree people (46%) strength is comparatively higher than others. Upper and middle class peoples mostly approach the NIS for treatment. Recent years have witnessed that there is an exponential growth and demand in traditional medicine due to new global trend of “Return to Nature. It seems people were more interested in Siddha (44.8%). They have to wait lot of hours due to over crowd. Patient’s perceptions of the received care have been found to contribute to the quality of care. Patients were fully satisfied with the services provided by NIS.

### Conclusion

National Institute of Siddha, Chennai is an apex institute of Siddha. Siddha system of medicine is well positioned to provide palliative care and reduce the improper use of allopathic medicine which resulting the improper use of allopathic medicine which resulting the increasing report of drug resistance. The perceived quality of care and related hospital services by patients were relatively high, resulting in good health care and it revealed more people were interested in Siddha.

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