

RATIONALE BEHIND THE COMPARISON OF KABA SURAM AND OTHER SURAMS WITH CORONAVIRUS DISEASE AND OTHER VIRAL FEVERS – A LITERATURE REVIEW

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Received: 22 July 2021, Revised and Accepted: 26 August 2021

ABSTRACT

Objectives: This article intended to discuss about the rationale behind the comparison of coronavirus disease (COVID 19) and other viral fevers signs and symptoms with “Kaba Suram” and others Surams signs and symptoms with available source of Siddha literatures. **Materials and Methods:** **Research Type:** Systemic review. **Design:** Literature review will be done by collection of available text references from authenticated Siddha texts. **Reference Authenticated Siddha Texts:** 1. Yugimuni Vaithya Sinthamani, 2. Sura Vagadam, 3. Theran Karisal, 4. Theran Yamaga Venba, and 5. Sura Venba. **Conclusion:** Based on inference derived from Results and Discussion, we came to conclude that signs and symptoms of various viral fevers (COVID-19, dengue, chikungunya, and swine flu) are most commonly matched with the signs and symptoms of Kaba Suram, Pitha Suram, Vatha Suram, and Kaba Pitha Suram which are already mentioned in Siddhar authenticated texts.

Keywords: Chikungunya, Coronavirus disease, Dengue, Siddha, Suram, Swine Flu.

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INTRODUCTION

Siddha system is one of the traditional medical systems of India which is most popular in Southern Peninsula of India [1-3]. Coronavirus disease (COVID-19) is one of the viral infections which is a dangerous infection producing sudden respiratory arrest and leads maximum up to death. This infection is caused by a variety of RNA group of virus, that is, severe acute respiratory syndrome-CoV-2. Like COVID-19, chikungunya, dengue, and swine flu are the viral infections causing causalities as pandemic in the past years throughout the world [4]. These are the major threatening viral fevers to the world community not only in developing countries but also in developed countries. The similarity between all these viruses is all four belong to RNA group of viruses [5]. Health-care communities are trying to find out the apt treatment for these viral infections. Role of traditional medicines throughout the world is notable in the management of all these fevers. Specifically, Indian traditional systems (AYUSH) are contributing lot to community in treatment/prophylactic aspects of all these fevers. Siddha system of medicine also playing an essential role in treatment and management aspects of these viral fevers. In general, “fever” is mentioned in Siddha Text as “Suram,” Kaichal,” Veppu,” Kanal,” and “Vedhuppu.” [6] There are 64 types of fever classified in Siddhar texts based on causative factors, signs and symptoms, and imbalance of Thirithodam (three humor Vatha-Pitha-Kapham) [7]. This article intended to discuss about the rationale behind the comparison of COVID 19 and other viral fevers signs and symptoms with “Kaba Suram” and others Surams signs and symptoms with available source of Siddha literatures.

Siddha system and pandemics/epidemics

In Siddha system, epidemics/pandemics are mentioned as “Uzhi Noi” or “Kothari Noi” [8]. In general, they are classified under “Kollai Noikal” which are most commonly occurred the time of “Ayana Santhi” [9] months (means end months of Uthara Ayanam and Thatchana Ayanam), fall on Adi and Margazhi month in Tamil Calendar [10]. It is believed that in those days, immunity of human being will be low based on Thirithoda Theory [11,12].

In this context, the signs and symptoms mentioned under “Kaba Suram” and some other Surams can be compared with the signs and symptoms of the COVID-19 and other viral fevers [6,12].

Viral fevers comparison with various types of Suram as per Siddha literatures

| S. No. | Name of the viral fevers | Suitable type of Suram as per Siddha literatures |
|--------|--------------------------|--|
| 1 | COVID-19 | Kaba Suram |
| 2 | Dengue | Pitha Suram |
| 3 | Chikungunya | Vatha Suram |
| 4 | Swine Flu | Kaba Pitha Suram |

MATERIALS AND METHODS

It is a systemic review done by collection of available text references from authenticated Siddha texts. The following authenticated texts were taken as source of references.

1. Yugimuni Vaithya Sinthamani [13], 2. Theran Karisal [14], and 3. Theran Yamaga Venba [15].

RESULTS AND DISCUSSION

The following Table 1 comparing with the signs and symptoms of COVID-19 declared by the WHO [16] with signs and Symptoms of Kaba Suram mentioned various Siddha authenticated literatures [6,7].

Based on above signs and symptoms of COVID-19 classified by the WHO with Kapha Suram which are mentioned in Siddha literatures, it is found that 95% (excluding headache) of major and 90% (excluding loss of smell and red eyes) of minor signs and symptoms matched with the WHO classification. Overall, 14 out of 17 signs and symptoms classified by the WHO classification of COVID-19 matched with Kapha Suram which are mentioned in Siddha authenticated literature.

The following Table 2 comparing with the signs and symptoms of dengue declared by the WHO [17] with signs and symptoms of Pitha Suram mentioned in various Siddha authenticated literatures [4,5].

Table 1: COVID-19 versus Kaba Suram

| S. No. | WHO classified signs and symptoms | Siddha terminology | Siddha quotes mentioned in Siddha texts with reference |
|--------|---|------------------------------|---|
| 1 | Fever | Suram, Kaichal, Veppu | "AAratha Suram" - ஆறாத சுரம், "Veyasuram - வயெய் சுரம்," "uramve thumbal" - சுரமவே வெ தம்மல், "analelumbal" - அனலலெழும்பல், "Mikakkayum" - மிகக்காயும், "mudal veppagi" - மடல் வெப்பாகி, "Suranthaan Kaanil" - சுரந்தான் காணில், "Vadava" - வடவை. "AAa yirumalu" - ஆயிரமலு, "Irumba" - இரம்ப "nirumal" - நிரமல், "Maar nothalirumal lilaippu" - மார்நதோதல் இரமல் இளைப்பு "Masathyum" - மசதியும் |
| 2 | Cough | Irumal | |
| 3 | Fatigue/tiredness | Balaheenam, Asathi, Kalaippu | |
| 4 | Loss of taste/loss of smell | Arusi, Suvaiyinmai | "Naaku munnuna uvurusi yillai" - உரசியில்லை, "Urusiyillai" - உரசியில்லை |
| 5 | Sore throat | Thondaikattu | "Maar Thondai Nokum" - மார் தண்டை நோகும், "Sinthaba mitaru nonthu" - |
| 6 | Aches and pain | Vali, Ulaivu | "Mulaivu" - உளைவு, "Udambu konthazhatrum" - உடல் உளையும் |
| 7 | Shortness of breathing/ difficulty in breathing | Ilaippu, Meel Moochu | "Ayasa mersu vaasam" - ஆயாச மேற் சுவாசம் "Moochilaithal" - முச்சிளைத்தல் "Lilaipuntagum" - லிளைப்புண்டாகும் "Maar nothalirumal lilaippu" - மார் நதோதல் இரமல் இளைப்பு, "Men moochathal" - மேல் முச்சாதல் |
| 8 | Mental confusion | Manakulappam, Thayakam | "Thiyakkamural" - தியக்கமறல் "Manathuvalum" - மனந்தவளம் "Thiyankituthal" - தியங்குதல் |
| 9 | Diarrhea | Kalichal, Athisaram | "Kurukutha lathisara" - கறுக்கறுத்த லதிசார, "mudalil malasalanthaan nuraikil" - உடலில் மலசல நரகைக்கில், "Vayiru mudan kaliyu" - உடலில் மலசல நரகைக்கில் |
| 10 | Discoloration of body parts (face, fingers, and toes) | Veluupu, Paandu | "Ayira Nayanamei Yanaiyi nirame" - ஆயிரநாயனன்மை யானையி நிறமே "Seiya mukank karampaatham velluthuk kaatal" - மகம் சுரம் பாதம் வளெத்தக்காட்டல் "Mukamathu vellukum" - மகமத வளெக்கும் "Naaku Mukam Velluthu Kaanaal" - நாக்க மகம் வளெத்தக்காணல் "Vaayu lara" - வாய் உளறல் |
| 11 | Loss of speech | Pechinmai | "Peelai vazhiyu mirukannum" - |
| 12 | Eye symptoms | Kan Noigal | "Udal Thinav" - உடல் தினவு |
| 13 | Skin rashes | Thol Arippu, Thinavu | , Thinaveduthal - தினவடெத்தல் |
| 14 | Chest pain | Marbu vali, Nenjulaithal | "Maar Thondai Nokum" - மார்ததண்டைநோகும் "Maar nothalirumal lilaippu" - மார்நதோதல் இரமலிளைப்பு |

(Headache, loss of smell, and red eyes are the symptoms which are not matching with Siddha literature)

Table 2: Dengue versus Pitha Suram

| S. No. | WHO classified signs and symptoms | Equivalent Siddha terminology | Siddha quotes mentioned in Siddha texts with reference |
|--------|---|--|---|
| 1 | High fever | Suram, Kaichal, Veppu | "Itaivitatha Suram" - இடைவிடாத சுரம் |
| 2 | Severe headache | Thalai Sutral, Thalai Kanathal | "Thalai Sutral" - தலைச்சுற்றல் |
| 3 | Rapid breathing | Ilaippu | "Ilaippu" - இளைப்பு, "Mel Moochu Iraithal" - மேல் முச்சு இரதைல் |
| 4 | Headache | Thalai Vali, Thalai Kanathal, Thalai Noi | "Thalai noi" - தலைநோய், "Thalai Kanathal" - தலை கனத்தல், "Thalai kutainthu kutainthu Nothal" - தலை கடனைந்த கடனைந்த னோதல் |
| 5 | Retro-orbital pain and conjunctivitis | Kan Vali and Kan Sivathal | "Kan Sivanthu Valithal" - கண் சிவந்த வலித்தல் |
| 6 | Nausea | Velokalam | "Okkalam" - ஓக்காளம் |
| 7 | Vomiting | Vanthi, Sathi | "Vanthi" - வாந்தி |
| 8 | Diarrhea | Kalichal, Athisaram | Vayiru Kalithal - வயிறு கழிதல் |
| 9 | Chills | Kulir | "Udal Nadunkum" - உடல் நடங்கும், "Udal Kulirchi" - உடல் களிர்ச்சி |
| 10 | Skin rashes | Thinavu, Thimir | "Udal Neruppu Pol Erithal" - உடல் நெரப்பு னோல் எரிதல், "Udal Punnathal" - உடல் புண்ணாதல் |
| 11 | Severe abdominal pain | Vayiru Vali | "Vayiroothi Ulaithal" - வயிறுதி உளதைல் |
| 12 | Insomnia | Thookaminmai | Thookaminmai - தூக்கமின்மை |
| 13 | Fatigue | Kalaippu | "Kalaippu" - களைப்பு, "Udal Vanmai Kuraithal" - உடல் வன்மை |
| 14 | Anorexia | Anna veruppu, Pasiyinmai | Anna veruppu - அன்ன வெறுப்பு |
| 15 | Restlessness and other psychological problems | Mana Ulaichal and Amaithinmai | "Mirantu Parthal" - மிரண்டி பார்த்தல், "Mananilai maruthal" - மனநிலை மாறுதல், "Mana kalakkam" - மனக்கலக்கம், Ullam Kothithal - உள்ளம் னொதித்தல், Vai Pithatral - வாய் பிதற்றல், "Puthi Mayankal" - புத்தி மயங்கல், "Thavithal" - தவித்தல் |

(Joint pain or muscle pain and blood vomiting are the symptoms which are not matching with Siddha literature)

Based on above signs and symptoms of **dengue fever** classified by the WHO with signs and symptoms of **Pitha Suram** which are mentioned in Siddha literatures, It is found that 95% (joint or muscle pain) of major signs and symptoms and 95% (excluding blood vomiting) of minor signs and symptoms matched with the WHO classification. Overall, 15 out of 17 signs and symptoms classified by the WHO classification of **dengue fever** matched with signs and symptoms of **Pitha Suram** which are mentioned in Siddha authenticated literature.

The following Table 3 comparing with the signs and symptoms of **chikungunya** declared by the WHO [18] with signs and symptoms of **Vatha Suram** mentioned various Siddha authenticated literatures [4,5].

Based on above signs and symptoms of **chikungunya** classified by the WHO with signs and symptoms of **Vatha Suram** which are mentioned in Siddha literatures, it is found that 95% (excluding oral ulcers) of major signs and symptoms and 95% (excluding swelling) of minor

signs and symptoms matched with the WHO classification. Overall, 12 out of 14 signs and symptoms classified by the WHO classification of **chikungunya** matched with signs and symptoms of **Vatha Suram** which are mentioned in Siddha authenticated literature.

The following Table 4 comparing with the signs and symptoms of **swine flu** declared by WHO [19] with signs and symptoms of **Kaba Pitha Suram** mentioned various Siddha authenticated literatures [4,5].

Based on above signs and symptoms of **swine flu** classified by the WHO with signs and symptoms of **Kapha Pitha Suram** which are mentioned in Siddha literatures, it is found that 100% of major signs and symptoms matched with the WHO classification and 100% of minor signs and symptoms matched with the WHO classification. Overall, 13 out of 13 signs and symptoms classified by the WHO classification of **swine flu** matched with signs and symptoms of **Kapha Pitha Suram** which are mentioned in Siddha authenticated literature.

Table 3: Chikungunya versus Vatha Suram

| S. No. | WHO classified signs and symptoms | Equivalent Siddha terminology | Siddha quotes mentioned in Siddha texts with reference |
|--------|---|--|---|
| 1 | Fever | <i>Suram, Kaichal, Veppu</i> | " <i>Suramathu Mikunthu Kayum</i> " - சுரமத மிகுந்து காயும் |
| 2 | Arthralgia | <i>Mootu Vali, Santhu Vali, Keel Vayu</i> | " <i>Kai kal Kaduppu</i> " - கைகால் கடப்பு, " <i>Poruthu thorum mulaivakum</i> " - ஓரூத்து ஓறும் முளைவாகும், " <i>Kai kaalkal valithaal</i> " - கைகால்கள் வலித்தல், " <i>Puranthal veluthu veenki pothal</i> " - புறந்தாள் வளைத்து வீங்கிப்போதல், " <i>Santhukal valaal aruppathu Pol Valithal</i> " - சந்தங்கள் வாளால் அறுப்பத ஓல் வலித்தல், " <i>Pootukalil Vali</i> " - பூட்டகளில் வலி |
| 3 | Backache | <i>Iduppulaivu</i> | " <i>Iduppu kutainthu Nothal</i> " - இடப்பு கடைந்த ஓதல் |
| 4 | Headache | <i>Thalai Vali, Thalai Kanathal, Thalai Noi</i> | " <i>Thalai noi</i> " - தலைபோய், " <i>Thalai Kanathal</i> " - தலை கனத்தல், " <i>Thalai kutainthu kutainthu Nothal</i> " - தலை கடைந்த கடைந்த ஓதல் |
| 5 | Retro - Orbital Pain | <i>Kan Vali</i> | " <i>Kan Vali</i> " - கண் வலி |
| 6 | Vomiting | <i>Vanthi, Vellokalam, Sathi</i> | " <i>Vanthi</i> " - வாந்தி |
| 7 | Diarrhea | <i>Kalichal, Athisaram</i> | " <i>Kalithal</i> " - கழிதல் |
| 8 | Chills | <i>Kulir</i> | " <i>Udal Kulir</i> " - உடல் குளிர் |
| 9 | Skin problems | <i>Thol kurigunankal</i> | 1. " <i>Thol surunkum</i> " - ஓல் சுரங்கும், 2. " <i>Udal Muluvathum Karuniramaidathale</i> " - உடல் முழுவதும் கருநிறமடைதல், " <i>Udal muluvathum karuthu vali</i> " - உடல் முழுவதும் கரத்த வலி, 3. " <i>Thimir</i> " - திமிர் |
| | 1. Exfoliative dermatitis, 2. Hyperpigmentation, 3. Skin rashes | 1. <i>Thol Vedippu</i> , 2. <i>Thol Karu niramadaithal</i> 3. <i>Thinavu, Thimir</i> | |

(Stomatitis and swelling are the symptoms which are not matching with Siddha literature)

Table 4: Swine flu versus Kaba Pitha Suram

| S. No. | WHO classified signs and symptoms | Equivalent Siddha terminology | Siddha quotes mentioned in Siddha texts with reference |
|--------|-----------------------------------|---------------------------------------|--|
| 1 | Fever | <i>Suram, Kaichal, Veppu</i> | " <i>Vida suramum Kayum</i> " - விடாச்சுரமும் காயும் |
| 2 | Vomiting | <i>Vanthi, Vellokalam, Sathi</i> | " <i>Thoivi Muppuk kabanj sathi</i> " - ஓய்வி மப்புக் கபஞ்சத்தி, <i>Kolai kolaiyaka Vanthi</i> - ஓன ஓழையாக வாந்தி |
| 3 | Rhinorrhoea | <i>Mooku neer paithal</i> | " <i>Mooku Neer</i> " - முக்கு நீர் |
| 4 | Cough | <i>Irumal</i> | " <i>Nenjerikkunth Thikirumal uruthiuntakum</i> " - நெஞ்செரிக்கந் தீக்கிரமல் உறதியுண்டாம் |
| 5 | Dyspnea | <i>Illaiippu, Moocherithal</i> | " <i>Mudukidunj svasa mundam</i> " - மடக்கிடஞ் சுவாச மண்டாம் - " <i>Mel Moocherithal</i> " - மலே முசசெறிதல் |
| 6 | Myalgia and arthralgia | <i>Thasai Vali and santhu Vali</i> | " <i>Valikkunkaikai Vitu varum</i> " - வலிக்கங்கைகால் விட்ட வரம் |
| 7 | Diarrhea | <i>Kalichal, Athisaram</i> | " <i>Thonthithe Malam Velukkum</i> " - ஓந்தித்தே மலம் வளைக்கம் |
| 8 | Nausea | <i>Velokalam</i> | " <i>Veluppaka Adikadi Kalithal</i> " - வெள்போக அபிக்கடி கழிதல் |
| 9 | Conjunctivitis | <i>Kan sivathal</i> | " <i>Parkunkan Paruthi Niram</i> " - பார்க்கங்கண் பரத்தி நிறம், " <i>Kan Sivathal</i> " - கண் சிவத்தல் |
| 10 | Fatigue and tiredness | <i>Asathi and soorvu</i> | " <i>Vadikidakum miku vandri</i> " - வாடிக்கிடக்க மிக வன்றி, " <i>Udal Vadiyum manam Thalaranthum iruthal</i> " - உடல் வாடியும் மனம் தளர்ந்தம் இரத்தல் |
| 11 | Psychological disturbances | <i>Mana Ulaichal</i> | " <i>Odi palakalam aluthrukum</i> " - ஓடிப்பலகாலழந்திரக்கம் |
| 12 | Sleeplessness and restlessness | <i>Urakkaminmai and amaithiyinmai</i> | " <i>Murathu Pesa Mokikum</i> " - முரத்தப் பேச ஓகிக்கம் |
| 13 | Sore throat | <i>Thondaikattu</i> | " <i>Patukkai Porunthathu</i> " - படக்கைப் ஓரூந்தாத |
| | | | " <i>Thondaikattu</i> " |

CONCLUSION

Based on inference derived from results and discussion, we came to conclude that signs and symptoms of various viral fevers (COVID-19, dengue, chikungunya, and swine flu) are most commonly matched with the signs and symptoms of *Kaba Suram*, *Pitha Suram*, *Vatha Suram*, and *Kaba Pitha Suram* which are already mentioned in Siddhar authenticated texts.

Like classification of 64 fevers, separate treatment of regimen for individual fevers also mentioned in Siddhar texts. Hence, based on this comparison, the medicines which are mentioned for the *Kaba suram*, *Pitha suram*, *Vatha Suram*, and *Kaba Pitha Suram* will be useful in the management of COVID-19, dengue, chikungunya, and swine flu.

Note: Various RCT with Kaba Sura Kudineer – initiated and carried out by CCRS for the management of COVID 19 under the guidance of Min. of AYUSH, Govt. of India. (Multicentric Prophylactic Population Study, Stanley Medical College Siddha Study [20], Theni Medical College Siddha Study, SRM Siddha Study, Vyasarbadi Study, and GIMS Noida Siddha Study [21]).

AUTHORS' CONTRIBUTIONS

MR conceived and developed the concept of this paper. MR also wrote and drafted the whole manuscript. KK helped in the finalization of the manuscript.

CONFLICTS OF INTEREST

Authors declared that there are no conflicts of interest in this stage.

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