INTRODUCTION

The doctoral thesis, “History of Medical Health Services in Tamilnadu, 1956-1986” is an attempt to undertake a detailed study of the growth of medical services for a period of three decades. Health is often regarded as greater than wealth. The growth of a society largely depends upon the importance which is given to the health of the people. Prevention of diseases like plague, cholera and various other diseases assumed still greater importance. Some other diseases like jaundice and diphtheria are water-borne diseases. If they are left unchecked it would cause death. Hence clean environment, good sanitation and proper treatment to these diseases are highly essential.

With the attainment of independence, the Madras State administration was found inadequate in many areas of administration. One such area was health and sanitation. The standard of general sanitation and health in Tamilnadu was found far below the required standard. Health and sanitation were neglected. Knowledge of sanitation was practically nil. People believed that diseases are caused due to the wrath of God and goddesses. Even the educated mass neglected sanitation and health. The people were not ready to accept preventive measures against
contagious diseases and bad sanitation. Instead they believed that
the village deities would prevent and protect them from the attack
of the diseases, if they offer them animal sacrifices. Even, they
unlived that their Gods and goddesses would save them from the
threshold of death. Hence they did not seek medical remedy though
hospitals and western medicines were not unknown to them. Western
medicines were introduced to them. But except this converts to
Christianity and others were not familiar with the western
medicines. This state of affairs forced the Madras state to re-
organize and develop Medical and Health Department.
Consequently, the Government opened Medical and Health Cared
Centres to serve the people. Many social and religious organizations
also organized health centres.

During the past several years science and technology have
developed. This forced the Medical Health Service in Tamilnadu
to use modern techniques of detecting and controlling fatal
diseases. The virulent diseases like cancer, Plague, Tuberculosis,
Cholera, Small-pox were controlled. Research centres were
opened throughout the state to help this people to fight those
diseases and to adopt preventive measures. Public Health
Departments were created district-wise. This enabled the people
to live a healthy life.
Aims and objectives

The aim of the study is to bring to light the sanitation and health condition in the Madras State before 1956 and to find out the steps taken by the Government of Tamilnadu to improve the sanitation and health condition of Tamilnadu. To bring to light how the Government educated the people to improve sanitation and health.

The objectives of the study are to what extent, the Ayurvedic, Siddha, Unani and Homeopathy systems helped to save the people from all sorts of diseases and how the people responded to these treatments and what were the benefits.

Selection of Topic

Since no scholar has attempted my aspects I have chosen this topic.

Scope and Importance

1. There is much scope for further research in any one of the areas such as rural health, family welfare schemes, industrial sanitation and medical health service in Tamilnadu. This can be expended to other states also.

2. This study is an eye opener to the future researchers to pursue research on other aspects of public health.
Hypothesis

The major part of the hypothesis is the sanitation and environment of the people of Tamilnad. To find answer to the question how the people responded to the challenge either superstitious faith or through local medicines or by western medicines.

The ayurvedic system and its usefulness to the people in the absence of western medicine helped the people and they were successful or not.

The Siddha and Unani systems were innovative and they helped the people. The response of the people to the Siddha and Unani system medicine.

The extent to which the allopathic system helped the ruralmas with rural medical centres and primary health centres. The extent to which environmental pollution and industrial pollution and their problem were educated by the government orders and how remedial measures were implemented and helped the rural and urban mass.

The limitation of the study

The area of study is limited to the whole of Tamilnad and the period of study is also limited to the modern period 1956 to 1986.
Methodology

In writing the thesis, narrative and scientific historical methods are employed. All sorts of historical methods, such as heuristics and synthetic operations are also employed. Footnotes are cited at the bottom of each page to enable the readers to find out the sources from which a particular point is taken.

Sources

The study is based on primary and secondary sources. Most of the primary sources are available at Kerala Archives, Secretariate Library, Tamilnadu State Archives, Egmore, Madras and other Public and Private reportories. The thesis is built on the informations supplied by G.O.’s, administration report of various Government departments, palm leaf manuscripts, hand written manuscripts and Kaiyedus of local medical practitioners. Further fortnightly report M.L.A., M.L.C.’s report, monthly magazines newspaper report are highly useful. Available sources are collected from Cannemara public library and institute of developmental studies at Chennai.

The G.O.’s as the very name suggests are Government orders of various Government departments such as local municipal department, Home department, public health department are most important ones. Generally they deal with the condition of public
health in the state and the remedical orders used then and there. These are the valuable records that enlighten the researcher to make progress in the proper direction.

Next in order comes the annual reports of various departments and the missionaries who came and worked for the welfare of the people. These records brings to our knowledge, the existing situation in the state of Tamilnadu, remedial measures undertaken. To mention a few, Annual report of American Medical Mission, Annual report of Madura Mission, Annual report of Madras Public Health Reports of various Medical colleges, Report of Medical Services, Report of health condition of Tamilnadu and Madras State Administration Report. These reports always highlight the progress made on the public health.

There are other Government records which are also useful too. They are directorate of Public Health and Rural Development, Directorate of Public health and preventive Medicines. Apart from these the five year plan programmes from 1951 to 1986, deal with public health programmes and Governments plan and its contribution such as National Malaria Eradication Programme and T.B. Control Programmes.

There are secondary sources too. They are published works helps to join the disjointed units. They very often come for the

These sources yield facts for the present study and they deal with the public health and remedies measures employed both the state and private individuals.

**Design of the Study**

The first chapter opens with the background of the study which deals with the general standard of health and sanitary condition of the people. The people were ignorant about environmental pollutions that were caused due to unprotected human wastes and other domestic wastes. These caused diseases like small pox, cholera, plague, tuberculosis and many other diseases. As the people were blind believers in their Gods and Goddess. They believed diseases are caused due to the wrath of Gods. Instead of treating with medicines for cure they offered animal sacrifices, fruits and flowers towards the wrath of their Gods. The early christian missionaries who came to Tamilnadu could
understand their blind faiths and began to use western medicines. They established hospitals at Vellore and one at Madurai. Following them the protestants started hospitals at various places. Besides, these, there were Siddha and Ayurvedic hospitals under the Asans and they treated the people.

The second chapter deals with the Indian Medicine or **Siddha System**. It is the traditional system of medicine in India. The Siddhars were the spiritual scientists of Tamil land. They were the founding fathers of the Siddha system. According to them, the human body is replica of the universe. Siddha system believes that all objects in the universe including human body are composed of five basic primordial elements, namely earth, water, fire, air and space. The human body is a conglomeration of three humors and seven physical components. The food is considered to be the basic building material of human body which gets processed into humours, tissues and wastes. The equilibrium of humors, body tissues and waste products is considered as health and it disturbance or imbalance leads to diseases. Pulse diagnosis, one of the import method of diagnosis using medicine like Choornams, Kudineer, Vdagam, Uphorse, Blood letting, Leech application, physiotherapy, Varma, the Siddha way of touch therapy, medicated oil application, fermentation and herbal streambath, the local available medicine
that cures ailments, treatment of cancer, Osteo arthritis, Bronchialastma, rheumatic treatment, rheumatic arthritics and snake bite treatment with extract from leaves, medicines, prepared from fruits and seeds and barks and the hospital for Siddha treatment in Tamilnadu were practical in the Siddha System.

The third chapter explain, the origin of the **Ayurvedic System** of Medicine treatment and its progress. Ayurveda means “A life saving medicine based on vedic sasthras” The method of treatment that they did was entirely different. Early period treatments were given in houses. Even orthopedic casuses were treated with easy and the people were satisfied. Later, Vaydhyasalas came into existence. In 1905 V. Krishnaswamy Ayer’s Dharma Vaydhyasala was started at Mylapore. An Ayurvedic college were opened by Abraham Pandithar at Tanjavur in 1905. The Ayurvedic dispensaries were formed in different centers. Madras government and indigenous medical practioners such as Pandit Nadesa Sastri of Madras were eminent Siddha practitioners of this period. The Malayappaswamy Siddha Vaidyasalai and Parmacy, Chellammal Vaidyasalai at Attoor. Narayana Vaidyasalai Macode, Devasahayam Vaidyasalai at Munchirai and Vidhyamoni Kandaswamy Pillai Vaydyasalai contributed much for the progress of Ayurvedic medical services in Tamilnadu.
The fourth chapter indicates the **Allopathic System** and its progress. During the 20th century Allopathic treatment became popular. Modern medicine came into use. The creation of Public Health Department, The National Malaria Eradication Scheme, The National Filaria Control Scheme, Cholera, Tuberculosis, Leprosy Control Programme and treatment for many other diseases were properly organised. Diseases like plague, cholera, small-pox, leprosy, dysentery and fever like typhoid and intrensic fever were treated effectively and the mortality rate was reduced. The causes of diseases were easily invented by using the modern methods. The rural population is treated with the help of Primary Health Centers, Mini and Mobile Health Centers through the state. The invention of X-rays by Rontgen could defect diseases in the chest, brain and kidney. Understanding this medical education, Government Medical Colleges and Non- governmental Medical Colleges were started. The Government Medical college at Madras, Tanjavur, Madurai, Tinnelveli and Nagercoil came in existence and trained doctors were appointed in Tamilnadu. To improve the treatment of the public, the Public Health Department was opened and functioned effectively. Trained nurses and other auxiliary stafts were appointed. Industrial hygiene, pollution control were the other two Subordinate Departments that contributed to the improvement of Public Health. The mother and child department, works to improve the condition
of the infant in the state. The department conduct awareness programs like seminars, films shows on various aspects of health.

The fifth chapter denotes the origin, growth and development of **Homeopathy System of Medicine**, and its entry in to Indian soil and its royal patronage received from the Maharajas. It is a system of treatment of the diseases by drugs usually prescribed in minute doses. It was devised by a German called Christian Frederic Samuel Hansman in the later half of the 18\(^{th}\) century. In Homeopathy, the main emphasis is given to the remedial agents in illness and health. The system earned a reputation for successful treatment. It was first introduced in India in 1839 by Dr. J.M. Honibenger. During his visit to India Maharaja Ranjith Singh of Punjab took treatment and got cured. Homeopathic system of treatment spread among all the people. This chapter also reveals the various kinds of human diseases and treatment by the Homeopathy system. It is suggested that this system of treatment is economical and medicines have no side effects.

The sixth chapter explain the **Unani System of Medicine** and it’s progress. The system originated in Grece. Hypocrate was known as the father of this system of medicine. In India the Arabs introduced this system. This system is based on the Humoral Theory. The temperaments of people are expressed by the word
of Sanguine, Pneumatic, Choleric and Melancholic, according to the amount of each of these four humors prevailed in the human body respectively. The humours themselves are assigned temperaments, blood is hot or moist, black bile, cold and dry. It also denotes the mode of treatment such as regimental therapy and diet therapy. Traditional medicine is widely and increasingly being used in the developed and developing countries. This chapter deals with the type of drug formulations used in the medicines. It also brought out the basic standards adopted in the pharmacy units, the process of powdering drugs, the principles of good storage and standard of distribution. This system is adopted by the Siddha and Ayurvedic doctors also, it was considered as one of the important system of medicines. The Delhi Sultans, Khiljis, Tugloqs and Mugal emperors provided state patronage to the scholars. This was a golden period of Unani medicine. During the colonial period Unani system suffered a temporary set back, but it was revived soon after independence. The government recognition was obtained as it was one of the Indian System of Medicines and taking steps to develop and propagate.

The seventh chapter deals with the causes for Environmental Pollutions and the establishment of plant control.
laboratories, rural and urban water supplies, sanitation and various other steps of the Government to safeguard the people from the environmental pollutions. Awareness programme in schools and other educational institution, door to door canvassing by the government to protect the people from the diseases.

The Conclusion represents the last part of the thesis which highlights the major findings of the topic of research besides certain suggestions towards the progress of Medical and Health Services in Tamilnadu.