



Dr. **G.SIVARAMAN**

B.S.M.S., Ph.D

An household name in Tamil Nadu today, Dr Sivaraman has taken multi-tasking to a new height. Besides being a most-sought after Siddha practitioner – His very successful Arogya Siddha hospital in Chennai can be seen brimming with patients day after day – Dr Sivaraman is also a prolific writer, a passionate environmentalist and a connoisseur of organic food – all rolled into one.

He is keenly interested in giving lectures on environment, food and health, and keeps touring the length and breadth of the globe on lecture assignments. From his humble beginning as a Siddha doctor, Dr Sivaraman rose to becoming a name to be reckoned with in alternative medicine through sheer commitment and desire for continuous learning. Dr Sivaraman has been keenly espousing the cause of integrated medicine and constantly underlines the need to get the best of both worlds.



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His love for the world was literally translated into action when he become one of the core members to revive Poovulagin Nanbargal – an environment movement of over two decades. Since its revival in 2008, Poovulagin Nanbargal has taken up many environmental issues and helped create awareness on such issues among the common public.

Dr Sivaraman is also a prolific writer. He has at once presented academic papers in peer reviews journals and

has written on serious issues for the common man in a language they could relate with. His works has helped the reader to broaden his/her understanding of siddha and food practices. Aaramthinai – his hugely popular column in Ananda Vikatan on food and health issues – was a runaway best seller when published as a book. It emerged as the no. one best seller in Chennai book fair 2013. His other best sellers include Ezham Suvai, Ethu Sirantha Unavu, Marunthena Vendaavam and Narumanamootigal.

Known for his passion and commitment to the cause of better living through food and environment, Dr Sivaraman has been invited by several governmental and nongovernmental organisations to deliver lectures in India and abroad. His consistent efforts saw Poovulagin Nanbargal hold three seminars with millet based food festivals – Ainthinai Vizha, Munneer Vizhavu and Aimbootham Vizha. Ainthinai was a seminar on five landscapes while Munneer Vizhavu was celebration of water.

Aimbootham was a daylong seminar on five elements of nature. All the three day long seminars held in the last three years included a hugely successful millet based food festival. It would not be an exaggeration to say that Dr Sivaraman's fine execution of the festivals along with his books on food has helped create huge awareness about minor millets among the citizens of Tamil Nadu.

It is only natural that a person of such caliber has been a recipient of several awards including Best writer award Journalism for development & Social change for the year 2013- for AARAAM THINAI Column, Anandhavikatan, Best Doctor Award- conferred by Tamilnadu Dr. MGR Medical University for exemplary contribution in the field of Siddha Medicine On April 2012, SKM- Best Clinical Practitioner award for 2010 and Tamil Nadu Govt. Best book award for the year 2004 for the book Vaanga vaazhalam. Poovulagu, a little magazine that he has strived to bring up along with others, has won writer Sujatha award for the best Little magazine.



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