



DRUG REVIEW ON SIDDHA DRUG FORMULATION ADATHODAI NEI FOR ANNAKKU THOORU THAABITHAM

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ABSTRACT

The siddha system of medicine is one of the earliest traditional medical system in the world and deals with physical, Psychological, Social and spiritual wellbeing of an individual. Siddha system has several indigenous preparations which is obtained from herbals, minerals and animal products. The diseases that affect the children are Respiratory disorders, Gastrointestinal disorders, Skin disorders, Neurological disorders, Nutritional disorders and other common childhood disorders. Among these I have selected the topic tonsillitis as siddha term Annakku thooru thabitham. Disease of tonsils is a major threat of morbidity and mortality due to local and systemic complications. This review article will help to provide details of information about phyto constituents, Pharmacological actions of herbo mineral ingredients of adathodainei and how the drug act on the disease.

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INTRODUCTION

The siddha system of medicine is one of the earliest traditional medical system in the world and deals with physical, Psychological, Social and spiritual wellbeing of an individual. In the siddha system of medicine, Human beings were viewed as a microcosm and the universe as a macrocosm. The pancheekaranam theory of siddha science explains the origin and formation of the basic elements of 5 primordial elements viz. earth, Water, Fire, Air and Space and so is man. These elements always act in mutual coordination and can never act independently. Siddha system is guiding us to lead a perfect living in this world, Starting from the first day of birth to the death. Paediatric illness of the children are classified into

1. Agakarananoigal due to intra uterine factors (develops congenitally)
2. Purakarananoigal due to environmental factors.

Disease of tonsils are most common problems seen by physicians more prevalent in children of low socioeconomic countries due to poor nourishment, Poor oral hygiene and congested surroundings. It is a major threat of morbidity and mortality due to local and systemic complications. Treatment is aimed at restoring balance to the mind-body system. Diet and lifestyle play a major role not only in maintaining health but also in curing diseases. Siddhars have enumerated various effective internal and external remedies for the above said conditions. Among internal medicine the form of Nei lipid based medicine are nutritive, easily absorbed and also cross blood brain barrier to reduce the symptoms.

This review article will help to provide details of information about phyto constituents, Pharmacological actions of herbo mineral ingredients of Adathodai nei and how the drug act on the disease.

MATERIALS AND METHODS

Research methods

This study proceeded in GSMC&H, Palayamkottai.

Research Drug

Adathodai nei

Ingredients and purification of Adathodai nei

S.No	Name of the Plant/Mineral	Used part	Weight	Purification (As per Siddha text books)
1	Adathodai	Leaf	2.8 l	Removed of stalk and veins
2	Yaanaai	Fruit	5 g	It is soaked in sheep urine for 3 hours and then dried
3	Thippili	Fruit	5 g	It is soaked in lemon juice and the dried
4	Chukku	Stem	5 g	Peel the upper skin and apply lime and dry it
5	Kodivelli verpattai	Root bark	5 g	Peel the upper skin and apply lime and dry it
6	Induppu	-	5 g	Dissolved it in goat water and then filter and dry it
7	Yavatcharam	-	5 g	Dissolved it in goat water and then filter and dry it
8	Sathichaaram	-	5 g	Dissolved it in goat water and then filter and dry it
9	Cow's Ghee	-	2.8 l	-
10	Cow's Milk	-	2.8 l	-

METHOD OF PREPARATION

The above raw drugs were powdered and added little cow's milk and grind them well. Then mix this with milk and add adathodai's extract and ghee and boil and take that in a correct texture then it is filtered and stored in a glass container.

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Dosage: 500 mg/tds.

Duration: 14 days.

Adjuvant: Chukku kudineer

Indication: Annaku Thooru Thabitam.

Methanolic extract-IIHydroxy-cis, cis-5,8-tetra

cosadienoicacid Fruit – possess Anti-inflammatory activity.[7]

Organoleptic Characters, Phytoconstituents and Medicinal Uses of Ingredients of Adathodai Nei Related To Disease

S.No	Name of the Plant	Organoleptic Characters	Phytoconstituents	Medicinal Uses
1	Adathodai	Taste: Bitter Character: Hot Division: Pungent[1]	The leaf contains volatile oil, Vasicine. The alkaloid Vasicine relieves Wheeze and Cough. It also contains Adathodic acid. Vasicinone, Deoxyvasicine, Beta- Sitosterol and its glucoside.	It cures Kapha diseases
2	Thippili	Taste: Sweet Character: Hot Division: Sweet[1]	Piperine (Alkaloid), Volatile oil, Resins, Alkaloids, Piperlongumine, a waxy alkaloid N-isobutyl trans 2: trans 4 decadienamide, sesamin a lignin derivative and a terpenoid substance.	It is used in Cough, bronchitis and other respiratory diseases. It is used in Pyrexia, Cough It is used in Throat, Eye, Ear disorders.
3	YannaiThippili	Taste: Pungent Character: Hot Division: Pungent[1]	II Hydroxy-cis, cis-5, 8-tetra cosadienoicacid. Scindapsin A, Scindapsin B	In Ayurvedha system of medicine, it is known to cure Kanthmaya (Throat disease) The dried inflorescence is expectorant. It is useful in vitiated conditions of vata and Kapha, Cough, Bronchitis, Pharyngopathy.
4	KodiveliVerpattai	Taste: Pungent Character: Hot Division: Pungent[1]	It contains Plumbagin, Biplumbagin, Chloroplumbagin, Catechol, Tannin and Dihydrosterone. The Root bark contains Plumbagin. Plumbagin (2 – Methyl – 5 – hydroxyl- 1,4 – naphtho- quinone)	It improves Appetite. The Zambians make use of the roots boiled in milk as a remedy for inflammation in the throat.[9]
5	Chukku	Taste: Pungent Character: Hot Division: Pungent[1]	It contains Phellandrene, Gingerol. It contains Gingerin- oleo resin	It reduces Sore throat by Chewing and Swallowing the juice of Chukku.

Induppu

It has the Stomachic Action.[2]

It Cure Head, Eye, Tongue, Throat Diseases.[2]

Yavatcharam

It has Stomachic Alterative action.[2] Yavatcharam +

Katchunnambu relieves Annaku Thooru Thaabitam[2]

Sathichaaram

Synonyms: Suvarchikai[2]

It Cures Tuberculosis.[2]

Pharmacological Action of Ingredients of Adathodai NEI

Adathodai

Justicia adathoda

Anti microbial, Anti inflammatory, Cardioprotective, Hypoglycemic, Hepatoprotective, Wound Healing.[14]

Thippili

Piper longum

Immunomodulatory, Anti inflammatory, Antiamoebic, Anti bacterial, Antioxidant, Hepatoprotective.[14]

Yannai Thippili

Scindapsus officinalis

The experimental activities for the ethanolic extract of Scindapsus officinalis fruit exhibited statistically significant anti-inflammatory activity in carrageenan induced Hind paw edema in long evans rats. [8]

Kodiveli Verpattai

Plumbagozeylanica

The chloroform extract of Plumbago Zeylanica L. root showed Anti bacterial activity against Staphylococcus aureus.[9]

Methanol Chloroform and aqueous extract of root of 1mg/ml shows against S.aureus.[10]

Methanol extract of root 300,500 mg/kg Anti inflammatory activity in Carrageenan Wistar albino rats for 7 days.[11]

Ethanolic extract of root Shows Immunomodulatory activity.[12]

Chukku

Zingiber officinale

Anti oxidant, Antiemetic, Anti inflammatory, Anti ulcer, Digestive, Anti bacterial, Anti fungal, Immunomodulatory.[14]

CONCLUSION

How the medicine related with the disease?

Based on Various siddha text review, the ingredients of Adathodai nei are used in treating Tonsillitis as follows

The most of the ingredient of the Adathodainei consist of Taste (Suvai) is Pungent next Sweet and next Bitter.

Taste: Pungent

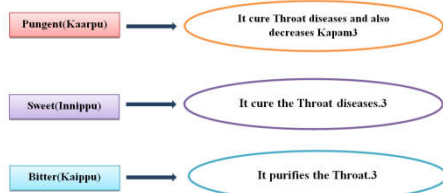
Character: Hot

Division: Pungent

In Tonsillitis when compared to Vatha, Pitha and Kapha Thathu is increased

**Pungent (Kaarpu) = Kaatru + Thee[5] =
It increases vathapitham [4]**

When the drug is taken internal it increases the vatham, pitham and subsides the kapam as it equalize the 3 thathu. And also the ingredients consist the character mostly Hot it decreases Kapam and also equalize the Vatham And also has the action of easily digestible[3]



Kapam increases in the season Maasi Panguni (Pinpanikaalam) March – April [6], In this season if we eat the food or medicine with taste Sweet and Pungent it reduces the Kapam and reduce the burden of disease.

The Phytoconstituents present in the drug also relieves the symptoms present in tonsillitis.

And also based on Pharmacological study the ingredients of Adathodainei Has a Anti -inflammatory, Anti- microbial property as it reduces the inflammation of tonsil and also it kills the organism present in the throat swab culture.

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