



REVIEW OF KUNMAM & ITS TREATMENT WITH SINGLE MEDICINAL HERBS THROUGH SIDDHA MATERIA MEDICA

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ABSTRACT

Not only in the olden days, till date, Siddha system stands firm in its position and supports the mankind to led a healthy life. Highlighting the usage of simpler medicinal plants, A Siddhar quote is noteworthy. **Aim:** To review the disease *kunmam* and its treatment with medicinal plants according to Siddha literatures. **Materials and methods:** The raw data collected from the literatures were processed and analyzed with Microsoft word and Microsoft Excel 2010 worksheets (MS.xls). *Kunmam* in Siddha system is characterized by the symptoms such as *ceriyāmai*, *vayaru ericcal*, *vānti*, *vaṇmai kuraital*, *uḷal melital*, *maṇam kunral*. **Result:** 18 single medicinal herbs were reviewed and tabulated in Table No.01. Those herbs are helpful in treating *kunmam* according to Siddha Materia medica. **Discussion:** The simpler medicinal herbs and its parts were used as the first line of medicine for many ailments. *kunmam* is one of them. **Conclusion:** As we conclude that, the harmless, beneficial, traditionally practiced, now scientifically proven those medicinal herbs can be used in the treatment of *kunmam*.

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INTRODUCTION

Siddha system is the very old traditional medical system. The history says, that the Siddha medicinal knowledge is given by the Almighty to the Siddhars (the sages). The knowledge gained from the practice was written in the manuscripts and scriptures by the Siddha system. Not only in the olden days, till date, Siddha system stands firm in its position and supports the mankind to led a healthy life. The sources of Siddha medicines fall mainly on three categories. 1. Plant kingdom, 2. Animal kingdom, and 3. Metal/mineral kingdom. Of these, plant sources are simpler and faster way for the preparation as well as utilization of medicine. Some of the Siddha medicinal preparations with mainly plant parts are *curacam* (Extract), *cāru* (Fresh juice), *kuṭinīr* (decoction), *karkam* (Paste), *cūraṇam* (Powder) etc., Highlighting the usage of simpler medicinal plants, A Siddhar quote is noteworthy.

“vēr pārru talaiṭpārru miñcinakkālmella mella paṇpamcentūram pāre”

Aim of the study

To review the disease *kunmam* and its treatment with medicinal plants according to Siddha literatures.

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MATERIALS AND METHODS

Study type

Literature review

Data collection

A thorough search done in the libraries of

- Central Council for Research in Siddha (CCRS), Palayamkottai.
- Central library of Government Siddha Medical College, Palayamkottai

Data management

The raw data collected from the literatures were processed and analyzed with Microsoft word and Microsoft Excel 2010 worksheets (MS.xls).

Note: All the Tamil terms in this article are transliterated in to roman numerals using ISO 15919 Transliteration scheme and given in italics.

Ethical issues

This is a review article therefore doesn't require any approval from ethical committee.

Kuṇmam in Siddha System

Definition

According to Siddha texts, the disease *kuṇmam* (Acid peptic disease) is characterized by the symptoms such as *ceriyāmai* (Indigestion), *vayaru ericcal* (Burning sensation in the stomach), *vānti* (Vomiting), *vaṇmai kuṛaital* (Reducing body stamina), *uṭal melital* (Reducing body weight), *maṇam kuṇṛal* (reducing mental strength).

Synonyms

Siddhars mentioned the other names of *kuṇmam* disease as *vayirruḷ puraḷal* (discomfort in the abdomen), *vayirruḷ puraḷaluṭaṇ nōtal* (discomfort with pain).

Pre-symptoms of kuṇmam

Paciyiṇmai (Lack of appetite), *Uṇavil veruppu* (Aversion of food), *kumaṭṭal* (Nausea), *vānti* (Vomiting), *ēppam* (Belching), *vāy nīrūral* (Hyper salivation), *vayiru nōtal* (Discomfort with pain in the abdomen), *puliyēppam* (Acidity), *vayirruḷ puraḷal* (Abdominal bloating).

Etiology of kuṇmam

The disease *kuṇmam* can occur due to the following reasons as per the Siddha texts.

1. Intake of very hot food substance.
2. Intake of *vātam* rich foods.
3. Intake of foods that mixed with dust particles, human/ animal hair, rice husks, grain dusts, any soil/solid particles or small stones.
4. Intake of certain spring water, stagnated water, water which mixed with calcium stones.
5. Intake of heavy foods (that are not easily digested) like coconut milk.
6. During frequent fasting condition.
7. Also in some emotional conditions such as depression, anxiety, sorrow.

Pathophysiology of kuṇmam

Due to the above mentioned causes the toxins may be accumulated in the GIT and the microbes can easily invade and causes indigestion, inflammation and pain. This leads to the disease.

Some Siddha texts describe that, the disease *kuṇmam* can also occur to those who hold breathe while doing certain yoga (a specific yoga with breathing exercise).

Disease classification

In the book *yūki cintāmaṇi*, *yūki muṇi* classified the disease *kuṇmam* into eight types according to its nature and its symptoms.

1. *Vāyukuṇmam*
2. *Vāta kuṇmam*
3. *Pitta kuṇmam*
4. *Eri kuṇmam*
5. *Vali kuṇmam*
6. *Catti kuṇmam*
7. *Caṇṇi kuṇmam*
8. *Aiya kuṇmam*

The Siddhars such as *tiru kaṇṭa muṇivar*, *tiruvalluvar* are also mentioned the types of *kuṇmam* in their texts.

REVIEW FINDINGS

Table-1 shows the description of single medicinal herbs that are useful in the treatment of *kuṇmam* according to Siddha Materia medica.

Pictures of the tabulated medicinal herbs is described in Figure No.01:



RESULT

18 single medicinal herbs were reviewed and tabulated in Table No.01.

Table 1

S. No	Botanical name	Vernacular name	English name	Family	Part used
1	<i>Aegle marmelos L.</i>	Vilvam	Bael tree	Rutaceae	Root
2	<i>Allium cepa L.</i>	Vengayam	Onion	Liliaceae	Flower, Seeds
3	<i>Artocarpus heterophyllus L.</i>	Pala	Jack fruit tree	Moraceae	Leaves
4	<i>Azima tetracantha, L</i>	Mut Changan	Mistletoe berry thorn	Salvadoraceae	Leaves, root
5	<i>Borassus flabellifer L.</i>	Panai	Palmyra Palm	Palmae	Flower
6	<i>Cassia Senna L.</i>	Nila-varai	Country senna	Fabaceae	Leaves
7	<i>Cayratia pedata (Wall) Gagnep</i>	Naralai	Birdfoot grapevine	Vitaceae	Leaves
8	<i>Citrus lemon L.</i>	Elumichai	Lime	Rutaceae	Fruit
9	<i>Cuminum cyminum.L</i>	Chirakam	Cumin seeds	Apiaceae	Seeds
10	<i>Embelia ribes Burm.f.</i>	Vaivilangam	White flowered Embelia	Primulaceae	Seeds
11	<i>Enicostemma axillare Lam.</i>	Vellarugu	Indian whitehead	Gentianaceae	Whole plant
12	<i>Erythrina variegata</i>	Kalyana murukku	Indian coral tree	Fabaceae	Flower
13	<i>Ferula asafoetida L.</i>	Perungayam	Asafoetida	Apiaceae	Gum Resin
14	<i>Nigella sativa.L</i>	Karunjchirakam	Black Cumin	Ranunculaceae	Seeds
15	<i>Piper longum L.</i>	Thippili	Long pepper	Piperaceae	Fruit(dried)
16	<i>Piper nigrum L.</i>	Milagu	Black pepper	Piperaceae	Fruit
17	<i>Raphanus sativus L.</i>	Mullangi	Radish	Brassicaceae	Leaves
18	<i>Trianthema decandra.L</i>	Sattichcharanai	Hog weeds	Aizoaceae	Root

Those herbs are helpful in treating *kuṇmam* according to Siddha Materia medica. Name of the medicinal herb, its common name, family belongs to, part used were also described. Pictorial representation of the above reviewed medicinal herbs were given in the Figure No.01.

DISCUSSION

Majority of the above herbs were already in use by the Siddha practitioners for curing the disease *kuṇmam*. Some of the medicinal herbs such as *Aegle marmelos L*, *Ferula asafoetida L*, *Pipernigrum L* were proven for its anti-ulcer property in various articles. The traditional practice as well as scientific evidences for these herbs are noteworthy.

CONCLUSION

As per the above mentioned Siddhar quote the simple medicinal herbs and its parts were used as the first line of medicine for many ailments. *kuṇmam* is one of them. The herbs which are used by us in our day-to-day activities such as Turmeric, Pepper, Cumin, Fenugreek, Asafoetida plays a major role in treating various dreadful diseases such as common cold to cancers. As we conclude that, the harmless, beneficial, traditionally practiced, now scientifically proven those medicinal herbs can be used in the treatment of *kuṇmam*.

Conflict of Interests

The authors declare that they have no conflict of interests regarding the publication of this paper.

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