











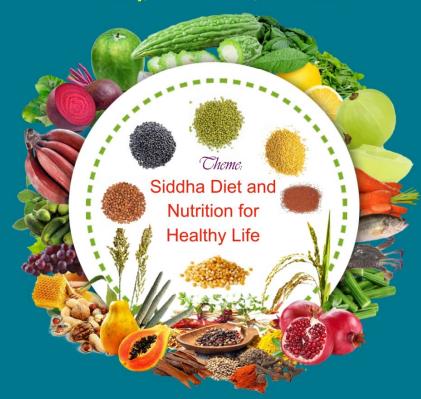




# International Conference on Siddha Diet and Nutrition for Healthy Life 2023

Date: August 10-11, 2023

Venue: Silver Jubilee Hall, The TN Dr. M.G.R. Medical University,
Guindy, Chennai - 32, Tamil Nadu



Organized by

National Institute of Siddha (NIS)

Ministry of Ayush, Govt. of India

In collaboration with

**Central Council for Research in Siddha (CCRS)** 

Ministry of Ayush, Govt. of India

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**Directorate of Indian Medicine and Homeopathy** 



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# **Preface**

The National Institute of Siddha in collaboration with Central Council for Research in Siddha (CCRS) and Directorate of Indian Medicine and Homeopathy is organizing the "International Conference on Siddha Diet and Nutrition for Healthy life 2023 on August 10-11, 2023 at Silver Jubilee hall, The TN Dr.MGR Medical University, Guindy, Chennai.

The aim of this conference is to disseminate the knowledge in the field of Siddha Diet and its related subjects with the participation of National and International scholars, Researchers and Professionals. This conference also aims to discuss the fundamental latest developments and future scope of Siddha nutrition.

The main theme of the conference is siddha Diet and Nutrition for healthy life. The sub theme being Therapeutic values of millets, Archeological and historical evidence of Siddha systems of medicine, External therapies, Higher order medicines, standardization of siddha drugs, studying siddha diagnostic principles, pharmacovigilance & toxicology, siddha varmam and yoga & siddha nutrition for pediatrics and gynecology.

The abstracts of experts of plenary sessions are presented in the souvenir. This souvenir is a collection of scientific abstracts from various faculties, PG, UG and Ph.D Scholars and fraternity from allied health sciences. The total abstracts include 580 speakers, 192 oral presentations and 388 poster presentations.

This survivor will enlighten works of the scientific community with an elaborate sharing if knowledge of siddha Diet and Nutrition and others fundamental principles.

We thank the organizing team, working team and the participants who have contributed their research works to this conference to make it a big success. Wishing you all a great, enjoyable and enlightened reading.



Prof. Dr. R. MEENAKUMARI, M.D.(S) DIRECTOR, National Institute of Siddha, Ministry of Ayush, GOI, Ch-47 DIRECTOR GENERAL i/c, CCRS, Ministry of Ayush, GOI, Ch-47. Member, Board of Governor, NCISM, New Delhi CHAIRMAN, Board of Studies (SIDDHA), The T.N. Dr.M.G.R. Medical University, Ch - 32 Chairman, Siddha Sectional Committe, Ayush BIS

# International Conference on "Siddha Diet and Nutrition for Healthy Life"

#### Message from the Conference Organizing Chairman



It is a great honour and privilege to write for the souvenir and abstract book for the International conference on "Siddha Diet and Nutrition for Healthy Life" in collaboration with Central Council for Research in Siddha & Directorate of Indian Medicine and Homeopathy.

National Institute of Siddha has witnessed tremendous growth since its inception, especially in Patient Care, Research and also in areas of College Education, Infrastructure and so on.

It is a matter of pride for the National Institute of Siddha family to organize this conference and to set the stage for a healthy discussion about Sddha diet and nutrition for healthy life.

The knowledge sharing expected in this Conference will trigger the chain of events for establishing standards of development in Siddha Dietetics and Nutrition, which will make a huge impact globally.

The Institute has been the torch bearer of teaching and research in Siddha and the conduct of this International Conference will make it glow globally.

I hope and wish that this Conference will benefit the Siddha Fraternity, Student Community and the public at large. I also take this opportunity to congratulate the entire team for tirelessly working for the successful conduct of this Conference

CONTACT NO.: 044-22381314 (o) / MOBILE: 09443309487

OFFICE: NATIONAL INSTITUTE OF SIDDHA, TAMBARAM SANATORIUM, CHENNAI - 600 047 RESIDENCE: 6/1 Valluvar nagar, Arumbakkam, Chennai - 600 106

#### FOREWARD DIM



It is my honour and I am pleased to write a note for the souvenir and abstact book for the "International Conference on Siddha Diet and Nutrition for Healthy Life 2023 10<sup>th</sup> & 11<sup>th</sup> August - 2023".

Siddha Diet and Nutrition has solutions to the Non Communicable Diseases and also for the emerging resistant and new variant viral infections. This is the right time to highlight the Siddha dietics in the scientific forum. I wish all good wishes to the conference committee team and the participants who have contributed the scientific abstracts a great success.

I am excited to be the part of the organizing team of this conference and also wish the activities of National Institute of Siddha should reach great heights.

COMMISSIONER

Indian Medicine And Homoeopathy Dept.

Chennai - 600 106.

#### वैद्य जयन्त देवपुजारी अध्यक्ष VAIDYA JAYANT DEOPUJARI Chairman



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग आयुष मंत्रालय, भारत सरकार National Commission for Indian System of Medicine Ministry of Ayush, Govt. of India

D. O. No. - 20-4/2021-NCISM

Dated 04-08-2023

#### **FOREWORD**



I am extremely delighted to learn that National Institute of Siddha is jointly organizing an International conference on "Siddha Diet and Nutrition for Healthy Life" in collaboration with Central Council for Research in Siddha & Directorate of Indian Medicine and Homeopathy on  $10^{th}$  &  $11^{th}$  August 2023 at the Tamil Nadu Dr. M.G.R Medical, University Chennai.

The United Nations (UN) General Assembly declared 2023 as the International year of Millets with the theme as "Harnessing the untapped potential of millets for food security, nutrition, and sustainable agriculture".

The Siddha system of medicine has a diverse and rich knowledge about the usage of food (including millets) in promoting health and preventing diseases.

I am excited to be a part of this conference with the theme "Siddha Diet and Nutrition for Healthy Life".

As I look ahead, I can visualize the institute growing in setting standards of excellence in education and research.

I extend my sincere appreciation and best wishes for the success and wide reception of the souvenir.

Vaidya Jayant Deopujari Chairman, NCISM





भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग आयुष मंत्रालय, भारत सरकार, नई दिल्ली National Commission for Indian System of Medicine Ministry of Ayush, Govt. of India, New Delhi

#### **FOREWORD**



It is my great pleasure to hear that the National Institute of Siddha, Chennai, is organizing the international conference on "Siddha Diet and Nutrition for Healthy Life 2023" in association with the Central Council for Research in Siddha (CCRS) and the Directorate of Indian Medicine and Homeopathy at the Tamil Nadu Dr. M.G.R. Medical University, Chennai, on August 10 and 11, 2023.

The theme opted for by the National Institute of Siddha for this conference is more relevant in the current scenario in the context of the promotion of health, nutrition, and wellness in the global community. Furthermore, the Siddha system of medicine is strongly anchored on the exceptional concept of our ancient Siddhars, "unave marunthu; marunthae unavu.". It advocates the necessity for diet regulations and endorses the therapeutic and nutritive values of our traditional food to ensure the physical health, mental health, and nourishment of ezhu udal kattugal or saptha dhathus.

I am really surprised to hear from the organizers that there has been a huge response for the conference, with a whopping registration of around 1800.

I convey my best wishes to the organizers for the grand success of this conference.

Dr. K. Jagannathan

07-08-2023

डॉ. श्रीनिवास प्रसाद बूदूरु अध्यक्ष, आयुर्वेद बोर्ड Dr. Sreenivasa Prasad Buduru President, Board of Ayurveda



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग आयुष मंत्रालय, भारत सरकार National Commission for Indian System of Medicine Ministry of Ayush, Govt. of India

D.O. No. 8-E/President.BOA/2023

Dated.-07.08.2023



#### "FOREWORD"

I'm delighted to hear that the National Institute of Siddha in Chennai, along with the Central Council for Research in Siddha (CCRS) and the Directorate of Indian Medicine and Homeopathy at Tamil Nadu Dr. M.G.R. Medical University, is organizing the "Siddha Diet and Nutrition for Healthy Life 2023" international conference on August 10 and 11, 2023.

The conference's theme, chosen by the National Institute of Siddha, is highly relevant in today's world where health, nutrition, and overall wellness are global priorities. The core philosophy of the Siddha system of medicine, encapsulated in the phrase "unavemarunthu; marunthaeunavu," emphasizes the importance of dietary regulations and highlights the healing and nourishing properties of traditional foods. This approach focuses on nurturing physical and mental health, as well as supporting the nourishment of the body's seven essential constituents, referred to as "ezhuudalkattugal" or "sapthadhathus."

It's truly impressive to learn that the conference has received an overwhelming response, with a remarkable registration count of around 1800 participants.

I offer my sincere best wishes to the organizers for the tremendous success of this conference.

Dr. B.S. Prasad President, Board of Ayurveda National Commission for Indian System of Medicine, New Delhi

कार्यालयः 61-65, संस्थानिक क्षेत्र, जनकपुरी, डी-ब्लाक नई दिल्ली - 110058 / Office: 61-65, Institutional Area, Janakpuri, D-Block, New Delhi - 110085 दूरमाप/Phone:- 011-28522519, 28525156, 28525464, 28520878, www.ncismindia.org, President.boa@ncismindia.org

डॉ. रघुराम भट उ. अध्यक्ष, षा.चि.प. चिकित्सा आकलन और रेटिंग बोर्ड Dr. Raghurama Bhatta U. President, Medical Assessment and Raling Board for I.S.M.



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग आयुष मंत्रालय, भारत सरकार National Commission for Indian System of Medicine Ministry of Ayush, Govt. of India

Dated: 08.08.2023

Ref. No.:- NCISM/PMARB/2023/05



It is a matter of immense pleasure to be associated with this conference which is organized by National Institute of Siddha in collaboration with Central Council for Research in Siddha & Directorate of Indian Medicine and Homeopathy.

The theme of this conference has been aptly selected as "Siddha Diet and Nutrition for Healthy Life".

I look forward to the conference with anticipation about the discussions on Siddha diet and nutrition which will culminate in a set of concrete recommendations for better health in the country.

I extend my warmest wishes and congratulations to the organizers for their Endeavour's in making this kind of academic interface possible.

Dr. Raghuram Bhatta President, MARBISM

Dr. Raghurama Bhatta U. अपम, भा.ी.प. विकित्सा आकलन और रेटिंग बोर्ड President, Madical Assessment and Rating Board for I.S.M. भारतीय चिकित्सन पकरीत राष्ट्रीय आयोग National Commission for Indian System of Medicine नई दिल्ली/New Delhi-110058

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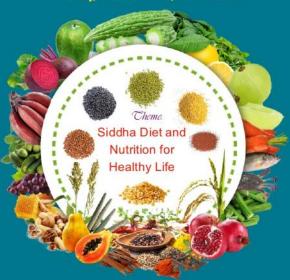






Date : August 10-11, 2023

Venue : Silver Jubilee Hall, The TN Dr. M.G.R. Medical University,
Guindy, Chennai - 32, Tamil Nadu



#### Organized by

#### **National Institute of Siddha (NIS)**

Ministry of Ayush, Govt. of India

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Ministry of Ayush, Govt. of India

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**Directorate of Indian Medicine and Homeopathy** 

Government of Tamil Nadu



#### About National Institute of Siddha

The National Institute of Siddha (NIS), located on a sprawling campus of Tambaram Sanatorium, Chennai is a center of excellence with research and higher education in Siddha System of Medicine as its Mission. The Institute was inaugurated on 03.09.2005 by the then Hon'ble Prime Minister of India.

This Institute is affiliated to The TN.Dr.M.G.R.Medical University, Chennai and the Syllabus and Curriculum are in accordance with the National Commission for Indian System of Medicine (NCISM), New Delhi.

The National Institute of Siddha has excellent infrastructure, dedicated and highly knowledgeable faculty members and bright students. This Institute is poised to reclaim the glory of Siddha System so that the system can play a major role globally in the field of health care.

The NIS aims to provide the best possible post graduate education in Siddha, by putting together a team of distinguished faculty members and building a quality resource base. The Institute intends to develop curriculum so that the benefits of the traditional science can be integrated with modern science. The NIS undertakes research to enhance the acceptability of the Siddha formulations and to validate their safety. Plans are afoot to forge interdisciplinary alliances with various branches of modern medical sciences.

This Institute is conducting UG degree (BSMS) and Post Graduate degree [M.D(Siddha)] & Doctoral Programme (Ph.D) in eight Specialties of Siddha Systems of Medicine. With the commencement of UG degree in Siddha, a new milestone has been achieved by paving way for aspirants all over India to Study Siddha System of Medicine.



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All India quota 30 Seats Institutional quota 30 Seats



- PG PROGRAMME 58 Seats
- > Maruthuvam
- ➤ Gunapadam > Kuzhandhai Maruthuvam ➤ Noi Naadal
- > Nanju Maruthuvam
- > Pura Maruthuvam
- > Varma Maruthuvam
- > Siddhar Yoga Maruthuvam



- Maruthuvam
- ➤ Gunapadam
- > Kuzhandhai Maruthuvam ➤ Noi Naadal
- ➤ Nanju Maruthuvam
- > Pura Maruthuvam
- > Varma Maruthuvam
- ➤ Siddhar Yoga Maruthuvam

# About The Venue (The TN Dr. M.G.R. Medical University)

The Tamil Nadu Dr. M.G.R. Medical University is situated in Southern part of the City of Chennai in the State of Tamil Nadu, South India. It is about 6 Kms from the Chennai International and about 12 Kms from the Chennai Central Railway Station. It is one of the premier Medical Universities named after the former Chief Minister of Tamil Nadu, (late) Hon. Dr.



M.G.Ramachandran (M.G.R) and it is the second largest Health Sciences University in India.





## About the Conference (ICSDN2023)

The Organizing committee is pleased to inform that as a part of 6<sup>th</sup> Siddha day celebrations, it has been decided to conduct an International Conference on Siddha Diet and Nutrition for Healthy Life to propagate Siddha medical system globally. The aim of this conference is to disseminate the knowledge in the field of Siddha dietetics & its related subjects with the participation of National & International Scholars, Researcher and Professionals. This conference will also discuss the Fundamentals, Latest developments and Future scope.

# Theme: Siddha Diet and Nutrition for Healthy Life

#### **Sub themes:**

- Therapeutic value of Millets in Siddha system of Medicine
- Archaeological and Historic evidence regarding Siddha system of Medicine
- Siddha External therapies
- Higher order medicines in Siddha
- Standardization of Siddha drugs
- Literature Review, Preclinical and Clinical Studies
- Cross-sectional and Observational studies
- Siddha Principles and Diagnostics
- Siddha Pharmacovigilance / Siddha toxicology
- Siddha Varmam and Siddhar Yogam
- Siddha Pediatrics and Gynaecology

# **Call for Papers**

#### Abstracts submission:

Faculties/Researchers/Scientists/Students/Industry persons are invited to submit their research papers for this conference. All the submitted abstracts will be reviewed by Scientific Committee and selected for oral/poster presentation. Please visit our website https://nischennai.org for further updates in this regard.



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#### **Guidelines for Abstract submission**

One page abstract should be submitted for both oral and poster presentation. The submitted abstract should be original and Should not have been published previously. Abstract must be in English and within 300 words in MS word format. Font size -12, Title font size - 14, Font - Times New Roman. Line space -1.5 and should be in justified alignment. Name and affiliation of the Author with contact details along with email ID of presenting Author must be clearly mentioned.

## Preferred Abstract Template

Title, Background, Objectives, Methods, Results, Conclusions, Key words

#### **Guidelines for Poster presentation**

Dimensions: 120 cm (Height) X 90 cm (Width) Orientation: Portrait, Language: English, Poster Title Font: Arial Bold, Font size: 25 Poster Body Text: Arial, Size 20, Single space. Pictures and Graphs to be used wherever needed to enhance the appearance

#### Important dates:

Note: Those already registered / submitted abstract in response to ICSDN2023 First circular, need not register again [Spot registration is not available]

Date of Conference: 10.08.2023 & 11.08.2023

Venue: Silver Jubilee Hall, The TN Dr. M.G.R. Medical University,

Guindy, Chennai - 32

Last date for Registration : 20.07.2023 Last date for abstract submission : 20.07.2023 Last date for Full paper\* submission : 27.07.2023

Best paper will be awarded



\*Full Paper submission is must



#### Registration fee details

a) UG students : Rs. 100.00 b) PG/Ph.D Scholars : Rs. 200.00 c) Faculty/ Medical officers & Others : Rs. 300.00 d) Foreign delegates : \$. 05.00

The delegates from Siddha Medical Colleges have to register themselves through the Head of the Institution. Siddha medical colleges may also nominate faculties to this conference and they are exempted from registration fee. Registration fee includes Conference Kit & Lunch and refreshments for two days. Delegates have to bear their expenses towards travel and stay. No arrangement will be made by the organizer in this regard.

# Registration for the conference is mandatory. Those who have already registered need not register again

Registration link: https://forms.gle/m7VVEVEYyyMVsjTp9

#### Contact:

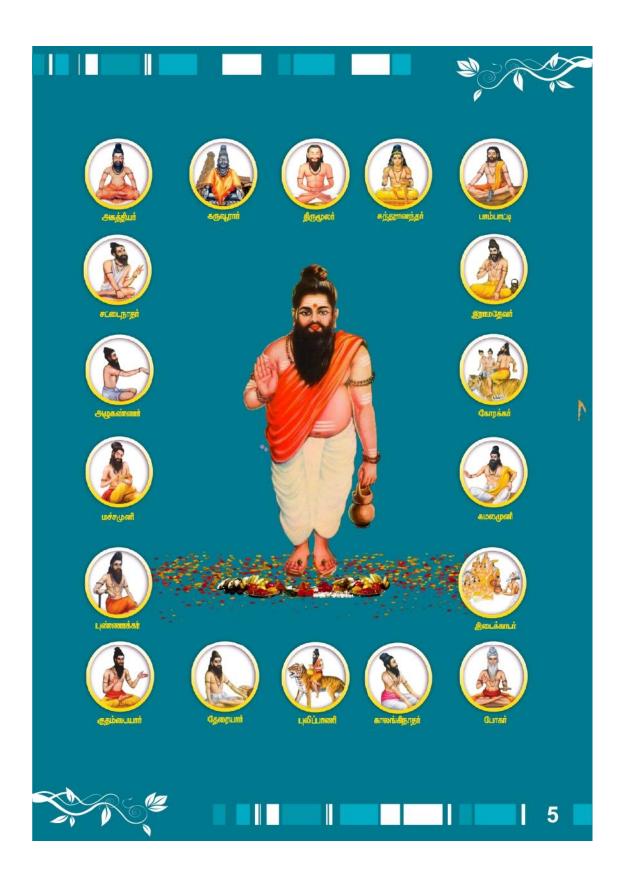
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 Dr. S. Murugesan
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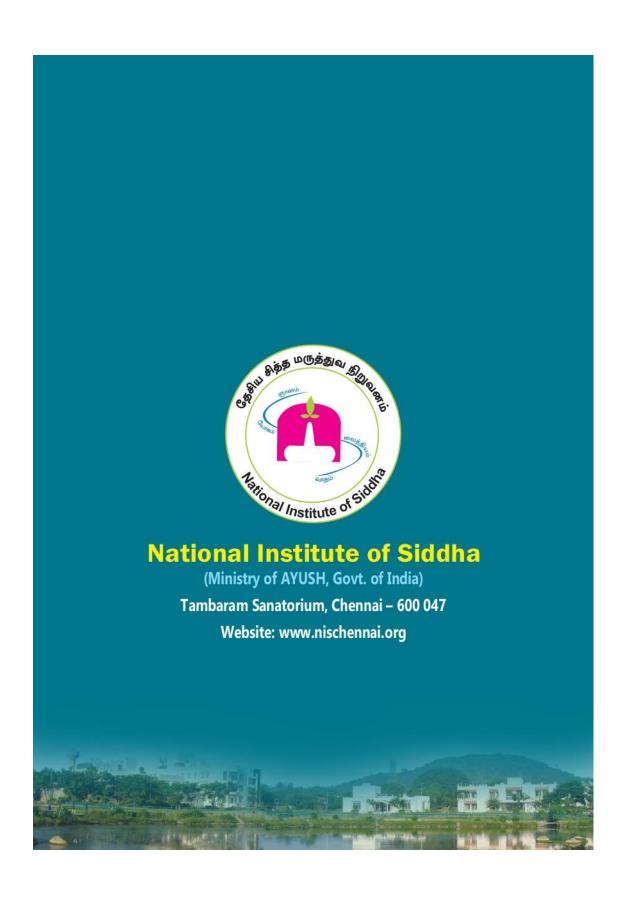
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 Dr. M. Ramamurthy
 - 94431 78112

 Email: icsdn2023@gmail.com





















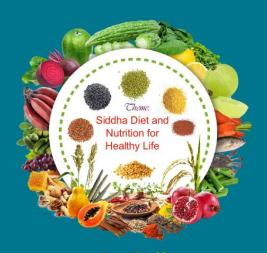
# Invitation

International Conference on Siddha Diet and Nutrition for Healthy Life 2023

Date: 10th &11th August 2023

 ${\it Venue}: {\it Silver Jubilee Hall}, {\it The TN Dr. M.G.R. Medical University},$ 

Guindy, Chennai - 32, Tamil Nadu



#### Organized by

**National Institute of Siddha (NIS)** 

Ministry of Ayush, Govt. of India

In collaboration with

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Ministry of Ayush, Govt. of India

8

**Directorate of Indian Medicine and Homeopathy** 

Government of Tamil Nadu

# INAUGURAL CEREMONY

10.08.2023

10.00 am : Invocation : Tamil Thai Vaazhthu &

Siddhar Vanakkam

10.05 am - 10.10 am : Lighting of Kuthuvilakku

10.10 am - 10.20 am : Honouring dignitaries

10.20 am - 10.25 am : Welcome Address

Prof.Dr.R.Meenakumari

Director, NIS &

Director General (Additional Charge), CCRS, Chennai

10.25 am - 10.30 am : Special Guest Address

Prof. Dr.K.Jagannathan

The President of Board of Unani,

Siddha and Sowa Rigpa. NCISM, New Delhi

10.30 am - 10.35 am : Special Guest Address

Prof. Dr. Sreenivasa Prasad Buduru

The President of Board of Ayurveda,

NCISM, New Delhi

10.35 am - 10.40 am : Special Guest Address

Prof. Dr.Raghuram Bhatta.U

President, Medical Assessment and Rating Board for Indian System of Medicine, NCISM, New Delhi

10.40 am - 10.45 am : Chief Guest Address

Tmt. Mythili K. Rajendran, IAS

Commissioner,

Directorate of Indian Medicine and Homeopathy,

Govt. of Tamil Nadu

10.45 am - 10.50 am : Key Note Address

Prof. Dr. K. Narayanasamy

Vice-Chancellor.

The Tamil Nadu Dr.M.G.R Medical University, Chennai-32

10.50 am - 10.55 am : Presidential Address

Vaidya Jayant Deopujari Chairperson, NCISM, New Delhi

10.55 am - 11.00 am : Declaring Open of Sessions





# **VALEDICTORY CEREMONY**

# 11.08.2023

03.00 pm - 03.10 pm : Welcome Dance

03.10 pm - 03.15 pm : Conference Report

Prof.Dr.M.Meenakshi sundaram

Dean i/c, NIS

03.15 pm - 03.30 pm : Honoring College Principals &

**ICSDN Co-ordinators** 

03.30 pm - 04.00 pm : Prize Distribution

**Oral & Poster Presentations** 

04.00 pm - 04.20 pm : Prize Distribution

Pathartha Guna Vilakkam & Noi Naadal

**Poetry Verses Recitation Competition Winners** 

04.20 pm - 04.25 pm : Vote of Thanks

Prof.Dr.N.J.Muthukumar

HOD, Varma Maruthuvam, NIS

04.25 pm - 04.30 pm : National Anthem





# **National Institute of Siddha**

(Ministry of AYUSH, Govt. of India)

Tambaram Sanatorium, Chennai – 600 047

Website: www.nischennai.org



#### **Committees of ICSDN 2023**

#### 1. Organizing Committee:

- a) Prof. Dr. R. Meenakumari, Director Chairman.
- b) Prof. Dr. N. J. Muthukumar
- c) Prof. Dr. G. J. Christian
- d) Prof. Dr. M. Meenakshisundaram
- e) Prof. Dr. G. Senthilvel
- f) Dr. T. Lakshmikantham
- g) Dr. R. Madhavan
- h) Dr. V. Mahalakshmi
- i) Dr. S. Sivakkumar
- j) Dr. M. V. Mahadevan

#### 2. Coordination Committee:

- a) Dr. R. Madhavan Coordinator
- b) Dr. S. Elansekaran
- c) Dr. S. Sivakkumar
- d) Dr. M. Ramamurthy
- e) Shri. S. M. Murugan

#### 3. Local Purchase Committee

- a) Dr. R. Madhavan
- b) Dr. M. Ramamurthy
- c) Shri. S. M. Murugan Coordinator
- d) Smt. Sindhu B. Prabhu
- e) Shri. A. Muralidharan

#### 4. Scientific Review Committee

- a) Dr. V. Mahalakshmi Coordinator
- b) Dr. M. V. Mahadevan
- c) Dr. V. Manjari
- d) Dr. B. Anbarasan
- e) Dr. R. Gayatri
- f) Dr. C. Mary sharmila

#### Other Helath Sciences (Other than Siddha)

- a) Dr. V. Suba Coordinator
- b) Dr. V. Tamilalagan
- c) Dr. A. Muthuvel
- d) Dr. B. R. Senthil Kumar
- e) Dr. D. Aravind
- f) Dr. M. Marudhu Ramachandran
- g) Dr. (Major) Saminathan P.
- h) Dr. V. Swarnavalli

#### 5. Conference Co-ordination Committee

- a) Dr. K. Suresh Coordinator
- b) Dr. I. Sangeetha
- c) Dr. S. Murugesan
- d) Dr. P. Samundeswari
- e) Dr. S. Sudha Revathy
- f) Dr. R. Sathish Adithya
- g) Dr. M. R. Srinivasan
- h) Shri. C. Muthu
- i) Shri. P. Ramesh
- j) Shri. S. Kuilan Raj
- k) Shri. S. Suresh
- 1) Shri. K. Kamaraj
- m) Shri. J. Vijaya kumar
- n) Shri. R. Udhaya Kumar
- o) Shri . L. Sathish Raj

#### 6. Catering Committee

- a) Dr. S. Elansekaran Coordinator
- b) Dr. V. Srinivasan
- c) Dr. V. Harish Anbu Selvam
- d) Dr. K.Thirugnanam
- e) Shri. A. Kotteeswaran
- f) Shri. J. Balaji

#### 7. Registration Committee

- a) Dr. H. Vetha Merlin Kumari Coordinator
- b) Dr S. Visweswaran
- c) Dr. V. Swarnavalli
- d) Dr. R. Gomathi
- e) Dr. B.K. Priya
- f) Dr. K. Karpagavalli
- g) Shri. P. Neelapon
- h) Smt. N. Rathi Nirmala
- i) Dr. I. Nithya Mala
- j) Dr. R. Keerthika
- k) Dr. G. Nivetha

#### 8. Transport & Accommodation Committee

- a) Dr. A. Mariappan Coordinator
- b) Dr. D. Periyasamy
- c) Dr. G. Thirunarayanan
- d) Dr. P.Revathy
- e) Dr. R. Devaki
- f) Dr. S. Lalithakumari

## 9. Reception Committee

- a) Dr. K. Vennila Coordinator
- b) Dr. A. F. Glara
- c) Dr. A. Surekha
- d) Dr. A. Aishwarya
- e) Dr. S. Sivalakshmi
- f) Dr. M. S. Hitha Shyam
- g) Smt. S. Yogalakshmi
- h) Smt. M. Anuchitra

#### 10. Stage Management & Hall Management Committee

- a) Dr. P. Shanmugapriya Coordinator
- b) Dr. I. Sangeetha
- c) Dr. R. Keerthiga
- d) Dr. T. Monika
- e) Dr. G. Nivetha
- f) Dr. S. Priyadharshini
- g) Dr. M. Nijavizhi

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- b) Dr. A.M. Amala Hazel
- c) Dr. S. Subaraj
- d) Dr. M.K. Sathesh Kumar
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- b) Dr. R. Sathish Adithya
- c) Shri. C. Muthu
- d) Shri. S. Kuilan Raj
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- f) Shri. D. Gowri Shankar

## 17. College Coordination Committee

#### **Over all Coordination**

- a) Dr. S. Murugesan
- b) Dr. R. Sathish Adithya

## Siddha Medical College - wise Coordinators

GSMC - Chennai - Dr. H. Nalini Sofia
GSMC - Palayamkottai - Dr. A. Mariappan
NIS - Dr. V. Manjari
Sairam - Dr. B. Anbarasan

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- Dr. V. Tamilalagan

- Dr. A. Muthuvel

- Dr. B.R.Senthil kumar

- Dr. D. Aravind

- Dr. M. Marudhu Ramachandran

# PLENARY SESSIONS

S.NO	DATE, TIME & VENUE	GUEST SPEAKER	ТОРІС
1.	10.08.2023 11:30 AM - 12:00 PM HALL - A	Prof. R. Chandrasekaran Director, Central Institute of Classical Tamil Ministry of education, Chennai	Pazhantamzharin unavum vazhvum
2.	10.08.2023 12:00 PM - 12:30 PM HALL - A	<b>Prof . Dr. K.Kanakavalli</b> Principal, GSMC, Chennai	Embracing Siddha millet diet for healthy living
3.	10.08.2023 12:30 PM - 01:00 PM HALL - A	Dr. V. Selvakumar  HOD, dept of Maritime history and marine archaeology, Coordinator-centre for Indian ocean studies, Tamil University, Thanjavur	Archaeological, historic and ethnographic evidence for traditional/ Siddha medicinal practices in India
4.	11.08.2023 11:30 AM - 12:00 PM HALL - A	Dr. C. Soundararajan Director, centre for animal health-studies, Tamil Nadu Veterinary and Animal Sciences, Madhavaram milk colony, Chennai	Diagnosis and control of tick and tick borne diseases and zoonotic parasitic diseases of animals: Exploring applications of Siddha medicine
5.	11.08.2023 12:000 PM - 12:30 PM HALL - A	Dr. S. Subhathirai Parimalam Asst professor, Deptof sensors and biomedical technology, VIT, Vellore	Recent advances on cell culture tools for (metal)nano drug screening:organ on chip

## கட்டுரைச் சுருக்கம்

# பழந்தமிழரின் உணவும் வாழ்வும்

முனைவர் இரா.சந்திரசேகரன் இயக்குநர் செம்மொழித்தமிழாய்வு மத்திய நிறுவனம் சென்னை



#### சங்க இலக்கியத்தில் உணவு

தொல்காப்பியம் காட்டும் திணைசார்ந்த வாழ்வியலின் வழியே ஐவகைத் திணைகளில் வாழும் மக்கள் உண்ணும் நிலஞ்சார்ந்த உணவுகள். *உணவெனப் படுவது நிலத்தொடு நீரே* (புறம்.18:21) என்ற வரிகளில் குடபுலவியனார் கூற்று.

#### ஐவகை நிலங்களின் உணவுகள்

காலத்தால் மூத்த தொல்குடிகளின் சிறந்த நால்வகை உணவுப் பொருள்கள்; குறிஞ்சி நில உணவு; முல்லை நில உணவு; மருத நில உணவு; நெய்தல் நில உணவு; பாலை நில உணவு.

#### தமிழரின் உணவில் நெல்லரிசிச் சோறு

பழந்தமிழர்களின் நெல்லரிசி வகைகள்; புழுங்கல் அரிசியே தமிழரின் தலையாய உணவு. **பாலும் சோறும்** 

தினைச் சோறு; தமிழர் நாகரிகத்தில் பாலும் பால் கலந்த உணவும்; திருப்பாவையில் பாற்சோறும் நெய்யும்; கலவை சோறு பற்றி மலைபடுகடாம்.

#### பிற உணவுகளும் தின்பண்டங்களும்

மதுரைக் காஞ்சியில் **மெல்லடை** என்கிற தின்பண்டம்; வத்தல், வாட்டம், வல்சி, வரை, வாட்டு, வாடூன், விசையன், வேவை போன்ற தின்பண்டங்கள்; சங்க இலக்கியம் குறிப்பிடும் பழங்கள்; தினைமா – 'மென்றினை நுவணை'; துவையல்; தாளிதம்செய்தல் குய்யிடுதல்; கரும்புச் சாறு; தேறல்; வேளைக்கீரை.

#### ஊட்டச் சத்துமிக்க உணவும் நோயற்ற வாழ்வும்

''நீரின்றி அமையாத உடல் உணவால் அமைவது. உணவையே முதன்மையாகவும் உடையது. உணவு தந்தவர் உயிரைத் தந்தவர் ஆவர்'' என்ற சங்க காலத் தமிழரின் பார்வை.

#### EMBRACING SIDDHA MILLET DIET FOR HEALTHY LIVING

Prof. Dr.K.Kanakavalli, Principal, Government Siddha Medical College, Chennai. Former Director General, Central Council for Research in Siddha, Chennai



The year 2023 is recognised as International year of Millets, aimed at raising awareness about health and nutritional benefits of millets. "Food is medicine and Medicine is Food" is the doctrine of Siddha system of Medicine. The holistic approach of Siddha system is its strength. The Siddhars have laid importance to the daily regimen, diet and disciplines to be followed in each seasons etc. Agriculture was the primary occupation of Sangam Tamils, and they gave great importance to it in their lives. In fact, Tirukural, an ancient Tamil literature, dedicates a whole chapter to agriculture. Millets have been mentioned in the Tamil literature *Puranaanooru*, further highlighting their significance in Tamil culture.

"வரகும் தினையும் உள்ளவை எல்லாம் இரவல் மாக்கள் உணக்கொளத் தீர்ந்தெனக் குறித்துமாறு எதிர்ப்பை பெறாஅ மையின் குரல் உணங்கு விதைத் தினை உரல்வாய்ப் பெய்து சிறிது புறப்பட்டன்றோவிலளே தன்னுர்"

Millet can be described as "any of several species of cereal grasses in the family Poaceae." It is considered one of the oldest human foods and among the first domesticated cereal crops. Some common millets mentioned in the Siddha text *Pathartha Guna chindhamani* are Foxtail Millet (Thinai), Pearl Millet (Kambu), Sorghum (Cholam), Finger Millet (Kezhavaragu), Kodo Millet (Varagu), Little Millet (Chama). Each of these millets has therapeutic properties; for example Raagi Porridge cures the *Vali Azhal thontham* and *Vatha* diseases. *Kambu* improves strength and reduces body heat and *Thinai* assists in alleviating *Vatha Kobam* and acts as an aphrodisiac. *Thinai* porridge pacifies the three humours. While millets offer numerous health benefits, individuals with allergic skin conditions should limit their consumption, as some millet may worsen eczematous skin lesions. The modern world faces challenges with unhealthy dietary habits, contributing to the rise in Non-Communicable Diseases (NCDs). Embracing Siddha doctrines and incorporating millets into the diet could pave the way for a healthier and disease-free lifestyle.

#### ARCHAEOLOGICAL, HISTORICAL AND ETHNOGRAPHIC EVIDENCE FOR TRADITIONAL/SIDDHA MEDICINAL PRACTICES IN INDIA

#### Dr. V. Selvakumar

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Medicinal practices among the human ancestors began in the prehistoric period. Animals also have knowledge of eating certain plants and soils for their physical requirements and to solve certain health issues. Humans have acquired knowledge on plants and plant produce, animals and animal produce, soils, metal and minerals and their curative value through their experiments in the course of history. Environmental archaeology focuses on human environment interactions in multi-dimensional perspectives. Biological archaeology studies human evolution and their physical adaptation according to the environment and dietary practices based on mortal remains of humans and their ancestors. Palaeopathology focuses on diseases that afflicted humans. Palaeoethnobotany investigates human interactions with environmental context using the study of marcobotanical and microbotanical remains. Archaeological sites have produced evidence of charred, grains, phytoliths, pollen and plant residues that assist us in understanding the human interactions with environment. Humans have exchanged the knowledge of edible and medicinal plants and traded the plants. Archaeological and historical records are filled with a lot of evidence related to the medicinal practices of humans. Apart from archaeology, written documents such as inscriptions, texts and palm-leaf manuscripts have several references to medicines and medicinal practices. In this lecture, I present the evidence related to traditional/Siddha medicinal practices in India with a focus on Tamil Nadu.

The knowledge of medicine must have been well developed from the Mesolithic period, i.e. from the early Holocene. It was part of human adaptation for better survival. This traditional knowledge was documented and codified by sages and seers, who might have undertaken experiments. Perhaps it was the knowledge acquired by people by trial and experiment with the nature. Such knowledge was written in the form of texts when the scripts were invented. This practice is variously called as Siddha and Ayurveda in India. The traditional knowledge also survives among the so called tribal groups (the Paliyans, Selvakumar 2018) and among the people as folk medicine or grandma's medicine. The preserved information on medicine now is available in the form of palm leaf manuscripts. Technically the genesis of the medicinal system could go back to the prehistoric times to a few thousands of years.

As human life was modified in due course of time, people experimented to cure the new diseases and health issues that emerged.

In India, the earliest evidence of dental caries treatment has been recorded at the Neolithic site of Mehrgarh in Pakistan, which is dated between 7000 to 5500 BCE. Similar evidence has been reported from Northern Italy in the Late Upper Paleolithic period. Evidence of leprosy has been documented at Balathal in Rajasthan from the

Chalcolithic context around 2000 BCE. We have several such evidence in archaeological context.

Southern India has trade relations with the Indian Ocean regions from the second millennium BCE. Evidence of turmeric, pepper and cinnamon, which might have had their origin in India, have been found in North Africa and West Asia.

At S.Pappinayakkanpatti close to Chaturagiri hills near Madurai, a human skeleton was recovered by the author and it was studied by S.R. Walimbe. This skeleton belonged to an adult male who was hurt on the cranium with a sharp metal weapon and the individual was alive for some period after the episode suggesting bone growth (Walimbe and Selvakumar 1998). This indicates the prevalence of medicinal practices in the Iron Age, at least from around 500 BCE. The Roman trade of the early historic period was also involved in several plants which had medicinal value. The texts of *Periplus*, and the accounts of Pliny and Ptolemy refers to such trade activities. In the historical period the inscriptions refer to hospitals called *adula salas*, which weresupported the kings.

**Keywords:** Archaeology; Palaeoethnobotany; Siddha Medicine; Traditional medicine **References** 

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Volume 9, 1998 - Issue 1 Pages 19-34 | Published online: 24 Oct 2017 https://doi.org/10.1080/09709274.1998.11907329

# RECENT ADVANCES ON CELL-CULTURE TOOLS FOR (METAL) NANO-DRUG SCREENING: ORGAN ON-CHIP

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#### Abstract:

Nanomedicine has revolutionized modern medicine, fulfilling therapeutic expectations in the medical field. It is considered a "modern scientific breakthrough" of this century. The global nanomedicine market was valued at USD 174.13 billion in 2022 and is expected to grow at a compound annual growth rate (CAGR) of 11.57% from 2023 to 2030. As of 2021, a total of 100 nanomedicines are on the market, with another 563 new nanomedicines under different stages of development (US FDA). The conventional 2D cell culture platforms are inadequate for the testing and development of nanomedicines. In order to study the "nano" effects at the subcellular level, various 3D cell culture tools have been used recently.

During the last couple of decades, microfluidic devices have taken over cell culture, especially when culturing stem cells. Mainly because most of the cellular and tissue-level complexity can be achieved only on a microfluidics platform. For example, a chemical gradient, shear stress, micro- or nano-patterned substrates or matrixes, etc., can be simultaneously generated and multiplexed on a microfluidic platform. During the presentation, microfluidic platforms, organ-on-a-chip systems, used for nano (metal) drug screening will be highlighted, and their advantages and limitations will be elaborated. The relevance and scope of these new cell culture tools for the development of Siddha medicine research will be discussed.

# DIAGNOSIS AND CONTROL OF TICK AND TICK BORNE DISEASES AND ZOONOTIC PARASITIC DISEASES OF ANIMALS: EXPLORING APPLICATIONS OF SIDDHA MEDICINE

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Parasitic zoonotic diseases impose a huge pecuniary burden on any nation, but particularly on lower and middle income countries, including India. More than 300 zoonotic diseases are caused by bacteria, virus and parasites. Of which hydatidosis or cystic echinococcosis cysticercosis, neurocysticercosis, Visceral Larva Migrans (VLM), Occular Larva Migrans (OLM), Neural Larva Migrans (NLM), Cutaneous Larva Migrans (CLM), schistosomiosis, paragonimosis, lymphatic filariosis, dirofilariosis, gnathostomiosis, crptosporidosis, toxoplasmosis, zoonotic malaria, amoebiosis, giardiosis, trypanosomiosis and leishmaniosis are the important parasitic zoonotic diseases. Plaque, lyme diseases, Kysanur Forest diseases (KFD), Crimean Congo Haemorrhagic fever (CCHF) and Lumpy Skin diseases (LSD) are important vector borne diseases. Of these most of them are tick borne parasitic infections. Of the various tick borne parasitic zoonotic diseases, Kysanur Forest diseases (KFD), Crimean Congo Haemorrhagic fever (CCHF) and Lumpy Skin diseases (LSD) are viral disease. Plaque and lyme diseases are bacterial infections. Among the parasite zoonotic diseases, ocular larvl migrans, toxoplasmosis, cysticercosis, toxocariasis, dirofilariasis, gnathostomiasis, hydatidosis, amebiasis, giardiasis, etc, are the real problems that are seen in this subset of the population. Various conventional, serological and molecular techniques were used for diagnosis of parasitic zoonotic diseases. Translational Research Platform Veterinary Diagnostics (TRPVB) under Tamil Nadu Veterinary and Animal Sciences University (TANUVAS) has developed and standardized CRISPER/Cas based molecular diagnostic assays for haemoprotozoan parasites. Various products available in the market and the products like Nano Dimethicone spray will be sued to control ectoparatsite. The proper coordination between various medical specialities, including veterinary science and Siddha medicines, is needed for better and more effective strategic planning to control parasitic zoonote dideases.

Key words: Parasitic zoonotic disease – diagnosis – control – Application of Siddha medicines

### Role of Varmam Maruthuvam in the management of *Thokkaminmai* (Insomnia) - A case Report

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#### ABSTRACT

**Aim and objective:** To improve the quality of life in insomnia patient.

### **Introduction:**

Insomnia is a common sleep disorder that affects an estimated 30% of the general population. It is characterized by difficulty with sleeping, which may include falling asleep, maintaining sleep, or a combination of the two. It often leads to fatigue, lack of energy, difficulty concentrating, and irritability. Women are affected more commonly than men, and it increases in both sexes with age..It frequently prescribes sedative and hypnotic like benzodiazepines drugs as a therapy of insomnia. As the number of people who suffer from insomnia rises, there is an increased intrest in complementary and alternative medicines. Siddha System of medicine is one of the ancient traditional Indian system of medicine refers Insomnia as "*Thookaminma*i". In the Siddha text Noiillaneri describes the effects of Insomnia.

Materials and Medthods: In this present study a female patient 45 years aged presented with complaints of difficulty falling asleep, including difficulty finding a comfortable sleeping position. Waking during the night and being unable to return to sleep. feeling un-refreshed upon waking. daytime sleepiness, irritability or anxiety.y since 10 months. The patient was treated with the following internal medicine Amukkura chooranam maathirai -2 with milk BD after food ,Bhrami nei-5ml OD with warm milk and along with Varmam manipulation. the following Varmam points are used in insomnia Kondai kolli, Patchineema varmam, Thilarthakaalam, Adappakaalam, Urakkakaalam, Kuttrivarmam, Saramudichi, Thaada i thataval, Vetrilai kaalam. The patient was treated for 15 weeks and outcome was assessed using insomnia severity index.

**Results and Conclusion:** The ISS score was 21 before treatment and 4 after treatment. The treatment procedure showed positive response by increasing the duration and quality of sleep pattern.

KEYWORDS: Insomnia, Thokkaminai, Siddha, Varmam maruthuvam, Thokkakedu

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### EFFECT OF SIDDHA MEDICINE IN VALIPPU NOI (SEIZURE IN PEDIATRICS )-A SINGLE CASE STUDY.

### **ABSTRACT**

Seizures are defined as a transient occurrence of signs and symptoms due to the abnormal, excessive, or synchronous neuronal activity in the brain characterized by abrupt and involuntary skeletal muscle activity. Siddha Medicine is one of the good medicine for paediatric age people. A one and half yrs old female child from Chennai reported to the KuzhanthaiMaruthuvam OPD, OPD of A.A.G.H.I.M with chief complaints of multiple episodes of Seizure on a single day and she was also taken treatment for epilepsy and cerebral palsy. She has given siddha medicine named Andathylam. Andathylam is a effective medicine to treat fever and seizure of children. The treatment is given for 45 days and still it continues. The episode of Seizure were assessed using GASE scale on before and after treatment. The episode was markedly reduced after treatment. Hence the medicine Andathylam was used continuously and to avoid side effects from other medicines.

### **Keywords:**

Siddha medicine, Seizure, Andathylam, GASE Scale.

# MOLECULAR DOCKING STUDIES OF SIDDHA HERBAL FORMULATION KAIARCHI CHOORNAM ON CYP-17α - HYDROXYLASE FOR THE MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME (PCOS).

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#### **ABSTRACT**

**Background:** Molecular docking has enormous applications in Siddha medicine, especially herbal formulations, where the interactions of the lead molecules of the formulation with that of receptors can be interpreted at the molecular level to reach the supposition of the underlying biochemical processes to which the formulation is targeting. Kalarchi Choornam is a herbal formulation used in siddha medicine, indicated for Anda Vayu(Orchitis), soothakavayu(Polycystic ovarian syndrome), and Yanaikal(Filariasis). This Vaividanga choornam contains the ingredients like Kalarchi vithai (Caesalpinia bonduc) and Milagu (Piper nigrum). Regarding PCOS, the core bioactive amino acid residues, Ala105, Arg239, and Asn202mediate the enzymatic action of the CYP- 17αhydroxylasethat has a higher level of significance in the management of Poly Cystic Ovarian Syndrome. CYP- 17α-hydroxylase is the key enzyme that regulates androgen synthesis. Hyperandrogenism, the hallmark feature of PCOS, is clinically manifested as hirsutism, acne, and alopecia. Excessive androgen production by ovaries as well as from adrenals, contributes to hyperandrogenism. The imbalance in LH: FSH causes the proliferation of ovarian theca cells leading to increased steroidogenesis and hyperandrogenism in PCOS women. CYP genes involved in steroidogenesis play an essential role in androgen production and are considered key players in hyperandrogenism in PCOS.

**Aim & Objectives:** The present study aimed to scientifically demonstrate the action of Kalarchi choornam in managingpolycystic ovarian syndrome through molecular docking studies and to screen the lead component interaction on the CYP-  $17\alpha$ -hydroxylase.

### Abstract

Methodology: Docking calculations were carried out using Auto Dock 4. Gasteiger partial charges were added to the ligand atoms. Docking simulations were performed using the Lamarckian genetic algorithm (LGA) and the Solis & Wets local search method (*Solis & Wets, 1981*). The ligand molecules' initial position, orientation, and torsions were set randomly. All rotatable torsions were released during docking. The binding of phytocomponents with the core amino acids (Ala105, Arg239, and Asn202) of the target by forming a hydrogen bond will hinder the function of the enzyme CYP-  $17\alpha$ -hydroxylase with PDB – 3RUK. These amino acid residues are functionally responsible for the binding of substrate and inhibitors. Thereby phytocomponents that inhibit the target enzyme CYP- $17\alpha$ -hydroxylase may act as a potential therapeutic agent for the management of PCOS.

Results and Conclusion: The bio-active compounds like Piperine, Campesterol, Beta-Sitosterol, Linoleic acid, and Piperic acid present in the Kalarchi Choornam possess significant binding against the target enzyme CYP-17 $\alpha$ -hydroxylase by interacting with active amino acid present on the active site thereby it was concluded that these compounds might exert promising PCOS amelioration activity by inhibiting the enzyme CYP-  $17\alpha$ -hydroxylase thereby it prevents the pathogenesis of PCOS.

**KEYWORDS:** *PCOD*, *Kalarchi Choornam*, *Siddha*, *Molecular docking*, *CYP- 17α-hydroxylase*.

### EXTERNAL THERAPIES FOR SPECIAL CHILDREN

Sasikumar<sup>1</sup>, Ajithabala<sup>2</sup>

### **ABSTRACT:**

Special Children means that require assistance for disabilities that may be medical, mental, or psychological. Guidelines for clinical diagnosis are given in both the Diagnostic and Statistical Manual of Mental Disorders and the International Classification of Diseases 9th edition. Special needs can range from people with autism, cerebral palsy, Down syndrome, dyslexia, dyscalculia, dyspraxia, dysgraphia, blindness, deafness and ADHD.

In JSA Medical College for Siddha and Research Centre received more than 20 Special children in Kuzhanthai maruthuvam OPD. The disease conditions of these children's are Autism, Cerebral palsy, Down syndrome, ADHD, West syndrome. Most of these children's are commonly having Developmental delay and the complaint of Difficult to sit, Difficult to stand Difficult to walk and Difficult to speak. Some children having a complaint of poor head control and poor eye contact.

We have treated both internal medicine and external therapies. This article mainly focused external therapies only. The external therapies are Varmam, Thokkanam, Podithimirthal, Ennai Ooral, Ennai Ozhuku, Pugai and Nasiyam. These therapies are continuously given by time interval period.

After the treatment some children have improved the motor activity like able to sit, well head control and able to speak simple words. I conclude that these external therapies are very useful to manage the special children's and give a better future for us. Key words: Special children and Siddha external therapies.

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## Siddha Medicinal Plants used for Gynaecological ailments in Natham Taluk, Dindigul, Tamil Nadu, India – A Quantitative Ethnomedicinal Survey

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**Abstract:** The present investigation studied the ethnomedicinal plants used to treat the gynaecological ailments by the Native people of Natham Taluk in Dindigul District. An intensive ethnobotanical survey resulted in documentation of 92 ethnogynaecological species spread across 48 families used to treat various ailments grouped into 13 ailment categories. Fabaceae (7%), Euphorbiaceae (7%), Apiaceae (5%) were the most dominant families. Herbs (59%) were the most common plant form preferred for ethnomedicine formulations. Leaves (28%) were mostly used for plant drug preparation. The use of paste (49%) and oral(94%) administration of the drugs prepared from plants were mostly preferred in the study area. Quantitative indices like fidelity Level (FL), use value (UV), family use value(FUV) and informant consensus factor (ICF) were calculated. Saraca asoca (Roxb.)Wilde(UV= 2.74)Azadirachta indica A.Juss., (UV=2.07) Hybanthus enneaspermus (L.) F. Muell. (UV= 2.03) were the most important species as recorded. The result indicated that there is proper sharing of this traditional knowledge amongst people in the study area. This documentation of the important species treating gynaecological ailments can be further analysed phytochemically for future studies.

**Keywords:** Ethnogynaecology, ethnomedicine, Dindigul, Medicinal plants, Infertility, menstrual disorders

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### Hepatoprotective potential of Saman Chooranam against CCl4-induced hepatic toxicity in Wistar rats

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#### Abstract:

Introduction: In India, there are many types of traditional medicine that are collectively known as Indian System of Medicine (ISM), including Siddha, Ayurveda, Unani, Homeopathy, Yoga, and Naturopathy (AYUSH). Among them, Siddha medicine is one of the oldest traditional medical systems in the world, also known as "Tamil medicine", which has been used mainly by Tamil-speaking people since the ancient times. In the Global Burden of Disease 2017 study, the global population with compensatory cirrhosis is estimated to be 112 million worldwide, corresponding to a global prevalence of 1,395 compensatory cirrhosis per 100,000 people. In the modern scenario, diseases are becoming drug-resistant and scientists are studying possible roles of plant-based drugs for screening lifesaving drugs. Aim: The Aim of the study is to evaluate the Hepato- Protective potential of the Siddha formulation Saman Chooranam in CCl4 and Ethanol induced hepatotoxic Wister Rats. Methods: In CCl4 induced Hepatotoxicity method Wister rats were divided into five groups. In each group has 6 rats and its weighing between 150 to 200 gm. They are Group 1 (control), Group 2 (CCl4 treated), Group 3 (CCl4 + Silymarin (25 mg/kg p.o), Groups 4 (CCl4+ Saman Chooranam (100mg/kg) and Group 5 (CCl4+ Saman Chooranam (200mg/kg). In Ethanol Induced Hepatotoxicity Group 1 was maintained as normal control, which was given distilled water only. Group 2 will receive ethanol (3.76 gm/kg p.o). Group 3 animals were treated with Silymarin (100 mg/kg p.o) which served as standard. Groups 4 and 5 animals was treated with two different doses of Saman Chooranam (100mg/kg and 200mg/kg) respectively. Results: The serum enzymes like SGOT, SGPT and Total Protein of treated animals were significantly reduced in treatment of Saman Chooranam at dose levels 100 mg/kg and 200mg/kg when compared with CCl4 treated control. In Ethanol treated rats the levels of serum marker enzymes (SGOT, SGPT and Bilirubin) elevated significantly. Moreover, the increased levels of the serum enzymes were significantly decreased by the treatment with Saman Chooranam at 100 mg/kg and 200 mg/kg implying that the drug prevent the liver damage. The treatment Saman Chooranam confirmed dose dependent activity, at dose level 200 mg/kg revealed good result than 100mg/kg. Conclusion: In conclusion, the data of the present study indicate that the Siddha formulation Saman Chooranam reveals promising Hepato- Protective activity in CCl4 and Ethanol induced hepatotoxic Wister Rats.

Key Words: Saman Chooranam, Siddha Medicine, Hepatoprotective, AYUSH, SGOT

### ANTI ULCER AND ANTISPASMODIC ACTIVITIY OF UDARANOI NIVARANA THIRAVAGAM

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### **ABSTRACT**

An ulcer is defined as disruption of the mucosal integrity of the stomach or duodenum leading to a local defect or excavation due to active inflammation. Ulcers occur within the stomach or duodenum and are often chronic in nature. In Siddha Peptic ulcer is compared with disease Kunmam. It mainly occurs due to the imbalance in the pH of the stomach. The drug Udara Noi Nivarana Thiravagam is effective in normalising the pH of the stomach and reduce the incidence of Peptic ulcer. Thiraavagam means strong liquid. They are all liquid preparation obtained by a process of destructive distillation of salts and alkalies with or without any addition of fluids in a peculiar distillation set up called "Valaiyanthiram". Thiraavagam and theneer are both analogous to each other in many respects. Both are liquid preparations and are obtained by a common process namely distillation. Thiraavagam is a product of destructive distillation. The drug *Udara Noi Nivarana Thiravagam* is a herbo mineral formulation taken from Anuboga vaidya Navaneetham. Which has been indicated for its anti ulcer and anti spasmodic properties. All the ingredients in the drug were properly collected, preserved and authenticated by experts. The Ingredients are purified properly as per the traditional Siddha Literatures. The aim of the present study was to validate the anti ulcer and anti spasmodic properties of *Udara Noi Nivarana Thiravagam*. The studies are done by Pyloric ligation method and anti spasmodic activity on isolated rabbit ileum. It was observed that Anti ulcer and anti spasmodic studies of UNT showed that it has excellent anti-ulcer activity and mild anti-spasmodic activity.

**KEYWORDS:** Siddha, Udara Noi Nivarana Thiravagam, anti ulcer activity, anti spasmodic activity.

### VAASTU SCIENCE IN SIDDHA MEDICINE-A SCIENTIFIC REVIEW

Authors:

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According to the principles in ancient Siddha literature of our Siddha Saints (Siddhar) like Agasthiar, Thirumoolar, Kagabhujandar, Therayar, Mayan, our Human body (Pindam) represent five elements (Pancha Bootham) and the Universe (Andam) also represent five elements. This had been illustrated in our siddha poem "ANDATHIL ULLATHEY PINDAM". This principle (Tatva) is also found by our sages in the living home, the so called art of Siddha system namely Vaastu. They found that the kinetic energy (Pancha bootha panchee karanam) found in our living home Space (Agayam) surrounded by four walls is similar to the kinetic energy found in Human body (Antharathama-Sivam) Space (Agayam) surrounded by muscles, nerves, bones etc. Conferring to their philosophies, our living home is a living soul (Uyir). This study demonstrates that the disarrayed of 5 elements principle of living home creates a disorder of five elements (Pancha boothas) in the human body, in turn cause the vatham, pitham, kapham (3-Doshas) alteration which leads to physical, mental instability and illness ,as per the principles of five elements and Vaastu depicted in our ancient Siddha literatures.

**Key words**: Five elements, Siddha principles, Vaastu, Human diseases, Fundamentals of siddha system, 3-DOSHAS, Universe

### ANTI-VITILIGO ACTIVITY OF LEAD COMPOUNDS OF KARPOGI PASAI TARGET PROTEIN TYROSINASE -A MOLECULAR DOCKING STUDY

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### **ABSTRACT**

**Backround:** Around 50 million people in the world are affected by Vitiligo which is a chronic inflammatory coetaneous disorder. Vitiligo is not a life-threatening disease, it causes disfigurement in the appearance leading to psychological harm to patients. Moreover, vitiligo favours vulnerability to other diseases like arthritis, hypothyroid's, diabetes and lupus erythematosus. Siddha system is a traditional system that has originated in India since 4000 years ago with unique treatment methods and herbo mineral formulations for various skin diseases and autoimmune diseases.

Objective: The present study is aimed to execute the in-Silico computational studies of phytoconstituents of Siddha formulation *Karbogipasai*that has been indicated for the treatment of vitiligo(*Venpadai*).

**Method:** The study was aimed to find the lead molecules in the herb *Karbogipasai*a Siddha formulation to bind with specific amino acid residues in the tyrosinase enzyme, which helps in melanogenesis, to enhance tyrosinase activity and improve hypopigmentation medical conditions like vitiligo.

**Result:** Docking analysis of 11 phytoconstituents in *Karbogipasai* was performed using AutoDock program. The lead compound Isovitex in was found to have the strongest binding affinity against tyrosinase. *Bavachinin* had the lowest Ki value and Pantothenic acid had the strongest electrostatic interaction.

**Conclusion:** Overall, the study found potential antivitiligo effects of the herb's phytoconstituents.

Keywords: Vitiligo, Karbogipasai, Tyrosinase, Venpadai, Skin disease

### EVALUATION OF ANTI-ALZHEIMER'S POTENTIAL OF SIDDHA FORMULATION BRAHMI NEI – AN IN-SILICO APPROACH

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#### **Abstract**

**Background:** Acetyl cholinesterase involved in metabolic breakdown of acetylcholine which is a highly essential neurotransmitter for memory and learning behavior. Increased expression of acetyl cholinesterase potentially depletes the level of acetylcholine that leads to memory impairment and dementia in Alzheimer's disease. Because acetylcholine is required for working, exploratory and spatial leaning memory process, failure of which leads to dementia and occurrence of Alzheimer's disease. Further lead molecules that inhibit the enzyme acetyl cholinesterase will improves the brain level acetylcholine and consider as a best therapeutic choice for the management of Alzheimer's disease.

**Objective:** The main objective of the study is to find the efficacy of the lead molecules to bind with these core bio active amino acid residues, Tyr 72, Leu 76, Tyr 77, Pro 78, Ser 347 and Asp 349, Glu 122, Tyr 124 which mediates the enzymatic action of the Acetylcholinesterase (AChE)in comparison with standard drug Donepezil.

**Methods:** A total of 9 bioactive lead compounds were retrieved from the siddha formulation, *Brahmi Nei* and molecular docking was performed against the target Alcetylcholinesterase. Docking calculations were carried out using Auto Dock 4.

**Results:** The bio-active compounds Betulinic acid, Magnolin, Lupeol, Piperine, Beta Turmerone, Brahmic acid, Gingerenone-A and Marmesin present in the siddha formulation showed significant binding against the target protein Acetyl Cholinesterase by interacting with amino acid residues present on the active site.

**Conclusion:** It was concluded that the compounds present in *Brahmi Nei*has promising acetylcholine esterase enzyme inhibition activity.

**Keywords:** *Brahmi nei*, Acetyl cholinesterase, In-silico study

## SIDDHA MANAGEMENT FOR ALOPECIA ERRATA (PUZHUVETTU): A CASE STUDY

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#### **Abstract**

Alopecia areata is an autoimmune disorder characterized by transient, non-scarring hair loss and preservation of the hair follicle. Hair loss can take many forms ranging from loss in well-defined patches to diffuse or total hair loss, which can affect all hair bearing sites, which may cause emotional and psychological distress to patients. In Siddha, Alopecia areata is correlated with Puzhuvettu .As conventional treatments have only a transient therapeutic effect and result in unwanted side effects; many patients have attempted to find therapeutic herbs or compounds that function as safer and more potent treatments for alopecia. This study aimed to determine the efficacy of Siddha formulation "kushta kudori ennai" as anti-alopecia drug by single case study. In this study, we have treated a 34-year-old woman for 8 months with Kushta kudori ennai. The hair eruption started from many patches of the scalp. In this case, regrowth of hair from hair follicles was evident within 25 days of treatment. The collected data of this study suggest treatment provided may bring noteworthy results in Puzhuvettu (Alopecia areata)

**Keywords:** Alopecia areata, Siddha, kushta kudori ennai.

### A case report of chocolate cyst-Siddha Treatment

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**Introduction:** Chocolate cyst are non- cancerous fluid filled cyst typically deep within the ovaries.

**Case Report:** We present a case of 38 years old with a 1year history of painful menstrual cycle, swelling present in left inguinal region. Radiological investigations did not give a definite organ of origin but the ultrasound scan suggested it was left ovary chocolate cyst.

**Conclusion:** current treatment of endometrioma chocolate cyst is mainly used on surgery and ovarian suppressive agents (oral contraceptives, progestins, gonadotropin, and androgenic agents). Hormonal treatment is associated with unwanted effects, recurrence of diseases and symptoms. The present study is about treating chocolate cyst with siddha medicine, symptoms free without any untoward effects. Scan report came normal after the treatment.

Key words: chocolate cyst, siddha medicine, symptoms free

### SIDDHA MEDICAL ASTROLOGY

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### **ABSTRACT:**

### **Introduction:**

"தன்னை அறியத் தனக்கொருகேடில்லை தன்னை அறியாமல் தானேகெடுகின்றான்" திருமூலர்

Perfect Siddha Physician

..... So, one should keep perfection in his each and every events of his life, then only, he is ready for attain perfection.

"சோதிடம் பஞ்சபட்சி–துலங்கியசரநூல் மார்க்கம்..... (18-சித்தர் நாடிநூல்)

### **ASTROLOGY DEFINES:**

"Fools obey planets while wise men control them" ....

Astrological View in the Siddha Texts:

...So, there is no doubt that the subtle body (சூக்குமஉடல்) of the human being — the fate of a person is constructed at the time of conception.

Relationship between planets and Panchabootham (5 Basic Elements)

- 1. Piruthivi (Earth) Mars (Sevvai) செவ்வாய்
- Appu (Water) Moon & Venus (Santhiran&Sukkiran) சந்திரன் ருகக்கிரன்

Relationship between Planets and Tastes (Suvai)

Accodrding to Pullipanni's Sathaga Sindhamani

- 1. ராகு (M.A.N.) கைப்பு (Bitter)
- 2. கேது (D.D.N.) கார்ப்பு (Pungent)

Relationship between Nadi and Planets

Relationship between Zodiac and Physical Temperament of the Body (Parts of the body)

- 1. Aries Head
- 2. Taurus Face

### Abstract

வைத்தியம் செய்யவேண்டியதிதியறிதல்

பிரதமை, சஷ்டி,நவமி,ஏகாதசி,சதுர்த்தி,அம்மாவாசைஎன்னும் இத்திதிகள் அதமம் எக்கிழமையுடன் எந்நட்சத்திரம் கூடின் ஆகாதெனல்

ஞாயிறும் - பரணியும்
 திங்களும் - சித்திரையும்

சுரநட்சத்திர நூல்

In Yugivaithiyasindhamani and Pullippani – 500 the stars were linked to suram (Pyrexia) and the individual had to be recovering from suram according to his star. நட்சத்திரங்களும் ஏற்ற மூலிகைகளும்

ഖ.எண்	நட்சத்திரம்	தமிழ்பெயர்	தாவரப்பெயர்	குடும்பம்
1	<b>அ</b> ஸ்வினி	எட்டி	Strychnosnuxvomica	Loganiaceae
2	பரணி	நெல்லி	Emblicaofficinalis	Euphorbiaceae

### **OBSERVATIONS & RESULTS**

According to Pullippani Sadhaga Sindhamani, I applied the Basic Siddha Astrological Principles to each and every patient in my practice. Regarding that, observations and results noted as tabular column.

S.N	ZODI AC	STAR	MALE	FEMALE
3	AC மிதுனம்	மிருகசீரிடம் 3, 4 ஆம் பாதம்	* APD * Clus. Headache	* Ankylosing spondylitis * DUB
		திருவாதிரை	* Stammering *Skin Manifestations * Sinusitis * Primary infertility	* Haemorrhoids * Hypothyroidism * Bronchitis
		புனப்பூசம் 1, 2, 3 ஆம் பாதம்	* Hernia * Oligosptrmia	* Renal Calculi  * Veruccae  * Cervical
			* PT	spondylosis

### **CONCULSION:**

சித்தமருத்துவத்தின் பரிகார**மு**றையானதுமணி, மந்திரம், அவிழ்தம் என்ற அடிப்படையிலும் ஆனது.

The Siddha System of Medicine is regaining its lost glory throughout the world today. But in our nation due to big prejudice our own system which is Mother of All Healing System excoriated its incogitable elements like Yoga, Varmam & Jothitam etc.

### **References:**

- 1. புலிப்பாணிசாதகசிந்தாமணி
- 2. அகத்தியர் பரிபூரணம் 1200

### TLC, GC-MS, Phytochemical, Physiochemical screening of VaippuSarakkuPerunkayam (Synthetic Asafoetida)

JeyavenkateshJ<sup>1</sup>, SavarirajSahayam C<sup>2</sup>, RojaRamani S<sup>3</sup>, Pitchiahkumar M<sup>4</sup> TLC, GC-MS, Phytochemical, Physiochemical screening of *VaippuSarakkuPerunkayam* (Synthetic Asafoetida) Jeyavenkatesh J<sup>1</sup>, SavarirajSahayam C<sup>2</sup>, RojaRamani S<sup>3</sup>, Pitchiahkumar M<sup>4</sup>

### **ABSTRACT**

### **Background**

Vaippusarakku is a special preparation of synthetic drugs which are used as a substitute. Many drugs are not available round the year or endangered in few regions of the country. Siddhars who propagated Siddha drugs had an in-depth knowledge on drug scarcity in future and invented special methods to prepare synthetic or semi synthetic drugs which are analogous to original drugs. Perunkayam is widely used for making food, medicine, and food additives. Perunkayamvaippusarakkucan be prepared by mixing few herbal parts and by following certain procedures. The product is mere similar in physical and chemical properties. The semi synthetic compounds can be used toprepare medicines.

### **Objectives**

The objective of the study isto prepare and standardize the Siddhaformulation *perunkayamvaippusarakku*.

### **Methods**

The drug was prepared as mentioned in the text *SikitchaRathnaDeepam*. Organoleptic characters like appearance, colour, taste and odour of was noted. It was screened for moisture content, total ash value, acid insoluble ash, water soluble extractive value, alcohol soluble extractive value to estimate the quality of *vaippusarakku*. Preliminary Phytochemical evaluation and physicochemical parameters were found. It was also employed for TLC, GC-MS to standardize the *vaippusarakku*.

#### Results

HPTLC fingerprinting profile of alcohol extract showed eight spots at Rf values, GC-MS Report Methanol extract showed 42 compounds. The results of the preliminary phytochemical test showed alkaloids, tannin, flavonoids, phenols, fixed oil, gums etc.

### **Conclusions**

The above experiments confirmed the more similarity between original and synthetic preparations of *perunkayam* (Asafoetida) and also revealed the few newer compounds in *vaippusarakku*.

### **Key words**

Sikitcha Rathna Deepam, Perunkayam, Vaippusarakku, Asafoetida,

### Significance of Probiotics, Prebiotics and Synbiotics in Siddha System of Medicine: A Review

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### **Abstract:**

Background: The Siddha system of medicine, a traditional Indian medical system, emphasizes the importance of maintaining a healthy gut for overall well-being. Probiotics, prebiotics and Synbiotics have gained significant attention in recent years for their potential health benefits, particularly in promoting gut health. This review aims to explore the significance of Probiotics, Prebiotics and Synbiotics in the context of the Siddha system of medicine.

### **Objective:**

The objective of this review is to examine the traditional knowledge and scientific evidence supporting the utilization of Probiotics, Prebiotics and Synbiotics in Siddha medicine and their potential therapeutic applications.

### **Method:**

A comprehensive literature search was conducted using various databases, including PubMed, Google Scholar, and traditional Siddha medicine texts. Articles and studies related to Probiotics, Prebiotics and Synbiotics their relevance in the Siddha system of medicine were included.

### **Results:**

The review demonstrates that the Siddha system of medicine recognized the importance of gut health in maintaining overall health and preventing diseases. It identified several animal products, plant based probiotics and prebiotics that were traditionally used to promote gut health and strengthen the immune system.

### **Discussion:**

The utilization of Probiotics ,Prebiotics and Synbiotics in Siddha medicine aligns with the principles of maintaining a balanced gut microbiota. Scientific studies have shown that these microorganisms and dietary fibers can modulate the gut microbiome, enhance digestion, and improve nutrient absorption.

### **Conclusion:**

Incorporating Probiotics, Prebiotics and Synbiotics into the Siddha system of medicine provides a scientific rationale for their traditional use in promoting gut health and overall well-being. Further research is needed to validate their efficacy and safety in Siddha medicine and explore their potential applications in managing specific diseases.

**Keywords:** Siddha medicine, probiotics, prebiotics, Synbiotics, gut health, traditional medicine, therapeutic applications.

## A CLINICAL EVALUATION OF SIDDHA HERBOMINERAL FORMULATION KASAKULANTHAGA MATHIRAI IN SWASAKASAM (BRONCHIAL ASTHMA)

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### **ABSTRACT**

### Background

In siddha literature various herbal herbomineral drugs are mentioned for the management of Bronchial Asthma. In the text *KannusamiParambaraiVaidhyam* a Siddha formulation *KasakulanthagaMathirai* has been especially indicated for *Swasakasa*(Bronchial Asthma). Toxisity and Activity studies of *KasakulanthagaMathirai*have been done earlier. So the drug is safe to human use and it possesses Bronchodilator, Anti-inflammatory, Anti-histamine, and Anti-spasmodic activities.

### **Objective**

To evaluate the siddha formulation "KasakulanthagaMathirai" in the management of "Swasakasam" (Bronchial Asthma) by using PFT.

### Materials and methods

The study was a prospective, open-label, single-arm clinical trial in which 30 participants were recruited and KM was given for 10 days. Laboratory investigations, PFT, Asthma Score were performed at baseline (Visit 1) and 11<sup>th</sup> day.

#### Results

In statistical analysis the P-value is less than 0.01, null hypothesis is rejected with respect to the following PFT parameters FEV1, FEV1\FVC, PEF, MEF50, MEF75, MEF 25-75 and blood parameters ESR, Ig E, AEC, E and Asthma score. i.e there exist significant difference for these parameters before and after treatment.

### **Conclusion**

In the clinical study, drug showed significant clinical improvement in all 30 cases. The results of clinical trial indicate that the trial drug is clinically effective in Bronchial Asthma.

**Key words:** Siddha, Clinical study, KasakulanthagaMathirai

### PRECLINICAL SAFETY EVALUATION OF NILAVEMBU KUDINEER – A SIDDHA POLY-HERBAL FORMULATION

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### **ABSTRACT**

**Background:** Nowadays, research on *Nilavembu Kudineer* (NVK) has attracted a lot of attention globally. It has been extensively studied for its pharmacological activities but the safety study is spared. Hence, this study was designed to investigate the safe administration of NVK. Aim: To evaluate the safety profile of "Nilavembu Kudineer" in Wistar Albino rats. Materials and Methods: In the Acute oral toxicity study, NVK was administered at 2000 mg/kg b.wt.,p.o and animals were observed for toxic signs at 0.5, 1, 2, 4 hours and for the next 14 days. Grossly, pathological changes were observed at the end of the study. In a repeated dose 28-day oral toxicity study, NVK was administered at the dose of 0.5g/kg.b.wt, 1g/kg.b.wt, 4g/kg.b.wt to low, mid and high dose groups of rats, respectively. Mortality, body weight, feed and water intake, haematology, clinical biochemistry, hormone analysis, gross pathology, relative organ weight and histopathological examination were performed. Satellite high dose groups 4g/kg b.wt/p.o/day were also maintained to determine the delayed onset of toxicity. Results: In the acute toxicity study, no treatment-related death or toxic signs were observed. In the repeated dose toxicity study, no significant changes were noted in body weight, food & water intake. Also, the changes in hematology, clinical biochemistry, gross pathological findings and difference in relative organ weights, histopathological examination show no significance between control and treatment groups, Hormonal analysis (FSH, LH, Testosterone, Estrogen and Progesterone) exhibit significant changes. Conclusion: Acute study reveals that the LD<sub>50</sub> of NVK is > 2000mg/kg, b.wt. No Observed Adverse Effect Level of NVK is > 4g/kg.b.wt, p.o in rats. There were no delayed effects of NVK.

**Keywords:** Acute oral toxicity, Andrographispaniculata, Dengue, *NilavembuKudineer*, repeated oral toxicity.

## MAGNANIMOUS DIET IN SIDDHA FOR DIFFERENT PHASES OF WOMEN'S LIFE PROVES TO BE SALIENT IN HEALTHY LIVING- AN OVERVIEW

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### **ABSTRACT**

Siddha system of Medicine pivoted to be a traditional system which was founded by Siddhars; it is one of the oldest traditional medical system which have a sound scientific background and a vast history of effectiveness and values, Famous Saint and Poieter Thiruvalluvar says in his Thirukural that "Marunthena vendavaam yaakaikku arunthiyathu attrathu potri unin" Hence diet and nutrition plays a major role in retaining healthy life, The present scenario regarding the frequency of obstetrical issues is alarming. Adolescence is the period of transition between puberty and adulthood. Since menarche is one of the signs of puberty, it can be viewed as a significant occasion in the lives of adolescent girls. Menarche tends to occur earlier in life, according to studies, because of poor sanitary, nutritional, and economic conditions in society.75% of girls experience some problems associated with menstruation including delayed, irregular, painful, and heavy menstrual bleeding, appears that occurrence of dysmenorrhea is increasing in the population; such sufferings would affect the productivity among females. Giving the right nutrients and diet may influence this. In Accordance with Siddha literature, some foods are beneficial during different phases of menstrual cycle, in follicular phase, Sesamum indicum balls, at ovulatory phase Vigna mungo kali, on luteal phase Trigonella foenum porridge will be given to regulate the hormonal imbalance therefore, it can be stated that a comprehensive diet and nutrition among womens on menarche help girls to cope better and seek proper medical assistance. This paper gives a scientific validation of diet and nutrition in menstrual phases

**Keyword:** Menstrual phase, Women's health, diet and nutrition, Siddha system of Medicine.

### Management of Avulsion Fracture through Siddha External Therapy and Varmam: Case Study

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#### **Abstract:**

Avulsion fractures, commonly caused by traumatic injuries, have significant challenges in orthopaedic medicine due to their tendency to disrupt joint stability and hinder the healing process. Conventional treatments such as immobilization and surgery have been widely employed, but alternative therapies rooted in traditional medicine have shown promising potential. This study aimed to investigate the efficacy of Siddha External Therapy combined with Varmam, a traditional healing technique, in the management of avulsion fractures.

A single-case study design was employed, involving a patient diagnosed with an avulsion fracture of the ACL at tibial attachment with diffuse partial intra subcutaneous tear. Siddha External Therapy comprised the application of herbal poultice, oil, and stimulation of certain varma points to promote healing. The patient underwent regular treatment sessions over a period of six weeks. Preliminary results indicated a significant reduction in pain levels and improvement in functional status. Radiographic evaluation also revealed progressive signs of fracture healing. This study provides initial evidence supporting the potential of Siddha External Therapy and Varmam as a treatment option for avulsion fractures. Further research with larger sample sizes and controlled designs are needed to validate these findings.

Key words: Avulsion fractures, Siddha external therapy, Varmam, Fracture healing

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### INSTRUMENTAL ANALYSIS OF SIDDHA POLY HERBAL FORMULATION AMURTHATHI CHOORANAM

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### **ABSTRACT**

**Background:** *AmurthathiChooranam*(*AMC*) is a Siddha poly herbal formulation mentioned in the Siddha text "*AnubavaVaithiya Deva Ragasiyam*" which is indicated for Urolithiasis. The drug *AmurthathiChooranam* was prepared as per the standard operative procedure and it exposed to several studies to reveal for its effectiveness. Standardization of Siddha poly herbal formulations is mandatory to assess the quality of the drugs for treatment procedures.

**Aim:** The aim of the study was to standardize the *AMC* by modern instrumental analytical techniques such as Inductively Coupled Plasma Optical Emission Spectroscopy (ICPOES), Scanning Electron Microscope (SEM) and Fourier Transform Infra-Red Spectroscopy (FTIR).

**Materials and methods:** FTIR and ICP-OES analysis was performed at IIT, Madras as per the standard procedure. SEM analysis was carried out as per the standard procedure at Anna University, Crystal growth Centre, Chennai.

**Results and Discussion:** ICP-OES reveals high concentration of P in *AMC* (146.341 mg/L). It also has physiologically important minerals like Ca, Fe, K, Mg, Na, S and Zn. The heavy metals such as Mercury, Arsenic, Lead, Cadmium, and Aluminium were observed as Below Detectable Limit. The chemical finger print was exhibited by using modern techniques like Fourier Transform Infra-Red Spectroscopy (FTIR). The stretches and bonds present in the FTIR analysis indicated the presence of functional groups Amide, Phenols, Alcohols, Alkanes, Aldehyde, Amine, Alkenes, Alkanes, Ester, Ether, Alkyne and Halo compounds which may be the reason for the therapeutic potency of the trial drug *AMC* and the SEM picture indicated the existence of microparticles and its bio availability. Based on the results, *AmurthathiChooranam* is safe, preferably non-toxic to human for its therapeutic dose.

**KEYWORDS:** *AmurthathiChooranam*, Siddha Poly herbal formulation, Instrumental Analysis.

### Standardization of KomoothiraSilasathuparpam

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#### **Abstract:**

Siddha System is one of the Traditional systems of Medicine in India. This system has developed a rich and unique treasure of drug knowledge in which use of metals and minerals is very much advocated some idea about the depth of knowledge. The System possess in the field of mineral, materia medica can be found from the detailed drug classifications.

The aim of this study is to validate the safety and efficacy of Komoothira Silasathuparpam for madhumegam (diabetes mellitus) by preclinical studies and to standardize the preparation of drug according to classical Siddha literature. Standardization of the drug is more essential to derive the efficacy and potency of drug, which was analyzed by the various method. The results of physio chemical and bio chemical analysis have been done and tabulated. The result reveals the effectiveness of drug KomoothiraSilasathuparpam has been proved by scientific parameters.

**Keywords:** KomoothiraSilasathuParpam, Madhu megam, Standardization.

## Anticataract and Aldose Reductase Enzyme Inhibition Potential of the Siddha formulation Ilaneer Kuzhambu on Glucose-induced cataract Model

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### **Abstract**

Cataract which causes opacification of the lens is the foremost reason for blinding, accounting for above 51% of the global burden. Cataract sightlessness affects over 65 million individuals globally, with 28,000 new cases diagnosed every day. Cataract affects around 25% of the elderly population (above 65 yrs) and 50% of persons above 80 years. Even though cataract surgery is simple and safe, it may also have some complications such as retinal detachment. Hence, considering an effective yet low-cost alternative for managing this ocular disease seems to be very much needed at this hour. Siddha medicine pioneered the treatment of inflammation and other degenerative conditions; the majority of Siddha proration is made up of botanical substances with new therapeutic properties. Herbal supplements are well-known for their high safety index. The primary objective of this study is to explore the potential of the Siddha formulation Ilaneer Kuzhambu (IK) in preventing cataract development induced by glucose in an isolated goat lens preparation. Additionally, the study aims to evaluate the formulation's ability to inhibit aldose reductase enzyme activity. The study's findings indicate that the goat lens in group I maintained its average transparency with a high visibility score of  $52.8 \pm 4.49$ . The lens belonging to group II has shown complete cataractogenesis with total loss of transparency and the corresponding visibility score was  $9.8 \pm 1.92$ , significantly lower than group I. Improved visibility was observed in the lens belonging to group III incubated with 100µl of the test drug with a score of 17.6±2.07 similarly lens of group IV with 200µl showed a significantly higher level of visibility score with 25.4  $\pm$  3.57. IK showed significant inhibition of the aldose reductase enzyme with a maximum inhibition of about 44.31± 9.016%, and the corresponding IC50 is  $530.7 \pm 40.28 \,\mu$ l / ml. The current study results indicate that the use of the Siddha formulation IK may have potential in the therapeutic treatment of cataracts in older adults.

Keywords: Siddha formulation, herbal supplements, cataractogenesis, cataract, anticataract

## INCULCATION OF SIDDHAR YOGAM AND SIDDHA VARMAM FOR MANAGING THE LEARNING DISORDERS IN ADOLESCENTS VIA RBSK SCHEME- A PROPOSAL

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The RBSK scheme or the Rashtriya Bal Swasthya Karyakram is a scheme that has been introduced by the Ministry of Health and Family Welfare, Govt of India with the aim of providing comprehensive care to all the children in a community. The scheme is primarily directed at the screening and free treatment of the children from birth to 18 years of age for four Ds- Defects at birth, Diseases, Deficiencies and Development delays, spanning 32 common health conditions.

Siddhar Yogam and Siddha Varmam are the branches of Siddha System of medicine which are specifically effective in the management of conditions that require prolonged/ lifelong treatment.

Of the 32 health conditions, some are in the dire need for surgical intervention. The other conditions could only be managed. Not treated. Grossly speaking, developmental delays could never be completely treated and the patients are on drugs/ treatments throughout their life. The administration of Siddhar Yogam and Siddhar Varmam methods could boost up the results of the pre existing treatments. One major setback that such students face in their day to day life is the learning disorder-a condition where the child has difficulty in one or more areas of learning, even when overall intelligence or motivation is not affected. These may include processing of phonetics, language, memory etc.

Siddhar Yogam and Siddha Varmam techniques include the self manipulation of certain Varma points and the practicing of Ashtaanga Yogam techniques to bring down the severity of such conditions. These have proven to have a better stand in managing such conditions, when coupled with the pre existing treatment techniques. This paper proposes how these cost effective yet easily administrable techniques could be inculcated in the RBSK scheme.

**Key words:** Learning disorders, RBSK Scheme, Siddhar Yogam, Siddhar Varmam. \* *JRF*, \*\*Co- Ordinator, Peripheral Pharmacovigilance Centre, Kayamozhi, Tuticorin-628215 Contact: 8608605043; Mail: binthujainthuja@gmail.com

### ARCHEOLOGICAL REMNANTSOF MEDICAL REFERENCES IN ANCIENT TAMIL NADU.

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Siddha medicine is one of the ancient traditional medical system that originated in ancient South India. It is believed to have been developed by the Siddhars, enlightened beings who attained spiritual knowledge and mastery over the physical body. While Siddha medicine has a long history and rich tradition, it is important to note there is paucity of archaeological evidence relating to Siddha system of medicine.

Although there is a scarcity of archaeological evidence specifically related to Siddha medicine, the broader field of archaeology has uncovered artifacts, Temple wall writings, Stoneinscriptions, Copper plates, ancient texts, palm leaf manuscripts that provide glimpses into the ancient medical practices of the region. Additionally, traditional Siddha practitioners have maintained a continuous oral tradition, passing down their knowledge and practices from one generation to another with an emphasis on practical training and apprenticeship. This living tradition and the knowledge transmitted within Siddha lineages form an important part of the Siddha medicine system.

In this paper the author wish todivulge details the of archeological and historical evidences of Siddha medical practices with the following references; Ancient texts like Tolkappiyam, Kurunthogai, Agananuru, Purananuru, and Nattrinai etc., Stone inscription in the middle of a village Kilputtur, Kanchipuram; Temple wall writings such as Perumal temple Poigai near Viranchipuram, Vellore; Agatheeswarar Kovil, Agatheeswaram Village, Kanyakumari; Dhanwantari shrine in Sri Ranganatha Temple, Srirangam, Tiruchirapalli. Temple wall inscription at Narasimha temple, Madurai; Brihadhiswara temple, Thirukoteeswarar Temple, Matchapureeswarar Thanjavur; Sivayoginatha temple, Kumbakonam; Agnipurisvara temple, Gomuktisvara temple, Mallika arjuneshwarar temple, Nagapattinam; Haratirthesvara temple, Pudukkottai; Marundeeswarar temple, Coimbatore; Chokkanathar temple, Tirupur; Meenakshi Amman temple, Tirupur; Agatheeswarar temple, Tiruvarur; Ramachandra-Perumal temple, Tiruvannamalai; Rudrakotisvara Brahmadesam; Gopalaswamy Temple, Tirunelveli; Nataraja Temple, Chidambaram; Tiruvikrama Temple, Tirukoyilur, Lakshmi narayanaswamy temple, Venkatesa Perumal Temple, Kancheepuram. The sacred oil in the well at Vanamamalai Thothatrinathan Perumal Temple, Tirunelveli. Oottathur, Sri Suddha Rathnapureeshwarer temple for healing renal diseases. Thirukaravasal Kannyiranathar temple, Tiruvarur for eye Diseases. Kundadam Vaduganathar near Tirupur having fetal development sculptures in temple architecture. Airavateshwara temple, Darasuram, Meenakshiamman temple, Madurai having pregnant woman sculpture in temple architecture. The above mentioned inscriptions presents the names of physicians, Hospital names, Surgeon name in ancient India, temple tales explainsabout the treatment procedure for specific diseases, few temples and Adichanallur excavations expels some anatomical and physiological findings of the human body. All these evidences are still holding the rich medical heritage of Siddha medicine.

Keywords: Epigraphy, History, Archeology, Excavation, Siddha Medicine.

### ACUTE AND CHRONIC ANTI INFLAMMATORY ACTIVITY OF SIDDHA POLY HERBAL DRUG AVURI KARPAM

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### **ABSTRACT**

**Background:** *Karpam* is one of the types of internal Siddha medicine. *Karpam* (rejuvenating/ elixir drugs) is a process in which leaves, herbs, roots, salts and minerals are consumed in a specific dose for a given period, along with the dietary regimen prescribed for it. They could be prepared daily or already prepared medicines could be used. *Avuri Karpam* (AK) is a poly herbal formulation mentioned in Classical Siddha literature *Pathartha Guna Vilakkam* and it contains *Avuri ilai* (*Indigofera tincotria*), *Kaiyanthagarai* (*Eclipta alba*), *Kuppaimeni* (*Acalypha indica*), *Kottaikkaranthai* (*Spaeranthus indicus*), *Vallarai* (*Centella asiatica*), *Pottrilaikaiyanthagarai* (*Wedelia chinensis*), *Seruppadai* (*Coldenia procumbens*) indicated for treating *Keelvatham* (Arthritis), *Udhirakkattu*, *Sarpavisham*.

**Objectives:** The aim of the present study was carried out to document the acute and chronic anti inflammatory activity of *Avuri Karpam* (AK) in wistar albino rats.

**Methods:** Acute anti inflammatory activity study was done using carrageenan induced paw edema method. In this study animals were divided into 5 groups with 6 animals in each group. Group-I (control) received 3% gum acacia 10 ml/kg p.o. Group-II (Carageenan) received 0.1ml of 1% w/v suspension of carrageenan S.C Group-III (standard) received Indomethacin 40 mg/kg p.o. Group-IV received AK 400mg/kg p.o. Group-V received AK 800mg/kg p.o. Chronic anti inflammatory activity were documented by using cotton pellet granuloma method. Totally, four experimental groups and six rats were employed for each experimental group. Group I is control. Group II received Indomethacin 20 mg/kg. Group III received AK 400mg/kg. Group IV received AK 800mg/kg.

**Results:** The results of acute anti inflammatory activity study showed percentage Inhibition at 5 hours of standard drug treated group was 59%. AK 400mg/kg treated group had shown 42% of inhibition. Group V AK 800 mg/kg group showed 54% inhibition which was very close to the standard group inhibition. Chronic anti inflammatory activity result indicated that AK at the dose levels of 400 mg/kg and 800 mg/kg produced a significant decrease the weight of granuloma 46.2 □ 5.66, 44.4 □ 2.22 respectively when compared with control group and percentage of protection follows in group II 35%, group III 15%, group IV 29.3%.

Conclusion: Since it was concluded that Siddha drug has potent of acute and chronic anti inflammatory activity.

**Keywords:** Acute inflammation, Chronic inflammation, Siddha drug, Herbal medicine, Karpa marundhugal, Arthritis.

### Clinical observation of Purgation therapy (Bhedhi) in Saganavatham(Cervical spondylosis) – A Case Series

M.Suguna

#### **Abstract**

Saganavatham simulates Cervical spondylosis, is a term that encompasses a wide range of progressive degenerative changes that affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamentaflava, and laminae). It is a natural process of aging and presents in the majority of people after the fifth decade of life Symptoms of cervical spondylosis manifest as neck pain and neck stiffness and can be accompanied by radicular symptoms when there is compression of neural structures Neck pain is a widespread condition and the second most common complaint after low back pain. Given its significant burden of disease associated with substantial disability and economic cost, healthcare providers need to recognize symptomatic cervical spondylosis and provide evidence-based, cost-effective interventions So an observational study was conducted on 10 patients of saganavtaham selected from OPD and IPD of Govt.Siddha Medical College, Palayamkottai, satisfying the inclusion criteria. The treatment viz the first line of treatment in Siddha system is Bhedhi (Purgation therapy). The vatham is decreased by giving Bhedhi based "Bhedhiyaalvathamthaalum". Agasthiyarkuzhambu is commonly used purgative drug which is used in this study. Patients complaints were assessed before and after treatment with 1) Siddha diagnostic tool neerkuri and neikuri,2)Questionnaire about increased vatha symptoms and 3)Visual Analog Scale and Range of motion. After giving Agasthiyar kuzhambu follow up the patients they got relieved from their symptoms and got satisfactory results with the Siddha line of management.

**Keywords:** Cervical spondylosis, Saganavatham, Bhedhi(Purgation therapy), Agasthiyarkuzhambu, Neerkuri and Neikuri, VAS scale and Range of motion.

# EVALUATION OF IN-VIVO BRONCHODILATOR ACTIVITY OF MONO HERBAL SIDDHA FORMULATION KANDUPARANGI CHOORANAM (PYGMAEOPREMNA HERBACEA - ROOT POWDER) BY EGGALBUMIN INDUCEDANAPHYLAXISINGUINEA PIGS

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### **ABSTRACT:**

Introduction: Monoherbal formulation which is used in ancient Siddha medication has an abundant variety of bio-active substances as primary and secondary metabolic end products which shows so many medicative activities including the bronchodilator effect. Materials and methods: The bronchodilator activity of *Kanduparangi chooranam* (KC) was evaluated by using egg albumin-induced an aphylaxisinguinea pigs. GroupI was administered 0.5% CMC (control), Group II was administered Mepyramine maleate (10 mg/kg= 0.1%Soln.) (standard), GroupIII was administered *Kanduparangi chooranam* (100mg/kg), Group IV was administered *Kanduparangichooranam* (200mg/kg). One and half hours later the animals were exposed to 0.2% histamine aero soland time for pre-convulsive dyspnoeastate (PCD) was noted for each animal. The end point for PCD was determined from the time of aerosol exposure to the onset ofdyspnea leading to the appearance of convulsions.

**Results and Discussion:** Egg albumin-induced anaphylactic response was significantly prohibited by the mono herbal drug and there is no mortality in the group treated with Siddha formulation *Kanduparangi chooranam*(200mg/kg) against 70% mortality in the control group (untreated group). The findings reveal protection against egg albumin-induced anaphylactic shock characterized by a decrease in intensity and delay in the development of symptoms of dyspnoea, asphyxia and collapse.

**Conclusion:** In line with this notion, the bronchodilator effect of *Kanduparangi* chooranammay be due to the inhibition of the phenomenon of sensitization or non-availability of antibodies on the mast cell surface. These results suggest that *Kanduparangi chooranam* has significant bronchodilator activity which is useful in the management of acute or chronic asthmatic conditions.

### **Keywords:**

Kanduparangi chooranam, Pygmaeopremnaherbacea, Mepyramine maleate, Anaphylaxis, Bronchial asthma.

### FOLLOWING SIDDHA MODE OF DIET IN TREATING LIVER DISORDER

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### **ABSTRACT:**

### **BACKGROUND:**

On the basis of the thirithoda miguthipadum (pitha thoda – salt taste).

### **OBJECTIVE:**

By avoiding salt (uvarupu) in treating /enchancing health in liver disorder. Regulation pitha thosa by complete restriction of salt.

### **METHOD:**

Diet and regime following strict salt restricted diet and itchapathiyam along with phyllanthus niruri powder 2-3gms (half spoon) with hot water twice a day for the period of 48 days.

### **RESULT:**

During commencement of treatment Bilirubin total -2mg, bilirubin direct -1.2mg / dl, sgpt -56 u/l was reduced to bilirubin total -0.9 mg /dl, bilirubin direct -0.5 mg/dl, sgpt -33 u/l.

### **CONCLUSION:**

On following salt restricted diet in liver disorder. It is concluded that patient health condition reversed to normal.

**KEY WORD:** pitha, salt, niruri, liver, bilirubien, sgpt.

### UNTARGETED APPROACH TO THE EXPLORATION OF IN VITRO ANTI-TUBERCULOSIS ACTIVITY OF TRADITIONAL SIDDHA DRUG URAI MATHIRAI

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### **BACKGROUND:**

In 2016, World Health Organization (WHO) estimates Mycobacterium tuberculosis among children was reported has15-20% of all TB cases, contributing 27% to the global burden. It is due to the development of resistance against both the first line and second line drugs in all over the world including India. Urai mathirai is a poly herbal formulation used for the prevention of recurrent respiratory and gastrointestinal infections among children. There is no scientific evidence to prove the drug with anti-tuberculosis activity. So, the present study was aimed to explore therapeutic efficacy of urai mathirai in H37Rv strain and MDR strain to evaluate in-vitro anti-tuberculosis activity of urai mathirai.

### **OBJECTIVE:**

In vitro anti-tuberculosis activity of urai mathirai by standard procedures.

### **METHODS:**

The ingredients of urai mathirai are Zingiber officinale, Glycyrrhiza glabra, Anacyclus pyrethrum, Acorus calamus, Myristica fragrans, Terminalia chebula, Quercus infectoria, Allium sativum, Piper longum and Ferula asafoetida. Urai mathirai were used as a test compound against M.tuberculosis H37Rv and multi drug resistant isolates strains and rifampicin were used for its comparison. The Minimum Inhibitory Concentration (MIC) of the drug was tested at the concentration ranging from 1, 10, 50 and 100 mg/ml against the MDR clinical isolate and H37Rv strains.

### **RESULTS**

Urai mathirai were evaluated by adopting Luciferase reporter phage (LRP) assay shows the complete growth inhibition was observed in the concentration of 10 mg/ml in both standard clinical isolate strains of H37Rv and MDR .

### **CONCLUSION**

The research work of this study concludes that the anti tuberculosis activity of urai mathirai against H37Rv and MDR clinical isolate strains of Mycobacterium tuberculosis.

### **KEY WORDS:**

Urai mathirai, H37Rv and MDR strains, anti-tuberculosis activity.

### Evaluation of Analgesic and Anti-arthritic activity of Higher Order Siddha Mercurial PreparationVajjiragandiMathirai

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#### Abstract:

The Siddha system has been serving the mankind from time immemorial by providing remedy for all kind of diseases. There are three kinds of material bodies (Vatham, Pitham and Kapham) that present in all parts of the human frame, that by their presence in proper quality and quantity cause health and in abnormal condition cause disease. The disease AzhalKeelVayu is due to the derangement of humours Pithamand Vatham. Azhal keel vayucan be correlated with Osteoarthritis has the symptoms of pain, restricted activity& marked decline in the quality of life. It's prevalence around 23.46 million individuals in India in 1990; this increased to 62.35 millions in 2019. Management of OA is a challenging one with the existing treatments like NSAIDs and surgical procedures since it causes many complications. In this crisis, the higher order mercurial Siddha formulation VajjiragandiMathirai seemsto be veryeffective in the treatment of AzhalKeelVayu. VajjiragandiMathiraiprepared from Pooram(Hydrargyrum *Veeram*(Hydrargyrum perchloride). subchloride). Lingam(Cinnabar)and Rasachenduram(Red sulphide of mercury) as main ingredients and these four have the property of neutralizing the Vathahumour and subsequently the Pitha humour. Hence, this study aims to evaluate the analgesic and anti-arthritic activities of Vajjiragandi mathirai. Analgesic activity by Eddy's hot plate method and Acetic acid induced writhing in mice. Vajjiragandi Mathirai 200mg/Kg increased the paw licking time significantly (P<0.01) after 45 minutes of test drug treatment and significantly decrease the number of chemical writhing in 10 min compared to control group. Anti arthritic activity by Freund's adjuvant induced arthritis in rats. Acute treatment with Vajjiragandi Mathirai significantly reduced the right paw oedema in all animals of the experimental group in a dose dependent manner. Chronic treatment with VajjiragandiMathiraiin treatment group with 400mg dose presented a reduction of the paw's oedema.

**Key words:** Siddha system, Vajjiragandi mathirai, Analgesic activity & Anti arthritic activity.

### CARBAMAZEPINE RESISTANT TRIGEMINAL NEURALGIA MANAGED WITH SIDDHA HERBO MINERAL MEDICINAL FORMULATION THAMIRA PARPAM A PILOT SINGLE ARM CLINICAL TRIAL

Shakthi Paargavi A<sup>1\*</sup>, Elakkiya R<sup>2</sup>, Gayatri R<sup>2</sup>, Srinivasan V<sup>2</sup>, Ramamurthy M<sup>3</sup>, Elansekaran S<sup>3</sup>, Christian Gnanaraj Johnson <sup>4</sup> Meenakumari R<sup>5</sup>

### **ABSTRACT:**

Background: Trigeminal neuralgia is considered the most excruciatingly painful condition known to mankind. Due to the sharp, intense, and stabbing nature of the pain, sufferers called it "suicide disease". The management of trigeminal neuralgia includes anticonvulsants, tricyclic antidepressant drugs, and other surgical measures. The inherent side effects and the limitations of the efficacy necessitates the search for alternative or complementary Traditional medical treatments with safer and superior activity. The management strategy in extremes of disease conditions is mentioned by Sage Agathiar in his Siddha treatise, Agathiar chillarai kovai advocates to escalate the treatment strategy from conventional concoctions made from roots and leaves to metallo-mineral salts synthesized with varieties of physico-chemical processes. In this context, the anecdotal experience and analogous indications of Thamira (Sembu) Parpam, a copper-based Siddha metallo mineral formulation had been chosen as trial drug. This Siddha formulation is indicated for the management of Kabalavali Soolai (Lancinating pain due to vali humor in skull). Aim: To rediscover a comprehensive solution for the extremely distressing and painful condition of Trigeminal Neuralgia through pilot clinical study. Objective: To determine the efficacy of *Thamiraparpam* in aborting the painful episodes of Trigeminal Neuralgia through an open clinical trial. Methods: This research has been conducted according to the International Conference on Harmonization of Good Clinical Practice Guidelines (ICH-GCP) and the Declaration guidelines. (IEC NO : NIS/IEC/2019/P-13 & CTRI CTRI/2019/04/018675) Results & Conclusion: This study demonstrates that TN cases can be successfully managed with Siddha medical treatment alone, with no surgical intervention required even in Carbamazepine resistant cases.

Keywords: Siddha, Trigeminal Neuralgia, Thamira (Sembu) Parpam, Kabalavali Soolai

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## WIDELY USED MILLETS IN SOUTH INDIA AND THEIR NUTRITIVE AND THERAPEUTIC VALUE IN SIDDHA SYSTEM OF MEDICINE.

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### Abstract:-

Millets are one of the oldest food followed by people of Asia and Africa for centuries. But now the production and consumption of millets have declined significantly. With the aim to create awareness and increase production and consumption of millets, United Nations, at the request of the Government of India, declared 2023 the international years of Millets.

### Aim and Objective:-

To study the therapeutic value of millets.

### **Results and Discussion:**

Regular Consumption of millets reduces the Postprandial blood glucose and HbA1C levels. By better glycemic control it reduces the risk of atherosclerotic cardio-vascular disease. By virtue of presence of various antioxidants, it lowers Blood Pressure.

### **Background:**

In India particularly in Tamilnadu we are using millets as our traditional food. Siddhars also mentioned about millets in their Literature.

### Materials and methods:

This Review Article focuses on the types uses, contents and properties of millets widely used in South India based on the index journal, Pubmed, Siddha Literature patharthagunasinthamani.

### **Conclusion:**

Based on the Journals, Pubmed and Siddha Literature we conclude that millets have low glycemic index, higher nutritive value and antioxidant property.

### **Keywords:**

Millets, low glycemic index, antioxidant

### Management of Pes planus in Siddha System of Medicine- A Case Report

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### **Back ground**

Flatfoot can occur with the arch don't develop during childhood and it is common due to the fact that their bones and joints are still extremely flexible. Most of the children outgrow the condition by age of six. If the child is experiencing pain and discomfort due to flat foot it is recommended to consult an orthopedician.

Musculoskeletal condition and its management are well explained in Siddha Varma literatures like Varma odivumurivusara soothiram-1200, Odivumurivu saari-1500, Odivumurivukattusoothiram.etc.

### Methodology

6 year old female child reported at OPD of Santhigiri Siddha Medical College with the complaints of loss of arch of both feet during walking and occasionally fall down during running. Diagnosis was done by clinical examination. Varma kattumurai using specialized foot splint was done and assessed the patient for 3 months. Outcome of the study was done with clinical examination.

### **Result and conclusion**

After treatment arch of the both feet improved visibly and symptoms of the patient relieved completely. So we can explore this method widely to correct the pes planus without the surgical intervention.

Key words- Varma kattumurai, Pes planus management

## SIDDHA EXTERNAL THERAPY FOR THEMANAGEMENT OF POUTHIRAKATTI MATRUM KODIPOUTHIRAM (Large Gluteal Abscess with Multi Tract Fistula ) - A case report

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### **BACK GROUND:**

Pouthirakatti (Gluteal abscess) is an intramuscular soft tissue lesions of gluteal region characterised by inflammation and collection of pus. Kodi pouthiram (Multi Tract Fistula) is an abnormal tunnel under the skin that multiply connects the anal canal in the colon to the skin of the buttocks. In many cases they require surgical management and also it is notorious one.

### **OBJECTIVES**

The objective of the study is to explore the efficacy of Siddha external therapies such as keeral(Incision) and Kara Thiri (Alkaline thread).

### **METHODS:**

A 35 years old female patient came to our hospital with the complaints of large swelling in the gluteal area, pain and tenderness since 10 days. She also complained about difficulty in passing stools, chills and fever on and off. She was examined and found a large swelling in the gluteal area around the anus in 3'o, 9'o, 12'o position. P/R examination showed collection of pus in the anal canal. An external application Amirthavennai was given to be smeared on the abscess and follow up on 3rd day showed that the abscess had beed well ruptured in 3'o and 9'o areas. The wound was cleaned with Matthanthylam. A cloth was made a wick using Megaranakalimbu and inserted into the openings of the abscess.

### **RESULTS:**

Patient was reviewed after 15 days. Swelling was completely subsided. P/R examination showed no collection of pus. Right side abscess drained well and closed. Another abscess in the left side at 3'o position is now marked with a small opening. Patient is now comfortable and feels better. She was explained about fistula and it's management through Kaaranool. She is further advised to visit OPD with MRI Fistulogram report.

### **CONCLUSION:**

Management of large gluteal abscess without any modern antibiotics, modern surgical procedure, the case well responded to Siddha para surgical procedures and minimal oral Siddha drugs such as Kuppaimeniennai and Gandhagarasayanam.

Siddha doctors should come forward to employ Siddha para surgical therapes like kaaram, salagai, keeral for the management of surgical case in cost effective manner. The study shows a light on Kaaram application in the management of Anorectal diseases. Patient is advised for the importance of fibre rich foods and millets for the prevention of Anorectal diseases in future. In recent days we are using rich fat and carbohydrates in our routine diet. The study shows the importance of millets and fiber rich foods in recent days to prevent the life style diseases especially piles and fistula.

**KEYWORDS:** Kaarathiri, Keeral, pouthirakatti, kodi pouthiram.

#### EFFICACY OF NILAVEMBU KUDINEER OTTRADAM ALONG WITH VARMAM FOR THE MANAGEMENT OF ANKYLOSING SPONDYLITIS – A CASE REPORT

Uthrapathi.S<sup>1</sup>, Prasath.P<sup>2</sup>

#### **ABSTRACT**

#### **BACKROUND:**

Ottradam is one of the external therapy in 32 kind of therapies used to treat or manage vaatha predominate diseases. varmam is one of the branch of siddha system, to rearrange the vital energy for regulate the three humours (vatham,pitham,kabam) Ankylosis spondylitis otherwise known as axial spondyloarthritis characterized by Chronic back pain and progressive spinal stiffness are the most common features of this disease. Involvement of the spine, sacroiliac joints, peripheral joints, digits, and enthuses are characteristic. Impaired spinal mobility, postural abnormalities, buttock pain, hip pain, peripheral arthritis, enthesitis, and dactylitis are all commonly associated with ankylosing spondylitis.

#### **OBJECTIVE:**

efficacy of nilavembu kudineer ottradam along with varmam for the management of Ankylosing Spondylitis.

#### **METHODS:**

Mostly Nilavembu kudineer chooranam is internal medicine to treat suram prominent diseases. nilavambu is major drug in the kudineer chooranam bitter in taste, it has anticancer, anti-inflammatory, hepatoprotective, immunomodulatory, neuroprotective, antidiabetic and antibacterial agents.32 year female patient resident at sivathapuram come to Sivaraj Siddha Medical College hospital salem, had the C/o pain at upper half of the back of the trunck, difficulty to bend forward, the patient allow to nilavembu kudineer ottradam along with varmam for 15 days.

#### **RESULT AND CONCLUSION:**

This oral presentation tries to exhibits improvement the life style of the patient. the symptoms are assessed by BASDAI scale.

#### **Keywords:**

Ottradam, ankylosing spondylitis, varma, nilavembukudineer, siddha system

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### ANTI MICROBIAL ACTIVITY OF RATHI NAGARA RASA MEZHUGU

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#### **BACKGROUND:**

The Siddha system of medicine describes various treatments to cure the disease by the Siddhars in the struggle to preserve human health for healthy human life.

#### **OBJECTIVE:**

To Identify the Anti-Microbial Activity of Rathi Nagara Rasa Mezhugu.

#### **METHODS:**

In the present study antimicrobial activity and microbial load of Siddha herbo mineral drug, Rathi nagara rasa mezhugu (RNM) were studied. Anti-microbial activity against gram positive and gram negative microorganisms was studied by using the cup plate method.

#### **RESULT:**

The antimicrobial screening shows that the drug RNM exhibited bigger zone of inhibition of about 8-22 mm against *Candida albicans* followed by 9-20 mm against *Pseudomonas aeruginosa*, 8-19mm against bacillus cereus, 7-10 mm against *Staphylococcus aureus*, 7-9 mm against *E.coli* at different concentrations in volume of 80 µl/well. Microbial load to evaluate the total bacterial count, total fungal count, *E.coli*, *Salmonella spp*, *Staphylococcus aureus*, *Enterobacter* was done by using pour plate method. The Result of the study further proves the bacterial and fungal count are within permissible limits as per WHO 2007, and absence of pathogens such as *E.coli*, *Enterobacter*, *Salmonella Spp* and *Staphylococcus aureus*.

#### **CONCLUSION:**

The study Drug Rathi nagara rasa mezhugu has Therapeutic Uses in Linga puttru, Algul puttru, Araiyaappu, Kandamaalai, Kaalkai mudakku. According to study shows Bacterial and Fungal count are within permissible limits. This study would help in further research and provide useful documented evidence.

**KEYWORDS**: Siddha, Rathinagara rasa mezhugu, antimicrobial activity.

### NEW ERA OF PHARMACOVIGILANCE FOR AYUSH - FUTUREPERSPECTIVE

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#### **Abstract:**

**Background:** WHO emphasized inclusion of Traditional medicine in Pharmacovigilance program and published guidelines on safety monitoring of herbal medicine during 2004. 65 to 80% world population use traditional medicine on the basis of historical evidence but with little documented data with regard to efficacy & safety. In our AYUSH system of medicine, ASU & H drugs are growing in use globally and we are in need of drug monitoring system regularly. Causality assessment of an Adverse Drug Reaction essentially means finding a causal association or relationship between a drug and a drug reaction.

Methods and Objectives: We are in need of advancement in drug monitoring of Siddha system which is most commonly used in and around Tamilnadu. VigiBase and VigiFlow are the databases used in India and around the world for modern medicine drug monitoring technologies. Likewise in our Siddha system of medicine SiddAR app is a voluntary reporting app to improve patient's safety. The introduction of new technologies like Artificial Intelligence might prove to be the start of a new era in this field. The accuracy in obtaining the causality assessments and signal detection through this technology can produce more accurate results and helps in improvement of the quality of drugs.

**Results:** AI can analyse large amounts of data to identify patterns and trends, which can help humans to make better decisions more quickly by reducing human errors. Benefits like cost saving by reducing the cost of processing the details can also be achieved by this technology.

**Conclusion:** Overall, introduction of the new technologies can create wonders in the field of drug monitoring of our ASU & H medicines.

**Keywords:** Causality Assessment, Adverse Drug Reaction, VigiBase, VigiFlow, SiddAR app, Artificial Intelligence, Signal Detection.

#### A CLINICAL STUDY TO EVALUATE THE EFFICACY OF KAARANOOL IN THE MANAGEMENT OF PAUTHIRAM

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#### **ABSTRACT:**

#### Introduction

Fistula is the most common and miserable anorectal disease, which is compared to *Pouthiram* in Siddha literature. It is notorious disease due to its recurrent nature even though operated by skillful surgeon. Inspite of so many surgical procedures developed for the management in fistula of ano including VAAFT, fistula plug, LASER, I had chosen the *Kaaranool* since it absorbs the exudates and debris from the fistula tract and also it cuts the tract. The major advantage of the procedure is that it preserve the function of continence and prevents the recurrence.

#### Aim

The aim of the study was to evaluate the efficacy of *Kaaranool* in the management of

Pauthiram

#### Methodology

20 patients of both sex and age group of between 20-60 years with anal fistula in ano were treated with *Kaaranool* at National Institute of *Siddha*, Tambaram sanatorium, Chennai–47.

#### **Results**

Clinical criteria for the assessment of PDAI( Perianal disease activity index) score and MRI were assessed. The PDAI scores of before and after treatment were statistically compared by paired 't' test. This study revealed statistical p value with <0.05 that means result was significant. It means *Kaaranool* had positive results on PDAI score.

#### Conclusion

This clinical study revealed that preparation of *Kaaranool* is simple, which includes commonly available medicinal plants and cost-effective that can be used in the management of Fistula-in-ano.

Keywords: Kaaranool, Pouthiram, PDAI score, Fistula in ano

# STANDARDIZING METHODOLOGIES OF SIDDHA MATHIRAI/VADAGAM/KULIGAI (CAPSULES/TABLETS/PILLS) -AN OVERVIEW

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#### **ABSTRACT:**

This presentation attempts to describe the standardizing Methodologies of Siddha drugs particularly Mathirai/Vadagam/Kuligai(Capsules/Tablets/Pills), since the efficacy of medicines depends on methodology to be adopted for standardization. Categories of tablets & Analytical specifications for each type of the category is explained well for the purpose of Research or for utilizing the datas by the AYUSH & other Stakeholders complying with National Regulations & International Norms like AYUSH Pharmacopoeial Standards,BIS,British Pharmacopoeia, International Standard. According to AYUSH Ministry,Pharmacopoeial standards are basic need to ensure Quality, Safety & Efficacy of AYUSH Medicines. This step ensures Quality Control, Check & Assurance of the drugs.

#### **KEY WORDS**

Analytical Standardization Methodologies, Standardization Methodologies, Quality Control Parameters for Siddha Tablets/Pills/Capsules

# Assessment of Concentrations of Heavy Metals in patients with prolonged intake of certain Herbo-mineral Siddha drugs-observational study.

Author: R.Balamurugan<sup>1</sup>Co- authors: V.M.Ravichandran<sup>2</sup>A.HasinaBarvin<sup>3</sup>

#### **Abstract**

**Background:** Use of the siddha medications are widespread in South India and across the globe nowadays. These siddha medications can be prepared with toxic mineral and Herbo-metals. Siddha system recommends many of these herbo mineral drugs for treating various chronic disease and disorders. Modern science and developed countries claims the heavy metallic traditional drugs leads to toxicity of the patients. However, clinical disease due to mineral containing siddha medicines has not been reported. In order to prove the safety of the patients with chronic consumption of siddha herbomineral drugs. We seek to highlight the existence of heavy metal levels in serum samples who were taking the siddha preparations that can produce serious systemic manifestations.

**Objective:** To obtain preliminary evidence on the safety of the patients with prolonged intake of siddha herbo- mineral drugs. Investigation of heavy metals in the patients' serum among users of siddha medicine.

**Materials and methods:** 30 Patients with various chronic disease who were taking the heavy Metallic Siddha drugs in different age groups at SKM chikitchalaya, Erode, Tamilnadu, India. Clinical assessment with subjective and blood analysis of heavy metals through AES (Atomic emission spectrometry) and serum renal & Liver function Tests.

**Results:** After the assessment of the clinical symptoms and analysis of Blood samples there is no significantabnormal levels of mercury, lead, Arsenic .And no significant Toxicity symptoms difference in clinical outcomes were found. The drugs were found to produce no significant increase in mean values of serum mercury (p < 0.001) as  $15.39\mu$  g/L (stdv13.83), lead as  $64.75\mu$  g/L (stdv40.083) and arsenic as 7.48  $\mu$ g/L (stdv7.75).

**Conclusion:** Herbo mineral siddha drugs are safe to use in the management of many chronic diseases. And the drugs are nontoxic in the use of various chronic disease for the prolonged (More than one year) treatment. Considerable dose in the use of the siddha mineral drugs are achievable.

**Keywords:** Siddha medicine, Heavy metals, Herbomineral, AES.

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### EVALUATION OF INVITRO ANTICARCINOGENIC ACTIVITY OF PIRANDAI UPPU USING MTT ASSAY

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Presenting Author: S.Kanimozhi<sup>1</sup>

Mode of Presentation: Oral

#### **Introduction:**

All forms of Cissus quadrangularis has been used as anti inflammatory . It is rich in Flavanoids .The pirandaiuppu (PU) is a simple formulation derived from ash of aerial parts of Cissus quadrangularis. Since documentation regarding therapeutic effects of PU is lacking we aimed in evaluating the anticancer activity of PU through MTT assay.

#### Aim and Objective:

The present study is aimed to evaluate the anticancer potential using *in vitro* assay system.

#### Materials and methodology:

Pirandaiuppu was purchased from SKM Pharmaceticals. MTT assay

MCF-7 cells ( $1 \times 10^5$  cells/ml) were seeded in the 96-well plate and incubated at 37°C in CO2 incubator. After 24 hr of incubation, the plates were washed thrice with 0% media (no serum added) and PirandaiUppu (PU)treated with following concentration - 5, 25, 50, 75, 100 $\mu$ g with 10% DMEM medium. After incubation, media was carefully removed and DMSO were added in plate for the purple color formation, which is directly proportional to the number of viable cells. The 96 plate was subjected to OD value at 570 nm using a microplate reader (The percentage of cell viability was calculated .

#### Results

From the results, it is evident that the prepared PirandaiUppu (PU) enormously regulate the cancer cell viability . 5, 25 and 50 $\mu$ g of PU was regulate the cell proliferation upto 25-30% than control. Meanwhile 100 $\mu$ g of PU negatively influence the cell proliferation on the whole. Notably, the 5 $\mu$ g and 25 $\mu$ gPU will be the effective target for cancer treatment .

#### **Conclusion:**

Thus Pirandaiuppu can be used as an effective anticancer drug in addition to anti inflammatory. Based on the results arrived clinical trial of Pirandaiuppu on various cancers can be validated in future.

#### **Key words:**

Cissus quadrangularis, MTT, MCF-7 cells, Apoptosis

#### Reference

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### Dietary intake and Eating behavior of young adult females with PCOS in reference to the Siddha system of medicine - A Cross-sectional study.

Authors:

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According to Siddha system of medicine, the human body is a made up of Uyir thathukkal(three humors) and Udal Thathukkal (Seven physical constituents). Uyir thathukkal are Vatha,Pittha,and Kapha.Ezhu udal Thathukkal are saaram (bile), senneer (blood),Unn (Muscle), Kozhupu (fat), Enbu(Bones and Joints), Moolai (Bone Marrow), Sukkilam (Sperm)/ Suronitham(Ovum). As per Basics stated in siddha medicine,Disease occurs due to Vitation or Detroitation of three humors and seven physical constituents.. Hence the aim of treatment is to correct their conditions. This work is done by eliminating the cause of disease by treating with food or medicine and regularizing habits like work, rest, sleep etc.

Polycystic ovary syndrome (PCOS) is a common endocrine and metabolic disorder in women of reproductive age. It is characterized by chronic anovulation, irregular periods, hirsutism, and weight gain. The prevalence of PCOS varies widely across the world, with estimates ranging from 6% to 26%. In India, the prevalence of PCOS is estimated to be 11.33%.

A recent systematic review and meta-analysis of studies on the prevalence of PCOS in India from 2010 to 2021 found that the pooled prevalence of PCOS was 11.33% (95% CI: 7.69-15.59) using the random effect model. The prevalence of PCOS was higher in women who were overweight or obese, and in women with a family history of PCOS. The prevalence of PCOS was also higher in women with certain ethnic groups, such as women of South Asian descent.

The findings of this study suggest that the prevalence of PCOS is high in India. This is important because PCOS can lead to a number of health problems, including infertility, diabetes, and heart disease. The findings of this study also highlight the need for more research on PCOS in India, and for the development of better diagnostic and treatment strategies for this condition. There are no known cures for PCOS, but there are a number of things that women can do to manage their symptoms and prevent complications. One of the best ways to prevent PCOS is to eat a healthy diet. Siddha classical literature states preventable measures for PCOS through a healthy diet which includes Millets, Grains, Pulses, Fruits, Leafy Vegetables, Spices etc. In reference to this, The study aims to identify if the young adult females with PCOS are aware and practice of this prescribed diet.

Data Collection is done through a validated questionnaire among pcos affected young female adults with a sample size of n=50 under the age group from 18 to 25. Collected Data were analyzed by R programming Language.

# Pre clinical evaluation of anti-diabetic effect of hydro alcoholic extract of Siddha herbal plant*Oorithalthaamaraichooranam (OTC)* on Streptozotocin (STZ) induced Type 2 Diabetes Mellitus in Wistar albino rats

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#### **ABSTRACT**

**Background:** Diabetes mellitus is one of the diseases causing serious complications and death in many developed and developing countries. Herbal plants are highly effective in reducing blood sugar and in inducing pancreatic tissues for the secretion of insulin and also useful in reducing secondary complications and death.

**Aim:** To evaluate the anti-diabetic activity of hydro alcoholic extract of *Oorithalthaamaraichooranam (OTC)* on Streptozotocin (STZ) induced Type 2 Diabetes Mellitus in Wistar albino rats.

Study design: Observational in-vivo study

Place and duration of study: Animal house, Dept. of Pharmacology, Arulmigu Kalasalingam College of Pharmacy, Krishnankoil, Srivilliputtur, Tamilnadu.

**Materials and methods:** Diabetes mellitus was induced in wistar rats by single intraperitoneal injection of freshly prepared solution of STZ monohydrate (150mg/kg Body Weight) in physiological saline after overnight fasting for 12hr (Al-shomany et al., 1994).

STZ is commonly used to produce diabetes mellitus in experimental animals due to its ability to destroy the  $\beta$ -cells of pancreas possibly by generating the excess reactive oxygen species such as  $H_2O_2$ ,  $O_2$ . The development of hyperglycemia in rats is confirmed by plasma glucose estimation 72 hr post STZ injection. The rats with fasting plasma glucose level of 200-260mg/dl were used for this experiment.

Anti-diabetic activity was conducted on wistar albino rats by determining serum glucose level and liver enzyme glycogen levels. After 28 days of treatment, the blood glucose level and body weight were measured. Then blood was collected from retro-orbital puncture under light ether anaesthesia using capillary tubes. Blood was collected in fresh vials containing EDTA as anticoagulant agents and plasma was separated in a T8 electric centrifuge at 2000 rpm for 5 minutes. Then animal was sacrificed by euthanesia method. Liver and pancreas were immediately dissected out, washed in ice-cold saline to remove the blood and liver was used for estimation of enzyme activity while pancreas was subjected to histo-pathological studies.

**Results:** The *Oorithalthaamarai chooranam (OTC)* possesses strong anti-diabetic effect against on Streptozotocin (STZ) induced Type 2 Diabetes Mellitus in Wistar albino rats, which is evidenced by a considerable decrease in blood sugar level.

**Keyword:** Diabetes Mellitus, Streptozotocin (STZ), *Oorithalthaamarai chooranam* (*OTC*), Blood glucose level ,Anti-Diabetic effect.

#### **Importance of Millet foods in Sangam Age**

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#### **Objectives:**

In modern life we take many variety of foods in many forms which have chemicals in the name of preservatives additives etc., are very harmful to our health. Nowadays our diet pattern also has been changed. All these factors result in diseases particularly Non Communicable Diseases (NCD) like diabetes, cardiac diseases, hypertension, obesity etc., To get rid of these diseases this article insists the usage of millets said in Sangam age.

**Introduction:** Food practice in Sangam age was associated with Thinai land disciplines. Their cultivation was both in wet and dry lands. According to Tholkappium each and every land has its own millets and pulses specifically. In Sangam age people used many numbers of millets and pulses. Pathartha Guna Chunthamani also assured these in poem no. 805 and also one of the Tamil literature Mathivanar Nadagathtamil listed eight millets and eight pulses specifically.

**Importance of Millets:** One of the Sangam poet Mangudi Kizhar in his poem 335 in Puranaooru intensified that no other food is better than cooked with three millets and one pulse namely, Varagu (Finger millet), Thinai (Fox tail millet), Kollu (Horse gram) and Avarai seeds(Nut him) respectively.

#### **Food practice and therapeutic importance:**

People in Sangam age cooked these millets and pulses individually or combined together in the form of flour, poridge, beverage and cooked rice with meat also. *Thinai*, *Varagu*, *Kollu* are boiled with milk and serve as beverage. Avarai seeds were cooked along with *Thinai*, *Moonkil* rice (Bamboo rice) and plain rice.

According to Pathartha Guna Chinthamani and Theraiyar Kappium these four mentioned millets and pulses are used for their therapeutic values which are very unique.

Poridge of *Kollu* along with rice induces appetite, gives strengthen to press the sesame seeds to extract oil, improves the quality of the semen. Decoction of *Kollu* removes *Slethumam* (*Kapam*) from our body. *Kelvaragu kool* and *Kali* protects our body and gives strength. Similarly *Thinai* flour in a proper consistency is also good for health.

**Conclusion:** According to the Siddha literatures Pathartha Guna Chinthamani and Theraiyar Kappiyam, strongly recommends these millets and pulses for health and strength of our body. They remove the vitiated three humours like *Vali*, *Azhal*, and *Aiyam*. So we should take millets particularly the above said and prepare them as mention as in Sangam literature which give us good and healthy life.

**Key words:** NCD, Sangam age, *Ainthinai*, Thinai, Kollu, Varagu, Avarai.

ID: PhD/O/001

#### IN SILICO SCREENING OF SIDDHA POLYHERBAL FORMULATION THONTHA SURA KIYAAZHAM AGAINST CYCLOOXYGENASE 2

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#### ABSTRACT

#### **BACKGROUND**

Siddha medical science is a primitive treasure of India.In this system herbals are the first choice of medicine andmore herbal formulations are prescribed to alleviate the sufferings of living creatures. Molecular docking is a computational method to analyze the affinity between phytocomponents of drugs and target protein. Fever is the early symptoms of many infectious and inflammatory diseases. So the author is interested to do in Silico analysis of Thontha Sura Kiyaazham (TSK) which has been described for fever in Siddha literature.

#### **AIM**

Aim of the study was to evaluate the molecular docking interactions of Siddha polyherbal formulation Thontha Sura Kiyaazham against Cyclooxygenase 2 with PDB - 6 COX to analyze, its therapeutic effectiveness and mechanism of action.

#### **METHODS**

Autodock program was used for In Silico studies of phytocomponents of Thontha Sura Kiyaazham (TSK) against Cyclooxygenase 2 with PDB - 6 COX

#### RESULTS

Total of 7 bioactive components were screened namely Andrograpanin, Andrographolide, Vitexin, Orientin, Cyperolone, Tinosporide and Picein. All the compounds have maximum of 7 to 9 interactions with core amino acid residues present on the target enzyme cyclooxygenase 2 in comparison with the standard drug Celecoxib which impose 5 viable interaction with the active site of the enzyme.

#### **CONCLUSION**

Based on the results of the computational screening, it was concluded that all the bio active components of TSK may act as a potential therapeutic agent for Anti inflammatory, Anti pyretic and Analgesic activities.

### Screening the Anti-Viral Potential of the phenolic compounds of Major Millets against Corona Virus (COVID-19):A Computational Approach

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#### **ABSTRACT:**

Recently, the coronavirus (COVID-19) pandemic is a chief public health disaster caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). There are no established effective preventive or therapeutic anti-COVID-19 drugs available except for some recently approved vaccines. Still, countless recent studies recommend various alternative and complementary approaches against COVID-19, which are medicinal herbs employed as traditional remedies to enhance immunity to struggle with viral infections. In addition, diet supplements especially millets are also believed to play a major role in combatting COVID-19. It is very evident that millets acts as an immuno booster but their Anti-Viral property is not yet evaluated. This present study uses the SARS-CoV-2 main protease (Mpro) as the potential anti-viral drug target and docks with the phenolic compounds of major millets and control drug, Remdesivir. AutoDock Vina was used for assessing the binding affinities and strength of bindings of the screened 18 phenolic compounds present in three major millets with the target protein Mpro. Further, the druglikeness and pharmacokinetics properties were also analyzed using PreADMET. The binding affinities of the 18 screened phenolic compounds ranges from -9.0 to -5.0 depicting their anti-viral property against SARS-Co V-2. Thus, the traditional foods with major millets which was deeply rooted in our culture has scientific value and it acts as one of the best anti-viral agent.

**KEYWORDS:** Auto Dock Vina, PreADMET, SARS-CoV-2 main protease, Finger millet, Sorghum, Pearl millet, Anti-Viral

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#### A COMPARATIVE STUDY ON THE NUTRIENT PROFILE OF THREE PORRIDGE MADE FROM NON-GERMINATED, GERMINATED AND FERMENTED KEZHVARAGU [Eleucine

#### coracana]

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#### ABSTRACT BACKGROUND

Siddha system has a huge repository of herbo-mineral formulations, diagnostic methods, diet, kaya kalpam and spiritual principles that promotes human life towards holistic path. The well being of the human is attained by the motto, "Food is the medicine & Medicine is the Food". One among them is Kezhvaragu [*Eleucine coracana*] which was used as a staple food since 8<sup>th</sup> century A.D. Kezhvaragu possesses a impressive nutrient profile containing Carbohydrate, fibre, fat, protein, Vitamin B, C and E, minerals like Calcium, Magnesium, Iron and Phosphorus. As per Siddha principle, Sei pagam of either medicine or food is much important as the same food or medicine which was not properly processed can act either heel or harm. Much details about food processing were mentioned in *Pathartha Guna Chinthamani* to ensure it. In this informative busy world, health conscious is budding among people but at the same time they expect it as ready-made. The gap between these two was bridged by health mix, processed food with add-on preservatives.

#### **OBJECTIVE**

To evaluate and analyze the nutrient profile of three porridges made from non-germinated, germinated, and fermented *kezhvaragu* [*Eleucine coracana*].

#### **METHODOLOGY**

Three porridge was made from non-germinated, germinated, and fermented kezhvaragu and the nutrient profile was studied from a well-reputed laboratory.

#### RESULT

The result showed that the fermented porridge had the required amount of calories, macro and micro-nutrients. The result interprets how the add-on things while serving the *kezhvaragu*changes its nutritive value.

#### **CONCLUSION**

The changes in the nutrient values were analysed and the appropriate method to process *Kezhvaragu*was suggested as fermentation.

#### **KEY WORDS**

Kezhvaragu, non-germinated, germinated, fermented, porridge, nutrient value

## Management of Prolapsed Uterus with Siddha Internal Medicine and Externally with Aloe Vera and Tripala chooranam Tampon: A Case Series

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Pelvic organ prolapse is considered as one of the most common cause of reproductive health morbidity which influences the women quality of life. Uterine prolapse is very common condition that can occur in women of any age but it often affects postmenopausal women who've had one or more vaginal deliveries. Siddha, a traditional system of medicine found to provide better management for Prolapsed Uterus which help patients to avoid hysterectomy.

#### **Objective:**

The Current case series intended to evaluate the benefits of a holistic Siddha treatment in ameliorating Uterus prolapse symptoms, healing decubitus ulcers, preventing prolapse.improving quality life and maintaining of independence.Participants:15female patients with the complaints of incontinence, urgency of urine, feeling mass in vagina while washing genitalia, uncomfortable while sitting.Study Place: Outpatient Department of Kuzhanthai Maruthuvam, National Institute of Siddha, Chennai. Intervention: Prolapsed Uterus was diagnosed based on symptoms, Physical examination and Ultrasonogram. Then treated with Siddha internal Medicine, and externally with Aloe Vera and Tripala Chooranam tampon, in combination with pelvic -floor Muscle exercises for 30 days.Pelvic floor disability Index score was used to assess the symptoms severity before and after the treatment.Results:The Monthly follow- up for 5 five months showed no cervical descent or symptoms associated with it. Conclusions: This case series found out after treatment with Siddha Internal Medicine and externally with Aloe Vera and Tripala Chooranam tampon Prolapsed uterus Grade I and grade II can be managed effectively, symptoms reduced, and quality of life improved.

#### **Keywords:**

Siddha Medicine; Prolapsed uterus; Aloe Vera; Tripala Chooranam; Tampon.

### IN VIVO & IN VITRO STUDIES ON THE ANTIDIABETIC POTENTIAL OF ALLI CHOORANAM.

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#### **Background:**

Alli (Powder of rhizome & flower of Nymphea nouchali.burm.f) is an extensively used plant for various ailments in Siddha System of Medicine. Though with promising medicinal history the medicinal plant has not fully explored for its potential and few studies on scientific validation of the medicinal properties. Hence systematic investigation of Anti diabetic potential and mechanism of action were designed..The plant is a rich source of bio actives such as phenols, alkaloids, saponins and tannin. High performance liquid chromatography analysis revealed the presence of Gallic acid,catechin,epigallocatechin,caffeic acid,luteolin,and kaempferol as the phenolic composition of leaf extract of Nymphaea nouchali.burm.f. Objective: To study the antidiabetic potential of Alli Chooranam. Methods: Diabetic animal models were used to confirm the anti diabetic potential shown in in vivo studies and L6 cell lines for in vitro study Results: In STZ induced animal model treatment with Alli chooranam improved glycemia,increased body weight,restored liver glycogen content thus indicating the multi factorial effect of the drug in diabetic condition. Glucose uptake activity in L6 cell lines indicated the insulin potentiating ability of the drug. Conclusion: Therefore Alli chooranam may be a potential drug for improving Type 2 DM.

Key words: Alli, Siddha, Antidiabetic, L6 cell line

# In Silico Docking analysis to reveal the potential of Phytochemicals (MAO-A inhibitors) present in Kuruver Kudineer(KK) a Siddha Medicine used in inhibiting aggression of Autism children (ManthaSanni)

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#### **Abstract:**

#### **Background:**

The discipline of Siddha medicine, particularly herbal formulations, can benefit greatly from the use of molecular docking because it enables the molecular interactions of the formulation's lead molecules with receptors to be understood, as well as the inference of the formulation's basic biochemical targets.

#### Aim:

The goal of this study is to carry out an In-silico computational analysis of the phytochemicalsfound in KuruverKudineer (KK), a traditional Siddha remedy that is widely used to managing aggression in autism (ManthaSanni).

Methodology:The ligand structures were developed and optimised using AutoDockTools(*Morris*, *Goodsell et al.*, 1998). Using AutodockVina, the compounds were all docked. The function of the target protein Monoamine Oxidase -A (PDB 2Z5X), which is involved in the breakdown of the neurotransmitters by MAO-A, will be inhibited by the creation of a hydrogen bond between phytocomponents and the target's core amino acids (Tyr 69, Ile 335, Tyr 407, and Tyr 444). In order to control the aggression of Autism (ManthaSanni), phytocomponents that inhibit the target enzyme MAO-A may be used as potential targets.

#### **Results:**

The compounds present in KuruverKudineer (KK) like Gingerenone-A, Betulinic acid, Zingiberene, Rutin, Geniposide and  $\beta$ -sitosterol showed maximum interactions with MAO –A when compared to that ofClorgyline. According to the outcomes of the computational investigation, the bio-active substances present in the Siddha formulation KuruverKudineer (KK) have significant affinity to the target MAO-A (PDB 2Z5X).

Conclusions: From the results of the present study, it was concluded that the MAO-A reveal significant effect to managing the aggression present in Autism spectrum disorder and thereby considered an excellent drug choice for the clinical management of Manthasanni

#### **Keywords:**

Siddha medicine, Autism spectrum disorder, Manthasanni, KuruverKudineer, Monoamine oxidase (MAO), Molecular Docking

### Clinical efficacy of CITRAMUTTI THAILAM Peechu in the management of Thandagavadham (lumbar spondylosis)

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#### **Background**

Thandagavadham is one of the 80 vadha diseases described in the classical text Yugi Vaithya Chindhamani. Vadha diseases are cured by recuding vadha humor by giving virechanam followed by individual medication of the particular disease. Thadagavadham is which is one of the vadha disease is compared with lumbar Spondylosis. Lumbar Spondylosis affects approximately 8 % of adults with symptoms like low back pain. Lumbar Spondylosis is a condition affecting the discs, vertebral bodies and / or associated joints of lumbar spine.

#### **Methods**

In the current study assessment of peechu (a method of virechanam) with Citramutti thailam in the management of thandagavadham with special reference to lumbar Spondylosis is has been attempted.. a patient with thandagavadham with age 66 male with severe low back pain was administered with Citamutti thailam peechu for a period of 5 days.

#### **Results**

Highly significant results were observed and improvement in cardinal symptoms of thandagavadham was observed. It provided highly significant results on improving Oswestry Disability Index Scale range of movements and pain intensity.

#### **Conclusion**

Citramutti thailam peechu reduced vadha humor thereby resulting in reducing the symptoms of thandagavatham

#### **Key words**

Thandagavadham, peechu, citamutti thailam

#### ALALYSIS OF INVITRO ANTI OXIDANT ACTIVITY OF ELATHY CHOORANAM - A POLYHERBAL SIDDHA MEDICINE

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### ABSTRACT: BACKGROUND:

In our body's normal physiological events neutralizing free radicals and peroxides are formed with the help of anti oxidants. Reactive oxygen species are necessary for the normal biological process. Skin is an organ constantly attacks by reactive oxygen species from both endogenous and exogenous sources. The mechanism of autoimmune disease is unknown but the oxidative stress mainly used as a trigerring factor. The oxidative stress hypothesis showed that reactive oxygen species (ROS) are induced by multiple factors and impair antioxidant defenses, breaking the melanocyte redox homeostasis, which may contribute to the onset of vitiligo. Excessive production of ROS leads to the imbalance of the antioxidation system in melanocytes, and eventually, cell damage. Oxidative stress plays a central role in initiating the onset of vitiligo with melanocytes damage. Siddha system is an ancient system and had discrete varieties of medicine used for management of autoimmune conditions like vitiligo. OBJECTIVES: The objective is to analyse the antioxidant ativity of *Elathy chooranam*. METHODOLOGY: The analysis was done by invitro on DPPH (2, 2-Diphenyl 1-2 picrylhydrazyl) Assay, Nitric Oxide Radical Scavenging Assay, ABTS Assay and Hydrogen Peroxide Radical Scavenging Assay, RESULTS: Antioxidant activity of Elathy chooranam based on various assay shown that DPPH assay revealed that  $101.8 \pm 22.18$  (µg/ml), Nitric Oxide Radical Scavenging Assay shown that  $150.6 \pm 13.43$  (µg/ml), ABTS radical scavenging assay revealed that  $131.1 \pm 29.43$  (µg /ml) and Hydrogen peroxide radical scavenging activity shown that  $230.6 \pm 80.43 (\mu g/ml)$ .

#### **CONCLUSION:**

Based on the results found that *Elathy chooranam* had significant anti-oxidant activity.

#### **KEYWORDS:**

Elathy chooranam, Siddha medicine, Anti-oxidant, Oxidative stress, Vitiligo

#### INVITRO EVALUVATION OF ANTI-ULCER ACTIVITY OF KARANTHAI LEGIUM

#### **Abstract:**

In this modern era, Ulcer is the most common gastrointestional disorder which seen among many people. It is basically due to inflamed break of skin or mucous layer. It occurs due to regular usage of drugs, stress, spicy or junk food and irregular food intake. In Siddha literature, Ulcer (*Gunmam*) is a clinical entity which depresses both body and mind. There are many herbs in the management of ulcer. In Siddha medicine contain 64 therapies were divided into 32 internal and 32 external therapies. Among them *Legium* is one of the internal medicine which is sweet and palpatable by the patient. *Karanthai legium (KL)* is one of the herbomineral drug for *kunmam, soolai, yoniputru*. In this study, we assessed for anti-ulcer activity by invitro method of acid neutralizing capacity (ANC) and H<sup>+</sup>/K<sup>+</sup>-ATPase inhibition activity. In ANC, the extract of KL significantly reduced ANC to 14 at a concentration of 1000mg as compared to 15.7 with standard Aluminium hydroxide + Magnesium hydroxide (500mg). While in H+/K+ - ATPase inhibition activity, the extract showed maximum percentage inhibition of 67.86% at the concentration 500μg as compared to 70.2% with standard Omeprazole.

Keyword: Anti- ulcer, Gunmam, Siddha, Karanthai Legium

#### SYSTEMATIC REVIEW ON RESEARCH IN MILLETS

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#### **INTRODUCTION:**

Millets are plant based important nutritional diet and serve as a staple food in Tamil culture from ancient period to till date. Millets alone helps to overcome many diseases and maintain good health. This review finds the research done in millets and its health benefits.

#### **METHODOLOGY:**

To collect the information about clinical trial research in millets from 2010 to 2023 through PUBMED database.

#### **RESULTS:**

From 2010 to 2023, in PUBMED database, totally 4240 articles were published about millets. Out of these, 60 clinical trials were performed in millets. In these originally performed clinical trials were 21. Clinical trial results revealed that pearl millet, foxtail millet, finger millet and sorghum specifically reduces glycaemic index, improves cognitive function in school going children, improves physical activity in adolescence and improves appetite.

#### **CONCLUSION:**

Based on the results it is concluded that millets have properties such as reducing glycaemic index, improving cognitive function, increases physical activity and improves appetite response. Barnyard millet and Kodo millet were widely cultivated in Southern Tamil nadu. Little millet and foxtail millet were predominantly cultivated in northern India. Therefore, it is important to include millet-based recipes in our daily diet to maintain good health and overcome diseases.

#### **KEYWORDS**:

Millets, Clinical trial, Research.

### PHYSICOCHEMICAL ANALYSIS OF SIDDHA POLY-HERBAL FORMULATION GARUDAN KIZHANGU ENNAI

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#### **INTRODUCTION:**

Siddha system is an oldest system of traditional medicine originating in ancient Tamilnadu in South India. Theraw material used are herbs, metals, minerals and animal products. Standardization of Siddha drug is mandatory nowadays to determineitsquality and purity. *Garudan Kizhangu Ennai* a polyherbal formulation used to treat Alopecia, Skin diseases, Constipation, Leucorrhoea.

#### AIM:

The main aim of the study is to systematically standardize the siddha formulation of *GarudanKizhanguEnnai*taken from Siddha text Siddha Vidhya Thirattu.

#### **METHODS**:

Standardization parameters such as Organoleptic characters, Physicochemical analysis, Test for Aflatoxins and Specific pathogens, TLC and HPTLC analysis and Heavy metal analysisare carried out as per PLIM guidelines.

#### **RESULTS**:

The results obtained from this study indicates *Garudankizhanguennai* is in dark yellow coloredliquid texture with pleasant odour and slightly bitter in taste. Physicochemical Analysis reveals that Specific gravitywas 0.961g/ml, pH value and acid valueare found to be 6.95 and 6.39.Loss on drying at 105C is 0.38 and etc. Test for Aflatoxins and Pesticide Residues shows Below Detection Limit (BDL). Test for Microbial Contamination and Specific Pathogen shows Negative / absent. Test for Heavy Metals shows Below Limit of Quantification (BLQ).

#### **KEYWORDS:**

GarudanKizhanguEnnai, Physicochemical analysis, Drug standardization, Siddha poly-herbal formulation.

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### Physiochemical Analysis of Siddha Poly-herbal Formulation *Milagu* legium

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#### **Introducton:**

Siddha system is the ancient Dravidian system of medicine presently practiced predominantly in South India. In practice, generally the medicines used are often in the compound form to which either herbs, metals, minerals and animal products are added. Standardization of drugs means confirmation of its identity and resoluteness of its standard and purity. Nowadays, it is mandatoryto establish the purity and quality of siddha drugs. Standardization of Siddha formulation drugs is very essential in order to justify the acceptability in the modern system of medicine. MILAGU LEGIUM is indicated for Silethumam 96 in the siddha textbook of Aathmaratchamirtham.

**Aim:** The main aim of the present study is to systematically standardize the siddha formulation Milagu Legium from Siddha text Athmaratchamirtham Enum VaithiyaSaraSangiragam.

**Methods:** standardization parameters like Organo-leptic properties, Physico-chemical analysis, Test for Aflatoxins, Test for Specific pathogens, TLC and HPTLC analysis and Heavy metal analysis are carried out as per PLIM guidelines.

**Results:** The results obtained from the study indicates *Milagu legium*, it is a Brownish black coloured soft and smooth texture with and sweet in taste. Physicochemical analysis reveals that pH was 6.65, Ash value was 1.46, Acid insoluble ash was 0.70, Loss on drying 17.4 and etc. Aflatoxins, Microbial Contamination and Specific Pathogen shows Negative / absent. Test for Heavy Metals / toxic metals and Pesticide Residues show Below Quantification Limit (BQL).

**Key words:** *Milagu legium*, Physicochemical analysis, Drug standardization.

### PHYSICOCHEMICALANALYSISOFSIDDHAPOLY-HERBAL FORMULATION NELLIMULLI ILAGAM

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#### **INTRODUCTION:**

Siddha system of medicine is an ancient, holistic system. The medicine in this system is prepared from raw material of herbs, metals, minerals and animal products. In recent years there has been considerable researches focusing towards validation and standardization aspects. *Nellimulliilagam* a polyherbal formulation used to treat *Veluppunoi*.

#### AIM:

 $The main aim of the study is to systematically standard ize the siddha formulation of {\it Nellimulli ilagam} is taken from Siddha text.$ 

#### **METHODS:**

Standardization parameters such as Organoleptic characters, Physicochemical analysis, Test for Aflatoxins and Specific pathogens, TLC and HPTLC analysis and Heavy metal analysis are carried out as per PLIM guidelines.

#### **RESULTS:**

The results obtained from the study the trial drug nellimulliilagamshows,itisindark brownish coloured semi solidtexturewithpleasantodourandslightlybitterintaste. Physicochemical Analysis reveals that pH was 7.2, total ash value was  $10 \pm 0.4359$  and acid insoluble ash value  $0.023 \pm 0.0045.Lossondryingat105Cis8.4 \pm 0.8185 and etc. Testfor A flatoxins and$ Pesticide Residues shows negative. Test for Microbial Contamination and Specific Pathogen shows Negative / absent. Test for Heavy Metals shows Below Limit of Quantification (BLQ).

#### **KEYWORDS:**

ellimulliilagam, Physicochemical analysis, Drug standardization, Siddha polyherbal formulation.

### STANDARDIZATION OF SIDDHA POLY-HERBAL FORMULATION MAHA MANJISHTATHY KASHAYAM

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#### **INTRODUCTION:**

Siddha system is an oldest system of traditional medicine originating in ancient Tamilnadu in South India. The medicine in this system is prepared from raw material of herbs, metals, minerals and animal products. Standardization of Siddha drug is mandatory nowadays to determine their quality and purity and its therapeutic values. Maha ManjishtathyKashayamis a polyherbal siddha formulation used to treat various skin diseases termed as "kuttam" in siddha text.

#### AIM:

The main aim of the study is to systematically standardize the siddha formulation of Maha Manjishtathy Kashayam is taken from Siddha text.

#### **METHODS**:

Standardization parameters such as Organoleptic characters, Physicochemical analysis, Test for Aflatoxins and Specific pathogens, TLC and HPTLC analysis and Heavy metal analysis are carried out as per PLIM guidelines.

#### **RESULTS:**

The results obtained from the study of the trial drug shows, Maha Manjishtathy Kashayam, it is in greenish yellow colour and its pH value found to be 7.4. Loss on coloured liquid texture with pleasant odour and slightly bitter in taste. Physicochemical Analysis reveals drying at 105C is 5.33% and etc. Test for Aflatoxins and Pesticide Residues shows Below Detection Limit (BDL). Test for Microbial Contamination and Specific Pathogen shows Negative / absent. Test for Heavy Metals shows Below Limit of Quantification (BLQ). The outcome of this study clearly proves the quality, purity, safety and potency of the drug which will help the medicine to survive and succeed in future clinical researches.

#### **KEYWORDS:**

MahaManjishtathyKashayam,Physicochemical analysis, Drug standardization, Siddha poly-herbal formulation.

#### A CASE REPORT ON KIRIGAI NOI TYPE IN COMPARISON WITH SCHIZOPHRENIA CLASSIFICATION USING THE KIRIGAI SCORE SCALE – A SIDDHA DIAGNOSTIC METHOD

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#### **Background:**

Siddha psychiatry is one of the unfolded treasure in Siddha system. Kirigai have been classified into 18 types by SiddharAgathiyar, along with its specific line of treatment. This is a case report, where patient diagnosed using Kirigai score scale and treated with specific treatment.

#### **Objective:**

The objective of this clinical case report is to highlight the significance of Kirigai score scale on diagnosing the Kirigai type for specific line of treatment.

#### **Case Description:**

52 years old woman presented to PG Noinaadal OPD with the symptoms of depression, stress, illusion, delusion, insomnia, involuntary tremors in the body, anxiety, negative thoughts following hysterectomy for the period of 10 years. The patient was reported to previous history of other medications for period of 8 years.

#### **Discussion:**

The patient was interoggated using the questionnaire and interpretated using Kirigai Score Scale and diagnosed as MunangalKirigaiNoi type. She was treated with Sandhanaathithailam for external oil bath, specific external medication with additional Thaarai and Varma treatment for period of one month. Later the patient was interoggated and observed using psychiatric scale that the symptoms were reduced resulting in good prognosis.

#### **Conclusion:**

Inspite of wide range of therapeutic options for the management of Kirigainoi types described in the literature, this score scale was found to be useful in diagnosing specific Kirigai type for effective line of treatment.

#### **Keywords:**

Siddha psychiatry, Kirigai Score scale, MunangalKirigai, External medication, Good prognosis.

#### Management of *Neerizhivu* (Type 2 Diabetes mellitus) through Siddha Medicine and Millet Diet - A Case study

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#### **Introduction:**

Neerizhivu is one of the 20 varieties of Megarogam as classified and explained by Siddhar Yogi Munivar. Moreover, Neerizhivu which comes under Pitha neer, is very specific and correlates with maturity onset diabetes mellitus i.e. non insulin dependent, which is a chronic metabolic disorder. Currently, Neerizhivu is considered as one of the worst lifestyle disorders faced by civilized world. In recent decades, India has witnessed a rapidly exploding epidemic of diabetes. Indeed, India today has the second largest number of people with diabetes in the world. The International Diabetes Federation (IDF) estimates that there are 72.9 million people with diabetes in India in 2017, which is projected to rise to 134.3 million by the year 2045. The prevalence of diabetes in urban India, especially in large metropolitan cities has increased from 2% in the 1970s to over 20% at present and the rural areas are also fast catching up.

#### **Material and Methods:**

A 55 year old male patient present with complaints of Burning sensation present in both sole of foot and increased frequency of micturition. After careful clinical examination and Blood investigations such as Fasting blood sugar -256 mg/dl, Post prandial blood sugar - 437 mg/dl and Glycosylated hemoglobin - 9.1%, the patients were diagnosed *Neerizhivu* and I prescribe Internal medicines such as *Madhumegam Choornam Capsules*, *Seenthil choornam, Aavarai kudineer choornam, Keezhanelli* tablet and Millet diet.

#### **Results:**

After 9 months of treatment period, Blood sugar level reduced under normal level i.e., Fasting blood sugar -92 mg/dl, Post prandial blood sugar -122mg/dl and HbA1c -5.9% and their Quality of life is improved.

Conclusion: This helps to achieve prophylactic management of Diabetes mellitus through siddha system of medicine.

#### **Keywords:**

Neerizhivu, Diabetes mellitus, Siddha medicine, Millet diet.

### Qualitative and Quantitative analysis of Copper Extraction from *Thurusu* (Coppersulphate) In Different Traditional Methods

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#### **Abstract:**

#### **Introduction:**

Siddha system is traditional system of medicine practiced widely in southern part of India. In which metals, minerals, ores, plants and animals etc., are used to preparemedicines. Copper andits derivatives hadbeen firmly established as an important drug in the treatment of Eye disease and non-healing ulcer, etc.,. Blue vitriol also known as cupric sulphate or copper Sulphate is the chemical compound with the chemical formula cuso4 which is main ore for the production of Copper.

#### **Materials and Methods:**

The Copper is extracted from *Thurusu* by two different Methods practiced by traditional healers by using *Kadukkai* powder and by lemon juice as mentioned in classical siddha texts. These extracted copper is used for various Medicinal preparation by huge traditional healers. The extracted copper from *Thurusu* is analyzed by XRD and ICP-OES.

#### **Results:**

XRD and ICP-OES reports shows that the extracted product contains pure copper and trace amount of Zinc, Cadmium etc.,. .

Conclusions: Thus this study concludes that Copper extracted from *Thurusu* contains rich copper and Siddhars science were scientifically proved.

#### **Keywords:**

Copper, Copper sulphate, Copper extraction, Traditional methods.

# ANTIMICROBIAL ACTIVITY OF SIDDHA FORMULATIONVELLAMPATTAI KOPALIKEYALAM AGAINST KLEBSIELLA PNEUMONIA AND STREPTOCOCCUS MUTANSFOR ORAL HYGEINE.

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#### **Abstract**

#### **Background:**

Poor oral health characterized by inadequate hygiene may result in the formation of extensive dental bioflims (plaque) may promote oral colonization pathogens. Siddha medicine play a major role in the oral health care system. The Siddha literature "Anubogavaithiyabhramaragaseyam" mentioned the "Vellampattaikopalikeyalam" for oral hygiene and prevent from periodontal disease. Siddha system of medicine has to be validated through scientific aspect.

#### **Objective:**

The aim of the study is to evaluate the anti-microbial activity of Vellampattaikopalikeyalam to prevent oral infection

#### **Method:**

Vellampattaikopalikeyalamis an efficient Siddha formulation used to prevent oral infection. One of the important ingredients is veppampattai scientifically known as Azidarchiaindicawhich is found to have antibacterial effect. In the present study, the Antibacterial susceptibility test for Vellampattaikopalikeyalam done using disc diffusion method on agar. The plate was observed for formation of zone of inhibationaround ther disc. The diameter of the zone of is directly proportional to the sensitivity of Klbesiella pneumonia and Streptococcus mutans against this formulation. This study revealed the antimicrobial activity of Siddha formulation "Vellampattaikopalikeyalam".

#### **Result:**

The current study revealed that Vellampattaikopalikeyalam has a significant Anti-microbial activity againstKlbesiella pneumonia and Streptococcus mutansand maintain the oral hygiene.

#### **Conclusion:**

The study therefore supports the siddha formulation to have potent antimicrobial activity and offers profound therapeutic effects against periodontal disease and improve oral hygiene.

#### **Keywords:**

Siddha, Anti-microbial activity, Oral hygiene, Periodontal disease.

#### In-Vitro Cytotoxic Activity of Siddha Formulation Panchapadana Chenduram Against Human alveolar lung cancer (A549) cells

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#### **Abstract:**

#### **Introduction:**

MTT assay is a colorimetric assay used for the determination of cell proliferation and cytotoxicity, based on reduction of the yellow-colouredwater-soluble tetrazolium dye MTT toformazan crystals..Methods:In this study, given test compound Panchapadana Chenduram was evaluated to analyze the cytotoxicity effect on A549 using Cisplatin with 15 ug/ml as a standard control.Results: The results of cytotoxicity study performed by MTT assay suggest that the test compound was effectively cytotoxic in nature on Human alveolar lung cancer (A549) cells and further studies need to be conducted to determine the molecular mechanism behindcytotoxicity properties of the test compound at invitro level.

#### **Keywords:**

Siddha, Panchapadana Chenduram, Human Alveolar lung cancer cells, cytotoxic study

#### Acute and Sub-Acute Toxicity Study on Aanai Nerunjil Kudineer

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#### **Background:**

Aanai Nerunjil Kudineer is a decoction prepared from whole plants of Aanai Nerunjil (Pedalium murex) and Seeds of Coriander (Coriandrum sativum) which is indicated for the management of Urogenital tract disorders referred from the siddha textbook Gunapadam Mooligai vaguppu. As this preparation is a well known remedy among the people of south india for urolithiasis, there is not much details about the safety profile of this drug. Therefore its acute and subacute oral toxicity were conducted in detail in wistar albino rats.

#### **Objectives:**

To Study the Acute and Subacute oral toxicity profile of the drug Aanai NerunjilKudineer in Wistar albino rats.

#### **Methods:**

To the Female wistar albino rats, Aanai Nerunjil Kudineer was administered upto 2000mg/kg body weight of animal as suspension and observations were recorded for 14days and the results were compared for acute toxicity.

For Subacute Toxicity,the drug was administered at three dose (Low,Mid and High)levelsto wistar albino rats of both sex and observed from day 0 to 28days and the results were recorded.

#### **Results:**

Acute toxicity was carried out in female wistar albino rats. This drug has no acute toxicity as there was no mortality seen. Sub acute toxicity is carried by repeated dose of test drug for 28 days. There were no significant changes in the biochemical and hematological parameters. so the toxicity study of the test drug Aanai Nerunjil Kudineerestablishes the safety of the drug for long time administration.

#### **Conclusion:**

The Study concludes that Aanai Nerunjil Kudineer is a safer drug to administer orally even upto the higher dose levels since it doesn't cause any toxicity at acute and subacute levels of toxicity study in wistar albino rats.

#### **Keywords:**

Aanai Nerunjil Kudineer, Acute, Subacute Toxicity, Hematology.

# DOCUMENTATION OF TRADITIONAL EXTERNAL MEDICATIONS AND THERAPIES FOR RHEUMATISM AMONG KAANI TRIBALS IN TIRUNELVELI: AN ETHNOGRAPHIC STUDY

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#### **ABSTRACT:**

Rheumatism is a chronic inflammatory condition that affects the joints, muscles, and connective tissues, causing pain, stiffness, and reduced mobility. It is a widespread health issue globally, affecting individuals of all age groups and demographics. According to Siddha medicine, rheumatism is primarily caused by the imbalance of Vata dosha, which governs the movement and functioning of the body, is considered to be a significant contributing factor to rheumatic disorders. This ethnographic study aims to document the traditional knowledge of external medications and therapies used by the Kaani tribes in Tirunelveli district for the management of rheumatism. The study area encompasses the Kalakkad Mundanthurai Tiger Reserve Forest in the Tirunelveli hills, known for its rich biodiversity. The research focuses on the Kaani or Kanikaran indigenous people, who have a deep understanding of medicinal plants and their applications. The research includes an exploration of the indigenous community's traditional knowledge passed down through generations, particularly regarding external medications and therapies derived from local plant species. The findings of the study reveal the usage of various plant species for the treatment of rheumatism. The traditional external medications includes pattru (application of pastes) and thokkanam (massages and liniments) as well as and kattu (bandages and fomentation) have been documented. The study emphasizes the importance of conserving and documenting traditional knowledge to develop a modern biomedical system that combines traditional wisdom with contemporary healthcare needs.

#### **KEYWORDS:**

Rheumatism, Traditional external medications, Kaani tribes, Ethnographic study

#### MULTIFACTED ROLE OF ILAIKKARICHORU IN VARMAM TREATMENT - A REVIEW

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#### **ABSTRACT**

#### **BACKGROUND**

Varmam is a branch of Siddha medicinal system that is still practised in Southern Tamilnadu and Southern Kerala, especially in Kanyakumari. Varmakalai is a systematic study of varmam energy in martial arts and therapeutic applications. Varmam points are bio energetic places where subtle energy flows and supports physiological functions in the body. These Varmam points are formed at the intersection of nerves, veins, muscles and bones. Any derangements of the energy flow causes diseases, which will be treated by the stimulations of Varmam points, Adangalgal, Thadavu muraigal, Ilakku muraigal, Varmam medications and Diet. In Varma odivu murivu saari 1500, where mentioned ilaikkarichoru is a best diet for the patients while taking Varma medications.

Ilaikkarichoru contains two ingredients which is Kuruvai arisi and Murungai ilai.Both of the ingredients have anti inflammatory and antioxidant activity mainly.

#### **OBJECTIVE**

To analyse the Chemical components, Nutritive values and their benefits of Ilaikkarichoru as a diet.

#### **METHODS**

Literature information has gathered from authentic texts, precious research evidences and websites.

#### RESULT&CONCLUSION

The Ilaikkarichoru with the ingredients possess high nutritive value and multiple action, which give additional support to treat varmam related diseases.

#### **KEY WORDS**

Varmam diet, Ikaikkarichoru, Kuruvai arisi, Moringa leaves, Traditional diet.

### Molecular docking of potential SARS-CoV-2 protease inhibitors in siddha herbal formulation sukkukudineer

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#### ABSTRACT BACKGROUND:

Covid-19 disease is an acute respiratory viral disease that originated in Wuhan, China. Although there are many vaccines in development, the threat of the Covid-19 virus continues almost two years after the outbreak. The new omicron mutant strain has now spread to several countries. Therefore, a newer antiviral drug is needed to overcome this scenarioCovid-19 disease is an acute respiratory viral disease that originated in Wuhan, China. Although there are many vaccines in development, the threat of the Covid-19 virus continues almost two years after the outbreak. The new omicron mutant strain has now spread to several countries. Therefore, a newer antiviral drug is needed to overcome this scenario.OBJECTIVE:This research targets the phytoconstituents of the Siddha formula sukku Kudineer, which is widely used to control fever and respiratory diseases and may be effective in combating the ongoing novel coronavirus disease pandemic.METHOD:The major protease 3CLpro of this novel coronavirus (SARS-CoV-2) is a potential focus for therapeutic development because it plays an important role in disease transmission. A molecular docking study was performed with the major protease of SARS-CoV-2 (PDB ID: 6LU7) with all the active phytocompounds and potential targets found in the Siddha preparation sukku Kudineer. AutoDockTools was used to design and optimize ligand structures.CONCLUSION: Whether this Siddha formula can be used to effectively treat and control COVID-19 and its variants requires further research and clinical trials.RESULT: The phytochemicals had significant molecular interaction with the active residues, indicating their distinct inhibitory potencies.

**KEYWORDS:** covid 19-sukku kudineer-docking study-autodock tool.

#### PRELIMINARY PHYTOCHEMICAL ANALYSIS AND GC-MS ANALYSIS OF POLYHERBAL SIDDHA FORMULATION – THATHU PUSHTI CHOORANAM

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#### ABSTRACT BACKGROUND

Siddha system of medicine is one of the oldest traditions of healthcare in the Indian sub-continent well documented and replete with novel therapeutic interventions and treatment modalities. Main source of the Siddha formulations are from plant, mineral, metal and animal origin. The medicinal value of plant origin formulations are due to the presence of chemically active substances in it. "Thathu pushti chooranam" is a polyherbal Siddha formulation which is mentioned for thathu bushti and balam in the literature of "Anuboga vythia brama rahasiam" (part VI).

#### **OBJECTIVES**

The primary objective of the study is to investigate the preliminary phytochemical studies of aqueous extracts and GC-MS analysis of the concentrated ethanol extract of "*Thathu pushti chooranam*" for fixing the parameters of pharmacognostical standard.

#### **METHODS**

Preliminary phytochemical analysis was done using standard procedure with aqueous extracts and the GC-MS analysis was performed using JEOL GC-Mate-11 with HP-5 capillary column with concentrated ethanol extracts of *Thathu pushti chooranam*.

#### **RESULTS**

The results of the phytochemical analysis showed the presence of alkaloids, steroids, triterpenoids, coumarins, phenols and sugars. The results of GC-MS analysis showed the presence of components such as Lanosta-7,9(11)-dien-18-oic acid,22,25-epoxy-3beta,17,20-trihydroxy-gamma lactone, 1-Tetradecanamine, n-Hexadecylsuccinic anhydride, 1,1-Cyclobutanedicarboxamide,2-phenyl-N,N'-bis(1-phenylethyl), 4a,23,24-Trimethyl-5a-cholest-22en-3a-ol trimethyl ether and 13,6 Octadeconoic acid.

#### **CONCLUSIONS**

From the above analysis it was concluded that "Thathu pushti chooranam" shows the presence of several phytochemical components which possess the spermatogenesis and antioxidant activities. These findings were strongly suggestive of its therapeutic value. This study forms the basic foundation to further clinical research which will be followed by safety and efficacy studies later.

#### **KEY WORDS**

Thathu pushti chooranam, Phytochemical analysis, GC-MS analysis, spermatogenesis.

#### EXPLORING THE CORALLOCARPUS EPIGAEUS PHYTOCOMPOUNDS AGAINST HASHIMOTO'S DISEASE BY TARGETING THYROID PEROXIDASE

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**Keywords:** Hashimoto's disease, *Corallocarpus epigaeus*, Hypothyroidism, Thyroid peroxidase.

Hashimoto's disease is an autoimmune disorder characterized by thyroid gland to reduced Inflammation, leading thyroid hormone levels and subsequent hypothyroidism[1]. Thyroid peroxidase (TPO) is a crucial enzyme involved in synthesizing thyroid hormones and is a major target for autoantibodies produced in Hashimoto's disease. This study aimed to explore the potential of phytocompounds derived from Corallocarpus epigaeus, a traditionally used medicinal plant in targeting TPO and mitigating the effects of Hashimoto's disease[2]. Using computational methods, molecular docking was performed to investigate the interaction between TPO and various phytocompounds derived from Corallocarpus epigaeus. Autodock Vina software was employed to predict the binding affinities and binding modes of the compounds with TPO[3]. Our results revealed several phytocompounds from Corallocarpus epigaeus that exhibited high binding affinities towards TPO, suggesting their potential as inhibitors of TPO activity[4]. However, further experiments are necessary to validate the binding affinities and explore the efficacy and safety of these compounds. In conclusion, this study provides evidence for using phytocompounds derived from Corallocarpus epigaeus as potential therapeutic agents for Hashimoto's disease by targeting TPO[5]. The findings from this study lay the groundwork for future research and development of novel drugs that may offer effective treatments for patients suffering from Hashimoto's disease.

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#### PHYTOCHEMICAL ANALYSIS AND BIO CHEMICAL ANALYSIS OF HERBOMINERAL SIDDHA FORMULATION – SEERAGATHI CHOORANAM

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#### ABSTRACT BACKGROUND

Siddha system of medicine is primarily practised in parts of southern India, the origin of this system tracked back to ancient tamil civilization. It provides scientific and holistic approach in curative and rejuvenating health care. It comprises mainly 32 internal and 32 external medication forms among them chooranam an internal medicine is one of the effective medications prescribed along with medicated oil, ghee or honey to enhance its effectiveness. Cardiac diseases are increasing in alarming rate all over the world and it is fatal affecting both men and women. Cardiac disease and it's symptom have been mentioned as *iruthaya viyathigal,uruthira noi,thamaraga noigal*in siddha texts. Several medication have been indicated for Iruthaya viyathigal in our Siddha literatures. The Siddha drug "Seeragathi chooranam" is a herbomineral Siddha formulation which is indicated for *iruthaya viyathi* and *Vaayu* in the literature of "Agathiyar 2000" (part II).

#### **OBJECTIVES**

The primary objective of the study is to investigate the preliminary phytochemical studies of aqueous extracts and Biochemicalanalysis of "Seeragathi chooranam" for fixing the parameters of pharmacognostical standard.

#### **METHODS**

The phytochemical analysis was done using standard procedure with aqueous extract of sample and the bio chemical analysis was done using extract of 5 gm of *Seeragathi chooranam* with 100 ml of distilled water, a sample from this fluid is further analysed to evaluate it's chemical components.

#### **RESULTS**

The results from the phytochemical analysis showed the presence of alkaloids, glycosides, phenol, tannins, sugars and betacyanins. The results of bio chemical analysis showed the presence of components such as calcium, sulphate, chloride, starch, ferrous iron, tannic acid and amino acids.

#### **CONCLUSIONS**

From the above analysis it was evident that "Seeragathi chooranam" shows the presence of several phytochemical components which possess effective cardioprotective activities and prevents us from its associated symptoms. This study forms the basic foundation to further clinical research which will be followed by safety and efficacy studies later.

#### **KEY WORDS**

Seeragathi chooranam, Phytochemical analysis, Bio chemical analysis, Siddha medicine.

### A REVIEW ON NUTRITIONAL COMPOSITION OF MILLETS AND THEIR MEDICINAL VALUES.

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### ABSTRACT,

Millets are the world's sixth most important cereal grain, providing nourishment and energy to millions of people in India, Africa, and China. They are a staple food for many African and Asian countries, providing food security worldwide. Compared to many other crops, millets can produce much higher yields on minimal soils with low fertility and low input farming techniques and have the potency to be in a safer side for the world's increasing population, hunger and food shortages. They are an essential source of nutrition for millions of people worldwide, notably in hot and dry climates. They are higher in nutrients than other main grains like rice, wheat, maize and are frequently referred to as "Nutri-Cereals ,they enjoy the indispensable place in indian dietary system, since time immemorial. They are categorized as major and minor millets, which includes Sorghum, Pearl millet, Finger millet as major millets and Kodo millet, Foxtail millet ,Little millet and Barnyard millet as minor millets. Our siddha literatures also describes the nutritional effects of millets. They are protein rich and mostly gluten-free. Also there is rich source of phytochemicals such as polyphenols with anti-oxidant properties which are useful in preventing chronic life style disorders. This review describes the composition of nutrients which are essential for energy, growth and repair of body tissues and also the various health benefits associated with metabolic disorders.

**KEYWORDS:** Millets, Nutritional values, Health benefits,

### A ROLE OF SIDDHA EXTERNAL THERAPEUTIC PROCEDURE IN THE MANAGEMENT OF ADHESIVE CAPSULITIS-A CASE REPORT

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### **Abstract**

A 58 year married male from Chennai presented with pain and restricted abduction, adduction, external rotation and flexion of right shoulder both in active and passive movements for 2 months. He was diagnosed to be adhesive capsulitis which is equated to Kumbavatham, one of the vatha diseases mentioned in Siddha system of medicine. He was treated with Siddha external therapeutic procedure, Ottradam with Aamanakku ilai and thokkanam with Ulunthu thylam. After the treatment period of 20 days, the patient was followed for 6 months. There were no adverse reactions/events observed during the course of treatment. The combination therapy has provided the reduction in pain and restricted movements which was measured using goniometer and SPADI index.

### **Keywords:**

Kumbavatham, Ottradam, Thokkanam, SPADI index, Adhesive Capsulitis

### Nutritional role of Millets in life style disorders and Malnutrition

Siddha is the oldest documented system of Medicine widely followed in South India. Siddha includes its ownprinciples of preventive sciencewhich is helpful in the prevention and management of life style disorder of recent days. Traditionally, millets were the earliest food to be domesticated by human beings and it constituted the staple food for various civilisations across Asia and Africa. Somehow, during the course of modernization, the production and consumption of millets has declined significantly. Government of India has taken a lead role and has launched widescale strategies to promote millets in order to make India a global hub for millets. Millets has immense potential in enhancing the socioeconomic and health status of people. Objective: To collect all the information related millets in lifestyle disorders and compare the therapautic values of millets. Materials and Methods: This study is carried out by searching in literatures. Various Siddha texts and Research articles in Pubmed, Google Scholar etc are critically reviewed. Results and Discussion: This Study Reveals that the Regular consumption of millets translates into better post prandial blood glucose and better HbA1c levels. Millets mitigates atherosclerotic cardiovascular disease (ASCVD) risk by lowering insulin resistance, better glycemic control, lowering non high-density lipo-protein (HDL) cholesterol, lowering BP and by virtue of presence of various antioxidants. There is a need to revive the awareness about nutritive and therapeutic values of millets. Scientific community is increasingly realising the enormous potential of millets in enhancing the nutritional quality of the population and as a tool to halt the global pandemic of lifestyle diseases.

# "MANAGEMENT OF UTHIRAVATHA SURONITHAM (RHEUMATOID ARTHRITIS) THROUGH CONVENTIONAL SIDDHA INTERNAL REGIMEN AND SELECTED EXTERNAL THERAPIES –A CASE REPORT"

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### **ABSTRACT:**

Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by inflammation of joints resulting in pain, stiffness, and swelling. As per siddha literature the symptoms of rheumatoid arthritis correlates *Uthiravatha Suronitham*. This case report highlights the clinical presentation, diagnosis, and management of a patient with RA.

A 42-year-old female patient presented with complaints of joint pain and swelling, primarily affecting her wrists and fingers had been reported at NIS OPD and further referred to NIS IPD. Physical examination revealed tender, warm, and swollen joints, along with limited range of motion. Laboratory investigations indicated negative to Rheumatoid factor but positive to anti-cyclic citrullinated peptide (anti-CCP) antibodies and elevated CRP confirming the diagnosis of RA.

The patient was given classical siddha medicines and external therapies like Nasiyam, Peechu to manage pain and inflammation. Progress evaluation around two months revealed significant improvement in symptoms, with a decrease in lab report values, RAPS score, Visual Analog Scale (VAS) and improvement in function. Regular follow-up was maintained to monitor disease progression and adjusted treatment accordingly.

This case emphasizes the importance of early diagnosis and timely initiation of siddha medicine and external therapies to control the disease and prevent complications. It also highlights the role of patient education, lifestyle modifications, and diet in managing RA.

In conclusion, this case report underscores the clinical manifestations, diagnostic approaches, and management strategies employed in a patient with RA. Early diagnosis and appropriate treatment can lead to improved quality of life and better long-term outcomes for individuals affected by this debilitating condition. Further research is needed to explore newer therapeutic options and the management of RA.

### **KEYWORDS:**

*Uthiravatha Suronitham*, Rheumatoid arthritis, Peechu, Nasiyam, RAPS, VAS, Stiffness, Inflammation.

### A CASE REPORT ON TREATING OF OPTIC DISC OEDEMA USING PURAVALAYAM (THIRIBALA NEI)

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### **Background:**

Siddha system is one of the traditional system of medicinal practice. Siddhar Agathiyar and Nagamuni has classified eye diseases into 96 types. Optic disc oedema occurs due to elevated intracranial pressure. Chronic elevation in pressure may lead to progressive visual field loss and loss of central visual acuity. This is a case report, where patient diagnosed with optic disc oedema are treated using puravalayam.

### **Objective:**

The objective of this clinical case report is to highlight the significance of Puravalayam using Thiribala nei among optic disc oedema condition.

### **Case description:**

34 years old woman presented to PG Noi Nadal OPD with symptoms of blurred vision, double vision, flickering, reduced acuity of vision for one year. The patient was reported to previous history of other medications for period of one year.

### **Discussion:**

The patient was diagnosed using enn vagai thervu and interpreted using Naadi to know the affected Kabam mukkutram. She was treated with Thiribala nei Puravalayam with additional internal medicine of Ponnanganni nei for period of two weeks. Later the patient was observed that the symptoms were reduced resulting in good prognosis.

### **Conclusion:**

Inspite of wide range of therapeutic options available for eye diseases described in the literature, this external treatment was found to be useful for effective treatment.

### **Keyword:**

Optic disc oedema, Puravalayam, Thiribala nei, Ponnanganni nei, Good prognosis

### A REVIEW ON SCOPE AND CHALLENGES OF SIDDHA COSMETOLOGY

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#### **ABSTRACT**

**Background:** Siddha system is one among the oldest system of medicine providing preventive, curative, rejuvenative and holistic health care. In this era, use of cosmetics is an inevitable daily routine among people. Especially, herbal cosmetics have gained much popularity than synthetic cosmetic products, as it is cost effective and possess lower side effects. Cosmetics alone are not competent to take care of skin and other body parts. In Siddhasystem, it starts from naalozhukkam (daily routine) like ennaikuliyal (oil bath), using bath powder like nalungumaa, kala ozhukkam (seasonal regimen) etc.

*Objective:* The rationale of this paper is to review the cosmetological formulations used in *Siddha*system, to explore the possibilities of cosmetology in *Siddha* along with unveiling the scope and challenges.

*Methods:* An attempt has been made to bring various formulations in *Siddha* system in the form of chooranam, thailam, lepam, parpamete which can be considered as a cosmetic in *Siddha*, through review of literature. The Strength, Weakness, Oppurtunities and Threats (SWOT) about cosmetology in *Siddha* are also discussed.

*Conclusion:* Cosmetology in *Siddha* is an area which is still untouched as compared to other systems. There is a need of more researches promoting development in this area.

Keywords: Siddha, Cosmetology, SWOT, Naalozhukkam, Kaalaozhukkam

# HEPATOPROTECTIVE ACTIVITY OF SIDDHA DRUG MANJAL KAMALAI KIYAZHAM AGAINST PARACETAMOL INDUCED HEPATOTOXICITY IN ZEBRA FISH (DANIO RERIO) MODEL

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**Objective:** The objective of this study is to assess the hepatoprotective nature of Siddha formulation manjal noi kudineer (MNK) against Paracetamol induced hepatotoxicity in Zebrafish Danio rerio model.

**Methods:** Pharmacological studies were carried out in the adult zebra fish model in the category of four groups; each individual group contained ten animals. Groups 1, 2, 3, and 4 were considered as control groups, disease control groups, and drug treated groups at different concentrations, respectively. Histopathological analysis was recorded.

**Results:** The observed research findings were confirmed that this novel Siddha formulation MNK possess potent hepatoprotective effect at the both dose level of 250 mg/l–500 mg/l against paracetamol induced toxicity in Zebrafish.

Conclusion: Siddha medicinal formulation has been in practice for more than 1000 years. Liver diseases are the highly prevalent one among all the diseases. Although huge drugs are available for liver diseases, there is a need for cost effectiveness drugs without any adverse effect. From the study, it was concluded that the drug MNK has promising hepatoprotective activity in dose-dependent manners and restores the basic liver architecture by means of its rejuvenating potential against paracetamol induced toxicity in Zebrafish model. We can strongly suggest that the Sastric Siddha drug MNK to treat various kinds of liver diseases such as liver cirrhosis and hepatic carcinoma. This research work may be highly beneficial to the people who suffered from various liver diseases if the drug will be given clinically.

Keywords: Siddha medicine, Poly herbal, Traditional, Sastric, Hepatoprotective, Kudineer.

# KNOWLEDGE AND AWARENESS OF CERRVICAL CANCER AND ITS PREVENTION AMONG NURSING STUDENTS IN CHENNAI- DESCRIPTIVE STUDY

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### **ABSTRACT**

### **INTRODUCTION**

Cervical cancer in India is about 122,844 annually. It is the 2<sup>nd</sup> most common female cancer in women aged 15 to 44years in India. Nurses have the key role in imparting knowledge of disease and its prevention to the general public. Hence it is necessary to make the nurses aware about cervical cancer.

### **OBJECTIVE**

To assess the knowledge of cervical cancer and its prevention among students in nursing colleges and also to determine the effectiveness of Health education package of cervical cancer among students in nursing colleges.

### **METHODS**

The study was conducted in Chennai through Descriptive study adopting Stratified Random Sampling with equal allocation method. Totally 208 participants were recruited.

### **RESULTS**

The results indicated that in the pretest the general information about the disease, risk factors, investigations are below desirable level. The overall knowledge about CC among the participants were improved after intervention compared to before. 19(9.1%) had below desirable knowledge in the pretest which has been reduced to 2(1%) in the post test which is significant (p<0.05).

### **CONCLUSION**

After intervention program there was significant improvement observed in the knowledge in all the domains except the domain on treatment for CC. Hence it is concluded that in the domain of treatment health education using audio-visual aids could be more effective.

### **KEY WORDS**

Cervical cancer- Awareness- Descriptive study- Nursing students.

# A NARRATIVE PHARMACOLOGICAL REVIEW OF "AMIRTAVALLI KUDINEER" FOR TREATMENT OF REFLUX ESOPHAGITIS

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### **ABSTRACT**

Esophagitis is a general term for any inflammation, irritation of the esophagus, the swallowing tube that runs from throat to stomach. That results from repeated exposure for prolonged periods of time to regurgitated stomach contents usually containing acid and pepsin with increasing severity, it may be associated with erosions, ulceration and formation of strictures. The development of reflux esophagitis is commonly associated with a decrease in the lower esophageal sphincter tone or esophageal clearance. This requires acid suppressive therapy for medical management. The herbal decoction "Amirtavalli kudineer"mentioned in Theran Kudineer100 is indicated for Erigunmam(esophagitis), the ingredients are Tinospora cordifolia, Aegle marmelos, Zingiber officinale, Santalum album, Plectranthus rhomboidae, Pergularia Daemia and vettiveroides .Previous pharmacological research for above ingredients have potential activities against Esophagitis. Hence furthermore research should be conducted on Amirtavalli Kudineer for esophagitis. Objective: The main objective of this study to reveal pharmacological actions for Esophagitis. Methods: The qualitative study over 30 research articles have been reviewed and their comprehensive data have been concluded. Results: From this study, the pharmacological actions were shows anti inflammatory, analgesic, antacid and proton pump inhibitor etc in Amirtavalli Kudinner. Conclusion: Amirtavalli kudineer have potent phytoconstituents and their effects for treating the esophagitis.

### **KEYWORDS**:

Esophagitis, Acid reflux, Amirtavalli, Proton pump inhibitor and Erigunmam.

### STANDARDIZATION OF POTASSIUM NITRATE THROUGH ICP – OES – QUANTITATIVE ANALYSIS

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### **INTRODUCTION:**

Siddha medicine is an ancient system of medicine. Siddha medicine is not only a medical method but also a medicine with lifestyle ethics. Siddha medicine has various medical methods such as herbal medicines, Metals, Mercury, minerals, animal products, etc. In Siddha system, medicinal products should be purified before use. There is a separate purification method for each medicinal preparation. Salt-based medicines are widely used in Siddha medicine. Particularly, Rock salt (Sodium chloride impura), Camphor (plant - Cinnamomum camphora), Berneo Camphor, Sodium biborate, and Potassium nitrate are widely used. These are mentioned under Uparasam. This article attempts to standardize the purification method of potassium nitrate with Banana stem (Musa paradisiaca) juice. AIM: To estimate the elements of Potassium nitrate before and after purificationthrough ICP-OES (Inductively Coupled Plasma Atomic Emission Spectroscopy) equipment.

### **METHODOLOGY:**

Quantitative study ICP-OES Equipment (Inductively Coupled Plasma Atomic Emission Spectroscopy).

### **RESULTS & CONCLUSION:**

I hope that the results of this study reveals elements of Potassium nitrate before and after purification.

### **KEY WORDS:**

Standardization, Potassium nitrate, Banana stem juice, ICP-OES.

### ANALYTICAL SPECIFICATIONS OF *PAAL PARPAM* BY PLIM GUIDELINES

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### **ABSTRACT:**

**Background:** *Parpam* (White calx) is one of the 32 internal medicines prepared by an ancient method of calcination that have been prepared. Various Metallic/mineral substances made into white powder by burning or frying or by grinding with juices or by incineration and different processes are employed with variation in duration of incineration, hours of grinding, and/or hours of burning. It has a shelf-life of 100 years. Aim & Objective: To evaluate the *Paal parpam* mentioned in *Anuboga vaithiya navaneetham*, by analytical specifications mentioned in PLIM guidelines. Methods: Description - Colour & Odour, Identification -chemical, Particle size mesh size — 200 - 300, Loss on drying, Total – ash, Acid – insoluble ash, Water soluble ash, Specifications for *Parpam* in *Siddha* - Lustreless, Fine enough to enter the crevices of finger, Floats on water, Smokeless, Tasteless. Results: The results of the study ensures the safety of the drug to ensure the therapeutic purposes. Conclusion: Though various *parpam* formulations were mentioned in Siddha literature, the preparation *Paal parpam* is easy to prepare and this study enhances the safety.

### **Key words:**

Siddha, Paal parpam, standardization, PLIM guidelines

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# A neoteric approach of diagnosis using vaazhnaal vivaram and Yaakai Ilakkanam with its prevention and its Astrological correlation – A pilot study

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### **Background**

Siddha medicine is an ancient script of medicine with the concept based on fundamental principles of 96 thathuvangal. The physical health of the human body is maintained by three humors Vatham, pitham, kabam which are the basic vital forces of humans. Also, every human is unique in nature. Likewise, there occurs in body constitution (Yakkai ilakkanam) as Vatham, pitham, kabam and so on. In general, lifespan (vaazhnaal vivaram) of a man is considered as 100 years which is further divided into kaba, pitha and vatha kaalam. Also, there occurs many diseases due to derangement in these three viral forces. Diet also plays a major role in our everyday activity. Improper diet habits cause disturbances in equilibrium of three humours (Uyir thathukkal) and physical constituents (Udal thathukkal) in turn causing several diseases. Medical Astrology (Jothidam) is also an ancient system that associates various arts of body and diseases with 9 planets and their positions.

### Aim

The aim is to conduct a pilot study for diagnosis of a disease of a person using his vaazhnaal vivaram and Yaakai Ilakkanam (YI) and making it evident with Jothidam and to provide management and prevention.

### Method

A sample of 20 members in age group of 40-50 will be selected. Their YI will be noted through questionnaire and naadi and also period of lifespan(vaazhnaal vivaram) will also be noted for diagnosis of disease for which management and prevention will be advised. Also, it will be made evident through collecting their Jaathagam for calculation of dasaputthi and its positions in various Bavagams.

### Result

Thus, early diagnosis of a disease will be possible just by identifying YI and Vaazhnaal vivaram which can be managed or prevented. It will be made evident using Maruthuva Jothidaviyal.

### Conclusion

There occurs a hidden power in YI, vaazhnaal vivaram and Maruthuva Jothidam for early diagnosis of a disease which are intertwined.

**Keywords:** Thegi, vaazhnaal vivaram, diagnosis, Maruthuva Jothidam, Pilot study

### A REVIEW ON SALTS EXTRACTED FROM MEDICINAL HERBS FOR VARIOUS DISEASES.

**INTRODUCTION:** Siddha system of medicine uses drugs from plants, animals, metalsand mineral origin. Medicinal plant used in traditional medicinal system by different group of people to treat various kinds of health problem. Herbal formulation attaining wide acceptance day by day because they are safe, very effective and less costly. Traditional system of medicine includes naturally occurring salts and synthetic salts made from both herbal and non herbal components. The herbal synthetic salts are prepared by using parts of the plants which possess many pharmacological activities. The use of herbal salts have been minimized due to the lack of awareness. OBJECTIVE: To enumerate and list out the salt extracted from medicinal herbs which is used to treat various diseases..METHODS: There are some *siddha* literatures and the databases searched for this review were pubmed, google scholar, AYUSH research portal and some other articles also been reviewed and their comprehensive data will be concluded. RESULTS: This study states that the collection of various salts extracted from medicinal herbs have pharmacological properties results in treatment of various disease. CONCLUSION: Mentioned herbal salts have much more effectiveness with easy availability, affordability to treat various disease.

**KEYWORDS:** siddha medicine, herbal salts, pharmacological activity.

### ORAL HERBAL MEDICATED JELLIES – A NOVAL APPROACH FOR SIDDHA HERBAL DRUG DELIVERY

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### **ABSTRACT:**

**BACKGROUND:** Though Oral route of administration in the current advancement drug delivery is the most convenient and preferably acceptable form of medication, it also involves unpleasant odour or bitter taste in most of Siddha herbal medicine formulation. Considering paediatric population, the main drawback is that they are unlikely to tolerate the repeated administration of any drugs. Whereas, Pharmaceutical jellies can be administered easily i.e., anywhere, anytime as it is easy to handle and doesn't require water. **AIM AND OBJECTIVE:** Aim of this study is to initiate a novel way of drug delivery of Siddha herbal medications by formulating a paediatric friendly pharmaceutical jelly dosage form. The primary objective of this study is to implement the formulation of Siddha herbal medicated jellies using common herbal formulations such as Madhulaimanapagu etc. **METHODS:** Oral medicated jellies can be prepared by adding thickening agents like agaragar which is obtained from red algae in the Siddha herbal medicine formulations. **RESULTS:** This study may pave way to administer pharmaceutical siddha herbal jellies to the patients who refuse to swallow such as paediatric, geriatric and psychiatric patients and also to the patients who cannot swallow tablets such as elderly, stroke victim, bedridden patients, patients with oesophageal problem and thus improving patient compliance.

**KEYWORDS:** Siddha medicine, Herbal medicine, Pharmaceutical jellies, Paediatric, Oral administration.

### Application of maruthuvajothidaviyal (Medical Astrology) In Anorectal

### **Diseases- A Case series**

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Background: India is a land of great ecological, cultural, political and economic diversity. Its Health care system reflects this diversity, both in its plural system of health care knowledge and practice. Siddha system of medicine is one of the oldest holistitic system practiced in india ,which has its unique methodology in disease diagnosis . Medical Astrology is one among them. Medical astrology is an ancient applied branch of astrology based mostly on melothesia, the association of various parts of the body, diseases, and drugs with the nature of the sun, moon, planets, and the twelve astrological signs. Objective: To estimate the casuality of astrological factors for anorectal diseases. Materials and Methods: Date and time of the patient's consultation were noted, kocharam chart is created jamakool is placed outside the kocharam chart, calculation of udhayam, aarudam and kavippu is done. The planets inside the kocharam and jaamakool of udhayamaarudam and kavippu are correlated and the evaluation of the disease is done. Results: Humoral (Pathological) findings of anorectal diseases using astrological parameters is documented.

**Keywords:** Siddha, Medical Astrology, Anorectal Diseases.

# EVALUATION OF ANTI MICROBIAL SCREENING OF THE SIDDHA FORMULATION TABLET LINGA BOOPATHYUSING RESAZURIN MICROTITRE ASSAY

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### **BACKGROUND:**

Infectious diseases are observed to be the most important threat to human health. The majority of the presently available antibiotics have notable disadvantages in terms of antimicrobial spectrum and side effects. Over usage of such antibiotics is causing clinical resistance in microorganisms. Siddha system of medicines have the possibilities in combating drug—resistant pathogens. One such probable formulation in the Siddha system is Tablet LingaBoopathywhich is indicated for fever, ulcer and worm infestations in Siddha literature..

### **OBJECTIVES:**

The main objective of the present investigation is to evaluate the anti-microbial efficacy of the formulation Tablet LingaBoopathy using Resazurinmicrotitre assay.

### **METHODS:**

The formulation Tablet LingaBoopathywas screened for antimicrobial activity against microbial type culture collection strains of *Escherchiacoli, Vibriocholerae, Shigellasonnei* and *Candida albicans*, by using Resazurinmicrotitreassay. Chloramphenicoland fluconazole were used as positive control for bacterial and fungal pathogens. The zone of inhibition and the MICs were determined.

### **RESULTS:**

It was observed that the sample reveals significant activity against the pathogen E-coli (MIC 250  $\mu$ g) and ShigellaSonnei -SS (MIC 500  $\mu$ g) with the lowest MIC values when compared to that of Vibrio Cholerae – VC with MIC value of 500  $\mu$ g. Similarly, the sample demonstrate consistent anti-fungal activity against Candida albicans with the MIC value of 500  $\mu$ g.

### **CONCLUSIONS:**

The study supports the clinical claims of Siddha formulations to have potent antimicrobial activity and offer profound therapeutic benefits in infectious conditions.

### **KEYWORDS:**

Anti microbial, Siddha formulation, TabletLingaBoopathy, worm infestations.

### EVALUATION OF BRONCHODILATOR ACTIVITY OF SIDDHA HERBO MINERAL DRUG "SWASA KUDORI CHENDOORAM" BY EXPOSING SWISS ALBINO RAT

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### ABSTRACT BACKGROUND

Asthma is an inflammatory disease of the small airways characterized by episodic, reversible bronchial obstruction, polyphonic wheeze, dyspnoea, and cough which may be relieved spontaneously or as a result of therapy. Asthma cannot be cured but it could be controlled. Combined medications possess both reliever controller properties are very good for asthmatic treatment. Siddha Herbo Mineral preparations are bio-safe and have their own fast acting properties to control Broncho constrictions and relieves from asthmatic symptoms early and they probably don't cause any adverse drug reactions. *Swasa Kudoori Chendooram* (SKC) is indicated specially for bronchial asthma. This work is to evaluate the efficacy of Siddha Herbo Mineral Drug SKC by exposing Swiss albino rat boiled and cooled milk for bronchodilator activity.

### **OBJECTIVE**

The primary objective of this study is to evaluate the Bronchodilator activity of siddhaHerbo Mineral Drug *Swasa Kudoori Chendooram*.

### **METHOD**

The efficacy of SKC was evaluated by exposing Swiss albino rat. Boiled and cooled milk was injected. Four groups were taken where each group contained six animals. All the doses were given orally once a day for 5 days. The total WBC and Eosinophil counts were estimated before and after treatment.

### **RESULT:**

Significant results were shown in the experiment. Hence the test drug may be suitable in managing Bronchial Asthma.

### **COUNCLUSION:**

This study proves the efficacy of the herbo mineral formulation SKC over Bronchial Asthma. Further extensive works regarding this will be done in future.

### **KEY WORDS:**

Bronchodilator, Swasa Kudoori Khendoodram, Siddha, Bronchial asthma, haematological profile.

### OBSERVATION OF NEERKKURI, NEIKKURI AND NAADI- SIDDHA DIAGNOSTIC METHODS IN A KANDAKIRAGA VAATHAM PATIENT - A CASE REPORT

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### **Background**

According to Siddha system, there are 4448 diseases. Kandakiraga vaatham( Cancer of Oesophagus) is one among the 84 types of Vaatha diseases. Generally, Cancer is a fatal disease. Cancer of Oesophagus in addition has the obstacle in food intake which worsens the patient's physical as well as mental health.

### **Objective**

The objective of this case report is to highlight the Siddha diagnostic method for Kandakiraga Vaatham.

### **Case presentation**

A 50 year old male attended PG Noinaadal OPD with the complaints of difficulty to swallow food, vomiting, weight loss for a period of 2 months and he had no co morbidities. His CT and Histopathology reports mentioned hypermetabolic proliferative growth causing luminal narrowing in the mid esophagus and well differentiated squamous cell carcinoma respectively.

### **Discussion**

The patient's Neerkkuri, Neikkuri and Naadi were observed. Neerkkuri showed dark yellow coloured urine, Neikkuri showed Pitha Kaba pattern and Naadi Kaba Pitham.

### Conclusion

The dark yellow coloured urine indicates increased Pitham. Despite there is Kabam in Neikkuri and Naadi, Pitham indicate the treatable condition of the disease at that time.

### Keywords

Kandakiraga Vaatham, Neerkkuri, Neikkuri, Naadi, Oesophageal cancer

### A REVIEW ON EMPHASIS OF GUT HEALTH AND GUT DYSBIOSIS MENTIONED IN SIDDHA SYSTEM OF MEDICINE

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### **BACKGROUND:**

Siddha system of medicine is one of the many systems of traditional medicine which not only focuses on medicines but also on the healthy lifestyle through healthy foods. Human gastrointestinal tract harbours complex and dynamic variety of microorganisms. The bidirectional communication between the gut microbiome and host can cut the both way in many biological systems. Alterations of this gut flora i.e dysbiosis lead to disorders of gut health which is mentioned in Siddha texts viz *aamam*, *mandham*, *seriyamai*. The main Etiological factor proposed for these conditions is abnormal food habits. This review article explores how the gut dysbiosis is approached in siddha system through the conditions of *aamam/mandham*, the constitutional effects of dysbiosis and the herbs used in the management of dysbiosis are also analysed.

### **OBJECTIVE:**

To review the concept of *aamam/maandham* mentioned in siddha text and to correlate this concept with the emerging topic gut dysbiosis and to explore the various herbs to treat *maandham*.

### **METHODS:**

**STUDY TYPE:** Literature Review

### **INCLUSION CRITERIA:**

- 1. Siddha classical literatures with mentioning of aamam and mantham,
- 2. Indexed journal articles of case studies, Invitro studies, Animal studies and
- 3. Systematic reviews explaining gut microbiota, gut dysbiosis and correlated diseases.

### **EXCLUSION CRITERIA:**

- 1. Letters, conference abstracts and articles other than language English.
- 2. Conceptual study articles.

**SOURCES:** Indexes like PUBMED, EMBASE, Google Scholar and DOAJ.

### **CONCLUSION:**

After reviewing the available literatures, it is evident that Siddha system of medicine focuses on the gut health through many therapeutic as well as prophylactic procedures, functional foods and medicines.

**KEYWORDS AND STRATEGIES:** gut health, gut microbiota, gut brain axis, gut lung axis, gut dysbiosis, *aamam, maandham* with Boolean search of AND.

### In vitro anti-cancer activity of Mahaveera mezhugu against Human Breast Cancer in MCF-7, cell line

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### **ABSTRACT**

Breast cancer is a complex and multifaceted disease characterized by uncontrolled growth of abnormal cells in the breast tissue. It is the most common cancer among women worldwide and a significant cause of cancer-related mortality. World Health Organization (WHO) says that in 2020, approximately 2.3 million new cases of breast cancer were diagnosed globally, making up about 11.7% of all new cancer cases in both men and women. Line of treatment for cancer and the adverse effects to the body caused by them produced awareness to search for safe, cost-effective alternatives. Siddha system can offer a lot of formulations in the management of breast cancer in a non-complicated way. There are also many literary works to facilitate this. In particular, a potent medicine Mahaveera mezhugu is mentioned in the classical Siddha literature "Siddha Vaithiya Thirattu" The main objective of this study was to evaluate the Invitro anticancer potential of Mahaveera mezhugu in the MCF-7 Human Breast cell line, determined by dimethyl sulphoxide (DMSO, MTT) assay. LD50 concentration was found to be 5.1879371 µg/Ml. MTT assay was done to check the anti-cancer activity of drug and from the results it can be observed that compound induced a dose dependent decrease in cell viability and 6.25ug/ml itself reduced the cell viability to 40%. The phase contrast analysis of the cells depicts considerable morphological changes corresponding to membrane blebbing and apoptotic bodies This confirms the potent anti-proliferative effects of compound which is comparable standard drugs

**Key words:** Mahaveera mezhugu, anti-cancer activity, MCF-7 cell line, MTT assay

### The Effectiveness of Wound Dressing with *ViranaSanjeeviThailam* (VST) In the Management of *MadhumeghaViranam* – A Case Report

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### **Introduction:**

Diabetic foot ulcer(DFU) is one of the most prevalent consequences for those with poorly controlled diabetes mellitus(DM). It affects 6.3% of patients with DM globally. The available treatment modalities are expensive andare still unsatisfactory in the clinical management of DFU. In Siddha system of medicine Diabetic ulcers are referred to as *MadhumeghaViranam*(MV). There are various *thailam* indicated in the text for the management of ulcers. *ViranaSanjeevithailam*(VST)is a classical Siddha topical formulation indicated for the management of Chronic ulcers. Here is a case report onthe management of MVthrough wound dressing using VST.

#### **Materials and Methods:**

Maggitt Wagner system of classification of Diabetic ulcers was used to grade the ulcer. The wound was dressed with VST twice daily and the prognosis were measured using Leg ulcer measurement tool (LUMT) score before and after treatment.

### **Patient Information& Clinical findings:**

60 years old, post-menopausal, women reported with complaints of ulcer in the plantar aspect of Right foot for6 months along with history of Diabetes and Systemic hypertension undergoing allopathy treatment for the past 10 years. On examination, the ulcer was irregular in shape, size was 4cms /2cms/1.5cm in dimension, the floor was pale with no healthy granulation tissues, edges were punched out with moderate purulent discharges.

### **Results and Discussion:**

The ulcer had features of Grade 2 in Maggitt Wagner system of classification of Diabetic ulcer. LUMTscore was 41/68 before treatment. Following treatment, the LUMT score improved to 3/68 and the wound healed completely in a span of 86 days. This treatment modality is cost effective and has shown a positive outcome, which may pay way for further researches

**Keywords:** *Madhumeghaviranam*, *ViranaSanjeeviThailam*, Siddha, Wound dressing, Diabetic Foot ulcer.

### EFFICACY OF SUTTIGAI THERAPY (THERMAL CAUTERIZATION) IN THE MANAGEMENT OF KUTHIKAAL VATHAM (PLANTAR FASCIITIS)

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### ABSTRACT

**BACKGROUND:** 

The Siddha system of medicine comprises of both internal medicine (32) and external medicine (32). Our ancestors have given equal importance for external therapy as like internal medicines. Suttigai is one among 32 external therapies comes under Asura vaithiyam. It is elaborately said in Siddha system by saint Therayar & Yugi. Among 5 types of Suttigai, Mara Suttigai (Suttigai with plants part) is widely used one. This treatment may reduce the symptoms of Kuthikaal Vatham.

**OBJECTIVE:** To evaluate the efficacy of Suttigai with Thirugukalli ver (root of Euphorbia tortilis) in the management of Kuthikaal Vatham.

**METHODOLOGY:** A case series was carried out among 5 patients of Kuthikaal Vatham attending OPD, AAGHIM. The patients were included in this study based on inclusion & exclusion criteria. Clinical assessment was done by using PSFS (Pain Scale for Plantar Fasciitis).

**RESULTS:** Suttigai therapy with Thirugukalli ver gives a significant positive result in the management of Kuthikaal Vatham.

**CONCLUSIONS:** Creating awareness of Siddha external therapies is in the need. From this study, Suttigai plays a major role in the management of Kuthikaal Vatham and cost effective.

**KEY WORDS:** Siddha, External therapy, Suttigai, Thermal cauterization, Kuthikaal Vatham, Plantar Fascitis.

### SELECTED MEDICINAL PLANTS HAD INDICATION OF PUTRU NOI(CANCER) AND ITS SAPONIN CONTENT – A REVIEW

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### **ABSTRACT:**

**Background:** Medicinal plants are rich source of phytochemicals such as tannins, Saponins, Polyphenols and etc. One of the saponin is secondary compound structurally diverse molecules that are chemically referred as triterpene and steroid glycosides. Saponins have a potential health benefits such as anti-carcinogenic, anti-inflammatory, anti-oxidant, Hepatoprotective and etc. Saponin have shown effective anticancer potential in various cancer cell lines by inhibiting cell growth and by inducing apoptosis. In Siddha literature some medicinal plants had indication of Putrunoi (cancer) and they also have saponin content.

Objective: Detailed review on medicinal plants with indication of Putrunoi (cancer) and its scientific evidence of Saponin content.

**Method:** Data were collected and recorded from Siddha literatures and scientific reviews of the herbs that has saponin content and anti-carcinogenic activity from research journals like Google Scholar, Science direct and etc.

**Result:** Most of the reviews are matched that the plants having indication of Putrunoi (cancer) in Siddha literatures they haveSaponin content.

Conclusion: The plants had indication of Putrunoi (cancer) has Saponin content and anti-carcinogenic activity. we would study later whether medicinal plants containing Saponin can be used against cancer without proven evidence.

**KEYWORD:** Siddha, Medicinal Plants, Saponin, Review, Scientific evidence.

### A REVIEW ON THAZHAI POO (Pandanus odarattissimus) FOR THE PREVENTIVE TREATMENT OF VARICELLA (AMMAI NOI)

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### **ABSTRACT:**

Background: Varicella (chickenpox) is an acute, highly contagious disease caused by Varicella-Zoster virus (VZV), a member of the herpes virus family. Only one serotype of VZV is known, and humans are the only reservoir. Following, infection the virus remains latent in neural ganglia and in abut 10 to 20% of cases it is reactivated to cause herpes zoster, or shingles, generally in persons over 50 years of age or immunocompromised individuals. VZV transmission occurs via droplets, aerosols, or direct contact with respiratory secretions, and almost always produces clinical disease in susceptible individuals. While mostly a mild disorder in childhood, Varicella tends to be more severe in adults. It may be fatal, especially in neonates and in immunocompromised persons. Varicella is characterized by an itchy, rash usually starting on the scalp and face and initially accompanied by fever and malaise. As per Siddha text, Varicella can be correlated with the term of Ammai noi. Thazhai Poo (Pandanus odarattissimus) have been mentioned in Siddha literature for the preventive treatment of Varicella (Ammai noi).

**Objective:** The major objective of this review is to evaluate the scientific evidence of Thazhai Poo (Pandanus odarattissimus) mentioned in Siddha text for the preventive treatment of Varicella (Ammai noi).

Method: This study reviewed databases like Pubmed, Google Scholar, Science Direct and Siddha literatures for the preventive treatment of Varicella were collected and recorded.

**Result:** Thazhai Poo (Pandanus odarattissimus) medicinal plant investigated and clearly reviewed from Siddha literature and research articles should that this herb having anti viral activity, Immuno boosting agent, anti microbial activity.

**Conclusion:** Mentioned plant have much more effectiveness with easy availability to preventive treatment of Varicella (Ammai noi) and provide a healthy life.

**KEYWORD:** Siddha, Thazhai, Pandanus odarattissimus, Anti viral, Review

# A PHARMACOLOGICAL REVIEW OF "KOTTA KUDINEER" FOR PSYCHOLOGICAL DISORDER (VERI NOI) IN SIDDHA SYSTEM OF MEDICINE.

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### **ABSTRACT**

**Background:** Siddha system has safe herbal and herbo-mineral treatment for various psychological disorders like depression, mental disorder, epileptic mania, chronic dementia with insomnia. Depression is one of the most psychiatric disorder. According to the World Health Organization, depression is a medical and social problem affecting 340 million people world wide. The herbal combination "*Kotta kudineer*" indicated for *VERI NOI*, the ingredients are *Kottam(Costus speciosus)*, *Vasambu(Acorus calamus)*, *Thaen* (Honey). Previous pharmacological studies for above key ingredients have potential effect against Psychological disorder. OBJECTIVE: The main objective to reveal pharmacological action for Psychological disorder (VERI NOI).

**Conclusion:** Although there are lot of medications available in various literature, Costus speciosus have less side effect and less complications. I hope that review will be beneficial for the physicians for further treatment and management of Psycological disorder.

**RESULT**: The pharmacological action shows Anti depression, Anti anxiolytic, Anti stressor in kotta kudineer.

**Key word:** Veri noi-Pharmacological review-kotta kudineer-Psychological disorder.

# DOCUMENTATION OF TRADITIONAL POST-NATAL MOTHER & CHILD CARE PRACTICES IN SOUTH INDIA (TAMIL NADU) AND PENINSULAR MALAYSIA

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### **ABSTRACT:**

**BACKROUND:** One important area of the traditional medicine is involved with the birthing practice observed by women. Hence, many cultures or ethnicities around the world practice specific postnatal rituals or treatment. This is said to avoid ill health in later years even though at times the immediate effects are not felt. These postnatal practices or rituals would permit the mother to be pampered for a period of time after giving birth. Some of the rituals includes defined period of rest, hygiene practices, food restriction and recommended, special treatment for the mothers as well as breastfeeding and infant care. However, with modernization and globalization these post-natal rituals might not be practiced or followed. In South India and Peninsular Malaysia, the communities do have their own belief and practice in the postnatal care.

**OBJECTIVE:**To compile the data and correlate the scientific imperative of traditional practices in post-natal mother and child care during their post-partum period in various culture in South India(Tamil Nadu) and Peninsular Malaysia.

**METHODS AND MATERIALS**: Community based observational study. QUESTIONNAIRE: The questionnaire will be in bilingual (Tamil and English) and easily understandable by common people.

**RESULT**: All women do practice some kind of traditional practices for both mother and child during post-natal period.

**CONCLUSION:** This study help to know the various traditional practices during postnatal period and theunderstanding of these traditional practices is needed for the mainstream health care system in the South India (Tamilnadu) and Peninsular Malaysia.

**KEYWORDS:** Traditional practices, Post-natal mother and child care

### INSILICO ANALYSIS OF SIDDHA POLYHERBAL FORMULATION "MOOKIRATTAI CHOORANAM" FOR THE TREATMENT OF VITILIGO AGAINST TYROSINASE ENZYME

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### **ABSTRACT**

### **BACKGROUND AND OBJECTIVES:**

Vitiligo is an acquired autoimmune depigmentary disorder due to absence of melanocytes. In world-wide, its prevalence rate is 0.1 to 2.5% people affected, mainly adults and children. The priority treatment aspect of vitiligo is topical application to restore the lost skin colour. The management of vitiligo in Siddha system through internal & external medicines. The efficacy of Siddha poly herbal formulation *Mookirattai chooranam* through molecular docking with tyrosinase enzyme was studied *against vitiligo* in this study.

### **METHODS:**

Docking calculations were carried out for the retrieved bioactive compounds from *Mookirattai chooranam* against the target protein tyrosinase with PDB 1WX3 using Autodock 4. The Lamarckian Genetic algorithm and the Solis and wets local research approach were used to mimic docking. The initial positions, orientation, and torsion angles of the ligand molecules were chosen at random. All rotatable torsions were released after docking.

### **RESULTS:**

Total of 9 bioactive lead compounds were retrieved from "*Mookirattai chooranam*". The lead bioactive constituents docking score with tyrosinase exhibit binding energy ranges from -3.10 kcal/mol to -7.36 kcal/mol and possess 2-6 interactions with core target amino acid residues (His38,54,63,190,194 & 216) present on the protein tyrosinase enzyme. It was found that beta-sitosterol(-7.36kcal/mol), orientin(-7.06kcal/mol), luteolin(-5.68kcal/mol), glycyrrhizin(-4.79kcal/mol), Boeravinone B(-4.13kcal/mol) in "*Mookirattai chooranam*" showed higher binding energy in the descending order of magnitude respectively against the targeted tyrosinase enzyme. Glycyrrhizin shows interactions with all core target amino acid residues.

### **CONCLUSION:**

This study result was concluded that 9 bioactive components in the "Mookirattai Chooranam" revealed significant binding affinity against the target protein tyrosinase enzyme. Hence "Mookirattai chooranam" exerts promising anti-vitiligo property by synergizing the action of tyrosinase enzyme to improve the melanogenesis. Further in vivo and Clinical studies may be carried out to prove the efficacy of "MookirattaiChooranam" for the treatment of vitiligo.

### **KEYWORDS:**

Mookirattai chooranam, Vitiligo, Docking, Tyrosinase enzyme.

### **Evaluation of Anti-urolithiatic potential of Siddha formulation Mahaboopathi Parpam using Struvite Crystal Growth Inhibition Assay**

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### **BACKGROUND**

Urinary stone disease is exceeded in frequency as a urinary tract disorder. The prevalence of kidney stones has increased to 70% over the past 15 years. While men are more frequently affected than women. Mahaboopathi Parpam (MBP) is a siddha mineral formulation consisting of 8 Parpams. Its preparation has been stated in Sigicha Ratna Deepam and it is indicated for Kalladaippu, Sadhaiadaippu, Neer erichal, Neerkattu.

### **OBJECTIVES**

To Evaluate Anti-urolithatic potential of Siddha formulation Mahaboopathi parpam using Struvite Crystal Growth Inhibition Assay. The single diffusion gel growth technique was adopted to evaluate anti-urolithiatic potential of the study drug MBP.

### **METHODOLOGY**

Test drug was prepared at two different concentrations of 0.5 and 1% dispersed in 1.0 M magnesium acetate solution. About 5 ml of 1.0 M magnesium acetate without test drug were added as supernatant to control tubes which serves as crystal control group. The experiment was conducted at the room temperature. Study on growth of crystal was carried out for five consecutive days.

### **RESULTS**

Average size of the crystal was higher in the control medium with the measured length of 1.4  $\pm$  0.23. The size of the crystal was significantly decreased in medium contains 0.5% of test drug MBP with the Average length of 1.16  $\pm$  0.15cm. Similarly, the size of the crystal aggregates in medium contains 1% of test drug MBP was found to be 0.74  $\pm$  0.21cm.

### **CONCLUSION**

From the result of the study it is concluded that the test drug MBP reveals Promising anti-urolithiatic property in the tested medium. Hence, MBP is a potential formulation and further studies are recommended to prove its potential in animal and human models.

### **KEYWORDS**

Mahaboopathi Parpam, Anti-Urolithiatic potential, Neeradaippu, Strutive stones, Crystal growth inhibition

### DOCKING STUDY OF ANTI ALPHA AMYLASE ACTIVITY OF KAMALAI KUDINEER.

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### **BACKGROUND:**

Diabetic mellitus, a globally prevailing syndrome is a major threat in present times. If not treated properly, causes severe complications. Kamalaikudineer, which is commonly used to treat jaundice is also used to control hyperglycemia for ages.

### **AIM AND OBJECTIVE:**

This study was carried out with an objective to explore theanti alpha amylase activity of Kamalaikudineer.

### **METHODS:**

Reviewed from selected authenticate texts available in books like Chikitsaratnadeepam. E-book searched from Google scholar, Research gate, etc. Docking calculations were carried out for retrieved phytocomponents against target enzyme alpha amylase.

### **RESULT:**

The phytochemicals such as Phyllanthin,  $\alpha$ -Humulene, Piperine and Piperic acid reveals maximum of eight to eleven interactions with the core active amino acid residues present on the target enzyme Alpha-amylase. The compounds such as Cinnamic acid, Ascorbic acid,  $\beta$ -phellandrene and Oleic acid ranked second with the maximum of four to six interactions with the active site of the target enzyme Alpha-amylase in comparison with the standard Acarbose with 11 interactions.

### **CONCLUSION:**

The bio-active compound's like Phyllanthin,  $\alpha$ -Humulene, Piperine ,Piperic acid, Cinnamic acid, Ascorbic acid,  $\beta$ -phellandrene and Oleic acid revels significant binding affinity against the target enzyme Alpha-amylase by interacting with active amino acid present on the active site.It was concluded that the phytocomponents may act as a potential therapeutic agent for management of diabetes.

### **KEYWORDS:**

Kamalaikudineer, human alpha amylase, siddha, docking, diabetic mellitus.

### AN OBSERVATIONAL STUDY OF MENOPAUSE AMONG VEGETARIAN AND NON-VEGETARIAN WOMEN

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### **ABSTRACT:**

**Background :** The experience of menopause is influenced by various factors including genetics and overall health. Dietary choices, such as being a vegetarian and non-vegetarian, may also have an impact on menopausal symptoms.

**Objective:** To find the ubiquity of menopausal symptoms among vegetarian and non-vegetarian eating women of vaikalmedu village, erode, tamilnadu.

**Materials and Methods:** The study was governed among 15 post menopausal women from 15 july 2023 to 17 july 2023. Random sampling was done.

**Results**: The mean age of attaining menopause is 47.8 years. Among the survey 13.33% was vegetarian eating women whereas 86.667% was non-vegetarian eating women. Vegetarian diets lacked few nutrients which did not increase the oestrogen and progesterone levels in women's bodies. This resulted as the vegetarian eaters had attained the menopause on time and the non vegetarian eaters had attained the delayed menopause. Also the survey resulted prevalence of post menopausal symptoms among women were emotional problems(26.66%), lethargy(33.33%), headache(26.66%), dysuria(6.66%), fatigue(53%), weight gain(47%), joint pain(60%), and excessive sweating(20%)

**Conclusion**: Non-vegetarian eating women are induced by their diet which results in their delayed menopause.

**Keywords:** menopause, survey, food diet.

### SIDDHA PERSPECTIVE DIAGNOSTIC APPLICATION IN RELATION TO COVID 19 MANIFESTATIONS – A CROSS SECTIONAL STUDY.

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### **BACKGROUND:**

Siddha system of medicine is one of the most traditional medicineand has many unique preparations of higher order medicines, external therapies for various diseases. But still the validation of the reliable diagnostic tools has not yet been documented. Covid-19 which was a massive epidemic in 2019, and the world is still in search of medicines and diagnostic parameters. The Siddha's Eight-fold diagnostic tool, Neerkuri and neikuri are very sensitive and exclusively Siddha methods of diagnostic urine examination propounded by sage Theraiyar. This is an efficient method in elucidating the prognosis of the given disease. This cross-sectional study, evaluated Eight-fold Diagnostic tools and Neerkuri, Neikuri among the COVID Patients.

### **OBJECTIVE:**

To validate the Eight-fold diagnostic tools, Neerkuri and Neikuri among COVID19 Patients.

### **METHOD:**

COVID patients were selected based on their CORADS scoreandstudied with the eight-fold diagnostic tools and exclusively with Neerkuri and Neikuriusing the guidelines mentioned as per the Siddha Literature.

### **RESULTS:**

Based on the observation of the pattern of spread of oil drop in the urine of subjects, and by recording the changes of the En vagai thervu the results were recorded and tabulated.

### **CONCLUSION:**

From the obtained results it may be concluded that 80% of the neikkuri findings were in pearl shape indicating kabam. In future, clinical studieswill be conducted to standardize this Siddha Diagnostic tools in various other diseases.

### **KEY WORDS:**

Neikuri, En Vagai thervu, Diagnostic tool, COVID-19, Cross-sectional study.

### A SURVEY TO VALIDATE THE SIDDHA DIET PERCEPTION ON DIABETES MELLITUS

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### ABSTRACT BACKGROUND

MADHUMEGAM [*Diabetes mellitus*] is a chronic illness which has lifelong implications. It can be controlled by Diet in Siddha system of medicine. For centuries a large number of disorders including diabetes have been managed and treated using traditional herbal preparations.

### **OBJECTIVE**

To aware the patients through survey on the diet, gender, marital status, specific food, and lifestyle habits that could possibly be the causative factor according to ancient medical texts in causing *Diabetes mellitus*.

### **METHODOLOGY**

A survey was carried out among 20 adult to assess the prevalence of diabetes mellitus in population groups taking integrated medicines. A diet plan is formulated for diabetic patients in order to prevent excessive urination, control blood sugar level using the Siddha reference books.

### **RESULT**

According to the survey report from the Questionnaire, Siddha diet was prescribed to the patients. The maintenance is noted and Some tastes are added and some tastes are removed from the regular diet of patient and Awareness was given about the significance of diet in Siddha system.

### **CONCLUSION**

As many Diabetics are currently taking combination of herbal preparations with biomedical medications, the awareness need to be carried out to the public in order to know the potential herbs in their diet.

### **KEY WORDS**

Diabetes mellitus, Diet regimen, survey, Hygiene.

### EFFECT OF VARMAM IN FOOT DROP-SINGLE CASE STUDY

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### **BACKGROUND:**

Inability to raise the front part of foot due to weakness or paralysis of tibialis anterior muscle that lift the foot

- Foot drop occur due to peroneal nerve injury
- Can happen to unilateral or bilateral foot

### **OBJECTIVES:**

To evaluate the effect of varma points in relieving the symptoms of foot drop through single case study.

### **METHOD:**

A 45 years aged female patient presented with Difficulty in lifting the foot, Dragging the foot on the floor as one walks, Slapping the foot down with each step, Raising thigh while walking (high stepping gait), Pain, weakness or numbness in the foot for 4 months. She was diagnosed to be affected by foot drop. She is treated with varmam. The varma point include Saramuduchi, Sizhi poigai, Sirattai varmam, Kal moottu varmam, Veer adangal, Mel mannai, Kezh mannai, Kuthikal varmam, Uppu kutri varmam, Kaal viruthikaalam. The prognosis was measured with a help of pain scale and the symptoms mentioned by the patient is slightly reduced.

### **RESULT:**

The given varma point slightly reduces the symptoms in past 3 months of observation

### **CONCLUSION:**

The finding in this single case study have strong hope for relieving symptoms of foot drop through varma therapy and it is effective in treating.

### **KEYWORDS:**

Siddha, varmam, foot drop, pain scale, saramuduchi varmam, sirattai varmam.

### Inspiriting "The Siddha Traditional Pediatric well -being Implements": A Necessity for Comprehensive Child Healthcare.

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### **ABSTRACT**

### **BACKGROUND:**

In Siddha pediatric healthcare, remedies have been relied upon to address various ailments in children. This abstract highlights the concept & significance of a Pediatric Siddha Health Care Kit (PSHCK) and emphasizes the importance of Siddha remedies that have been scientifically studied, and their efficacy in treating certain conditions.

OBJECTIVE:

# ☐ Improve Pediatric Healthcare Accessibility ☐ Address Common Pediatric Ailments ☐ Evaluate role of TPHCK in child health METHODS: Ensure Safe and Evidence-Based Care ☐ To Foster Health Education

☐ Data Collection and analyzation

A comprehensive literature review and case surveys were conducted and analyzed focusing on the contents and applications of PSHCK. This kit is equipped with Urai Maathirai, Vasambu Pottu, Vellerukku Eerana Kairu, Paal Mani, 5 metal alloy, Vasambu Kaapu, Vasambu karipodi. This readily available kit can and treats common pediatric health issues.

### **RESULT:**

The implements in this kit are used effectively for pain, fever, respiratory, colic, appetite, diarrhea managements and also balance three Thodam respectively. This kit is often more affordable and accessible and has reduced reliance on pharmaceutical drugs for minor childhood illnesses.

### **CONCLUSION:**

This kit aggrandizes a sense of identity and community cohesion while promoting trust in the healthcare system. The use and promotion of the PTHCK help preserve traditional knowledge and healing practices that have been passed down through generations.

### **KEYWORDS:**

Siddha pediatric health care kit, childhood ailments, Siddha remedies

### VAIPPU MURAIGAL(MANOSILAI & PERUNGAYAM) IN SIDDHA SYSTEM OF MEDICINE – AN RESEARCH ARTICLE

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### ABSTRACT INTRODUCTION:

Siddha system of medicine is a distinct therapeutic science with many single, polyherbal and herbal and mineral formulations. Sarakkuvaipu is a unique technique developed by our ancient siddha's which was only seen in siddha system of medicine. Naturally occurring Mooligai(herbs), Karasaram (salt),Uparasam(minerals), Padanam (arsenic compounds) and resins are used to prepare sarakku vaippu which mimics the natural drug. Vaippu perungayam and vaippu manosilai are done and tested for their characters and efficacy in order to reduce the adulteration of raw drugs during medicine preparation. As there is more adulterated raw drugs available in markets due tolow availability.

### **METHODOLOGY:**

To evaluate pre clinical studies such as physiochemical, heavy metals, carminative activities of vaippu perungayam and quantitative analysis of vaippu manosilai – a siddha formulation.

### **RESULTS:**

Vaippu perungayam and vaippu manosilai shows promising results as vaippu perungayam shows presence of sulphates, sulfides, free from heavy metals and desirable carminative activities. In vaippu Manosilai the heavy metals such as lead, cadmium, mercury arsenic are below detected level.

### **DISCUSSION:**

Thus further studies are needed in vaippu perungayam and vaippu manosilai for standardization of these drugs which helps to replace the adulterated one in future due to insufficiency of original drugs.

### **KEY WORDS:**

Siddha, vaippu murai, perungayam, manosilai, pre - clinical studies.

### EARLY EFFECTIVE MANAGEMENT OF DIABETIC FOOT ULCER BY THIRIPALA CHOORANAM POOTCHU - A CASE STUDY.

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### **BACKGROUND:**

Diabetic foot ulceris the most common complication of diabetes mellitus that usually fail to heal quickly and leading to lower limb amputation. Early effective management of diabetic foot ulcer can reduce severity. The thiripalachooranampootchu has its own anti-oxidative, anti-inflammatory and antibacterial activity in curing diabetic foot ulcer.

### **OBJECTIVES:**

To reduce the severe complication and also improve overall quality of life of patients by thiripalachoorampootchu.

### **METHODS:**

External application of thiripalachooranam - hospital pharmacopoeia Debridement by thiripala wash. Offloadingby stimulate pressure point. Dressing by thiripalachooranampootchu and maintain pathiyam.

### **RESULT:**

The properties of Emblica officinalis (anti-inflammatory, anti oxidant, analegesic, antiulcerogenic, antimicrobial), Terminalia bellerica (antioxidant), Terminalia chebula (anti-inflammatory, antioxidant, antiulcer, antidiabetic, antibacterial) results wound healing.

### **CONCLUSION:**

The thiripala chooranam pootchu has good prognosis towards diabetic foot ulcer. The anti-inflammatory, antioxidative and antibacterial activity helps in wound healing process. Pathiyamalso supports in accelerated healing.

### **KEYWORDS:**

Early management – thiripalachooranm – wound healing - diabetic foot ulcer - anti-oxidative -anti-inflammatory -pathiyam .

# A STUDY ON MOLECULAR DOCKING OF PANAKURUTHU KUDINEER AGAINST TAMM HORSFALL PROTEIN ENDOWED ANTI UROLITHIASIS ACTIVITY

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#### **Abstract**

Siddha system of medicine is one of the authorised traditional system comes under Ministry of AYUSH, Government of India. Siddha system deals with many herbal and herbo mineral formulations at Nano-particle level. Urolithiasis is a complex process that results from a several physicochemical events including supersaturation, nucleation, growth, aggregation, and retention within the kidneys. Epidemiological data have shown that calcium oxalate is the predominant mineral in a majority of Renal calculi. Tamm-Horsfall protein (THP) powerfully inhibits calcium oxalate crystal aggregation, but structurally abnormal or excessive THP promotes Calcium oxalate crystal aggregation. Anti-urolithiasis activity is associated with the formation of hydrogen bond between the ligand and the target Tamm Horsfall protein and hinders it's action. A classical polyherbal Siddha formulation "PanakuruthuKudineer" compose of herbs such as Borassusflabellifer, Hygrophilaauriculata, Ziziphusonenoplia, Tragiainvolucrata, Aegle marmelos, Hyoscyamusniger, Mydragynaparviflora is believed to have potential therapeutic action against renal calculi. Selected bioactive phytocomponents from the herbs of panakuruthuKudineeri.ePentanoic acid,Betulin,Sanjoinine A, Quercetin, Imperatorin, Hyoscyamide, Mitragynineact as ligand for the target site in abnormal Tamm horsfall protein. This study is to evaluate the anti-urolithiasis activity of herbs in the formulation panakuruthuKudineer in the management of urolithiasis by computational analysis of site of interaction with target Tamm horsfall protein.

Keywords: Urolithiasis, Tamm horsfall protein, PanakuruthuKudineer, siddha medicine

# A PIVOTAL STUDY ON THE UNIQUE FORMULATION OF PIRANDAI MARUNTHU, A HERBAL PASTE USED TO HEAL BONE FRACTURES.

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# **Abstract Background:**

The siddha system of medicine is a traditional and holistic system that offers curative, preventive, promotive rejuvenating and rehabilitative health care. This system is founded on a synthesis of mysticism, alchemy and ancient medical and spiritual disciplines. There has been a resurgence of interest in traditional medicine on recent years. A significant source of biodynamic chemicals with therapeutic effect is medicinal plants. Since ancient times "PirandaiMarunthu" has been used to cure a wide range of illnesses including heart disease, blood pressure, diabetes, obesity, ulcer and piles and so it is called as "VAJJRAVALLI" in our siddha system. Pirandaimarunthu is excellent for reducingedema, boostvigor, improve memory and resolve the gastrointestinal issues. The best thing about PirandaiMarunthu is how frequently it is applied externally to treat bone fractures. Therefore healing of bones can be obviously done by the excellent actions of PirandaiMarunthu.

# **Objective:**

The aim of this study is to research and analyze the therapeutic effects of PirandaiMarunthu for healing the fractured bones.

#### **Materials And Methods:**

This study reveals that PirandaiMarunthu is useful to cure variety of illnesses but it is best known for its external usage in the treatment of bone fractures based on the published journals and siddha literatures.

#### **Result:**

Based on the evidences from the siddha literatures PirandaiMarunthu contains high content of Vitamin C and Antioxidant chemical components to process the quick healing of the damaged bones.

### **Conclusion:**

According to the siddha fundamentals and principles PirandaiMarunthuis believed to have the therapeutic benefits to mend the shattered bones.

# **Keywords:**

Siddha system- PirandaiMarunthu-Fractured bones-Quick healing actions - Therapeutic benefits.

# A SINGLE CASE STUDY ON CHRONIC KIDNEY DISEASE – MANAGEMENT THROUGH SIRUNGI PARPAM AND VARMAM

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### **Background:**

The prevalence of chronic kidney disease ranges from 56 to 74.7 cases per million of the age-related population. The most common cause of chronic kidney disease among children is congenital anomalies of the kidney and urinary tract.

# **Objectives:**

Chronic kidney disease is treatable through siddha system of medicine without the severe complication of renal transplantation and dialysis. A 44year old male patient with pitting oedema, pruritus, weakness of both lower limbs, anorexia, pallor, frothy urine, renal colic and pain in lower back region is the subject of this case study.

#### **Methods:**

By literature evidence of higher order medicines and decoction preparation, we made sirungiparpam, muthuchippiparpam, pavalaparpam,sanguparpam, poonaimeesaikudineer, siruganpeelaikudineer, mookirattaikudineer which consist of animal,marine and plant originhaving anti-oxidant, nephroprotective, anti-spasmodic, diuretic,anti-inflammatory, laxative and blood purifying activity and additionally we treated the patient externally with Varmam, Banana leaf bath and Sand bath. In this case study 44year old male patient was diagnosed to have chronic kidney disease. Haemodialysis was recommended but the patient refused instead he had siddha treatment. After this siddha medication the patient's symptoms and investigation have improved.

#### **Result:**

After siddha and varma therapy for six months the patient's symptoms like pitting oedema on face and legs, breathlessness, frothy urine, anorexia, constipation have recovered, and his serum creatinine, blood urea, uric acid, eGFR levels, serum sodium, serum potassium and albumin levels got decreased.

### **Conclusion:**

Chronic kidney disease is treatable and it is cost efficient comparable with dialysis and renal transplantation.

# **Keywords:**

Sirungiparpam, sanguparpam, muthuchippiparpam, pavalaparpam, siruganpeelaikudineer, Varmam, Banana leaf bath, Sand bath, dietary regimen.

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### Insilico evaluation of pharmacological activities of Amukkara Chooranam

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#### **Abstract**

Siddha medicine system, an oldest traditional medicinal practice originated from southern India records innumerable potential medicinal plants and formulations to treat various diseases and ailments. Amukkara Chooranam, a polyherbal powder prepared using eight ingredients namely Syzygium aromaticum, Cinnamomum wightii, Elettaria cardamomum, Piper nigrum, Piper longum, Zingiber officinale, Withania somnifera and Cane sugar in geometric progression. It is prescribed for anemia, cancer, cold, diabetics, exhaustion, fat digestion and absorption, flu, hiccup, infections, inflammations, leucorrhoea, low energy, neuropathy, rheumatoid arthritis, splenomegaly, stress, tuberculosis, tumour, Wheezing, to balance the biological humour Vata and Kapha, to remove metabolic waste and toxins by siddha practitioners. There are studies that explored pharmacological activities of antiviral and immunomodulatory properties. However, the specific insilico evaluation of Amukkara Chooranam's pharmacological activities is not extensively documented. In the present study, we extracted the phytoactive compounds of individual plants from the literature and analysed for the drug likeness and ADMET properties. The identified lead compounds were further docked against various antagonist receptors involved in disease pathogenesis such as analgesic, convulsant, cancer, cardiovascular diseases, diabetics, inflammation, oxidation, rheumatism and stress. The overall study reveals that the compounds have more binding affinities against analgesic, convulsant, cancer, inflammation receptors than the standard drug with a significant binding energies of -9 and -9.4 Kcal/mol. Further research, including insilico studies, clinical trials, and in vitro/in vivo experiments, would be necessary to comprehensively evaluate the pharmacological activities and mechanisms of action of Amukkara Chooranam.

### **Keywords:**

Amukkara Chooranam, Bioactive components, Incurable diseases, Molecular docking, Siddha medicine.

# MOLECULAR DOCKING ON SEMICARPOUS ANACARDIUM AGAINST NUDT 5 RECEPTORS FOR BREAST CANCER.

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#### **BACKGROUND:**

Breast cancer is one of the most common cancers in women that is diagnosed mostly over the age of 50. Breast cancer occurs in the lobules or ducts in the inner breast ,the growing number of cells together forming a tumor which can be felt as a lump or change in the shape of the breast. The most common types of breast cancer are invasive ductal carcinoma and invasive lobular carcinoma .Since Semicarpous anacardium is used in the treatment of breast cancer in Siddha system , is targeted against NUDT5 (nucleotide diphosphate hydrolase type 5) receptors, clinically used in the management of breast cancer.

# **OBJECTIVE:**

To predict the binding ability between the ingredients of Semicarpous anacardium against NUDT5 by molecular docking. To establish the anti-tumour activity of components of the drug.

# **METHODS:**

The various ligand molecules present in the drugs are analyzed and molecules with increased affinity and its level of anti-tumour effect for target is identified.

#### **RESULT:**

Thus the binding molecule responsible for anti-tumour effect against target protein is identified.

#### **CONCLUSION:**

The single drug Semicarpous anacardium in Gunapadam mooligai has endowed high response against anticancer and is recommended for management of breast cancer.

#### **KEYWORDS:**

Molecular docking, Semicarpous anacardium, NUDT5, Anti-cancer.

# ANTI-VENOM HERBAL MEDICINE

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# **BACKGROUND:**

Snake bite has been recorded as a menace since ancient times which predicament the situation and even lead to death . This abstract include the severity of snake bite , importance of herbal drugs against snake venom toxin.

#### **OBJECTIVE:**

To document Anti-venom Herbal Medicine

#### **METHOD:**

The relevant data and evidence are collected from the text book *Nanjumurivunool*and also collected from the Anti -venom Herbal Practice of KaaniTribals, Western ghats.

#### **RESULT:**

The Present Review represents the importance of Anti-venom Herbal Medicine against snake bite

# **CONCLUSION:**

Anti-venom Herbal Medicine is an innovative methodology.

Further Research and Development will let the world know about its benefits .

#### **KEYWORDS:**

Anti-venom Herbal medicine ,Snake venom , Siddha.

#### AN OBSERVATIONAL STUDY ON "ENNAIPERIN VENNERIL KULIPOM".

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Siddha system of medicine is one of the traditional system of medicine prevalent in South India. Siddha system focuses more on life style regulations than being only a medical practice.

Theraiyar, the best disciple of Agathiyar said "Pini Anuga Vidhi" in which it is quoted "Ennaiperin Venneril Kulipom" and "Veerusadhur Naatkorukaal Neimuzhukai Thaveerom" on the 1<sup>st</sup> and 21<sup>st</sup> lines respectively. So it explains that having a hot water bath after oil application twice a week keeps disease away.

**BACKGROUND:** An observational study on, "Ennaiperin Venneril Kulipom", evidenced from the book "Pathartha Guna Chindhamani" among people with age group of 15–60 yrs.

**RESEARCH GAP**: In Modern world, there are many myths and misconception about this quote.

**OBJECTIVE:** To explore the oil bath methods and their health status.

**METHOD:** Data were collected from 60 individuals using Google forms through a questionnaire. The questionnaire included the question regarding frequency of oil bath, oil and water used, along with their health status.

**RESULT:** The proportion of health status in individuals having oil bath with hot water is higher.

**CONCLUSION:** This study reveals the association between having proper oil bath and health. By following the Theraiyar Pini Anuga Vidhi we can prevent the lifestyle diseases, thereby we can create a healthy society.

**KEY WORDS:** Traditional system, Oil bath, Life style, Health status.

# A Cross sectional study on Knowledge, Attitude and Practice of Young adults regarding Millets, 2023

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# **Background:**

In the past few years, health consciousness among thegrowing young population has increased. Due to this there has been an increasing demand on traditional varieties of foods like Millets. Young adults are the building blocks of the community, if they gain knowledge on the millets they will change theirfood consumption patternswhich in turn will benefit their upcoming generations. Millets are a group of nutrition rich and energy-efficient food crop that helps us to overcome malnutrition and various other diseases.

# **Objective:**

The objective of this study is to describe the knowledge-attitude-practices of millets among young adult age group in recent times using KAP study.

### **Methodology:**

A KAP study was conducted using a Google forms questionnaire and by sending through various social media platforms with prior consenting and voluntary participation was ensured. We have received more than 170 responses and individuals among 18-25 age group was selected for the study. The data was analysed using Microsoft Office Excel.

# **Results:**

The result reveals that 63% individuals participated in the study are of age group 18-25 years. On the whole, male participants were 55% and female participants were 45%. 70% individuals have a good KAP on millets. About 80% of individuals prefer to consume millets in the form of food than convenience products such as Bun, Biscuit, Bread, Noodles. Less availability, more cooking time, Expensive nature of Millets is a major reason for non-consumption among individuals.

#### **Keywords:**

Millets, Knowledge-Attitude-Practice, Nutrition, Awareness, Food & Convenience Products.

#### EFFECTIVENESS OF SADAKUPPAI RASAYANAM IN TREATMENT OF PCOS

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#### **ABSTRACT**

#### **BACKGROUND**

One of the most common endocrine disorders affecting the women of reproductive age is the Polycystic Ovarian Syndrome (PCOS). In siddha system it is referred as 'sinaipaineerkati'. PCOS is mainly caused due to hormonal imbalance, certain dietary factors and lifestyle choices may also contribute to the development of PCOS or exacerbate its symptoms.

#### **OBJECTIVE**

The study aims to address symptoms, regulate menstrual cycles, promote fertility, and reduce the risk of long-term complications such as diabetes mellitus and cardiovascular disease.

#### **METHODOLOGY**

The Sadakuppairasayanam along with sombukudineer is given internally. Daily routine of yoga along with millet rich diet is advised.

#### **RESULT**

The chemical constituents present in SadakuppaiRasayanamand SombuKudineerwill be more helpful in balancing the hormone levels, and thus helps in treating pcos.Practicing yoga daily reduces stress in our body, improves hormonal balance, abdominal blood circulation, and helps reduce weight. The phytochemicals present in the millets will support weight management, improves insulin sensitivity and potentially help alleviate some PCOS symptoms.

#### **CONCLUSION**

The key concept of this topic is to reveal the effective treatment for PCOS by SadakuppaiRasayanam and apprises about the ways of preventing the disorder.

#### **KEYWORDS**

PCOS,SadhakuppaiRasayanam,Sombu K udineer, Yoga, Diet.

# Significance of Herbs in Management of Dysmenorrhea by Siddha system of Medicine

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#### **Abstract**

# **Background:**

Dysmenorrhea is defined as the occurrence of severe cramping lower abdominal pain during menstruation in women. The pain may radiate to the thighs or lower spine and often accompanied by vomiting, headache, fatigue, etc. Menstrual pain begins a day before or few hours before or at the time of the occurrence of the menstruation and lasts for 2–3 days. According to the WHO data, as many as 94% of young girls aged 10–20 suffer from menstrual cramps which affect their body and mental conditions. As per siddha system of medicine dysmenorrhea is termed as "Sudhaga Vali" which is defined as excessive uterine contraction during the period of menstruation ("Poopu"). Pathophysiology of dysmenorrhea is often associated with elevation of prostaglandins during menstruation which leads to excessive uterine contractions and other inflammatory responses in uterine tissues. Siddha treatment of approach utilises various herbs like Ficus racemosa, Glycyrrhiza glabra, Syzygiumcumini, Zingiber officinale etc., which focuses on eliminating the root cause rather than treating the symptoms of the disease.

**Aim:** The study focuses on the role of flavonoids and other phenols present in the herbs used in the siddha system of medicine in treating the disease and associated conditions.

**Methods and Materials:** This analytical study was performed on the basis of references from the siddha texts and concluded phytochemical analysis of the respective plants used in the herbal preparations for the treatment of the disease.

**Conclusion:** The above-mentioned herbs evidently possess a wide range of Flavonoids, a group of natural compounds which are potent inhibitors of prostaglandins. Flavonoids demonstrates a complex mode of action by inhibiting key-enzymes like lipoxygenase, phospholipase and cyclooxygenase involved in prostaglandin biosynthesis. The herbal preparative methods practiced by the siddha system compliments the efficacy of the prescribed drug against Dysmenorrhea and prevents the recurrence of the disease.

**Keywords**: Dysmenorrhea, Siddha system of medicine, *Sudhaga Vali*, Prostaglandins, Flavonoids

# SIDDHA MUTHIRAI AND DIETFOR MAINTENANCE OF EMOTIONAL WELL-BEING

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#### **ABSTRACT**

#### **BACKGROUND**

Emotional well-being is one of the main aspect in day to day life. It leads to stress and other health problems if not maintained properly. Emotional well-being means a positive mind-set synced with one's emotions. A good health is filled with optimism.

#### **OBJECTIVE**

The aim of this poster is to reveal the method to manage emotional well-being with the help of siddha muthirai along with dietary schedules.

# **METHODOLOGY**

The fingers indicate the following elements:

- Little finger Water
- Ring finger Earth
- Middle finger Space
- Index finger –Air
- Thumb finger Fire.

The five elements are activated when mudras are performed. Touching each finger with other finger stimulates the partilcular element leading to the balance of mukutrangal thus balancing the emotions.

Some of the siddhamuthiraithat helps in maintanence of emotional well-being:

- Mushti muthirai
- Kali muthirai
- Kaleshwara muthirai
- Prithvi muthirai

### Abstract

- Surya muthirai
- Thamarai muthirai
- Uttarabodhi muthirai
- Aagasamuthirai
- Gnanamuthirai
- Aakinaimuthirai
- Gubera muthirai

Benefitsof these muthiraiare known only if they are performed with consistency. Each muthirai can be done in any time such as during a walk or during a talk. But as the proverb "CONSISTENCY IS THE KEY", constant performance of the muthirais gives us the proper effectiveness.

# **RESULT**

Siddha Muthirai helps us to maintain mukutrangal by balancing the five elemental theory in our body .

# **CONCLUSION**

These muthrai are effective in managing emotional well-being and to establish a more refined consciousness.

# **KEY WORDS**

Siddha Muthirai, emotional well-being, consistency, five elements, diet

# THE POLYHERBRAL CANDYFOR DYSMENORRHEA

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# ABSTRACT Background

Dysmenorrhea is the condition of experiencing the cramp in lower abdomen during menstruation. According to siddha system dysmenorrhea is primarily caused to the aggrevation of vatha thodam. The imbalance of vatha thodam by the factors such as improper diet, disturbance of emotionalwell being etc. Dysmenorrhea classified as primary dysmenorrhea (common pain with none other pathological condition) and secondary dysmenorrhea(pain caused by the pathological condition).

# **Objective**

The study helps to reveal the fact about the ingredients present in medicine helps to ease the primary dysmenorrhea or period pain.

#### **Methods**

Theperungayam (Ferula asafoetida), kalarchi parupu (Caesalpinia bonduc), sukku (Zingiber officanale) are powdered, palm jaggery is caramelized. The powdered drugs are mixed with caramel(paagu). Honey is added finally.

#### Result

The formulation has the anti spasmodic, anti inflammatory, analgesic effect and anti estrogenic actionswhich tends to relieve cramps.

#### Conclusion

It helps to ease the pain by acting on uterus muscle and also by balancing hormone(prostaglandins).

#### **Keywords**

Vatha thodam, Prostaglandins, cramp, primary dysmenorrhea.

# PREVALENCE AND SYMPTOMS OF POLYCYSTIC OVARIAN SYNDROME (PCOS) IN YOUNG ADOLESCENTS SOUTH INDIANWOMEN - A CROSS SECTIONAL STUDY

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# **Background**

Polycystic ovarian syndrome (PCOS) is a complex hormonal disorder resulting in myriads of symptoms like irregular menstrual cycles, hyperandrogenism, obesity etc., It occurs in about 8 to 11% of reproductive age group women. Recently changing lifestyles worldwide have contributed to rise in the incidence of PCOS in South Indian women 1,2.

# **Objectives**

The objective of the study is to estimate the prevalence and to document the presenting symptoms of known PCOS women among South Indian population.

### Methodology

This is a questionnaire based cross sectional study that consists of 25 questions grouped to achieve information on various presentations of PCOS among respondents. The estimated number of subjects is 300 (age between 16 to 24).

**Exclusion Criteria**: Pregnant women, pre- menarchal girls, women undergoing corticoid therapy.

#### **Results and conclusion**

Based on the questionnaire and statistical analysis we can find out the prevalence and incidence of PCOS . At present there is no clear cut definition of biochemical Hyperandrogenemia . Clinical signs of PCOS remains alarmingly subjective. By creating the awareness we hope to generate a criteria for evaluation of PCOS among South Indian women

#### **Key Words**

PCOS,Obesity, Hyperandrogenemia,South Indian women

#### REFERENCES

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#### SIDDHA EXTERNAL THERAPIES – KEERAL (INCISION)

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### **ABSTRACT:**

The Siddha system of medicine is an ancient medical succession which is been practiced in Southern part of India, which is thought to be developed during the Indus Civilization which flourished between 2500 and 1700 BC. Siddhar Agasthiyar is considered to be the father of Siddha medicine, who along with many other Siddhars paved the rudiments for the siddha system. The indispensable principles of siddha includes the theories of five elements (Aimpoodham) also known as the air, earth, fire, water, space and three forces (Mukkuttram). According to siddha system, it is said that our body is composed of 96 Thathuvam which is the primary components embracing the physiological, intellectual, physical and psychological characteristics. Siddha medical system is predominantly divided into Aga marunthugal (Internal medicine) and Puramarunthugal (External medicine), further it is subdivided into 32 medicinal formation and method of practice, where external therapy demands to be the better gain to siddha than internal therapy. The external therapy is divided into 32 as said earlier comprises of ophthalmic, nasal, topical, aural applications, oleation, steam therapy, surgical procedures, bone setting, heat therapy and blood letting. In which the topic called KEERAL (Incision) comes under surgical procedures. However, in this study, an incision which is made over the lumps, acne, paronychia, leprosy, alopecia and many more where it helps to drain out the piled up pus, blood and water out from them. Various instruments are used for this action like simple paddy, knife and kombu, etc.

**Key words:** External therapy, keeral, alopecia, blood, paronychia.

#### **PURIFICATION OF VEDIUPPU**

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# ABSTRACT BACKGROUND

The process of purification, known as "Suthi" in Siddha medicine, is a crucial step in preparing medicines. Suthi involves several purification methods aimed at removing impurities and enhancing the therapeutic efficacy of the drug. The purification process is considered vital because it not only eliminates toxic substances but also increases the bioavailability and potency of the medicine.

#### **OBJECTIVE**

To study and observe the toxicity of the drug vediuppu by physiochemical analysis

#### **METHODS**

The drug is subjected to a purification process by adding ingredients such as lemon and fermented butter milk with repeated boiling technique in reducing the toxicity and adverse effect of vediuppu. The repetitive boiling method ensures in removing impurities and enhancing the medicinal properties of the mineral.

#### RESULT

The present study showed the comparative changes in the toxicity of vediuppu after purification and the readings were noted and tabulated.

#### **CONCLUSION**

This study provides valuable insights into the physicochemical analysis of the vediuppu. By following the steps described in the Gunapadam- thadhu jeevam the toxicity of the mineral is decreased and rendering it more efficient for medicine preparation

# **KEYWORDS**

Vediuppu, toxicity, purification, adverse effects, chemical analysis

#### SIDDHA EXTERNAL THERAPIES

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#### **BACKGROUND:**

Siddha system of medicine is one of the traditional system which focus on both internal and external medicines also. There are 32 types of classified pura maruthuva muraigal[siddha therapies and external application methods]. In siddha system a lot of unique therapies like varmam, thokkanam, podithimirthal, thaarai etc are available. The details regarding external therapy procedure, the method of preparation, then analysed the indication of diseases. Thaarai is a unique therapy used for all type of neurological related disorders.

#### **OBJECTIVES:**

Thaarai technique which is useful in stimulating varma points and helpful in treating neurological disorders.

# **MATERIALS AND METHODS:**

Odivu murivu sara soothiram , Avasara kaala puramarithuva muraigal, Agathiyar nayana vidhi, Naga muni nayana vidhi.

A study on male patient [15] IPD of ATSVS Siddha Medical College and Hospital, Munchirai, Kanyakumari.

# **RESULTS:**

Improvement in activities and orientation.

# **CONCLUSION:**

The purpose of the review is to document the external therapies for diseases management and better prognosis.

#### **KEYWORDS**

Pura maruthuam, thaarai, neurological disorders.

# Molecular Docking Studies of UbhasanthiChooranam against the Target (MAO)- A and (MAO)-B of Parkinson's disease

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#### **Background-**

Neurodegenerative diseases such as Alzheimer's disease and Parkinson's Disease (PD) is caused by the progressive loss of dopaminergic neurons in the substantianigra pars compacta (SNpc) of the midbrain. More than 6 million people in the world are affected today with a prevalence of 150 in every 100,000 people. Monoamine oxidases (MAOs) are known as flavin adenine dinucleotide (FAD) carrying enzymes which are tightly connected to the outer membrane of mitochondria. The MAO enzymes exist in two isoforms, MAO-A and MAO-B. Excessive production of by-products of monoamine metabolism generates free radicals which causecellular apoptosis and several neurodegenerative disorders. Inhibitionof Monamine Oxidase A and B proves to be an effective treatment mechanism for Parkinson's disease. "UbhasandhiChooranam", a polyherbal formulation possessing 20 drugs with indication of tremorcould be an drug of choice for PD.

# **Objectives-**

Evaluating the efficacy of phytocomponentspresent UbhasandhiChooranamagainst target enzymes MAO -A & B by Molecular Docking Study using autodock program.

#### Methodology-

Docking calculations were carried out for retrieved phytocomponents against target enzyme Monoamine oxidase A and B.

### **Observation and Inference-**

Gingerenone-A,Glycyrrhizin,Quercetin,B-Sitosterol,Oleic acidCucurbitacin,Kaempferitrinrevealsmaximum of 3 interactions with the core active amino acid residues present on the target protein enzyme Monoamine oxidase A in comparison with STD Clorgyline which reveals maximum of 4 interactions.Kaempferitrin,Cucurbitacin,Glycyrrhizin exhibits interaction of 4 and Gingerenone-A,Quercetin,B-Sitosterol components reveals interaction of 3 compared with STD selegiline which has 4 interaction.

#### Conclusion-

Based on the results of the computational analysis, Ubhasandhi Chooranamexerts promising anti-Parkinson's activity by inhibiting the enzyme Monoamine oxidase Aand B thereby it prevent the degradation of the vital neurotransmitter dopamine essential for neuro motor function and can be therapeutically effective for PD.

#### Key words-

Ubhasanthichooranam, Parkinson's, Dopamine, MAO-A, MAO-B.

# EXPLORING THE THERAPEUTIC EFFECTS OF FOXTAIL MILLET FOR KURINJI PEOPLE

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# Background:

Our Siddha System of Medicine states that people who live in different heritage landforms have their own foods as medicinefor diseases associated with their respective landforms, which was described in siddha text"Patharthaguna Sinthamani"." Thinai Arisi" (FOXTAIL MILLET), the staple food among South Indian people during Sangam period. It is referred in ancient Tamil text like KURUNTHOGAI, NATTRINAI and is commonly associated with Lord Muruga and his consort Valli. "Kurinji Thinai" refers to the mountainous regions and their adjoining lands. The major crop cultivated in this region for food is Foxtail Milletand their main occupation is gathering honey. The primary diety worshipped by people in this region is Lord Muruga. This presentation relates how the Foxtail Millet plays an important role in treating diseases associated with people's of Kurinji Thinai ie)mountainous region.

# **Aims and Objectives:**

To evaluate the pharmacological actions of foxtail millet seeds in treating inflammation on spleen and intestine.

#### **Materials and Methods:**

For this study, the materials have been collected from POTHUGUNAPADALof foxtail millet and kurinji thinai, which was mentioned in "Patharthaguna Sinthamani".

#### Result:

The phytochemical fractions of foxtail millets contains flavonoids, alkaloids, terpenoids, and phenolics which helps in fighting against the diseases like "AAMAIKATTI and UTHIRATHAI MURIKUM SURAM", decoded in pothugunapadal of Kurinji Thinai.

#### **Conclusion:**

It has been concluded that anti-inflammatory and antioxidant properties of Foxtail millet acts against AAMAIKATTI and UTHIRATHAI MURIKUM SURAM.

# **Keywords:**

Foxtail millet , Kurinji Thinai , Anti – inflammatory , Aamaikatti , Uthirathai MurikumSuram.

**Abstract** 

ID:UG/O/028

A PILOT STUDY ON NEIKURI DIAGNOSTIC METHODOLOGY IN PEPTIC ULCER (GUNMAM)

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**ABSTRACT** 

**Background:** 

Every year in India,more than One million individuals been affected by peptic ulcer/gastric ulcer (*Gunmam*). In modern aspect various diagnosis methods like Endoscopy, Gastroscopy, *H.Pyloris* drug test were used. Whereas in Siddha system more than 350 years ago *Siddhar Theraiyar* worked out eight methods of diagnosis for all diseases. They are known as *Envagai Thervu*. Among the eight , *Neikuri* a method of urine examination done using sesame oil to diagnose various diseasebased on text *Theraiyar Neerkuri Neikuri Sustram* is taken in this study.

**Aim and Objective:.**This study is to know the *Neikuri* in peptic ulcer for the population affected as a pilot study

**Method:** Based on the standard procedure for *Neikuri*, a pilot study Using the population affected of peptic ulcer were been examined *Neikuri*, At Velumailu siddha medical college and hospital, Sriperumbudur for past 1 month. Assessment can evaluate by Quality of life instruments and chronic disease/peptic ulcer(QLICD-PU)

**Result :**As a result from this pilot study it is derived that mostly there is *Vatham* and *Vathapitham Neikuri* found as mostly there is formation of snake/ ring in the sample examined.

**KEYWORDS:** Siddha, Peptic Ulcer, Gunmam, Diagnostic Method, Neikuri

# Physicochemical profiling of Linga Mathirai – A Cinnabar based Pill

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# **ABSTRACT:**

# Background:

Purified Lingam (Cinnabar) based medicines have known to be a potent antiinflammatory drug and which cures the diseases that occurs in Naadi (Blood Vessel). In Anuboga Navaneetham, Linga Mathirai (a compound pill) was indicated for treating Uruthira Vayvu (Cardiac pain) at the dosage of 60 mg/dose with Ginger decoction. Objectives: The quality of Linga Mathirai (LM) was analyzed by Physico chemical characterization to provide an evidence for its safety. Methodology: LM was prepared by triturating equal proportion of purified powdered Lingam and purified powdered Vengaaram (Borax) in breast milk for 3 h. The test samples LM collected at different shelf period were analyzed for qualitative and quantitative estimation. Preliminary physical parameters such as total ash, moisture content and extractive values were analyzed. The functional groups were analyzed by FT-Raman Spectroscopic study. The content of lead and cadmium were analyzed using Atomic Absorption Spectroscopic study. The concentration of elements in oxide form as analyzed through Energy dispersive X-Ray Fluorescence. The concentration of trace and heavy metals were analyzed using Inductively Coupled Plasma – Optical Emission Spectrometer. Microbial loads were analyzed as per conventional procedure. Results and Conclusion: LM has long stability period having better quality but the concentrations of mercury and sulphur was beyond the WHO permissible limit. WHO framed the permissible limits of heavy metals in herbal raw drugs only but not for traditional compound drugs particularly herbo-metallic formulations. *Linga Mathirai* is a purely mineral formulation processed under continuous triturating with breast milk which has the properties of detoxifying as well as antagonist against the mercurial compounds. Even though LM contains high concentrations of mercury and sulphur, to validate its safety, the toxicity studies in animal model have to be warranted.

Keywords: Siddha, Lingam, Cinnabar, Quality, Mathirai

# PHYTOCHEMICAL ANALYSIS OF KAJAR MANAPAAGU AND ITS STANDARDIZATION BY HPTLC FINGERPRINT ANALYSIS

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#### **BACKGROUND**

*Kajar manapaagu*, a classic *siddha* formulation prescribed for strengthening of heart muscles, blood purifier, provides mental stability, strengthens male reproductive system.

**OBJECTIVE:** This study was carried out to report the phytochemical & physico-chemical comstitupresent in *Kajar manapaagu*. Fingerprint analysis has emerged as a very useful technique to assess the quality of herbal drug materials and formulations for establishing standardized herbal products. Therefore, *manapaagu* is subjected to HPTLC fingerprint.

**METHODOLOGY**: The flesh of *Raphanus sativus* and powdered sugar of *Saccharum officinarum* was the ingredients. A batch of *manapaagu* was prepared and subjected to physicochemical, phytochemicals and HPTLC fingerprint analysis as per standard methods.

**RESULT**: Phytochemical study shows the presence of alkaloids, flavonoids, steroids, triterpenoids, coumarain, phenol, tannins etc., Flavonoids, phenols and tannin which are responsible for the cardian functions are found to be present in *manapaagu*. HPTLC reveals that Toluene: Ethyl Acetate: Formic Acid (5:4:1) was a suitable Mobile phase for the characterization of *manapaagu*.

**CONCLUSION:** This Pre Clinical study indicates that the *manapaagu* contains the phytochemical property which are responsible for the cardiac function and ailments. HPTLC fingerprint profile developed will be helpful in proper identification and quantification of marker compounds.

**KEYWORDS** *Kajar manapaagu*, Cardiac Tonic, Physicochemical analysis, Phytochemical analysis, HPTLC fingerprint.

# STANDARISATION OF HERBAL DRUG -KARUNGALI SATHU BY SEM ANALYSIS

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# **Background:**

Sathu an internal medicine widely used in siddha system is a process of extraction. To enhance its significance, the word silasathu by the name is a natural way of extraction from the mountains. Sathu is extracted by means of various origins -they are herbal, mineral and biological materials. Copper, iron etc can be extracted from some herbs, that is boiled and dissolved in ash water and salted. Kuppaimeniuppu and Pirandaiuppu are obtained by this way. Lumbricus(punagam) can be mixed with dung and dried and burned to obtain copper. The preparation of majority of medicines involves tedious processes which result in physio-chemical transformation of particle size, chemical medicine like Parpam, Chenduram, Chunnam, are nanomedicines which are prepared by the Siddhars on the basis of nanotechnology, as such, karungali sathu (herbal drug source) is prepared by drying the stem at room temperature and it is cut into small pieces and boiled for 20 minutes in a flask. Sathu literally means extraction of nutrients and act theraupetically on targeted cells. This may become nanoparticle and an attempt is made to justify the Karungali sathu particle with nano particle size by sem analysis.

# **OBJECTIVE:**

The objective of the study is to study the particle size of Karungali Sathu by SEM analysis method.

#### **METHODOLOGY:**

A SEM is essentially a high magnification microscope which uses a focused Scanned Electron beam to produce images of the sample, both top-down and with the necessary sample preparation, cross sections. The test sample powder was sputter coated with gold and viewed under SEM to determine the morphology and the particle size.

#### **RESULT:**

By observing the particle size of the Karungali Sathu on based of nanoparticle (nanomedicine) can be used to encapsulate herbal drugs for targeted therapies.

#### **CONCLUSION:**

From the result, karungali sathu has a range of nano particle size thus it is concluded that the internal medicine SATHU can be considered as one of the Nano medicinein Siddha system.

#### **KEYWORDS:**

Sathu, Sem analysis, Nanoparticle, Herbal Drug source, Siddha system.

#### SUMAI VARMAM VS HEIMLICH MANEUVER

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Background: Varmam is one of the oldest South Indian Martial Arts which later evolved into a therapy. Varmam refers to points all over the body where the pranic energy remains concentrated. Many of such points when hit forcefully produces injurious effects or changes in our body. Such changes vary with the force of hitting, specific time or duration and the physical strength of victim. At the same time, such points when manipulated therapeutically produce curative effects in many diseased conditions. The term "Saram" indicates the direction of flow of vital energy. The vital energy or the life energy is also called "Vaasi". The basic principle in varmam therapy is to normalize the flow of vital energy. This paper consists of Sumaivarmam and Nervarmam. Other names, location, symptoms produced when they affected and medical uses of both varmams. This paper also consists of choking compared with trauma of Sumaivarmam and Heimlich maneuver compared with treatment of damaged Sumaivaramamie, activating Nervarmam.

**Aim and objectives:** To compare trauma of Sumaivarmam and treatment of damaged Sumaivarmam with choking and Heimlich maneuver. To create awareness among people about choking. To promote the greatness of Siddhars and varma points.

**Methods and materials:** Firstly, sumaivarmam and Nervarmam are anatomically located. Then they are compared with the place of choking (supra-laryngeal area) and Heimlich maneuver (xiphoid process of sternum). For this study, the information is collected from VarmamMaruthuvam (Sirappu), Varma Pulligalinirupidam and etc.....

**Results and conclusion:** Thus, the choking and Heimlich maneuver are compared with trauma of Sumaivarmam and NerVarmam respectively.

**Keywords:** SumaiVarmam, NerVarmam, Vaasi, Pranic energy, choking, Heimlich maneuver.

# ANCIENT POSTNATAL MEDICATIONTO PREVENT POSTPARTUMMATERNAL MORBIDITY

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# **INTRODUCTION:**

Postpartum period is a crucial period for ensuring the health and survival of woman and her newborn. Maternal morbidity among women after childbirth varies from minor to very severe illness like postpartum wound infection, anemia, depression, eclampsia and UTI.

#### **OBJECTIVE:**

To analyse the traditional medication given during postpartum period by old aged people to prevent maternal morbidity in Tirunelveli district.

#### **MATERIALS AND METHODS:**

This is a cross sectional descriptive study conducted in various areas of Tirunelveli and documenting the data collected from them .A comparative study is done with ingredients of those indigenous medicine and siddha literature.

#### **RESULT:**

This study showed the collection of medicines given by our elder people to prevent maternal morbidity.

# **CONCLUSION:**

This study gives various indigenous medication used during postpartum period of which Meppodi, Chattikaayam, Manjakaayamare the most commonly given medication in Tirunelveli district.

#### **KEYWORDS:**

Postpartum period, Maternal morbidity, indigenous medicine

# SIGNIFICANCE OF SIDDHA MEDICINAL PLANTS IN VARMA TREATMENT – A REVIEW

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#### **ABSTRACT**

**Background:** Varmam is a vital branch of Siddha system of medicine; it is one of the unique external manipulation therapy that deals with the study of certain vital energy points in the body through which the Pranan flows normally. Pranan gets blocked in case of any physical injuries to the Varmam points and derangement of energy flow occurs. It is revived by both internal and external Varmam therapy. Most of the Varmam medicines are prepared using herbs (murivuporuthi, sandhanapulladi, nathaichoori, etc.) That have encrypt therapeutic values.

**Objectives**: To delve into the exclusive Varmam Siddha medicinal plants and its activity in specific type of Varmam treatment.

**Methods**: In this review we comprehend the siddha medicinal plantssystematically in a tabulated form through Varma Maruthuvam text book, database Medline plus, Embase and journals.

**Result:** Apart from the general therapeutic uses, Varmam literature mentions herbal plants has its own specific actions in Varma therapy. Varmam literature has its own vernacular name that is specific to its action which is not mentioned in any other literature.

**Conclusion:** In future, Plants that are mostly utilized for the treatment of Varmamneed to be scientifically validated through clinical and preclinical studies.

Keywords: Varmam, herbal plants, phytocompounds, internal therapy, external therapy

# Hepatoprotective Activity of Herbo-Mineral Formulation Mandurathi Adaikasayam in Chang Liver Cell Line

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#### **ABSTRACT**

**Background:** MandurathiAdaiKasayam (MAK) is a Herbomineral formulation of traditional siddha system of medicine that has been used for centuries to alleviate diseases such as *paandu*, *sobai*, *kamalai*and*palavagaipattamagotharam* (Anemia, Edema, Jaundice, and Ascites). Mandooram (ferroso ferric oxide – Fe<sub>2</sub>SiO<sub>4</sub>) has nutritive, alterative action and quality to improve blood. It protects liver from harmful hepato toxins.

**Objectives:** To evaluate the hepatoprotective activity of MandurathiAdaiKasayam in chang liver cell line

**Methods:** In this study we analyzed MandurathiAdaiKasayam against CCl<sub>4</sub> induced hepatotoxicity in Chang liver cell line. Chang liver cells were seeded in 6 well plates at a density of 1x105 cells/well and allowed to grow for a period of 24 h. MAK was administered at a concentration of 50  $\mu$ g,  $100 \mu$ g, 200 and  $400 \mu$ g / ml. Standard silymarin  $200 \mu$ g / ml for three hour following test drug exposure, 0.1% CCl4 was added to all the wells except control and incubated for a period of 24 h. The percentage growth inhibition was calculated and concentration of MAK needed to inhibit cell growth by 50% (IC50) values is generated from the dose-response curves for each cell line.

**Result:** On evaluation of MAK, we investigated hepatoprotective activity which mitigate pandu, sobai, kamalai,palavagaipattamagotharam

**Conclusion:** MAK is endowed with hepatoprotective activity which could be further elaborated by clinical and pre-clinical studies

**Keywords**: Mandurathiadaikasayam, Hepatoprotective, Jaundice, Ascites,

# PHYTOCHEMICAL STANDARDISATION OF FERULA ASAFOETIDA- BEFORE AND AFTER PURIFICATION ACCORDING TO SIDDHA LITERATURE

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#### **ABSTRACT**

#### **BACKGROUND:**

Standardization of drug means confirmation of its identity and determination of its quality and purity. The oleo gum resin of Ferula asafetida is mainly used as a digestive aid and also used in treatment of bronchitis, asthma, whooping cough and hysteria.

#### **OBJECTIVE:**

The objective of this study is to compare the phytochemicals of oleo gum resin of Ferula asafetida before and after purification with Nelumbonucifera rhizome extract as mentioned in Siddha literature

#### **METHODOLOGY:**

The purified and unpurified Ferulaasafetida were taken separately and different phytochemicals were tested by physicochemical analysis as per the PLIM Protocol for ASU formulations.

#### **RESULT:**

The phytochemical screening of the Ferula asafetida have revealed that the unpurified oleo gum resin contains coumarin which is said to cause liver damage according to previous study have been removed by this purification method. After purification, saponins and phenols were added which have antioxidant and anti-inflammatory effects. The present work highlights the significance of purification process indicated in Siddha literature.

#### **KEYWORDS:**

Antioxidant, Anti-inflammatory, Phenol, Saponins, Coumarin.

# ATTAI VIDAL (MEDICAL LEECH THERAPY) FOR THE TREATMENT OF VARICOSE VEIN - A SINGLE CASE STUDY

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### **ABSTRACT**

# Background

Attai Vidal (Leech Therapy) is one of the way of bloodletting which comes under external therapies of siddha. Leeches have been used for therapeutic purposes before 2000 years by ancient renowned siddhars. Its one among the 32 types of external therapies. A particular species of leech is used in this method; leech has many active compounds in their saliva. Thus, remove toxins and impure blood and cures many diseases efficiently.

### **Objective**

To explore the therapeutic effectiveness of Leech Therapy for Varicose Vein.

#### **Methods**

A single case study was done for the treatment of varicose Vein and to evaluate the prognosis and outcome. The prepared leeches were let to bite the patient in appropriate places. It was left to suck blood until it falls down on its own. The bite site is washed with TriphalaKudineer and dressing using gauge with Triphala powder or Sesame powder.

### Conclusion

Varicose Veins are dilated veins due to improper function of valve's. This leads to stasis, thickening of blood and finally ulceration. At the end of the study period (12 Sittings), there is a significant reduction in appearance of Varicosity of Vein. So Leech Therapy proves to be effective, timesaving, affordable and acceptable treatment in Varicose Vein.

#### **Kev words:**

Attai Vidal (Leech Therapy),32 external therapies, VaricoseVein, *TriphalaKudineer*.

# EVALUATION OF CALCIUM LEVEL IN KATTUYANAMRICEAS A DIETARY SUPPLEMENT FOROSTEOPOROSIS

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#### **BACKGROUND:**

Rice is the staple food in India. The traditional rice varieties being a repository for dietary fibers, minerals, carotenoids, flavonoids and polyphenols are known to treat lifestyle disorders due to vitamin and mineral deficiency, one such lifestyle disorder is osteoporosis. Osteoporosis occurs mostly in people who have low calcium intake in which bones become weak and brittle. Based on the adage, "FOOD IS MEDICINE AND MEDICINE IS FOOD" and in reference to some siddha literature, daily intake of traditional rice varieties as dietary supplements aids us to deal with the low levels of vitamins and minerals.

#### **OBJECTIVE:**

The objective of this study is to evaluate the calcium level in kattuyanam rice as an attempt to devitalize the incidence of osteoporosisby increasing the bone density in our normal diet.

#### **MATERIALS AND METHODS:**

100 grams of Kattuyanam rice powder has been sent for the evaluation of calcium level.

# **RESULT**:

An appreciable amount of calcium required to maintain and increase the bone density is present in kattuyanam rice.

#### **CONCLUSION:**

Many studies show that 70 percent of osteoporosis cases are women.1 in 3 women over the age of 50 years and 1 in 5men will experience osteoporosis in their lifetime. Thus, this preliminary study proves that the consumption of kattuyanam rice is expected to play a major role in attenuating the early onset of osteoporosis. With the introduction of high value cash crops and other high yielding rice varieties and hybrids, the importance of traditional rice varieties is vanishing. Thus, with further studies in this zone, the unexplored health benefits and functional effects of traditional rice varieties in terms of contemporary scientific methodologies can be restored.

**KEY WORDS**: Kattuyanam rice, Red rice, Calcium, Osteoporosis, Bone density, Traditional Rice

# EVALUATION OF ANTI-INFLAMMATORY ACTIVITY OF LINGA VELLAI (JATHILINGA PARPAM)

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# Abstract Background

Siddha system of medicine is one of the oldest medicine that brings out the most effective treatment for the various disease.sincelinga chendhooram has anti inflammatory action we speculate that linga vellai has the same action.Anti inflammatory are mediators that reduce the production or activities of pro inflammatory cytokines and block the immunecell trafficking into tissue.The preparation of lingavellai is made by Lingam, Gandhaga Thravagam (conc. sulphuric acid) are indicated for various diseases such as Vadha Disease, Allergic Dermatitis, Psoriatic arthritis

# **Objective**

The present study was undertaken to evaluate the anti-inflammatory activity-oflinga vellai.

#### **Methods**

In-vitro anti- inflammation activity –(Albumin denaturation assay) for vadhadisease, allergic dermatitis, psoriatic arthritis. The sample will be incubated and then heated for 3 min.After cooling the sample,the turbidity developed was measured spectrophotometricallyfor control distilled water was used instead of test sample while product control test lacked bovine serum albumin.The experiment was performed in triplicate.

#### Result

Presence of anti- inflammation activity in linga vellai.

#### **Conclusion**

Lingavellai has shown promising anti-inflammatory activity(albumin denaturation assay) in in-vitro studies.hence,it would be therapeutically effective for diseases such as Vadha disease, allergic dermatitis, psoriatic arthritis.

#### **Key words**

Lingavellai, psoriatic arthritis, allergic dermatitis, anti-inflammatory activity.

# MOLECULAR DOCKING ON KAZHARCHI THAILAM AGAINST ANTI- INFLAMMATORY RECEPTORS FOR ORCHITIS

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#### **Abstract**

**Background:** Orchitis is an inflammation of the testicle. Both testicles may be affected by orchitis at the same time. However, the symptoms are usually in just one testicle.

Since, *KazharchiThailam* is used in the treatment of orchitis in the siddha system, it is targeted against Interleukin-6 receptors, chemically used in the management of Orchitis.Phytocomponents which inhibit the target IL6 (Interleukin 6) may act as a potential therapeutic agent for management of inflammation.

**Objective:** The main objective of the study is to find the efficacy of the phytocomponents bind with these core bio active amino acid residues, (His70,Asp71, Ser72, Val91,Pro117,Ser119, Thr120, Pro121, Ser122, Thr124, Thr125) of the target by forming hydrogen bond will hinder the function of the inflammatory cytokine IL6 (Interleukin 6) with PDB – 1N26.

**Methods:** Docking calculations were carried out for retrieved phytocomponents against target protein. Essential hydrogen atoms, Kollman united atom type charges, and solvation parameters were added with the aid of AutoDock tools.

**Results:** Bio-active compounds of *Kazharchithailam*Ricinine, Kaempferitrin, Nerolidol, Gama-Elemene, Linoleic acid, Campesterol, Sabinene and Camphor showed significant binding affinity against the target cytokine IL6 by interacting with active amino acid present on the active site.

**Conclusion:** Based on the results of the computational analysis it was concluded that compounds present in *Kazharchithailam*has potential to exert promising anti-inflammatory activity.

**Keywords:** Molecular docking, *KazharchiThailam*, Interleukin-6, Anti-inflammatory.

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# MOLECULAR DOCKING ON KALINGADHI THYLAM AGAINST POLYCYSTIC OVARIAN SYNDROME (PCOS)

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### **BACKGROUND:**

Polycystic Ovarian Syndrome (PCOS) is one of the most common gynecological endocrinedisorders affecting 4 in 5 women in their reproductive life. It is recognized as the primary cause of infertility. It is characterized by menstrual irregularities, obesity, hyper androgenesium, hyper insulinemia.cytochrome P450 17 $\alpha$ -hydroxylase (CYP-17 $\alpha$ -hydroxylase), is the key enzyme that regulates androgen. Overexpression of this enzymeleads to hyperandrogenesium.

#### **OBJECTIVE:**

To predict the binding ability of the ingredients of Kalingadhi Thylamagainst the enzyme CYP- $17\alpha$ -hydroxylase by molecular docking.

#### **METHOD:**

Kalingathi Thylam is an herbal preparation mentioned in the Siddha literature for the management of Menstrual disorders. Hence present study aimed at investigating the potential of the phytochemicals retrieved from the formulation Kalingathi Thylam against CYP-17 $\alpha$ -hydroxylase enzyme using auto dock virtual screening tool.

#### **RESULT:**

The phytochemical present in the Kalingathi Thylam possess significant binding against the target enzyme CYP-17 $\alpha$ -hydroxylase and is effective in amelioration of PCOS.

#### **CONCLUSION:**

Hence, phytocomponents which inhibit the target enzyme CYP-17 $\alpha$ -hydroxylase may act as a potential therapeutic agent for management of PCOS.

#### **KEYWORDS:**

Polycystic ovarian disease, Kalingathi thylam, CYP-17α-hydroxylase, molecular docking

# **EVALUATION OF LITHOTRIPTIC ACTIVITY OF MAHABOOBATHI PARPAM** (Crystal Growth Inhibition Assay)

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    Mode of Presentation- Oral presentation

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# **Background-**

Siddha medicine is originated from Tamil culture in Southern India. Worldwide, there are 75% of herbal plants are used for AYUSH and Modern medicines. Urolithiasis is acondition characterized by formation of stone in kidney, ureter, urinary bladder which is composed of calcium oxalate, cystine phosphate and uric acid. It has higher prevalence in men than women in both developed and developing countries, nearly 12% of the world populations are at potential risk of some stages of urolithiasis. Mahaboobathi parpam(MBP) is a Lithotriptic medicine made up of both mineral and animal origin which consists of *Pavazha parpam, Vengaara parpam, Maankombu parpam, Aamaiyottu parpam, Muthuchippi parpam, Karudakal parpam, Padikara parpam, Sangu parpam* are indicated for Kalladaippu, Neeradaippu, Sadhaiyadaippu, Neerkattu, Maarbu noi, Shayam, Eelai, Meghakaangai in the text of *Sigicha Rathina Dheepam ennum Vaithiya Nool*.

# **Objectives**

To evaluate the lithotriptic action of Mahaboobathi parpam.

#### **Methods**

In-vitro Lithotriptic activity - (Crystal Growth Inhibition assay) for Urolithiasis. Silica hydrogel matrix was divided in to two groups which were control, MBP treated groups. Test drug is screened at two dose levels of 0.5% and 1%. The efficiency of the formulation was screened by comparing the crystal size of the control and treatment medium.

#### Result

Average size of the crystal was higher in the control medium with the measured length of  $2.1 \pm 0.41$ . The size of the crystal was significantly decreased in medium containing 0.5% of test drug MP with the Avg length of  $1.76 \pm 0.27$  cm. Similarly, the size of the crystal aggregates in medium contains 1% of test drug MP was found to be  $0.88 \pm 0.42$  cm. These study shows efficacy of lithotriptic action of Mahaboobathi parpam in the tested medium.

#### Conclusion-

Results states that the siddha formulation offers maximum percentage inhibition on the crystal growth in the tested medium, this efficacy may be due to presence of versatile constituents in MBP.

#### **Keywords**

Mahaboobathi parpam - urolithiasis - lithotriptic action - minerals - Animal origin

# Phytochemical characterization and Antianemic activity of *Sauropus androgynus* (Thavasukeerai) leaf.

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# **Background:**

Anemia is a common public health problem is characterized as decrease in erythrocyte mass or hemoglobin concentration in the blood leading to reduction in its oxygen carrying capacity. Over two billion people around the world suffer from anemia. Sauropus androgynus has contains phytochemical components and playing an important role in protecting human health. All these facts demonstrate the need to have safe and effective alternative for the management of anemia.

### **Objectives:**

The present study is aimed at investigating phytochemical profiling and antianemic activity of *Sauropus androgynous* leaf extract.

Materials and methods: The preliminary phytochemical analysis was carried of crude leaf extractswere analyzed GCMS profiling and Infrared spectroscopy to identify the functional groups.

#### **Results:**

The phytochemical analysis of *Sauropus androgynus* leaf extracts revealed that presence in the biocompounds such as alcohol, phenol, alkene and sulphate groups. The GC-MS analysis showed that atleast 6-7 phtocompounds were present in methonolic extracts. This study not only substantiates the folklore use of the leaf of *Sauropus androgynus* but also in the treatment of anemia as it exhibited significant antianemic activity.

# **Conclusion:**

The phytochemical and GC-MS profiling of methanol extracts of *Sauropus androgynus* leaf revealed that the presence of phytoconstituents with important medicinal properties. Hence, the presence of this phytochemicals could be responsible for antianemic activity and the therapeutic value of the plant.

### **Key words:**

Crude extracts, phenol, methanolic extracts, GC-MS, antianemic activity, sulphate groups.

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# EFFECT OF MEDICATED FUMIGATIONIN TREATMENT OF ANAL KIRIGAI(CHRONIC SCHIZOPHRENIA) – A LITERATURE REVIEW

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# **ABSTRACT** Background

Pugai (*medicated fumigation*, an external therapy in siddha system of medicine) of *osimum sanctum* suits to treat *Analkirigai* (chronic schizophrenia) in humans

# **Objectives**

To mark the efficiency of fume of tulasi in the treatment of anal kirigai, chronic schizophrenia

#### **Content**

Siddha system is traditional system of healing medicine in the India and some other nation . The medicine of this system are classified based on root of administration . Fumigation, one of the effective external therapyacts as sterilizing agent and used for the management of physical and mental disease. Fumes are prepared from herbs, minerals and animal byproducts. Pugai is the effective external treatment procedure to cure some disease . As per the text 18 types of kirikaigalare cured on treating with fumigation. Imbalance or any alternation among three humors (vadha, pitha, kabam) causes physical and mental health . Predominance of the azhal humour, over other two cause psychiatric problems. Siddha psychiatry is based on the mind, thought, mood and physical behaviour. The eugenol, a phenylpropene component of tulsi inhibits the voltage dependent Na channels or activation of TRPV1 receptors. According to the siddha system, psychiatric disease are treated by enhancing the power of brain by external therapeutic measures. Unlike conventional system of medicine which depress the brain activity, this study reveals that pugai obtained from osimum sanctum, an effective external therapy in treatment of chronic schizophrenia.

#### Conclusion

These traditional methods of pugai obtained from tulasi can contribute better quality of life to chronic schizophrenic patients and this study may give valuable information for further clinical studies.

# **Keywords**

Pugai, Medicated Fumigation, chronic schizophrenia, Anal Kirigai, Tulasi

# POSSIBLE MECHANISM OF FOOD TO FOOD INTERACTION ON CONSUMPTIONOF FISH AND MILK –A REVIEW

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# ABSTRACT BACKGROUND:

In recent days the myth commonly evolved among the people was that the combination of fish and milk could be eschewed. According to Noiillaneri and Bojanakuthookalambook the intake of both fish and milk is said to be avoided. Fish contains many proteins naturally, especially "Parvalbumin" protein which is a calcium binding protein. It also has the "IgE" binding epitope which cause allergic reactions in body. Milk is naturally rich in calcium and protein caesin. Milk intake leads to high calcium level in the body, this leads to more binding of IgE to the epitope and may cause more allergic reactions in the body. Fish and milk intake can cause some other catastrophic effects in our body

#### **OBJECTIVE:**

This objective involves the Reflective study of milk and fish toxicity whether it's combination in food intake is good or should be avoided.

#### **METHODS:**

The information was taken from the paper on Study of Parvalbumin, a cross-reactive fish allergen, contains IgE-binding epitopes sensitive to periodate treatment and Ca2+ depletion (National Library of Medicine) and the Article about Having Milk and Fish Together Give You White Patches On Skin?

#### **CONCLUSION:**

Thus the serumIgE antibodies is increased only in case of pravalbumim-calcium binding in body and the depletion of protein-bound calcium led to a substantial reduction of IgE binding.

**Keywords:** Parvalbumin, Calcium, IgE, casein

#### MORINGA – SIDDHA SUPERFOOD SINCE MILLENNIUMS

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#### **BACKGROUND**

With its content of highly valuable nutrients in abundance, Moringaoleifera (Tamil :Murungai) has been globally accepted as a 'super food' in the past one decade. With every part of the plant being used as either food or medicine in India, Siddha system has mentioned elaborate nutritive and therapeutic effects for this simple, drought-bearing, subtropical wonder plant thousands of years back. This review has been attempted to compare the Siddha and modern aspects of the multi-faceted usage of Murungai.

# **OBJECTIVES**

To compare the multiple uses of various parts of *Murungai* tree as per Siddha system and the current nutraceutical science.

#### **METHODS**

Literature retrieved and reviewed from Siddha and nutraceutical textbooks, journals, websites and thesis findings, synthesizing and comparing the literature.

#### **RESULTS**

Siddha system has well established the many-fold nutritional and medicinal values of *Murungai* which are mentioned in various Siddha textbooks PadharthagunaChinthamani etc and also in Sangam literature dating back more than 2000 years. While Murungaipinchu is referred as 'Thirithodasamani' other parts are prescribed for *Vatharogam*, eye disorders, aphrodisiac, polyurea, skin disorders, mild types of poisons and certain types of fevers. It is also mentioned as suitable food for Vathaudal and as a pathiyam food for many diseases. The current nutraceutical world has found the wonderful nutritional richness of Moringa in the form of Calcium, Iron, Potassium, Vitamins, Phytosterols and other Phytochemicals, which supportsgSiddha literature.

#### **CONCLUSION**

While the Siddha aspect of using *Murungai* in so many ways is highly commendable, the modern methods of finding the real richness of large number of highly essential nutrients in abundance is also appreciable. That is the main reason why the current world has widely accepted the wonder plant as one of their main sources for nutrition. While adding the newly discovered facts with Siddha literature evidences, Murungai can really be called as a SiddhaSuperfood having both the qualities of rich nutrition and therapeutic potential.

# **KEY WORDS**

Siddha, Super Food, Murungai, Moringaoleifera

# A REVIEW ON THE MANAGEMENT OFANOVULATORY CYCLE SEED CYCLING

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# ABSTRACT BACKGROUND:

Siddha system is being advanced in years. Practitioner have confidence in treating the disease using spontaneousand consummate herbal plants. Also wielding animals and minerals in treating significant disease.

#### **OBJECTIVIES:**

The Scrutinize is based on the supervision of anovulatory cycle using domestic seeds. Anovulation occurs when the egg does not mature so the person does not ovulate, which leads to PCOS, Infertility and other gynaecological problems.

#### **METHODS:**

Seed cycling is a rotational consumption of certain seeds like Pumpkin, Flax ,Sesameduring the Menstrual cycle and a potent example of the power of our food choices.

#### **RESULTS:**

The phytoestrogenic activity, healthy unsaturated fats and other important nutrients like Vitamin E, Selenium, Zinc etc .The above seeds helps to sustain the hormonal imbalances.

#### **CONCLUSION:**

The intrinsic factors of herbal seeds paves way for an healthy lifestyle.

**KEY WORDS:** Phytoestrogenic activity ,Seed cycling, Anovulation, Unsaturated fats , Selenium .

# EFFECTIVENESS OF SIDDHA FORMULATION CHITRAMOOLA KULIGAI (CMK TABLET)IN THE TREATMENT OF VIRANANGAL(ULCERS )– A CASE STUDY OF TWO

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#### BACKGROUND

Siddha medicines are time tested therapeutic formulationscited in many classical literatures for various diseases. Incidence of ulcer is raising as a result of ageing population and increased risk factor such as smoking, obesity and diabetes. Chitramoola Kuligai (CMK) is a known siddha formulation indicated for ulcers.

#### AIM AND OBJECTIVE

The aim of the study was to show the clinical experience in the treatment of ulcer with chitramoola kuligai as internal medicine and mathan thylam for dressing purpose.

#### MATERIALS AND METHODS

Two male patients with varicose ulcer who attended Aruvai and Thol maruthuvam OPD at AAGHIM, Chennai was given treatment with CMK and the progress was documented.

#### **RESULTS**

The result were analysed with Push scale scoring before and after treatment with CMK and it was compared .The results were promising with good improvement.

### **CONCLUSION**

CMK is used by the physicians for treating cancers as it is indicated in the text..The other indication given in the text for the treatment of ulcers (viranangal) was not put forwarded and approached so far. Hence it was tried on that aspect and study showed positive results which throwslight that it can be given for ulcer as per text.

**KEYWORDS** -Siddha, Ulcers, CMK, push scale.

#### A COMPENDIUM OF KURUTHIVANGAL

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Siddha system of medicine has unique diagnostic methods and therapeutic & treatment procedures, It has 32 external medicines including para-surgical procedures. Among these procedures Aruvai (surgery), Karam (caustic application), Agni (heat application) procedures are used to treat many diseases like Kalladaippu, Andanoi, Yanaikalnoi mentioned in literatures like Jeevaratchamirtham, Yugisinthamani etc. Among these procedures of aruvai maruthuvam Kuruthivangal(Phlebotomy) comes under keeral (incision), it is subdivided into, Attaividal (Leech application), Komburinjal (sucking artificially), Kuruthivangal (incisional drainage). Kuruthivangal is defined as the method of leaking and removing excess blood in specific areas. It is done by venesection or skin incision or pricking by three angle needle or cutting and scaring the blood-rich areas. It helps to purify blood in skin disease, acne, abscess, hemorrhoids, hypertension, psychiatric illness, headache, abdomen colic, swollen knees and lymphadenoma. It is contraindicated in tuberculosis, fever, epilepsy, anemia and jaundice and for pantophobics, alcoholics, children, impotent, old aged persons and patients recovered after chronic disease. To perform this procedure certain surgical and modern instruments are used for the proper incision and draining of blood. This para-surgical procedure is used both as mainstream and supportive therapy also for curative and prophylactic. However, there is limited recommendation in clinical practice due to fear, lack of skill and unawareness about the kuruthivangal procedure. This review article is specifically intended to assemble the usefulness of numerous modes of kuruthivangal based on Siddha parameters with its detailed procedure.

**Keywords**: Kuruthivangal, Instruments, Aruvai Maruthuvam, Siddha

# EFFECT OF SEMBU PARPAM IN THE TREATMENT OF POLY CYSTIC OVARIAN SYNDROME

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#### **BACK GROUND:**

Higher order medicine —metal based nano particles has unique properties and easy absorption considered for their interaction and bio-molecules within the cell and cell surface. PCOS-Poly cystic ovarian syndrome —describes the numerous small cyst that form in the ovaries. In herbo-mineral formulation of SEMBU PARPAM which is prepared by use of plant resources like Vettrilai charru, Munnai illai charu, Ilaikalli charu, Vanniilai charu, Punnai oil, Kalapai kizhangu oil in which the copper is in oxide form hence the drug can be absorbed in intestine.

**OBJECTIVE:** The objective of this paper is to present the Pre and Post-treatment of PCOS condition by Sembu Parpam with diet and nutrition

**METHOD**: Case-series progress report – Treatment – Sembu parpam (Dosage-16.25 mg) – Adjuvant: Thulasi leaf extract – for about 3 months.

#### **RESULT:**

When sembu parpam is given with thulasi leaf extract as adjuvant which results in

Pre treatment Post treatment

CASE: 20 follicles 12 follicles

### **CONCLUSION:**

SEMBU PARPAM- Herbo -mineral preparation to treat the PCOS has good effect in minimal quantity

#### **KEY WORDS:**

Sembu parpam, PCOS, metallic preparation, nutrition and diet, thulasi leaf extract

# The Importance of Millets and Grains in Siddha Dietetics: Oru Pozhuthu and IruPozhuthuUnnal – Oral presentation.

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# Abstract Background

The concept of fasting and intermittent fasting (*Orupoluthu and Irupoluthu unavu*) has been emerging as a boom in current scenario only because of it beneficial positive effects. *Orupoluthu and Irupoluthu unavu* is a valuable siddha concept of dieting food which is less noticed which rooted with siddha medicine. This paper describes beneficial effect of siddha dieting *Orupoluthu and Irupoluthu unavu* and incorporation of millets in dieting procedure based on siddha principles.

# **Objectives**

To document the beneficial effect of Millet in Siddha dieting *Orupoluthunavu* and irupoluthu unavumuraigal.

#### **Methods**

The review of every millet were reviewed from siddha medical literature and its indication were documented and classified. The possibilities and potentials of millet dieting module were reviewed with respect to Orupoluthu Unavu and Irupoluthu Unavu muraigal (siddha way of intermittent fasting). Along with calorific progress were recorded. The literature search on siddha literatures and research databases were followed systematically.

#### **Results**

The *Orupoluthunavu* and *irupoluthu* unavu with millets meal is very helpful in prevention and management of several metabolic, lifestyle, infectious and neurological diseases. From this study, we conclude that following *Orupoluthunavu* and *irupoluthu* unavuconcept with millets will help us run a healthy and disease-free lifestyle with up-down regulation of key proteins, Insulin sensitivity, cardio-metabolic and non-communicable diseases.

#### **Keywords**

Orupoluthu unavu, Irupoluthu unavu, siddha millets, Intermittent fasting.

# A CASE STUDY ON THE EFFECT OF SUTTIGAI THERAPY FOR THE MANAGEMENT OF KUMBAVATHAM

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#### **ABSTRACT:**

**Background :** Siddha Medicine is classified as Internal Medicines 32 and External medicines 32. Suttigai (Thermal Cauterization) is a special type of external therapy in Siddha medicine. Suttigai is one among the Puramarundu mentioned in classical Siddha texts. This present case study is an attempt to outweigh the beneficial effects of panchaloga suttigai for kumbavaatham.

**Objective:** The objective of this proposal is to analyze a specialized method of Siddha External therapy called "Suttigai" followed by the Siddhars and find a good treatment for kumbavaatham and other Musculoskeletal disorders so that the community gets benefited.

**Method**: Frozen shoulder is characterized by the spontaneous onset of symptoms such as pain, stiffness, progressive loss of mobility & restricts the rotational interval of the affected shoulder. Panchaloga suttigai involves using metal instruments for mild heat stimulation of the varma point induces a little skin damage, in effect of the burning effect of Suttigai, but does provoke mild oxidative stress in the viscera. It is explained to provide relief in certain chronic diseases which are not cured by Internal medicine.

**Result**: The Traditional healers of Tamilnadu, have been practicing "Suttigai therapy" since time immemorial. The therapy is found to be cost effective, safe and efficious as compared to other external therapies for kumbayaatham.

**Conclusion**: In the present casestudy, we observed an significant reduction of pain & symptoms in kumbavaatham patients after receiving panchaloga suttigai therapy.

**Keywords**: Siddha system - Panchalogasuttigai – Kumbavaatham – Frozen shoulder.

# A docking study on analgesic and anti-pyretic activity of kadalalinjil chooranam

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# **Background:**

Kadalalinjil chooranam has been mentioned in siddha literature with anti-pyretic activity and anti-diabetic activity. Animal studies had proven its efficacy of anti-diabetic activity. The present study evaluated the analgesic and anti-pyretic activity of kadalalinjil choornam.

### **Objective:**

The aim of the paper is to prove the analgesic and anti-pyretic action of kadalalinjil chooranam in docking study

# Methodology:

The analgesic and anti-pyretic activity of kadalalinjil chooranam is proven by the action of the phytocompounds of *Salacia reticulata* with the target prostaglandin synthase.

#### **Result:**

The result shows that the phyto compounds of kadalalinjil chooranam hadbind with the target protein prostaglandin synthase.

#### **Conclusion:**

The study concluded that the kadalalinjil chooranam has analgesic and anti-pyretic activity. Hence, further clinical studies will prove its safety and efficacy.

# **Key words:**

Analgesic, anti-pyretic activity, prostaglandin synthase, kadalalinjil choornam.

# A REVIEW ON THE EFFICACY OF THE EXTERNAL THERAPY OIL. BATH – MEDICAL ASTROLOGICAL APPROACH

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#### **BACKGROUND:**

Siddha system of medicine is considered to be one of the standard traditional system of medicine in the world. Siddha system of medicine encompasses various methods which helps in leading a life free from diseases in easy accessible ways. One of the method -oil bath suggest that the females are asked to practice those procedure specifically on Tuesday and Friday. The significance behind this unique specific instruction of Medical Astrology. The relation between Astrological bodies and the human organs explains why the ancestors were so specific about the days. Moreover, the choice of oil , it's character , it's relation with the five elements and astronomical bodies seems to be more efficient in attaining the purpose expected . Thus, by understanding the relation between these in detail invincible life span can be attained.

#### **OBJECTIVE:**

To understand the efficacy of the procedure of oil bath strictly as instructed by the siddha system.

**METHOD OF STUDY**: Literary review.

#### **CONCLUSION:**

As the astrological bodies has influence on the human bodies the instructions instructed by the siddha system of medicine seems to be a clearly planned and defined process. The process of oil bath seems to an external therapy which is a combination treatment of both the medicines and astrological bodies.

#### **KEYWORDS:**

Oilbath, external therapy, Tuesday, Friday, sevvai, sukiran, astrological bodies.

# DIETARY ADVANTAGES AND DISADVANTAGES OF ASTRINGENT TASTE AND IT'S MEDICINAL IMPORTANCE-A COMPARITIVE STUDY

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# Abstract Background

The astringent taste is a flavor of dryness that is generally produced by tannins in the bark, leaves, and outer rinds of fruits and trees. It causes the mucus membranes in the mouth to contract and results in an immediate dry, chalky, and sometimes puckering sensation in the mouth. The astringent taste is frequently complemented by the sweet or sour tastes.

### **Objective**

To establish the importance of astringent in diet and medicine.

# Methodology

Medicinal importance and dietary intake of astringent foods were taken from review articles and journals.

#### Result

Balanced intake of astringent results in good health.

# **Key words**

Astringent, puckering sensation, Mucous membrane, vadham.

# A VALIDATORY STUDY FOR THE PROCESSED FORM [OINTMENT] OF CHIRATTAI THAIAM BASED ON EVALUVATION OF STABILITY PARAMETERS

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**BACKGROUND:** Siddha system of medicine owes to treatdevastating range of diseases. Thailams [medicated oil] are one of the important groups of formulation used in siddha system of medicine. They are being used in treatment of various ailments both internally and externally. Among those Chirattai thailam is one of the most important medicines of external usage. The conventional dispensing method of chirattai thailam includes limitations such as spillage, dampness, sticky nature etc and thus there comes a need to process the product into a more user friendly manner. It is assumed that conversion of chirattai thailam [oil form] intooint ment form of medication convinces the former drawbacks.

**AIM AND OBJECTIVE:** The aim of our study is to design a novel dispensing method of chirattai thailam by converting it from thailam to anointment form of medication. Further the stability of the product is tested by using standard parameters in comparison with the original form of Chirattai thailam.

MATERIALS AND METHODS: Chirattai thailam wasprepared by following the procedure quoted in 'therayar thaila varga surukam'; thenit was further processed from the form of thailam to ointment by the addition of wax. The samples with varying ratios of waxadded were taken for comparative assessment. The stability of the processed product was assessed by analysing the organoleptic character, transparency, viscosity, pH, microbiological purity, etc and the result were compared with original form of chirattai thailamtaken as control.

**RESULT AND CONCLUSION:** Ointment form of Chirattai thailam was obtained and the stability test of the product in comparison with original form of chirattai thailam is being analysed and the therapeutic efficacy of it is monitored.

**KEYWORDS:** Chirattai thailam, Ointment, Stability test, external usage, user friendly manner

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# A STUDY ON ANTIMICROBIAL ACTIVITY OF MERUGULLI THAILAM

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#### **BACKGROUND:**

In developing countries superficial fungal skin diseases are very common if not treated properly will become more complicated and life threatening rarely. These are more prevalent in tropical and subtropical countries like India where the heat and humidity is high for most part of the year. So there is a need of reducing the spread of disease with proper medications.

**AIM:** The aim of the current study is to detect the antimicrobial activity of the siddha medicine merugulli thailam.

**OBJECTIVE**: There are several anti fugal drugs and antibiotics available for various fungi and bacteria that cause skin infection. As they lead us to further side effects in the long run, there is a need in search of a better alternative. The Siddha System of Medicine (Traditional Tamil System of medicine), which has been prevalent in the ancient Tamil land, is the foremost of all other medical systems in the world. Meruglli thailam found in the '*Therayar thailavarka surukkum*' book is a wound healing Siddha drug that is given for testing its antifungal activity and anti-bacterial activity. The bacteria taken for study is Staphylococcus aureus and the fungi are Candida albicans.

**METHODS**:Disc diffusion method and Resazurin method are used to determine the anti-bacterial and antifungal activity of Merugulli thailam respectively.

# **DISCUSSION:**

The antifungal and antibacterial activity of meruglli thailam against skin infections is been proven. Further studies will be done and then will standardize and then taken for clinical studies

#### **KEYWORDS:**

Skin infection, Merugulli thailam, antifungal, antibacterial, disc diffusion, resazurin method.

# In-Vitro study for Anti-inflammatory property of 'Vaadha naasa thailam' by Human red blood cell (HRBC) membrane stabilization method

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**BACKGROUND:** Siddha system is one of the oldest systems of medicine evolved from the cradle of human race. The usage of metals and minerals in purified form for the medicine preparation to cure the chronic and terminal illness like arthritis are preferred for their efficacy and longevity. Recent research establishes that about 44% of the world population is suspected to be arthritic. Arthritis, which is mentioned as keelvaayu in *Noinaadal* part 2 which has a major symptoms of inflammation and tenderness in joints There are about 10 types of arthritis classified based on the dosha which is involved.

**OBJECTIVE**: To establish the scientific evidence for the siddha medicine "Vaadha naasa thailam" mentioned in the literature "Therayar thaila varka surukkam" for the treatment of keelvaayu (arthritis) through proving it's Anti-inflammatory property.

**MATERIALS AND METHODS**: Vaadha naasa thailam has been prepared as per the siddha text, *Therayar thaila varka surukkam*, by following the proper purification methods mentioned in *Gunapadam thathu jeeva vaguppu* for its ingrediants. The medicine was undergone to prove it's Anti-inflammatory property by HRBC membrane stabilization method.

**RESULT AND CONCLUSION**: After proving the Anti-inflammatory property of this medicine we further enhance this preparation to prove it's Anti-arthritic activity both Invitro and In-vivo.

**KEYWORDS**: Vaadha naasa thailam, Anti-inflammatory property, keelvaayu(arthritis), HRBC membrane stabilization method

# Practical Strategies For ManagingMoothirakaalaVarmam Injuries And Encouraging Healing.

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#### **Abstract**

Siddha,a traditional healing science of India,old holistic medicine which emphasize the maintenance of relaxed mind and harmony and insist to keep pace with the laws of nature. Varmam is a unique therapy in siddha system of medicine which successfully practiced since thousands of years for the management of many diseases, especially as emergency medicine. Varmam is the vital energy circulating inside the human body. It is the regulating force of Uyirthathukkal,hence any irregulation in this circulating energy will cause disease. Varmam injury could be happen due to internal and external factors, preceding one will manifest as disease and next one as traumatic injury. This injury can be corrected by Ilakkumurai,Adangal,Varmayogam,Odivumurivu, etc. Along with this, it is essential to maintain prescribed diet and it is explained in SiddhaVarmam Classical Literatures. In this Article, an elaborated review about Moothirakaalam along with its traumatic symptoms,diet and adangal methods are explained, also a brief scientific basis regarding the above Varmam and it's particulars.

**Key Words**: Moothirakaalam, Varmam diet, Adangal.

# DOCKING STUDY OF ANTI HISTAMINE ACTIVITY OF PEICHORI CHOORANAM.

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#### **BACKGROUND:**

Atopic eczema is achronic inflammatory skin disorder which develops in early childhood. Inspite of intensive investigations, the causes of eczema remain unclear, but are likely multifactorial in nature. Peichorichooranam, a Siddha formulatory preparation is used to treat inflammatory skin diseases for ages.

#### **AIM AND OBJECTIVE:**

This study was carried out with an objective to explore the anti histamine activity of Peichorichooranam.

# **METHODS:**

Reviewed from selected authenticate texts available in books like Chikitsaratnadeepam. E-book searched from Google scholar, Research gate, etc. Docking calculations were carried out for retrieved phytocomponents against target human histamine receptor.

#### **RESULT:**

It was observed from the outcome of the present investigation that all six phytochemicals such as Azimine, Kaempferol,  $\beta$ - sitosterol, Calotropin, Amyrin, Betulinic acid, Friedelin and  $\beta$ -stigmasterol reveals significant interaction with the core active amino acid residues present on the target histamine H1 receptor in comparison with standard cetirizine.

#### **CONCLUSION:**

The bio-active compound's like Azimine, Kaempferol,  $\beta$ - sitosterol, Calotropin, Amyrin, Betulinic acid, Friedelin and  $\beta$ -stigmasterolpresent in the herbs possess significant binding against the target histamine H1 receptor by interacting with active amino acid present on the active site thereby it was concluded that these compounds may exerts promising anti-allergic and anti-inflammatory activity.

# **KEYWORDS:**

Peichorichooranam, human histamine receptor, siddha, docking, eczema.

# Exploring few Siddha surgical procedures for eye, ear, tongue, throat, urethra diseases mentioned in ancient Siddha literatures

ORAL PRESENTATION

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# **Background**

Manuscripts and literatures related to Siddhamedicine are found exclusively in Tamil language and many of them are yet to be documented especially Siddha surgical and para surgical procedures. Eye care and treatment has been given much prominence in the Siddha system of medicine from time immemorial. Much number of surgical procedures is found in ancient literatures which could not be managed by medicine. It compels us to admire the wide knowledge of ancient Siddhars who have elaborated different medical and surgical procedures concerning various diseases of the eye, tongue, throat, urogenital area, ear etc.

# **Objectives**

The objective of the study isto document and explore the surgical instruments and surgical procedures mentioned in ancient Siddha literatures.

#### Methods

Abnormal carcinogenic growth or moles in the tongue could be treated by Azhi soottukoel and Pottu soottukoel prepared from gold is used for cauterization. Tonsil enlargement could be treated using a gold needle. Kudori vaanguthal should be done in square shape on the head. Then, a poultice prepared by the above method should be applied on the head and tapping should be done. Eyelid imbrication syndrome is treated by separating the eyelids by's' cut lesion and then the wound is allowed to heal. Trichiasis is treated by excising the shrunken area in the corners of eyes transversely. Kathu ezhicchi (cholesteatoma) may be removed using a forceps and then washed by alum water. Bleeding piles could be treated by a cloth smeared with astringent medicine, rolled into a plug (varthi) called anal pessary is inserted into the anal canal. If the bladder is loaded with full of urine and the urethra is obstructed, a fine probe or catheter is inserted into the urethra to drain the bladder.

#### Results

Surgical procedures in Siddha are cost effective and required minimal medicine support. The procedures are easy and might be better than modern surgical procedure. For example trichiasis treatment involves removing the eyelash, follicle or both or redirecting eyelash growth, but Siddha requires no such complete excision process.

# Conclusion

Various kinds of surgical procedures, instruments and their descriptions were described in the Siddha manuscripts like Agathiar Nayana Vidhi, Nagamunival Thalai Noi maruthuvam, Agatthiyar Gunavagadam are similar and might be a light for the

#### Abstract

recent surgical procedures in modern medicine. These literature evidences prove the fact that Siddha medicine was a highly advanced medical science which had immense treasures not only the medical management but also in complex medical and surgical procedures for ophthalmic diseases, tongue diseases, urogenital diseases and other surgical ailments. But, in due course, these treasures were relegated to the back seat and slowly forgotten even by the Siddha medical community. The researchers have published this paper to revitalize these procedures and develop a rational approach to use the traditional knowledge about surgical procedures mentioned in classical Siddha texts to reduce the suffering of humanity.

# **Key words**

Agathiar Nayana Vidhi, Nagamunival Thalai Noi maruthuvam, Agatthiyar Gunavagadam, Soottukoel, Kudori vaangal

# A REVIEW ON DETOXIFICATION METHODOLOGIES IN SIDDHA CORRELATED WITH METALLURGY AND GEOMICROBIOLOGY

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#### **BACKGROUND:**

Siddha -ATraditional Indian system of Medicine is highly encouraged by the public for treating diseases. Siddhars who are the inventors of siddha medicine not only provide the medicinal preparation but also the detoxification methodologies for purifying the ingredients of the medicinal preparation for metals, minerals and also plants as per the Literature evidence. Here those methodologies followed by siddhars are being correlated withmetallurgythat aids the scientific andtechnological processusedforisolation of metal from its ore.

Geomicrobiologythat focus on the role of microbes through geological and geochemical process on the purification of metals and minerals where low -grade process under controlled conditions to extract metals like IRON (Ayam).

#### **OBJECTIVES:**

To establish the knowledge regarding detoxification methodologies in Siddha correlated with metallurgy and geomicrobiology.

#### **METHODS AND MATERIALS:**

Comparative study between the purification methodologies followed by siddhars and the technological process of metallurgy and finally the intersection of geomicrobiology that deals with microbial growth, its activity in the purification of iron with Madhucalongifolia flower extract (ILLUPAI POO).

For this study, the basic and conceptual materials have been collected from Gunapadam-Thathu and Mooligai part.

#### **CONCLUSION:**

Madhucalongilfoliaflowerthrough its extract on iron aids in the process of Purification for 36 days accompanied by microbial growth and its activity results in detoxification of iron.

# **KEYWORDS:**

Iron, Detoxification , Purification , Geomicrobiology , Madhuca longifolia, Metallurgy. .

# IN SILICO MOLECULAR DOCKING OF ABRAKA PARPAM IN TYPE 2 DIABETES MELLITUS

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#### **ABSTRACT**

#### **BACKGROUND:**

AbrakaParpamis obtained by treating biotite (mica) with number of plant extracts, which helps in converting the inactive material to active cellular regenerator. It is used to treat alalmegapremiyam , Nirilivu ,Suram , Unmatham, Sori , Viraivadam etc.,

#### **OBJECTIVES:**

To perform in silico study to explore its role in inhibiting proteins relevant to diabetes mellitus. To understand the pharmacodynamics and pharmacokinetics of AbrakaParpam

#### **MATERIALS AND METHODS:**

The molecular docking procedure was performed to determine the binding energies on the inhibition potentials of  $\alpha$ -amylase.3D PDB structures were retrieved from Protein data bank (PDB) for  $\alpha$ -amylase . The grid box size for the possible binding site was determined using AutoDock tools. Gasteiger charges were added using the AutoDock tools graphical user interface provided by MGL Tools .The optimum binding site for the ligand was obtained using Lamarckian genetic algorithm method. The Ligands were optimized using Gaussian 09to obtain the global minimal structures.

#### **RESULTS:**

The ligands Such as Pytol, trans pytol , sitosterol and moupinamidepresent in the Abrakaparpam inhibits the protein $\alpha$ -amylase that are responsible for developing Type 2 Diabetes mellitus.

#### **CONCLUSION:**

In silico modelling studies like Molecular docking plays a important role in the modern Era to assist drug developers to study the Pharmacodynamics and pharmacokinetics of the drug in the body Virtually and its cost free and handy.

**KEYWORDS**: AbrakaParpam, Nirilivu, inhibiting, autodock, ligands

#### **Abstract**

ID:UG/O/063

#### **MUDRAS - A GLIMPSE**

#### GOMATHIPREETHA. H

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### **Background**

In yoga mudras play a Key role . Person who cannot do yoga properly can use mudras that can help us to cure many diseases and increase our life energy(uyir aatral) . Mudras are nothing but a hand gesture done by their own hands .So in this I am going to prove that mudras do have values by some ancient text reference books and research papers.

# **Objectives**

It is an attempt to find how actually mudras act in our body, what changes does it make , is it have any particular pathway.

#### **Methods**

Just by comparing anatomy, physiology and some neurological pathway that is mentioned in text books.

#### **Results**

It is concluded , there are many remote control points on the top of the body to control the function of the organ inside the body and correct the defects in the internal organs.

# **Key words**

Yoga, Mudras, Energy Pathway, Disease control.

# Pharmacological activity of a Siddha formulation BALASANJEEVI MATHIRAI :A Review

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### **Background**

Siddha medicine is a indigenous system comprising many specialization. Kulanthai Maruthuvam is one among the specialized medicine. Treating ailments of children in a complex and sensitive way requires careful selection of drug in Siddha Paediatric literatures. Many drugs have been indicated for almost all the healing impairments in children like, Gastrointestinal disease, Respiratory Disease, Neuro developmental disease, Infectious disease etc. The drug Balasanjeevi Mathirai is a unique Herbomineral preparation from the text Siddha Vaithiya

Thiratu. It is indicated for Mandham , Kanam , Surathodam , Vayitrottam, Pitha irrumal, Vaanthi , Swasasuram, Kanadhosam . In this article we has attempted to collect pharmacological activity of the ingredients of the drug Balasanjeevi Mathirai to prove it's therapeutic efficacy for the above mentioned diseases.

# **Objective**

To review the pharmacological activity of the Sidhha formulation Balasanjeevi Mathirai .

#### Methods

This review focuses on proven scientific activity exhibited by each ingredient of Balasanjeevi Mathirai. Each ingredients of Balasanjeevi Mathirai is reviewed from various search engines such as PubMed, Google Scholar, Research gate, Science Direct, Embase, International Journal of Health science, International Journal of Reverse pharmacology and Health Research (IJRPHR).

#### Result

Here we proved that pharmacological activity of Balasanjeevi Mathirai for treatment with reference to Siddha Vaithiya Thiratu.

#### **Conclusion**

The literature review claims that Balasanjeevi Mathirai indicator for the diseases and the Siddha Literature has a strong scientific base. This Balasanjeevi Mathirai can be conventionally used for treating Gastro intestinal diseases, Respiratory diseases, Neurodevelopmental diseases, Infectious diseases etc.

#### **Keywords**

Balasanjeevi Mathirai, Pharmacological activity, Herbomineral preparation, Siddha Vaithiya Thiratu.

# Role of administration of "cēṇait taṇṇīr" in growth and development of infants

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#### **BACKGROUND**

Cēṇait taṇṇīr is a tradition followed in southern part of India in which sugar containing liquid prepared by various methods (depends on various geography) are administered to new born by a family members within 24 hours after birth. Lot of apprehensions has been raised by western bio-medicine against this practice as they believe that this may increase the exposure of newborn to various micro-organisms leading to neonatal infections. Moreover it is also believed that newborn may lack interest in consuming breast milk, if it was exposed to more sweet substances during first few days after birth.

#### **OBJECTIVE**

- 1. To understand the role of 'cēnait tannīr' in growth and development of new born.
- 2. To understand the role of cēnait tannīr in an event of infection in newborn

#### **METHODS**

A comprehensive search was made in various classical texts present in central library, GSMC, Palayamkottai with search terms "*cēṇait taṇṇīr*"

A separate search was made on pubmed with search terms "cēṇait taṇṇīr", and different practices that were followed in different regions of South India were collected

#### **RESULT AND DISCUSSION:**

Different studies suggest that administration of sucrose solution in newborns help in overcoming the pain and hypoglycaemia that new born faces during first few days after birth. This signifies the positive role of  $C\bar{e}\underline{n}ait Ta\underline{n}\underline{n}\bar{i}r$  in management of few immediate complications after birth.  $C\bar{e}\underline{n}ait Ta\underline{n}\underline{n}\bar{i}r$  may also play a major role in development of specific microbiota enterotype which may determine the body constitution in developing infants.

#### **NOTE**

All the ethnic terms in Tamil language were transliterated using ISO – 15919represented in italics.

# Molecular gastronomy of Amaranthus – Impact of different forms of cooking on its nutritive value

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# **Background:**

Indian culinary repertoire reflects a huge diversity of flavours and regional cuisines found in modern-day Indiaand is shaped by climate, land and availability of natural resources. A single plant or parts of plant will be processed into multiple type of cuisines based on requirement. Indian food system has an unique way of converting a edible substance into highly nutritious and delicious food with addition of different types of spices. This may have a significant impact in prevention and management of different disorders.

# **Objective:**

To understand the calorific and nutritive significance of different recipes prepared from Amaranthus.

#### **Methods:**

A comprehensive search was made in various classical texts present in Central Library, GSMC, Palayamkottai with search term 'kīraikal'

Another search was performed separately using search term Amaranthus in google to understand different recipes prepared from them.

#### Result and discussion:

More than 10 different types of recipes has been found to be prepared from amaranthusin south India. Among this few were prepared without adding much ingredients to it and many were prepared using adding many protein and fat rich foods to it. A significant variation in nutritive values were noted between all these recipes.

#### Note:

All the ethnic terms in the Tamil literature were transliterated using ISO-15919 transliteration scheme and represented in italics

# Traditional complementary feeding practices in South India: A systematic review

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#### **Background:**

Complementary feeding is the process of administering other foods and liquids along with breast-milk when breast-milk alone is no longer sufficient to address the infant's nutritional needs. Poor complementary feeding practices have been linked to increased risks of respiratory, gastrointestinal and skin infections along with underweight and malnutrition. However, there are lot of traditional complementary feeding practices that were in use for a very long period. A systemic analysis on these practices may provide efficient solution to address this issue.

# **Objective:**

To collect various traditional complementary feeding practices followed among South

Indian population

To analyse the pros and cons of different complementary practices

### **Methods:**

Comprehensive search was performed in pubmed using the search term weaning, complementary feeding and South India in pubmed, sodhganga and sodhgangothri search engones.

# **Result and Conclusion:**

Analysis of various complementary diets practiced among different geographical populations and communities were showed its significance in growth and development of child in its early and late childhood stages

#### **Keywords:**

Complementary diets, weaning stage,

# Pivotal Role Of *Pattiyam* In Administration Of Copper Based Siddha Drugs : A Review

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#### **BACKGROUND:**

Herbo-metallic formulations have been extensively used in Siddha system of medicine with high therapeutic index. However, at present herbo-metallic drugs in general and copper-based siddha drugs in particular are deemed to be highly toxic with potent nephrotoxic and neurotoxic effects. This situation coerces one to contemplate how copper-based herbo-metallic formulations, that were administered safe during ancient times, were now believed to be toxic. Though multiple factors like quality of raw materials, processing techniques, cultural and evolutionary modifications of the human race all play a significant role in this, diet restriction (pattiyam) that were advised during drug intake seems to play a more distinguished role.

#### **OBJECTIVE:**

To have a complete contemporary understanding of the effects of *pattiyam* in pharmacokinetic properties and safety of Copper basedherbo-metallic siddha drugs.

#### **METHODS:**

- 1. A comprehensive search was made in various classical siddha texts present in central library, GSMC, Palayamkottai with search terms "pattiyam" and "cempu" to collect the information about diet restrictions advised in siddha texts while administering copper based Siddha drugs.
- 2. A separate search was made on pubmed with search terms "copper", "metallothionine" and different edibles that were adviced to be avoided during intake of copper based siddha drugs.

# **RESULTS AND DISCUSSION:**

Therapeutic doctrines of siddha advised restrictions of various food items including tamarind, garlic, curd, buttermilk, mango, lemon, fig, pomegranate, cucumber, amla, bittergourdetcduring drug intake. All these were found to play an interactive sole with a body protein metallothionine which actually controls the pharmacokinetics of copper in body. Part of these were reported to inhibit the production of metallothionine and rest were found to promote the production of metallothionine.

#### **NOTE:**

All the ethnic terms in tamil language were translated using ISO-15919transliteration scheme and represented in italics.

# Are Millet diets suitable for all? - A perspective on addressing the detrimental effects of millets

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### **Background:**

Incorporation of millets in regular diet has become popular in last few decades among the fitness conscious people. Though the importance of millets (low carbs and high protein) cannot be ignored, adhering to a millet-rich diet has been associated with significant ill effects. Even classical siddha texts lists few millets as *karappān paṇṭam* and discourage the use of those in people suffering from skin disorders. Moreover, presence of antinutrients like phytic acid, polyphenols, and tannins also adds fuel to the existing apprehensions with respect to millets rich diet.

# **Objective:**

To understand the detrimental effects of different types of Millets and traditional processing techniques that were followed to overcome the negative effects.

#### **Methods:**

- 1. Comprehensive search was done using the search term "Adverse effects" and "Millets" in the search engine pubmed.
- 2. A comprehensive search was also made in siddha literatures in central library, GSMC using search term *tāniyankal* and *karappān panṭam*

#### **Result and Conclusion:**

Various reports of detrimental effects on millet based diets have been found in literature. Most of the reports were associated with dysbiosis in intestine, downregulation of thyroid functions and predisposition of skin disorders. Various methods of millets processing have also been seen in literature for its administration in children and elderly people. Adaptation of these methods in millet processing may help to overcome the associated ill effects of millet diets

#### Note:

All the ethnic terms in tamil language are transliterated using ISO-15919 and represented in italics.

# Management of Kumbavadham(Periarthritis)in external medicine of siddha-A Case report

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**BACKGROUND**: Periarthritis shoulder is a condition characterized by pain and progressive limitation of some movements of the shoulder joint and it is usually affects the elderly.

**OBJECTIVE**: Kumbavadham is one of the vadham disease describedin yugi vaithiya sindhamani 800. Through siddha sirapumaruthuvam: varmam, ottradam (fomentation), patru (poultice), a case report has done to enhance the quality of life.

**METHOD**: A 50 aged female patient presented with pain in shoulder and stiffness in shoulder and difficulty in movement .she was diagnosed to be affected with kumbhavadham . Through varmam , ottradam( fomentation) ,pattru(poultice), she has been treated .The prognosis was measured with a help of pain scale and symptoms measured by patient is reduced.

**RESULT**: The given varmam points, ottradam, pattru reduces the symptoms.

**KEYWORDS**: Periarthritis, varmam, ottradam, pattru.

# SIDDHAR'S SCIENCE BEHIND THE MANTRA 'OM' AND URAKA KALAM IN INSOMNIA AND DEPRESSION

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#### **ABSTRACT**

#### **BACKGROUND:**

Good sleep plays a major role in this modern era. Lack of sleep (INSOMNIA) leads to depression, anxiety and many psychiatric disorders. Sleep helps in formation of long term memories. Vagus nerve enhances the parasympathetic nervous system, thereby controls the body's response during rest and helps in good sleep.

#### **OBJECTIVE:**

- In modern medicine, vagus nerve stimulation plays a major role in treating insomnia and depression.
- Siddhars had achieved this through the mantra "om".
- The varmam point "uraka kalam" specifically got this name as it helps to get sleep.
- This study is about the principle behind chanting the mantra "om" and the action of stimating "uraka kalam" in body.
- This stimulates the vagus nerve which helps in relaxing mind and to get good sleep.

#### **CONCLUSION:**

This study concludes that vagus nerve stimulation had been achieved by siddhars millions of years ago through simple sound vibrations called mantras and through varmam points.

#### **KEY WORDS:**

Insomnia, Depression, om , uraka kalam , vagus nerve stimulation.

# OBSERVATIONAL STUDIES ON GYNAECOLOGICAL DISEASES

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#### **BACKGROUND:**

Gynaecological diseases, are those involving the female reproductive system, associated with diseases mainly, Menorrhagia, Metrorrhagia, Polycystic ovarian disease(PCOD) withabdominal crampsand irregular mensusduring menstrual cycle. These diseases are considered as public health and social problem. A healthy lifestyle and balanced diet play a major role in promoting and maintaining the homeostatic function and preventing those gynaecological diseases.

#### **OBJECTIVE:**

Primary objective of this presentation is to prevent the gynaecological diseases with diet and nutrition by Siddha system.

# **METHOD:**

Observational study

# **RESULT:**

The result google form survey done among 100 female college students will be presented on menorrhagia,metrorrhagia and PCOD.

#### **CONCLUSION:**

The study of this poster is that we advised several dietary supplements and nutrition to improve the health condition and awareness of such gynaecological diseases by mode of Siddha system.

# **KEYWORDS:**

Gynaecological diseases, observational study, diet and nutrition, Siddha.

# A single case study on varicose vein of siddha management by Hirudotherapy.

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#### **Abstract:**

#### **Introduction:**

varicose veins are abnormally thick, enlarged, swollen, twisted veins characterized by aching pain in the calf region, leg and ankle associated with swelling and itching. It was found that upto 15% of men and 25% of women have visible varicose vein. Most common complication of the varicose vein is venous ulcer. When vein become varicose, the leaflet of the valves no longer meet properly and the valves do not work as a result blood flow backward.

#### **Presentation of case:**

A 62 years old female patient got admitted in siddha hospital with chief complaints of swelling, bulging vein in lower limbs . We prescribed Hirudotherapy with stimulation of varma points by local application of oil (kayathirumaeni thailam). Hirudotherapy was carried out scientifically by employing appreciate hygiene measures and 2-4 leeches were used locally to suck the blood and transmit important bio active enzymes that could aid the treatment of varicose vein of lower leg . This was given for alternative 7 days and patient were monitored for 1 month. Leech therapy was found significantly to reduce the venous engorgment by resolving edema, inflammation and pain.

#### conclusion:

The holistic approach of these siddha treatment modalities are effective and safe in treating varicose vein.

# keywords:

Varicose vein, Hirudotherapy, varmam points, Siddha management.

# AN ANTI MICROBIAL ACTIVITY OF NETHIRA POONDU THYLAM - MOLECULAR DOCKING STUDY

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#### **BACKGROUND**

Nethira poondu thylam is the siddha medicine with the herbal formulations of Blepharis maderaspatensis and Sesamum indicum. It cures all eye related problems.

#### **OBJECTIVE:**

The main objective of this study is to describe about anti microbial activity of Nethira poondu thylam which is thought to be more effective and affordable than manufactured medications.

#### **METHODOLOGY:**

Docking calculations were carried out for retrieved phytocomponents against target protein

3C Like protease(3CL pro). Essential hydrogen atoms, Kollman united atom type charges, and solvation parameters were added with the aid of AutoDock tools.. Affinity (grid) maps of  $\times\times$  Å grid points and 0.375 Å spacing were generated using the Autogrid program. AutoDock parameter set- and distance-dependent dielectric functions were used in the calculation of the van der Waals and the electrostatic terms, respectively.

#### **RESULT:**

Total of 5 bioactive lead compounds were retrieved from the herbal ingredients present in the siddha formulation Neethita poondu thylam provided for In-silico investigation. Out of 5 the leads such as  $\beta$ -sitosterol, Kaempferol, Sesamin and Sesamolin reveals maximum of 2 to 4 interactions with the core active amino acid residues present on the target Glucosyltransferase (GFT) of Streptococcus mutans

#### **CONCLUSION:**

These compounds may exerts promising inhibiting against GFT enzyme and hereby halt the catalytic transfer reactions which is essential for survival of the organism Streptococcus mutans. KEY WORDS: Nethira poondu, microbial, eye problems, Streptococcus, Glucosyltransferase.

# TITLE: NUTRITIVE VALUE OF PANCHAMUTTI KANJI AND ITS VITAL ROLE IN SIDDHA PEDIATRICS

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#### **ABSTRACT**

**BACKGROUND:** Siddha system of medicine is based on preventive aspect rather than curative. Food is considered as the pillar of our body. Many of the people suffer from common health problems which can be cured by a balanced and nutritive diet.

**OBJECTIVE**: To evaluate the nutritive value of panchamutti kanji to treat malnutrition in children. Most importantly food plays a vital role during paediatric life. Panchamutti kanji also helps during post treatment period in regaining the diminished strength. Nutritive disorders are described in scattered manner in siddha text books. Childhood under nutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global dissability adjusted life year lost than 5 children. Protein energy malnutrition (PEM) is the one similar to malnutrition. This presentation highlights the siddha view of nutritional disorders and preventive aspect during paediatric age.

**METHODS**: The aim of the presentation is to evaluate the efficacy of the raw drugs used in the traditional preparation of panchamutti kanji and it's action.

- Oriza sativa
- Vigna mungo
- Cajanus cajan
- Cicer arietnum
- Vigna radiata

**CONCLUSION:** Malnutrition can be treated in paediatrics with the help of balanced diet and panchamutti kanji.

**KEYWORDS**: Panchamutti kanji, malnutrition, nutritive food, siddha medicine.

# ARCHEOLOGICAL AND HISTORIC EVIDENCE ON SIDDHA OBSTETRICS IN THE SIDDHA SYSTEM OF MEDICINE

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# **Background:**

Siddha medicine which is known as Tamil medicine is gifted by enlightened

Tamil siddhars to us. So it is mingled with our day to day life habits and customs. We Can know the antiquity of Siddha medicine by knowing the archeological andhistorical Evidence of great Tamilian heritage civilization.

# **Objective:**

The objective of the study is to highlight the archeological evidences on Siddha obstetrics in the siddha system of medicine.

#### **Methods:**

The data about Siddha obstetrics is collected from archeological evidences, Manuscript, Temple sculptures and Mural paintings.

### **Result:**

By analyzing the historic evidences, it has proved that the obstetrics knowledge is existed in the Siddha system of medicine

# **Conclusion:**

From these archeological evidences we come to know the gynecological and Obstetrics knowledge in the siddha system of medicine. Though its elderliness has great Scientific features, we siddha professionals have to be proud. So we have the responsibilities to expose and carry out research on our Medicine's antiquity. Soon it Will be a boon to the World

# **Keywords:**

Siddha obstetrics, Upright birth position, C- sectional evidence.

# FIELD AND DOCUMENTAL STUDY ON "PIRASAVA NADAKAYA LEGIYAM" IN SOME DISTRICTS OF TAMILNADU

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### **Background:**

Siddha system of medicine is one of the Holistic and ethno system of medicine in southern part of India. Immortality is main aim of this system of medicine. Vatham, Vaithiyam, Yogam, Gnanam all these concepts light the vision of siddha to International community. And there are number of ethno cum traditional family medicines available in our country which are all based on our siddha system of medicine.

## **Objective:**

Antenataland postnatal care is very important for pregnant womento prevent them from many complications before and after pregnancy. Especially, Postnatal care is very essential for both mother and childhealth. "PIRASAVA NADAKAYA LEGIYAM" (PNL) is one of the important medicine in postpartum care of motherwhichis still used by majority of people in rural and urban places of Tamilnadu. This PNL plays an important role in mother's health care and helps to boost lactation and helps in the elimination of lochia. It has traditionally and empirically many therapeutic values.

# **Method:**

Collecting information about PNL such as ingredients, methods of preparation, methods of usage, and benefits from indigenous medicine shop, traditional makers and empirical home users. Although the ingredients are different from one district to another, the majority of ingredients are samein their preparations and that have been validated with our siddha literature & other articles.

#### **Result:**

At the end of the field study in Theni, Madurai and Virudhunagar districts we conclude that when we analyzeand valid with siddha literature and other articles the ingredients are very effective for care of postnatal women. Nowadays we clearly notice that the PNL is widely used by people because of its efficacy and benefits.

#### **Conclusion:**

This paper enhance the utilization of the PNL for postnatal mother and its usage and benefits. Further study on standardization and other researches will give the light on PNL. Sowe can advise this medicine for the postnatal mother.

# **Keywords:**

Pirasava nadakaya legiyam, Lochia, Enhance Lactation, Pirasava legiyam, perukala legiyam.

# EVALUATION OF INVITRO ANTI-INFLAMMATORY ACTIVITY OF PIRANDAI UPPU USING INHIBITION OF PROTEIN DENATURATION METHOD

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#### **Background:**

Pirandaiuppu is a Siddha Herbal-salt based formulation used in the treatment of ailments like hemorrhoids and dysmenorrhea. Inflammatory reactions are evident in both cases. Prostaglandin plays significant role in the pathomechanism of Dysmenorrhea. It is responsible for the generation of an inflammatory response. Several inflammatory markers such as prostaglandin F2 alpha, interleukin-6, vasopressin are involved in Dysmenorrhea. Inflammatory markers such as PGF2α, IL-6, vasopressin, VEGF are found in higher concentrations in case of Dysmenorrhea. Hemorrhoidal specimens are found to have a severe inflammatory reaction involving the vascular wall and surrounding connective tissue. This inflammatory process results in the vulnerability of the arterioles of the lamina propria of the nodule to erosion in the process of defecation causing hemorrhage. Pirandaiuppu (salt derived from *Cissus quadrangularis*) effective usage in the treatment of such conditions involving inflammatorypathways strongly suggests that it could have potent anti-inflammatory activity.

# **Objective:**

To prove the *Invitro* anti-inflammatory activity of Pirandaiuppu by Inhibition of albumin denaturation and Inhibition of protein denaturation method.

#### Method:

The *invitro*anti-inflammatory assay consists of assaying the effect of extracts of Pirandaiuppu against protein denaturation of protein (egg albumin and serum albumin) and measuring the absorbance. The percentage inhibition of protein denaturation is calculated and compared with the obtained result of Standard -Diclofenac sodium.

#### **Results and Conclusion:**

Based on the results of the percentage of Inhibition of denaturation of protein obtained by calculations using the absorbance it is concluded that Pirandaiuppu has good anti-inflammatory activity. The percentage inhibition of 200 μg/Ml of Pirandaiuppu obtained by egg albumin method and bovine serum albumin method was found to be 3.8 and 1.22 times respectively greater than that of 200 μg/mL aqueous stem extract of Cissus quadrangularis. It can be concluded that the process of deriving concentrated salts from medicinal herbs devised by Siddhars is of immense scientific significance. Asdenaturation of tissue protein is one of the causes of inflammatory and arthritic diseases the results of our study reveal that Pirandaiuppu exerts potent anti-inflammatory activity and can be used to effectively treat inflammatory and arthritic conditions.

# **Keywords:**

Pirandaiuppu, Anti-inflammatory, Cissus quadrangularis, Dysmenorrhea, Protein denaturation

ID:UG/O/079

## ANTI CANCEROUS ACTIVITY OF THE HIGHER ORDER MEDICINE "IRU NELLI KARPAM"

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## **Background:**

According to WHO, each year, approximately 400 000 children develop cancer. As year goes technology develops but yet cancer seems a challenging one. Siddha medicines finds promising results in the field of cancer treatment. Iru nelli karpam is an unique siddha medicine in the field of skin diseases. Since long it is used in treating scabies and rashes. Now an attempt is made to suppress the growth of cancer cells using the same higher order siddha medicine.

## **Objective:**

The main objective of this study is to show the anticancerous activity of the siddha medicine "iru nelli karpam"

## **Method:**

Iru nelli karpam was prepared with the help of available references and the anticancer activity of the sample was tested against MDA-MB-231cell line(an epithelial, human breast cancer cell line) by MTT (3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide assay Mossman, 1983).

## **Result:**

Upon increasing the concentration of the sample, a drastic reduction from 94.6123% to 12.4835% in the percentage of the viability of tumor cells were observed.

## **Conclusion:**

Thus the medicine iru nelli karpam with its ingredients sulphur and phyllanthus embellica could be used in the destruction of the tumor cells.

## **Key words:**

Iru nelli karpam,MDA-MB-231cell line(anti cancerous activity), sulphur, Phyllanthus embellica

ID:UG/O/080

## EARLY EFFECTIVE MANAGEMENT OF DIABETIC FOOT ULCER BY THIRIPALA CHOORANAM POOTCHU - A CASE STUDY.

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## **BACKGROUND:**

Diabetic foot ulceris the most common complication of diabetes mellitus that usually fail to heal quickly and leading to lower limb amputation. Early effective management of diabetic foot ulcer can reduce severity. The thiripalachooranampootchu has its own anti-oxidative, anti-inflammatory and antibacterial activity in curing diabetic foot ulcer.

## **OBJECTIVES:**

To reduce the severe complication and also improve overall quality of life of patients by thiripalachoorampootchu.

### **METHODS:**

External application of thiripalachooranam - hospital pharmacopoeia Debridement by thiripala wash. Offloadingby stimulate pressure point. Dressing by thiripalachooranampootchu and maintain pathiyam.

### **RESULT:**

The properties of Emblica officinalis(anti-inflammatory,anti oxidant,analegesic, antiulcerogenic , antimicrobial) , Terminalia bellerica (antioxidant),Terminalia chebula(anti-inflammatory, antioxidant, antiulcer, antidiabetic, antibacterial) results wound healing.

## **CONCLUSION:**

The thiripala chooranam pootchu has good prognosis towards diabetic foot ulcer. The anti-inflammatory, antioxidative and antibacterial activity helps in wound healing process. Pathiyamalso supports in accelerated healing.

### **KEYWORDS:**

Early management – thiripalachooranm – wound healing - diabetic foot ulcer - anti-oxidative -anti-inflammatory -pathiyam.

## Hepatoprotective Activity of Herbo-Mineral Formulation Mandurathi Adai kasayam in Chang Liver Cell Line

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## **ABSTRACT**

**Background:** Mandurathi Adai Kasayam (MAK) is a Herbomineral formulation of traditional siddha system of medicine that has been used for centuries to alleviate diseases such as *paandu*, *sobai*, *kamalai* and *palavagai patta magotharam* (Anemia, Edema, Jaundice, and Ascites). Mandooram (ferroso ferric oxide – Fe<sub>2</sub>SiO<sub>4</sub>) has nutritive, alterative action and quality to improve blood. It protects liver from harmful hepato toxins.

**Objectives:** To evaluate the hepatoprotective activity of Mandurathi Adai Kasayam in chang liver cell line

**Methods:** In this study we analyzed Mandurathi Adai Kasayam against CCl<sub>4</sub> induced hepatotoxicity in Chang liver cell line. Chang liver cells were seeded in 6 well plates at a density of 1x105 cells/well and allowed to grow for a period of 24 h. MAK was administered at a concentration of 50  $\mu$ g, 100  $\mu$ g, 200 and 400  $\mu$ g / ml. Standard silymarin 200  $\mu$ g / ml for three hour following test drug exposure, 0.1% CCl4 was added to all the wells except control and incubated for a period of 24 h. The percentage growth inhibition was calculated and concentration of MAK needed to inhibit cell growth by 50% (IC50) values is generated from the dose-response curves for each cell line.

**Result:** On evaluation of MAK, we investigated hepatoprotective activity which mitigate *pandu*, *sobai*, *kamalai*, *palavagai* patta magotharam

**Conclusion:** MAK is endowed with hepatoprotective activity which could be further elaborated by clinical and pre-clinical studies

**Keywords:** Mandurathi adai kasayam, Hepatoprotective, Jaundice, Ascites,

## EFFECT OF LOW STEROIDAL DOSE AGAINST THE CHRONIC NOISE EXPOSURE IN SPRAGUE DAWLEY (SD) RATS.

**Background**: Noise is considered as the second-highest environmental stressor (Wallenius et al., 2004). Exposure to the noise can lead to the noise-induced hearing loss (NIHL) that is caused due to the degeneration of the cochlear hair cells and its regeneration is quite impossible as it loses its ability to reproduce in the embryonic stage (Chen et al., 2019). But many studies have paved a way for the regeneration of the hair cells using gene therapy, stem cells therapy and alteration in signaling pathways.

**Objective:** To observe the effect of low steroidal dose against the chronic noise exposure.

**Methodolgy:** The SD rats are exposed to noise for about 30 days, with a duration of 4 hours/day (Samson et al., 2005), followed by the exposure of stress the prednisolone is given at the concentration of 1mg/kg B.W for about 7 days and physiological saline is used as an vehicle (maetaniet al., 2009). After chronic exposure the biochemical activity of the drug against the stress was assessed.

**Results:** The Study has evaluated that the rodent animal model has undergone oxidative stress and changes in the behavioral aspects when exposed to chronic noise exposure, whereas the drug only group has reacted similar to stress group due to administration of low dosage of steroid. The treatment group shows no adverse effects against the stress activity in minor parameters, whereas in major parameters the treatment has observed to be effective.

**Conclusion**: The low dosage of steroid has been used in several studies to rule out the various conditions, but in our study it does not react to the stress condition which has been exposed to chronic noise. Since the treatment is not fully satisfied against the stress; further studies should be carried out to observe the expected outcome.

**Key words**: Prednisolone, NIHL, Chronic noise exposure, low steroidal dose.

# EFFECTIVENESS OF MYOFASCIAL TRIGGER RELEASE WITH EXERCISE IN WORK ASSOCIATED MUSCULOSKELETAL DISORDERS OF CERVICAL AND LUMBAR SPINE AMONG DAILY WAGE WORKERS IN NORTH CHENNAI

## **Background:**

Musculoskeletal disorders (MSDs) are considered one of the most common health issues in working population and have a high social and economic impact. Myofascial release therapy is the method of gentle application of pressure on the tender hyper irritable fascia point. Clinically, manual therapy is often combined with exercises that are tailored to treat specific musculoskeletal dysfunctions (Bookhout., 1996)

Exercise modification was more effective, rather than solely relying on ergonomic modification for the treatment of Work related MSDs (Shariat et al., 2018). Novelty of this research is related to the link made between sport science and Occupational health and intro-duce a treatment, which has minimal side effects compared to Other interventions.

## **Objectives:**

To investigate effect of myofascial trigger point release (MFR) therapy with Exercises on pain,range of motion,neck and lowback disability among workers with neck and back pain.

## **Methods**:

A total sample size of 225 ,where divided into three groups(75 each group). Patients in control group receivedNon-steroidal anti inflammatory drugs. Experimental group 1-Electrotherapy with stretching and strengthening exercises. Experimental group 2 - MFR with electrotherapy, stretching and strengthening exercises.

Outcomes measured using visual analouge scale(pain),goniometer(Range of motion), Disability(neck and lowback disability index),Endurance(cervical and core endurance test) and strength assessment(Hand held dynamometry).

## **Results:**

Between-Group analyses showed that Myofascial trigger release was more effective than experimental group 1 and control group in reducing pain and increasing range of motion.

## **Conclusions:**

This study provides evidence that MFR when used as an adjunct to electrotherapy and exercises is more effective than a control intervention for neck and lowback pain in daily wages workers.

## **Keywords:**

Myofascial trigger release,neck and low back pain,Range of motion,visual analouge scale.

## EFFECT OF TEPHROSIA PURPURA ON CHRONIC NOISE STRESS IN ADULT MALE WISTAR ALBINO RATS

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BACKGROUND: Noise is an unremarkably becoming a most Suffusive pollutant and stressor in modern era. On current era we are facing the noise pollution as much which acts as a psychosocial stressor and it facilitates hearing loss, degeneration of the hair cells which also disturbs our Neuro-Endocrine system. The medicinal plant Tephrosia purpurea is present throughout India and it is called wild Indigo in English and Kolingi and Kollukaivellai in Tamil.

**OBJECTIVES**: To evaluate the effect of the drug (*Tephrosia Purpurea*) against chronic noise stress in Wistar Albino rats.

**METHODS**: The adult malewistar albino rats are divided into four groups. The chronic noise stress was given to the rats for 30 days. The animals are exposed to noise for four hour/ day with the intensity of 100 db. The animal is treated by the drug name called Tephrosia purpurea (kollukaivellai in tamil). The drug is given to the animals orally. The dosage for the drug is 500mg/kg body weight. The 10mg of the drug is mixed well in the 98ml of Distilled water and 2ml of Tween 80 which gives above value. The parameters which are observed in this study areanxiety behaviour, serum corticosterone & antioxidants.

**RESULT**: This study conclude that the drug *Tephrosia purpurea* reduces the chronic noise stress and certain alteration has been observed in anti-oxidants such as SOD and catalase in the serum, corticosterone, & anxiety behaviour of treated group compared to control and stress.

**KEYWORDS**: Chronic noise stress, *Tephrosia purpurea*.

## THERAPEUTICAL VALUE OF MILLET IN SIDDHA SYSTEM OF MEDICINE

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## **ABSTRACT**

This article assesses the comparison of nutritional and health attributes of finger millet and brown rice comparing the phenol content and assessing the utilization for diabetic's patients.

Finger millet (Eleusine coracana L.) ragi or mandua is one of the important millet grown extensively in various regions of India and Africa. .it is comparable to rice and with respect to mineral and micronutrient contents it is superior to rice and brown rice . This finger millet contains average content 610.4 to 675.1mg/kg of Phenolic compund. It is also known for several health benefits such as anti-diabetic, antitumerogenic, atherosclerogenic effects, antioxidant, which are mainly attributed due to its polyphenol and dietary fiber contents. Being indigenous minor millet it is used in the preparation of various foods both in natural and malted forms. Grains of this millet are converted into flours for preparation of products like porridge, puddings, pancakes, biscuits, roti, bread, noodles, and other snacks. Besides this it is also used as a nourishing food for Infants when malted and is regarded as wholesome food for diabetic's patient

### **KEYWORDS**

Estimation of phenol

## COMPARATIVE STUDY OF GROWTH OF PEARL MILLET(Pennisetumglaucum L) SPROUTS IN DIFFERENT TYPES OF WATER TO TREAT ANAEMIA

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#### **ABSTRACT**

Pearl millet is one of Asia and Africa's most important chief staple grains. Due to its heat and drought-tolerant properties, it has wide adaptability to the local environment. Nutritionally, pearl millet is a good source of protein and energy. Today, many people ranging from children, youth and adults suffer from anaemia. Anaemia has become common among all people. Turning regular millets into "sprouted millets" have pretty intriguing nutritional benefits. Once, you soak the pearl millet, they germinate. Sprouts have high starch content, thereby altering the food's nutritional content. Sprouted grains are natural, nutritious, and healthy. The objective of the present study was to investigate and compare the growth rate and level of iron content in pearl millet sprouts, which are grown in different water such as coconut water, lemon water, vegetable boiled water and rice water and drinking water. The method used in the determination of iron and zinc content was done by the colorimetric method. The results obtained were all positive showing significant iron content in all mediums when compared to normal water. We conclude that Pearl millet (kambu) has many nutritional benefits and iron content is one among them. Today's generation is not well aware of millet and its benefits and suffers from many health complications. Thus the study was to spread awareness of pearl millet among people and to treat trivial complications such as anaemia in the long run.

## **KEYWORDS:**

Pearl Millet, Pearl Millet Sprouts, Iron Content, Anaemia, Colorimetric, Coconut water, Lemon water, Rice water, Vegetable boiled water, Tap water.

## Insilico validation of divine Sun remedial plant Nelumbo nucifera gaertn. and the diseases corresponded to Sun in medical astrology

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### **Abstract**

The fascinating cum intricate interaction between celestial bodies and remedial plant measures has flourished across every culture in the world since time immemorial. Initially, human observations of nature, celestial bodies and recurring phenomena have given rise to foretelling predictions. These experiences later paved the way for the development of medical astrology, astroethnobotany and astrophytomedicine for humankind harmony and well-being. However, the exact astral conjunction with human body parts, diseases and divine remedial plants in astrology remains a mystery. In view of this, the celestial body Sun and its one of the divine remedial plant Nelumbo nucifera is chosen to explore the link between remedial plants and its associated diseases mentioned in Vedic and Western astrological systems through insilico studies. Molecular docking was performed using PyRx virtual screening tool and evaluation using the Biovia discovery studio free sotware. Identification of potential binding affinities of the phytocompounds from Nelumbo nucifera results in three specific lead compounds namely nuciferine, neferine and lotusine. Among the three, neferine showed the best docking score of -8.4, -9.4 and -8.9 kcal/mol when compared with the standard drug as latanoprost, losartan, Indomethacin and its docking score is -7.9, -8.7, -7 kcal/mol with all the three target against inhibition of myocilin (PDB ID:4WXQ), Angiotensin-converting enzyme inhibitors (PDB ID:108A) and COX-2 inhibitor (PDB ID:5IKR). Thus our study revealed that the selected sun remedial plant Nelumbo nucifera contains a potential compounds that prevent or cure the Sun causing diseases especially eye, heart and bone.

## **Keywords:**

Medical astrology, Nelumbo nucifera, Phytocompounds, Molecular docking, Validation

## Screening of anti-carcinogenic properties of *Allium ascalonicum* in treating Triple-Negative Breast Cancer

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#### **Abstract**

## Background

Allium ascalonicum, commonly referred as Shallots, have already been proven to possess anti-microbial properties. In this research work, the extract of bulbs of Allium ascalonicum were screened for its anti-carcinogenic propertiesinTriple-Negative Breast Cancer cells.

## **Objectives**

To assess the presence of anti-carcinogenic phytocompounds in *Allium ascalonicum* and also to determine the anti-carcinogenic properties, such as, antioxidant, anti-inflammatory and cytotoxic potential of *Allium ascalonicum* on MDA-MB-231 cells.

### **Methods**

GC-MS profiling of *Allium ascalonicum*was performed and *in silico* (molecular docking) analysis with apoptotic proteins including BAX, Bcl-2, Mcl1, APAF1 and AIF involved in breast cancer malignancy was executed using PyRx version 0.9.9, for the determination of phytocompounds with high anti-carcinogenic potential. *In vitro* methods such as antioxidant assay was performed using DPPH (2,2-Diphenyl-1-picrylhydrazyl), anti-inflammatory activity was determined using BSA (Bovine Serum Albumin) denaturation assay and cytotoxicity analysis using MTT[3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide] assay.

**Results:** GC-MS characterization of *Allium ascalonicum* revealed 48 phytocompounds of which 13 of them possess anti-carcinogenic activity. Molecular docking analysis revealed five phytocompounds that have better binding scores when compared to that of the standard drug, Gemcitabine. Antioxidant and anti-inflammatory assays confirmed the presence of free radical scavenging activity and anti-inflammatory activity of *Allium ascalonicum* espectively. Cytotoxicity analysis confirmed that *Allium ascalonicum* extract has the ability to inhibit the proliferation and survival of MDA-MB-231 cell lines with an IC<sub>50</sub> value of 1228.65µg/ml.

#### Conclusion

In this research work, it has been proven that *Allium ascalonicum*contains phytocompounds with anti-carcinogenic potential and *in vitro*, cytotoxicityanalysis on MDA-MB-231 cells also validated the same. Furthermore, *Allium ascalonicum* also had antioxidant and anti-inflammatory properties suggesting the fact that it could act as a potential anti-carcinogenic agent. However, animal model studies are required to confirm the same before they can be formulated for an appropriate therapy for treating triple negative breast cancer.

## **Keywords**

*Allium ascalonicum*, GC-MS,Molecular docking, Antioxidant, Anti-inflammatory, Triple-negative breast cancer

## Synthesis, characterization, and anticancer effect ofpolyherbalnanoformulation

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### Abstract

In recent years, Breast Cancer has been known to reflect a significant rate of mortality among women. There is a lack of evidence on therapeutic paradigm for regulation and possible treatment against breast cancers. Human breast cancer MCF-7 cells are well chosen experimental model all over the globe. No reports published on the targeted therapy of polyherbalnanoformulation against breast cancer in an in vitro system. In this study, we have focussed on the synthesis of polyherbalnanoformulation (PHNF) by using herbal extracts. The synthesized PHNF were then characterized by using various techniques such as Ultraviolet-visible spectrophotometry, FTIR, FESEM-EDX, DLS, zeta potential analysis, XRD, AFM, HRTEM SAED to determine the particle size, shape, crystalline structure and stability of the synthesized PHNF. Toxicity studies of PHNF in Zebrafish embryos, Artermia nauplii and Vignaradiata confirmed the non-toxicity nature of PHNF across the genome. Free radical scavenging activity assay revealed the antioxidant nature of PHNF. In vitro cell death analysis in MCF-7 breast cancer cell line clearly depicts that the nanoparticles are cytotoxic which demonstrated its anticancer potential. Further research will help us to develop PHNF as a novel drug in treating breast cancer.

## **Keywords:**

Polyherbalnanoformulation; Human breast cancer MCF-7 cells; Free radical scavenging; Antioxidant; Cytotoxic

## Green Synthesis of Antibacterial Carbon Nanodots from Bay Leaf Soot: A Potential Oral Healthcare Solution

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## Background:

Carbon nanodots (CNDs) are an emerging class of nanomaterials with unique properties that hold significant promise in the field of medicine. These tiny carbon nanoparticles, less than 10nm in size, have garnered increasing attention due to their biocompatibility, low toxicity, and versatile applications. Bay leaves, commonly used as a culinary herb, are rich in organic compounds and can be transformed into carbon nanodots through a simple synthesis process. Objectives: The objectives are to explore the "green" synthesis of antibacterial carbon nanodots derived from bay leaf soot and investigate their potential as a promising solution for oral healthcare. Methods: In this experimental study the bay leaves were burnt, and their soot was collected, and carbon nanomaterial were extracted from it. The particles were characterized and their antibacterial effect against oral bacterial samples was evaluated. About 10 mL of oral sample was taken, varying concentrations of carbon nanomaterial was added and incubated overnight. The total number of oral bacteria that survived the nanomaterial interaction were enumerated by plate count method. Then the slides were flooded with 0.1% Acridine Orange for 2min and then washed off using tap water and air dried. The orange fluorescing cells that depict the surviving cells were imaged under microscope.Result: The results confirmed the antibacterial activity of the indigenously obtained carbon nanomaterial. The antibacterial effect of the carbon nanomaterial extended to inhibition of oral bacterial as well, as demonstrated by the plat count method and the fluorescence imaging of live cells. Conclusion: In Conclusion, inhibitory effect of bay leaf soot derived carbon nanodots on oral bacteria paves the way for extracting the carbon nanoparticles to be used for oral hygiene.

**Keywords:** Antibacterial potential, Bay leaves, carbon nanodots, oral hygiene

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## Clearing the Air: Carbon Nanodots from Chimney Exhausts as Powerful Warriors Against Oral Bacteria

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## **Background:**

Carbon nanodots (CNDs) are a class of nanomaterials with exciting medical significances due to their unique properties and versatile applications. These tiny carbon-basednanoparticles, typically less than 10 nm in size, have garnered increasing attention in the medical field due to its Biocompatibility and Low Toxicity. Objectives: This study objectives are to explore the revolutionary potential of carbon nanodots derived from chimney exhausts as powerful antimicrobial agents for transforming oral care by Synthesis and Characterization and Antimicrobial Efficacy Evaluation. Methods: This basic medical research begins with collecting chimney exhaust samples from various sources. The collected exhaust will undergo a preparation process to isolate the carbon-based material needed for synthesizing carbon nanodots. The antimicrobial efficacy of the carbon nanodots was assessed through in vitro experiments. About 10 mL of oral sample was taken, varying concentrations of carbon nanomaterial was added and incubated overnight. The total number of oral bacteria that survived the nanomaterial interaction were enumerated by plate count method. Then the slideswere flooded with 0.1% Acridine Orange for 2min and then washed off using tap water and air dried. The orange fluorescing cells that depict the surviving cells were imaged under microscope. Result: The antimicrobial efficacy of the carbon nanodots against specific strains of oral bacteria was presented. The results of bacterial growth inhibition assays and comparative analysis with conventional antimicrobial agents was demonstrate the nanodots' ability to combat oral pathogens effectively. Conclusion: This study contributes valuable insights into the effectiveness of carbon nanodots as antimicrobial champions and their significant role in advancing oral care practices.

**Keywords:** Antimicrobial efficacy, Carbon nanodots, Nanomaterial, Oral care

## NOVEL GREEN NANOPARTICLES AS A POTENT ANTIDIABETIC AGENT

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### **Abstract**

The synthesis of green silver nanoparticles (AgNPs) using plant extract has emerged as an environmentally friendly and cost-effective method. This study focused on investigating the antidiabetic activity of AgNPs synthesized from a plant extract. The AgNPs were characterized using various analytical techniques, including UV-Vis spectroscopy, field emission scanning electron microscopy (FE-SEM), energydispersive X-ray spectroscopy (EDAX), X-ray diffraction (XRD), FTIR, Zeta potential and Particle size analyzer. The antidiabetic potential of the synthesized AgNPs was evaluated by assessing their inhibitory effects on  $\alpha$ -amylase and  $\alpha$ -glucosidase enzymes, which play crucial roles in carbohydrate digestion and glucose absorption. The results demonstrated significant inhibition of both enzymes by the AgNPs, indicating their ability to regulate carbohydrate metabolism and reduce postprandial hyperglycemia. The use of green synthesis allowed the incorporation of bioactive compounds present in the plant extract into the AgNPs. Phytochemical analysis revealed the presence of various beneficial compounds, such as flavonoids, phenols, steroids, and alkaloids, which likely contributed to the observed antidiabetic activity. The findings suggest that the green synthesized AgNPs hold great promise as potential therapeutic agents for the management of diabetes. The utilization of plant-derived AgNPs with significant antidiabetic activity provides an innovative approach towards developing natural and sustainable treatments for this chronic metabolic disorder.

## **Keywords:**

Plant extract; Silver nanoparticles; Phytochemical analysis; Characterization; Anti-diabetic activity.

## SCREENING THE ANTIMICROBIAL EFFICACY OF PLANT EXTRACT-MEDIATED GREEN SILVER NANOPARTICLES IN MDR KLEBSIELLA PNEUMONIAE

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## **Abstract**

This study focuses on the synthesis, characterization, and screening antibacterial properties of silver nanoparticles derived from fresh plant extract. Morphological characteristics, UV-vis, XRD analysis, FESEM analysis, DLS analysis, and TEM analysis were performed on the synthesized nanoparticles. *In vitro*, assays evaluated the effectiveness of AgNPs against Klebsiella pneumoniae strains. The minimum inhibitory concentration (MIC) and minimum bactericidal concentration (MBC) were measured, along with their ability to prevent biofilm development. The AgNPs displayed significant antibacterial activity and biofilm reduction, surpassing conventional approaches. The biologically synthesized nanoparticles incorporated phytochemicals from plant extract, contributing to their enhanced biological activity. This method offers a straightforward, risk-free, and cost-effective approach to nano formulation, eliminating the need for harmful chemical reduction agents. AgNPs exhibited superior antimicrobial properties against the Klebsiella pneumoniae strains. Importantly, the effect of green synthesized silver nanoparticles were assessed, confirming their safety for the environment by performing the toxicity study in Artemia Nauplii. This study suggests that AgNPs can be an affordable, less toxic and innovative source of antimicrobials to overcome multi drug resistance.

## **Keywords:**

Stabilized silver nanoparticles; Plant extract; Green synthesis; Characterization, Antibacterial activity; *Artemia Nauplii*; Environmental safety.

## Nano plant growth promoter enhances plant growth and secondary metabolites in medicinal plant species

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### **Abstract:**

Harnessing the remarkable potential of nanotechnology, this study explores the boundless applications it holds for augmenting plant growth and development. By virtue of their size and inherent characteristics, nanoparticles emerge as catalysts in bolstering plant stability, fortifying resistance against diseases and adversities, both biotic and abiotic. The utilization of nanoparticles ushers in a realm of specificity, offering improved nutrition delivery, effective pathogenicity management, heightened photosynthetic prowess, and expedited germination. Central to this investigation is the green synthesis and characterization of nanoparticles utilizing silica, chitosan, and plant extract. Employing an array of techniques such as UV-Visible spectroscopy, XRD, DLS, FESEM, and FTIR, the nanoparticles are meticulously characterized. Initiating the process, the plant extract undergoes purification and analysis through GCMS, unearthing approximately 53 bioactive compounds. These compounds, along with enzymes integral to the Shikimic acid pathway serving as precursors for secondary metabolites, are probed for their interactions via molecular docking techniques, thereby unveiling their optimal binding energy through vivid 2D diagrams. In vitro experiments demonstrate the nanoparticle's potential to stimulate plant growth, evident in the resplendent outcomes witnessed in important medicinal plant. Concentrations of 1ppm, 5ppm, and 10ppm, when applied, exhibited a remarkable promotion of plant growth. Further analysis of the leaf extract includes an assessment of carbohydrates, proteins, Tryptophan, and the presence of antioxidant enzymes such as Superoxide dismutase (SOD), Catalases, and peroxidases. Notably, GC-MS analysis of plant samples discerns the rich tapestry of biologically active phytocompounds and essential nutrients, inviting future exploration into the pharmacological efficacy of cultivating these medicinal plants.

## **Key words:**

Nanotechnology; Silica; Chitosan, Plant extract; Shikimic acid pathway; GasChromatography Mass Spectroscopy; biochemical constituents.

## **Sub theme: Siddha External therapies**

## SIGNIFICANCE OF KARANOOL (ALKALINE THREAD) AND SUTTIGAI (CAUTERIZATION) IN ANORECTAL DISEASES

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### **Abstract**

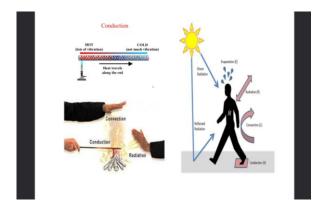
Siddha system, an Indian system of medicine includes 32 internal and 32 external therapies. Aruvaimaruthuvam (Surgery) is a phenomenal technique substantiated by Siddhars to treat many acute and chronic conditions. They are classified into 25 types which includes 3 essential categories Aruvai (surgical procedures), Akkini(Fire Kaaramurai(Cauterization). Many Tamil literatures like kambaramayanamalso reveals the detailed accuracy and extensive Siddha surgical practices "Udalida ithondrittuondraiaruthathanuthiramvangisudalurasuttuverormarunthaalthuyaramtheervar".

This means that any abnormal growth of the body can be eliminated and drained by surgical procedures then cauterized and treated with appropriate medicine which proves Siddha is a Tamil land Medicinewhich had been practiced from ancient periods. *Karanool* (Alkaline thread) and *Suttigai* (Cauterization)is elaborated by Saint *Therayar* and *Yoogi* are one of the familiar therapies practiced specially for treatment of non-healing ulcer, warts, benign growth, skin tags, fistula, piles and other anorectal diseases.

Suttigai includes application of corrosive drug or hot metal over the affected site which works based on Conduction, Conversion, and Radiation. Karanool works on fistula in ano by chemical cauterization and mechanical strangulation of the drainage tract. These surgical therapies prevent remission and are cost effective.

In this paper, we express the effective implication of Siddha Surgery towards ano rectal diseases through their pharmacodynamical action.

**Key words:** Anorectal diseases, external therapy, *Kaaranool*, *Suttigai* 



## Siddha's defense for Oculus in a Gravida.

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### Introduction

Pregnancy is a rebirth with lot of physiological changes in women. The medication for this term period, should be highly safe as well as curative. The marvelous Siddha medication for gravida was described in Agasthiyar Pinda utpathi vai sara sangiragam for trimesters has its untold hidden science lying dormant. A newer way of treating the ocular defects in pregnant women with the foresaid medicine is to be reviewed in this paper.

Although the range of possible pregnancy-associated ocular changes is broad, many of these conditions resolve during the postpartum period. This is possibly due to hormonal and immune modulatory effects.

Few changes may remain permanent. So the Doctors of optometry recommend women to wait after delivery to ensure their eyes have fully adjusted and then treat them later on. The cornea thickens in response to corneal edema. Alterations in corneal curvature may occur. Increase in lens curvature may cause myopic shift. Changes in the visual field may occur.

Even though the above said medication, has not been prescribed for any eye related diseases, but the phyto chemicals and alkaloids of the drugs possess vast medicinal properties for ocular disorders.

The drugs, their active principles, mode of action and uses will be chiefly described in this paper.

**Keywords:** Gravida, ocular disorders, Siddha,

## Pharmacovigilance Perspectives on Copper-Based Medicines in Siddha System of Medicine

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## **Abstract:**

Siddha System of Medicine is one of the Ancient Medical Systems in India considered as the mother medicine of ancient Tamils/Dravidians in South India. In Siddha System When the normal equilibrium of three humors (vatha, pitha and kapha) is disturbed, disease is caused. The factors which affect this equilibrium are environment, climatic conditions, diet, physical activities and stress. In Siddha system of medicine most of the chronic diseases are cured by the medicines prepared from the metal and mineral products namely parpam, chendhuram, chunnam etc. Siddhars classified metals into two types, Natural and Synthetic metals. Copper is one of the most important essential natural biological metals. Drug safety is a very basic and fundamental concept in medical practice. ADRs play an important role in assessing patient safety in any system of medicine. Pharmacovigilance study is thus significant to understand treatment outcomes.

In this paper highlights the general characters of copper viz. Actions, Indications, Dosage, Adjuvant, Diet restrictions, Adverse Drug Reactions (ADR), Antidote for Thambira parpam and chenduram.

**Key words:** Thambira parpam, Thambira chenduram, Metals, Pharmacovigilance, ADR, Siddha system.

## Identification of putative phytocompound(s) from Allium sativum to control Candida albicans infections

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Candida albicans is the most widespread fungal species of the human microbiota which asymptomatically colonized many areas of the body, specially the regions near gastrointestinal and genitourinary tracts of healthy individuals. Alterations in healthy host immunity, stress, resident microbiota, and other factors can cause the C. albicans overgrowth, which cause infections of superficial mucosal to hematogenously disseminated candidiasis. The infectious stage of C. albicans depends on its ability to develop as a biofilm. In recent years, natural plant products are gaining immense popularity in preventing various diseases. Allium sativum is one of the most extensively used sources for investigating its beneficial effects. It has lots of food and medicinal properties due to the volatile sulphur compounds present in them. Compounds purified from Allium sativum have been proven biologically active as healing properties against various major diseases. Four compounds like Trisulfide dipropyl; Dimethyl sulphide; Sulfide, 1-butynyl phenyl were selectively chosen based on the GC-MS result performed with garlic peel. The study focuses on finding a lead phytochemical by the use of in-silico methods for the inhibition of adhesion protein of *C. albicans* which are considered to be an crucial protein mediating infection. Cell surface adhesion protein mediates both yeast-to-host tissue adherence and yeast aggregation are ALS3, ALS5, SAP1, SAP5 and XOG1. The ability of phytochemical to bind at the active site of ALS3, ALS5, SAP1, SAP5 and XOG1 is carried out with the widely used simulation method, Auto dock. These results indicated that phytochemicals could be one of the potential ligands to treat fungal infection. Further the results of the study also substantiates the traditional practices of fumigation with garlic peel.

**Keyword**: Allium sativum; Autodock; Candida albicans; ALS3; In-silico

## A PRIMITIVE APPROACH ON REVIEW OF SIDDHA HERBS, HERBO-MINERAL FORMULATIONEXHIBITING - ANTI UTERINE FIBROID ACTIVITY

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Mode of presentation: Oral

### **ABSTRACT:**

**Background:** Uterine fibroids are mostly benign tumours which affect the women now-adays in their reproductive age group. There are severalherbs and herbo - mineral formulations are available to cure or to decrease the size of the fibroids and the symptoms. In this modern era, our Siddha system and Tamilian food practices are emphasizing to get a global attention for their preventive and potential therapeutic efficacy of uterine fibroids and life style disorders.

**Objective:** This paper describes about the herbs, which are used in Siddha system of medicine such as Arasu (Ficus religiosa), Milagu (pepper), Poondu(garlic), Perungayam(asafoetida), Manjal(turmeric) and Thakali(tomato) and herbo mineral formulationlike Rasa Gandhi mezhugu, Nandhimai, Idi vallathimezhugu, Vippuruthi Ennai, Kodivelimathirai, Vedianna bedhi Chendhooram, Kanagalinga mezhuguhave an effect of anti-uterine fibroid activity.

**Materials & Methods:** A systematic search was accomplished on Siddha herbal and herbo mineral formulation for anti-uterine fibroid activity using some search engines which include Pub-med and Google Scholar.

**Results:** This herbal and herbo mineral preparation is taken as a preventive and diet health promoting method which maintains homeostasis of Uterus in all age group of women.

**Conclusion:** Based on the literature evidence, this review concluded Siddha drugs are exerting anti-uterine fibroid activity and anti-tumour activity for its potential use as a good therapeutic choice for uterine fibroids.

**Keywords:** Anti-Uterine fibroid activity, Siddha approach, herbal, herbo-mineral preparation.

ID: F/P/006

## School meals (Advance child health equity) - Bioenergy for future.

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## **Abstract:**

**Background:** Around 50 million children are put at risk because they are dangerously close to acute under nutrition every year. Two million people suffer from vitamin and mineral deficiencies and improving nutrition here is the key opportunity to improve health. The National School Lunch Program (NSLP), the School Breakfast Program (SBP), Smart snacks, and the Summer Food Service Program play a vital role in improving nutrition and food security for more than 30 million children daily. They are particularly important for children from economically weaker families and from marginalized ethnic group. School meals reduce hunger, improve dietary equality, promote healthy weight, enhance development and school readiness and support learning. Indeed free meals have increased school attendance and also improved academic activity.

**Methods and Objectives:** This presentation highlights nutrition related priority actions to improve health of children. This program helps in primary education and basic health facilities of human development in India. These schemes were introduced by different governments for all children of primary and upper primary classes attending government and government aided and local body schools and education guarantee scheme.

**Results:** Nutritional standards guiding school meals Dietary Guidance for Indians (2020-2025) has been showing their potential impact for diseases prevention. Moreover in many states under nutrition students percentage have decreased gradually and many students have excelled with good health.

**Conclusion:** So this nutritional meals system has been a revolution not only for reducing the nutritional deficiencies but also for the improvement of the education level leading to the development of all category students.

Key Words: Under Nutrition, NSLP, Dietary Guidance, SBP, Nutritional Standards.

ID: F/P/007

## STANDARDIZATION OF SIDDHA DRUGS

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ORAL PRESENTATION

## ABSTRACT:-BACKGROUND

Macroscopical/Organoleptic/Morphological Evaluation of *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd.

## **OBJECTIVES**

To Differentiate the Medicinal Plants used in Siddha System Such as *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd. coming under the Main Family Scitamineae, Sub-Family:-Zingiberaceae through Macroscopical/Organoleptic/Morphological Evaluation Methods. To Identify Whether the Medicinal Plant is *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd. through External Features. To Help the identification of Adulterant Species of *Alpinia calcarata* (Haw.) Roscoe with *Alpinia officinarum* Hance. To Compare the Medicinal Uses Also.

## **METHODS**

The Topography & Weather condition of the Santhigiri are well Suited for the Cultivation of Herbs. Spread over Four Acres of this Specific Botanical Garden, Above 400 Species of Medicinal Herbs have been Growing, Conserving & Propagating Since 2002. Among these Medicinal Herbs, For the Regular Observance of Morphological Parts of *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga*(L.) Willd. Found in Sathigiri Siddha Medical College Herbal Gaden Through Field Visit & Using Handlens.

## **RESULT**

By noting the Colour, Size, Shape, Taste ,Odour, External Features like External Markings, Texture ,Fracture ,:-Slight Differences in the Root, Rhizome, Leaf Sheathing Stem, Ligule, Parallely Veined Leaves, Inflorescences, Flower Parts, Fruit Types, Seeds of *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd.were observed . Similarities & Differences also possessed by these Plants in Medicinal Uses Also.

## **CONCLUSION**

To Differentiate the Genuine Drug & Adulterant Drug of Alpinia Species through Authentication Process.

#### **KEYWORDS**

M acroscopical/Organoleptic/Morphological Evaluation, *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd., *Alpinia officinarum* Hance., Santhigiri Siddha Medical College Herbal Garden, Scitamineae, Zingiberaceae, Colour, Size, Shape, Taste, Odour, External Features like External Markings, Texture, Fracture, Root, Rhizome, Leaf Sheathing Stem, Ligule, Parallel Leaves, Inflorescences, Flower, Fruit, Seeds of *Alpinia calcarata* (Haw.) Roscoe & *Alpinia galanga* (L.) Willd., Medicinal Uses.

**ID:** F/P/008

## A review on Chunnam an effective Siddha higher order medicine

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### **Abstract:**

Siddha system of medicine is one among the great heritage of India. Siddha medicine has 32 types of internal medicines and 32 types of external medicines which includes 24 different processes. Siddha system of medicine has huge number of medicinal preparations it possess very effective principle to treat various ailments with minimal side effects. Chunnam (Calcinated nanoparticle powder) is one of the 32 types of internal medicine in Siddha. Chunnam are white in colour. Chunnam are prepared by matels, minerals and marine products. Chunnam like higher order medicine has more therapeutic value in minimal dose. In Chunnam preparation, mercury or *paadaana* or metals are triturated either individually or combined by adding herbal juices (depends on the preparation) then kept in crucible and sealed with mud pasted cloth. Then they are blown and made into white powders and then it was cooled and stored in air tight glass container. Chunnam is highly acclaimed dosage form of alkaline group of drugs indicated for chronic diseases. Chunnam such as Thaalaga chunnam, Sangu sunnam, Pavala veera chunnam, Mutthu chunnam, Padigara chunnam, Nandukkal chunnam etc. It is used for the treatment of chronic diseases like leprosy, tuberculosis, cancer, urolithiasis etc., In this review article attempt to facilitate the *Chunnam* preparations mentioned in Siddha literature and its applications were explained broadly.

**Key words:** Siddha system of medicine, Internal medicines and external medicines, *Chunnam*.

## SIDDHA KARANOOL THERAPHY FOR THMANAGEMENT OFNADI VIRANAM (PILONIDAL SINUS) - A CASE REPORT

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## **Background**

Pilonidal sinus occurs in the cleavage between the buttocks (natal cleft) and can cause discomfort. In many cases it requires surgical management In siddha system this type of cases could be successfully treated by external therapies like karanool .Karanool therapy is an external therapy categorized under the classification of Asura Maruthuvam . It is a minimal invasive siddha technique used in treating several conditions such as fistula, external hemorrhoids.

## **Objectives**

To explore the management of naadi viranam using siddha karanool therapy.

## **Methods**

A 22 year old male patient came to our hospital with the complaints of severe pain and swelling present in natal cleft since 4 days. He was examined and diagnosed as nadi viranam(Pilonidal sinus) and confirmed by MRI findings. The site was cleaned and painted with mathan thylam . A silver curved probe was inserted into the primary opening and the collection was drained. It was further inserted to develop a secondary opening. The tract was washed by mathan thylam. Karanool was inserted and tied in between the openings. It was changed weekly once till the tract completely excised. Dressing was done with mathan thylam in every visit.

## **Results**

The patient was completely cured after 12 weeks . The site was soft, no discharge and noscar was found.

## **Conclusion**

Without any modern antibiotics and internal medications the case well responded to Siddha Karanool Therapy. Siddha Karanool Therapy is cost effective and no need of internal medications. It is effective in pilonidal fistula, anorectal fistula, external hemorrhoids

## **Key words**

Karam, Nadi viranam, Pilonidal Sinus , Karanool , Salagai.

**ID: F/P/010** 

## THERAPEUTIC VALUE OF 'PEREECHAM URUNDAI' IN OUR DIET

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## **Background:**

In day to day life we are eating dates and other nuts without knowledge of their medicinal values. Therapeutic and nutritional value of these compounds are discussed.

## **Objective:**

This objective of this study is about the therapeutic value of 'PEREECHAM URUNDAI'

### **Method:**

Pereecham pazham - 50 gram

Badam - 50 gram

Mundhiri – 50 gram

Kismis – 50 gram

Pista – 25 gram

Coconut thuruviyadhu – 50 gram

Palm jaggery – 100 gram

Ghee -25 gram

Make into urundai each 10 gram.

#### Result:

Well balanced diet and remarkable improvement in anaemic and underweight children and below 5 years. Increases hemoglobin level and no general tiredness in Anaemia

### **Conclusion**:

To avoid bakery and snacks, we should follow the natural habits of eating homemade recipes.

## **Keywords:**

Pereecham urundai, Recipe, nuts, dates

## MILLETS – A TREASURE OF NUTRITION AND A TRADITIONAL FOOD FOR GENES: A REVIEW

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#### **Abstract**

Millets are small grained cereal food crops which are highly tolerant to drought and are grown with low chemical inputs. Millets are highly nutritious, non-glutinous, non-allergic, non acid forming foods which are traditionally used for its nutritional and medicinal values. Ancient Siddha literatures reveal lot of health recipes using millets. Pathartha Guna Chinthamani, Pathartha Guna Vilakkam, Nalaveema Baga Sasthiram and many literatures explain different varieties of millets and their uses. The verses in the above literature not only explain the uses, but bring the importance of three humour theory of Siddha system of Medicine. They provide nutrients required for physiological functioning of the body. Millets have many nutraceutical and act as a prebiotic feeding for micro-flora in our intestine. Millets possess medicinal values as they contain tannins, polyphenols, phytosterols, anthocyanins etc. which has antioxidant activity and pinocosanols present in it have important role in aging and metabolic diseases. Millets helps to decrease triglycerides and C-reactive protein, thereby preventing cardiovascular disease. All millets are rich in dietary fiber, thereby prevent constipation. It increases transmit time of food in the gut which helps in reducing risk of inflammatory bowel disease and acts as detoxifying agent. Phytochemicals in millets have an anti-proliferative effect and lower the formation of cancer cells. Millets have high fiber and low Glycemic Index which slowly raises your blood sugar. Thus millets prevent and reverse Nutritional deficiency, Cancer, Heart diseases, Diabetes which was considered the reasons of death worldwide.

**Keywords:** Millets, Reasons of Death, Nutri - cereals, Cultivation, Trading

## Ascendance of Siddha system of medicine prior to Sangam period

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### **ABSTRACT**

## **Background:**

Whenever a research article in Siddha system of medicine is published, there would be a brief introduction about the system, with regard to its uniqueness, origin etc. And in most cases, it would proclaim that, Siddha system is an ancient system of medicine or that its origin is from time immemorial. This article is an attempt to provide evidences in proving those statements. Though, Siddha medical texts contain books of Siddhars like Agathiar, Thirumoolar, Therayar etc. whose work portrays about various aspects of Siddha system like philosophies, material medica, pharmacology, pathology, clinical features and treatment procedures, we quiet lack exactly in what period this system has commenced or flourished. Sangam literature being found to be the oldest known evidence for tamil language, in proper, this article explores some evidence in the same, so that the existence of the system from time prior to sangam period can be justified.

## **Objective:**

To enlighten the prolonged existence of Siddha medicine with respect to literary and archaeological evidences.

### **Method:**

Literature review and archaeological findings.

#### Result:

Siddha system was known to have flourished even before the sangam period.

## **Conclusion:**

Since a system exists from time immemorial with its integrity, it proves its authenticity and ascendancy.

**Keywords:** Siddha, sangam, siddha evidence, literature evidence

## A Review on Varma Kanjigal-Therapeutic Diets in Siddha Varma Maruthuvam

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Siddha Varmam is one of the special treatment methods in the Siddha system of medicine. "UnavaeMarunthu" is a famous quote in the Tamil region and it gets more important in treating a disease through Siddha treatment methods. Varma Maruthuvam is well known for its external treatment methods like Varmam Point manipulations and Varma thadaval muraigal. Siddha Varmam also prescribes therapeutic diets for patients suffering from Varmam injuries and diseases. These therapeutic dietsis being unknown to many. Hence this study aims to explore Varma kanjigal (therapeutic diets) with its glories and science behind it. Traditional Siddha Varmam practitioners have experienced the effectiveness of these Varma Kanjigal in their practice. Varma Kanjigal is prepared with rice and herbs. The type of rice and herbs used here will differ based on the diseases and health conditions. Thinaiarisi Kanji, Samaiarisi Kanji and Karupuvaaliarisi Kanji are some examples of Varmam therapeutic diets being prescribed to Uchi Varma Paathipu, Uchiporuthu Varma Paathipu and all types of Varmam Injuries respectively. If Varma kanjigal is used in treating Varmam disease, will increase the efficacy of the treatment.

Keywords: Varma Kanjigal, Siddha Varmam therapeutic diets, Siddha System, Diet, Nutrition.

## Unearthing the Tamil cultural medicine- Archaeological and Historical evidences of siddha hospitals in mediaeval period

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In the medieval period, including the time of **RajarajaChola** (985CE to 1014CE), the Tamil cultural (Siddha) medicine had gained prominence and had its own hospitals and treatment centers. These Siddha hospitals were centers of learning, research, and medical care based on the principles of the Siddha system.

Siddha physicians during this period were highly skilled in various branches of medicine and were well-versed in traditional healing practices. **Kundavaipirattiyar** also known as KundavaiNachiyar) was a historical figure from the Chola dynasty, known for her significant role as a princess. There is a history that she build a hospital named **sundaracholavinnagaraadulaSalai** in the memory of her father and took care of the medical needs of the public Physicians and healers practiced medicine in this hospital using their knowledge of herbs, minerals, and natural remedies to treat patients. Although specific details about individual hospitals from that era might be scarce, historical records and ancient Tamil texts do mention the existence and practice of Siddha medicine during the reign of RajarajaChola. This Paper focus on archaeological research and exploration of historical records to provide more insights into the healthcare practices and facilities that were available in that mediaeval period.

## AN EMPRICALREVIEW OF PREHISTORIC MUSICAND ITS SCIENTIFIC EVIDENCE W.S.R. SIDDHA LITERATURE

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## **ABSTRACT:**

The aim of this review is to discuss the Healing nature of Music(essai- in Tamil) with and its Scientific research evidence.The documentssuggestthat ancient civilizations such as Indians and Greeks were aware of healing properties of music and hadbeen using music therapeutically. The Vedas, the earliest Indian scriptures dating back to 1500 to 1700 B.C., contain many verses related to musicology and health. Music is a kind of therapy which is used as a powerful de – stressing medium for lot of people because it mainly has Anxiety reducing property. From Birth to death music is connected with every human being. An interesting note of music is every element in this universe originates from a sound vibration, each and every element is made up of quantized units that vibrate in a particular frequency, hence it is no wonder that music can scream the nature – from blossoms, trees and animals to the human mind. Just like our body need food and energy to thrive in this world, like that music acts as food for our soul rejuvenation. That's why from early days onwards, the music is used for treating many kinds of diseases such as Anxiety, Depression, Dementia, several neurological disorders, Alzheimer's, Schizophrenia and some of the problems associated with our mood changes. This article dealt with an overview of the music associated in Prehistoric period and its healing nature to treat and prevent various kinds of health ailments.

**Keywords**: Music, Stress, Prehistory, Siddha, Healing nature.

## An intensive pharmacological analysis on the trial drug and evaluation of its efficacy for kanamantham

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#### **Abstract**

Children are more prone to upper respiratory tract infection and GIT infections. Ingestion of bacteria, virus or parasites by the contaminated food and water, poor environmental hygiene, poor immunity and poor nutritional status of the child has been the root causes for this. Upper respiratory infection and GIT infection is the main syndrome of kanamantham. Recurrence of infection and infestation lead to malnutrition. Many children who face death suffer by some degree of malnutrition. This demands the need of an effective drug for kanamantham. Symptoms of Upper respiratory tract (URI) infections of a child mentioned in the BALAVAGADAM text under Kanamantham are emaciation, cough, recurrent fever, running nose and headache. Similarly, GIT symptoms are flatulence, Borborygmus, diarrhea and syncope. The trial drug UTHAMANI ENNAI provides solution for both the Respiratory infection and GIT infection. Ingredients of the trial drug are Uthamani, Garlic, Vasambu, Naivelai, Saranai, Nilavila and Amanaku. One of the main ingredient of Uthamani (Pergularia extensa) has the bio active compound - 4,7 dihydroxy heptyl quinine has antibacterial, antipyretic. Perculeria powder of burnt root stock relieves infantile diarrhea. Acorus calamus has the bio active compound asarones. It is responsible for anti-microbial activity against fungai and yeast, Rhizome extract has the anti bacterial activity against E.coli. Garlic in Uthamani ennai is used as a systematic antimicrobial agent by the effective principle allicin. Allicin has the properties of antibacterial, antifungal, antiparasitic, antiprotozoan and antiviral. Nilavila has the significant antibacterial activity against Ecoli in acute dysentery. Naivelai which acts as thermogenic reduces fever. Saranai has the anti-inflammatory and analgesic properties in many infectious conditions, headache and fever. All the symptoms of kanamantham are cured by the ingredients of the trial drug based on its pharmacological activities.

**Keywords** - kanamantham, uthmani ennai, upper respiratory tract infections, GIT, siddha paediatric

## A REVIEW ON DIETARY ELIMINATION OF KARAPPAN PANDANGAL

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Ezcema is defined as a chronic skin condition characterised by inflammation, dryness, itching, and redness. It is often accompanied by the formation of blisters or scaly patches on the skin. It is a common condition that affects people of all ages, but it is more commonly seen in infants and young children. Many people try to relieve their eczema symptoms by avoiding certain foods. In the realm of science, this kind of diet is known as a "elimination" or "exclusion" diet. Elimination diets entail cutting out particular foods that cause eczema flare-ups from the diet, such as dairy, gluten, or particular fruits. This strategy strives to identify and eliminate potential allergens or irritants that might be exacerbating the medical condition. The Siddhars' era is when this dietary elimination was first discovered. According to literature evidence the symptoms of ezcema correlate with Karappan and it also clearly explained its types, medicines and dietary regiemen. It emphasises the importance of identifying and addressing the underlying causes of eczema, such as imbalances in the body's humours or toxins. According to the sage, the foods that need to be eliminated from the diet come under the versus of Karappan pandangal which includes kambu (pearl millet), varagu (kodo millet), vazhaikaai (unriped banana) and meen (fish). The Siddha principles suggest that these specific foods should be avoided because they are believed to aggravate the humors or toxins in the body, which can contribute to eczema symptoms. However, it is important to note that scientific evidence supporting these dietary eliminations is limited and further research is needed to fully understand their effectiveness in managing eczema. This review article explores the scientific evidence behind the dietary elimination mentioned by Siddhars. By incorporating this ancient knowledge into modern research, scientists hope to provide individuals with more targeted and effective treatment options for managing their eczema.

**Keywords:** Siddha, Ezcema, Karappan pandangal, Eclusion diet.

F/P/018

## Chemical standards and HPTLC Fingerprint profiles of a *Siddha* polyherbal formulation - *Athiyaadhi kashayam*

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### **Abstract**

To study Physicochemical, phytochemical and High performance Thin layer Chromatography of a *Siddha* drug *Athiyadhi kashayam* (AK). The prepared *Athiyadhi kashayam* was prepared as per the standard operative procedure mentioned in literature. Then the drug was subjected to physicochemical parameters, phytochemical screening, Thin layer chromatography (TLC), HPTLC, fingerprint profile of hexane, chloroform, ethanol and hydro alcohol(1:1) extracts. Different extracts of the drug showed a distinct TLC and HPTLC fingerprint pattern, which will be unique to this study. This study provides information about physicochemical, phytochemical analysis, HPTLC fingerprint profile of different extracts, the integration spectrum which will be useful in standardizing the raw drug and future comparison studies.

Keywords: Siddha medicine, Athiyadhi kashayam, TLC, HPTLC

## Influence of millets on diabetics and diet discussion

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### **Abstract**

Millets are small cereal grains that belong to the grass family. Resilient in harsh environments, it's commonly cultivated in Asian and African countries. Millets are rich in nutrients and plant compounds. Therefore, they may offer multiple health benefits. Diabetes is a metabolic illness that causes long-term damage to the heart, blood vessels, eyes, kidneys, and nerves. Diabetic patients are advised to take low-glycemic-index foods. Low-glycemic foods have a low glycemic index scale. Carbohydrates are rated from zero to one hundred on the glycemic index. Various carbohydrates have varying effects on glucose levels. The pace at which Carbohydrates elevate blood sugar is one metric by which they are ranked. Rapid elevation in blood sugar happens with high-GI Carbohydrate Foods. Foods with a low glycemic index cause a more gradual increase in blood sugar levels. Millets are rich in fibre and non-starchy polysaccharides, two types of indigestible carbohydrates that help control blood sugar levels. This cereals has a low glycemic index (GI), meaning that it's unlikely to spike blood sugar levels. Thus, millets are considered an ideal grain for people with diabetes. Millets are glutenfree grains that are rich in antioxidants, soluble fiber, and protein. In particular, they may lower cholesterol and blood sugar levels. The author developed a 30-day millets-based traditional diet plan for diabetics. The article discussed the Importance of millets in Diabetic patients and the daily nutritional requirement for balancing diet through millets.

**Keywords:** Millets, Diabetic Diet, Low Glycemic food, Traditional foods, Ayush, Siddha.

#### PhD/P/002

## ORGANIC MILLETS IN DIET: A NATURAL WAY TO COMBAT PCOS.

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#### **Abstract:**

Background: A common hormonal condition that affects women during their reproductive years is polycystic ovary syndrome (PCOS). The clinical features quoated for Garpavaayu more or less correlates with the symptoms of (PCOS) Polycystic ovary syndrome. Garpavaayu comes under the diseases of Vaatham. The human body contains three humours. In this Increased vatham obstructs Abanan and develops problem in regular menstrual cycle. Aim: The review of this presents study is to evaluate the the taste of Inippu (sweet) against Vatham kind of disease Garbavayu( PCOS). Methods and Materials: This scoping review was done by undergoing Siddha literature and research articles. Results:Based on the collection and review of many Siddha literatures have been shown that taken nutritional value of the taste of Inippu (sweet) milletsin daily food, simultaneously reduced Vatham kind of disease especially Garbavayau (PCOS). So these types of Sweet taseted millets proved deinitely helpful for PCOS (Garbavayu) in women which was mentioned in our literature. Discussion: According to Siddha science, there are five fundamental elements that make up everything in the universe. When we consume food in an abnormal proportion, the Panchaboothams alter the three Thaadhus and lead to diseases. These fundamental components are also found in the six tastes of food materials. The taste of Inippu (sweet) can be taken vaatham is reduced. The qualities of vaatham's adversaries are more or less correlated with the Inippu (sweet) taste in terms of their characteristics. As per, Siddha literatures the taste of Inippu (sweet) millets Like Sorghum (Solam), Pearl millet (Kambu), Kodomillet (Varagu), Finger Millet (Kelvaragu), Wheat (Gothumai), Little millet (Saamai) can be taken simultaneously vaatham is reduced. In this article, we'll discuss how PCOS-affected women can emphasize a healthy diet by including traditional millets in their daily diet plans. Conclusion: Millets can play a beneficial role in the management of PCOS. Here the Author recommended the sweet taseted millets taken for Vatham kind of disease definitely managed the garbavayu (PCOS). So It conclude the sweet tasted millets will definitely the food routine basis in future. Further scientific evalvation has to be done in future.

**Key words:** PCOS (Polycystic ovary syndrome), Garpavaayu, Vaatham, Taste (Sweet), Millets, Diet.

# Molecular docking Study on VanivallaraiNei against Anti Spastic activity in cerebral palsy

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#### **Background:**

Cerebral palsy affects movement and posture and is caused by brain damage before, during, or after birth. Spastic cerebral palsy is the most common form of cerebral palsy accounting for 70% to 80% of all children diagnosed. Spastic cerebral palsy causes in increased muscle tone, Stiff muscles, and difficulty walking .AsperSiddha Literature formulation of VanivallaraiNei effectiveness of Brain disoders, therefore, this insilico analysis was carried out to find its effectiveness in Spasticity.

### **Objective:**

The current study aims to explore the potential Anti spastic effect of cerebral palsy based on molecular docking.

#### Methodology

Docking simulations were performed using the Lamarckian genetic algorithm (LGA) and the Solis & Wets local search method (*Solis and Wets, 1981*).

#### **Results:**

Total of 9 bioactive lead compounds were retrieved from the herb *present in the formulation*. From reported data of the herbs, all the phytochemicals such as Asiaticoside, Humulene, Quercetin,Oleic acid, Magnolin, Linoleic acid and Picein reveals maximum of 2 interactions with the core active amino acid residues present on the target GABA-B receptor.

#### **Conclusion:**

Based on the results the Siddha formulation (VVN) possess significant binding against the target GABA-B receptor by interacting with active amino acid present on the active site thereby it was concluded that these compounds may exerts promising muscle relaxant activity thereby it prevents the muscle spasm.

**Key words**: Cerebral Palsy, Spasticity, GABA-B receptor, Molecular docking, Siddha formulation.

# A Literature Review on Traditional Siddha Diet for *Aan Maladu* (Male Infertiliy)

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The Siddha system of Medicine provides preventive, curative and rejuvenating health care through a holistic approach. Siddha system has a strong belief that a proper dietary habit can prevent or reduce the severity of an illness. Changes in lifestyle and food habits are the main reason for any health conditions like infertility. Infertility affects 8-12% of couples globally, with a male factor being a primary or contributing cause in approximately 50% of couples. The exact reason for the decline in semen quality is not apparent, but it may be due to nutritional, socioeconomic or other unknown causes. Hence this paper tries to speak about the traditional Siddha nutrients mentioned in Tamil literature to improve male infertility. Siddha text has specified food items like Murungai Vithai (Moringa oleifera) for Spermatorrhoea; Vazhai Poo (Musa paradisiaca), Kalapu nei (mixed ghee) and Vellattu kari (Goat Meat) to increase the secretion of semen and Sirupasalai Keerai (Portulaca oleracea) and Vathumai paruppu (Prunus dulcis) increases libido. Tamil traditional food recipes like dhal pongal, wheat adai, kambu koozh, thinai rice and black gram idly can also help in various conditions of Ann maladu including oligospermia, azoospermia, asthenospermia, teratospermia. Horse gram should be avoided by persons having issues with fertility. A Proper Siddha dietary plan can attain a dramatic change in male infertility, which has been experienced by many. The revival of the Siddha dietary habits may reduce the burden of people suffering from infertility.

**Keywords**: Aan Maladu, Male Infertility, Siddha system, Diet, Siddha Nutrition.

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### Literature review on Varmapoints and Food items for gynecological disorders

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#### **Abstract:**

Gynecological disorders are those disorders that affects the female reproductive tract. These diseases include benign and malignant tumors, pregnancy-related diseases, infection, and endocrine diseases. The estimated annual prevalence rate for the reported presence of one or more gynecological conditions was 97.1 per 1,000 women. Menstrual disorders were most common, with an annual prevalence rate of 53.0 per 1,000 women. This review brings elaborate idea about the effectiveness of Varmam and food items in the management of gynecological disorders. Contemporary western treatments offer temporary relief in acute phase associated with high cost and many adverse reactions. Siddha system of medicine is traditional system of medicine followed in southern India. Varmam is one of the special branch in Siddha System of Medicine. Varmam is a traditional non-invasive approach and immediate pain relief is feasible by manipulation of Varmam points. The basic motto of Siddha science is, "Food itself is medicine and medicine itself is food. This is the prime principle in the Siddha system of life, which means that there will be no physical or mental illness as long as food is pure. This review further focuses on clinical application of varma points and food items for the management of gynecological disorders.

**Keywords:**Gynecological disorders, Varmam, Food items, Traditional system.

### KODO MILLET (VARAGU) - BOON OR CURSE IN SIDDHA SYSTEM OF **MEDICINE- A REVIEW**

#### **BACKGROUND:**

Millets plays an important role for prevention and management of various diseases in Siddha system of Medicine. Nowadays its role in regular lifestyle aims towards the future of the healthy society. In Siddha system of medicine, millets were used in ancient days for healthier life and for prevention of many diseases. However in some millets there were both therapeutic and adverse effects which have to be considered. One such millet was Kodo millet called as Varagu which contains high fat content and indicated for causing itching, skin diseases and lung diseases as per Siddha literature. It was indicated for Kodo poisoning which was the main cause of some adverse effects but in other hand its high fat content prevented increase in serum cholesterol and lipid parameters. Hence the aim of this paper is to elaborately describe about the reasons behind such adverse effects scientifically and also its therapeutic value on Siddha system of medicine.

**OBJECTIVE:** To review about the kodo millet (Varagu) scientifically through literature review for their adverse effects and therapeutic value in Siddha system of medicine.

**METHODS:** By reviewing the literatures, some electronic sources such as PubMed, Google scholar and other research articles.

**RESULTS:** As per the review of literatures, it results that Kodo millet contains both adverse and therapeutic value. It can be used with some prescribed indications.

CONCLUSION: By reviewing the various sources of literature, it was concluded that Kodo millet (Varagu) contains therapeutic value while used in some prescribed forms to avoid its adverse effects.

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# Therapeutic Value of Millets for Deepana Silathuma Noi (Dyslipidemia) as per Siddha System of Medicine – A Literature Review

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#### **ABSTRACT**

#### **BACKGROUND:**

- ➤ DEEPANA SILATHUMANOI (ISMT.4.26.7) is one among 21 types of KABA Noi described by YUGIMUNI and is symptomatically correlated to Dyslipidemia
- ➤ Millets are excellent source of all essential nutrients like protein, carbohydrates, fat, minerals, vitamins, and bioactive compounds.
- ➤ Every millet has its definiteSuvai, Veeriyam, Vibavam which distinctly influences to its action on Dyslipidemia.

**OBJECTIVE**: The aim of study is to review the effectiveness of major millets on Deepana Silathuma Noi.

#### **METHODS:**

- 1. Information Source:
  - ➤ WHO Siddha Terminology 2023
  - > Siddha Text books recommended by CCIM.
  - ➤ Modern medicine text books
  - Published research papers
- 2. Data Extraction:
  - Data Related to
    - i. PanjaBoodha Theory
    - ii. MukkutaIyal
    - iii. Suvai ,VeeriyamVibagam of Millets
    - iv. Study results from published research papers on major millets

**RESULT:**Based on Suvai, Veeriyam&Vibavam, each millet reacts differently for Dyslipidemia

- ➤ Foxtail Millet significantly increases HDL and decreases TC & TGL in equal proportions due of its Inippu-Veppam-Kaarpu
- ➤ **Pearl Millet & Finger Millet** significantly increases HDL but decreases TC & TGL **less significantly**due to itsInippu-Thatpam-Inippu

**CONCLUSION:** The inhabitation of KozhuppuThathu is Kabam. Imbalance inKabaKuttram leads to Deepana silathumanoi (Dyslipidemia). Regular intake of Millets plays a major role in balancing KabaKuttram, thereby managing Dyslipidemia.

**KEY WORDS:** Millets, siddha system of medicine, dyslipidemia

### SIDDHA NUTRITION THERAPY FOR PATIENTS WITH TRAUMATIC BRAIN INJURY- A SIDDHA THERAPEUTIC DIET REVIEW

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#### **Abstract**

Diet plays major role in our everyday activities. It act as the source of vital nutrient to gain energy. Food act as medicine and medicine act as food is the basic concept of siddha system of medicine. Traumatic brain injury (TBI) is a non degenerative, non congenital insult to the brain from an external mechanical force, possibly leading to permanent or temporary impairment of cognitive, physical, and psychosocial functions, with an associated diminished or altered state of consciousness. It may be correlated with injury of Ucchi varmam and Padu varmam. Porridge, a staple food widely consumed across various cultures, holds a significant place in siddha system of medicine emphasizes the holistic approach to health and consider diet as an intergral component of treatment. The therapeutic diet THINAI ARISI KANJI has been identified as a potential therapy to enhance recovery after TBI. The Main ingredients of Thinaiarisi kanji is thinaiarisi, cardamom and ginger. Ingredients of this Kanji contains several macronutrients, micronutrients and bioactive compounds, plays a vital role in medicinal properties of porridge. It is easily prepared, palatable and digest quickly. The purpose of this review is to highlight the nutritional intervention in recovery of TBI based on review of various siddha varmam literatures, existing clinical studies and in vitro/in vivo research. The integration of traditional wisdom and contemporary scientific evidence could lead to the development of evidence-based therapeutic interventions rooted in the Siddha system of medicine. This review further focuses to improve the research on siddha therapeutic diets.

**Keywords:** siddha therapeutic diet, traumatic brain injury, ucchi varmam, padu varmam, thinai arisi kanji

# Treatment for Poisonous effects of *Aristolochia indica* (perungkizhangu Nanju) by using Surai karuppu an Antidote of mercury (Rasam).

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#### **Abstract:**

Siddha system has its own fundamental principle in preparation of Medicine. For this they used Plant, Metals-Minerals and Animal orgin (Thavara, Thathu & Sangama) drugs. Aristolochia indica in Tamil called as Perungkizhangu, Perumarunthu, Easura mooli, Thalaisuruli, etc. These names are denoting the importance and uses in Siddha. It contains varieties of aristolochic acid analogues (AAAs) such as aristolochic acid I, aristolochic acid II, cepharadione A, etc. AAAs are associated with aristolochic acid nephropathy (AAN), a renal interstitial fibrosis and upper urinary tract cancer (UUC). Mercury (Rasam) is most important metal in Siddha Medicine preparation. But widely known as inorganic mercury is severe nephrotoxic. Signs and symptoms might include profuse vomiting and diarrhea (both can be bloody), followed by hypovolemic shock, oliguric renal failure, and eventually death. Surai karuppu is an activated charcoal shell of Lagenaria siceraria. Which is using the best antidote for Mercury in Siddha. It recovers renal function in normally. By using of Siddha logics such as analogy (oppu) and inference (karuthal), surai karuppu has more therapeutic value against Perungkizhangu Nanju. This preliminary work would behelpful for further studies.

**Keywords:** Perungkizhangu, Rasam, Surai karuppu, Antidote, oppu, karuthal.

### THERAPEUTIC AND NUTRITIONAL SIGNIFICANCE OF DIFFERENT MILK TYPES IN SIDDHA LITERATURE: A REVIEW

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#### **ABSTRACT:**

Siddha diet and nutrition emphasize a holistic approach to well-being, considering both physical and spiritual aspects of health. The principles of Siddha diet are rooted in the belief that food plays a crucial role in maintaining balance and harmony in the body. In that milk has been an integral part of Siddha medicine due to its nutritional richness and therapeutic properties. Milk is not only a source of nutrition but also a potent ingredient with medicinal properties. The various types of milk used in Siddha medicine include cow's milk, buffalo milk, goat milk, sheep milk, and camel milk. Each type of milk is believed to have distinct qualities and therapeutic effects. The review examines various Siddha texts, scientific studies, and research papers to gain insights into the historical use, nutritional composition, and medicinal applications of milk in Siddha medicine. The findings highlight diverse nutritional components present in different types of milk and their potential therapeutic benefits, including immune system enhancement, bone health promotion, digestive health support, respiratory health improvement, and skincare benefits. Additionally, the review discusses the preparation methods of milk-based formulation used in both internal and external medicines as documented in Siddha texts. While Siddha literature provides a wealth of knowledge about milk's medicinal properties, further scientific research is needed to validate and explore the specific mechanisms and efficacy of milk-based interventions in Siddha medicine.

**KEYWORDS:** Siddha medicine, milk nutritional composition, therapeutic properties, milk-based formulations.

### MEND MENNORHAGIA WITH ARISI PUTTU

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#### **ABSTRACT**

#### **BACKGROUND**

Cereals based food constitute a major daily sustenance in our diet which are rich in vitamins, minerals, carbohydrates, protein, fats and oils. *ArisiPuttu* is one of the major breakfast consumed mostly in Southern India.In traditional methods, *Puttu* principally consists of coarsely grounded rice, grated coconut and water.

#### **OBJECTIVE**

The main objective of this review is to introduce the value of unique Siddha nutritive diet *ArisiPuttu* for the management of menorrhagia and to promote healthy diet.

#### **METHODS**

It is a form of rice cake made in special cylindrical vessel and eaten usually with banana or legumes or sugar layered with grated coconut.

#### **RESULTAND CONCLUSION**

To conclude, as per the Siddha Literature, PatharthaGunaSinthamani,Micro & macro nutrients present in *ArisiPuttu*balances the three doshasand regulates excessive bleeding during menstruation and helps us to lead a healthy reproductive life.

#### **KEY WORDS**

Menorrhagia, Arisiputtu, Traditional diet

### SIDDHAR YOGAM PRACTICES ON OXIDATIVE STRESS - CURRENT EVIDENCE AND FUTURE DIRECTION

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#### **ABSTRACT**

Siddhar yogam practices contains ocean of experiences in mind-body -soul affinity. Siddhar yogic concepts detailed kayakarpam and yogic strategy which improve cellular health and prevent aging. In siddhar yogam, Our siddhars mentioned yogic lifestyle in their text.eg. Ganavetti, Agasthiyar Poorana Suthiram, Sattaimuni 100, Patanjaliyar Thirupugazh, Sattaimuni Karpa Vithi, Nantheesar Ganam, Amuthakalai Ganam 1200, Subramaniar Ganam 200, Bogar 1000, Among Them Thirumoolar Thirumandhiram is epigram of yoga, it has history of 5000 years. He described Ashtanga Yogam, Kesari Yogam, Pariyanga Yogam. The archeological evidence of yoga asanas was found in Indus valley civilization(2500-1800 B.C). People in the Indus valley civilization used Tamil as a language to speak and then inundated by Aryans. Aryans documented yoga in Sanskrit.

Oxidative stress is imbalance between reactive oxygen species and anti oxidant in our body. Increased oxidative stress in our body is directly associated with susceptibility to diseases. In siddhar yogam, *Vayudharani* (siddhar's breathing techniques Pranayamam), yoga asana(postures) and kayakarpam techniques works in gene level which reducing oxidative stressors and promotes anti oxidant status of our body.

Improvement of anti oxidant status direct a promising Pathway for wellness. This papers shows that evildence of *Siddhar's yogam* practices helpful in relieving oxidative stressors. It helpful in preventing celluar aging at gene level and reducing many pathological condition in life style and geriatric disorders.

KEY WORDS: siddhar yogam, cellular aging, oxidative stress, anti-oxidant.

### NUTRACEUTICALS OF PIPER BETLE FROM ANTIQUITY TO PRESENT DAY- AN INEVITABLE BITE TO THE HUMAN

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#### **Abstract**

The history of medicine is closely related with history of plants since the time immemorial. Various literatures data shows the usage of piper betle. Data from various literature, epigraph country folk song, oral tradition story, manuscripts are collected. These data provide a frame work on various usage of Piper betle in different time period in history. Piper betle is blessed as evergreen and perennial plant belong to family piperaceae, often known as green gold. The glossy heart-shaped leaves are chewed as betle quid and widely used in India traditional medicine as carminative, stimulant, astringent against parasitic worms, rheumatism etc and also used for religious purposes. People from Tamil nadu and Vaithiyars use betle leaf, root, stem to cure various ailments and have in depth knowledge about its medicinal use from their long experience. The betle leaf is one of the most promising commercial plant and possess a lot of therapeutic values. The leaf has the great potency to act as natural antioxidant, hepato protective, Antidiabetic, Gastroprotective and anticancer properties. The leaf poses the broadspectrum antimicrobial activity against various bacterial strain. Betle leaf contains enormous nutritive value including vitamins, minerals, enzymes, protein, essential oil and bioactive compound. The usage of betle is well documented in siddha system of medicine. Historical records also shows the importance of the betle in previous centuries throughout different period of time. This review focus on history, potential health benefit, nutrient of the Piper betle. It has great potency to enter into the nutraceuticals industry as food additive and it will be an inevitable bite to human.

**Keywords:** vetrilai, piper betle, nutraceuticals, the rapeutic benefits, siddha

## SCIENTIFIC GROUNDS BEHIND THE THERAPEUTICS OF SAVOURING FOOD ON PLANTAIN LEAF- A LITERATURE REVIEW

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#### **ABSTRACT**

The concept of "Wealthy life is that which is free from Disease" is well explained in Siddha System of Medicine. In such a way, the human body is not only to enjoy delightments of the world but also to attain salvation through various means and hence maintaining the body with good health and strength is essential. Our Classical Siddha Literatures not only explain about treatment modalities but also throws light on daily regimen to be followed that includes proper diet, sufficient sleep and good personal habits for the sake of healthy living. In this presentation, consuming food on Plantain leaf and its importance are discussed in detail according to ancient Siddha texts. Having food on Plantain leaf gives shiny complexion to skin, improves sexual wellness, and cures indigestion, anorexia, Vadhadiseases besides reducing Pitham. paradisiacais an herbaceous perennial, monocotyledonous plant belonging to the genus Musus in the family Musaceae. The plant serves multifaceted purposes like dietary/nutritional and therapeutic roles in its own way. Phytochemical analysis of Musa paradisiacaleaf demonstrated the presence of antioxidants, flavonoids, rutin in crude extracts and fractions of leaves. It also contains essential minerals like Calcium, Selenium, Magnesium, Phosphorous and Potassium. Therefore the pharmacological activities of Musa paradisiaca leaf includes anti-oxidant, antihypertensive, anti-diabetic, anti-microbial and hepatoprotective activities. If we rightly follow the decorum and the good habits observed by our ancestors, who have experienced all walks of life, it is certain that we have a healthy life with longevity. Hence serving food on Plantain leaf is noteworthy that the ancient customs and principles are based on scientific approaches that have been followed for the enhancement of healthy living.

**Keywords:** Musa paradisiaca, Plantain leaf, Antioxidants, Serving food, Siddha literature.

### IMPORTANCE OF NUTRITIONAL CARE IN ANTE NATAL AND POST NATAL PERIOD -A REVIEW

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#### **ABSTRACT**

#### **BACKGROUND**

The traditional Siddha system provides vast knowledge in management of various gynaecological problems. Siddha system of medicine provides wide variety of treatments and diet advices throughout the pregnancy period till lactation to ensure normal and healthy fetal growth including normal delivery and secretion of nutitritious breast milk which is necessary for healthy growth of the baby.

#### **OBJECTIVE**

A women's nutritional status not only influences her heath but also the pregnancy outcome and health of her fetus. The mother's body goes through immense changes involving all organ systems to sustain the growth of the fetus. women should be given proper knowledge about heathy diet patterns throughout the pregnancy and lactation. This can be achieved by baring diet on a variety of nutrient dense whole foods including fruits vegetables, legumes, whole grains.

#### **METHODS**

This study is carried out mainly through literature research. Various siddha texts and research article in scopus, pubmed, research gate google scholar, etc were reviewed.

#### **CONCLUSION**

The knowledge about the nutritional care in antenatal and postnatal aspects will be perceived. This is a basic literary review about the nutritional care throughout pregnancy to improve the healthy fetal growth which in turn will have a healthier society in the ahead of times.

#### **KEY WORDS**

Nutrition, pregnancy, antenatal, postnatal, lactation.

### Review of Siddha Literature for Dietary Recommendations to Common Menstrual Disorders in Adolescent Age Group

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#### **Background:**

There are 253 million of adolescents(10-19yrs) in India. This is a transient phase of life requiring education, nutrition, guidance and counselling to ensure their development into healthy adults. Unfortunately, the girls of adolescent age group face whole lot of health issues than boys which predominantly is attributed to Menstrual cycles. The recent cross-sectional studies conducted in an Indian state revealed approximately 76% of adolescent girls suffering from any form of menstrual disorders. This requires immediate and widespread action which must ensure the reproductive health of adolescent girls.

#### **Objectives:**

To identify medicinal plants which is commonly available and used as food which can be promoted for adolescent health in girls.

#### **Methods:**

- To define the common menstrual disorders prevailing among adolescent girls.
- ❖ To review the existing siddha literatures for identifying medications to common menstrual disorders.
- From the obtained medications identifying principal ingredients.
- ❖ Segregating the ingredients which is commonly available and used as food.
- \* Reviewing modern articles for verifying the pharmacological actions of chosen plant which supports the use of plant in menstrual disorders.

#### **Results:**

From the data obtained and analyzed as mentioned in methodology, we identified Musa paradisiaca as plant commonly available and used as food and also have pharmacological action which can be used to treat menstrual disorders.

#### **Conclusion:**

Musa paradisiaca can be promoted as healthy diet among the public with nutritional values to maintain proper menstrual health particularly in adolescent girls.

#### **Keywords**:

Musa paradisiaca, Menstrual-Disorders, Adolescent-Health, Diet and Nutrition.

### ANCIENT FOOT PRINTS OF MILLETS AND ITS EVOLUTION IN SIDDHA SYSTEM OF MEDICINE-A HISTORICAL REVIEW

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#### **Abstract**

Siddha system of medicine is one of the oldest Indigenous system of medicine mainly practiced in south India. Siddha system established mainly by 18 Siddhars. According to the Siddha system, diet and lifestyle playsa major role in promotion of health and in the management of neurological disorders, musculoskeletal and gynecological disordersetc., One of the core concepts in Siddha System of Medicine is UnaveMarunthu (Food is Medicine)". Siddha System includes various specialties like Varmam, 32 external therapies and Yogam.

Millets are oldest as well as primitive indigenous food grains used as staple food. The word ''Millet" derived from the Latin word ''Millium" means small seeds. According to Tamil literature Millets are called as ''SiruThaniyangal''. Millets contributes antioxidant activity withPhytase,Polyphenols,Tannins,Anthocyanins,Phytosterols and Pinacosanols present in it. Millets are having important role in preventing aging and metabolic diseases. Millets contain slow releasing glucose i.e.,Low glycemic index. This is very much important in fighting the global problem of diabetes.

Millets have been used as food Porridge (*Kanji*)as well as therapeutic diet in *Siddha*. The one of the best therapeutic indication of these grains is as Pathiyam in various diseases. In *VarmamMaruthuvam* Millets used as food(diet), internal medicines (*Varma Kanji*). Millets are used in the external therapeutic usages like *Thailam* (Medicated oils), *Pasai* (Medicated paste), *Pugai* (*Fumigation*), *Kizhi* (Medicated pouch), and in Siddha numerous formulations indicated for various diseases. This review provides an overview of the history and evolution of millets and highlighting their significance in Siddha system of medicine.

Key words: Millets, Siddha, Varmam

### A SIGNIFICANT ROLE OF MEDICAL ASTROLOGY IN THE DIAGNOSIS OF KARPA SOORAI(PCOP) – A REVIEW

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#### BACKGROUND

Siddha system of medicine is one of the long - established system of medicine in the world with bounteous significant diagnostic tools which remaine constant in all time – lines. But regretfully most of these unique diagnostic tools are not used for diagnosis of disease in regular practice, so we are in the verge of loosing these unique tools which will be a detriment for the siddha system of medicine. Medical astrology is one of the avant-garde tool in siddha system which we are slowly loosing. Karpa soorai (PCOD) is one of the concerning hormonal condition that affects approximately 5- 10% of women's in the child bearing age group (12-45years). While the prevalence of PCOD differs, it affects around 9% to 22% of women in India. In this conditions, the imbalanced hormones may produce various symptoms like absence of ovulation, irregular menstrual Cycle, difficulty to conceive, weight gain, acne and also hirsutism. It may also lead to complications like PCOS, infertility, uterine carcinoma, diabetic mellits, heart disease, and depression. Medical astrology can be defined as the science of the relation between the astrological bodies and human body. Through the study it has been noted that , the astrological bodies in fifth place has a strong influence in causing female reproductive related diseases like PCOD.

#### **OBJECTIVE:**

To review about significant role of the diagnostic tool- medical astrology in the diagnosis of karpa soorai(PCOD).

#### **METHOD:**

Literary review.

#### **RESULT:**

Medical astrology can be used as a marked diagnostic tool in the diagnosis of karpa soorai(PCOD).

#### **CONCLUSION:**

This, through the review of various standard siddha literature. It is evedential that medical astrology can be used as a specific diagnostic tool in the diagnosis of karpa soorai. As this tool only requires knowledge and not any other material requirements, this tools proves it's efficiency and accessibility in the diagnostic procedures in our siddha system.

#### **KEY WORDS:**

Medical astrology, karpa soorai, horo scope, bhavam.

### AN INSIGHT REVIEW ON UNIQUE DIETICS OF VARMAM THERAPY IN SIDDHA SYSTEM OF MEDICINE

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#### **ABSTRACT**

Siddha medicine is a holistic system of medicine ensuring promising results in the treatment and prevention of many chronic diseases. This system is a poetry of divinity. VarmaMaruthuvamis anunique specialty of Siddha medicine that deals with the energy flow circulated throughout the body. Ithas its unique features and several therapeutic formulations like Kudineer/Kazhayam(Decoction), Nei(Medicated ghee), Kuligai/Mathirai(Tablet), Vaatru(Varmatheener), Leghiyam(Electuary), Kanji(Therapeutic Porridge) etc.. Diet is an organized food plan in the form of selective ingredients advised or indicated for various diseasesin order to maintain physical and mental wellbeing. Kanji(Therapeutic Porridge) is a dietary form indicated for various varmam management. In Siddha system of Medicine Kanji(Therapeutic Porridge) is used for several diseases like influenza, fever, jaundice, gastro intestinal diseases etc. Varmam Maruthuvamhas more evident applicationabout the kanjiand other dieticsfor healthy life and to treat various health conditions. In this review various aspects of dietics used in Varmam therapy will be explored.

**KEYWORDS:** Varmam, Porridge, Siddha medicine.

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### ROLE OF MILLETS IN THE PREVENTION OF LIFE STYLE DISORDERS - A REVIEW

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#### **ABSTRACT**

**Background**: Food is the major source for serving the nutritional needs. Our Siddha System offers programmes to rejuvenate the body through diet and nutrition. Siddha emphasizes the importance of a balanced diet for maintaining good health as well as prevention of life style disorders. Millet, a group of small – seeded grasses has been an important part in the healthy life in Indian culture. Objective: To evaluate the medicinal and nutritional significance of millets in the light of Siddha principles. Methods: Study includes review of literature starting from ancient Indian classics of Siddha, modern scientific and research-based publications including journals and periodicals. Results: Siddha System emphasizes the theory of interdependent phenomenon of macro cosmos and micro cosmos and applies this low of nature in all its medical application. Diet plays a major role in the prevention aspects. The concept of "food is medicine- medicine is food" is stressed in SiddhaMedicine. The Siddha diet stresses the consumption of natural, unprocessed foods that promote spiritual, mental and physical health and aligns with siddha philosophy. Siddhars have recommended certain basic guidelines to be followed for healthy living which includes observation of certain regimens mentioned in "Pinianugavithi". Irregular lifestyle, unhealthy habits, inadequate exercises and inadequate proper diets causes the various lifestyle disorders. Several studies have revealed that the gut-brain connection plays an important role in physical and mental health. A wholesome diet that includes millets can contribute to India's sustainable development goals and promote the philosophy of Siddha aspects. Millets are used traditionally for its nutritional and medicinal values. The study aims to explore nutritional as well as therapeutic potential of millets in the Siddha diet in perspective of Siddha principles. Conclusion: Millets have been widely used in therapeutics in Siddha classics. Nutritional potential of millets may be well understood.

**Keywords**: Siddha, diet, millets, nutrition, health.

### THERAPEUTIC IMPORTANCE OF MILLETS USED IN VARMAMTHERAPY IN SIDDHA SYSTEM OF MEDICINE

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#### **Abstract**

Millets are a group of highly variable small-seeded grasses, widely grown around the world as cereal crops/grains. Millets are used in *Varman* therapy as ingredients in both external and internal medicines. Millets are nutritionally superior to rice and wheat in terms of proteins, minerals and vitamins and they are rich in Vitamins, Calcium, Iron, Potassium, Magnesium, Zinc, also gluten-free and has low-GI (Glycaemic index) thus Millets are suitable for people allergic/intolerance of wheat. Millets aregreat source of starch, making it a high-energy food. It is also an excellent source of protein and fibre. The regular use of Millets can lead to significant health benefits and might help in reducing the incidence of cardio vascular diseases, constipation, diabetes mellitus and in promoting physical and mental health. The only way to fight back is through the introduction of nutritionally rich millets in our daily diets. In *Siddha* system of Medicine, millets are widely used in classic *Siddha*formulations forthe management of *Vatham*, *Pitham*, *Kabam* related disorders and *Varmam* related injuries apart from their use as dietary supplement. This review highlights the therapeutic importance of Millets in *Varmam*management in terms of internal medicine, external therapy and dietary regimen.

**Keywords**: *Siddha*, *Varmam*, Millets

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# A COMPREHENSIVE REVIEW ON THERAPEUTIC, NUTRITIONAL AND HEALTH BENEFITS OF GRAPES SEED (VITIS VINIFERA)

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#### **Abstract**

Siddha medicine is one of the most ancient medical system of india. Siddha is the mother medicine of ancient tamils/ dravidians of peninsular South india. Seeds are rich source of nutrients.one among them is grape seed. Grapes are one of the most consumed across the world. In ancient Europe, the leaves and the sap of grape plants has been used in traditional treatment for ages. Besides being a wellspring for vitamins and fibres, the skin and seed of grapes are highly rich in polyphenols specifically proanthicyanidies, which can be used as a functional ingredient to addres various health issues by boosting the natural process of the body. Through different studies it was proved that the proanthicyanidies rich grape seed extract provides against Many diseases that is inflammation, cardiovascular diseases, hypertension, diabetes, cancer, peptic ulcer, microbial infection etc. Therefore beside from using it as a neutaceutical or cosmeceutical as a result they may have a potential to substitute or complement in currently used drugs in the treatment of disease by developing it into other successful pharmaceutical formulation for better future prospective. More research is warranted to fully characterise the vascular effects of this and other grape seed deprived nutritional supplements and to determine whether these vascular effects translate into important clinical benefits

**KEY WORDS**: Seed, Grapes, nutrional, vascular

# THERAPEUTIC POTENCY OF *VAELAMPOOVATHI CHOORANAM* FOR DIABETES MELLITUS (*NEERIZHIVU*) - A PHARMACOLOGICAL REVIEW

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#### **BACKGROUND**

Diabetes mellitus (DM) is a chronic metabolic disorder characterized by persistent hyperglycemia. The main subtypes of DM are Type 1 diabetes mellitus (T1DM) and Type 2 diabetes mellitus (T2DM), which classically result from defective insulin secretion (T1DM) and/or action (T2DM). Type 2 diabetes mellitus (T2DM) accounts for around 90% of all cases of diabetes. The complications of Diabetes mellitus are heart disease and stroke, peripheral arterial disease, retinopathy (Blindness), nephropathy (Renal Disease), peripheral neuropathy, lower-extremity amputations and many other complications may occur in untreated patients. The records in 2019 showed that 77 million individuals had diabetes in India, which is expected to rise to over 134 million by 2045. Approximately 57% of these individuals remain undiagnosed. The polyherbal *Siddha* sastric formulation *Vaelampoovathi chooranam* is mentioned in *Siddha* literature *Sarabaenthira mega nivaarana bothini* page 197. for treating diabetes mellitus. The ingredients of *Vaelampoovathi chooranam* are *Acacia nilotica*, *Vigna mungo*, *Abrus precatorius*, they were proven for their potential pharmacological activities to treat Diabetes mellitus.

**OBJECTIVE**: The main objective of the study to documentation of pharmacological activities of *Vaelampoovathi chooranam* for treating diabetes mellitus.

**METHOD**: A qualitative descriptive study, over 20 above articles were reviewed.

**CONCLUSION**: The *Vaelampoovathi chooranam* is better solution for Diabetes mellitus and its complications.

**RESULT**: The pharmacological actions shows presence of anti diabetic, anti oxidant, anti inflammatory and nephroprotective activities of ingredients of *Vaelampoovathi chooranam*.

**KEYWORDS**: *Vaelampoovathi chooranam*, Sastric preparation, Diabetes mellitus, Pharmacological review, Anti diabetic activity.

#### THERAPEUTIC VALUES OF MILLETS

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#### **ABSTRACT**

**Background:**Millets are one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. Since ancient times, millet has been widely consumed in Asia and India as well. Millet grain is highly nutritious with good quality of protein, rich in minerals, dietary fibre, phyto chemicals and vitamins. The protein content of foxtail, proso, and pearl millet are comparatively higher than the protein content in wheat. The fibre content of kodo, little, foxtail, and Banyard millet is higher. There are evidences showing, millet foods and beverages have functional and health promoting effects, specifically anti diabetic, anti obesity, cardiovascular disease due to the actions of these phytochemicals and play a role in body immune system.

**Methods:** The current review is to collect the available information from existing literature either online or offline related to the nutritional importance and health benefiting properties of millet and trying to present the collected data in an easily documented pattern.

**Discussion:** Millets are plenty with essential amino acids, fatty acids and dietary fibre. The protein structure present in millets is similar to wheat but the only difference is that millets are no gluten grains. Millets with important health benefits, reduces the risk of heart diseases, helps in respiratory health, fighting cancer, several degenerative diseases like metabolic syndrome, improves the digestive system, neurological and muscular systems. The nutrients which are present in millets are resistant starch, lipids, oligosaccharides, antioxidants such as phenolic acids, flavonoids, lignans and phytosterols which are responsible for number of health benefits.

**Conclusion:** The aim of this study is to help the people to recognize the importance of food and to introduce the millets as a nutritious food, fulfilling the nutritional need of global population and to find ways to consume the millets nutritionally, effectively and to reduce the problems of malnutrition and other health problems. All the millet foods are having significant health benefits.

**Key words:** Millets, therapeutic values,

## AN UPDATED PHARMACOLOGICAL REVIEW OF VAASAI KUDINEER FOR KURUTHI AZHAL ( PORTAL HYPERTENSION)

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**Background :**Portal hypertension is an increase in pressure gradient greater than 5mmHg within the portal vein, the vessel that carries blood from the intestine and the spleen to the liver. Cirrhosis of liver is the common cause of Portal hypertension. Signs of portal hypertension are present in 25% of patients at the time of diagnosis of NAFLD. In siddha system of medicine is Kuruthiazhal is one among the 4448 diseases. The herbal decoction of VAASAI KUDINEER in Gunapadammooligaivaguppu part-1 is indicated for Kuruthiazhal (Portal hypertension), the ingredients are Aadathodai, Thiratchai and Kadukkai. Previous pharmacological studies for above key ingredients have potential effect against Portal hypertension.

**OBJECTIVE:** Summarize the scientific evidences supporting the ingredients of vaasaikudineer in the treatment of portal hypertension

**METHOD:** This study reviewed databases like PubMed, Google scholar and Science direct with search terms, hepatoprotective, dyslipidemic and diuretic activity.

**RESULT:** Ingredients are investigated and clearly reviewed from literature and research articles showed that these ingredients having hepatiprotective, dyslipidemic and diuretic activity

**CONCLUSION:** The key ingredients have much more effective with easy availability and affordablity to treat portal hypertension and provide a healthy life.

**Keywords:** siddha-vaasaikudineer-portal hypertension-pharmacological review

### A PHARMACOLOGICAL REVIEW OF "THAALI KUDINEER" FOR UDAL VEEKAM(ANASARCA) IN SIDDHA SYSTEM OF MEDICINE

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#### **ABSTRACT**

#### **Background:**

Anasarca is a medical condition in which there is a severe generalized accumulation of fluid or oedema in the interstitial space. The manifestation of anasarca in patients can vary, but it usually becomes clinically apparent as the interstitial volume exceeds 2.5 -3.0 liters. This accumulation of fluid occurs when capillary filtration exceeds the amount of fluid removed via lymphatic drainage or a change in the oncotic pressure from low protein states. It is caused by a variety of clinical conditions including heart failure, renal failure, liver failure, or conditions involving the lymphatic system. The herbal decoction of 'Thaali kudineer' in Theran kudineer is indicated for udalveekam, the ingredients are *Coryphaumbraculifera*, *Azimatetracantha*, *Lagenariasiceraria*, *Tribulusterrestris*, *Zingiber officials*, *Hygrophilaauriculata* and *sodium biborate*. Previous pharmacological studies for above ingredients have potential effect against Anasarca.

**Objective**: The main objective of this review to document pharmacological action for anasarca( udalveekam)

**Method**:A qualitative descriptive study, over 30 above articles were reviewed. **Conclusion**: The key ingredients is better solution for Anasarca.

**Result**: The pharmacological actions shows anti inflammatory, diuretics, analgesic, anti oxidant activities etc. in Thaali kudineer.

**Keywords**:Siddha ,Thaali kudineer,Anasarca, Pharmacological review, Anti inflammatory activity.

### SOWBHAGYA CHUNDI LEGIYAM, A SIDDHA FORMULATION FOR THE HEALTH OF PUERPERAL WOMEN - A REVIEW

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#### **Abstract:**

**Background:**Siddha, the herbal-based medicinal system, is now well known throughout India, not just in Tamil Nadu. In India, Siddha encompasses the main medical specialties, including surgery, paediatrics, gynecology, obstetrics, ophthalmology, geriatrics, and otolaryngology. Reproductive health issues, particularly in women, have gained more attention during the past few decades. Eight million women worldwide experience pregnancy-related difficulties every year, and more than 500,000 of them pass away, 99% of them in underdeveloped nations. There are two categories of issues unique to women's reproductive systems. First, obstetric (maternal) morbidity refers to health issues that arise during pregnancy, delivery, and the puerperium. Second, gynecological morbidity, or conditions affecting non-pregnant women outside of the six-week puerperial period.

**Aim**: The aim of the present study is to review the *Sowbhagya Chundi Legiyam* Siddhaformulation used for the wellbeing of women during their puerperal period.

**Materials:** Siddha refers to particular medications that are administered for a predetermined amount of time as well as particular dietary plans for puerperal women. In this way, Chukku is the main component of the Siddha herbal remedy *Sowbhagya Chundi Legiyam*. It is a naturalpain reliever that reduces stress and anxiety. It is a time tested medicine used in postpartum to strengthen uterus, prevents diseases from improper management of postnatal care and is known to contain roughly 22 crude drugs.

**Conclusion**:Here the Author explore the remarkable properties and benefits of *Sowbhagya Chundi legiyam*, as it continues to provide relief and support for women's health. This review may act as a key role support for puerperal women.

**Keywords:** Siddha medicine, puerperal women, *Sowbhagya Chundi Legiyam*, postnatal care.

### MANAGEMENT OF SOOTHAGA VAAYU (PCOS)- A REVIEW KAZHARCHI CHOORNAM A SIDDHA HERBAL MEDICINE FOR THE

Dr. M. Kowsalya<sup>1</sup>, Dr. T.Anu Priya Varthini<sup>2</sup>, Dr. A.M. Amala Hazel<sup>3</sup>, Dr. M. Meenakshi Sundaram<sup>4</sup>, Dr. R. Meenakumari<sup>5</sup>
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#### **Abstract:**

**Background:** A hormonal condition affecting women of reproductive age is known as polycystic ovarian syndrome (PCOS). Around the time of the first period throughout adolescence, PCOS frequently develops. One of the main causes of female infertility worldwide is PCOS, a multisystem disorder. The hallmarks of PCOS include irregular menstrual cycles and signs of hyperandrogenism. In Siddha system of medicine, various herbal and herbo-mineral formulations have been used for the management of PCOS traditionally along with lifestyle changes and physical activity. Siddha literatures, Pararasasegaram, Yugimuni vaithiya kaaviyam, Gnanavettiyan - 1500, PCOS and its associated complications may be related to sinaipai neer kattigal, soothagavaayu, soothaga kattigal, soothaga thadai, karparogam, karpa vaayu.

**Aim:**The aim of the present study is to review the **KAZHARCHI CHOORNAM** aSiddhaformulations for the management of soothaga vaayu (PCOS).

**Materials:** Siddha refers to particular medications that are administered for a predetermined amount of time as well as particular dietary plans for PCOS. In this way, Kazharchi kaai is the main component of the Siddha herbal remedy.

**Conclusion:** Here the Author explore the remarkable properties and benefits of Kazharchi choornam, as it continues to provide relief and support for women's health. This review may act as a key role support for Soothaga vaayu (PCOS) women. This medicines practiced may be adopted for scientific validation in future for further clinical and research purposes.

**Keywords:** Kazharchi choornam, PCOS, Soothaga vaayu, womens health Siddha medicine

## A VITAL ROLE OF MEDICINAL HERBS IN THE PREVENTION OF DENTAL DISEASES - A REVIEW STUDY

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#### INTRODUCTION:

In Siddha system of medicine siddhars used drugs from plants, animals, metals and mineral origin. Medicinal herbs are mostly used because they are safe, less costly and have high therapeutic value. Oral health is the practice of keeping one's mouth clean and free from diseases by regularly brushing and cleaning the teeth . Some of the most common dental diseases that impact our oral health includes cavities , periodontal disease and oral cancer .WHO estimated that oral disease affect close to 3.5 billion worldwide. This present scientific evidence based review of literature highlights the possible role of *siddha* system in the management of oral diseases .

#### **OBJECTIVE:**

To collect various *siddha* literature and research articles widely on different medicinal herbs and formulations for oral health.

To enumerate and list out the medicinal herbs and formulations used in the prevention of dental disease and management of our oral health .

#### **METHODS:**

There are some *siddha* literatures and the databases searched for this review were pubmed, google scholar, AYUSH research portal and some other articles also been reviewed and their comprehensive data will be concluded.

#### **RESULTS:**

This study states that the collection of various medicinal herbs and formulations have pharmacological properties like analgesic ,antimicrobial ,anti inflammatory and astringent results in preventing and managing the symptoms of oral diseases .

#### **CONCLUSION:**

Through this review article an attempt will be made to compile the medicinal herbs and formulations for oral health.

.KEYWORDS: SIDDHAMEDICINE, ORALHEALTH, PHARMACOLOGICAL PROPERTIES.

### Review on Kuzhi Thailam (Puda Nei); a unique Siddha extractive medicine

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#### **Abstract:**

Traditional Siddha system of medicine is popular for the treatment of all kind of diseases. 60% of the world population, rural population of the developed and developing countries were using alternative medicines than modern medicines. Siddha is one among the primary traditional medicinal systems in South India particularly in Tamil Nadu. Thailam is an oil preparation in Siddha medicinal system. Some thailam (Medicated oil) are prepared by using special traditional instrument called Kuzhi Thaila Karuvi through Pudam process. The oily substance present in certain plant parts are expressed by application of excessive heat (Destructive distillation). This type of medicated oil is termed as Kuzhi Thailam. Sirattai kuzhi thailam prepared from Coconut shell, Azhinjil kuzhi thailam from seeds of Alangium salvifolium, Karunjeeragamkuzhi thailam fromNigella sativa, Sivanar vembu kuzhi thailam from whole plant of Indigofera aspalathoides, etc., Kuzhi thailam such as Sirattai kuzhi thailam, Sivanar vembu kuzhi thylam, Karunjeeraga kuzhi thailam, Naayuruvi kuzhi thylam, Azhinjil vithai kuzhi thailam etc., Which is being used in the treatment of Psoriasis, leprosy, leuckoderma, Bronchial asthma, erectile dysfunction, etc. Based on the literature review, many bioactive compounds present in Kuzhi thailam which are fatty acids. This type of fatty acids have antibacterial, immune modulatory and anti inflammatory activities. Hence this review study helps to motivate ourselves to propagates our extractive thailam and it's utilization.

Keywords: Kuzhi Thailam., Siddha Medicine.

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### ROLE OF TRADITIONAL HERBS IN SIDDHA FOR INFERTILITY A REVIEW

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#### ABSTRACT BACKGROUND

Infertility is one of the predominant health issues faced by the married couple nowadays the term 'MALADU' is used for infertility in siddha system. Infertility is defined as not able to conceive after one year of regular unprotected intercourse.

#### **OBJECTIVE**

The objective of the present review includes traditional herbs that plays role in management of both male and female infertility.

#### **METHODS**

The data collected from various siddha literature are GunapadamMooligaivagupu,PatharthagunaSinthamani.Detailed search was done in libraries of Dr.Ambedkar Indian Maruthuva Maiya Library, Government Siddha Medical College, Chennai and Central Council for Research in siddha.Chennai.

#### **CONCLUSION**

The disease prevalence denotes that India will have more incidents due to lifestyle disorder and related condition. We have done it as a basic literary review initially. This will be a foundation for our further research studies in this vital area. This paper aims to emphasize the scientific information on siddha traditional herbs available and summarized from various literature publication.

#### **KEYWORDS**

Infertility, Traditional herbs, Literature review.

# Anti-vatha property of *strychnous nux vomica (Etti)* explained in terms of Nanju Maruthuvam.

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#### **Abstract:**

Siddha toxicology (Nanju Maruthuvam) has its own importance in treatment. Because poisonous substances whether it plant, animal, metal and mineral orgin, after proper purification could produce tremendous beneficial effects on human body. It can be used as good medicines. According to Nanju murivu book the poison which act on the (Spine) kaserukodi have the action on vatha places. So the *Strychnous nux vomica* (Etti) which is a spinal poison can produce the effect on vatha places. It can be produce therapeutic effect on the same places where it produce damage, with the proper dosage. According to researche it already proved that the Anti-vatha effect of *Strychnous nux vomica* (Etti) and also in Siddha there are many literature reviews about the Anti-vatha action and medicines which proves this above statement. This is consisted work further studies needed to check whether it is applicable to other poison.

Keywords: Siddha Toxicology, Etti, Kaserukodi, Anti-vatha.

#### SMART FOODS FROM MILLETS FOR CHILDREN - A REVIEW

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#### **BACKGROUND:**

Millets belonging to the family Poaceae are considered as high energy yielding and nourishing foods which helps to address malnutrition in children. As it possesses various inherent characteristic features such as hypolipidemic, low glycemic index and antioxidative properties act against various health related disorders. Millets have a significant role in the traditional diets of many regions throughout the world. Millets are consumed by more than ½ rd of the world's population as its nutritional value is three to five times higher than rice and wheat.

#### **OBJECTIVE:**

The aim of the review is to compile smart recipes from millets for children.

#### **METHODS:**

The data about nutritional and nutraceutical properties of millets and their recipes are collected from reputed journals such as Pubmed and Google scholar.

#### **RESULTS:**

The study reveals the nutritional and nutraceutical properties of millets and various smart and deliciuos recipes for children.

#### **CONCLUSION:**

As millets are unique for their richness in dietary fibers, antioxidants, minerals, phytochemicals, polyphenols and proteins which can act against health related disorders. Yet, malnutrition continues to be a serious problem in India, particularly among school children. This is an attempt to give smart recipes from millets for children to overcome malnutrition and to attain a healthier growth.

#### **KEY WORDS:**

Millets, Nutrition, Smart recipes.

# A REVIEW ON NUTRITIONAL COMPOSITION, PHYTO CHEMISTRY, BIOLOGICAL ACTIVITIES AND THERAPEUTIC USES OF HIBISCUS CANNABINUS.

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#### **ABSTRACT:**

**BACKGROUND:** Kenaf(Hibiscus cannabinus) is a valuable fiber&medicinal plant from the malvaceae family. This plant is cultivated for its fiber although its leaves and seedshave also been used in traditional medicine in India &Africa for the treatment of varies disease conditions. In addition ,kenaf showed comparable nutritional composition, phyto-chemistry, biological activities&therapeutic uses. Kenaf is used to treat guinea worms disease and anemia in Africa. The pharmacological studies revealed that Hibiscus cannabinus possessed cytotoxic, anthelmintic, anti-bacterial, anti-ulcer, anti-diabetic, hypolipidemic, anti-oxidant, hematinic &hepatoproductive effects. It has been a source of textile fiber for such products as rope, twine, bagging and rugs and clothing grade cloth.

**OBJECTIVE:**Objective of this study is to review and describe to collect the varies research articles widely on nutritional composition, phyto-chemistry, biological activities & the rapeutic uses of the plant.

**METHOD:**Different electronic databases such as google scholar,pubmed,researchgate,etc... were analysed for the literature on nutritional composition,phyto-chemistry,biological activites and therapeutic uses of Hibiscus cannbinus.

**RESULT:** The plant mentioned in this study on reported to have aphrodisiac, emollient, anti-diabetic, hematinic, hepatoproductive, anti ulcer activity and an important sources of diateryfibers & proteins have been through reviewed for its varies modes of action on in detail as mentioned.

**CONCLUSION:**Hibiscuscannabinus used for pharmacological activities and phyto-chemical constituents was useful in systemic hypertension, vadha disease, eczema, swelling&taste disorder.

**KEYWORDS:**Siddha literature, Hibiscus cannabinus ,literature review, nutritional composition, therapeutic uses.

### DIAGNOSIS AND TREATMENT OF KEELVAYU (OSTEOARTHRITIES) BASED ON THIRITHODA APPROACH OF SIDDHA MEDICINE

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#### **BACKROUND:**

Osteoarthritis is the most common form of arthritis among older age. Osteoarthritis is a degenerative joint disease that happens when the tissues that cushion the ends of the bones within the joints break down over time. These changes usually develop slowly and worsen gradually, causing pain, stiffness, and swelling. In some cases, people living with this disease are no longer able to work or perform daily tasks. Osteoarthritis most commonly affects the hands, lower back, neck, and weight-bearing joints such as knees, hips, and feet. Osteoarthritis in any of these joints can lead to physical disability. Keelvaayu is one of the vaadha disease in the Siddha system. Panchabhoodha and the thirithodam created from their combinations form the foundation of Siddha medicine. Numerous diseases develop in the body as a result of the decrease in the quantity of these thirithodam. AIM: Aim of this study is to describe how symptoms of osteoartrhrities are caused by a deficiency of certain thodas and panchabhoodhas and how to balance them by selecting medications based on our thiriddosha assessment.

#### **OBJECTIVE:**

The primary objective of this study is to assess the Keelvaayucaused by an appropriate balance of Vali, Azhal, and Iyyam that is derranged by our food habits and daily activity ,breathing pattern.

#### **METHOD:**

The certain symptoms of keelvaayu (Osteoarthritis) correlated diagnosis by thiridosha assessment and treatment aspect.

#### **RESULT:**

As a result of our thiridosha assessment,unbalanced humours are correlated by certain personalized treatment such as antivaadha medications which will reduce the symptoms through this method of treating a disease, the significance of siddha medicinal physiology and pathology may be confirmed through study which can be used then to forecast the patient's disease and treat it with right medication.

#### **KEYWORDS:**

Thirithodam-Panjabhoodham-keelvaayu-osteo arthritis-Siddha medicine.Mode of presentation: Oral presentation

# BIOACTIVE COMPOUNDS IN FAXTAIL MILLET (SETARIA ITALICA),HEALTH FUNCTIONAL AND BIOCHEMICAL ACTIVITIES-A REVIEW

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#### **ABSTRACT:**

#### **BACKGROUND:**

Foxtail millet(setaria italic) is one of the important millets in south-east asia yet it is less exploited. It contains bioactive compounds such as phenolics, bioactive peptides, carotenoids and tocols that has health physiological function. Fermentation of Foxtail millet which produces bioactive peptides can also increase the antioxidant content. Setaria is a large genus in the gramineae family consisting of domestic & wild species. Which is rich in protein & calcium and helps strengthen muscles & bones. Bioactive compounds were also displayed many health benefits & biological activities including diuretic, astringent, antiproliferative, hyperglycemia & hypertensive prevention.

#### **OBJECTIVE:**

Aim of the study to collect the various research articles widely on bioactive compounds, biochemical activities &health nutrition.

#### **METHODS:**

Different electric databases such as Researchgate, google scholar, pubmed, sciencedirect, wedmd were analysed for the review on bioactive compounds, biochemical activities & health nutrition of foxtail millet.

#### **RESULT:**

The millet mentioned in this study on reported to have diuretic, astringent, anti-oxidant, anti-hyperglycemic, hypolipidemic, anti-inflammatory, anti-proliferative activity and an thoroughly reviewed for its various mode of action on in detail as mentioned.

#### **CONCLUSION:**

Setariaitalic used for its pharmacological activities & useful in swelling,nutrient,vadha disease and tonic.

#### **KEYWORDS:**

Siddha literature.setaria italic.literature review, health function, biochemical activities.

# THEROLE OF MILLETS IN IMPROVING QUALITY OF LIFE INPAEDIATRIC AGE GROUPS AND DEVELOPMENTAL STAGES OF FEMALE - A REVIEW

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#### **ABSTRACT**

Siddha system of medicine is the most popular traditional system of medicine followed by the people of of tamil nadu nowadays. Gradually the system is spreading it's benefits to the people of surrounding states also. There is a need to transform the food system to achieve food and nutritional security. Millets are a set of highly variable small seeded plant species indigenous to many areas of the world. They can survive even in hot environmental conditions, low moisture and low soil fertility. Millet grain is rich in nutrients and health beneficial phenolic compounds such as phenolic acids, flavonoids and tannins. They have high anti oxidant, Anti aging, anti inflammatory and anti proliferative activity. Female life is a broad category that includes infancy, puberty, reproductive age, climacteric period and elderly years. At the same time nutritive requirements is high due to rapid physiological growth and functional development in paediatric age groups. So, the data required for this presentation will be collected from siddha literature, biomedical literatures and Research articles. Hence, this presentation will explore about the dietary importance of millets on improving the quality of life from paediatric age group to geriatric female population.

**Keywords**: Siddha Dietary regimen, Millets, paediatrics, female population.

### EXAMINATIONS OF SIDDHA DIAGNOSTIC TOOL MALAM(STOOL) - A REVIEW

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#### Background:

The Siddha system of medicine is one of the antediluvian traditional systems of medicine in the world and has unique methods for the diagnosis of diseases. The Sage Theraiyar, had postulated envagai thervu(Eight diagnostic tools) which includes Naadi (pulse), Sparisam(touch), Naa (tongue), Niram(colour), Mozhi(voice), Vizhi(eyes),Malam(faeces),and Neerkuri, Neikkuriexaminations. Stool examination is an important laboratory investigative tool in medicine, which is used to understand the health and disease condition of a person. Stool is not just a simple waste material. some stool tests can be easily used in primary care in the differential diagnosis of disorders such as gastrointestinal infection, malabsorption syndromes and IBS. Stool tests can prevent unnecessary laboratory investigations. The factors which are described under envagai thervu indicate that these are the body parts or metabolic products, where there will be changes when a person suffers from diseases. Observing these changes, the diagnosis can be made, or these can help as tools in diagnosing a disease. The changes pertaining to malam (stool) have been described under various disease conditions are scattered.

#### **Objective:**

To consolidate an analyse comparatively all the information regarding the stool examinations from various siddha literatures. Materials and methods: Examinations of malam for diagnosis, prognosis of various diseases mentioned in literatures and published papers were collected, compiled and documentedResults: This will provide the first-hand information about the changes in stool and will act as a guide to diagnose the disease.

**Keywords:** Siddha, Stool Examination, Malam, Envagai thervu.

### A Siddha traditional beverage *Paanagam* to manage and prevent the complications of heat stroke and related illness - An evidence based review

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#### **Abstract**

*UnaveMarunthu* is the oldest philosophy among Tamil population and also one of the basic principles of Siddha system. Siddha system is one of the Indian traditional medicinal systems and merely adhered with the people's tradition. Human-induced climatic change is increasing worse weather events worldwide, leading to more frequent and deadlier disasters, from heat waves to floods and forest fires. During heat waves, India typically suffers severe water shortages .31,000 heat-related deaths of adults over 65 were reported annually between 2017 and 2021. Globally, there were 3.10 lacksheat-related deaths between 2017 and 2021. During 2000 to 2016, the number of people exposed to heat waves increased approximately to about 125 million. A recent systematic review in a military cohort reported an incidence of exercise-induced heat illness of 0.2 to 10.5 percent in every 1,000 persons and a prevalence of 0.3 to 9.3 percent. Some predict that heat-related mortality will increases sharply with global warming, but recent evidence is relatively encouraging. Heat stress causes salt and water loss in sweat, causing hemoconcentration, which in turn increases coronary and cerebral embolism. Prevention of heat-related illnesses is more effective than any treatment strategy. Siddha medicine has vast and very finest traditional knowledge about seasonal food and beverages, preparation and usage, prevention of seasonal diseases, heat stroke and heat related illness. One of the traditional beverage, *Paanagam* was specially served in temple festival times. It reduces heat related illness, body electrolytes imbalance and prevents the death. Hence, this review proves that Paanagam, a traditional drink is used in the management and prevention of heat stroke and its related illness through scientific evidence.

**Key words**: Siddha medicine, *Paangam*, Heat related illness, Traditional Beverage

### PROCESSING OF MILLETS AND ITS EFFECT ON ANTI NUTRIENTS FOR IMPROVED NUTRITIONAL AVAILABILITY – A REVIEW

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#### Abstract Background

Millets are nutri cereals comprising of sorghum, pearl millet, finger millet (major millets) foxtail, little, kodo, proso and barnyard millet (minor millets). In India, millets have been a staple diet and a Main Source of income for farmers especially in the semi-arid regions. Millets are nutritionally superior indigenous staple crops packed with high protein, Vitamins, and minerals. However, Millets also posses anti-nutrients, such as tannins, phytates, trypsin, amylase inhibitors, etc. Anti-nutrients are natural constituents that limit the bioavailability of the essential nutrients and minerals in cereals and Legumes. Usually, anti-nutrients don't have any significant harmful effect on an individual's health. However, their ability to inhibit the absorption of nutrients can cause malnutrition in rural people whose diet is based solely on cereals and grains. This is a major Concern in a developing country, where millet is grown and consumed by a large population. Aim and Objectives: The present study aims to investigate the effect of traditional processing of Millets on nutrient and anti-nutrient retention. Materials and methods: Thus, there is a need to remove these Anti-nutrients either entirely or partially. Several traditional processing methods like decortication, heating, soaking, germination, and fermentation can reduce the content of anti-nutrients. Conclusion: This article reviews key anti-nutrients found in millet varieties, along with the traditional methods used for their reduction.

**Keywords**: Millets; Anti-nutrients; Fermentation; Germination; Minerals

#### SIDDHA NUTRITIVE FOOD "KANJI"-A REVIEW

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#### **ABSTRACT**

In Siddha system, the concept of "FOOD AS MEDICINE" holds great significance .Food is considered as an essential part to maintain good health, preventing disease and aiding healing process. Differenttypes of food can either aggravate or pacify the three humours(vali,Azhal, Iyam).By consuming a tailor made diet, one can maintain the balance of three humours leads to better health. The food has to be made simple and have a nutritional and therapeutic value.Kanji is one of the most comment type of food item practiced widely in siddha line of treatment.It is semi-solid food which is very light and easy to digest. Several siddha medicinal herbs can be added to this preparation. Various types of kanji( gruel) have been described in siddhaliterature. For example ,sukku mudichi kanji,punarpagam( Iru murai vaditha kanji),Yava kanji,Arotu maavu kanji etc. This review deals with different types of kanji (gruel) practiced in siddha system of medicine.

**Keywords**: Kanji, Nutritional supplement, *Tridhosham*, Dietetics

### MEDICINAL AND FUNCTIONAL ROLES OF FOXTAIL MILLET IN TYPE 2 DIABETES MELLITUS (MATHUMEGAM) - A REVIEW

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### ABSTRACT BACKGROUND:

Siddha medication is a customary medication rehearsed over hundreds of years. The siddhars did extensive research on plants and devised methods by which plants could be harnessed medicinally. Siddha medicine gives importance to the conjunctive use of plants and minerals. Millets are the staple crops of the semiarid tropics. They have higher nutrient content compared to major cereal crops and ensure food and nutrition security. According to standard doctrine of Indian traditional medicine, Millets plays a significant role in person's health.

#### **OBJECTIVE:**

The objective of the current study is to analyse the functional and medicinal value of millets are an important food crop at a global level with a significant economic impact on developing countries. Millet-based foods are considered as potential prebiotic and probiotics with prospective health benefits. Grains of these millet species are widely consumed as a source of traditional medicines and important food to preserve health. Foxtail millet (*Setaria italica* L., FM) is receiving ongoing increased attention due to its beneficial health effects, including the hypoglycaemic effect.

#### **METHODS:**

This article presents a comprehensive review of the physiochemical and health-functional properties of foxtail millet. Foxtail millet contains significant levels of protein, Fiber, mineral, and phytochemicals. The millet is also reported to possess hypolipidemic, low-glycaemic index, and antioxidant characteristics.

#### **CONCLUSION:**

This review concludes that, like most millet varieties, foxtail millet remains underutilized as a food source. It is however receiving increased research and commercial attention. It would be reasonable to surmise that foxtail millet has a promising role to play in nutritional and medicinal value in diabetic patients.

**KEYWORDS:** Foxtail millet, low glycemic index, research,hypoglycaemic.

### A REVIEW ON HIGH ORDER MEDICINES IN SIDDHA SYSTEM OF MEDICINE

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#### 4.

#### **ABSTRACT:**

#### **Background:**

Siddha system of medicine is the unique system of medicine which contains various medicines both externally and Internally for treatment and management. Siddhars were the masters in natural chemistry and formulated medicinal preparations utilizing various natural resources such as plants, animal, metals and minerals. As a first measure they, employed non-drug measures like yoga, dietetic adjustments. When all these measures failed to give a satisfactory relief they resorted to exploit the minerals and metals as good sources for preparing high order medicines (kattu, kalangu, chunnam, parpam, chenduram). Special Features of High Order Pharmaceutical Products Increase bio availability, long Shelf life.

#### **Objective:**

The aim of the study is to review various high order medicine mentioned in the Siddha literatures.

#### **Methods:**

Data are collected from various Siddha literature.

#### **Result:**

Higher order medicines such as Kattu ,Kalangu,parpam ,chenduram,Chunnam ,etc., used to cure many challengeable disease.

#### **Conclusion:**

Higher order Siddha medicines are preferred for their efficacy and longevity. Higher Order Siddha medicines are the best medicines for the treatment of terminal illness.

#### **Keywords**:

Higher order medicines, literatures, Special features, Diseases, Treatment.

PG/P/041

### A review report of millets for Infertility on nutritional health and dietetic significans

Dr.A.Kamaraj <sup>1</sup>, Dr.N.Anbu<sup>2</sup>

#### **ABSRTACT**

Siddha medication is a customary medication rehearsed over hundreds of years. The siddhars did extensive research on plants and devised methods by which plants could be harnessed medicinally. Siddha medicine gives importance to the conjunctive use of plants and minerals. Millets are the staple crops of the semiarid tropics. They have higher nutrient content compared to major cereal crops and ensure food and nutrition security. According to standard doctrine of Indian traditional medicine, Millets plays a significant role in person's health. The objective of the current study is to analyse the functional and medicinal value of millets for infertility with a significant economic impact on developing countries. Millet-based foods are considered as potential prebiotic and probiotics with prospective health benefits. Grains of these millet species are widely consumed as a source of traditional medicines and important food to preserve health. Millets (foxtail millet, kodo millet, little millet, brown top millet, barnyard millet) are receiving ongoing increased attention due to its beneficial health effects, including the Increase semen count. This article presents a comprehensive review of the physicochemical and health-functional properties of millets. Millets contains significant levels of protein, Fiber, mineral, and phytochemicals. These millets are also reported to possess hypolipidemic, low-glycaemic index, and antioxidant characteristics. This review concludes that, like most millet varieties, millets remains under-utilized as a food source. It is however receiving increased research and commercial attention. It would be reasonable to surmise that millets has a promising role to play in nutritional and medicinal value in infertility patients.

**KEYWORDS**: millets, increase semen count, research, infertility.

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#### PHYTOCHEMICAL ANALYSIS AND BIO-CHEMICAL ANALYSIS OF HERBOMINERAL SIDDHA FORMULATION – SILASATHUPARPAM

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#### **ABSTRACT**

#### **BACKGROUND**

Siddha a medical science is very ancient in origin, as old as the ancient civilization. The term siddha means achievement. Siddha medicinal science gives importance to body constitution and customize the treatment based on three humoral and panchabootha concepts. Worldwide the prevelance of symptomatic hemorrhoids is estimated at 4.4% in the general population. 25% of people who develophemorrhoids are female and 15% is male. Several siddha medications have been indicated for hemorrhoids and it's associated symptoms. Hemorrhoids are referred to as "Moolanoi" in siddha texts. Silasathuparpam is a traditional Siddha herbomineral drug which is indicated for Kuruthimoolam (bleeding piles) in the literature of Anubogavaithiyanavaneetham part 4.

#### **OBJECTIVES**

The primary objective of the study is to investigate the preliminary phytochemical studies of aqueous extracts and Biochemical analysis of "Silasathuparpam" for fixing the parameters of pharmacognostical standard.

#### **METHODS**

The phytochemical analysis was done using standard procedure with aqueous extract of sample and the bio chemical analysis was doneusing extract of 5 gm of *Silasathuparpam* with 100 ml of distilled water, a sample from this fluid is further analysed to evaluate it's phytochemical and Biochemical components.

#### **RESULTS**

The results from the phytochemical analysis showed the presence of alkaloids. The results of bio chemical analysis showed the presence of components such as calcium, sulphate, chloride, ferrous iron, and amino acids.

#### **CONCLUSIONS**

From the above analysis it was evident that "Silasathuparpam shows the presence of several phytochemical components which effective Styptic activities and prevents us from bleeding piles and its associated symptoms. This study forms the basic foundation to further clinical research which will be followed by safety and efficacy studies later.

#### **KEY WORDS**

Silasathuparpam, Phytochemical analysis, Bio chemical analysis, Siddha medicine.

#### Standardization of Murungai Nei – A siddha herbal formulation

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#### **Abstract**

Infertility is one of the most serious social problems which the developed countries are undergoing. It is also a global problem in the field of reproductive health and is one of the major contributors for the decline in birth rate. Infertility is a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after12 or more months of regular unprotected sexual intercourse In Siddha system of Medicine, there are unique combination of medicines which have a solution for MALE INFERTILTY. One such combination is MURUNGAI NEI which is a classical Siddha Herbal formulation mentioned in VAITHIYA ANUKULA JEEVARATCHAYINI part 1, page no. 40, for the treatment of Aan Maladu (Male Infertility). The therapeutic efficacy of this Siddha formulation is so far not evaluated scientifically, so the author tries to evaluate its efficacy in an open clinical trial.

#### **Methods:**

The drug was screened for physiochemical, phytochemical analysis and HPTLC to estimate the quality of the drug.

#### **Results:**

The achieved results of physico-chemical, TLC profiling, HPTLC finger print profiling will be useful as tools for authentication and standardization profile of the herbal formulation.

#### **Conclusion:**

The reported results will be supportive for standardization and future studies of SGYC.

#### **Keywords:**

Siddha medicine, Aan Maladu, Murungai Nei, phytochemical activity, HPTLC.

### STANDARDIZATION OF PERUNGAYA CHOORANAM – A SIDDHA HERBOMINERAL FORMULATION

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#### **ABSTRACT:**

#### **BACKGROUND:**

Siddha system is a holistic and unique medical system based on principles of providing a preventive, formative, promotive, curitive, rehabilitive in nature. It is recognised system of medicinein India and Sri Lanka. Here there are many Siddha formulations have been documented in text by written form,out of them Perungaya Chooranam(PGC) one of the medicines which is mentioned in anubava vaithiya deva ragasiyam 4th part, the treatment of vayu gunmam (gastro esophagial reflux disease). In globalisation, herbomineral formulation has gained marked importance and rising global attention recently. Owing to traditional formulation of medicine need to standardization on the basis of Physiochemical and Phytochemicals analysis. This paper is an attempt to describe the standardization and efficacy of the drug Perungaya Chooranam.

#### **METHODS:**

The study drug was screened for physiochemical, phytochemical analysis and HPTLC to estimate the quality of the drug.

#### **RESULTS:**

The achieved results of physico-chemical, TLC profiling, HPTLC finger print profiling will be useful as toolsfor authentication and standardization profile of the herbomineral formulation.

#### **CONCLUSION:**

The reported results will be supportive for standardization and future studies of PGC.

#### **KEYWORDS:**

Siddha medicine, vayu gunmam, gastro oesophagial reflux disease,perungaya Chooranam, phytochemical activity, HPTLC.

#### Nutritional role of Millets in life style disorders and Malnutrition

Dr. Jayaradha K

Siddha is the oldest documented system of Medicine widely followed in South India. Siddha includes its ownprinciples of preventive sciencewhich is helpful in the prevention and management of life style disorder of recent days. Traditionally, millets were the earliest food to be domesticated by human beings and it constituted the staple food for various civilisations across Asia and Africa. Somehow, during the course of modernization, the production and consumption of millets has declined significantly. Government of India has taken a lead role and has launched widescale strategies to promote millets in order to make India a global hub for millets. Millets has immense potential in enhancing the socioeconomic and health status of people. Objective: To collect all the information related millets in lifestyle disorders and compare the therapautic values of millets. Materials and Methods: This study is carried out by searching in literatures. Various Siddha texts and Research articles in Pubmed, Google Scholar etc are critically reviewed. Results and Discussion: This Study Reveals that the Regular consumption of millets translates into better post prandial blood glucose and better HbA1c levels. Millets mitigates atherosclerotic cardiovascular disease (ASCVD) risk by lowering insulin resistance, better glycemic control, lowering non high-density lipo-protein (HDL) cholesterol, lowering BP and by virtue of presence of various antioxidants. There is a need to revive the awareness about nutritive and therapeutic values of millets. Scientific community is increasingly realising the enormous potential of millets in enhancing the nutritional quality of the population and as a tool to halt the global pandemic of lifestyle diseases.

## EFFICACY OF MENTHATTAL (TAPPING) ON ANXIETY AND SLEEP DISORDER-A CASE SERIES

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#### **BACKGROUND**

Anxiety is a common emotion when dealing with daily stresses and problems . But when these emotions are persistent, excessive and irrational, and affect a person's ability to function, anxiety becomes a disorder. According to the world health organization, 3.6 % or about 264 million individuals worldwide have an anxiety disorder. To particular, 4.6% of females and 2.6 % of males. *Menthattal (Tapping)* is a relaxation technique and it has been clinically proven to manage anxiety and sleep disturbance through various mechanism

#### **OBJECTIVE**

To elucidate the significance of *Menthattal* in Anxiety and sleep disorders.

#### **METHODS**

10 cases were observed with anxiety, stress and insomnia attend PG Noi Naadal opd. They were treated with *Menthattal* Varma treatment to stimulate *Annan Kaalam* along with internal medication of Amukkura chooranam with warm milk. *Menthattal* is done for 90 sec as 2 cycle for 7 days. Patients fall sleep during this process. After the regular follow up patient feel reduced stress and normal sleep cycle.

#### **RESULT**

As the result of treating patients with anxiety and insomnia they have a good prognosis with reduced stress and insomnia.

#### CONCLUSION

Similar to this method EFT (Emotional freedom technique) 5 step is used in psychological acupressure to treat anxiety and stress. In siddha, holds a simple and effective varma (*Menthattal*) is to stimulate the *Annaan kaalam* which reduce the stress.

#### **KEYWORDS**:

A case series, *Menthattal* (Tapping), Anxiety and sleep disorders, Normal sleep cycle.

### STANDARDIZATION OF AGNIMUGA CHOORANAM -A SIDDHA HERBOMINERAL FORMULATION

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#### **ABSTRACT**

#### **BACKGROUND:**

Siddha system is one of the oldest system of medicine which contains mono-herbal, poly-herbal, herbo- mineral and animal based formulations for various diseases. Among various formulations, Agnimugachooranam (AMC) one of the medicines which is mentioned in Agathiyarvaithiyarathinasurukam 360, for the treatment of Rheumatoid Arthritis (Uthiravaathasuronitham). Standardization is the most important to ensure the quality, safety and efficacy and bring herbal medicine into mainstream of today's healthcare system. Now a days the traditional formulation of medicine need to standardization on the basis of Physiochemical analysis and Phytochemicals analysis.

#### **OBJECTIVES:**

To describe the standardization and efficacy of the drug AgnimugaChooranam.

#### **METHODS:**

The drug was screened for physiochemical, phytochemical analysis to estimate the quality of the drug.

#### **RESULTS:**

The achieved results of physio-chemical, Phytochemical analysis will be useful as tools for authentication and standardization profile of the herbomineral formulation.

#### **CONCLUSION:**

The reported results will be supportive for standardization and future studies of Agnimugachooranam(AMC).

#### **KEYWORDS:**

Siddha medicine, Uthiravaathasuronitham, AgnimugaChooranam,Physiochemical analysis,Phytochemical activity.

### ARCHAEOLOGICAL AND HISTORIC EVIDENCES REGARDING SIDDHA SYSTEM OF MEDICINE

Dr. Kuzhalarasi

Siddha medicine is one of the most ancient medical systems of India and is the mother medicine of ancient Tamils or Dravidians of peninsular South India. The archaeological and historical evidences are essential to improve the vitality and to revive the siddha system of Indian medicine. With this principle, there have been many archaeological studies such as the study of Indus valley civilization, Harappa, Mohenjodaro, Sirkhazhi, inscriptions and old manuscripts conducted to reveal the rich legacy of siddha system of medicine. Furthermore, historical evidences such as novels, poems, letters, photographs, oral histories, newspaper articles, government documents reveal the background of siddha system of medicine. Thus, this abstract lists the archaeological and historical evidences that form a sound background of siddha system or Tamil system of medicine.

#### **Keywords:**

Archaeology, historical evidence, Harappa, Indus valley civilization, inscriptions

### DIETRY SUBLIMENTS INSIDDHA SYSTEM OF MEDICINE FOR DIABETES MELLITUS

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#### **ABSTRACT:**

#### **Introduction:**

MADHUMEGAM is a chronic metabolic disorder popularly called as "NEERIZHIVU" characterized by polyuria. According to Yugimuni and Agasthiyar this disease is due to Karma that is hereditary, also due to dietic variations. The word MADHUMEGAM in Siddha term closely resembles with "DIABETES MELLITUS" in modern Medicine.

#### **Background:**

Madhumegam is a metabolic disorder caused by absolute or relative defiency of insulin characterized by polyurine polyphagia, polydipsia, ketanuria, Hypokalaemia and cellular dehydration.

#### **Objectives:**

To carry out a clinical trial with two compound formulations one as chooranam and other a kudineer. To understand the incident of the disease with reference to age, sex, thinaigal, paruvakaalam, socio economic conditions diet and family history.

#### **Materials and Methods:**

Preparation of Extract 5gm of Madhumega Choornam and Madhumega Kudineer is weighed accurately and placed in a 250ml clean beaker and added with 50ml of distilled water. Then it is boiled well for about 10 minutes. Then it is cooled and filtered in a 100ml Volumetric flask and made up to 100ml with distilled water. Dose: 30ml B.D before Food Life span of kudineer – 3hours

#### **RESULT:**

The trial drug Sarabenthra Madhumega Choornam and Madhumega Kudineer powder did not exhibit any significant toxicity at 2000 mg/kg body weight. So the drug is safe for long term administration.

#### **CONCLUSION:**

It is concluded the combined therapy with Sarabenthra Madhumega Choornam and Madhumega Kudineer can be very good in the view of efficacy and safety in Madhumegam **Key words:** 

Madhumegam, Diabetes mellitus, Madhumega choornam, Madhumega kudineer

#### ARCHAELOGICAL AND HISTORIC EVIDENCE REGARDINGSIDDHA SYSTEM OF MEDICINE

 $Email\ ID-raagharaagavi@gmail.com ABSTRACT$ 

This kural ostensibly mentions that our food should be taken periodically with a break which stimulates insulin secretion properly. Siddhars had made immense effect in our lifestyle. But they are changed by globalization. Siddharsare enlightened not only in medicines but also in astrology, horoscope etc.

Archaelogical and historical evidence regarding siddha medicine is not yet to be finding. In Thrissur, Kerala the walls of Kundadam Vastakkunatha Swamy Temple, it had a baby on mother womb sculpture. In Varamootheswarar Temple at Ariyathurai, TamilNadu Fertilization is even sculptured without microscope in the chola era[2]. The disease is to be treated regarding with 96 thathuangal, Muthodam, Suvaigal which is mentioned in Siddha Maruthuva Adipadai Thathuvm Books. It is the only medicine system, which is naturally associated

with our lifestyle. It has unique way of treatment to cure disease. It has varmam, internal and external therapy, asanas and futher more. It not only prevent the disease but also prevent the etiology of disease. By proving that "Ver paaru thalai paaru minjungkal parpam chendhooram paaru"[3], a fabulous quote mentioned to attribute treatment a long ago. It has contributed boundless benefits to humankind.



**KEYWORDS:** Archeology – study of human past using material remains, Kundadam Vastakkunatha temple – kerala varamootheswarar temple – tamilnadu, Historical evidence – Aruvai maruthuvam, Thirumanthiram.

# HIGHER ORDER MEDICINE IN SIDDHA (CARDIOVASCULAR DISEASE BOTH INTERNAL AND EXTERNAL THERAPIES) JSA SIDDHA MEDICAL COLLEGE FOR SIDDHA AND RESEARCH CENTRE PALI ULUNDHURPET

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MODE OF PRESENTATION: POSTER

#### ABSTRACT BACKGROUND:

**SIDDHA SYSTEM** of medicine, has a vast range of external treatment for health management .Among them , PATRU is one of the external therapy non –invasive procedure.**PATRU** is one of the process by which is administered through skin .This review article

 $to bring out both external the rapy and internal drugs for \emph{CVD}(\emph{CARDIOVASCULARDISEASE}).$ 

#### **OBJECTIVE** :

CARDIOVASCULAR DISEASE(CVD) is a general term that describes a disease of the heart . Blood flow to the heart, brain or body can be reduced because of a blood clot (thrombosis) in an artery leading to hardening of artery. This symptom was correlated with THAMARAGA VAAYU

#### METHODS

A complete manual of *siddha* reviewed *external therapies* that exclusively treats *CVD*External therapy like; PATRU (MAANKOMBU PARPPAM – can be treated for *chest pain*)

Internal drugs like SANGA THIRAAVAGAM- can be treated for anginal pain (chest pain)

SANGU PARPPAM - can be treated for heart attack;

#### **CONCLUSION:**

In *SIDDHA SYSTEM*, the medicine such as MAANKOMBU *PARPAM (EXTERNAL APPLICATION –PATRU ),SANGA THRAAVAGAM(VENGARAM –BORAX)*, *SANGU PARPAM (TURBINELLA PYRUM )* are used to reduce the symptoms of the *THAMARAGA VAAYU (CVD)*. **KEYWORDS:** 

CARDIOVASCULAR DISEASE , THAMARAGA VAAYU,MAANKOMBU PARPAM, SANGA THIRAAVAGAM, SANGU PARPAM.

#### "A LITERATURE REVIEW OF PANCHA PAKSHI SASTHIRAM IN DIAGNOSING A DISEASEIN SIDDHA SYSTEM OF MEDICINE"

#### POSTER PRESENTATION

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#### **Background:**

The word "Siddha" has its orgin from the tamil word "Siddhi", which means "Heavenly bliss". The Siddha is a combination of medicinal practices and spiritual disciplines.

In Siddha system of medicine, Pancha Pakshi Sasthiram is one of the special diagnostic tools in the prediction of diseases based on the concept of five (Pancha) Birds (Pakshi) – Hawk, Owl, Hen, Crow, Peacock along with Pancha Bhutas and Thiridhosas.

#### **Objective:**

To demonstrate the role of Pancha Pakshi Sasthiram in the diagnosis of a disease.

#### **Method:**

The Literatures were taken from books Pancha Pakshi Sasthiram by Dr.Pulipani Sundaravarathachiyar and Pancha Pakshi Sasthiram by Sivathasan Ravi.

Furthermore, the informations were collected from research articles, journals, websources for the activity.

#### **Result:**

The Literature review of Pancha Pakshi Sasthiram help us to know more about the diagnostic technique.

#### **Conclusion:**

Pancha Pakshi Sasthiram is used to diagnose the disease by our saints from the ancient time. Further researches will be done regarding clinical evaluation of diagnosis through Pancha Pakshi Sasthiram in future.

#### **Keywords:**

- Siddha
- Pancha Pakshi Sasthiram
- Five birds
- Pancha Bhutas
- Diagnosis

## HIGHER ORDER MEDICINE IN SIDDHA(NON – COMMUNICABLE DISEASE) JSA MEDICAL COLLEGE FOR SIDDHA AND RESEARCH CENTRE PALI ULUNDURPET

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GUIDE : Dr.D. DEEPA MD(S) (Department of Udal thathuvam)

#### **BACKGROUND:**

Siddha medicine is one of the earliest traditional medicine it is based on the pancha bootha principle .several disorders can be treated using the higher order medicine .the aim of this poster is to treat CENTRAL NERVOUS DISORDER using the higher order medicine MERCURY .

#### **OBJECTIVE:**

Now a days we are affraid to use MERCURY as medicine, but it as more importance in the siddha system of medicine .Many disorders can be treated by mercury .The ultimate aim of this poster is to note that MERCURY has more importance in treating the CENTRAL NERVOUS DISORDER .

#### **METHODS:**

Insanity can be treated by mercury by the mixture of

RASA SENDURAM with THAMARAIILAI SAARU

PAARISAVAAYU can be treated by RASAMELUGU

VAADHAPRAMAI can be treated by ILAVANGARASAM

PAKKAVAATHAM can be treated by AANANDHA BAIRAVA RASAM

PARALYSIS can be treated by UDUMBURASA PARPPAM and RASACHUNNAM

VALIPPU can be treated by SOODHAM PARPPAM

#### **CONCLUSION:**

Here by we conclude that MERCURY has more power than other medicine and it has to be established to everyone and it will be very useful to treat many disorder

Especially CENTRAL NERVOUS DISORDERS can be treated amazingly these methods are wanted to be established for the development of Siddha system of medicine

#### **KEYWORDS:**

CENTRAL NERVOUS DISORDER ,MERCURY,RASA SENDURAM ,RASAMELUGU

### AREVIEWONENNAIKATTU(EXTERNAL)FORTHEMANAGEMENTOFL UMBAGO

#### POSTER PRESENTATION

AUTHOR: P.Rithika, BSMS First professional, Sivaraj Siddha Medical College, Salem. GUIDE: Dr.S.Brunda, Department of SMATV, Sivaraj Siddha Medical College, Salem.

#### ABSTRACT BACKGROUND

Siddha medicine, traditional system of healing which is originated in South Indian and is considered to be one of the India's oldest system of medicine. The Siddha system is based on a combination of ancient medicinal practices and spiritual disciplines as well as Alchemy and Mysticism.

Siddha medicine is the vast repository of external therapies particularly, administration of drugs through routes other than oral. It is important as much as an internal therapies. Ennaikattu (oil pooling) is one of the external therapy. It is a procedure of holding warm medicated oil in the affected area for specific time. Ennaikattu is also known as Puravalaiyam.

#### **OBJECTIVE**

To determine the effect and benefits of Ennaikattu (oil pooling) in curing low back pain(Lumbago). Ennaikattu helps in lubrication of stiff and tight muscles.

#### **METHODS**

Reference was taken from 'External Therapies of Siddha Medicine' by Dr.T.Thirunarayanan,Dr.R.Sudha and also from the articles of Ennaikattu.

#### **RESULT**

This study results stated that Ennaikattuhas immense effect for the treating the low back pain(Lumbago).

#### **CONCLUSION**

Ennaikattu is important in treating the Vaata diseases like low back pain, lumbars pondylosis, sciatica. In this review, it is concluded that Ennaikattu has great impact on Lumbago (low back pain).

#### **KEYWORDS**

- 1. External therapy.
- **2.**Ennaikattu.
- **3.**Low back pain.
- 4. Sciatica.
- **5.** Lumbar Spondylosis.

### POSTER PRESENTATION THERAPEUTIC USES OF FOXTAIL MILLET IN SIDDHA SYSTEM

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#### **INTRODUCTION:**

The Prime Principle in the Siddha system is "Food is Medicine and Medicine is Food". Millets are small seeded annual grasses, primarily grown on marginal land in dry areas. One of the important species is Foxtail millet which belongs to Poaceae family.

#### **OBJECTIVE:**

To demonstrate the therapeutic uses of Foxtail millet.

#### **MATERIALS AND METHODS:**

Foxtail millet contain nutritional properties such as polyphenols , tannins, glucosinolates and have various biological activities such as antioxidant effects.

From various research articles and journals, the literature review has been given.

#### **RESULT:**

This study results that Foxtail millet has the ability to cure Type 2 Diabetes mellitus, Hypertension , Colorectal cancer.

#### **CONCLUSION:**

Proteins present in the Foxtail millet has the ability to reduce Hypertension and suppress the colon cancer cell growth.

#### **KEYWORDS:**

- Foxtail millet
- Hypertension
- Type 2 Diabetes mellitus
- Colorectal cancer
- Siddha medicine

### "A LITERATURE REVIEW OF ARCHAEOLOGICALAND HISTORIC EVIDENCE REGARDING SIDDHASYSTEM OF MEDICINE"

#### POSTER PRESENTATION

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#### **Background:**

Siddha Medicine, traditional system ofhealing that originated in south india. The Siddha system is based on a combination of ancient medicinal practices and spiritual disciplines. Siddha medicine appears as part of Tamil culture.

There are references to it in Tamil shangam literature, which was also mentioned in the tolkappiyam and also in tirukkural.

#### **Objective:**

To review the evidence of our Siddha system in ancient times.

#### **Method:**

The evidences for literature where taken from Thennindhiya Maruthuva Varalaru by R.NiranjanaDevi.

#### **Result:**

The literature review of Archaeological and historic evidence regarding Siddhasystem of medicine showed the essentiality of our system in ancient time.

#### **Conclusion:**

Creating awareness of Siddha medicine and its history is essential to explore our Siddha system of medicine world wide.

#### **Keywords:**

- Siddha
- History
- Archaeology
- Tamil shangam literature
- Poetics

#### ARUSUVAIGAL-SIX TASTES

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#### **Background**

"Unavae Marunthu ;Marunthae Unavu"

Meaning proper diet is medicine reveals the importance of diet. This concept by Siddhars is based upon 6 tastes of food and each taste is made in combination of 2 elements which corresponds to the 3 humours and nurtures the Udalthathukkal corresponding to them.

#### **Objective**

To explain the concept of 6 tastes and their diagnostic and clinical significance.

#### Method

Reference was taken from Thotra Kirama Araichi by .Dr K.S Utthamarayan.

#### Result.

6 tastes has their own compactible counterparts and non- compactible counterpart therefore the food that we intake should be a combination of compactible counterpart rather than non-compactible counterpart a food that istaken with its non- compactible counterpart may yield poisonous effects

#### **Conclusion**

The concept of 6 tastes and its diagnostic and clinical significance is a special and unique principle of siddha medicine which is not to be found in any other medical systems. Diet should include food that normalises the 3 humours this concept is applied for selection and preparation of medicines in siddha system.

#### **Keywords**

- 6 tastes
- Udal thathukal
- 5 elements
- Diet
- Compactible and non compactible counterpart.

### EFFECTIVENESS OF LEECH THERAPY IN SIDDHA FOR THE MANAGEMENT OF LATERAL EPICONDYLITIS

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Sub theme: Siddha external therapies

#### **INTRODUCTION:**

Siddha system is the oldest traditional medicine used by South Indian people. According to Siddha literature, **Attai Vidal (Leech therapy)**isplaced in the twenty seventh place of 32 types of external therapy under the bloodletting method. Lateral epicondylitis or tennis elbow is a common pathology of both athlete and non-athlete affecting 1 to 3 % of the population at largest.

#### AIM:

The aim of the study is to review the effect of leech therapy on Lateral epicondylitis.

#### **METHODS:**

Leeches for this treatment should be maintained in healthy condition in animal houses. The affected person was properly prepared for Hirudotherapyafter taken of all aseptic measures. The leeches were applied around the elbow joint near the lateral epicondyle. The affected part was placed in suitable position for leechapplication and it was carried out by 7 days interval and two leeches were applied for each session. The literature evidence were collected from the book "external therapies of Siddha medicine" by Dr. T. Thirunarayanan and Dr. R. Sudha and the review articles of leech therapy.

#### **RESULT:**

Approach of Siddha medicine by using leeches in leech therapyhelps to improve the condition of the patient and treat various disorder.

#### **CONCLUSION:**

Tennis elbow is a painful condition that radiates from the outside of elbow to forearm and wrist. Most of the tennis elbow patients might suggest for surgery. In conclusion, Leech therapy was safest and effective method in relieving pain in short term.

#### **KEYWORDS:**

- Attaividal
- Leech therapy
- Bloodletting
- Lateral epicondylitis
- External medicine

### EFFICACY OF VARMA TREATMENT IN ADHESIVE CAPSULITIS (KUMPAVATAM)

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 Guide: Dr. S. Uthrapathi, Lecturer, Department of Udalkoorugal.
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#### **BACKGROUND:**

Siddha system is one of the oldest systems of medicine in India. The term Siddha means achievements. Adhesive capsulitis is a condition in which movement of shoulder becomes restricted. Key symptoms are shoulder stiffness and severe pain especially at night.

#### **OBJECTIVE:**

To treat adhesive capsulitis by stimulating the Varma points.

#### **METHOD:**

Review was taken from the guidelines for practice of siddha Varma therapy by prof. Dr.R.S. Ramaswamy.

#### **RESULT:**

This Varma therapy has been recognized as an effective therapy for adhesive capsulitis and it will reduce the pain related complication and enlightens your life.

#### **CONCLUSION:**

This therapy is effective as there are minimal chance for adverse reaction. Strict adherence to the siddha line of treatment also have contributed to the ease of pain. This will provide reduction from pain and restricted movements.

#### **KEYWORDS:**

Adhesive capsulitis (Kumpavatam) Varmam Valaimutinta Varmam Kakkattai Varmam KozikkazuttuVarmam

#### AntifungalActivityofCow'sUrine(pasuneer)treating Dandruff

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Subtheme:Cross-sectional and observational studies.

#### **INTRODUCTION:**

The Siddhasystem of Medicine is one of the ancient medicine system in India which has many internal and external therapies .

Dandruffisoneoftheverycommondiseaseswhichaffects atypeofskindiseasecausedby *Malassezia* (yeast).

human.Itis

InSiddhaterms, "Cow's Urine" isknown as "pasuneer", has an umber of beneficial propertiesbeing an Anti-fungal, Anti-septic, Anti-cancer, Anti-microbial, Anti-oxidantin Medical field and also lot of uses in Agricultural field.

#### AIM:

TotreattheDandruff byusingCow's Urine(pasuneer).

#### **METHODS:**

Anti-fungalactivityof(Cow's Urine) pasuneercarriedoutbypourplate, spreadplate, welldiffusion, discdiffusion methods (Saneeshkumar, 2013, Advanced Biotech. ISSN-2319-6750 Vol.12, Issue 07). Biofungicidal property of Pasuneer mainly used to treating skin diseases (Gunapadam"-Thathu-seevanvagupu,byDr.R.Thiyagarajan)

#### **RESULT:**

The experimental reports for effect of Pasuneer (Cow's Urine) used to inhibiting the growth of *Malassezia* will be reported during the presentation (current work in progress).

**CONCLUSION:** Hence, concluded that instead of the chemical constituents, the Natural remedies for treating dandruff by using Cow's Urine which having Anti-fungal property. Nowadays wide usage of chemicals in treatment methods but it gives lots of side effects, so we report the natural remedy for effective in treating dandruff.

#### **KEYWORDS:**

- Cow'sUrine(pasuneer)
- Dandruff
- Malassezia
- Anti-fungal
- Skindisease

#### EFFECTIVE SIDDHA MEDICATION IN ORDER TO CURE JOINT PAINS

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#### **Abstract**

- Core material : Serankottai ( Semecarpusanacardium)
- Other names -Vallathi, Siddharkovam.

The extract which is taken from this seed is used to treat joint pains effectively.

This extract cures 1000 various diseases.

In this poster, we are going to see how to prepare this VallathiElagam

#### Introduction

Serankottai – This belongs to cashew family. This seed is very poisonous thereby we should use some cleaning techniques to make use of this seed.

We should use this seed only after proper purification.

This technique is called (VallathiSutti)

☐ The extract of this seed is anti- atherogenic, anti-arthritic, anti – inflammatory, anti- oxidant.

Thereby the extract is used to cure 1000 various diseases.

#### Aim

To know about the siddha medications to cure joint pains, knee pains.

#### **Symptoms**

$\Box$ Pain or aching in more than one joint, $\Box$ Fatigue or tiredness, $\Box$ Weakness,	□Fever
☐ Stiffness in more than one joined	

#### Method

With the help of VallathiElagam(Serankottai extract)joint pains can be treated and effectively cured.

#### Reference

Reference has been taken from,

☐ Anuboga Vaithiya Navanithampart-8

#### Result

Development of siddha medicine VallathiElagamin order to cure joint pains.

#### Conclusion

With the help of siddha medicine we can overcome the defects and illness caused by joints related problems,knee pains .

#### **Key words**

⊔Joint pains
□Serankottai (Vallathi)
□Pain relief
☐ Effective oral medication

#### A REVIEW ON UDHANA VAYU WITH MODERN PERSPECTIVE

#### **BACKGROUND:**

Siddha medicine is one of the oldest traditional systemof medicine practised in southern part of India. Siddha means "perfection". It covers physical, social and physiological well being of an individual. The origin of this system is considered to be divine and Siddhar "Agasthiyar" is the founding father of Siddha system.

#### **OBJECTIVE:**

To correlate the actions of Udhana vayu, which isone of the vayu in thasavayukkal (10 வாயுக்கள்) with the actions of 10 th cranial nerve.

#### **METHOD:**

The Siddha system of medicine is mainly based on the 96 basic fundamental principles (96 தத்துவங்கள்). In this ,one of the factor is Thasavayukkal. The reference for this was found in various Siddha texts.

#### **RESULT:**

Udhana vayu (மேல்நோக்கு கால்) is present in the site of abdomen and also in the passage of neck,nasal passage and helps in the speech. The actions of Udhana vayu is swallowing,cough, sneezing ...

Vagus nerve acts in the reflex actions such as coughing, sneezing, swallowing and vomiting and responsible for the sensations of viscera .

#### **CONCLUSION:**

According to Siddha literature, Udhanan is one of the vayu which has the role in the reflex actions of the body. Those actions are correlate with the actions of vagus nerve.

#### **KEY WORDS:**

- Udhanan
- 96 thathuvam
- Vagus
- Reflex actions
- Siddha

#### THERAPEUTIC USES OF RAGI MILLET IN SIDDHA SYSTEM

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#### **BACKGROUND**

The prime principle is "A healthy millet meal to help your body heal and growfor a good life, have a good bite"

There are about 6000 varieties of millet throughout the world, and since they are not fussy about soil and water. They area major source of energy and protein.

One of the most important species is Ragi common name: Finger millet belongsto the Poaceae family.

#### **OBJECTIVE**

To demonstrate the therapeutic uses of Ragi Millet.

#### **MATERIALS AND METHODS**

Ragi is a drought-tolerant and highly nutritional crop which has an economic value and productivity in the range of major cereals and the reference has been taken from a few articles related to the therapeutic uses of RagiMillet.

#### **RESULT**

This study result that Ragi millet to promote health benefits in holistic breakfast and to treat anemia.

#### **CONCLUSION**

Nutrition present in the Ragi millet has the ability to reduce anemia and prevents hair fall.

#### **KEYWORDS**

Ragi millet

Anemia

Hair fall

Holistic breakfast

Siddha Medicine

### OTTRADAM (FOMENTATION) – A EXTERNAL THERAPY IN SIDDHA SYSTEM OF MEDICINE.

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#### **INTRODUCTION**

Siddha medicine is a traditional system of medicine in southern part of India .There are 32 types of puramaruthuvam( external therapy ) for treating diseases.

#### **OBJECTIVES**

Ottradam is a significant part of external treatment which is useful for eliminating toxins through skin and maintaining the body constituents. To review the effectiveness of ottradam in various diseases as mentioned in literature.

#### **METHOD**

Several types of ottradammethods were been evidenced in siddha text ( Theraiyarmahakarisal ) .

References were collected from the book external therapies of siddha medicine written by Dr.T.Thirunarayanan and Dr.p.Sudha.

#### **RESULTS**

The evidences mentioned in literature for ottradam to various diseases were effective by analysing various text references.

#### **CONCLUSION**

Creating awareness of siddha external therapies is essential to explore siddha system of medicine worldwide .This therapy is very affordable , effective and simple .It is easily available technique .

#### **KEY WORDS**

Siddha medicine.

Puramaruthuvam.

Ottradam.

Fomentation.

Toxin.

### PUGAI(FUMIGATION)- AN EXTERNAL THERAPY IN SIDDHA SYSTEM OF MEDICINE

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#### **INTRODUCTION:**

Siddha system of medicine is the ancient medical system flourished on par with the civilization of southern part of India. In Siddha system, External therapy is one of the most important therapies.

There are about 32 types of external therapies and procedures dealt with in classical Siddha text particularly in the ones authored by Theraiyar and Agathiyar.

#### **OBJECTIVE:**

To document the therapeuticefficacy of PUGAI (FUMIGATION) in the treatment of Sinusitis. Fumigation is the artificial impregnation of the atmosphere, with the fumes or the smoke of any vegetable or aromatic substance.

#### **MATERIALS AND METHOD:**

The references were collected from the books namely External therapies of Siddha Medicine by Dr.T.Thirunarayanan and Dr.R.Sudha and Glossary on Siddha External therapies.

#### **RESULT:**

This study results that Fumigation cures Sinusitis.

#### **CONCLUSION:**

Fumigation is an effective treatment for respiratory conditions such as Sinusitis, Bronchitis, Asthma,

Ear disease, Dental caries.

#### **KEY WORDS:**

Fumigation, sinusitis, bronchitis, allergies, aromatic substances, vegetables.

### A LITERATURE REVIEW OF THERAPEUTICUSES OF SORGHUM IS SIDDHA SYSTEM

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#### Introduction:-

The prime principle in the siddha systemOf life "From inside out, Siddha is the key ,To a balanced life"

**Sorghum** and millets have been important Staples in the semi-arid tropics of Asia and Africa for centuries.

These crops are still the principle sources of energy, protein, vitamins and minerals for millions of the peoples in the region.

Millets are a group of highly variable small seeded grass widely grown around the world as cereal crops or grains for human food.

The grain sorghum has certain properties which makes it suitable to be consumed by population suffering from chronic disorder.

Each sorghum nutrients has specific nutritional significance, which is suggestible to prevent & control life style disease and disorder.

#### **Objective:**

To Review the therapeutic uses efficiency of sorghum millet in certain health disorder.

#### **Material & method:**

Sorghum is a nutrient packed grain. You can use in many way.

It rich in Vitamin& minerals like magnesium, potassium, phosphorusvitaminB.

The therapeutic efficiencyof sorghum in hyperglycemia, hyperlipidaemia,GIT disorder and cancer was analysed from the publication.

#### **Result:**

The slow digestible starch (SDIS) Content of sorghum makes favourable for dietary management and also helps in metabolic disorder such as diabetes and hyperlipidemia

#### **Conclusion:.**

Due to its major benefits on diet and life style management disorder it should be incorporated into diet and further awareness and research should be done.

#### **Key words:**

- Sorghum
- Underrated nutrient
- Vitamin B
- Antioxidant
- Hyperglycemia.

#### TITLE:SIDDHA PRINCIPLE TO LEAD A HEALTHY LIFE

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#### **BACKGROUND:**

The core concept of siddha medicine is "Food is medicine and medicine is food". Specific food items can be used for ailment. Food materials we consume should give energy for the vital organs to function properly by strengthening the body constituents. Siddha system is fundamentally based on 96 principles which includephysical, physiological, psychological and intellectual aspect of every human being. However, the current trend is to give more emphasis to nutrition which in turn throws light on traditional system of medicine.

#### **OBJECTIVE:**

- Among 96 principles, Panchabotham namely Earth, Water, Fire, Air and Space are the fundamental units of everything in human body.
- Other three vital constituents called Thirithoda responsible for leading healthy life includes Vatham, Pittam and Kabham.
- There exist a balance between the Panchabotham and Thirithoda to maintain body in a healthy state.
- Any imbalance between these two leads to disease.

#### **METHODS:**

By using Thirithoda Sama Porutkal we can prevent the disease and it will help to lead to a healthy life.

#### **CONCLUSION:**

This paper explains about the significance of Thirithoda Sama Porutkal in leading a healthy life.

#### **KEY WORDS:**

Siddha system, 96 Principle, Traditional system of medicine, Panchabotham, Thirithoda, Thirithoda Sama Porutkal, Healthy life.

#### **TINY BUT MIGHTY**

Author:M.G.Lekha Rajeswari Guide:Dr.S.Ramesh MD(S)

This presentation is a collection of therapeutic benefits, nutritional values, literature evidence of six main millets cultivating in India. Specific diet plan with millets can boost the recovery of diseased patients and prevent from malnutrition. We can recommend bajra for diabetes,sorghum for osteoporosis,ragi for cancer,Kodon for atherosclerosis,kutki for obesity, kangni for its serotonin. Among many NCD and poverty, millets were help with there vitamins, minerals, prebiotics, probiotics. Indian farmers are facing challenges in cultivating millets even though it is short growing crop in dry condition. Increasing utility can demand for itsproduction. Process like irradiation, fermentation, germination can increase its shelf life and reduce its antinutritional factors. These techniques even mentioned in kutralakuravanji malaipadukadaam.Many like and ancient literatures purananooru, agananooru, tholkapiyam, silapadhikaaram mentioned millets as koolam.

#### **Keywords**:

Bajra,sorghum,ragi,kodon,kutki,kangni,probiotic,germination,fermentation,antinutriti onal factor,koolam.

### A SURVEY AND DOCUMENTATION ON TRADITIONAL MILLET FOODS IN VIRUDHUNAGAR DISTRICT.

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### ABSTRACT BACKGROUND:

The ancient Siddha system of medicine is an indigenous medical system belonging to Tamil culture. The Siddha system of medicine is a way that emphasizes positive health which is the part and parcel of daily diet and hygiene principles. Millets are high Nutritive value, gluten free, acid free forming food which also contains nutraceutical properties and a good source of protein(essential amino acid), micronutrient and phyto chemicals. We conducted a survey on the significance of millet foods in our surrounding villages of Virudhunagar district. The collection of information about the traditional millet foods and their recipes and their therapeutic values were collected among the individuals through their responses to the questions. Millets have been stable in their diet and they had historical disease free lifestyles due to millet food consumption and interestingly the still maintain distinct millet foods in their day to day life.

#### **OBJECTIVE:**

The core aim of this survey is to provide insight and comprehension about the nutritional and medicinal values of some specific special traditional millet foods.

#### **METHODOLOGY:**

This information mainly collected by using "SURVEYMETHOD" and validated with siddha reference text "PATHARTHAGUNACHINTHAMANI" and "UNAVU MARUTHUVAM".

#### **RESULT:**

In this survey from the surrounding villages of Virudhunagardistrict, we have collected enormous documents of millets and their recipes especially for the therapeutic purposes for the prevention of many life style disorders in the human society.

#### **CONCLUSION:**

In this research, We put forth that millets also prevent us from illness along with the other diets. This is done for creating awareness about traditional millet foods.

#### **KEYWORDS**:

Special traditional millet foods, Nutrition, Preventing illness.

### Scoping review on "Take meals twice a day"- from the Theraiyar's principle for prevention of disease from the book "Patharthagunasinthamani"

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#### **Objective:**

The aim of this scoping review is to validate "Taking two meals a day" which is recommended by Theraiyar, one of the foremost Siddhar.

#### Methods:

Scoping review

Data Source: PubMed, Books and Siddha literatures

#### **Results:**

A study conducted in the diabetic patients for 12 weeks showed that when compared to 6 meal a day having 2 meals aday is a better option for patients. It was found that significant decrease in hepatic fat content level, body mass index (BMI), waist circumference and plasma glucose level. On the other hand, oral glucose insulin sensitivity (OGIS) and metabolic clearance rate (MCR) were increased. It's reported that intermittent fasting helps in prevention of chronic disease, lower oxidative damage and higher stress resistance. Also when we look on to animal studies it showed that 2 meals a day helps in maintains of weight, increased production of brain derived neurotrophic factor. It mainly helps in circadian control of hunger and appetite.

#### **Conclusion:**

As Theraiyar's words, the concept of 2-meal a day is helpful for both patients and better life style in healthy individuals. These are ideal effects that are needed for a healthy being.

#### **Keywords:**

diabetic mellitus, glucose sensitivity, BMI, intermittent fasting, Siddha

### A review on 'Never suppress any natural urges' – A *Theraiyar*'s principle for prevention of diseases

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#### **ABSTRACT**

#### **Background:**

Suppression of natural urges is often overlooked as a primary cause of many acute and chronic ailments. Natural urge plays a vital role in maintaining homeostasis and prevention of diseases in human body. It separately or simultaneously impacts the five levels, chemical, cellular, tissue, organ, and organ system, of the structural organization of the human body. Naturalurges are related to the autonomous nervous system. There are fourteen non-suppressive natural urges described in Siddha system of Medicine, a traditional Indian system of medicine.

#### **Objective:**

This study presents a brief overview on *Theraiyar's* principle of 'Never suppress any natural urges' as per mentioned in Siddha text *Pathartha GunaSinthamani*. Thereby understanding,its symptoms and effectscaused on suppression leading to imbalance in the homeostasis of our body.

#### **Method:**

The study used here is a Scoping review. It is a preliminary assessment of potential size and scope of available research literature

#### Data source:

For the present study we usedresearch and review articles available in the reputed journals and books.

#### **Results:**

With reference from ancient Siddha literatures it is found that the *PathinanguVegangal*(Fourteen natural urges) such as *Vatham*(Flatus air) ,*Thummal*(Sneezing) ,*Neer*(Micturition) ,*Malam*(Defecation) ,*Kottavi*(Yawning) ,*Pasi*(Appetite) ,*Neervetkai*(Thirst) ,*Kasam*(Cough) , *Illaippu*(Exhaustion) ,*Nithirai*(Sleep) ,*Vanthi*(Vomiting) ,*Kanner*(Tears) ,*Sukilam*(Sperm) ,*Suvasam*(Breathing) plays a vital role in homeostasis of body function. On ignoring or avoiding these urges causes certain complications like Urinary tract infections and bladder problem on Micturition reflex suppression, Suppressing Sleep causes negative impact on memory, concentration and emotional stability etc.

#### **Conclusion:**

In this review study, we attempt to explain various natural urges which on suppression causes which type of symptoms to the body and those leading to various diseases developing in the body. Hence, these non-suppressible natural urges should not be suppressed at any cost for better well-being of our body systems.

#### **Keywords:**

Theraiyar's principle ,Siddha,Naturalurges, Micturition reflex, Sleep

ID:UG/P/024

# A Review on "Take purgative medication every four months a year"- a Principle from Theraiyar's *Pini Anugaa Vidhi*

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### **Background:**

According to Siddha system *of* medicine, *Viresanam* means removing toxins through the rectal route which is known as purgation. There are three humors in the body *vatham*, *pitham* and *kabham* whose imbalance causes diseases. This purification therapy helps in balancing vitiated *doshas* maintaining the normal physiology of the body.

## **Objective:**

Aim of the review is to showcase the effectiveness of taking purgative medication every four months a year which is one of the *Theraiyar's* principles of prevention of diseases as described in the Siddha text "*Pathartha Guna Sinthamani*".

### **Method:**

A scoping review is conducted on the relevant research papers.

Data source: Research and review articles from International journal of Ayurveda and Pharma research, Journal of Siddha, International Ayurvedic Medical journal, Global Journal for Research Analysis, Journal of Research in Ayurveda from 2019 to 2022.

### **Results:**

Siddha system of medicine contains extensive range of drugs for *Viresanam* (purgation). It is all used in the first line of treatment for various diseases and helps in good prognosis. The articles regarding a study on 18 obese patients and a periodic study from 2004 to 2010 on 123 patients affected by diabetes mellitus have shown convincing results. From this review it is evident that purgation is effective in removing toxins from the body and balances the *doshas*.

### **Conclusion:**

Collectively considering the benefits, we conclude that taking purgative medication every four months a year is effective for maintaining a hale and hearty life. This review will serve as an aid for further research on purgation.

### **Keywords:**

Purgation, Viresanam, Siddha, Theraiyar's pini anugaa vidhi

# "Use of hot water while taking oil bath", a Theraiyar Siddha Principle for Prevention of Diseases - A review

# **Background:**

Siddha system of medicine has been prevalent in the Indian Sub-continent since the ancient times, and it isforemost of all other medical systems in the world. The siddha system of medicine also deals with the maintenance of skin health which can greatly influence the improvement of our overall health and lifestyle. Changes in the skin's appearance can significantly influence the psychosocial well-being. Ageing of the skin can also be an indication of disorders in our body. To overcome this, one such method is the combination of oil bath by using warm water.

### **Objective:**

The goal of this study is to know about the benefits of using hot water while taking an oil bath. It is a preventive health principle quoted by Theraiyar in the Siddha text *PatharthaGunaSinthamani*.

### **Method:**

Scoping review

### Data sources:

Six journals between 2020 to 2023, from three leading major data sources-Pubmed, Sciencedirect, Google scholar and the books - *Siddha MaruthuvangaChurukkam*, *AgathiyarKanMaruthuvam*, *Theraiyar ThailaVarukaChurukkam* 

# **Results:**

The act of bathing with oil and warm water provides comfort, reduces itching and prevents dry skin. Oil bath with warm water also restores the body's equilibrium and accelerates its natural regeneration. It also prevents eye diseases. A regular practice of oil bath with warm water can help with muscle pain, arthritis and rheumatism. The combination of warm water with oil stimulates vasodilation, hence it increases the blood flow. It also helps in detoxification, rejuvenation and relaxation of the body. Oils with Vitamin-E as a component, protects skin against free radicals which causes damage to cells. Researchers also said that use of oil and warm water for bathing prevents the risk of skin damage.

### **Conclusion:**

This review paper explains the "Theraiyar'spinnianugavidhi", "Ennai Perrin VenneerKulipom" that is use of warm water for oil bath and its significance in health. This helps in remembering the age old practices of our ancestors and their scientific significances.

# **Keywords**:

Theraiyar, siddha, hot water, oil bath, vasodilation, natural regeneration.

# A REVIEW ON 'ALWAYS CONSUME SOUR CURD' - A THERAIYAR'S PRINCIPLE FOR PREVENTION OF DISEASES

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**Background:** In Siddha, one of the Indian systems of medicine, saint Theraiyar has stated that consuming sour curd ( *Moothathayirunbom*) is good for preventing diseases. This principle is taken from the Siddha text "Pathartha guna sinthamani". Sour curd is a habitual diet for people since time immemorial.

**Objective:** The aim of this review is to validate Theraiyar's principle "Always consume sour curd".

**Method**: A scoping review has been done on related articles. Scoping reviews can clarify key concepts/definitions in the literature and identify key characteristics or factors related to a concept, including those related to methodological research.

Data sources: PubMed, Research gate. We have referred to ten journals from 2005 to 2023

**Results:** As per the biochemical analysis, sour curd contains Vitamins A, B2, B5, B12, carbohydrates, proteins, fatty acids and minerals -Na, K, Ca, Mg, Fe, Zn, Cu. Consuming sour curd seems to improve digestion, improve bone strength, make the skin and hair healthy and improves vaginal health. It is also shown to reduce blood pressure. Sour curd contains 76 bacterial genera (majorly *Firmicutes*) and 70 fungal genera (majorly *Ascomycota*). The microorganisms of sour curd form part of the microbiota and microbiome of the gut which checks the opportunistic pathogen by enhancing immunity. These microbes have also shown to reduce allergies, the symptoms of flu and the severity of diarrhea. According to Siddha system of medicine, sour curd is shown to reduce humoral factors *pitha* and *kapha*. The quality and safety of sour curd depends on its nutritional composition and microbiome diversity.

**Conclusion**: Considering the benefits of consuming sour curd, this review justifies one of Theraiyar's principles for the prevention of diseases.

Keywords: Sour curd, Probiotics, Microbiome, Siddha, Theraiyar.

# A REVIEW ON THE SIDDHA PREVENTIVE PRINCIPLE -"NEVER CONSUME LEFTOVER FOOD"

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**Background:** Siddha is one of the oldest Indian traditional systems of medicine. *Theraiyar* is one among the eighteen *Siddhars* who explained the principles for the prevention of diseases called "*Theraiyar pinianugavidhi*". Among those principles, this review is about "Never consume leftover food".

**Objective:** The aim of this review is to validate the *Theraiyar* principle, "Neverconsume leftover food".

**Method:** This is a scoping review. The scientific reference for the above said Siddha principle was reviewed using PubMed, a research data base.

**Results**: Exposure to the atmosphere, heat, light, and many other factors reduces the nutritional value of food. Once it has lost beneficial nutrients, it may develop harmful bacteria. The leftover meal becomes fermented which makes the meal acidic and causes acidity, food poisoning, diarrhoeaand dehydration in the body. Especially, *Vatha* individuals (people with a type of body constituent described in the Siddha system of medicine) with poor digestion should avoid leftover food. The presence of resistant starch which is more like afibre than food, leads to bloating of the stomach in *Vatha* individuals. Consumption of leftovers causes depression in older individuals. Hypothyroidism is a metabolic disorder that is also associated with a faulty diet that includes eating leftover food.

**Conclusion:**Collectively our results appear consistent with Theraiyar's principle, 'Mudhanalirsamaithakariamudhenenumarundhom' demonstrating the effects of consuming leftover food. Therefore freshly prepared food is much easier to digest and is more nutritious than leftover food.

**Keywords:** Theraiyar, leftovers, acidity, Siddha, food poisoning

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# A Review on 'Always have foods after feeling hungry' - a Quote from Theraiyar Principles for Prevention of Disease

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**Background**: *UnnaveMarunthu*- is a famous aphorism in Tamil culture. It means 'Food is medicine'. The same principle is recommended in Siddha, an ancient Indian traditional system of medicine.

**Objective:** The aim of this review is to validate the Saint Theraiyar's principle for prevention of disease described in the Siddha text "PatharthaGunaSinthamani".

Method: Scoping review.

Data Sources: PubMed and otherresearch databaseswere searched.

**Results:** The research studies supported that eating food after feeling hungry is essential to maintaining a healthy weight and avoid overeating. It was found that eating in the absence ofhunger leads to obesity in children and adults. Irregular eating frequencyalso leads to differences in the hormonessecretion (leptin and ghrelin) reducing energy metabolism and increased caloric intake. The desire to eat may occur in absence of hunger, but hunger alone represents a state of physiological preparedness to digest. By taking control over your appetite, you may also gain a feeling of calm, high energy levels and alertness from the food you eat. It is also reported that having food after feeling hungry, supports a healthy metabolism, increases energy and betters digestion.

**Conclusion:** From this review, we can understand that eating only when you get hungry has tremendous health benefits. It allows your body to heal itself. Hence, the Theraiyar principle is scientifically valid.

Keywords: Theraiyar principle, Hunger, Obesity, Siddha

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# A STUDY ON SELECTIVE EXTERNAL APPLICATIONS IN GUNAPADAM MOOLIGAI VAHUPPU TEXT

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### **BACKGROUND:**

Siddha system of medicine is an indigenous and reverence system of medicine which is an unlimited contribution given to us by the Siddhars. They develop millions of combinations and formulations of medicines using herbs, metals and zoo-therapy. A lot of formulations are present in the siddha books but still some of the medicines are unfamiliar and used less in the external practice. External therapy is an important and effective therapy in the siddha system of medicine as the result of the diseases are seen through our eyes and cured. The plants plays a life-preserving role in the living beings, this study involves the gunapadam (mooligai) text book is used to explore the formulations used for external therapies.

### **OBJECTIVE:**

To validate some of the important medicinal formulations using herbs for external therapy like patru, poochu, kattu, thailam,etc.

# **METHODS:**

We have selected Gunapadam(mooligai) vahuppu text book for this study to locate the medicinal formulations. In this text book there are lot of external application medicines. We are going to do the documentation of medicines on different kind external therapies on the classification under patru, poochu, kattu, thailam etc. Out of these two or three external application will be discussed with the help of the siddha basic fundamentals.

## **RESULT:**

Though there are numerous number of siddha text books for external therapies, this gunapadammooligai is a basic academic textbookand it contains lot of formulations.

### **CONCLUSION:**

These medicinal formulations are simple and cost effective and the herbs are easily available and affordable and easier to prepare and very effective medicines. So these formulations will be explored in this study.

### **KEYWORDS:**

Valuable medicines, gunapadammooligai text, unfamiliar, external therapy.

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### Documentation and Clinical analysis on Siddha varmam for Pain

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### **Background**

The uniqueness of Siddha medicine is that it combines the daily and spiritual aspects of life with the attainment of paramountcy. Death is considered to be a disease and a way to solve it, is focused on the healing and promoting aspects of microcosm and macrocosm based on Siddhantha philosophy (the universe is in the body and the body is in the universe).

### **OBJECTIVE:**

In the Siddhar tradition, Varmam medicine is like a very important crown. It is used to cure dieases in simple way, to cure chronic diseases, but also as a foundation for spiritual life. One of the many specialities of Siddha Varmam medicine is emergency care, particularly for Pain. Through Siddha wellness reducing or eradicating acute pain nowadays is challenging. Moreover, pain is the commonest sign for the majority of illnesses. But a lot of Siddha varmam literature exposes the number of varmam points and methods to solve this.

### **CONCLUSION:**

In this connection, this paper is focused on the documentation of varmam points based on Varmam literature. Morethan80varmam points have been documented. Out of theseMuntakavarmam,MundalluVarmam and SadaperaVarmam are some of those Varmam points which were doing many wonders in the healing process. The location, Manipulation techniques and therapeutic importance of these Varmam points are been explained here.

### **RESULT:**

These Varmam points are been manipulated for its therapeutic values by many Siddha Varmam practitioners in their day to day practice and it has been a successful one.

**KEYWORDS:** varmam -pain healing -mundelluvarmam, mundakavarmam, sadapeeravarmam.

### THERAPEUTIC VALUE OF MILLETS IN VARIOUS DISEASES – A REVIEW

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### **BACKGROUND:**

Millets are nutri-cereals which are known to have high content of protein, essential fatty acids, dietary fibre, B-Vitamins, minerals such as calcium, iron, zinc, potassium and magnesium. The micronutrient studies conducted on millets have reported, that these have relatively low glycaemic index and glycemic load. They help in rendering health benefits like reduction in blood sugar level (diabetes), blood pressure regulation, thyroid, cardiovascular and celiac diseases.

### **OBJECTIVE:**

To review the therapeutic value of millets in various diseases such as diabetes, cardiovascular disease, celiac disease, obesity, etc.,

### **METHOD:**

Various research articles and books including Siddha medicinal books are reviewed and the information are condensed and put together in this paper.

### **RESULTS:**

Millets has water absorbing and bulking property, increased transit time of food in the gut, retardation of carbohydrate absorption and impaired glucose tolerance, bile acid and steroid binding capacity, binding of toxins and its respective health consequences such as energy diluents to formulate low calorie diets, reduced risk of inflammatory bowel disease, management of diabetes, hypocholesterolaemic activity thereby reducing the risk of cardiovascular diseases and detoxification property which shows that millets have numerous therapeutic values in treating various diseases.

### **CONCLUSION:**

It has been concluded from the review that millets has good nutritional values and therapeutic properties in treating various diseases.

## **KEYWORDS:**

Millets, Therapeutic value, health benefits, diseases.

# A REVIEW ON "TAKE GHEE IN MELTED STATE AND BUTTERMILK IN DILUTED FORM" - A SIDDHA PRINCIPLE FOR A HEALTHY LIFE

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**Background**: Siddha is a traditional medical system that uses holistic approaches to provide preventive, curative, rejuvenating, and rehabilitative health care. In the Siddha text book *PatharthagunaSinthamani*, Theraiyar describes the principles of the prevention of disease to lead a healthy life.

**Objective**: The major objective of this review is to examine the statement "Take diluted buttermilk and melted ghee"

**Method**: This scoping review was done by reviewing clinical articles and research articles. *Data Source*: Pubmed, Science digest, Research gate and Google scholar

**Results**: Clinical research articles give empirical evidence that both ghee and buttermilk help in nutrient absorption. Ghee is used as a vehicle of transport formedicine to the specific tissues in the Indian traditional system of medicine, Ayurveda and Siddha.Buttermilk in its diluted form is good for digestion and enhanced hydration. Melted ghee has a larger surface area, enhancing its vitamin absorption.

**Conclusion**: This scoping review validated the principle "*Take ghee in melted state and buttermilk in diluted form*" from the text*Theraiyar'sPiniyanugaavidhi*. It will also help to revive the traditional practice of using melted ghee and diluted buttermilk.

**Keywords**: Ghee, Butter milk, Nutrient absorption, Siddha, Theraiyar

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# A Review on the Statement, "Take Oil Bath once in every four days" - One of Theraiyar's Principles for Prevention of Disease

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### **Background:**

Siddha is a traditional system of medicine practiced in India. In Siddha, there are certain guidelines formulated for the prevention of disease in "*Theran Piniyanuga Vidhi*" from text book *Pathartha Guna Cindhamani*.

**Objective:** The major goal of this review is to examine the statement "Take Oil Bath Once in Every Four Days" from *Theran Piniyanuga vidhi* and to elucidate its health significance.

### **Method:**

This scoping review was done by searching the clinical and research articles.

### **Data Source:**

National Library of Medicine (Pub Med Advanced) and from scientific journals-International Journal of Advanced Multidisciplinary Research (IJAMR), International Journal of Reverse Pharmacology and Health Research (IJRPHR).

### **Results:**

The clinical research papers provide empirical evidence that regular oil baths are effective in improving the skin barrier function in children and adults. It is effective in treating dry and itchy skin diseases. It is highly helpful inneonatal's weight gain. Regular practise of taking oil baths enhances blood circulation in the scalp, promoting hair growth. In Siddha system of medicine, it was said to normalise the *mukkutram* and stimulate varmam points all over the body.

## **Conclusion:**

The scoping review validated the statement "Take oil bath once in every four days" from *Theran Piniyanugaavidhi*.

## **Keywords:**

Siddha, Oil bath, Theran Piniyanuga vidhi, Mukkutram, Varmam.

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# A REVIEW ON ONE OF THE THERAIYAR'SPRINCIPLES FOR PREVENTION OF DISEASES -'NEVER SLEEP DURING DAYTIME' FROM SIDDHA LITERATURE

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### **Background:**

In Siddha system of medicine, there are plenty of life principles written by many remarkable *Siddhars* (saints). One such set of principle is *Pinianugavidhi* written by Theraiyarin the Siddha book "*PatharthaGunaSinthamani*".

## **Objective**:

This review hereby presents the available scientific evidence to prove "Not to sleep during daytime" as said by Saint Theraiyar.

**Methods**: AScoping review

Data source: The research and review articles from PubMed and other health web sources were searched for evidence for mentioned Therayar's preventive principle.

### **Result:**

Daytime napping (siestas) for more than 40 minutes at a time is associated with many physical and mental health issues such as narcolepsy, restless leg syndrome, sleep inertia and cardiovascular diseases. These studies also reported that sleeping during the daytime can alter the natural sleep-wake cycle of the body and can cause Shift Work Sleep disorder (SWSD), mental illness and also elevated risk of death. It is also reported that risk of hypertension, depression, functional limitations and general medical morbidity increases. These associations have predominantly been identified in older adults but also exist in middle aged and young adults.

### **Conclusion**:

The search showed that daytime sleep is not advisable and must be avoided for the healthy well-being of mind and body as instructed by Saint Theraiyar.

Keywords: Siddha, Daytime sleep, Naps, Sleep inertia, Narcolepsy

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# ANTIDIABETIC ACTIVITY OF NIGELLA SATIVA A SYSTEMATIC REVIEW.

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### **ABSTRACT**:

# **INTRODUCTION:**

Diabetes mellitus is the most prevalent condition that affects all age groups and gender characterized by sustained high blood glucose levels. Though there are enormous hypoglycemic drugs to manage diabetes, the cost of such drugs associated with its side effects remains a major concern. Hence, exploring alternative medicines for the management of DM has been a constant priority. There are many single herb formulations that gives a valuable traditional remedy for DM. This study is to review the Antidiabetic effect of *Nigella sativa*.

### **METHODOLOGY:**

The main database on clinical efficacy of Antidiabetic effect of *Nigella sativa* was collected from published articles in pubmed for past 5 years (2018-2023).

### **RESULTS:**

There were totally 27 published (preclinical and clinical) articles which showed the Antidiabetic effect of *Nigella sativa* due to the presence of its active compound Thymoquinone. Various mechanisms including reduced glucose absorption, increased  $\beta$ -cell activity, enhanced pancreatic insulin secretion, increased glucose uptake, and suppress the oxidative stress have been proposed for the antidiabetic activity of *Nigella sativa*.

### **CONCLUSION:**

This systematic review of *Nigella sativa* exhibits that this single herbal formulation has a promising effect on managing Diabetes mellitus. According to siddha texts, *Nigella Sativa* Is used to treat ulcers, dermatitis, eye diseases, gastritis, jaundice, scabies, cough, inflammation, amenorrhoea. Scientific Research helps to reveal the unrevealed truth. So Research findings on Antidiabetic effect of *Nigella Sativa* may help to reduce to reduce the dose and adverse effects of existing modern Antidiabetic drugs.

Keywords: Nigella sativa; Diabetes mellitus; Thymoquinone.

# THE PILOT STUDY ON THE PHARMACOLOGICAL EFFECTS OF DRUGS USED DURING $3^{\rm rd}$ TRIMESTER IN SIDDHA ASPECT

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### **BACKGROUND:**

Siddha system of medicine has become significantly more popular because of the holistic and its effective curative property. A great attention towards our system is being shown now-a-days due to the potency of curing diseases. The siddha system of medicine also plays a major role in antenatal care and the medications followed during pregnancy. Siddha drugs reduces the risk factors of a pregnant women and influences the growth and development of the foetus.

## **OBJECTIVE:**

During pregnancy care, diet and proper medication become inevitable. Micro nutrient deficiency are associated with high reproductive risks, ranging from infertility to fetal structural defects. To rule out the scientific based validation of siddha drugs during 3<sup>rd</sup> trimester as per the text "PARARASASEKARAM". It talks about the medications followed during 3<sup>rd</sup> trimester and their action during pregnancy.

# **METHODS:**

This data collected for this context obtained form,"PARARASASEKARAM" Further reference were collected from journals, research articles for the activity.

### **CONCLUSION:**

Thus we conclude that the siddha medicines taken during the third trimester of pregnancy are adequate to prevent the complications of pregnant women and influences the growth of the foetus. These findings can be used 0 for further elaborate studies in future, which may reduce the complications of mother during pregnancy.

## **KEYWORDS:**

Antenatal care. Scientific based validation. Future studies.

# TRADITIONAL WISDOM MEETS MODERN HEALTH: SIDDHA MEDICINES PERSPECTIVE ON MILLETS FOR LIFESTYLE DISORDERS MANAGEMENT

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### **ABSTRACT**

### **Background:**

Millets are known for their high nutritional value, potential health benefits, particularly antioxidant properties. The intake of millets as an adjunct therapy in Siddha medicine holds potential for expanding the success rate in treating skin diseases. This literature review aims to provide an overview of the phytochemical composition of millets and its potential in treating skin diseases within the framework of Siddha medicine.

# **Objectives**:

- 1. To explore the phytochemical composition of different millet varieties and their antioxidant potential from the literature
- 2. To review the existing literature on the use of millets for treating skin diseases.
- 3. To summarize the reported effects of millet-based formulations on skin infections and related parameters.

### **Methods**:

A comprehensive literature search was collected using various databases to identify relevant studies on millets, phytochemical composition, Siddha medicine, and skin diseases. Relevant studies were selected and analyzed to extract the current data on millet varieties, phytochemical constituents and its antioxidant activity for their application in Siddha medicine as diet in treating skin diseases.

## **Results:**

Phytochemical analysis of different millet varieties revealed the presence of various bioactive compounds, including phenolic acids, flavonoids, carotenoids, and tocopherols. These compounds have significant antioxidant activity, contributing to potential health benefits. Several studies have reported the use of millets in Siddha medicine for treating skin diseases. The review has illustrated us that there is improvement in skin texture with the administration of millet-based formulations.

### **Conclusion:**

Millets possess a rich phytochemical profile and notable antioxidant activity, making them promising candidate for the treating skin diseases. The existing literature suggests that millet-based formulations shows positive effects in the infectious state and related parameters. Our present study has encouraged and strengthened us to uptake further research on validating the findings and underlying mechanisms.

## **Key words:**

Millets, Phytochemicals, Antioxidants, Siddha medicine, Skin diseases.

### Abstract

ID:UG/P/038

### UNVEILING THE MEDICINAL AND NUTRITIONAL VALUE OF LOTUS SEEDS

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### ABSTRACT

### **Background:**

Lotus seeds, derived from the lotus flower (Nelumbo nucifera), have a long history of traditional use in Siddha Medicine for their medicinal and nutritional properties. This study aims to shed light on the medicinal properties and nutritional composition of lotus seeds.

# **Objective:**

- 1.To discuss the potential of lotus seeds as a natural remedy in Siddha medicine for specific ailments, such as digestive disorders, reproductive issues.
- 2.To analyze the nutritional profile of lotus seeds, including macronutrients, vitamins, minerals.
- 3.To evaluate the potential medicinal properties of lotus seeds, including anti-inflammatory, antioxidant, and digestive health benefits.

#### **Methods:**

Review of existing siddha literature and traditional texts to identify documented traditional uses of lotus seeds.

### **Results:**

The Present study revealed the comprehensive nutritional profile of Lotus seeds highlighting their use on weight loss and demulcent action. Seeds contains Vitamin C which is an antioxidant. Seeds used as a component for increasing virility. Due to the high fiber content it also controls the hungry during fasting.

### **Conclusions:**

The current study has provided valuable information about their Nutritional and Medicinal benefits of Lotus Seeds. The Lotus Seeds are packed with Essential Nutrients like Fibers, Carbohydrates, Proteins, Vitamins and Minerals which make them a healthy choice for our Diet

## **Key words:**

Lotus seeds, Loss of Appetite, Weight loss, Antioxidant, High Fiber content, Hiccups.

# ARCHEOLOGICAL AND HISTORICAL EVIDENCE REGARDING SIDDHA SYSTEM OF MEDICINE

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### **Abstract**

### **Background**

The mostcomplimentary and qualitative system being siddha stream of medicine by literature in various aspects. Identifying the constitutions, various dietary ascepts of excavation by ARCHEOLOGY based on "history" presented as study to provide updated framework.

## **Objective:**

The study is to provide deep descriptive information is updated integrative works of information about scripts on palm leaves,leather,stone,wooden sculptures etc. preserved as whatever treasure rooted up as the evidence of siddhamedicine across era.

## Methods

The methodologic approach is of five stages,

- Identification
- •Literature search
- Approved documents
- Data analysis
- Presentation of findings

These methods are selected because of its suitability inorganizing large volume of the information from various sources into organized format.

### Result

Realizing the abundant information from various historic findings,manuscripts and other articles by excavation of archeological evidences which is A resolution for questioners in siddha medicine.

### Conclusion

It is the conquest of "holy immortal " SIDDHARS in well acquainted traits with sea through evidences provided.

## **Keywords**

Excavation, leather, manuscripts, sculptures, palm leaves.

### RAGI KOOZH IN THE TREATMENT OF PERU VAYIRU

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# Background

As per Siddha system, "Food is medicine; Medicine is food". Siddha system advises proper diet, medicine and a disciplined life to lead a healthy life. *Thiruvalluvar* also mentioned about the importance of food in "Marunthu athigaram".

# **Objective**

To explore the pharmacological activity of Ragi koozh in the treatment of Peru vayiru.

### Methods

Datum and references collected from Siddha classical texts.

### Result

Flavonoids present in finger millet shows hepatoprotective activity

# Conclusion

According to Siddha system, "Food is medicine; Medicine is food". Medicines along with proper diet will help in treating the diseases effectively.

## **Keywords**

Ragi koozh, diet, Siddha medicine, peruvayiru

### KARUNKOZHI MEAT – ADIET IN SIDDHA VARMAM THERAPY

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## **Background:**

Siddha Varmam therapy is one of the hidden treasures in Siddha medicine. 'Varma vaidhiya murai'is used to treat trauma and patients suffering from paralysis, nervous disorder and other conditions. Siddha varmam therapy along with prescribed diet will help in speedy recovery of the patients.

## **Objective**

To explore the pharmacological activity of Karunkozhi meat in Siddha Varmam therapy.

### Methods

Datum and references collected from Siddha Varmam literatures.

### Result

Antioxidant molecules present in Karunkozhi meat helps in preventing atherosclerosis formation, thereby preventing stroke.

### Conclusion

As per Siddha system "Food is medicine; Medicine is food". Siddha Varmam therapy along with prescribed diet will help in speedy recovery of the patients.

## **Keywords**

Varmam, Karunkozhi, Diet, Siddha medicine

ID:UG/P/042

# A SCOPING REVIEW ON ACUTE AND EMERGENCY MANAGEMENT IN SIDDHA SYSTEM OF MEDICINE

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### **Abstract:**

The Siddha System of Medicine is an indigenous system of medicine originated from Dravidian culture nearly on the onset of Tamil civilization. This system of medicine chiefly depends onnatural resources mainly Herbs, Minerals, Animals and Marine products. In this modern world this eminent system is meant majorly for curing chronic diseases like skin disorders, arthritis, non communicable diseases but actually it not only meant to treat chronic disease there are medicines and special therapies are available to treat acute and emergency medical conditions which are clearly mentioned in ancient Siddha literatures and Inscriptions. In emergency management, Sanga Diravagam indicated for Marbu vali (Chest pain), Naga parpamfor irathappokku (Bleeding), Impooral decoction for Iratta irumal (cough with blood stained sputum), Murivennai, Vasavennai for Enbu Murivu (bone fracture and dislocation of joints) Sirupeelai kudineer for Kalladaippu (Ureteric colic), Kudori (Agathiyar kuzhambu, Visha Kuzhambu) treatment for poisonous bites, Kalikkam therapy for unconscious state, etc. while in acute management, Anda Neer, Nandhiavattam Poocharu for Kan siyappu (conjunctivitis), Kobarakk chooranam for irattam uraiyamai (bleeding due to injury with out clotting), Thokkanam and Varmam therapy for muscle-skeletal disorder due to accidental injury, Nilavembu kudineer, Kabasura kudineer for suram ( acute fever), etc have been practiced by traditional healers. These written works intelligibly specifies that the emergency and acute medical conditions were treated and also cured in ancient times and even nowadays also some traditional practitioners and tribes are continuing these kind of practices along with this they are doing surgery like the methods which was mentioned and practiced in antique times but nowadays it not under practice by authorized medical practitioners. If these methods are reestablished along with translations of Siddha literatures and scripts in global language which helps to globalize our traditional Siddha medicine for wellbeing of humankind.

**Keywords:** Emergency medicine; Acute management; Siddha Medicine.

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# HIGHER ORDER MEDICINES IN SIDDHA SYSTEM OF MEDICINE -BY K E H SHASTEE BSMS 3YEAR, MARIYA SIDDHA MEDICAL COLLEGE AND HOSPITAL.

## **BACKGROUND:**

The worlds first and very advanced system of medicine is "THE SIDDHA SYSTEM OF MEDICINE". This is also a system, where there is no authenticatable study of origin because it explains the essentials of existence. \*Also, now we are the one who create urban environments where the herbal plants are grown, whereinthere is lack of essential phytochemicals. Siddha system medicine apply for all beings in the world.

## **OBJECTIVE:**

From the above statements my objective is to say that higher order medicines are not plainly heavy toxic compounds (i.e., arsenic compounds, Sulphur, etc.) But are respectively processed and formulated according to the standard principles of CHATRU-MITHRU formulations. So, I clearly state that most of the higher order medicines falls under "THATHU VARGAM". Because of their availability {minimum dose-maximum reach} Therefore, I have took a review of a higher order medicine namely "NILAKANDA VAALAI RASAKARPURAM".

### **METHADOLOGY:**

This is a very special and traditional method called as **sublimation** "PATHANGAM MURAI".

### **RESULT:**

As the result, I have come to know that the medicine is of high potential when used with its respective anubanam.

This medicine cures all ailments and balancing the three humoral changes.

### **CONCLUSION:**

As per the result, we can see our ancestors has told that "verpaarthalai paarmenjina kalmellamella parpam chiduram paar" so from this line I conclude that herbs are in endangered condition so in future we can't relay on herbs due environmental collapse in that vision our siddha scientist (siddhars) has given us boon called (*THATHU VARGAM*) Which is elitelycalled {DEVA MARUTHUVAM}.

So hereby I conclude that they were great environmentalist.

### **KEYWORDS:**

Higher order medicine, longshelf life, universal remedy, challenges the incurable diseases.

# A SCOPING REVIEW ON "POSTPRANDIAL WALKING" DESCRIBED BY THERAYAR GUIDELINES FOR PREVENTION OF DISEASES

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# **Background:**

Therayar pini anuga vidhi literally means, guidelines that helps to prevent diseases. The concept pertaining to habitat, seasons, diet are both preventive and curative from this a Scoping review on the principle **Postprandial Walking**depictsthat Walking for nearly 10 to 15 minutes is prescribed to lead a healthy lifestyle by controlling LDL, amplifying positive mind set, it is one of the medication for the most common disease "**Diabetes**", weight loss, regulate BPhence there by post prandial Walking is associated with many positive health benefits.

## **Objective:**

The review research is mainly focused on the principle "Postprandial Walking" in *Therayar pinianugaavidhi* is validated scientifically.

Methods Design: Scoping review.

*Data sources*: Electronic data bases Springer, PubMed, Google Scholar weresearched. The articles retrieved were published from 2009to2022 (n=10).

### **Result:**

Review finally reveals the benefits of "Postprandial Walking" like Regular blood sugar level ,improve digestion (walking stimulate the stomach and intestine for rapid movement and digestion of food) ,Lower blood pressure (control hypertension by reducing diastolic and systolic pressure) , Burn calories (controlinsulin and glucose level in Type2 diabetes) , Elevate your mood (Increase positive hormones like endorphins and Oxytocin "love hormones" which reduce stress and enhancepleasant and fast sleep).

**Conclusions**: Studyconcludes the principle "Postprandial Walking" in *Therayar pinianugaa vidhi* is scientifically validated in aspect of systematic scientific investigation.

# **Key words**:

Post Prandial walking, love hormones, Therayar, Siddha,

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# UNVEILING THE HOLISTIC POTENTIAL OF KAYAKARPAM: INVESTIGATING ITS THERAPEUTIC NATURE AND MECHANISMS OF ACTION IN SIDDHA SYSTEM OF MEDICINE.

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### **BACKGROUND:**

This research abstract aims to investigate the potential, therapeutic nature, and underlying mechanisms of action of Kayakarpam within the framework of Siddha medicine.

### **OBJECTIVE:**

The objective of this study is to explore the potential health benefits, therapeutic nature, and underlying mechanisms of action of Kayakarpam in Siddha medicine. This research seeks to provide valuable insights into its rejuvenating effects, disease prevention properties, and the mechanisms by which it promotes overall well-being.

# **METHODS:**

A comprehensive review of literature was conducted, incorporating ancient Siddha texts, research papers, and scientific databases. Relevant keywords such as Kayakarpam, Siddha medicine, rejuvenation, therapeutic properties, mechanisms of action, and disease management were employed. The identified studies were critically analysed to extract information regarding the potential, therapeutic nature, and mechanisms of action of Kayakarpam.

### **RESULTS:**

The findings demonstrate that Kayakarpam exhibits significant potential in promoting overall well-being and longevity. mechanisms of action identified encompass antioxidant activity, anti-inflammatory effects, modulation of gene expression, enhancement of mitochondrial function, and immunomodulation, among others.

### **CONCLUSION:**

Kayakarpam in Siddha medicine represents a comprehensive and holistic approach to health and well-being. Its therapeutic nature, combined with the identified mechanisms of action, provides scientific insights into its efficacy in promoting health, preventing diseases, and supporting longevity.

### **KEYWORDS:**

Kayakarpam, Siddha medicine, rejuvenation, therapeutic properties, mechanisms of action, disease management.

# A PILOT STUDY ON THE SINGLE THERAPEUTIC PLANT - MIMOSA PUDICA FOR THE MANAGEMENT OF DIABETES

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### **ABSTRACT:**

### **BACKGROUND:**

Siddha medicine follows a holistic approach to health, considering physical, mental and spiritual aspects. It emphasizes the balance of vatha, pitha and kapha. Diabetes is a chronic, metabolic disease characterized by elevated blood glucose level. India is the diabetes capital of the world, according to a study by ICMR that shows the country now has 101 million diabetic, with further 136 million prediabetic individuals in need of prevention. Mimosa pudica is a small herb, distributed throughout the tropics. In Siddha text, Gunapadam mooligai vaguppu part2, the line "Meganeerai thaduka medheniyir penvasiyam" indicates that mimosa pudica can manage diabetes.

### **OBJECTIVE:**

To describe the Mimosa pudica whether manages diabetes as per siddha text and scientific approach.

### **METHODS:**

In Siddha text, Gunapadam mooligai vaguppu part2, the line "Meganeerai thaduka medheniyir penvasiyam" indicates that mimosa pudica can manage diabetes. Previous study published in the Journal of Ethnopharmacology in 2016 proved that mimosa pudica has antidiabetic action. Primarily Mimoside-Glycoside has the potential to increase insulin secretion.

### **RESULT:**

By regular intake of Mimosa pudica leaves and roots in the form of choorana about 4 to 8 grams can manage diabetes.

### **CONCLUSION:**

We can conclude that Mimosa pudica can manage Diabetes mellitus.

### **KEYWORDS:**

Diabetes, Mimosa pudica, Mimoside and Insulin.

# PHYTOESTROGENIC DIET IN THE MANAGEMENT OF POST MENOPAUSAL SYNDROME - A REVIEW

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### Title:

Phytoestrogenic diet in the management of postmenopausal syndrome- a review

# **Background:**

Management of postmenopausal syndrome with phytoestrogenic diet an alternative to HRT.

## **Objective:**

Siddha system of medicine has become significantly more popular all over the globe because of it's curative property,less toxic and minimal side effects. Siddha formulations are effective in gynaecological disorders. One such is post menopausal syndrome seen commonly among 45 - 55 years of age group, which is always a cause for concern that can be managed well with phytoestrogenic diet, a plant derived molecules possessing various degrees of oestrogen like activity, an alternative to hormonal replacement therapy (HRT) which having lot of contraindications like breast and endometrial cancer etc.

### **Method:**

Phytoestrogens act by binding to the beta oestrogen receptors. They have adaptogenic activity which is beneficial in both hyper and hypo estrogenic state based on the target tissues. They act as selective estrogen receptor modulating (SERMS) and thus balances the hormonal levels. It is found in many edible sources especially legumes, Soya beans, black gram, ragi, fenugreek the abundant sources of phytoestrogens.

### **Result:**

The active principle called Isoflavone in phytoestrogenic diet can effectively treat post menopausal syndrome.

# Abstract

NAME OF THE DRUGS	BOTANICAL NAME	CHEMICAL CONSTITUENTS	ACTIVITY
Ulundhu	Vigna mungo	Isoflavone	Phytoestrogenic
Soya	Glycine max	Isoflavone	Phytoestrogenic
Kezhvaragu	Eleusine coracana	Isoflavone	Phytoestrogenic
Vendhayam	Trigonella foenum	Isoflavone	Phytoestrogenic

# **Conclusion:**

Post menopausal syndrome can be effectively treated using phytoestrogenic diet an alternative to HRT.

# **Keywords**:

Isoflavone, post menopausal syndrome, beta estrogen receptor, gynaecology, phytoestrogenic diet.

# THEORETICAL STUDY OF THE PANCHABOOTHA MUDRA IN THE TREATMENT OF MUKUTRAM IN HUMAN BODY ON BASIS OF SIDDHA MEDICINE

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### **ABSTRACT:**

Human body is an wonderful machinery. Our Siddha system is a life science. From the body to all other unimaginable things, nothingness to fulfillness, zero to infinity all are of "the Panchabootham"- Nilam, Neer, Thee, Kaatru and Vinn. In nature the balance is maintained itself. The inter association between the human body and the panchabootham runs life in a appropriate way. Any impairment in its balance causes illness, "The Mukutram"- Vazli, Azhai and Iyyam. These are the Uyir thathukkal. If it is affected or disturbed it mutually affect the seven Udal thathukkal and all other 96 principles of Siddha system. The remedy is itself to be maintained in its normal range. Concentration on the action of all these, progresses the inner energy of the soul. Diet, Yoga, Dhyanam all are good to maintain stability. One of the best method is 'MUDRA'. Apart from the Siddha system; Ayruveda, Chinese medicine, European medicine systems also speaks this. Now a days, Mudra treatment is the proved science for the betterment of humankind. In Siddha system Mudra is the Thanthira yogam, the simplest way to reach physical as well as mental happiness. Yogam and Pranayamam are interconnected with it. Our palm and the five fingers are the concentrated point of Panchabootham in our body, Little finger – Water, Ring finger – Earth, Middle finger – Space, Index finger – Air and the Thumb finger – Fire. Pointing the fingers in palm or touching each other enhance the Spirit and the Body, vanishes all the diseases and leads us to live a Healthy and Happy life.

### **KEY WORDS**

Panchabootham, Mukutram, Yoga mudra and Panchabootha Mudram.

# A STUDY ON THERAPEUTIC VALUES OF FOMENTATION

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## **Background:**

Siddha medicine is a form of traditional medicine originating in Southern India. It is one of the oldest systems of medicine in India. Fomentation is one of the external therapies of siddha medicine. It is the application of hot or cold materials or substances heated to appropriate temperature.

# **Objective**:

Heat induced fomentation brings out sweat so that fat gets mobilized. It disperse aggrevateddoshams, dilating body channels for cleansing. Hot fomentation treatments can be used in variety of acute conditions including bronchitis, asthma, chest congestion, muscle spasm, gall stone, dysmenorrhoea, contusion, swelling, dermatological conditions and insomnia.

### Materials and methods:

Other than plants, substances like lime, ash, brick, cariumcopticum, horse grams are used. Fomentation have been particularly done in back, cheek, shoulder, axilla, nose, ear, abdomen, forehead and hip. For example,

- i) Warm brick is used for calcaneal spur.
- ii) Leaves of Physalis minima and Gynandropisgynandra are used for scrotal swelling.

### **Result:**

Thus fomentation helps to relax stiff muscles and tendon, improve local circulation, relieve many kinds of musculoskeletal pain, maintains three doshams.

### **Conclusion:**

The time and duration of fomentation, frequency of treatment, heat, pressure used depend upon the severity, region underlying organ and also the material used

### **Keywords**:

Siddha medicine, External therapy, Fomentation, Indications.

# EFFECTIVENESS OF EXTERNAL TREATMENT IN PUZHUVETTU (ALOPECIA AREATA) – A CASE SERIES

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### **BACKGROUND:**

Alopecia Areata is a disorder characterized by round or oval, circumscribed patches of without any signs of inflammation, scaring or atrophy. The integument is shiny, slightly thin and depressed. It can occur at any age. It is common autoimmune condition that can onset in childhood or as teenager. The clinical features of PUZHUVETTU which explained in "SIDDHA MARUTHUVAM SIRAPPU" literature may be correlated with ALOPECIA AREATA. According to THERAYAR THARU external therapy in SIDDHA system is divided into 32 types. Thylam, Mai are one among them. PUZHUVETTU MAI is mentioned in the Siddha literature. KANNUSAMIYAM PARAMABARAI VAIDHIYAM and (Oleander) Arali Milk with Siratai Thylam are also used as EXTERNAL APPLICATION in the treatment of PUZHUVETTU.

### **OBJECTIVE:**

The Present study to evaluate the efficacy of external treatment in PUZHUVETTU (ALOPECIA AREATA)

### **METHODS:**

An Interventional study performed in PUZHUVETTU Patients attending OPD with the symptoms.

### **RESULT:**

Thus external therapy like Mai and Arali Pal works effectively on Patients hair loss reduced and hair growth improvement is present.

### **CONCLUSIONS:**

From the study we may get an in depth knowledge about the effectiveness of external application in the treatment of PUZHUVETTU (ALOPECIA AREATA)

### **KEYWORDS:**

ALOPECIA AREATA, PUZHUVETTU, PUZHUVETTU MAI, ARALI PAL (OLEANDAR MILK), KANNUSAMIYAM PARAMBARAI VAIDHIYAM.

### ID:UG/P/051

## ENDANGERED TRADITIONAL FOODSAND THEIR NUTRITIONAL VALUES.

## **OBJECTIVES:-**

A Research on The Endangered and Specialized Native Traditional foods with their nutritional values.

## **METHODS:-**

Data Collection from our grandparents or near by senior citizens , from various districts through Google forms, Their nutritional values are reviewed and presented here .

## **KEYWORDS:-**

Traditional Foods / food that are now not in practice / specialized native foods / endangered foods / native foods .

## **RESULT:-**

The Endangered and Specialized Native foods with their nutritional values are presented here

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# THERAPEUTIC VALUE OF KAMPU (PEARL MILLET ) – FOR TOTAL BODY HEALTH

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### **Background:**

Almighty & device – The Siddha system of medicine has great impact life. As under the Panchabootham, Thathuvam, Mukkutram, Arusuvai in day to day life makes changes in body and amp. The main intent of this study is to evaluate theantiulceractivity of pearl millet. In addition, it also plays an important role in curing too many diseases of human body and showers our healthy life back.

## **Objectives:**

This study was undertakes to evaluate the health benefits of pearl millet. 'Pearl millet' is also known as 'Bajra', is one of the foremost important millet grown in tropical semi-arid regions of the world primarily in Asia & Africa. It is therapeutically useful for people with frequent acidity & stomach ulcers. It also prevents constipation. Moreover pearl millet helps in preventing cancer, diabetes & heart diseases, reduces the occurrence of tumor, high blood pressure, cholesterol & fat absorption rates, delay in gastric emptying & providing gastrointestinal bulk.

### **Methods:**

Pearl methods millet is rich in several nutrients as well an non-nutrients such as phenols. It has high energy, high fiber, has less starch, low glycemic index and is gluten free. Even though this millet is cost effective and abundantly available, it is underutilized and the health facts of bajra remain unknown to every person. As it contains more folic acid, it has high advantages towards the pregnant women & it is the only grain which contains significant level of chromium which is useful to work with insulin that maintain normal level of glucose in the body. Owing to the benefits of pearl millet, its consumption should be encouraged among the people of all age groups to improve their dietary habits and nutritional status.

### **Result:**

Above mentioned grain 'The pearl millet' has a strong ability to cure even the diseases with high risk.

### **Conclusion:**

From the above study on pearl millet it is proved that, on taking it as an alternative food as a daily routine, there will be a drastic change in the body health.

### **Key words:**

Pearl millet – Antiulcer activity – Therapeutic for acidity & other health issues – dietary habits – healthy life.

# ARCHAEOLOGICAL AND HISTORIC EVIDENCE OF SIDDHA SYSTEM OF MEDICINE

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### INTRODUCTION

Siddha system of medicine is the ancient Tamil medicine. Siddhars laid the foundation for Siddha systemof medicine. The available published books of Siddha vaidyam deal with different branches of medicine in addition to many formulae to contact various diseases.

#### **OBJECTIVE**

To review the historical and archaeological evidences of Siddha system of medicine.

### **METHOD**

Siddha system of medicine is dated to the time of 3rd millennium BCE Indus valley civilization. Four types of historical evidences written, visual, oral and physical evidence are collected. A major portion of Siddha texts are in form of palm-leaf, manuscripts. Plenty of such volumes are still preserved in many libraries. The Siddha system of medicine is used by our ancestors. Siddha system is mentioned in many of our ancient literature.

### **RESULT**

A study of literatures indicates that the scientific knowledge of our Siddhars were far superior to that of present day scientists and researchers. Without understanding the basic concept of Siddhars one cannot be perfect. It is evident from the study of history of Siddhars that theraiyar has done a cranial surgery even at the ancient time and relieved the patient from the chronic headache.

### **CONCLUSION**

Still many Siddha documents and manuscripts are not found, hence more archaeological researches need to be started to find more Siddha medicine to cure still more life threatening diseases.

### **KEYWORDS**

Siddha, Archaeology, Manuscript, Literature, Civilization.

#### Abstract

ID:UG/P/054

# Role of selective millets in the management of Diabetes mellitus

S.Kiruthikasri – Final year BSMS

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### **ABSTRACT**

### **Background**

Siddha medicine is an ancient Indian science of medicine emphases the importance of a balanced diet for maintaining good health. The millets are considered to be one of the most important grains for human nutrition. In this decade, many people leading to sedentary lifestyle that cause several lifestyle disorders such as obesity, diabetes mellitus, hypertension, etc.

### **Objective**

Millets are rich in fibre and have low glycemic index that do not increase blood glucose level drastically and provide sustained energy. Consuming these millets such as finger tail millet, barnyard millet regularly that will be useful for diabetes and boosts the immunity.

# Methodology

Basic minerals and enormous micro nutrient available in barnyard millet and finger tail millet.various research articles and documentary files on these two millets clearly expose the importance of our daily food regimen particularly for diabetic people.Siddha texts explain the usage of these millets for number of illness.

### Conclusion

Selective millets such as barnyard millet, finger tail millet have good nutritional value and low glycemic index. Regular consumption of these millets prevent and support to treat the diabetes and its complications.

### Result

Food in Siddha system of medicine plays the crucial role for treating majority of illness. Prime theme of food is medicine and medicine is food in siddha is very much adhere in this connection.

## **Keywords**

Diabetes mellitus -management-selective millets -barnyard millet, finger tail millet -nutritional status-its glycemic index.

# ARCHAEOLOGICAL AND HISTORIC EVIDENCE OF SIDDHA SYSTEM OFMEDICINE

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### INTRODUCTION

The Siddha system of medicine is one of the ancient system contemporaneous with those of the submerged lands, Egyptian, Mesopotamian, chinese and Grecian medicine. The unique nature of this system is its continuous service to humanity for more than 5000years in combating disease and maintaining physical, mental or moral health. The modern studies of ancient system of medicines bring to light not only the high level of medical knowledge the ancient had, but also where and how they missed.

### **AIM**

To review the historic and archaeological evidence of Siddha system of medicine.

### **METHOD**

The Siddha system of medicine which has been prevalent in the ancient Tamil land, South India and srilanka the foremost of all other medical system in the world. It's origin goes back to BC10,000 to BC4000. Historic and archaeological evidence of our Siddha system are analysed for further more documentation related to the antiquity of our system.

### **RESULT**

The complexity of this system should be resolved into its main strands analysed abstracted and presented as history requires. The elements in their isolation and combinations have to be scientifically interpreted and evaluated to the understanding of this age. Some of the medicines and practices of Siddha origin have become neglected and even forgotten in their very birth place but have become developed in distant lands.

## **CONCLUSION**

Thousand of literature still remains in the form of palm manuscripts. The critical examination of these manuscripts, catalogue and their publication and translation needs to be done to fully explore the potential of Siddha medicine.

## **KEYWORDS**

Siddha, archaeological, antiquity, ancient, historical

# LITERATURE REVIEW ON NUTRITIONAL VALUE OF SAAMAI (PANICUM SUMATRENSE)

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### **BACKGROUND:**

To review about the *Panicum Sumatrense* and it's Nutritional values .It is originated from India and it is grown in various states like Tamil Nadu, Andhra Pradesh, Karnataka, and Maharashtra.

### **OBJECTIVE:**

The objective of this review is to access the Nutritional values of *Panicum Sumatrense* and its dietary importance like Gluten free, Low glycemic index and Weight management.

### **METHODOLOGY:**

Data for the nutritional review on *Panicum Sumatrense* were collected from Siddha text ( $\textcircled{6001}\Lim_L\Lim )$ ) and from research articles. The character of this millet where identified for the review where parts used, Siddha properties such as taste, Potency , Pharmacological actions and Phytochemical action.

### **RESULT:**

Saamai is a nutritious and versatile grain that offers several health benefits. It can be an excellent addition to a balanced diet, Samai is rich in phenolic compounds that show antioxidant activity. It providing essential nutrients while offering a gluten-free and low glycemic index alternative to other grains like rice.

### **CONCLUSION:**

The study found that the *Panicum Sumatrense* is an nutrition rich millet which contains protein, fibre, thiamine, riboflavin, folic acid, and carotene. It is rich in potassium, phosphorus and calcium, iron too. It has gluten-free and low glycemic index so that diabetic patients can add this millet in their diet. It will helps to build our body muscles, strengthen our bones, controls our blood sugar level and helps to maintain bowel health.

**KEY WORDS:** Gluten-free , low Glycemic index , *Panicum Sumatrense* , Weight management, saamai.

# ARCHAEOLOGICAL AND HISTORIC EVIDENCE OF SIDDHA SYSTEM OF MEDICINE

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### INTRODUCTION

Siddha is one of the ancient medical system in India considered as the mother medicine of ancient tamils/ dravidians in South India.

### **AIM**

To review the historical and archaeological evidences of Siddha system of medicine.

### **METHOD**

The Siddha system of medicine is the oldest documented medical system in world. It's origin goes back to BC10,000 to BC4000. During the past 20 years, intensive literary research into ancient Siddha manuscripts was done. They have collected valuable information on varied subjects detailed by Agasthyar, Bhogar and other aspects of science, including medicine. As per the textual and archaeological evidence which indicate the remote antiquity of dravidians civilization of the crest while submerged land of kumarikandam.

### **RESULT**

The archaeological research on Siddha medicine increases, original manuscripts of Siddhars which has been submerged or hidden can be found. Many Siddhars manuscripts are not yet identified. If it is identified many fatal disease can be curedand people gets effective treatments of Siddhars.

### **CONCLUSION**

Siddhars were the greatest scientist of ancient times and we're the guardiance of world and they existed and still exist for the benefit of public at large. Awareness of Siddha medicine to be created using the historical and archaeological evidence of siddha medicine so that people can understand the antiquity of Siddha medicine and gets effective benefits.

### **KEYWORDS**

Archaeological, history, Siddhars, antiquity, Dravidians.

### ANALYSIS OF NEONATAL JAUNDICE DRUG - KASTHURI TABLET

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# ABSTRACT

### **BACKGROUND:**

In Siddha medicine, neonatal jaundice is primarily caused by an imbalance in the Azhal thodam. Azhal thodam represents the metabolic and transformative functions in the body and when it is imbalanced, it can lead to various health issues including jaundice.

### **OBJECTIVE:**

To understand the effectiveness of the Kasthuri tablet by the chemical and phytochemical analysis of components to administer in neonatal jaundice.

### **METHODS:**

The phytochemical study was done for the constituents of the medicine, Kasthuri tablet. It is composed of Kasthuri (musk), *Crocus sativus*, Korosanai (Bile of cow). The phytochemicals of each component were analyzed to understand its medicinal value.

### **RESULT:**

The phytochemical analysis of *Crocus sativus* contains Picrocrocin, phenol, delphinidin, flavonoid, and crocetin and terpenes; Korosanai contains cholic acid, deoxycholic acid, chenodeoxycholic acid, ursodeoxycholic acid, and taurochenodeoxycholic acid; And Musk contains macrocyclic ketones, pyridine, steroids, amino acids, peptides, oleine, cholesterin, albuminous substances.

Theses phytochemicals in *Crocus sativus*, korosanai and musk help in balancing the azhal thodam and proper functioning of the liver.

### **CONCLUSION:**

The kasthuri tablet focuses on rebalancing the azhal thodam and support the functioning of the liver. It enhances the digestion and elimination of toxins from the body and cures the neonatal jaundice.

# **KEYWORDS:**

Neonatal jaundice, imbalance in azhal thodam, chemical analysis, kasthuri, musk, cow's bile.

ID:UG/P/059

#### ANTI-DIABETIC THERAPEUTIC VALUE OF KARUPPU KAVUNI RICE

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#### **ABSTRACT**

### **BACKGROUND:**

Diabetic Mellitus, a metabolic disorder also termed as metabolic syndrome. Diabetic cases are increasing day by day in world scenario and are estimated to reach 1.3 billion people to be affected by 2050 (IHME-2023) . India ranks 64 in the diabetic world scenario. The dietary food supplement paves major role in controlling diabetic cases. Among the traditional rice varieties used as dietary supplement — Karuppu kavuni rice (Tamilnadu traditional rice) plays a vital role.

#### **OBEJECTIVES:**

To review the anti-diabetic therapeutic value of karuppu kavuni rice.

### **METHODS:**

The phenolic compound present in karuppu kavuni rice interfere with pancreatic  $\alpha$ -amylase and intestinal  $\alpha$ -gulcosidase that exhibit inhibitory activity has been majorly subjected for anti-diabetic assay.

#### **RESULT:**

The karuppu kavuni rice helps in breakdown of sugar, enhance the action of glucose transporter and transport glucose into the cells than in the blood which eventually reduce the glucose level in blood. It was observed to be more potent and has low glycemic index containing dietary supplementary for diabetic cases than the staple rice.

#### **CONCLUSION:**

From the literature survey it has been proven that Karuppu kavuni rice reduce the sugar spike in blood and provides stable energy. The high fibre content and anti-diabetic action of Karuppu kavuni rice paves a major role for controlling diabetes.

#### **KEYWORD:**

Diabetic mellitus, Anti-diabetic ,Karuppu kavuni rice, Dietary complement for DM, Fibre diet.

**MODE OF PRESENTATION:** Poster Presentation.

# MANAGEMENT OF PARKINSONISM BY POONAIKALI VIDHAI CHOORANAM

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#### **BACKGROUND:**

Parkinsonism is one of the common neurodegenerative disease, characterized by a triad of bradykinesia rest tremor and rigidity. It is due to degeneration of the dopaminergic neurons of the substantia nigra. Non-dopaminergic regions like nucleus basalis of Meynert and locus coeruleus may also be implicated. Poonaikalividhaichooranam is a Siddha herbal formulation made of *Mucunapruriens* seed powder. Its seeds have nervine tonic property.

#### **OBJECTIVE:**

The objective of this study is the discussion of management of parkinsonism by poonaikalividhaichooranam.

# **METHODS:**

Exposure of environmental toxin is linked to the onset of parkinsonism. 1-methyl-4-phenyl-1,2,5,6-tetrahydropyridine (MPTP), rotenone, paraquatare neurotoxins commonly causing parkinsonism. Poonaikalividhaichooranamconstitutes levodopa. Levodopa is used for treatment of parkinsonism.

#### **RESULT:**

Dose of levodopa is 100-200mg bd or tid. Levodopa is a precursor of dopamine *in vivo* by dopa-decarboxylase.

# **CONCLUSION:**

PoonaikaliVidhai is a medicine that strengthens the body and helps treat nerve related problems including Parkinson disease.

**KEYWORDS:** Parkinsonism, Poonaikalividhaichooranam, *Mucunapruriens*, levodopa, nervine tonic

# SIDDHA MEDICINE FOR THE MANAGEMENT OF GYNAECOLOGICAL DISORDERS WITH KUMATI UPPU CHOORANAM(CITRULLUS COLOCYNTHUS)-A DRUG REVIEW

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#### **ABSTRACT**

#### **BACKGROUND**

**Kumatiuppuchooranam**is one of the beneficial medicines to treat gynecological problems .It is used to treat **dysmennorhoea**, **oligomennorhoea** and **PCOD**. It can be used as internal medicine.

#### **OBJECTIVE**

The aim of this poster is to explore the glories of kumatiuppuchooranam in dysmenorrhea, oligomennorhoea and PCOD.

#### **METHOD**

Indhuppu ,valayaluppu, kalluppu , kariuppu, savutuppu,vediyuppuare dissolved in kumatikaai juice( *Citrulluscolocynthis*) and buttermilk and the resulting product is placed in sun(suriyapudam) to get **kumatiuppuchooranam**. It is very effective for treating dysmennorhoea and oligomennorhoea.

#### **RESULT**

Kumatiuppuchooranamis an excellent medicine for treating both oligomennorhoea and dysmennorhoea, PCOD with minimal side effects.

#### **CONCLUSION**

Kumatiuppuchooranam can be used as internal medicine for gynecological problems

#### **KEY WORDS**

Kumatiuppuchooranam, dysmenorrhea, oligomennorhoea, PCOD

# A REVIEW ONFINGER MILLET (*ELEUSINE CORACANA*) IN THE MANAGEMENT OF DIABETES

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#### **INTRODUCTION:**

Finger millet is one of the food crops with rich nutritional composition. The composition revealed the 15 different types of human aliments can be cured by using a finger millets and it's products.

Finger millet is considered as a therapeutic food for diabetes. It is a chronic disorder of carbohydrate, fat and protein metabolism characterised by increased fasting and post prandial blood sugar levels.

#### **OBJECTIVE:**

Aim of this poster is to categorize and summarise the available information of finger millet with anti-diabetic properties and suggested outlook for future research.

#### **METHODS:**

Finger millet have anti alpha amylase, anti alpha glucosidase, anti glycation, glycation reversing, radial scavenging activities, total phenolic and flavonoid content which helps in preventing diabetes.

# **RESULTS:**

The finding revealed anti alpha amylase, anti alpha glycosidase, anti glycation and glycation reversing activities of finger millet varieties while indicating their potential of decreasing the post prandial hyperglycemia and preventing advanced glycation end product mediated diabetes complication.

#### **CONCLUSION:**

This scientifically proved the efficacy of finger millet in the prevention and dietary management of diabetes and its complications.

#### **KEYWORDS:**

Finger millet, Diabetes, Hyperglycemia, Anti alpha amylase, Flavonoids.

#### Abstract

ID:UG/P/063

#### A REVIEW ON EFFECTIVE MANAGEMENT OF UTERINE FIBROIDS

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#### **BACKGROUND:**

Uterine fibroids(Leiomyoma) are the most common form of benign uterine tumours in myometrium. Clinical presentations include abnormal bleeding, pelvic mass, pelvic pain, infertility and obstetric complications. Etiology of uterine fibroids is not known but may be caused by many risk factors like low intakes of fruit, vegetables, vitamin-D.

#### **OBJECTIVE:**

Objective of this study is to create awareness of uterine fibroids which is mainly due to the present lifestyle.

#### **METHODS:**

The management of uterine fibroids depends upon the number, size and location of the uterine fibroids. There is a crucial role progesterone pathways in the pathophysiology of uterine fibroids. The herbs which possess styptic action have a better management for Leiomyoma. Rasagandhimezhugu, a herbo-mineral Siddha formulation, Asokapattaichooranam, Tiripalachooranamare used to treat Uterine fibroids.

#### **RESULT:**

Uterine fibroids are monoclonal tumours of uterine smooth muscle. They originate for myometrialstem cells and contain a large amount of extra cellular matrix containing collagen, fibronectin and proteoglycans. Intake of Vitamin-D rich food and Siddha formulations with styptic action are used for better management of Leiomyoma.

#### **CONCLUSION:**

Uterine fibroids may also cause infertility. So it is better to manage with rhe dietary supplements, yoga and exercises as prevention is better than cure.

**KEYWORDS:** Uterine fibroids, Leiomyoma, Vitamin-D, RasagandhiMezhugu, Asokapattaichooranam

#### ID:UG/P/064

# MANAGEMENT OF EYE DISEASES THROUGH VARMAM IN SIDDHA ASPECTS –A REVIEW

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# ABSTRACT BACKGROUND:

Eye diseases and visual impairment affect millions of people world wide, leading to reduced quality of life. Glaucoma is defined as over production of aqueous humour or lack of it's drainage or combination of both raise the intraocular pressure. Conjunctivitis are inflamed blood vessels on the surface of the wide part of the eye.

#### **OBJECTIVE:**

The aim of the poster is to explore the method of 3 months treating optic diseases by varmam.

#### **METHOD:**

Kondai kolli, Natchathira varmam are used to treat conjunctivitis, blurring of vision, irritation of eye, refractive errors of eye, presbyopia, glaucoma by stimulating the supraorbital nerve and lacrimal nerve respectively. Blurring of vision, irritation of the eye, squint can be treated by porchai and poigai varmam which is done by stimulating the optic nerve. Thilartha varmam is effective in reducing glaucoma.

#### **RESULT:**

Varmam treatment is efficient in treating eye diseases like conjunctivitis, presbyopia, glaucoma, irritation of eye, blurring of vision, refractive errors of eye.

#### **CONCLUSION:**

Varma therapy cures eye disease by stimulating above mentioned varma points through traditional manipulation. Varma can cure without internal intervention.

**KEY WORDS:** Varmam, blurring of vision, redness of eye, presbyopia, Glaucoma.

### A CLINICAL STUDY OF MANIKADAI NOOL: DIAGNOSTIC TOOL

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# **ABSTRACT**

#### **BACKGROUND**

Various Siddha diagnostic tools for accurate diagnosis and treatment have been developed by Siddhars. One among such unique diagnostic methods practised by Siddhar Agathiyar is Manikadai Nool. These tools include early detection of imbalances, improved disease prevention, and a better understanding of an individual's unique constitution.

#### **OBJECTIVE**

To study the accuracy of Manikadai nool as a diagnostic tool in various individuals.

#### **METHOD**

Manikadai Nool, the diagnostic method, is exclusively practised at the anti-brachial point, calculated from the subject's wrist at a distance of the subject's four fingers' breadth. Any changes in the BMI due to existing or undiagnosed diseases lead to changes in the anti-brachial circumference, which in turn reflect the changes in mukkutrram (the individual body's unique composition). The diagnostic process involves placing a thread gently on the anti-brachial point (ABC), and the circumference is measured. These measurements are interpreted based on the principles described by Agathiyar.

# **RESULT**

The above study shows the individual measurements of different subjects and the comparative analysis of their existing ailments.

#### **CONCLUSION**

Manikadai Nool merges Siddha diagnostic principles with modern anthropometry and has the potential to revolutionise healthcare by promoting preventive measures and providing a reliable approach to health assessment.

# **Key words**

Manikadainool, Anti-brachial point, Diagnostic tool, Mukkutram, and anthropometry

#### ID:UG/P/066

#### A CLINICAL STUDY OF MANIKADAI NOOL: DIAGNOSTIC TOOL

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#### **ABSTRACT**

#### **BACKGROUND**

Various Siddha diagnostic tools for accurate diagnosis and treatment have been developed by Siddhars. One among such unique diagnostic methods practised by Siddhar Agathiyar is Manikadai Nool. These tools include early detection of imbalances, improved disease prevention, and a better understanding of an individual's unique constitution.

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#### RESULT

The above study shows the individual measurements of different subjects and the comparative analysis of their existing ailments.

# **CONCLUSION**

Manikadai Nool merges Siddha diagnostic principles with modern anthropometry and has the potential to revolutionise healthcare by promoting preventive measures and providing a reliable approach to health assessment.

# **Key words**

Manikadainool, Anti-brachial point, Diagnostic tool, Mukkutram, and anthropometry

#### MANAGEMENT OF HYPOTHYROIDISM THROUGH YOGA MUDRAS AND DIET

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# ABSTRACT BACKGROUND

Yoga mudras used in yoga practice help to stimulate energy flow within the body. The specific mudras can help to balance the thyroid gland's functioning to alleviate symptoms of thyroid disorders. Integrating a diet plan with mudras supports thyroid hormone imbalances of an individual

#### **OBJECTIVE**

To review the effects of yoga mudras and diet plan for hypothyroidism.

#### **METHODS**

Mudras such as gyana mudra (gestures of knowledge), surya mudra (sun gesture), and sangu mudra (conch gesture) which are believed to stimulate energy flow and boost metabolism, along with a proper diet rich in iodine(fish, dairy, sea veges, iodinized salt), selenium(brazil nut) and sea foods help to balance thyroid hormone function. Yoga mudras and diet are supplementry treatment for hypothyroidism.

#### RESULT

This review article highlights the intersection between yoga mudras and diet. The potential benefits of this synergy include fostering a harmonious mind-body connection and promoting thyroid hormone imbalance.

#### **CONCLUSION**

This study explores the potential benefits of integrating mudras (gestures) and a tailored diet plan in managing hypothyroidism symptoms and supporting thyroid function. Healthcare professionals should consider incorporating mudras and an appropriate diet plan as adjunctive therapies for hypothyroidism management.

#### **KEYWORDS**

Yoga mudras, diet plan, thyroid hormone imbalance, symptoms, hypothyroidism.

#### Abstract

#### ID:UG/P/068

# A study on therapeutic values of foxtail millet

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#### **ABSTRACT:**

Scientific name: Setaria italica

Vernacular name: Thinai

Foxtail millet is the second most widely cultivated species of millet. Foxtail millet is one of the oldest dishes in Tamilnadu.It contains many micronutrients and has many medicinal uses. Tamil tradition are using foxtail millet as a one of the important food for many centuries.

# **Objective:**

This presentation is aimed to use foxtail millet as a food for prevent many diseases and disorders based on literatures and its research.

#### **Method:**

The therapeutic values of foxtail millet described in siddha medical 'Padhartha Guna Sinddhamani' and 'Gunapadam book'. It plays important food for prevent many illness.

# **Conclusion:**

This paper is going to create on awareness on foxtail millet as a food and many lifestyle diseases.

# A LITERATURE EVIDENCE OF SIDDHA SYSTEM IN THE MANAGEMENT OF MAANTHA SANNI [ AUTISM SPECTRUM DISORDER]

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#### **BACKGROUND:**

Autism Spectrum Disorder (ASD) is a complex **neurodevelopmental** condition affecting communication, behavior, and social interaction. The Siddha system of medicine, an ancient traditional healing system from India, offers a holistic approach to manage autism through personalized medicine (**vetrillaisurasam,vellaikudineer,MaanthaSaaniThailam**) and dietary interventions.

# **OBJECTIVE:**

This abstract explores the role of medicine and diet in autism management within the Siddha system, considering individualized treatments and potential benefits.

#### **METHODS:**

Extensive literature review of Siddha texts, research papers, and autism-related studies in the context of Siddha medicine were conducted. Siddha's personalized approach to medicine and dietary practices were analyzed to formulate effective strategies for autism management.

#### **RESULT:**

In Siddha, autism is viewed as an imbalance of all three vital force (vatham, pitham and kabam) and related to **Maanthasanni**. Medicine include **Vetrillaisurasam,vellaikudineer,MaanthaSaaniThailam**and Dietary recommendations involve gluten exclusion to alleviate symptoms and promote gut health.

#### **DISCUSSION:**

Siddha medicine's personalized approach seeks to correct underlying imbalances and restore harmony within the body. Dietary modifications, such as the **gluten-free**, aim to reduce gastrointestinal distress. Integrating these approaches offers a comprehensive autism management strategy.

#### **CONCLUSION:**

The Siddha system of medicine presents a promising avenue for autism management through personalized medicine and dietary interventions. Embracing individualization and traditional wisdom, Siddha offers a holistic approach. Further research is needed to validate the effectiveness and safety of Siddha-based interventions for autism spectrum disorders.

#### **KEYWORDS:**

Autism Spectrum Disorder, Siddha System of Medicine, Personalized Medicine, Herbal Formulations, Gluten-Free Diet.

#### ANALYSIS OF VISHA KUZHAMBU FOR SNAKE BITE

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# ABSTRACT

#### BACKGROUND

Snake bite is one of the most dangerous medical emergencies which is the cause for about 35,000 to 50,000 deaths in India. The common poisonous snakes found in India are Cobra (*Najanaja*), Krait (*Bangaruscaeruleus*), Russell's viper (*Daboiarusselli*) and Saw-scaled viper (*Echiscarinatus*).

#### **OBJECTIVE**

The aim of this poster is to reveal the use of Vishakuzhambu for the treatment of snake bite.

#### **METHODS**

Various literature and articles were collected and analyzed for the anitvenom activity of Vishakuzhambu. The preparation of Vishakuzhambuis done byusing these ingredients *Aconitumferox*, Borax, rock salt, *Delphiniumdenudatum*, *Nigellasativa*, sulphur, realgar, mercury, *Crotontiglium*, ammonichloridum.

#### **RESULT**

Snake venom commonly contains special enzymes acetylcholinsterases, serine proteinases, metallo proteinases, phospholipases A which is used for both immobilization and digestion of prey. *Nigellasativa* contains phytochemical such as Thymoquinone which has anti-inflammatory, anti-coagulant, anti-viral actions. Rock salt and *Crotontiglium* has laxative property. Alkaloids present in *Delphiniumdenudatum* acts as a protease inhibitor. *Delphiniumdenudatum* has neuroprotective and antitoxic effects which diminishes the effect of venom

#### **CONCLUSION**

Vishakuzhambu induces vomiting and diarrhea which helps to eliminate the venom. Vishakulambu is one of the promising medicine which is effective for treating snake bite and it's effects.

#### **KEY WORDS**

Vishakuzhambu, snake bite, venom, laxative, anti coagulant.

#### DOCUMENTARY ANALYTICAL STUDY ON NASIYAM.

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#### **BACKROUND**

The siddha system of medicine is an ancient and classical system of medicine based on three humours practised in southern part of india.NASIYAM is one of the external therapy.Herb juices and medicated oils and many nasiyum drugs are administered through the nostrill.It has a special SOP and special guidance descriped in siddha books.It has significance to treat in many acute and chronic diseases like unconsciousness in snake bite other poisonus bite and varma diseases. Siddha system gives special attention to prevent the illness also and it comes under the seasonal and day today health activities.

#### **OBJECTIVE**

To rule out the actions and therapeutic values of nasiyam for emergency and primary healthcare problems.

# **METHODOLOGY**

Research articles and methods of application of nasiyum have been collected and validated with siddha basic fundamentals. Single herbs and compound formalations and many herbo mineral formulations focussed to treat acute illness in various siddha basic texts.

# **CONCLUSION**

The enormous documents and research conclude that nasiyam has got an excellent role in treating many illness particularly respiratory diseases . Nasiyum also pave the ways for healthy life by maintaining the eqilibrium of tridosham.

# **RESULT**

The current paper is focusing on the sop of nasiyum and thearapeutic values of nasiyam on respiratory disorders, headache and emergency health care.

#### **KEYWORD**

Nasiyam-respiratory diseases-emergency healthcare.

# **EXPLANATORY VIEW OF ANJANAM**

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#### **ABSTRACT**

### **BACKGROUND:**

The external therapy of siddha medicine has the specialty of local applications .There are 32 external therapies in the siddha system .In that way , anjanamis a medicine used incanthus of the eye using anjanakol.Anjanam (Mai ) has synonyms of Piravadai , Thikkiyam and so on...applied to be on eyes for the various ophthalmic conditions .

### **OBJECTIVES:**

To study about thetherapeutical values of anjanamin the management of eye diseases.

# **METHODS:**

The literature study was carried for various kinds of preparations as herbal , animals and mineral based medicines. The two types of anjanam preparations, Single drug –karpooranjanam , Thaarvagam and multiple drugs – ErukkilaiMai, Kumari Mai and varalmeenMai, VallaraiMai, Maalaikannukku Mai. The vallarai Mai was prepared from the agathiyar formulation in literature evidence - AgathiyarNayanavithi 500.

#### **RESULT:**

Anjanam has the actions such as alterative, stimulant and cures kapha diseases as it treats theplight conditions of eye ( night blindness, irritation, delirium, redness, cataract). And it is safer to handle and use.

#### **CONCLUSION:**

Anjanam is one of the best remedies to the ophthalmic diseases which can be taken without any compulsory diet and easy to apply on eyes devoid of any invasion comparing chemical kajal.

**KEY WORDS**: karisalaiMai, delirium, night blindness, Vallarai Mai, anjanakol.

### INSIGHTS INTO THE PHARMACOLOGICAL ACTIVITY OF SIDDHADHI ENNAI

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# ABSTRACT BACKGROUND:

Medicinal oils play an important role. Depending on the formulation, these oils are believed to have therapeutic properties either for external application or internal consumption. The amount of each compound present in the formulation can be determined through quantitative analysis, which provides insights into the therapeutic significance of individual components.

#### **OBJECTIVE**:

To determine the therapeutic value of the constituents present in siddhadhi ennai.

#### **METHODS:**

The literature of the present study was collected from various databases. A thorough study on the chemical analysis for identification and quantification was done. Various analytical techniques like Gas Chromatography (GC), Liquid Chromatography (LC) was preferred for the identification. After identifying the components ,their quantities were determined in various limits. The raw drugs were procured and prepared as per the formulation given in Siddha Vaithiya Thirattu and all analytical specifications of a medicated oil was carried.

#### **RESULT**:

The color of Siddhadhi oil is examined. It is odorless. The prepared oil is subjected to analysis by HPLC method. The other parameters are also checked. There was no microbial contamination observed from the total plate count.

#### **CONCLUSION**

The chemical analysis of Siddhadhi Ennai confirms its natural composition, identifies active components, and ensures its safety for external use. This analysis supports the traditional claims of the oil's benefits and highlights its cultural significance in Siddha medicine.

#### **KEYWORDS**:

Sidhhadhi ennai, chemical analysis, gas chromatography,liquid chromatography,therapeutic value and active components.

#### Abstract

ID:UG/P/074

# REVIEW ON PENNISETUMTYPHOIDEUM (PEARL MILLET) IN THE MANAGEMENT OF EXTERNAL HAEMORRHOIDS.

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# **Background:**

Pearl Millet is an important cereal crop as it is rich in nutrition with capability to grow at harsh climacteric condition.

Haemorrhoids (piles) are enlarged blood vessels that it can get inside or around the anus.

### **Objective:**

Aim of this poster is to categorize and summarize the available information of Pearl millet with Haemorrhoids and suggesting outlook for future research.

#### **Methods:**

Boil the rice of Pearl millet and drain it and add the equal amount of Ivy gourd (cocciniagrandis) to it and grind it keep it on the Haemorrhoids and then the Haemorrhoids will be removed.

#### **Result:**

This study shows to have numerous health benefits especially for the patients with bleeding piles ( Haemorrhoids ).

#### **Conclusions:**

As per the reports, pearl millet can help Alleviate the risk of the haemorrhoids.

#### **Keywords:**

Haemorrhoids, pearlmillet, pennisetum typhoideum

ID:UG/P/075

#### SIDDHA DIETARY REGIMEN BASED ON DHOSHAS FOR PATIENTS

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# **Background:**

Siddha system of medicine which has been in practice for millennia states that disease occurs in the body due to disarrangement of three dhoshas (kuttram), seven physical constituents (Thathus) and six tastes (suvai). The basic principle of Siddha Saints is "Food is medicine, medicine is food". The food we eat is based on 6 tastes and 5 elements which gets imbalanced due to unhealthy food ,which in turn create variations in 3 dhoshas and 7 bodily constituents, thereby creating a disharmony in physical and mental health. A verse from Thirukkural "MAARUPAADU ILLATHA UNDI MARUTHUNNIN OORUPAADU ILLAI UYIRKU" indicates the importance of food in maintaining equilibrium of dhoshas. Siddha Saints like Agasthiyar also insisted that the source of energy for the whole body lies in the stomach (ENJAN UDAMBUKU VAYIRE PRADHANAM), according to many researchers, gut microbiomes play an important role in digestion, absorption and assimilation of macronutrients, regulation of hormones, production of vitamins, detoxification of vital organs, thereby creating physical and mental harmony. Therefore in a patient, proper diet which stimulates gut brain axis may change the depressed state of mind by elevating mood resulting in quick recovery.

#### Aim and objectives:

To establish a healthy Siddha diet plan based on dhoshas for patients.

# Methods and materials:

This paper provides insight into the scientific validation of general characteristics of herbs which are mentioned in Siddha diet plan. For this study, the information have been collected from the books like Gunapadammooligai, Patharthagunachinthamani etc..

#### **Conclusion:**

In addition to medications, thus by creating a Siddha diet plan for diseases helps the patient in fast recovery.

# **Key words:**

Vatha,pitha,kabam and dhondha diseases; Siddha diet.

# REFERENCES ABOUT SIDDHA MEDICINE IN ANCIENT SANGAM LITERATURES

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#### **BACKGROUND**

The ancient sangam literature plays a significant role in giving an idea about the lifestyle of the ancient Tamil people. The medicine now called as 'Siddha system of medicine' already existed those days and those were the only type of medicine that existed for them. This can be seen when we look closely into the 'sangam literature'. In this opportunity we would like to highlight some of those references which gives us more knowledge about this field on a higher level.

#### **OBJECTIVE**

The presence of a separate chapter in Manimekalai explains the whole concept of "Alavaigal" makes us to think more about them. It also gives us information of how ancient women maintain their hair with herbs like elam, lavangamand many others in the book Silapathigaram which reveals that even normal people also had the knowledge of these in the ancient times. In avvaikural, there are detailed separate chapter about "Nadithaaranai" which we have to learn and understand more about.

#### **METHODOLOGY**

From silapathigaram, manimekalai, avvaikuralsangam literatures we have exposed about the evidences of siddha medicine used ancient times. Also, there are great and popular poets like avvaiyar and tiruvalluvar who gave us the knowledge of medicine through their poems.

## **RESULT**

It explains how they are formed and lists out the duties of a doctor while treating a patient which we as doctors should and will follow.

#### **CONCLUSION**

In conclusion, we would like to pinpoint the various references of siddha medicine in ancient literature which we should lead to next level of research and make it useful for the welfare of mankind.

#### **KEYWORDS**

Ancient literature- siddha system- sangam literature- evidences from silapathigaram, manimekalai, avvaikural

#### Abstract

#### ID:UG/P/077

# DOCUMENTATION OF SIDDHA ETHNO MEDICAL FOR POISONOUS BITE.

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# **Background**

Siddha system of medicine is a traditional system of medicine that deals with wide range of medicinal herbs. India is a colossal area of herb in which siddha system of medicine has flourished as an enlightment in the medicine currently medicinal plants have become the paramount source of drug discovery in research for treating diverse form of posionous bite.

# **Objective**

Many herbs are still used antidote for poisonous bite by our ancestor .They have succeeded in their attempts of using herbs for poisonous bite . Out of these avuri and thumbai are common herbs easily available and easy to prepare medicine .

### Methodology

Avuri and thumbai is amazing herbs that was proved by several researchers in research articles and several siddha texts mentioned some of these are visavaidiyamkaviyam ,visavaidiyamthuratu, sangamuni visa vaidiyam , parampariya siddha visa maruthuvam sikichai muraikal .

#### Result

From the above text clearly mentioned about therapeutic value of thumbai and avuri for poisonous bite. It is using as single drug and compound formulation. This two herbs plays vital role in siddha text.

#### Conclusion

There are enumerous literature and research article based on posionous bite. Out of these thumbai and avuri has a crucial role to treat posionous bite.

**Key word** poisonous bite- snake venom-avuri and thumbai.

# NUTRITIONAL DIET TABLE FOR GESTATION PERIOD BASED ON "YUGIMUNI - KARU URPATTHI "AND "PANCHABOOTHA SERKAI" - A PRELIMINARY ASSESSMENT

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#### Abstract:

## **Background:**

Diet for the pregnant women is inevitably appraised because, the healthy fetal development and the well being of the mother-to-be can be consummated by the proper balanced and nutritional diet. The nutritional status of the fetus is totally anticipated upon the diet followed by the mother-to-be.

# **Objective:**

"Karu urpatthi" put forth by yugimuni in yugi vaithiya sinthamani is an omphalos of this study and to form a dietary plan based on the development of the organs and body parts in the particular month of the whole gestational period. These organs and body parts are a coalescence of panjabootha, further more the plants and animal products in siddha system of medicine are also categorised by "arusuvai" which are the amalgamation of panjabootha.

#### **Methods**:

The "panjabootha serkai" of each plants and animal products and each organs and body parts are equated and applied in "karu urpatthi". Aslo the contemporary chemical composition are compared to maintain an equilibrium between the modern aspect of diet.

# **Results:**

When the same bootha serkai mooligai are consumed during the same bootha serkai organs and body parts formation, nutritional requirements can be contented and no malnutrition will be eminent.

#### **Conclusion:**

With the punctilious scheduled diet plan, which even delineate the three meals of a day for each and every month of whole pregnancy can refine the wellness of both mother and the fetus. It can also tone down the miscarriage and malnutritional birth defects.

#### **Keywords**:

pregnancy diet plan, Yugimuni, Karu urpatthi, panjabootha panjikaranam, arusuvai unavu

# DOCUMENTARY STUDY OF ROLE OF MILLETS IN MANAGEMENT OF DIABETES MELLITUS.

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#### **BACKGROUND:**

The siddha system of medicine is one of the indigenous system of medicine followed by the people in sourthen parts of India . The basic concept of siddha medicine denotes that "Food is medicine, medicine is food". Millets are one of the important food ingredients in diet of human society. They have more nutritional values and are gluten free and have low glycemic index. Millets prevents from many lifestyle disorders . Diabetes mellitus is one of the lifestyle disorder which affects most of the global population. The management of diabetes mellitus is very important in day to day life . Thus this millets play a vital role in managing it .

#### **OBJECTIVE:**

To rule out the role of millets in the management of diabetes mellitus.

#### METHODOLOGY:

There are lot of descriptions mentioned in our siddha text books about pearl millet and finger millet and its derivatives for the management of Diabetes mellitus are collected from the literature, research articles and journals.

#### **RESULT:**

Some specific millets especially pearl millet, finger millet may reduce the risk of diabetes and maintains the proper blood glucose level.

### **CONCLUSION:**

That millets have high nutritional values and have many benefits . It helps in **the** management of Diabetes mellitus.

#### **KEYWORD:**

Millets \_ Diabetes mellitus \_ maintains blood glucose level

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# A LITERATURE REVIEW ON DIET AND NUTRITION OF SEA FOODS

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#### **ABSTRACT**

# **Background**

A literature review on diet and nutrition of sea foods

# **Objectives**

Siddha system is a philosophy based medicine. The essential life style for healthy living has been instructed in Siddha System, according to the geographical and seasonal varieties. sea foods are rich in nutrients and sea foods have more medicinal values which are mentioned in siddha text.

#### Methods

This literature review aimed to analyze and summarize some of the literature, peer review journals and websites which mention sea foods.

#### **Results**

Seafood includes vital nutrients needed for health and wellness at all ages, including omega-3s, iron, B and D vitamins, and protein.

#### **Conclusion**

These nutrients are essential in maintaining your health—particularly your brain, eyes, and immune system

# **Keywords**

Siddha, diet, sea foods

# SIDDHAR'S SCIENCE BEHIND THE MANTRA 'OM' AND URAKA KALAM IN INSOMNIA AND DEPRESSION

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#### **ABSTRACT**

# **BACKGROUND:**

Good sleep plays a major role in this modern era. Lack of sleep (INSOMNIA) leads to depression, anxiety and many psychiatric disorders. Sleep helps in formation of long term memories. Vagus nerve enhances the parasympathetic nervous system, thereby controls the body's response during rest and helps in good sleep.

#### **OBJECTIVE:**

- In modern medicine, vagus nerve stimulation plays a major role in treating insomnia and depression.
- Siddhars had achieved this through the mantra "om".
- The varmam point "uraka kalam" specifically got this name as it helps to get sleep.
- This study is about the principle behind chanting the mantra "om" and the action of stimating "uraka kalam" in body.
- This stimulates the vagus nerve which helps in relaxing mind and to get good sleep.

#### **CONCLUSION:**

This study concludes that vagus nerve stimulation had been achieved by siddhars millions of years ago through simple sound vibrations called mantras and through varmam points.

# **KEY WORDS:**

Insomnia, Depression, om , uraka kalam , vagus nerve stimulation.

#### THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE.

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# ABSTRACT BACKGROUND:

There are several types of millites. However, the most common varieties include Setariaitalica – Foxtail millet, Panicumsumatrense– Little millite, Panicummiliaceum – Proso millet, Echinocholaesculenta – Barnyard millet, Eleusinecoracana – Finger millet, pannisetumglaucum – peral millet, Sorghum bicolor – great millet. Millets are high in nutrition and dietary fiber. They serve as good source of protein, Micronutrients and phytochemicals.

#### **OBJECTIVE:**

To review the therapeutic value of our traditional millet diet in siddha system of medicine

# **METHODS:**

Diet source, nutritional composition, uses of millets, Action of millets on metabolism, Antioxidant properties and sensory characteristics of millets.

## **RESULT:**

Here by, the study reveals that the millets contains rich fibre content while comparing with stable crops consumption, the millets which comparitively facilitates the metabolic activity of our body.

#### **CONCLUSION:**

Therapeutic value of millets are high that provides various health benefits to the body by containing vitamins and minerals which are essential macronutrients for human. Also, it is rich in dietary fiber, which helps to keep the digestive system healthy. This is why it is considered as one of the best grains for weight loss.

#### **KEYWORDS:**

Millets, therapeutic value of millets, nutritional value, health benefits of millets.

ID:UG/P/083

# MEDICINAL AND NUTRITIONAL VALUE OF SKY FRUIT SEED - ENTHNOBOTANICAL REVIEW

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#### **ABSTRACT**

# **Background:**

Sky fruit seed is lingually known as Thean Kaai which is commonly known as sky fruit (Swietenia *mahagoni*), have an ethnobotanical importance in siddha medicine for its medicinal and nutritional properties. This literature review aims to provide an overview of the nutritional profile of this seed and its potential in treating diabetes.

# **Objectives:**

- To discuss the potential of sky fruit seed as a natural remedy in siddha medicine for specific aliments, such as diabetics, hyperlipidemia, impotency, skin problems.
- To review the existing literature on the nutritional composition of sky fruit seed.
- To summarize the reported effects of sky fruit seed based formulations on diabetes and related parameters.

#### **Methods:**

Review of existing siddha literature and traditional texts to identify documented properties of sky fruit seed.

# **Result:**

The study performed on the sky fruit seed revealed the presence of phytochemicals - flavonoid, alkaloid and the antioxidant property and vitamins-B1, B, E which make them a healthy and nutritional diet. Seeds used as component for eliminating the toxins from the body and useful in improving the immune system.

## **Conclusion:**

Sky fruit seed study has provided an inestimable information on its Nutritional and Medicinal Benefits. The result showed that it is useful in treating diabetes especially type II and other diseases.

# **Key words:**

Sky fruit seed, Diabetes, Skin diseases, Antioxidant, Nutritional benefits, Vitamins.

#### Method of Presentation: Poster Presentation

# A STUDY ON THERAPEUTIC VALUE OF VEDHU-STEAM INHALATION

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# **Background:**

Siddha system is the premordial system of medicine. It aims at treating the body mind and soul. It is mainly classified into 2 classes based on the administration of drugs as internal and external medicine which are again classified into 32 types each. External therapies are classified based on the route of administration or physical procedure. Vedhu(steam inhalation) is one of the external therapy that is further discussed here.

# **Objectives:**

Our aim is to evaluate the benefits of vedhu therapy in various diseases it is defined as the method of simulation of sweat using medicated steam It facilitates perspiration through which relief from ailments are obtained. It is useful in curing khapam diseases. Its also helpful in vatha disease especially rheumatoid arthritis ( mudakuvaatham)

#### **Methods:**

Vedhu includes both steam inhalation and application method. It is done by adding plants aromatic substances raw drug powders red hot iron or bricks to boiling water. Specialised steam apparatus are used for steam application. The drugs included have anti inflammatory and analgesic properties. Vedhuis used for the treatment of cold, sinus, as thma, an orectal diseases and vadha diseases especially rheumatoid arthritis

#### **Result:**

Vedhu gives a sense of deep relaxation of the body mind and fresh youthful appearance. It dilates the blood vessels and increases the blood circulation. It relieves fluid accumulation body ache and improves relaxation of muscle tissue

#### **Conclusion:**

The range of temperature its duration materials used play vital role in relieving pain and inflammation of the affected parts. It is an easily available method in our day to day life. In future clinical study should be done on this aspect of therapy

**Keywords:**External therapy, vedhu, steam inhalation, vadha diseases

# A DOCUMENTATION OF FOOD AND NUTRITION (0-12 MONTHS BABY) PROMOTING HEALTHY NUTRITION AND DEVELOPMENT

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#### **Background:**

Food and nutrition during the first year of a child life are vital for promoting healthy development and long term well being. In our traditional siddha system of medicine similar to how a child receives immunity from the mother through colostrum, human acquire immunity from mother nature through the healing power of siddha medicine.

# **Objective:**

The objective of the study is to prevent malnutrition by providing the naturesnutrition and balanced supplements for pediatrics. Food and nutritional choices plays a crucial role in shaping child's development. Most deficiencies in babies occurs after 6 months of age particularly due to calorie, protein and vitamin deficiencies. To address there deficiencies a variety of food and its schedule can be introduced in our presentation.

#### **Methods:**

I introduce the Powdered mixture composed of Kothumai, Ragi, Tinai, Paruppu (துவரம்பருப்பு, pasiparuppu), asoefotida, omam all are fried and make it fine powder. Boil 2 glass of water and add 1 teaspoon of above mentioned powder then serve.

# **Result & Conclusion:**

The main motive of this presentation to reduce children's malnutrition.

**Keywords:** Nutrition, Deficiencies.

#### DOCUMENTATION AND LITERATURE REVIEW ON KALIKAM

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# **Background:**

Siddha system of medicine is the traditional system of healingthat originated South India and is considered to be one of the India's oldest systems of medicine. The Siddha system is based on a combination of ancient medicinal practices and spiritual disciplines as well as alchemy and mysticism. Here in this work, a non-invasive treatment 'kalikam' is highlighted.

# **Aim and Objectives:**

- 1.To make awareness regarding ophthalmic applications as a preventive and therapeutic method in siddha system of medicine.
  - 2.To give an evidence based medicine in siddha aspect.
  - 3.To promote the use of kalikam in public.

#### **Methods:**

In siddha system of medicine ,32 external and internal therapies are available. Ophthalmic application is one of the external therapy of applying drugs to one or both eyes. They are available in the form of Anjanam, Mai, kalikam etc.

Kalikam is one of the important eye care method that are directly instilled in the eyes. Apart from treating eye diseases, kalikam is also having proven records in treating conditions such as long sight, short sight, migrant headache, stomach pain, skin diseases etc.

#### **Result:**

This paper documents about the literature review on kalikam, its shelf life, methods of application, single and compound drug therapies as well as their treatment in various diseases.

#### **Conclusion:**

This paper is togive an awareness about the prevention about eye diseases by non-invasive and an effective treatment method.

# **Keywords:**

Kalikam, Eyedrops, Non-invasive preventive treatment.

# INGUINAL BUBO (ARAIYAPPU) IN GONORRHEA DISEASE CAN BE TREATED THROUGH INTERNAL MEDICINE AS GANDHAKA MELUGU , SARVA MEGHA ENNAI ALONG WITH EXTERNAL THERAPY AND DIET

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#### **BACKGROUND**

To practice the gandhakamelugu with sarvameghaennai to treat the inflammation of lymph node in the groin and swelling .Along with external therapy of medicines like kattu and puchu with supportive dietary sources which are recommended to taken during this condition.

#### **OBJECTIVE**

The aim of this presentation is to assess, treat and cure the inguinal bubo seen in gonorrhea disease.

By reducing the sign and symptoms of inguinal bubo like swelling of lymphatic gland, inflammation generated in the groin

#### **METHODS**

- ➤ Internal medicines. (Gandhakamelugu, sarvameghaennai)
- External medicine. (AraiyappuPattru, araiyappupuchu)
- ➤ Diet /Greens (vallaraikeerai- *Centellaasiatica*, pannaikeerai-*Celosia argentea*, Murungaikeerai *Moringaoleifera*).

#### **RESULT**

In this review, on the inguinal bubo in gonorrhea can be cure and treated through both internal and external medicine along with supportive dietary green

#### **CONCLUSION**

Hereby, The signs and symptoms of inguinal bubo occurs due to the bacterium *Neisseria* gonorrhoeaecan be treated by Gandhakamelugu along with external therapyof medicines and supportive dietary greens.

#### **KEYWORDS**

Gonorrhea , inguinalbubo , Gandhakamelugu , Sarvameghaennai , External therapy of medicine , dietary sources.

#### ELESINE CORACANA - NUTRITION AND THERAPEUTIC VALUES

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#### **ABSTRACT**

# **Background:**

Finger millet is scientifically known as Eleusinecoracana, a staple crop grown in various parts of world. In siddha system of medicine finger millet used for its several therapeutic and nutritional values.

# **Objective:**

- To discuss the therapeutic values of finger millet.
- To review the nutritional content of finger millet.
- To review the phytochemicals and their properties of finger millet.

#### **Methods:**

A comprehensive search was made to collect from various literature databases to identify relevant studies on finger millets , phytochemical composition , nutritional values, role in different parts of body and it's properties in siddha system of medicine.

#### **Result:**

The nutritional content of finger millet emphasizing its abundance in carbohydrates, dietary fiber, proteins, vitamins and essential minerals like calcium, iron, and potassium. It contains phytochemicals like tannins, steroids, polyphenols, alkaloids, terpenoids. The nutrients content play a vital role in supporting diabetes, anemia, digestive aid, immune system, growth and overall health of an well-being in accordance with the principles of siddha medicine.

#### **Conclusion:**

This review provides an various therapeutic values and nutrient values of finger millet which should be utilized for healthy diet.

# **Key words:**

Finger millet, ragi, nutrition, anti-inflammatory, diabetes, bone health, anemia, immune system.

# A STUDY ON THERAPEUTIC VALUES OF NASIYAM - IN DELIRIUM & UNCONSCIOUSNESS

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#### **BACKGROUND**:

Siddha system of medicine is one of the former, ethnic methods of healing diseases. In the Siddha aspect, diseases are classified into 4448, while the medicines are classified into two groups external and internal- of 32 each. Nasiyam, one among the 32 external therapies, is a non invasive process of administrating drugs through nostrils. Nasiyam for delirium & unconciousness are focussed here

#### **AIM & OBJECTIVE:**

If nasiyam is done properly and regularly, it enhances the activity of sense organs, prevents diseases of head, hair related problems etc. It is usually done in case of deranged kapham.

#### **METHODS & MATERIAL:**

- Nasiyam is one of the Key treatment procedure for bringing in a balance of all 3 humours. The intranasal route may allow certain drugs to cross the blood brain barrier via diffusion. It usually uses herbal products, minerals & animal by products like ghee, milk....
- Delirium is a state of violent mental agitation (or) a serious change in mental abilities. It results in confused thinking and lack of awareness of the surrounding. While unconsciousness is a state that is like to sleep (or) not possessing mind following an illness (or) in injury especially of head. These are treated using certain drugs. For eg: Juice from Pungu flowers treats delirium

### **RESULT**:

Effects of nasiyam in treating delirium and unconsciousness, the list of single and compound drugs used are discussed

# **CONCLUSION**:

This is very helpful in treating unconscious patient particularly due to derangement of all 3 humours (or) in case of poisonous bite.

# **KEYWORDS**:

Siddha, external therapy, nasiyam, delirium, unconsciousness, herbs.

# THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINES

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# **Background**

Little millet (Panicum sumatrense) contains many nutrients and phytochemicals. Itis good for those suffering from sexually transmitted disease, diarrhoea and improve sperm count in male and to solve the problems of periods in women and proving with its action by reference books and research papers.

# **Objectives**

The pharmacological actions of Panicum sumatrense and it's Podhugunapadal have been proved to be the same as those mentioned in the Varma texts.

#### **Methods**

It includes the phytochemical analysis from certain reference books and equalizing it's actions by examination of general characteristics in Podhugunapadal of Panicum sumatrense

# **Result and Conclusion**

Here it is concluded that the pharmacological actions of Panicum sumatrense and Podhugunapadal of Panicum sumatrense and Varma texts (chevi kuththi Varma and natchathira varma) all are the same.

# **Keywords**

Panicum Sumatrense ,nutrients , pharmacological actions, Podhugunapadal, Varma texts .

# A REVIEW ON EXTERNAL THERAPIES -NASIYAM (NASAL INSTILLATION)

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# **BACKGROUND**:

Nowadays people are more attracted towards the words "herbs" & "herbal products" because of its easy availability, less side effects & marvelous results. Siddha system of medicine takes the traditional basis of thathu, thavaram&Sangamam and possess a vast number of external therapies. It is important in the management of health and diseases. Among the 32 external therapies, Nasiyam is one of the key treatment procedure for bringing in the balance of tridosham.

#### **AIM & OBJECTIVE:**

- ❖ Nasiyam is very useful in treating a unconscious patient particularly due to derangement of all 3 humours (or) in case of poisonous bite .
- ❖ To enhance the activity of sense organs, prevents diseases of head, hair fall ,early graying of hair & ensure hair growth. It alleviates diseases like Sinusitis, migraine and neuroskeletal conditions such as cervical spondylitis, facial paralysis, parkinsonism etc. It is evident through the great literatures of our Siddhars.

#### **METHODS & MATERIALS:**

Nasiyam is a non invasive process in which the drug is administered through the nostrils. The intranasal route may allow certain drugs to bypass the blood brain barrier via diffusion (or) axonal transport along the olfactory and trigeminal nerves. It usually uses herbal products, few minerals, animal by products like ghee, milk...

#### **RESULT**:

This paper reviews the methods of application, mechanism of action, shelf life, effects of nasiyam on various diseases, the list of single and compound drug used.

# **CONCLUSION**:

If nasiyam is done properly and regularly ,it will keep the person's eye, nose and ear unimpaired.

#### **KEYWORDS:**

Siddha, external therapy, nasiyam - nasal instillation, literatures, data base

# REVIEW ON NUTRITIONAL PROFILES AND HEALTH BENEFITS OF LITTLE MILLET (PANICUM SUMATRENSE).

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### **Background:**

The growing public awareness of health care substantiates the importance of nutraceuticals and their health beneficial properties.

Little Millet, a minor cereal known for Several health benefits due to the presence of bioactive nutraceuticals. Little Millet is native to India called Indian Millet.

### **Objective:**

To review the pytochemical activity, Chemical Component, Medicinal value of *Panicum* sumatrense.

#### **Methods:**

Little Millet has a significant role in providing nutraceuticals components such as phenols, tannins, and phytates along with other nutrients.

Samai dosa, porridge, paddu and payasam from little Millet are few traditional recipes in different millet growing states in India.

#### **Result:**

The study was found that *Panicum sumatrense*, helps to improve heart health and if it is consumed as main food, it decreases polydipsia, fever and urinary disease.

#### **Conclusion:**

The little millet is an important millet crop which has wide application in food processing. The high productivity of the little millet in various part of India has emphasized it's use in various food products.

# **Key words:**

Little Millet (*Panicum sumatrense*), Health Benefits, Polydipsia, fever, Bioactive nutraceuticals.

# LITERATURE REVIEW OF BARNYARD MILLET – TREATING FOR TYPE 2 DIABETIC.

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#### **BACKGROUND:**

Barnyard millet (Echinochloafumentacea) is one of the hardest millet. Barnyard millet is an important crop. It is a fair source of protein

# **AIM**

This study to asses the effectiveness and safety of using millets for treating diabetics type 2

# **METHOD:**

Barnyard Millet enhances carbohydrate sensitivity in diabetes patients and also assist to lower blood sugar. The presence of antioxidants which assist in treatment of different aliments and health problem

# **RESULTS:**

In Barnyard millet the significant and unsaturated fats are linoleic acid and oleic acid. It shows the high level of retro gradation of amylase. Which encourage the development of higher measure of resistant starch. Consequently can be suggested for the patient with Cardio vascular sickness and diabetics mellitus

#### **CONCLUSIONS:**

Barnyard millet is one of the hardest millets. Nutritionally barnyard millet is a superior grain with good amount of Macronutrients and Dietary fibres. This study indicated the potential benefits of barnyard millet in the diet therapy of diabetics

### **KEYWORDS:**

- \*Barnyard millet
  - \*Echinochloa
  - \* Fumentacea
  - \*Glycemic index

#### Abstract

#### ID:UG/P/094

#### THERAPEUTIC ACTIONS OF MILLETS ON NCDs

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#### **BACKGROUND**

There is a growing emergency of non- communicable diseases such as diabetes mellitus, hypertension, obesity and hyperlipideima among all age people. The onset of complications of NCDs are due to change in life style and food habits. In this era, millets have been emerged as super foods. It helps in prevention of NCDs. They are rich in nutrients, phytochemicals and fibre content. A high dietary fibre content decreases glycemic index (GI) of food. Millets have anti oxidant, anti diabetic, anti cancer properties etc.,

#### **OBJECTIVE**

To establish the role of millets in prevention of NCDs.

#### **METHODS AND MATERIALS**

By analysing siddha literatures and scientific research papers, millets are used for preventing NCDs. Basics and conceptual materials have been collected from text book gunapadammooligai, Patharthagunasindhamani etc.,

#### **CONCLUSION**

By intake of proper siddha diet with millets ,NCDs can be prevented and complications can be reduced.

#### **KEYWORDS**

Millets, anti cancer, anti oxidant, diabetes mellitus.

#### **Abstract**

ID:UG/P/095

#### REGIMENS OF UTERINE PROLAPSE

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# **ABSTRACT**

#### BACKGROUND

Uterine prolapse occurs when pelvic floor muscles stretch and weaken until they provide no support for the uterus , it slips down or protrudes out of vagina . There are two types of uterine prolapse . They are uterovaginal and congenital prolapse . Cystocele may occur in uterovaginal prolapseand it is absent in congenital prolapse . The symptoms include pain in pelvis and abdominal pain.

# **OBJECTIVE**

The aim of this poster is to reveal various techniques totreat uterine prolapse.

#### **METHOD**

From the present day literature evidence Padigaram (Alum) and poongavi chooranam are used as internal treatment. The phytochemical actions of the following drugs are being evaluated for the treatment. It is given with any drug which has astringent property for effective result. The astringent actions causes tightening and shrinkage of cells. Punganpoo chooranam (Pongamia pinata) is one such drug which could be used. Varma treatment include saramudichu ,paeral ,moothira kaalam.

#### **RESULT**

Padigaram and poongavi causes tightening and shrinkage of cells due to astringent property which helps to cure prolapse of the uterus. Varma therapy plays a major role for the treatment of uterine prolapse.

#### **CONCLUSION**

Internal medicines combined with both external medications and proper Varma therapy may help to cure uterine prolapse . The astringent effect contributes to shrinkage of cells and return to the original position .

# **KEYWORDS**

Uterine prolapse , Astringent, Alum , Poongavi chooranam , punganpoo chooranam

# A CROSSSECTIONAL STUDY ON ROLE OF DIETARY PATTERNS AND PHYSICAL ACTIVITIES AMONG ADULTS

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**BACKGROUND**: Dietary pattern and lack of physical activity has changed our routine lifestyle in such a manner like irregular eating pattern, skipping breakfast, late night eating and sedentary lifestyle. This leads to increase in global risk to the lifestyle disorders. The previous study reveals that the dietary patterns were observed in the diseased condition, whereas in this study the sample was concentrated among the adults because of their increased vulnerability to poor lifestyle.

**OBJECTIVE:** The objective of the study is to assess the impact of diet and physical activity on healthy lifestyle.

**METHODS:** A questionnaire was framed to gather information about the dietary patterns and physical activity among the adults.

**RESULTS**: This study disclosed that 80% of the population were poor in following the salutogenic behaviours like healthy diet and physical activity.

**CONCLUSION:** Proper diet and physical activity is vital for a healthy life.

#### Abstract

ID:UG/P/097

# A LITERATURE REVIEW ABOUT ARCHAEOLOGICAL AND HISTORIC EVIDENCE FOR SIDDHA SYSTEM OF MEDICINE

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# ABSTRACT INTRODUCTION:

The unique nature of Siddha system it's continuous service to humanity for more than five thousand years in combating disease and in maintaining its physical, mental and moral health, while many of its contemporaries had completed their courses long long ago, since its origin development and ramifications have become obscure, any literary research on this subject, to be scientific and useful, should commence with a comparative study of the medicines of those ancient civilizations, which will illuminate many of the dark corners of our systems.

# AIM:

To review the archaeological and historic evidence regarding Siddha system of medicine **METHOD**:

The Siddhamedicine is one of the oldest medical system known to mankind. The Siddhamedicinal system originated in the south India in Tamil Nadu. The archaeological and historic evidence assessed from the numerous old literatures and texts for the antiquity of Siddha medicine.

#### **RESULT:**

As for as the researches done on archaeological surveys and texts found in old literatures it is evident that Siddha system of medicine is oldest among all the medical system in world.

#### **CONCLUSION:**

As for the Siddha works available now, much linguistic work has to be done before taking them as basic records for a history, the methods of research of which are of a rigorous iron discipline.

# **KEY WORDS:**

Archaeological, medicine, Siddha, history, evidence.

# RICINUSCOMMUNIS SEED FOMENTATION FOR PAIN MANAGEMENT IN RENAL CALCULI: A TRADITIONAL APPROACH

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#### **ABSTRACT**

# **Background:**

Ottradam (Fomentation) is a significant part of external treatment applicable in Siddha System of medicine which is useful for relieving pain. Renal pain, a common condition associated with various renal disorders, can significantly impact an individual's quality of life. In Siddha medicine, Ricinuscommunis seeds, commonly known as castor seeds, have been traditionally used for their therapeutic properties. This study aims to explore the effectiveness of utilizing Ricinuscommunis seedfomentation for pain management in renal calculi.

# **Objectives:**

The aim of this study is to investigate the method and benefits of Ricinuscommunisseed fomentation for relieving pain due to renal calculi.

#### **Methods:**

Required amount of riciniscommunis seeds are taken and  $\ grind$  it coarsely and heated . Then the heated seeds are tied in fomentation cloth and it is placed on the back of the patient on the thesideof the vertebral column (T12 to L 3 ). Fomentation treatment is widely used for the chronic and acute pain. This method is used for the management of pain in kidney calculi and urinary obstructions.

#### **Results:**

Chemical compounds like Ricinoleic acid, castorin, proteins, flavonoids, Ricinine are present in the castor seeds are responsible for pain relieving actions. Thus it helps to reduction of pain level.

# **Conclusion:**

This literature study review that the traditional Siddha approach of utilizingRicinuscommunis seed fomentation holds potential as an effective and safe method and having analgesic action for relieving pain.

# **Key words:**

External medicine, Fomentation, ricinus communis seed, renal calculi.

# REVIEW ONNUTRITIONAL PROFILE AND HEALTH BENEFITS OF FOXTAIL MILLET (SETARIAITALICA).

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# **Background:**

Foxtail millet is one of the earliest cultivated crops extensively grown in the arid regions of Asia and Africa. It is utilised as a food source which has a promising role to play enhancing nutritional and food security.

# Aim:

This review focused on to evaluate the phytochemical activity, chemical components and medical efficacy of foxtail millet (*Setariaitalica*).

# **Methods:**

The review highlights the versatility and importance of foxtail millet as a food source, which has all nutritional components. Foxtail millet contains significant level of protein, fibre, mineral and phytochemical such as phenolic compounds, flavonoids, alkaloids and cardiac glucosides. It is also reported possess hypolipidemic, low glycemic index and anti oxidant characters.

#### **Result:**

Therefore the study was found that foxtail millet in our daily diet act as nutrient, diuretics, and astringent.

# **Conclusion:**

This review concludes that like most millets, it remains under utilised as a food source. It would be reasonable to summarise that foxtail millet has a promising role to play in enhancing nutritional efficacy.

# **Key words:**

Foxtail millet (Setariaitalica), phytochemicals, alkaloids, antioxidants, food source.

# THERAPEUTIC VALUES OF FOXTAIL MILLET IN SIDDHA SYSTEM OF MEDICINE

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#### **BACKGROUND:**

Hypertension also known as Uyarirathaazhuthamin Siddha system diagnosis is a condition in which the force of the blood against the artery wall is too high. According to Indian statistics 23 % of Indian adults are hypertensive. Hypertension is due to the noticeable change in food habits and lifestyle modification of people with the immense health benefits of millets. It became an obvious choice for fitness enthusiast as it is easily available and having health benefits too.

# **OBJECTIVE:**

To treat hypertension, a cardiovascular disease using the chemical substance present in foxtail millet.

#### **METHOD:**

The millet which has taken to treat hypertension is Foxtail millet ( *Setariaitalica* ) also known as Thinai in tamil . Foxtail millet can be taken as kheer , an Indian dessert , Indian style lemon rice or is grounded into flour and used as roti and cakes .

# **RESULT:**

Due to the presence of flavanoids , phenolics , tannins , fibre , cholesterol , alkaloids in foxtail millet , it prevents hypertension. Our food should be our medicine and medicine should be our food .

# **CONCLUSION:**

Regular consumption of foxtail millet and duration along with modification in food habits and regular exercise can help people to get relief from hypertension .

# **KEYWORDS:**

Hypertension – chemical substance –effective treatment – foxtail millet – food habits.

# A STUDY ON MANJITTI KOMBU – A SIDDHA SINGLE DRUG THERAPY OF BEAUTY CARE

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#### **BACKGROUND:**

Siddha medicine is a form of traditional medicine that originated in southern India. In today's world, everyone has an obsession with naturally flawless skin, and it is one of the most universally desired features. Manjitti (Rubia Cordifolia), belonging to the family Rubiaceae, is an herb that works as a miracle cure for acne-prone skin. It helps reduce the production of sebum. Sebum is an oily substance that clogs pores and gives rise to blackheads and pimples. Acne is one of the most prevalent skin ailments among teenagers. Because of the presence of acne, the person is known to have negative psychological consequences, diminished self-esteem, and social withdrawal. Here, Manjitti is used along with honey to prepare the medicine "Manjitti kombu". There are Modern treatments available, but they are costly and have side effects, whereas under the Siddha system of medicine, acne can be treated more effectively.

# **OBJECTIVES:**

The objective of the study is to evaluate the therapeutic benefits of the Siddha single dermatological drug "Manjitti Kombu" for the treatment of acne and other skin-related ailments as per Siddha treatment.

# **METHODS:**

The reference for the preparation of manjitti kombu was found in the Siddha text, Gunapadammooligai. Furthermore, references were collected from research articles, journals, and web sources.

# **RESULT:**

The review has revealed that there is literary evidence stating the anti-acne property of manjitti kombu.

# **CONCLUSION:**

Thus, it is clear that the plant Manjitti has pharmacological actions like anti-acne, and honey purifies and heals the wounds. Manjitti Kombu is an effective form of Siddha external therapy for patients with acne and other skin ailments.

KEYWORDS: Manjitti, Acne, Honey, Manjitti Kombu

#### **Abstract**

#### ID:UG/P/102

#### A REVIEW ON TRITICUMAESTIVUM-WHEAT

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# **Background:**

*Triticumaestivum*belongs to the family Poaceae. It has high nutritional value such as carbohydrates, proteins, minerals, vitamins etc...

#### Aim:

The main objective is to review nutritional value and medicinal uses of *Triticumaestivum*.

# **Methods:**

The aim action of *Triticumaestivum* are nutritive ans demulcent. The porridge of this cures vathasuram, running nose, kabam, muppini and guve great strength to the body. "Wheat Milk" is best for kabarogi. "gothumaineyi kanji" treats pyrexia and monorrhagea. Wheat also cures Arthritis and back pain.

#### **Result:**

*Triticumaestivum*has many health beneficial components which can treat vathasuram, kabam, Muppini, pyrexia and menorrhagea

# **Conclusion:**

I conclude that wheat has high nutritive value that treat many diseases.

# Key words:

Triticumaestivum, Pyrexia, Menorrhagea

# A REVIEW ON TINOSPORA CORDIFOLIA (SEENTHIL) - A LIFESAVING SALUTARY HERB

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**BACKGROUND:** Siddha System of medicine is a 'Traditional Storehouse of Science'' deals with preventive and rejuvenative care. It is a predominant system of healing and lifesaving. Tinospora cordifolia is one of the heavenly herb that helps in promoting immune system and resistance to infection. It contains several constituents such as terpenes, glycosides, alkaloids, steroids and flavonoids which helps in biological activites. "It is one of the Kayakarpa mooligai" described in Bogar karpam 300. Classical siddha medicines prepared from Seenthil are Seenthil karpam, Seenthil Chooranam, Seenthil Sarkkarai, Mathumega Chooranam etc.

**OBJECTIVE:** The aim of this paper is to reveal the countless knowledge, importance and beneficial application of Seenthil in humans for safeguarding numerous threatening health issues.

**METHODS**:Tinospora cardifolia play a major role in all doshas and sabdas. Information were analysed from the number of research and published literatures available in Pub med, Research gate, Ministry of Ayush and other web sources.

**RESULT**: The present study describes medicinal application and biological activities of Tinospora cardifolia in rebelling various disorders and usage as Anti -Oxidant, Hepatoprotective, Anti toxic, etc.

**CONCLUSIO**N:Tinospora is a treasure of dietry and health supplement. It is a source of micronutrient. Role on life saving of Tinospora is multitudinous. This has been proved through the Research papers, Books and others information sources.

KEY WORDS: Tinospora Cordifolia, Seenthil, Saagamooli, Kayakarpam, Multitudinous.

# THE IMPORTANCE OF MILLLETS IN TREATING DIABETES MELLITUS SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE- THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE

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#### Abstract:

# **Background:**

Healthy food is one of the most important factors that play a clear and tangible role in humans health . A balanced diet means food that contains right amount of proteins, vitamins, carbohydrates, fat and fibre . Millets are gluten free, non allergic rich in dietary fibre and good sources of phosphorous and Iron and all the millets possess high antioxidant property.

# **Objective:**

Our India is facing many problem which affects the majority of population like cardiovascular, obesity, diabetes etc. Of these, diabetes is one of the leading cause of death worldwide. India now has over 101 million people living with diabetics as per ICMR study. Many of them among us prepare wheat in diet for diabetes mellitus but our siddha system has variety of millets and rices with high benefits in treating diabetics mellitus. Millets like kelvaraghu, saamai, karuppu kavuni rice. Slow down the release of glucose in the blood preventing blood sugar spukes And fight against obesity and risk factors for diabetes mellitus

#### **Methods:**

Referral method:

Researchgate, Pathartha guna chinthamani, Bhojana kuthukalam, Mathu megamum siddha maruthuvamum

# **Results:**

Millets can be used as an alternative for wheat in Diabetes mellitus diet

#### **Conclusion:**

Millets like kelvaraghu,karuppu kavuni rice,Samba rice showed good results as adding in diet for Diabetes mellitus

# **Keywords:**

Balanced diet – diabetes – millets- kelvaraghu- obesity

# LITERATURE REVIEW OF KODO MILLET-NUTRITIONAL VALUE AND UTILIZATION IN INDIAN FOOD

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#### **BACKGROUND:**

In India kodo millet grown mostly in the deccan region and the cultivation extends to the foothills of himalayas. Cereal grains have contributed to the growth of human races since ages and play a vital part in the daily diet of billions of people's all over the World.

#### **AIM**

This study aims to reveals the nutritional value and utilization in Indian foods of kodo millets. The consumption of kodo millet grains as food increase the secretion of bile juice and stimulats appetite

#### **METHODS**

Several literatures reported the use of kodo millet flour to extent for development of traditional as well as novel food products like idlidosa, pongal, payasam, cutlet, biscuits, cookies,andladdoo

#### **RESULTS**

Kodo millet is rich in dietary fiber and minerals like iron, antioxidant, the phosphorus content in kodo millet is lower than any other millet and it's antioxidant potential is much higher done any other millet and major cereals

# **CONCLUSION**

Through rich in nutrient and traditionally been taken as poor mans staple. Millets are again gaining there foothold in the Indian diet. Though the some reference on nutritional composition different millets are Available and several traditional recipes are prepared from the nutria cereal, through research is needed regarding bio availability and reduction of anti nutritional factors

# **KEYWORDS**

\*kodo millet

- \*minerals
- \*fibre
- \*nutrition
- \*food products

# MILLETS – A PRIME NUTRITIONAL DIET FOR A HEALTHY LIFE

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**BACKGROUND:** Millets are regarded as a significant grain, it is abundant in nutrients and health-beneficial phenolic compounds, making it suitable as food. Due to rapid urbanisation, millets are least exploited which leads to increase in the lifestyle disorders. Thus, this study shows the nutritional value of millets in our diet among folks.

**OBJECTIVE:** The objective of this study, is to show the nutritional value of millets and to assess the impact of millets in our diet which lay a path for better lifestyle through Siddha system of medicine.

**METHODS:** The present study design is to evaluate the constituents of millets and to exhibit the functional roles in the body. The method of study is carried out with the hints developed from literature.

**RESULTS:** The presence of phytochemicals in millet grains has positive effect on human health by lowering the cholesterol in the body. Including millets in the diet may improve health and decrease the risks of diseases.

**CONCLUSION:** Intake of millets in our diet is fundamental for a healthy lifestyle.

KEYWORDS: Millets, Nutritional value, Siddha, Lifestyle, Phytochemicals

#### REGIMENS FOR WOMEN'S WELLBEING

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#### **ABSTRACT**

# **BACKGROUND:**

In this modern era, young fertile women frequently show symptoms of uterine disorders. Uterine wellness can also be maintained by Siddha Asanam and Siddha Muthirai, Pranayamam. Regular practice of all these, effectively works and uterine strength can be maintained and we can prevent the uterine disorders.

#### **OBJECTIVES:**

The aim of this paper is to review the effect of Asanam, Muthirai, Pranayamam, significance of wearing ornaments and Sattva diet for maintaining uterine strength.

#### **METHODS:**

Malasanam, Titaliasanam, Baddhakonasanam helps to lower the tension in the back and pelvic floor and also relaxes our body and mind.

Muthirais like Yoni and Bairava redirects energy towards the pelvic floor, resulting in an increased flow of uyirkaal (pranan).

Pranayamam practices establish a healthy body by removing blockage in pranamaya kosam, enabling increased absorption and retention of uyirkaal (pranan).

Wearing Silver toe ring to the second toe ,stimulates the nerve and strengthen the uterus. Along with the mentioned asanam, muthirai and pranayamam, if we follow sathuvadiet, assimilation and elimination will be balanced. Thus, body will be freed from all disease.

# **RESULTS:**

Asanam, Muthirais, Pranayamam practices help in awakening the Moolatharaaatral(kundalinisakthi) and redirects the energy resulting in an increased flow of uyirkaal (pranan).

# **CONCLUSION:**

In conclusion, the combination of various practices such as asanam (yoga postures), muthirai (specific movements or exercises), saththuva diet, pranayamam (breathing techniques), and wearing silver toe ring contribute to promoting uterine strength. While each of these elements has its own benefits, they can potentially work synergistically to support the health and strength of the uterus.

# **KEY WORDS:**

Asanam, Muthirai, Pranayamam, Uterine strength.

# LITERATURE REVIEW ON MANAGEMENT OF MIXED GREENS IN POST NATAL WOMEN

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# **Background:**

Women in the postnatal period need to maintain a balanced diet just as they did during pregnancy. Iron, calicum and folic acid supplementation should also continue for 3 months after birth women who are breast feeding requireadditional food.

# **Objective:**

T his study is aim to assess the using mixed greens such as *Acalyphaindica*(*kuppaimeni*) *Boerhaavidiffusa*(*Mukuratti*)*Commelinabengalensis*, *lippianodiflora*, *leucasaspera*, *trianthemadecandra* as a regimen for post natalwomen care

#### **Methods:**

The properties of the plants is mixed green is collected studies and further eluciated. The action of the active compound in those plants are investigates and tabulated.

# **Result:**

Mixed greens is used to act as anodyne is painkiller in acalyphaindica, Commelinabengalenis it suppress the bleeding and dry up the sores on the breast Trianthemadecandra it cures the colic and chest disease

# **Conclusion:**

Mixed greens is the effective for the best diet and nutrition for post natal periods.

# **Keywords:**

Mixed greens, post natal care, regimen, nutrition.

# ANALYSING THE EXISTING DATA ON SAVARUKAYAM WITH PUERPERAL SEPSIS

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#### **ABSTRACT**

# **Background:**

Siddha System of Medicine is a philosophy-based medicine. The existence and classification of savarukayam where started ahead by Siddhars. According to SiddharAgathiyamuni'sSavarukayam and puerperal sepsis symptoms are looks similar.

# **Objective:**

This literature review aimed to analyse Savarukayam with puerperal sepsis.

#### **Method:**

The literature of the present study was collected from various databases and reviewed. As per the literature the symptoms of savarukayam and puerperal sepsis are fever, Rapidheartbeat, Lower abdominal pain, Foul-smelling vaginal discharge, pain or tenderness in the uterus, painful or difficult urination, Fatigue or weakness, Loss of appetite, Nausea and vomitting.

# **Result:**

This paper highlights the existence of Savarukayam and its classification in siddha system of medicine from ancient period, which correlates with the Puerperal Sepsis of modern medicine.

# **Conclusion:**

The symptoms of Savarukayam and puerperal sepsis are seemed to be very similar. Hence on further research and integration of traditional medicinal knowledge could potentially contribute to improving the outcome of postpartum infection.

# **Key Words:**

Savarukayam, Postpartum Infection, Life Threatening.

# SIDDHA EXTERNAL THERAPIES – LEECH THERAPY

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#### **ABSTRACT**

# **BACKGROUND**:

Siddha system of medicine deals with internal and external therapy. Leech therapy is one of

the external therapy, which comes under the type of bloodletting. It is also known as "hirudotherapy". It is used for various diseases like skin diseases, haemorrhoids, alopecia, varicose ulcer, wounds, etc...

# **OBJECTIVE**:

The objective of this study is to evaluate the effectiveness and potential benefits of leech

therapy in Siddha external therapy.

# **METHODOLOGY:**

By attaching leeches to the affected site can effectively remove excess accumulated blood. Additionally, their saliva contains natural anticoagulant and vasodilator which helps to prevent clots and encourage blood flow in that region.

# **RESULT**:

The leech saliva has been found to contain compounds like hirudin, hyaluronidase and histamine that can inhibit inflammation and vasodilation.

# **CONCLUSION**:

Our current literature study identified the efficacy of siddha treatment in leech therapy.

Leech therapy reduces the inflammation immediately and improves blood circulation.

# **KEYWORDS**:

External therapy, siddha medicine, bloodletting, blood circulation, hirudin

# **Abstract**

ID:UG/P/111

# A LITERATURE REVIEW ON THINAI (FOXTAIL MILLET) SETARIA

italica L. Beauv for treating type 2 diabetes
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**Introduction** The Siddha System of medicine is one of the ancient medicine. The dietary strategies aim at improving diabetes risk factors is the use of low-glycemic index diets.effect of increasing the intake of millet based diet in patients with type 2 diabetes mellitus & infertility **Method:** Dhani cooks rice and drinks it as a paste. It can be drunk as porridge to relieve pain and relieve gas Eliminates inflammation.

**Results**: It is customary to give to the afflicted people who are suffering from diabetes, remove gas, remove doubt, relieve pain, and generate heat.

**Conclusion:** a diet containing moderate amounts of fiber similar to as by Diabetes Association (ADA)Fasting plasma total cholesterol and Triglycerides. Cholesterol in the low-density lipoprotein (LDL) fraction. A high intake of millet based dietary fiber, improves glycemic control, decreases hyperinsulinemia, and lowers Plasma lipid concentrations in patients with type 2 diabetes

**Keywords**: Type 2 diabetics, glycemic index, foxtail millet diet

#### "THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE"

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#### BACKGROUD

# INTRODUCTION:

Poly Cystic Ovarian Syndrome(PCOS) also known as "SinaipaineerKatti" in Siddha system diagnosis Females suffers age group of between 15 to 44. It is an endocrine disorder, it is a condition that affects hormonal imbalance in woman. According to the statistics 8 out of 10 woman has PCOS due to the noticeable change in the food habits and lifestyle modification of the people with the immense health benefits of millets it has became an obvious choice for woman and fitness enthusiasts as it was easily available and added a lot of health benefits to body. The chemical substance present in the millet through which PCOD can be prevented.

# **OBJECTIVE:**

To treat PCOD using the chemical substance present in millet.

# **METHOD:**

The millet which has taken to treat PCOS are Pearl Millet and Finger Millet these millets can be taken in the form of malt,ladoo,porridge forms.

# **RESULT:**

Due to the presence of some chemical substance of minerals like potassium, magnesium, iron,fiber rich content, flavonoids,phytic acid,tannins,phenols,amino acids,polyphenols in these millets prevents PCOS.Let food be the medicine and medicine be the food.

#### **CONCLUSION:**

Regular consumption of Pearl and Finger Millet along with modifications in food habits and regular exercise can help women to prevent PCOS. Hence, this will lead to safe and effective treatment for PCOD.

**KEYWORDS:** Millet,PCOS, Chemical Substance, Lifestyle Modification, Effective Treatment

# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE – THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE-FOR PREVENTION AND TREATMENT OF EYE DISEASES

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#### **Abstract:**

# **Background:**

The Siddha system was a traditional system, which provides Holistic Health. The system provides preventive, promotive, rejuvenative and rehabilitative health care. Some millets are mentioned as regular food in olden days. Each millet has specific functional properties.

# **Objective:**

The objective of thisliterature search is to analyse the use of millets in the prevention and treatment of eye related problems in the technology generation. The statistical analyse shows that one of the major problems in this generation is eye related diseases which are due to change in food and lifestyle.

# Methodology:

A comprehensive literature search on millets available at the ATSVS Siddha Medical College Munchirai library. The search includes criteria limited to articles on researchgate and relevant selected literature include Bojana kudhukalam, Siddha maruthuvam pothu.

#### **Conclusion:**

The study highlights the importance of millets like "Kudhirai vaali", "Saamai", "Varaghu" and "Thinai" in the treatment and prevention of eye related problems.

# **Result:**

This study helps us to understand the uses of millets in this aspect and to overcome the problem related to eyes.

# **Kev words:**

"Millets" – Siddha aspect – Prevention and Treatment of eye diseases – Way of Administration and usage.

# SIDDHA DIET MANAGEMENT IN INFERTILITY

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# ABSTRACT BACKGROUND:

Food plays a major role in healthy living .The concept of food in siddha is based on six types of taste (Suvaigal).The food should be intake based on their body constituents—such as Vaatham, pitham, kabam. Infertility is termed as **maladu**. Theinfertility is caused due to various physiological and pathological changes in male and female. Consumption of food should be suitable to the seasonal changes. Food intake differs based on age group.

#### AIM:

The Aim of this paper is to reveal the importance of diet management in infertility.

#### **OBJECTIVE:**

Consumption of food based on the suvaai, viriyam, pirivu and mukkutram.

# **METHODOLOGY:**

Diet is based on the mukkutram and Aarusuuvaigal , seasonal change (kalangal ). By taking vegetables , fruits , and seeds. Athipalam( Ficusracemosa) ,Dates ( phoenix dactylifera),Pomegranate(Punicagranatum) , Dry grapes (Vitisvinifera) , Ullundhu (Vignamungo ),Vendhaiyam (Trigonellafoenumgraecum) , Karuppusundal ,Nelakadalai( Arachis hypogea ), Ellu(Sesamumindicum)will balance the iron constituents and regulate the hormonal metabolic function.

# **RESULT:**

The given diet substance has **cordial improves blood** ,**emmenogague**, **phytoestrogenicaction**helps for the treatment for infertility.

# **CONCLUSION:**

By following the given diet will balance the hormonal metabolic function and prevent infertility conditions.

**KEYWORDS:** Suvaai ,Diet , Infertility, Mukkutram , phytoestrogen action.

#### Abstract

ID:UG/P/115

#### THERAPEUTIC VALUE OFPENNISETUM TYPHOIDEUM

(Pennisetumtyphoideum-&iòЦ)

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#### **BACKGROUND:**

To review about the Pennisetumtyphoideumand its Nutritional values. InIndiait is widely cultivated and consumed today in states like Tamilnadu, Rajasthan, Gujarat, and Maharashtra.

# **OBJECTIVE:**

The objective of this review is to access the Nutritional values of Pennisetumtyphoideumand its Dietary importance like Gluten free, Low glycemic index,prevent constipation and Management of blood sugar level.

# **METHOD:**

Data for the nutritional review onPennisetumtyphoideumwere collected from Siddha Literatures like (医颌山口口山) and from research articles. The characteristic of this millet were identified for the review where parts used, Siddha properties such as taste, Potency, Pharmacological actions and Phytochemical actions.

# **RESULT:**

Kambuis a nutritious and versatile grain that offers several benefits. The consumption ofkambu has been associated with several health benefits. Its high fiber content aids digestion and helps prevent constipation. It also has a low glycemic index and helps to reduce the body temperature.

#### **CONCLUSION:**

The study found that the Pennisetum typhoideum is an nutrition rich millet. It is a good source of complex carbohydrates, dietary fiber, and essential minerals such as iron, magnesium, phosphorus, and potassium. It also contains some protein. It is gluten-free and has low glycemic index So peoples with Diabetes, Digestion and Constipation problems can add this millet into their diet.

**KEY WORDS:** Gluten-free, low Glycemic index, Pennisetumty phoideum, Diabetes, Constipation.

# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE – SIDDHA VARMAM AND SIDDHAR YOGAM- FOR ASTHMA

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#### **Abstract**

# **Background:**

Siddha medicine gives chronic ailments like asthma, ulcer, arthritis, diabetes etc...Yoga asanas,breath awareness and pranayama can help with asthma and COPD by improving breathing efficiency and decreasing inflammation . Breathing techniques known as pranayama are one of the most vital parts of yoga practice. Varmam therapy is a drugless,non invasive, simple therapy used in pain management.It is present – day pressure manipulation therapy. The therapy time is less and it given regularly it gives long lasting results.

# **Objectives:**

Asthma is one of the most discomforting of respiratory ailments know to affect around 5% of the world population. The unique therapeutic technique discovered by siddhars is varmam. Immediate pain relief is possible by manipulating Varma points. The curative and therapeutic aspect of Yoga (eg: Bhujangasana, Naadi Suthi pranayama) and varmam along with siddha system of medicine, provide relief in asthma systems, it also improves the quality of life of the asthmatic patients and pulmonary functions.

#### **Methods:**

The comprehensive give literature search will review that the most common respiratory disease, asthma can be controlled but the technique of Varmam , Yoga with siddha medicine, diet and nutrition.

#### **Result:**

Asthma can be treated by varmam and Yogam in siddha system along with Diet and Nutrition.

#### **Conclusion:**

The combination of yoga varmam with siddha medicine, diet and nutrition can treat the asthma.Pranayama had the added benefit of improving respiratory muscle strength and global body flexibility.

# **Key words:**

Asthma,yoga asanas, Varma points, siddha diet and nutrition.

# Millets and ThirithodaSamanan: A Siddha key Diet for Longevity and Vitality

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# ABSTRACT BACKGROUND

Food has given more importance in siddha system of medicine. Millets in food plays major role in nutrition which required for fuelling our body. Siddha medicine was deep rooted with *thirithodathathuvam*, which was used in diagnosis process as well as in medicament prescription. In the same way, *ThirithodaSaman* (*Thirithodathathuvam* in food and dietetics) was a big entity and less focused for the current fast paced lifestyle.

# **OBJECTIVES**

To describe the nature of millets with respect to *Thirithodasamanathathuvm* (*Thirithodathathuvam* in food and dietetics)

#### **METHODOLOGY**

The variation and availability of millets in our region were initially identified and classified based on the principles of *Siddha Gunapadam*. Library literature and books from ATSVS Siddha Medical College, *Munchirai*, and botanical databases, such as ThePlants and Kew, were utilized for reference. The listed ingredients were then segregated based on the *Thirithodam* Principle.

#### DISCUSSION

According to Siddha medicine, millets such as pearl millet (kambu), little millet (saamai), Italian millet (thinai), maize (solam), and ragi have specific actions in the body. Several texts discuss the relationship between millets and the three humors of the body. Kambu and saamai are said to be effective in treating pitha (bile)-related diseases, while white maize and thinai are said to be effective in treating vatha (wind)-related diseases. Ragi, on the other hand, is said to aggravate pitha-related diseases.

# **CONCLUSION**

The modern lifestyle and eating habits can cause an imbalance of the three humors in the body, leading to disease. Millets are a good way to balance the humors, but they should be consumed in moderation to avoid digestive problems and skin diseases.

# **KEY WORDS**

Thirithodatahthuvam, Siddha dietetics, Siddha way of life,

# GALLIC ACID FOR ORAL ULCER / APHTHOUS ULCER

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**BACKGROUND**: Gallic acid helps in treating oral ulcer. **ABSTRACT**:

Oral ulcer is one of the most common problem all over the world. It is also known as Aphthous ulcer. The prevalence of Aphthous ulcer is approximately 25% of world's population. Generally occurs due to use of tobacco, alcohol, infection by human papilloma virus(HPV), intestinal diseases, vitamin deficiencies and also food style. Gallic acid is one of the phenolic acid which is effectively used in the treatment of oral ulcer. It has antioxidant, anti-inflammatory and antineoplastic properties. It contains tannin with therapeutic activities in gastrointestinal disorders. In nature Gallic acid and its derivatives are present in every part of the plant such as leaf, fruit, root, bark, wood and seed. Rich amount of Gallic acid is present in medicinal plants like *Quercus infectoria* (Masikkai putru), *Solanum nigrum*(Manathakkali), *Limonia acidissima* (Vila), *Aegle marmelos* (Vilvam) and also in Triphala which is a combination of *Terminalia chebula*(Kadukkai), *Phyllanthus emblica*(Nellikkai) and *Terminalia bellerica*(Thandrikkai). These are effectively used in our siddha system of medicine to treat oral ulcer.

**KEY WORDS:** Gallic acid, antineoplastic, aphthous ulcer, Triphala, tannin.

#### Foxtail Millet in Traditional Medicine: An Overview

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# **Background:**

Millets are having excellent nutritional source and is a low maintenance, droughtresistant grain. They are known to have high amount of non-starchy polysaccharides and dietary fibers. Out of many, Foxtail millet is one among the minor one and rich in various phyto-constituents which are significant in overall digestive health, management of blood pressure, regulation of blood sugar, treating celiac diseases, suppression of cancer cell growth etc. They are also known to possess anti-aging, antioxidant, hypolipidemic and low glycemic index properties.

# **Objectives:**

The main objective of this research is in collecting information regarding their therapeutic utilization and its importance in various traditional medicine.

# Methodology:

A comprehensive search of online database and offline books, including *Patharthagunasinthaamani*, *Patharthagunavilakkam, Mooligaimaruthuvam*, *Meganivarana Bothini* and *Noiillaneri*, available at the ATSVS Siddha Medical College, Munchirai library, will be conducted to review the therapeutic importance of foxtail millet for health and its role in preventing diseases.

# **Discussion:**

Millet is an important source of nutrients and has been used in traditional medicines for centuries. This paper has documented the use of millet in various traditional medicines and regions within India. The paper has also discussed the potential health benefits of millet, including its ability to improve blood sugar control, reduce the risk of heart disease, and boost immunity. It is necessary to conduct further clinical research studies on foxtail millet to increase its utilisation and its inclusion in everyday diet to lead a healthy lifestyle.

# **Key words:**

Nutricereals, Foxtail millet, Antioxidant, Anti-cancerous, Siddha medicine.

# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE – THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM -USES OF FINGER MILLET IN DIET AND OBESITY

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# **Background:**

The Siddha system was a traditional system of medicine with its own literature evidences for Diet and Nutrition. Diet and Nutrition include Millets, Cereals, pulses, Vegetables and Fruits. Millets are one of the old food known to man. They are used as food and animal fodder.

# **Objectives:**

The objective of the literature search is to gather and analysis the diet exist among the siddha system of medicine. The aim is to identify the available literature on the Finger millets, distribution, composition, chemical constituents, medicinal use. According to NNMB (National Nutrition Monitoring Bureau) report (2006) based on cereal production and consumption of average consumption of cereals and millets in Indian households is 345 gram/day/ person compared to the RDA of 400g. Finger millet is a glutan free cereals, low in fat and good sources of proteins. In south India on pediatricians recommendation, finger millet is used in preparing baby food because of high nutritional content especially calcium and iron.

# **Methodology:**

A comprehensive literature search will review therapeutic value of millets in siddha system of medicine from diet and nutrition, Patharthaguna Sindhamani books at ATSVS Siddha medical College Munchirai library.

#### **Result:**

Finger millet helps to maintain the balanced diet in obesity and diabetic conditions.

# **Conclusion:**

This study Highlights show the significance of millets and peculiarly the use of finger millet.

#### **Key words:**

"Millet" – finger millet – calcium and iron – infant food – balanced diet – obesity – diabetics

# A REVIEW ON SUTTIGAI THERAPY(THERMAL CAUTERIZATION) IN SIDDHA SYSTEM OF MEDICINE

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**Background:** The long established siddha medicine uses knowledge, skills and practices based on theories, beliefs and experiences. Such a vast knowledge should be used to develop new treatment methods for lifestyle diseases. The siddha medicine has 32 types of internal(aga marunthugal)and external therapies(pura marunthugal).

**Objective:** The methods of remedy is of 3 types out of which Asura maruthuvam is powerful in treating chronic diseases where internal medicines are less effective due to the disease's severity. Suttigai is a type of Asura maruthvam under the category of aruvai. Treatment using heat is of two types, dry heat method and moist heat method. Theraiyar Tharu explains cautery(suttigai)procedures which are application of dry heat.

**Methods:** Suttigai therapy acts on the 3 humors by balancing kapham humor by modifying pitham and vatham humors. In the view of modern science, suttigai is the act of burning of tissues to remove or close a part of it. It includes 5 types,

- 1. Kaanthi suttigai
- 2. Kaal suttigai
- 3. Mann suttigai
- 4. Mara suttigai
- 5. Uloga suttigai

There are specific cautery points all over the body where the heat is applied.

**Result:** Suttigai therapy is commonly used to treat vatham and kapham diseases by it's quick action of heat. Suttigai therapy is practiced widely for treatment of small skin lesions, non-healing ulcers, osteoarthritis, sinusitis, warts, corns, calluses, localised swelling.

**Conclusion:** Properly performed suttigai therapy by skilled physicians will give excellent results. This review concludes that suttigai therapy should be practiced more often in treatment to bring out more skilled physicians among us.

**Keywords:** Siddha medicine, external therapy, Aruvai maruthuvam, Suttigai.

# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE- THERAPEUTIC VALUES OF MILLETS IN SIDDHA SYSTEM OF MEDICINE – DAILY REQUIREMENTS

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#### **Abstract:**

# **Background:**

Siddha system of medicine is one of the best ancient traditional system of medicine in India. In this system tha diagnosis and treatment is purely based on concepts and literature written by siddhars. On that way the concept believed by siddhars is "UNAVE MARUNDHU" which had been followed by our ancestors. Among them millets are mainly focused because of their high nutritive value. So they included millets as a main course in their regular diet.

# **Objectives:**

The objective of this study is, To ensure the significance including millets in regular diet as main course. To know their nutritive value.

# Methodology:

Literature are collected in library of ATSVS siddha medical college and we did further research on online resources

#### **Result:**

Everyday consumption of millet improves our body and brain development besides achieving our daily requirement of energy.

# **Conclusion:**

Nowadays our society is suffering from malnutrition and other dietary insufficiencies. So, we have to change the food habits. It is only way to conserve the indigenous food grains of India.

# **Keywords:**

Millets, Regular diet, Nutritional value, Food recipes

GREEN BLOOD (TRITICUM AESTIVUM) AS A BLOOD BUILDER

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**BACKGROUND** 

Triticum aestivum is an abounding weed, which is a power house of nutrient and vitamins for human body. It has been scientifically proved that molecules of human blood

hemoglobin and that of wheat grass chlorophyll are exactly the same. This plant is a wide

supplier of vitamin B12. The deficiency of vitamin B12 leads to a rare auto immune disorder,

pernicious anemia which affects all ages particularly over 60.

**OBJECTIVE** 

Implement of Siddha diet in treating pernicious anemia with *Triticum aestivum*.

**MATERIALS & METHOD** 

From the ancient literature, manuscript and research articles the various data were

collected.

**RESULT** 

The similarities and differences between cyanocobalamine (pills) and Triticum

aestivum have been analysed. From the Literature reviewed, the major chemical constituents in

cyanocobalamine (pills) are Hydrogen cyanide and cobalt. Whereas these were found in the

matured young sprouts of Triticum aestivum. Hence, it can be recommended in treating

pernicious anemia.

**CONCLUSION** 

The green blood (Triticum aestivum) is consider as the blood builder in various clinical

conditions involving hemoglobin deficiency. Thus it should be made part of daily dietary

intake in order to explore its maximum benefits.

**KEYWORDS** 

Triticum aestivum, Vitamin B12, Pernicious anemia, Green Blood

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# THERAPEUTIC VALUES OF AGATHIYAR INJI THAILAM

Siddha system is one of the ancient medications given by great siddhars which are now modernized as syntheticpharmacological drugs. Siddha medicine uses natural formulations to treat deep-rooted infirmity.

#### **BACKGROUND**

Therapies in siddha are broadly classified into Internal Medicines (Aga Marundu 32) and External medicines (Pura marundu 32). One of the external therapies include the utilization of Thailam. *Agathiyar's Inji Thailam* which was formulated by Agathiyar in his *Akattiyar Vaittiya Pūraṇam205* is extracted from his 128<sup>th</sup> verse.

# **OBJECTIVE**

Therapeutic values of Inji thailam are elaborated with its clinical formulation. It is applied over the agonizing parts of the body. This is made of only three ingredients that are available at ease.

#### **METHOD**

Equal proportions of concentrated pulp of peeled ginger(*Zingiberofficinale*), Cow's Milk and Sesame oil are boiled until a thick consistency appears and are filtered.5 to 10 drops of Inji thailam functions well for the persons with elevated vaatha levels and for children over 5 years of age. Although mild skin irritation and burning effects are observed, which brings the efficacy of Injithailam. Symptoms of headaches, *Vayu soolai* (lancinating pain in legs and arm), flatulence are treated using this thailam.

# **RESULT**

Efficacy of Inji thailam is obtained after half an hour of its application externally over aching joints and forehead. Applying this thailamtwice per daygives better relief of pain, soothing solace and maintainsflexible articulation of joints.

# **CONCLUSION**

In a survey conducted between age of 15-75,93 % show positive results for analgesic property.81% reports positive for anti-inflammatory property.12% shows negative for Antispasmodic property. 1% shows positive for hypersensitivity.

**Key words :** *Inji thailam, External therapy, Agathiyar, Ginger, milk, sesame oil, Vayu soolai, headache, analgesic, anti-inflammatory, antispasmodic.* 

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# GLYCEMIC INDEX AND SIGNIFICANCE OF BARNYARD MILLET IN TYPE II DIABETES

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#### **Abstract:**

**Background:**Barnyard millet is the hardiest millet and their carbohydrate is low and slowly digestable, which makes this millet a natural gift for mankind.

**Aim:**To determine the nutrient composition, glycemic index and health benefits of barnyard millet in type II diabetes.

**Methodology:**Low glycemic index of grains both dehulled and heat treated was recorded. The feeding intervention of 28 days revealed a significant reduction in glucose, LDL, VLDL in experimental diabetic groups. Database: Google scholar, pubmed, web of science.

**Result:** The glycemic index of grains were found to be lower than glucose. As a result, barnyard millet as a food for diabetics was highly acceptable with good sensory qualities. Barnyard millet food elicited high satiety value, a feeling of fullness and they did not crave for foods in between the meals.

**Conclusion:** Barnyard millet is a superior grain with good amounts of macronutrients and dietary fiber. It exerted positive impact on blood glucose and serum lipid levels.

**Keywords:** Barnyard millet, diabetes, lowglycemic index, dietary fiber.

#### **Abstract**

#### ID:UG/P/126

# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE-THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE-PEARL MILLET

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# **Background**

Protienenergy malnutrition and micronutrients deficiencies contribute to high mortality among considerable proportion of current global populations, especially children.

Millets are rich in nutrition when compared to non-millet cereals. They are especially rich in dietary fibres, antioxidants, phytochemicals and polyhenols which contribute broad spectrum positive impacts to human health.

Millets have advantages characteristics as they are drought and post resistant grains.

# **Objectives**

Several millet types exhibiting diverse structures and compositions were investigated. Chemical composition revealed that depending on the millet type, millets are excellent sources of insouluble dietary fibres, lipids and dminerals. Linoleic and oleic were the major unsaturated fatty acids in all millet types.

# Methodology

The research made through Online articles, PatharthaGunaSinthamani, Unavemarunthu-Dr.l.Mahadevan, Unavinarputhangal-

Yarodharai Karunakaran, Pasiya trumparam pariyam-Sirun thaniya unavu seimmurai-nungan sei

Chef.Sridhar

# Result

Hence the chemical constituents of millets and the diseases that are cured and caused by millets and dietary ideas on intake of millets are identified.

**Keywords:** Millets - Nutrtions-Characteristics-Fattyacids-Structures-Composition-Dietary ideas

# A MULTICARE HERB – LEUCAS ASPERA: FOR SCORPION BITE

#### **AUTHOR:**

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# ABSTRACT BACKGROUND:

Siddha system of medicine is a traditional healthcare system which is originated from South India. The herbs and drugs of Siddha medicine cures most of the diseases completely and gives nutrition to our body. Leucas aspera commonly known as 'Thumbai' is found throughout India. It is one of the multicare herb in Siddha medicine. It has various properties. The leaves are used as an antidote to scorpion bite, snake bite, insect bite. It has several phytochemical constitutions mainly of triterpeniods, oleanic acid, ursolic acid and b-sitisterol, nicotine, sterols, glucoside, diterpene, phenolic compounds.

# **OBJECTIVES:**

The primary objective is to evaluate several properties of Leucas aspera which acts against poisons and infections present in the body.

# **METHODS:**

From vaidyar evidences it is proved that Thumbai cures scorption bite and several research papers has proved it as a multicare herb.

#### **RESULT:**

This studies showed that Thumbai cures scorpion bite and acts as general herb.

# **CONCLUSION:**

I submit before you the best of knowledge about the antioxidant, antifungal, antivenom, antimicrobial, antinocieptive and cytotoxic activities of Thumbai which is found in Siddha books and also collected from experience of vaidiyar, research articles, journals, web sources for the activity.

**KEYWORDS:** Thumbai, Scorpion bite, vaidiyar.

# A LITERATURE REVIEW ON SIDDHA MEDICINE IN THE MANAGEMENT OF SIRAGAMBAVATHAM, CEREBRAL PALSY

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# ABSTRACT

#### **BACKGROUND:**

Cerebral Palsy is a neurological disorder characterized by impaired movement control, and posture; while there is no cure for cerebral palsy, various treatments and therapies can help to manage its symptoms and improve the quality of life for affected individuals. The symptoms of Cerebral Palsy and **siragambavatham**are found to be similar based on the Siddha Manuscripts. Hence we suggest the medicines for siragambavatham to cerebral palsy in this review study.

#### **OBJECTIVE:**

To review the effect of internal medicines and external therapy for siragambavatham.

# **METHODS:**

The internal medicine **sooral Kizhangu patai kudineer** have anti-inflammatory,hepato-

Protective,immunomodulator, anti allergic, antihyperlipidemic, hypoglycemic, antibiotic properties and the regular application is found to be effective against siragambavatham. Along with **Kizhi**, the above treatment enhances the muscle tone and the review shows the improved lifestyle of the affected individuals.

# **RESULTS:**

From this study, the therapeutic effects of the internal medicine in support with the regular practice of **kizhi** enhances the wellness of the affected individual.

# **CONCLUSION:**

These practices reveal to improve overall well-being and potentially alleviate specific symptoms associated with siragambavatham.

# **KEYWORDS:**

Siragambayatham, cerebral palsy, sooral Kizhangu patai kudi neer ,Kizhi.

# SIDDHA EXTERNAL THERAPIES FOR KNEE PAIN MANAGEMENT

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# ABSTRACT BACKGROUND

The siddha system of medicine is the ancient medicine system had a vast available internal & external therapies. Among 32 types of external therapy few methods are frequently practised to get relief from KNEE PAIN. In siddha system it is termed as KEEL VATHAM.

# **OBJECTIVE**

This poster focuses on Siddha external therapies for managing knee pain, a common vatha disease that affects 90% individuals of various age groups. Siddha medicine offers an approach to knee pain management through external therapies.

# **METHODOLOGY**

Topical application: PATTRU(Ragi pattru),POOCHU(Man poochu)

Heat Therapy: OTTRADAM(Vaembathi ottradam)

#### **RESULT**

By the application of external therapies (Ragi pattru ,Man poochu,Vaembathi ottradam) for alleviating knee pain, reduces inflammation, improves blood circulation, and promotes healing.

# **CONCLUSION**

By adopting siddha external therapies (pattru,poochu, ottradam) a comprehensive framework for healing knee pain can be attained. Along with healthy diet and mild knee muscle strengthening exercises, knee pain can be relieved.

#### **KEYWORDS**

Knee pain, pattru, poochu, ottradam

#### Abstract

ID:UG/P/130

# **ACHARAM IN INFANTS**

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# ABSTRACT BACKGROUND

Acharam is also known as mouth ulcer or canker sores are common oral mucosal condition observed in infants. According to siddha medicine, the major cause of mouth ulcer increased Azhal in body. Infectious and nutritional deficiency is the twin problem among the infants by affecting their growth and development. Which cause suffering to infants who are unable to intake milk.

# **OBJECTIVE**

To review the primary Objective to treat and relieve the discomfort and irritation associated with mouth ulcer.

# **METHODS**

From siddha system of medicine for mouth ulcer as per literature study by treating with Athimathuranei(Athimathuram,manipungampazham, ghee, Mother's milk).it has antimicrobial and anti-inflammatory activity which help to enhance tissue regeneration and heals faster.

# **RESULT**

The pharmacological studies of present reviews reveales that Athimathura nei possessed good demulcent, cooling and healing actions.

# **CONCLUTION**

Providing athimathuram nei for acharam has a very good healing results. The medicine has been said to be an effective action, safe and low cost for paediatric usage.

# **KEYWORDS**

Mouth ulcer, Athimathuram, Infectious, faster healing.

#### STUDY ON SIDDHA YOGA THERAPY AND MUDHRASFOR INSOMNIA

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### **Objective:**

To study important and efficacy of Siddha Yoga practices and mudhrasfor insomnia

# **Key Words:**

Insomnia, cause, risk factors, Treatment with siddha, yoga Asanam, mudhras

### **Background:**

Insomnia is a sleep disorder, that can make it hard to fall asleep, hard to stay asleep or cause you to wake up too early and not be able to get back to sleep. Siddha yoga is one of the 6 orthodox system of India that can treat Insomnia. Yoga is a gentle and retrospective way to wind down your day. Mudhraschannelise energy in our body .According to siddha texts,increase in pitthakutra in our body leads to defects in its balance and affects sleep,prolonged condition may lead to regulating pithakutra and balancing in oru body can promote good sleep.

#### Methods:

various siddha text and literature states that yoga asanas such as Sisasasanam,Sarvangasanam,Uttanasanam,Savasanam are said to promote calm mind and mental health,increase blood supply to eyes and regulates sleep.NadiSodhanapranayamam, suryabendapranayamam are few pranayam practice which regulates Blood flow to brain and constant breathing pattern.Sanmukimudhra is a special technique that channelise inner energy.

### **Conclusion**:

On daily practice of yogas and mudhras, it gives mind and body relaxes and relieves stress conditions. Itshows considerable development in sleep quality and quantum of sleep time

#### **Result:**

In insomnia patients, the quality of sleep may vary. It is depending upon their body structure. work pattern and mental condition. Adopting in our regular daytoday life of these siddha yoga procedures, and muthras, sleep quality will be improved and useful for recovering from insomnia.

#### EXPLANATION OF ACTION OF EKANDHA THAILAM AS ANTIDOTE

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#### **ABSTRACT**

#### **Background:**

Toxicology (Nanjiyal) is one of the branch of siddha medicine. The antidotes against the animal poison is found vastly dispersed in siddha texts. It is very surprising that the Siddhars not only gave the world the knowledge about the medicinal properties of minerals, plants and living things, but also recorded the knowledge about the toxic nature of minerals and living things. There are a lot of medicines that acts as antidote. The action of Ekandha thailam is explained here.

## **Objective:**

To evaluate the action of Ekaandha Thailamas antidote.

#### **Methodology:**

The seeds of Alangium salvifolium(Azhijal), Calophyllum inophyllum(Punnai), Strychnos nux vomica(Etti), Semecarpus anacardium(Cherangkottai), Croton tigilum(Nervalam), Luffa actangula(Perumpiirku), Cadaba trifoliata(Viluthi), Azadirachta indica(Vembu) are the ingredients in Ekandha thailam. This medicine is given internally for poison bite.

#### **Result:**

The chemical constituents of above mentioned herbs make the Ekandha thailam to act as a antidote.

#### **Conclusion:**

The aim of this study is to finding the action of Ekandha thailam and how the chemical constituents of the above herbs are helpful to treat poison bites.

#### **Keywords:**

Ekandha thailam, Toxicology, Herbs, Antidote, Chemical constituents.

#### A PILOT STUDY OF "KURATTAI" HERB FOR SINUSITIS

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# ABSTRACT BACKGROUND:

Siddha system of medicine is one of the ancient traditional Indian system of medicine. It has unique diagnostic methods, therapeutics and treatment procedures. According to the siddha system, there are 32 types of external therapies. Most of the Therapies are aimed to maintain the equilibrium of the three humours (Vatham, Pitham, kabam). Among these "NASIYAM" (nasal instillation) is one of the external therapies which is Non-invasive procedure. Nasiyam is the process by which the drug is administered through nostrils. This is a treatment procedure which balances the thirithodam to normal level. It takes only few minutes for this simple procedure to clean the nostrils by administering herbal extracts through nasal passage.

#### **OBJECTIVE:**

The paper reveals the efficacy of "kurattai" (Trichosanthes tricuspidata Lour) herb in the role of Nasiyam (nasal instillation) in the treatment of Peenisam.

#### **METHODOLOGY:**

Specifically "kurattai" (Trichosanthes tricuspidata Lour) plant cure for Treatment of Peenisam (sinusitis) in Nasiyam method. Though the siddha literature texts referred as "Gunapadam-mooligai" (siddha materia medica) gives information about the plantused for the treatment of Peenisam (sinusitis) in Nasiyam method. Its efficacy against peenisam (sinusitis) in Nasiyam method based on the siddha fundamentals. A pilot literature review study was conducted with our siddha experts.

#### **RESULT:**

This "kurattai" mooligaiis such a easily available can be prepared and Administered to the patient at any age for sinusitis.

#### **CONCLUSION:**

As per our literature review and survey of articles, we conclude that "kurattai" is one of the best herb and effective for peenisam.

**KEYWORDS:** Nasiyam, peenisam, siddha medicine.

# TRADITIONAL APPROACH FOR SHINGLES TREATMENT: EXTERNAL THERAPHY

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# ABSTRACT BACKGROUND

For various kinds of diseases internal and external therapies are given in Siddha system of medicine. The siddha term for Shingles is "Akki" It is caused by herpes zoster virus. Certain external therapies used for the treatment of Shingles or herpes zoster disease.

#### **OBJECTIVE**

To review the external therapies for Shingles treatment. From the comprehensive literature review collected from various sources, the management for treating by siddha system of medicine.

#### **METHODS**

•External Application:

Poochu or Anointing:

Kaavikal(Red ochre)

Puttru man

#### **RESULT**

Red ochre hasantiviral, astringent , antiseptic properties and Puttru man has antiviral and antiseptic properties which tends to heal Shingles.

#### **CONCLUSION**

Certain external therapies along with the internal medicineslike Amukra podi, the combination of Karuvanga parpam and kaadigara chendhooram can speed up the healing process.

### **Keywords**

Shingles, kaavikal, poochu, amukra

### A COMPARISON OF MATHALAI NOI WITH MODERN PAEDIATRICS

### **Background**:

Mathalai is a term used to describe the phase of a child's life span from birth to 12 years of age. Siddha literature describes nearly 108 types of diseases in mathalai period. Sigappu is a type of disease which comes under Mathalai Noi Thoguthi. The word 'Sigappu' literally translates to 'Red colour'. Sigappu occurs as a result of haemotological changes and it manifests as different colors in the child's skin. It includes symptoms like erythematous rashes, subungual desquamation, oedema and eventually leads to death if untreated. In this paper Sigappu noi is being compared with Haematological diseases of Modern Paediatrics. Specifically 'Naga sigappu'(under meela sigappu) and Koppul sigappu (under Pirantha udaney undaagum sigappu) is being compared with Kawasaki disease and Omphalitis respectively. Medicines such as Ennai, Poochu, Maathirai and Kuligai are described for these diseases in the Siddha literature.

## **Aim and Objective:**

To compare Naaga sigappu and Koppul sigappu with Kawasaki disease and Omphalitis respectively.

#### **Methods and Materials:**

The diseases are compared on the basis of age of onset of disease and signs and symptoms Books: Mathalai noi thoguthi 1,Avery's Diseases of the Newborn,Illustrated Textbook of Paediatrics etc.

#### **Result and Conclusion:**

Naaga sigapu and Koppul sigapu are corelated with Kawasaki disease and Omphalitis by comparison. The actions of Siddha Medicines for the diseases are described.

**Keywords**: Mathalai noi, Naaga sigappu, Koppul sigappu, Kawasaki disease, Omphalitis

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### NUTRITION AND MEDICINAL BENEFITS OF NAVADHANYAM

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#### Introduction

Millets are important crops in the semiarid tropics of Asia and Africa with 97% of millet production. Millets are Indigenous to many part of the world. Tradition Medicine such as Siddha considers food as medicine and medicine as food.

#### **Background**

These Therapeutic valuable millets mainly deals with nutrition and diet in day today life. Millets being Anti-Inflammatory also promotes nerve and blood vessels and health beneficial phenolic compounds.

# **Objectives**

The main motto of this traditional millets is prevention of diseases rather than cure. The system believes that proper intake of nutritious food can prevent mankind from dreadful disease.

#### **Methods**

Ragi-Eleusine coracana , Pear millet-Pennisetum typhoides , Maize-Andropogan sorghum , Millet-Panicum miliaceum , Italian millet-Panicum ittalicum , Paddy-Oryza sativa , Wheat-Triticum vulgare , Banyard millet-Echinochloa frumentacea , Little Ragi-Paspalum scrobiculatum are the super normal nutrition of Navadhanyam

#### Results

Research shows that the millets are rich in Anti oxidant , protecting Cardio Vascular health , preventing the onset of diabetes , helping people to achieve and maintain a healthy weight and managing inflammation in the guts

#### Conclusion

Navadhanyam (Nine Seeds) is the ultimate gift of heritage and continuity that's been more than 3 decades on Earth and the core aim of this article is to provide insights and comprehension about nutrition.

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# REHABILITATE THROUGH SIDDHA FOR SCORPION POISONING-A REVIEW

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#### **ABSTRACT**

#### **BACKGROUND:**

Siddha medicine, originated in ancient India, is a holistic healing system that emphasizes the balance of the body, mind and spirit. It have been used to treat various ailments, including scorpion poisoning.

#### **OBJECTIVE:**

The use of herbal plants in the treatment of scorpion Poisoning within the framework of siddha medicine.

#### **METHODOLOGY:**

To Neutralize the poison/venom, alleviating pain, reducing symptoms and promoting overall healing or recovery. By using common herbs like **Aadhathodai**, **Neem**, **Nellikkai**, Turmeric, Aloe vera.

### **RESULT:**

The therapeutic values of these herbs, such as anti inflammatory, analgesic and wound healing. The sting has the neurotoxins and cardiovascular effects that causes the body which may be lead to critical state. Thereby it acts against the sting Poisoning in the body.

#### **CONCLUSION:**

It concludes by validating the efficacy and safety of siddha medicine's herbal treatment for scorpion Poisoning with the use of herbal plants and it's therapeutic value.

#### **KEYWORDS:**

Neurotoxins, cardiovascular effects.

# CONTEMPORARY REVIEW ON THERAPEUTIC VALUE OF MILLETS IN COMPARISON TO SIDDHA MEDICINE

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### **Background**

Millets are traditional staple crops that have been cultivated for thousands of years. Millets famously known as "Yesterday's coarse grains and today's nutricereals", "Future crops". They are known for their high nutritional value and have been used in Siddha medicine for centuries to prevent and treat diseases. In recent years, there has been a growing interest in the therapeutic value of millets, and a number of research studies have been conducted to investigate their potential benefits.

#### **Objective of the study**

This proposed review aims at harvesting the scientific research on Milletandtheir importance are compared with literature evidences in siddha system for preventing and managing diseases.

#### **Methods**

Data on millets were collected from Siddha literatures, research databases such as PubMed, ResearchGate, Google Scholar, and other relevant sources. The collected data on millets from Siddha literatures were correlated with contemporary research material with respect to clinical therapeutics and preventive aspects.

#### **Discussion**

This review presents the nutritional values of various millets, as well as the nutritional values reported in various research findings. These findings have shown that millets are a potent and versatile food that can be used to treat a variety of specific diseases. Millets have been shown to be effective in treating diabetes type 2, cancer, cardiovascular diseases, dropsy, and hypertension. These findings are supported by the ancient Siddha literature.

**Keywords:** Millets in siddha, SiddhaAhaar, Siddha foods, Siddha dietetics.

### REVOLUTIONIZING OBESITY MANAGEMENT: THE MILLET DIET APPROACH

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#### **ABSTRACT**

#### **BACKGROUND**

Obesity has become a global health concern with increasing rates observed across all age groups. As a result, there is a growing interest in identifying natural and sustainable means to combat this issue and to improve fitness. While there is no single food that can directly reduce obesity, millets can be a part of balanced diet that support weight management for obese persons.

#### **OBJECTIVES**

To provide a millet diet by analysing its chemical constituents for obesity patient as beneficial approach.

#### **METHODS**

The comprehensive study on millet diet for obesity was taken up and the chemical constituents responsible for weight loss in major millets such as finger millet, pear millet and sorghum were studied.

#### **RESULT**

From the literature study, finger millet is a good source of polyphenolic compounds, such as tannins, flavonoids, and phenolic acids. Polyphenols have antioxidant properties, which influence fat metabolism, leading to potential weight management benefits. Pearl millet has a maximum content of macronutrients and starch resistant. It's considerably rich in soluble and insoluble dietary fibre incontrast to other millets. Sorghumindicates the presence of phytosterols and policosanols, which helps to weight loss.

#### **CONCLUSION**

High fibre and protein content, low in calories, complex carbohydrates, richness of nutrients, gluten free option, low glycaemic index, are all the unique properties of millets helps to treat obesity.

#### **KEYWORDS**

Obesity, Finger millet, Pearl millet, Sorghum, Chemical constituents, High fibre content.

# A SINGLE CASE STUDY ON VARICOSE VEIN OF SIDDHA MANAGEMENT BY HIRUDOTHERAPY.

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#### **Abstract:**

#### **Introduction:**

varicose veins are abnormally thick, enlarged, swollen, twisted veins characterized by aching pain in the calf region, leg and ankle associated with swelling and itching. It was found that upto 15% of men and 25% of women have visible varicose vein. Most common complication of the varicose vein is venous ulcer. When vein become varicose, the leaflet of the valves no longer meet properly and the valves do not work as a result blood flow backward.

#### **Presentation of case:**

A 62 years old female patient got admitted in siddha hospital with chief complaints of swelling, bulging vein in lower limbs . We prescribed Hirudotherapy with stimulation of varma points by local application of oil (kayathirumaeni thailam). Hirudotherapy was carried out scientifically by employing appreciate hygiene measures and 2-4 leeches were used locally to suck the blood and transmit important bio active enzymes that could aid the treatment of varicose vein of lower leg . This was given for alternative 7 days and patient were monitored for 1 month. Leech therapy was found significantly to reduce the venous engorgment by resolving edema, inflammation and pain.

#### **Conclusion:**

The holistic approach of these siddha treatment modalities are effective and safe in treating varicose vein.

### **Keywords:**

Varicose vein, Hirudotherapy, varmam points, Siddha management.

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# SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE CROSS-SECTIONAL AND OBSERVATIONAL STUDY ON DAILY REGIMEN AND LIFESTYLE

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# **Background:**

The Siddha system of medicine aims at achieving a healthy body ,mind and soul in order to prevent diseases. In the book Pathartha Guna Cintamani, Saint Theraiyar in his song "Pini Anuga Vidhi Ozhukkam" speaks about lifestyle habits which can arrest ailments and provide a healthy life when practiced regularly. The daily regimen needs to be piously followed to ensure complete wellness and longevity.

#### **Objective:**

The aim of the study is to analyze the population and draw results on their dietary habits and daily routine. It focuses on the shortcomings and constraints of following such routines and also aims in providing viable alternative solutions.

#### **Methods:**

A survey was conducted over a population of 300 people from different age groups and population by asking them to fill a questionnaire, or directly inquired.

#### **Result and Conclusion:**

More than sixty percent of the population was found to lead a sedentary lifestyle due to workload, boarding and lodging ,etc.

**Key words:** Daily regimen, Pini Anuga Vidhi Ozhukkam, Sedentary lifestyle, Nutrition Balanced diet, Sleep.

#### STANDARDIZATION OF TRADITIONAL SIDDHA DRUG – SOOTHAGA KUDORI

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# ABSTRACT

**INTRODUCTION**: The siddha system of medicine is an old traditional medical system which is the foremost of all other medical system in the world that uses a scientific and holistic approach to provide prevention, curative, rejuvenating and rehabilitative health care. The root of this system origin goes back to BC 10000 to BC 4,000 which intertwined with the mythology and culture of the ancient Tamil civilization that existed in the southernmost tip of the Indian peninsula.

BACKGROUND: The National institute of Siddha (NIS) of essential drug list, which is published in March 2013 is recorded with carefull selection of a elimited range of system-wise medicine but unfortunately, only 64 types of medicines are available under original Siddha therapy. Among which 32 each are used for internal treatment and external usage. However due to several social and cultural factors such as non-availability of original literatures, lack of voucher specimens, deteriorations of expects in the system itself has developed into an enormous problem for standardization. The need of standardization of siddha drugs is required with the increased cause of diseases for developing a healthy soul through healthy body. Lack of menstruation during reproductive years, which is a pressing concern for many Indian women, can be well managed with Siddha regime which reveals that classical Siddha formulation—Soothaga Kudori mentioned in Siddha literature Therayar Karisal- 300, is indicated for the management of Soothaga Katti (Amenorrhea).

**OBJECTIVE**: The treatment aims at relieving the symptoms and Preventions of Polycystic Ovary Syndrome (PCOS) and amenorrhea.

**METHODOLOGY**: In this research study Standardization methodology included Collection/procurement of raw drug, systematic identification, methods of purification/detoxication, methods of manufacture, phytochemical analysis.

**RESULT:** The standardization of Soodhaga kudori may proof the efficacy of the drug against amenorrhea.

**CONCLUSION**: This paper attempts to describe the fundamental need for standardization of siddha drug, to prove the efficacy of Soothaga Kudori, current development state and its future benefits and scope of standardization.

**KEYWORDS**: Soothaga Kudori, amenorrhea, phytochemical analysis, Siddha medicine, herbal ingerdients, standardization.

# A LITERARY REVIEW ON TREATMENT FOR METALS AND MINERALS POISONING IN SIDDHA MEDICAL SYSTEM.

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#### **BACKGROUND:**

The term "poison" is often used colloquially to describe any harmful substances particularly corrosive substances, carcinogens, mutagens, teratogens and harmful pollutants and to exaggerate the danger of chemicals. Poison are substances that causes harm to organisms when sufficient quantities are absorbed, inhaled or ingested.

#### AIM:

The main objective is to review the treatment for metals and minerals poisoning in siddha literature.10 plants, 6 animal products and 4 minerals were used as an antidote for treating metal and mineral poisoning.

#### **METHOD:**

Frequency of plant sources of antidote were 10 discussed, frequency of 4 mineral source of antidote, frequency of 6 animal products of antidote. Prepared medicines were thulasiverpattaikudineer, karuvelkoppulippukudineer, erukkukoppulippukudineer.

#### **RESULT**:

In siddha system of medicine had management for metal and mineral poisoning from ancient time to nowadays. An antidotes were used by plants, animal products and minerals.

#### **CONCLUSION:**

According to this research results, list of poisoning in selected siddha literature of metal and mineral were follows rasam , thalagam , vellaipaasanam, upputhiravagam, suudan, sempuparpam, abraham, gandhagam, thurusu, pooram.

#### **KEYWORDS**:

Metal Poison and mineral poison, siddha medical system, plants, animal products.

#### SIDDHA EXTERNAL THERAPIES – SUTTIGAI

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# ABSTRACT BACKGROUND:

Siddha system of medicine deals with the surgical as well as external application methods that are categorized under pura maruthuvam. There are 32 external therapy procedure where mentioned in the text of theraiyarsiddhar under three major classes of asura maruthuvam. Suttigai comes under the class of akkini. It is broadly using procedure when internal medicine doesnot respond to the diseases.

#### **OBJECTIVE:**

To review the suttigai treatment for knee joint pain.

#### **METHODS**:

From the siddha literature, the manjal kombu flamed red hot and it has to be placed on the front side of knee for 2 to 4 seconds until the patient feels the heat. The four varmam points to be triggered on the upper and lower moottuvarmam, asaivuthirikannuvarmam and naaithalaivarmamfrom the text of Varmamaruthuvam. The procedure has to be repeated for 3 times. After completing the procedure kungiliavennai was applied to reduce the burning sensation and to prevent burns.

#### **RESULT:**

The heat helps to relax muscles, improve blood circulation and it also enhances the therapeutic effects of treatment.

### **CONCLUSION**:

This suttigai therapy shows reduction in pain and symptoms for knee pain.

#### **KEYWORDS**:

External therapy, heat therapy, manjal kombu, knee pain,

# EXPLORING A DIETARY APPROACH-ULUNDHU DIETWITHPARANGIPATTAI CHOORANAM FOR VELLAI NOI TREATMENT

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# **ABSTRACT**

# **BACKGROUND**

VellaiNoi, also known as Leucorrhoea, is a common yet tiresome gynaecological ailment affecting women of all ages. It is a vaginal inflammatory disease indicated by persistent and excessive vaginal discharge. According to Siddha scripts, VellaiNoi occurs due to the derangement of Pithakutram in the body.

#### **OBJECTIVE**

The aim of present study is to find out the efficacy of ulundhu diet with single drug medicine parangipattaichooranam

#### **METHODS**

The clinical medications currently provided for Pithakutram is Parangipattaichooranam, as a home remedy, the intake of a coolant food like ulundhumillet could avoid the formation of endotoxins and restore balance to the genitovaginal system. The ulundhu diet can be intaken in the form ofkanji and kali,

#### **RESULTS**

Combining the benefits of the anti-inflammatory activity of the parangipattaichooranam with the cooling effect of the ulundhu millet could potentially accelerate the curing of VellaiNoi

#### **CONCLUSION**

To aid all women suffering from VellaiNoi, I put forwarda treatment method that involves consuming amillet with coolant properties readily available at home, along with a clinically provided medication to boost the healing time of VellaiNoi.

#### **KEYWORDS:**

VellaiNoi, ulundhu millet, coolant, Parangipattaichooranam, Anti-inflammatory drug,

# BALANCED DIET FOR THYROID IMBALANCE (VEEDHANA NOI)

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#### **Abstract**

# **Background**

The Siddha system of Medicine is primeval practice that is believed to have originated between 3rd and 10th century of BC. Thyroid is an important endocrine gland that makes and releases certain hormones. It is an endocrine gland that stores its hormones for long time and plays major role in metabolic activities, growth and development of body. It also regulate functions of many vital organs. The thyroid gland, located just below your neck and in front of your larynx, secretes hormones that reach every cell and organ in your body through your bloodstream.

# **Objective**

To execute the Siddha diet in treating Veedhana Noi (Thyroid Imbalace)

### Methodology

From the ancient literature, manuscript and research articles the various data were collected.

#### Result

The thyroid gland produces three hormones namely Triiodothyronine (T3), Thyroxine (T4) and calcitocin. The action of Thyroid hormone is predominantly mediated by thyroid hormone receptors (THRs), which are encoded by the thyroid hormone receptor  $\alpha$  (THRA) and thyroid hormone receptor  $\beta$  (THRB) genes. Balanced Siddha Diet plays a wide role in Thyroid imbalance and also control our body from pernicious effects by hormone imbalance. The increase in kabam and decrease in pittam leads to hyperthyroidism and vice versa in hypothyroidism.

# **Conclusion:**

The food should be taken according to ones digestive fire. Taking food in right quantity leads to longevity of life without disorders. A simple and effective dietary and lifestyle pattern on the basis of Siddha might be wise to adopt to have long-term benefits on disease prevention.

### **Key Words:**

Thyroid hormone, hypothyroidism, hyperthyroidism, siddha medicine.

#### **Abstract**

ID:UG/P/148

### SIDDHA NUTRITION AND DIET FOR HEALTHY LIFE

Archeological and Historic evidence regarding siddha system of medicine
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#### **BACKGROUND:**

The article provides an overview of the history of millets, highlighting their significance in siddha medicine. Millets have been cultivated for thousand of years in the countries like China, India. Over the period of time, the millets were spread to other regions, and we shall discuss the various nutritional benefits of millets, including their high levels of protein fiber & antioxidant, which make them an important components of a healthy diet. Even until 50 years ago millets was the major grain grown in India. From a staple food and integral part of local food cultures, just like many other things, millets have come to be looked down upon by modern urban consumers as "coarse grains" - something that their village ancestors may have lived on, but that they had left behind and exchanged for a more "refined" diet. Unfortunately, this said refined diet lacks the nutrients critically important for us (food should be as local and wholesome as possible). The siddha based medicine contains a wealth of knowledge on health sciences. Accordingly millets and their dietary guidelines are prescribed in siddha. There is so much similarity in siddha Medicine where much variety of millets are added in the medicinal preparation. Evidences for writing the history of medicine- ancient fossil documents, epigraphic records, foreign notes related to Tamil Nadu, studies on the people of Palantamil, grammar literature, religious practices, worships, sacrifices, medical professions, traditions, cultural civilization notebooks are considered to be a complete history. Considered. Source of Tamil Medicine Are taken as evidence for the history of Tamil medicine. References to the Indus Valley Civilization include 'Tol Kapiyam', Sanga literatures such as patthupattu, Ettuthogai Eighteen Downcounts, Aimperungappiyams, Pandyan historical records, Chola history, temple thalamas of Saivism etc.

#### **OBJECTIVES:**

This article describes several benefits of millets and our siddha medicine across various regions of India . Which are Clearly seen through historical evidence and text reference.

#### **METHODS:**

Exploratory method

#### **RESULT:**

Result on there is a historical evidence based on siddha medicine.

#### **CONCLUSION:**

Showed that the siddha maruthuvam is the oldest than compared to others ,it is clinically proven.

#### **KEY WORDS:**

Archeological – Tamil Maruthuvam – curable – Historical evidence

#### A REVIEW STUDY ON ANTENATAL CARE MENTIONED IN SIDDHA TEXT.

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Antenatal care is a very crucial part of pregnancy ,to avoid abortion, stillbirth, and congenital anomalies and other pregnancy complications in pregnant women .

# பேறு யிளமை யின்பம் பிணி மூப்பு சாக்காடு ஆறுங் கருவில மைப்பு.

# - திருமூலர்

As said by Saint Thirumoolar,- Birth, youth, pleasure, disease, old age, and death are fated in formation of the embryo itself. Hence this implies the importance of antenatal care during pregnancy.

The present study is a review study on Antenatal care in every month of pregnancy along with development of the embryo ,that is mentioned in Siddha texts . There are few medicinal value herbal regimens given along with diet, to pregnant women for 3 days of every month in pregnancy. The study is aimed to relate ancient Siddha medicines that are given during pregnancy , it prevents any fetal anomalies & promotes normal delivery without any fetal and maternal complications.

**Keywords:** Antenatal care ,medicinal herbs , herbal actions , pregnancy and embryo development.

References : பரராசசேகரம் , திருமந்திரம் , Indian materia Medica .

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# Literature Review on Anti – Asthmatic Herbs in Siddha Medicine Vishnuvarthan.S\*, Rajeswari.M¹, Balagurusamy.K³

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#### **ABSTRACT**

#### **BACKGROUND:**

In Siddha medicine, herbs play a vital role in managing various health conditions, including respiratory disorders like asthma. Herbs are used based on their medicinal properties, which are believed to help alleviate symptoms, reduce inflammation, improve lung function, and support overall respiratory health While these herbs have been traditionally used in Siddha medicine for asthma management, it is essential to consult a qualified Siddha practitioner or healthcare professional for personalized treatment.

#### **OBJECTIVE:**

To explore the anti-asthmatic herbs from literature

#### **METHOD:**

To explain these anti-asthmaticherbs, I will take reference from Review article and IndhiyaMaruthuvaMooligaigal Textbook.

### **RESULT:**

Siddha medicine emphasizes a holistic approach to health and incorporates various herbs, minerals, and animal products in its formulations

#### **CONCLUSION:**

The use of anti-asthmatic herbs in Siddha medicine shows promising potential in managing and treating asthma. Siddha herbs offer a promising approach for managing asthma by addressing the underlying imbalances and reducing inflammation in the respiratory system.

### **KEY WORDS:**

Anti-Asthmatic herbs, Calotropis gigantean, Solanum xanthocarpum, Aervalanata, Clerodendrum serratum, Vitexnegundo

# THERAPEUTIC EFFICIENCY OF LITTLE MILLET IN SIDDHA SYSTEM OF MEDICINE

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#### **Abstract**

#### **Background**

Little Millet is a cereal crop. Its binomial name is *Panicum sumatrense* comes underpoaceae family. Little millet is nourishing our body and boosting our immunity. These are rich in nutrients like N, P, K. Ca, Mg and micronutrients Fe, Zn, Mn and Cu compare to other millet crops, which are important for pregnant women, breastfeeding mothers. Benefits for babies – Helps in digestion, muscle recovery, metabolic rate, prevents Anaemia, weight management. This is the best wound/fracture healing food. It plays an important role in ageing and metabolic diseases. Due to its high fibre, help to prevent sudden increase of blood sugar and helps to decrease the diabetic level. Helps to lower cholesterol, body tissue repair and energy production. Little millet porridge helps in diarrhoea. It increases body strength. It's cooked rice increase pitta, decrease vatam. It's also used to reduce swelling.

### **Objective**

To mark the therapeutic efficacy, high nutritional values of little millet and it's importance in balanced diet.

#### Methods

In this review we comprehend the siddha system present the form of pojana kutukalam, mulikai vilakkam, Guna Padam, unavum panamum, articles and journals

#### Result

Best to consume little millet in moderate amounts; three or four times a week is ideal. Moreover, its high nutritional value makes it a must-eat in a balanced diet.

#### Conclusion

Little Millets are gluten-free, non-acid-forming, and a perfect addition to the diet of people who do yoga, workouts, cardio, etc. it is easily digestible,

# **Keywords**

Little millet, Immunity, Healing Food.

**Mode of presentation** - Poster presentation.

#### A REVIEW ON SIDDHA PRINCIPLES AND DIAGNOSTICS.

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#### **BACKGROUND**

The fundamental principles of siddha system includes 96 thatwaswhich are essential for adequate understanding of Uyirthathukal. Every substance both visible or invisible and animate or inanimate is said to be formed of Panchabhoothas, which indicates that the composition and life of human body is similar to the composition of Universe as "Andathilullathaepindathilum".

The diagnostic tools in siddha are designed on the basis of ruling out the deranged Humors. Siddha system has widespread diagnostic techniques to diagnose diseases likewise 'Envagaithervu', 'Soodamanikairusoothiram', 'Jothidam', 'Panchapatchisasthiram', etc. This review provides an overview of the way of treatment in siddha medicine which is aimed at keeping the three humour in equilibrium and maintain sapdhathathukalby using a concept of Taste. Also it encourages one to maintain once health by paying attention to balance one's life through diet and lifestyle as "UnavaeMarunthu, marunthaeunavu".

#### **OBJECTIVE**

This study ensure the efficacy of the Siddha treatment based on fundamental principles and diagnosis by using a concept of Taste.

#### MATERIALS AND METHOD

Siddha maruthuv angasurukkam, Noinaadal noi mudhal naadal thiratu, Gunapadam mooligai vaguppu.

### **CONCLUSION**

This paper clearly explains the basic principles and diagnostic methods in siddha system to maintain the equilibrium of three humorsby using a concept of Taste.

#### **KEYWORDS**

Panchabhoothas, Envagaithervu, Suvaigal.

#### ARCHEOLOGICAL AND HISTORIC EVIDENCE REGARDING SIDDHA

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#### **BACKROUND**

Siddha medicine is one of the most ancient medical system in India. The origination of this civilization dates back to 15,000 years on vast continent Lemuria or Kumari kandam. Evidence to prove Siddha is Ancient one: Palm manuscripts, Inscriptions, Temple sculptures etc. In naaladiyar, olaichuvadigal also known as potthagam or potthaga kavali. Some ancient books namely, Kambaramayanam, Tholkappiyam, Thirukkural, Naladiyar, sindhamani etc. It included siddha systems and medicines. Types of chuvadigal, kaliman palagai, mezhugu palagai, surul olai, baabiras. Palm-leaf manuscripts are manuscripts made out of dried palm leaves. Palm leaves were used as writing materials in the Indian subcontinent and in Southeast Asia reportedly dating back to the 5th century BCE.

#### **OBJECTIVE**

To explore the salience of palm manuscripts in the ancient siddha systems through archaeological studies.

#### **METHODS**

In this review we comprehend the significance of palm manuscripts by collecting the information from articles, Siddha maruthuva sindhamani, Siddha maruthuva aaivu kovai.

#### **RESULT**

Recently, the palm leaf manuscripts were in possession, In Tamil Nadu's Vellore district, siddha researchers found 350 years old palm leaf manuscripts on siddha herbs named-AgathiyarGunavadham.

**CONCLUSION:** This article shows archaeological evidence of siddha system of medicine were found abundantly in Palm Manuscripts, Inscriptions, Temple sculptures.

**KEYWORDS:** Ancient Medicine, 15,000 years old, Palm manuscripts, Siddharnoolgal

# THERAPEUTIC VALUE OF FINGER MILLETS IN SIDDHA SYSTEM OF MEDICINE - A REVIEW

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#### **ABSTRACT**

#### **BACKGROUND:**

Finger millet or Ragi is one of the ancient millets in India (2300BC). Finger millet is also known as Eleusine coracana(Kelvaragu). The ancient Tamil literature from India, "Kuruntogai," addresses red finger millet as "Kelvaragu". It contains dietary fibre(18%), calcium(344 mg/100g), oxalate(0.27%), saponins(0.36%), phenolics(0.3-3%) and polyphenols. It is also a rich source of amino acids (isoleucine, phenylalanine, leucine and methionine), minerals(Ca,P,Fe) and vitamin including B(1.71 mg) & E(22 mg). Finger millet can't be taken as raw food. For intaking the millet must be processed. It can be processed by milling, malting, fermentation, popping, soaking, and germination etc. It is used as medicinal benefits in anticipation of diabetes, anti-inflammatory, antiulcer, antimicrobial, and antioxidant capacity etc. Finger millet are included in diet for type 2 diabetes mellitus because finger millet has antioxidant properties by polyphenols, tannins, vitamin E etc.

#### **OBJECTIVE:**

The study is to explore the properties of finger millet and its activity in preventing diabetes through food diet.

#### **METHOD:**

In this review we got references from Materia Medica, Pathartha Gunasindhamani, Finger millet (Processing and value additions), Natural Antioxidants in edible flours of selected small millets.

#### **RESULT:**

Finger millet are high in dietary fiber, energy nutritious making them useful components of dietary and nutritional balance in food.

#### **CONCLUSION:**

Finger millet or ragi is a good diet source for diabetes, because it is rich inantidiabetic activity. Ragi diet is not only followed by India but also in other countries.

#### **KEYWORDS:**

Kelvaragu, Finger millet, Eleusine coracana

#### A LITERATURE REVIEW ON ANTI-UROLITHIC HERBS

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#### **ABSTRACT**

#### **BACKGROUND:**

Uses of SiddhaHerbs (Moringa, Sirupeelai, Tulasi, Kamela, Chiru kalarva, Malai Vembu, Arai) Which Contain Antiurolithic properties to Treat Kidney Stones. Kidney Stones Are Often Caused by a Buildup of Certain Substances Such as Calcium, oxalate etc., They Can Vary in Size and Causes Severe pain. There are Many Herbs That has Antiurolithic Properties Are Used in Beneficial Management of Kidney Stones. We use Parts of the Plants Such as Leaves, Roots etc., Roots of Moringa is Widely used for Kidney stones. Leaves Extract of some Plants are also often used Namely Kamela, Tulasi, Chiru kalarva, Sirupeelai, Arai and Extract of Malai Vembu are also Involves in the Prevention of Kidney Stones.

#### **OBJECTIVE:**

To Markthe Uses of Antiurolithic Herbs for Kidney Stones.

#### **METHODS:**

In This ReviewWe Comprehend the SiddhaMedicinal Plants SystematicallyThrough the Gunapadam – Siddha Materia Medica (Medical Plants Division).

#### **RESULTS:**

These Herbs Helps to Decreasing Level of Calcium, Oxalate, Phosphate, Uric Acid in the Body.

#### **CONCLUSION:**

Thus, these Are some Antiurolithic Herbs that Helps in the Prevention of Kidney Stones Formation.

#### **KEYWORDS:**

Moringa, Sirupeelai, Tulasi, Kamela, Arai, Malai vembu, Chiru Kalarva, Calcium, Oxalate.

# THERAPEUTIC VALUE OF MEDICINAL HERBS USED IN INFERTILITY- A LITERATURE REVIEW

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# ABSTRACT BACKGROUND:

Infertility is a complex condition that affects both men and women and can have various underlying causes, when it comes to infertility, herbs are typically used to support reproductive health and have adapt genic properties, helping the body adapt to stress and promoting overall hormonal balance. Infertility in female is most common. It is mainly due to Ovulatory disorders (20-25%), Anovulation (15-20%) dysfunction (25-45%),spermatozoa endometriosis. Infertility in male is mainly due to Azoospermia, poor sperm quality etc. There are several herbs that have been traditionally used to treat are Saraca asoca, Punicagranatum, Piperbetle, Aegle marmelos, Withania somnifera, Asparagus racemosus, *Symplocos* racemosa, Tribulusterrestris

#### **OBJECTIVE:**

To explore and utilize the potential benefits of infertility herbs in improving fertility and increasing the chances of conception.

#### **METHODS:**

In this review we comprehend the siddha medical plants from through database on medical plants used in Ayurveda and siddha by prof (G.S. Levekar), handbook of medicinal plants(Prof.S.K.Bhattacharjee) and journals.

#### **RESULT:**

Here are some properties commonly associated with the above mentioned herbs are stimulating endometrium and uterus, uterine sedative, astringentcontains steroidal oestrogensor anti-estrogenic effects, treat seminal weakness, circulatory stimulant, treatmenstrual disorders and increase sexual desire in men

#### **CONCLUSION:**

Herbs should be seen as part of a holistic approach to fertility. Lifestyle factors such as a balanced diet, regular exercise, stress reduction, and appropriate medical interventions should also be considered and addressed.

#### **KEYWORDS:**

Infertility, Menstrual Disorders, Medicinal Herbs.

#### A LITERATURE REVIEW ON HEPATO PROTECTIVE HERBS IN SIDDHA ASPECT

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#### **ABSTRACT**

# **Background**

Hepatoprotective herbs are a group of herbs that have been investigated for their potential to promote liver health and provide hepato-protective effect. Flavonoid, Flavonoligans, amino acids, terpenoids in *Aamanakku(Rhicinus communis)* in *Nerunjil (Tribulus terrestris)* Silymarin act as an antioxidant, curcumin in *Manjal(Curcuma longa)* acts as an hepatoprotective and dissolves gall Stones and cure metabolic syndrome, 1.8 cineole and cymene in cardamomoil *Elam(Electeria cardomomum)* increase glutathione, a natural anti oxidant in our body.

# **Objectives**

In this article reveals a literature review on hepato protective herbsbased on siddha system of medicine.

#### **Methods**

In this review we comprehend the siddha medicinal plants systematically in a tabulated form through siddha Materia medica(medicinal plant division), Sarfaraz Khan Marwat et al. Pak J Pharm Science Sep 2017.

#### Result

This literature evidence shows these are all the herbs has higher potency on liver functions.

#### **Conclusion**

By the way we incorporate these herbsin our diet to improve our liver health.

# **Key words**

Hepato protective herbs, anti-oxidant, Metabolic syndrome

# INSCRIPTIONS REVEAL THE ETHICS OF LIFE AND MEDICINE SHOWN BY THE SIDDHA

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#### **ABSTRACT**

#### **BACKGROUND**

Siddha medicine is an ancient traditional system of medicine practiced in South India. This study focuses on the exploration of archaeological evidence in support of Siddha medicineand lifestyle of ancient people, through the analysis of inscription (kalvettugal). Inscriptions (kalvettugal) found in various regions of Tamil Nadu which provide valuable insights into the historical evidence of Siddha medicine and lifestyle.

#### **OBJECTIVES**

To explore the siddha medicine through inscription (Kalvettu)

#### **METHODS**

These inscriptions are typically engraved on temple walls, rocks, or pillars and contain valuable information's. That informationcollects from siddha text books and articles

#### **RESULT**

These inscriptions can provide valuable insights into the historical development and evidence of Siddha medicine and lifestyle

#### **CONCLUSION**

I nscription is the most valuable evidence of Siddha medicine.

#### **KEY WORDS**

Siddha medicine, Inscription, Kalvettu.

#### Abstract

ID:UG/P/159

#### A REVIEWON ANTI CANCER PROPERTIES OF MILLETS

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# **ABSTRACT**

#### **BACKGROUND:**

The seven millet (Foxtail millet, Little millet, Kodo millet, Barnyard millet, Sorghum millet, Pearl millet, Finger millet) are rich inAnticanceron basis of Tamil Literature. Foxtail millet color is yellow due to presence of beta carotenoid. Little millet color is yellowish brown in presence of beta carotenoids, used in treatment of chronic disease and prevent cataract. Kodo milletcolor is light brown in presence of xanthophyll, is good source in iron. Barnyard milletcolor is little brown due to pigment Anthocyanin and carotenoids which reduce free radicals. Pearl millet color is light brown in presence of combination of carotenoids and flavonoids. Sorghummillet color is cream in presence of tannin which boost immunity. Fingermillet color is brown in presence of tannin it is rich in calcium. All these millets posses Anti cancer properties.

#### **OBJECTIVE:**

We explore the uses on basis of the color of millet and itsAnti-cancer properties.

#### **METHOD:**

In this review we comprehend the therapeutical value of millets systematically through Literature articles and journals.

#### **RESULT:**

Millets are known to have many health benefits, they are the good source of fiber, protein, vitamins and minerals. Eating millets improves our digestion, reduce the risk of heart disease and maintain blood sugar level and millets are rich in anti cancer, anti oxidant, Anti inflammatory.

#### **CONCLUSION:**

The color pigment of these seven millets which plays a role against the cancer and boost immunity.

#### **KEYWORDS:**

Anti-cancer, Carotenoids, Millet Color, Tannin, Free radicals, Immunity.

# THERAPEUTICVALUE OF SIX MILLETS IN SIX SEASONS IN SIDDHA SYSTEM OF MEDICINE

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# ABSTRACT BACKGROUND:

The six millet [Little millet, Bajra millet, Kodo millet, Foxtail millet, Finger millet, Barnyard millet] are rich in vitaminsespecially vitamin B1-B12 which boost immunity and prevent from chronic disease and seasonal disease .This millets are good to consume in six particularly season, Spring season-little millet due to its warm property, Summerseason-Bajra millet due to its cooling property, Rainy season-kodo millet due to its heat property, Autumn season-foxtail millet due to its heat property, Early winter season -finger millet due to its heat property, Laterwinter season -barnyard millet due to its heat property. Allthese millets keep our body in normal temperature according to the seasonal changes and prevent from seasonal disease.

#### **OBJECTIVE:**

We explore the uses on basis of the six millet based on seasons

#### **METHOD:**

In this review we comprehend the therapeutically value of millets systematically through siddha literature articles and journals.

# **RESULT:**

Millets are categorized based on their effects on the body's energies like (cooling and heating) action are believed to balance and reduce excess heat or cool in the body and prevent from diseases.

#### **CONCLUSION:**

The temperature balancing property of these six millets which plays a role against seasonal disease and chronic disease.

#### **KEYWORDS:**

Seasonal disease, Vitamins, Balance body's temperature, Six season.

#### THERAPEUTIC VALUEOF CHOLAM (SORGHUM) – A LITERATURE REVEIW

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# **ABSTRACT**

#### BACKGROUND

Jowarmillet (known as **Cholam** in Tamil) *Sorghum bicolor* belongs to family poaceaeandit's also known as "King of millet", edible starchy seeds. It's an Indian Millet. They are gluten free and contain no cholesterol. Numerous phenolic chemicals many of which serves as antioxidant are known to be abundant in sorghum. It can be included as part of a healthy diet for people with diabetes mellitus as it is good source of fibre and other nutrients. Helps in controlling bowel movement and heals stomach ulcers. There are four varieties of *Sorghum*, which treats weight loss, promotes cardiac health, eyesight, antioxidant, inhibiting tumor growth, lowers blood cholesterol. Itis rich in vitamin C and antioxidants and protect cell damage. Vitamin E is used to cure disease such as boost immune, skin, and hair health.

#### **OBJECTIVE**:

To explore that therapeutic efficacyof sorghum Millet and the benefits achieved by incorporating it into our regular diet.

#### **METHODS**:

In this review, we comprehend the therapeutic efficacy of Sorghum from the information collected from articles, Siddha literature like, *Mooligai vilakam*.

#### **RESULT:**

Sorghum is a rich source of magnesium and antioxidant likeflavonoids, Phenolic acid and tannins furthermore (96gram) 20 percentage daily fiber intake. Finally, this grain it's a great source of protein.

#### **CONCLUSION:**

It is a nutritious and which versatile grainthat has numerous health benefits of corn include boosting energy promoting eyesight and managing diabetes

#### **KEY WORDS:**

Sorghum millet, Diabetes Mellitus, Antioxidant, Cardiac Health.

#### Abstract

ID:UG/P/162

#### **THERAPEUTIC VALUE OFTHINAI (Foxtail Millet)**

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# ABSTRACT BACKGROUND:

Foxtail millet (Known as THINAI in Tamil) setaria italics from Poaceae family is rich in vitamin B12 which is essential for maintaining a healthy heart. Smooth functioning of nervous system, maintaining a healthy heart and in general good for skin and hair growth. It is from genus Setaria. It is highly nutritious is often used as a food source for both humans and animals. Colours are light yellow-brown, rusty or black. Consumption of millet in large amounts helps decrease triglyceride levels in the body. It thins the blood to prevent blood platelet clumping, thereby reducing the risk of sunstroke and coronary heart disease. Treating Alzheimer's disease and enhance memory. Grains are cooked in milk or water. Sprouted seeds are eaten as vegetable.

#### **OBJECTIVE:**

To explore its general source of vital nutrients for the strengthening of heart and hair growth.

#### **METHODS:**

In this review we comprehend the Siddha system is presented in the form of Mulikai vilakkam, Pojana kutukalam, Gunapadam, Articles and Journals.

#### **RESULT:**

Foxtail millet contain 12.3 g protein, 3.3 mineral, 60.9 g carbohydrate 4.3 g fat. Rich in vitamin B12

#### **CONCLUSION**

Setariaitalics seeds help to treat coronary heart disease, strengthening of heart.

#### **KEYWORDS:**

*Thinai*; Foxtail millet; vitamin B12; Alzheimer's disease; Coronary Heart Disease; fiber content.

#### THERAPEUTIC VALUE OF KODO MILLET – A LITERATURE REVIEW

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# ABSTRACT BACKGROUND

The Cultivation of kodo millets started in India about 3000 years ago. It grows mostly in Himalayas, Deccan plateau. Kodo millet /*Paspalum scrobiculatum* belongs to the family poaceae and is locally known as rice grass, ditch millet, cow grass in English, araka in Telugu and kodra in Marathi. Apart from India, it is cultivated in Russia, China, Africa and Japan. In India, it is widely grown in Madhya Pradesh, Tamilnadu, Karnataka, Gujarat and Chhattisgarh. Studies have shown that kodo millet lowers blood sugar levels, blood cholesterol levels like TGL and total cholesterol. It also simultaneously improves HDL levels, thus lowering blood pressure as well. It has antibacterial, antioxidant, anti-allergic properties. They reduce risk of cancer and its progression, it works as a blood purifier, etc. They are highly nutritious due to the presence of protein, fibres, vitamins like B<sub>1</sub>,B<sub>6</sub>, Niacin, riboflavin, folic acid and minerals like calcium, iron, magnesium, zinc and phosphorus. They are rich in antioxidants and phenolic compounds like polyphenols.

# **Objective**:

To explore the nutritional value and health benefits of kodo millet.

#### **Methods**:

In this review, we comprise the nutritional and health benefits of kodo millet. And took reference from collections of medicine textbooks, articles and journals.

### **Result**:

The findings of present study revealedthat kodomillet are nutritionally dense when compared to the number of grains consumed.

#### **Conclusion:**

Kodo millet good for health and helps in recovery from several diseases like allergies, diabetes; fighting high cholesterol, managing postmenopausal symptoms, help to loss weight.

# **Keywords**:

Kodo millet, Nutrition, Health benefits, Ditch millet, Varagu rice, Paspalumscrobiculatum

# PHARMACOLOGICAL AND PHYTOCHEMICAL CONSTITUENTS OF THAMBOOLAM – A LITERARY REVIEW

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# ABSTRACT BACKGROUND:

Thamboolam holds significant importance in Siddha medicine. It is recognized for its medicinal properties and therapeutic benefits. It is a traditional preparation consisting of betel leaves (*Piper betle*), betel nuts (*Areca catechu*), slaked lime (*Calcium hydroxide*), and various aromatic substances. It is commonly used for its digestive, carminative, and antimicrobial properties. They Contains several phytochemicals derived from its ingredients some of them are tannins, terpenoids,eucalyptol,linalool,eugenol, beta-caryophyllene,piperine, piperlogumine etc.At its core, it is a ritualistic offering, typically presented during auspicious occasions and ceremonies for its positivity.

#### **OBJECTIVE:**

To explore and utilise the potential medicinal values and beneficial effects of Thamboolam.

#### **METHODS:**

In this method we comprehend the effects of *Thamboolam* systematically through *PatharthaGunaSinthamani* NoiIllaNeri

#### **RESULT:**

The above mentioned Phytochemicals have been studied extensively for their potential therapeutic applications in treating various diseases through their properties such as antioxidant, anti cancerous, antimicrobial, antifungal and anti inflammatory properties, protect the cells from oxidative stress, access bronchodilator and helps to treat bronchitis and asthma, rich in calcium supply, analgesic and increases the absorption of nutrients and drugs in the body. The main ingredients (betel nut, betle leaf and slaked lime) helps to balance the Three Dosham.

#### **CONCLUSION:**

Thambulam serves as a symbol of cultural preservation, keeping alive the traditional customs of TamilNadu, and also the beliefs associated with Siddha system of medicine.

# **KEYWORDS:**

Thamboolam, Phytochemicals, Balance Three Dosham.

# SIDDHA NUTRACEUTICALS FOR POLYCYSTIC OVARIAN SYNDROME

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#### **Abstract**

## **Background**

Polycystic Ovarian Syndrome (PCOS), is known by the name Stein- Leventhal syndrome also called as hyper androgenic anovulation. This disease is increasing day by day affecting reproductive age women. Nevertheless, even today this abnormality is not understood due to complexity and heterogeneity of clinical picture. It is also superfood that is friendly for people who have PCOS.Here, are some seeds contain only few carbohydrates, so it won't spike insulin level, that are safe for people with tree nut allergy. Most importantly seed cycling should be followed in 2 phase of reproductive cycle. In **Follicular Phase**Pumpkin seeds Rich in nutrients, which fights against PCOS,Flax seed Rich in fiber and protein. Also helps in weight loss.Chai seeds Rich in fiber and mineralsNormalize menstrual flow,**Luteal phase** Sunflower seedsRich in vitamin EBoost progesterone level and deals with premenstrual syndrome(PMS)Sesame seeds Rich in minerals (Ca, Mg, Zn,)Deals with PMS and regulates hormonal disorder like PCOS

#### **Objective:**

To explore the therapeutic efficacy of nutraceuticals and the benefits achieved by incorporating it into our regular diet.

#### **Methods:**

Hereby, the sources are collected from siddha literature, a review article, journals, and gunapadam books.

### **Conclusion:**

The best way to control PCOS is adding seeds to diet plan. As people motivated it will become easy to lead healthy lifestyle. Its concluded that women with PCOS fight daily battle others can't see.

#### **Result:**

In this article polycystic ovarian syndrome can be controlled through dietary changes. **Keywords:** Anovulation, Polycystic ovarian syndrome, PMS

# MANAGEMENTOFDUPUYTRENCONTRACTIONBYCOMPRESSIONBROADENI NGTECHNICALINTHOKKANAMAREVIEW

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#### INTRODUCTION

DUPUYTREN disease is predominating a myofibroblastic disease that affects the Palmar and digital fascia of the hand and results of contracture deformities. The most commonly affected digits are the fourth (ring) and fifth (small or pinky) digits.

### MANAGEMENT OF MODERNTREATMENT

- XIAFLEX injection
- Surgery

### **THOKKANAM**

Thokkanam is the siddha way of touch therapy. It is physical manipulation of the body usually done with oil application. It is very effective for neurological and musculoskeletal problems and enhances rejuvenation. It also promotes mental and physical fitness.

#### **TYPESOFTHOKKANAM**

Thattal, Irukul, Pidithal, Murukkal, Kaikattal, Azhuthal, Azhuthal, Iluttal, Mallathuthal. Compression broadening is one of the Murukkal types of Thokkanam.

#### **MISSING**

XIAFLEX is an injection used to treat Duptryen's Contracture. It is not affordable for poor people. Surgery is also used to treat this disease, but the marks Will be visible for years. So we prefer siddha medicine for this disease. There is no much article about this medication in siddha system so I would like to review it.

#### **CONCLUSION**

I conclude by poster presentation that compression broadeningtechnique is one of the types of Thokkanam that manage Dupuytren contraction.

**KEYWORDS**: Dupuytren contraction, Compression broadening, Myofibroblastic, XIAFLEX

#### THERAPEUTIC VALUE OF KAMBU (PEARL MILLET)

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#### **ABSTRACT**

#### **BACKGROUND:**

Pearl millet (known as "Kambu" in Tamil), *Pennisetum glaucum*of family Poaceae is a highly nutritious, power-packed millet rich in carbohydrate, essential amino acids, multiple vitamins like niacin, beta carotene, thiamine, riboflavin, folic acid and fiber along with minerals such as iron, zinc, phosphorous and magnesium. These can significantly contribute to prudent health of humans being a decent source of phytochemicals, antioxidants and polyphenols. It is therapeutic for people with frequent acidity and gastric ulcer. Also ideal for "Gluten- intolerants" and patients of Celiac disease. Serve as appropriate nutritious diet component for toddlers. Highly aids in the prevention of early ageing, cardiovascular disease, Alzheimer's disease and Parkinson's disease. Optimal nourishing food for pregnant mothers and nursing mothers. It may also support gallbladder health and reduce the chance of gallstone formation being a rich source of fiber.

#### **OJECTIVE:**

To explore the therapeutic efficacy of Pearl millet and the benefits achieved by incorporating it into our regular diet.

# **METHODS:**

In this paper we comprise the therapeutic efficacy of "Pearl millet" in a concise manner based on the references from review articles, siddha literature including *PartharthagunaSinthamani*, *MooligaiVilakkam*, Preventive and social medicine by K.Park.

#### **RESULT:**

Among the millets, "Kambu" has a higher composition of protein around 11.8 % and rich in beta-carotene which is an essential precursor of Vitamin A. It contains 5 per cent more oil than any other grain. This oil contains 70 per cent polyunsaturated fatty acid which is the most optimal fat for the body.

#### **CONCLUSION:**

The *Pennisetumglaucum*, a 2000-year-old staple food of Indians, mainly in the deccan plateau have to be reintroduced in our routine diet to taste its rewarding nutrition and its therapeutic effects deeply studied to help popularize its salience in a healthy lifestyle as said by our Siddha system.

#### **KEYWORDS:**

Kambu, Pearl millet, Beta carotene, Gastric ulcer, Celiac disease, Cardiovascular disease, Gallstone formation, Dietary fiber.

#### **DIETARY MANAGEMENT FOR GOUT:**

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#### **BACKGROUND:**

Uric acid is the end product of purine metabolism. Gout is the metabolic disease caused mainly due to inborn error of purine metabolism. It leads to Gouty arthritis, accumulation of uric acid crystals (mono sodium urate crystals) in joints especially in great toe. It may leads to severe pain during night. For this disease, drug therapy like allopurinol were administered. Besides drug therapy, restriction in diet is important to get recover.

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#### **OBJECTIVE:**

This is the poster model about the Dietary management for Gout.

#### **METHODS:**

This poster is mainly about the dietary resources to be followed and to be restricted. In order to reduced the uric acid level in our body, several foods like sea foods, alcohol consumption, and foods rich in purine were restricted. Legumes, beans reduces uric acid level.

#### **RESULT:**

Alcohol, meat, sea food, fructose rich foods should be strictly restricted in case of gout.

#### **CONCLUSION:**

Gout is not only treated with drugs but also advised with management in dietary resources.

**KEY WORDS:** Gout, Uric acid, Sea food, Alcohol, Legumes.

#### **Abstract**

#### ID:UG/P/169

#### THERAPEUTIC VALUE OF BARNYARD MILLET (KUTHIRAIVALI)

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#### ABSTRACT BACKGROUND

- Barnyard millet (known as kuthiraivali in tamil) *Echinochloa frumentacea* of family Poaceae. Barnyard millet is rich in nutrients including protein, fibre, vitamins (especially B-complex vitamins) and minerals like iron, magnesium and zinc. It is a small white -shaped seed that grows predominantly in the districts of Madurai, Virudhunagar. The high fibre content in barnyard millet helps in preventing constipation, excess gas, bloating and unnecessary cramps.
- Barnyard millet stops the urge to consume more food therefore it is an ideal option in diet for weight loss.
- Being rich in magnesium, it helps reduce blood pressure benefits people with heart condition.
- The Barnyard millet is appropriate for patients intolerant to gluten and those who with celiac disease.
- It can improve hemoglobin and serum ferritin levels to reduce iron deficiency anemia.
- It improves carbohydrate tolerance among diabetics and plays in role in reducing blood sugar levels as well.

#### **OBJECTIVE**

To explore the therapeutic efficacy of Barnyard millet and it's medicinal properties.

#### **METHOD**

In this review we comprehend the therapeutic efficacy of Barnyard millet in the Siddha system from Review articles, Journals and Siddha literatures.

#### **RESULT**

Barnyard millet is a prevalent cereal or crude grain that has a great nutritive value, flexibility and accessibility. It is beneficial as it helps in curing constipation, blood pressure, celiac disease, anemia.

#### **CONCLUSION**

The Barnyard millet has the lowest carbohydrate content, is gluten-free, and has the highest energy value amongst all the varieties of millets; hence a popular choice for the health-conscious millennial generation.

#### **KEYWORDS**

Kuthiraivali;Barnyard millet;Echinochloa frumentacea; anemia; anti-diabetic

#### "IRUPPAVAL- AN ELIXIR IN DIETETICS"- A REVIEW

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#### **Background-**

Kayakarpam is a specialized and advanced therapy in Siddha medicine for rejuvenation and longevity. The concept of Kayakarpam deals with Prevention of Narai, Thirai, Moopu, Pini and Saakaadu. Iruppaval( Gnaphaliumindicum ) is an elixir mentioned in siddha literatures, But less commonly known and rarely utilised in diet and Medicinal usage .

#### **Objectives-**

Utilization and Usage of Iruppavalkarpam mentioned in korakkarMalaiVagadam, KaruvoorarVatha kaaviyam-700 and T.V.SambasivamPillai dictionary.

#### Method - Siddha Literature Review-

Iruppaval (Gnaphaliumindicum) creeper resembles snake. It is low spreading wild plant of species of the Indian cud weed. Its root is big and has very little taste or smell. The flowers are small and yellow. The decoction of Iruppaval is prescribed in cases of Scrofula, Syphilis, Cachexia and other Constitutional disorders. T.V.Sambasivampillai dictionary claims Iruppaval a Karpam and states its juice could be used in preparation of Ayaparpam. KorakkarMalaivagadam locates the geographical distribution of Iruppaval to be around Samayanatharaashramam of vedachendhurvamanaparuvadham (Hill) and Brahma munivaraashramam near SathuragiriSundharamahalingar temple forest and encourages consumption of Iruppaval in Alchemy. KaruvoorarVathakaaviyam -700 indicates Root powder of Iruppaval as Karpam prolonging life span of human over 300 years. Apart from these, Oil made up of Iruppaval is indicated for Vatha diseases in the text Ariya siddha maruthuvamuraigal. Gnaphalium and Leontopodium extracts inhibits catagen development ex vivo and increases hair density in vivo (Narai).Leontopodic acid A and Leontopodic acid B present in Gnaphalium Species has Antiwrinkle effect and protects the skin against Blue Light Damage in Human foreskin Fibroblasts (Thirai). Gnaphalium Species has anti-oxidant activity and Anti-ageing effects thereby delaying Agening (Moopu). It exhibits Anti-Inflammatory effects thereby reducing pain in Vatha diseases (Pini).

#### Conclusion-

Iruppaval is one among the medicinal plants which could be used in therapeutics and as karpam.

#### Key words-

Iruppaval, Distribution, Decoction, Alchemy, Karpam.

### AN INVITROANTI MICROBIAL STUDY ON PANJAMUTTI PORRIDGE – SIDDHA DIET AGAINST HUMAN RESPIRATORY PATHOGENS.

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#### **ABSTRACT**

#### **Background:**

In Siddha literature PatharthaGunaCinnthamanii indicates Panjamutti porridge for starving patients, and also as weaning diet in pediatric care.It increases the weight of lean and weak individuals.

#### **Objective**:

The objective of the study is to screen In-vitro Anti-microbial activities of aqueous extracts of Panjamutti porridge - Siddha formulation.

#### Methodology:

Panjamutti porridge was prepared as per Siddha MateriaMedica procedures.

Aqueous extract of test sample-Panjamutti porridge was prepared by Kirby bauer method. In-vitro anti microbialactivity of extract of test sample was screened against human respiratory pathogenic micro organism namely *Staphylococcus aureus* and *Streptococcus pneumoniae* using disc diffusion method. Sterilized discs were soaked in aqueous extract of test sample individually at the concentration of 20mg/disc. Anti-bacterial suspension was inoculated in Muller –Hinton Agar Media. Amikacin was used as standard drug for the Antimicrobial study. Zone of inhibition was measured and recorded.

#### Result:

Aqueous extract of test sample Panjamuttiporridge showed more anti-bacterial activity against human pathogenic micro organism namely *Staphylococcus au*reus(18 mm) and *Streptococcus pneumoniae*(20 mm).

#### **Conclusion:**

It is concluded that the test sample Panjamutti porridge can be prescribed as the diet for respiratory tract infection which is caused by pathogenic *Staphylococcus aureus* and *Streptococcus pneu*moniae.

**Keywords**: Siddha, Panjamutti porridge, Antimicrobial, Diet ,Respiratory pathogen.

#### **Abstract**

#### **ID:UG/P/172**

#### Bionano formulation control growth and biofilm formation in food borne pathogens

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#### **Abstract:**

Nanobiotechnology, a rapidly evolving scientific field, holds immense promise for applications in the realm of life sciences and healthcare. Among the various elements known to humankind, silver, a precious metal found naturally in mineral form or in conjunction with other elements, has captured significant attention. Remarkably, the bioformulation of metallic nanoparticles, specifically silver nanoparticles (AgNPs), has been accomplished successfully through the utilization of an assortment of plant extracts and microorganisms, encompassing bacteria, fungi, viruses, and microalgae. Leveraging the principles of phytotherapy, the integration of these natural sources with the synthesis process has yielded remarkable outcomes in the combat against diverse medical afflictions. This study endeavours to present a compelling demonstration of the efficacy of green synthesized AgNPs using aqueous plant extracts. Rigorous characterization techniques were employed to verify the biofabrication of AgNPs, revealing their distinct attributes. Furthermore, the synthesized nanoformulation exhibited potent antibacterial activities against harmful Enterobacter species, exemplifying the immense potential of green nanoformulation endowed with valuable properties. Consequently, these findings illuminate the way forward, encouraging the exploration of green synthesis as a means to develop novel methods for preventing food borne outbreaks. By harnessing the power of nature and employing eco-friendly approaches, the synthesis of nanoparticles with exceptional qualities can be realized, paving the way for groundbreaking advancements in combating food borne outbreaks and revolutionizing infection prevention strategies.

**Keywords:** Green Nanoparticles; Plant extract; Molecular docking; Anti-bacterial, Enterobacter species.

#### Abstract

#### ID:UG/P/173

#### THINAI-THERAPEUTIC USE OF MILLETS

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#### **Background:**

Millets are small grains that are used as food crops forhumans. Thinai (Setaria italica) isone of the millets which is said to treat vatha and kapha doshas.

#### **Objective:**

To document the therapeutic use of Thinai in siddha system

Phone no

#### **Methods:**

The data and evidence are collected from , biochemistry by U.Satyanarayana and U.chakrapani, Herbal foods and its medicinal values (National Institute of Industrial Research), pathartha guna sinthamani.

#### **Result:**

This poster will represent the nutritive content, biochemical compounds of thinai and its therapeutic uses

#### **Conclusion:**

To scope that not only thinai but also to use other millets in day to day life and gain benefits from it.

#### **Keywords:**

Siddha, millets, nutrition, literary evidence.

### A REVIEW ON THE ACTION OF HERBS PRESENT IN THE SIDDHA FORMULATION PIRANDAI CHOORANAM AGAINST GUNMAM (PEPTIC ULCER)

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#### **ABSTRACT:**

**Background:** Peptic ulcer disease is one of the most common disorders affecting the digestive system. It is an acid-induced lesion found in the stomach and duodenum characterized by denuded mucosa with the defect extending into the submucosa or muscularis propria. Many traditional *Siddha* medicines are been used in the treatment of *Gunmam* (PepticUlcer). *Pirandai Chooranam* formulation is indicated for *Gunmam* in the text *Sarabendhra Vaithiya Muraigal*.

**Aim and Objective:**. To review the action of the individual herbs present in the polyherbal *Siddha* formulation *Pirandai Chooranam* through literature in relation with Modern Research Articles.

**Method:** The Classical texts of *Siddha*, Authorized journals from Standard search engines were assessed. All the ingredients of this formulation were reviewed for its anti-ulcer related activity.

**Result :** The results of the review revealed that the pharmacological action of all the herbs in this formulation *Pirandai Chooranam* possessed Antiulcer related activities.

KEYWORDS: Siddha, Literature review, Peptic Ulcer, Pirandai Chooranam, Gunmam.

### THERAPEUTIC EFFECT OF KOZHIKIZHI (MAAMISA KIZHI) FOR THE MANAGEMENT OF VADHA DISEASES-LITERATURE REVIEW

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#### **ABSTRACT**

#### **Background:**

Siddha is one of the oldest traditional system of medicines which has 32 types of aga maruthuvam (internal therapies) and 32 types of Pura maruthuvam (external therapies). Kizhi or pottanam is one of the significant external therapies used in thokkanam. Kozhikizhi is one of the examples of *Maamisa kizhi*. The drugs involved in Kozhikizhi has following activity Karungkozhi - anti-inflammatory, *Kadugu* (Brassicanigra) - anti-arthritic, *Devadaru* (Cedrusdeodara) - anti-inflammatory and diaphoretic, *Omam*(Trachyspermumammi) - antispasmodic, *Abini* (Papaversomniferum) - analgesic, *Vellaipoondu* (Alliumcepa) - antivadha, *Veppenai* (Azadirachtaindica), *Nallennai*and*Kadalpazham*. The above-mentioned external therapy kozhikizhi has following activities could be used for treating vadha diseases.

#### **Objective:**

The drugs involved in kozhikizhi has the above-mentioned activities that could be used to treat vadha diseases.

#### **Method:**

The literature evidence of kozhikizhi is obtained from relevant siddha text. The data are collected from relevant research papers and books.

#### **Result:**

The raw materials of kozhikizhi which is obtained from the relevant text is already reviewed to have anti-inflammatory, anti vadha, anti-arthritic, analgesic and antispasmodic activities which could be used to treat vadha diseases.

#### **Conclusion:**

In future this review could be further validated through clinical and preclinical studies.

Keywords: External therapy, Kozhikizhi, Vadha Diseases.

Mode of presentation: Poster Presentation

### GREEN NANOPARTICLES CONTROL PLANT PATHOGENIC FUSARIUM SPECIES THROUGH OXIDATIVE STRESS

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#### **Abstract:**

Plant fungal diseases are a significant concern worldwide, affecting agricultural productivity and food security. Fusarium species are known to cause various plant diseases, such as vascular wilts, root and stalk rots, cob rot, seedling collar rot, and fruit rot. In this study, we focused on the synthesis and characterization of green silver nanoparticles (AgNPs) using a plant extract. The synthesized nanoparticles were characterized by using UV-Visible spectroscopy X-ray diffraction analysis, Fourier Transform Infrared spectroscopy, Energydispersive X-ray spectroscopy, Zeta potential analysis, and particle size analysis provided detailed insights into the properties of the AgNPs. Importantly, the size of the nanoparticles was found to be less than 100nm, indicating their potential effectiveness. The main objective of this study was to evaluate the fungicidal activity of the green silver nanoparticles in plant fungal pathogens, Fusarium mangiferae, and Fusarium proliferatum. In vitro, tests were conducted to assess the efficacy of the nanoparticles in inhibiting the growth of these pathogens. The findings demonstrate the potential of green silver nanoparticles as an ecofriendly approach for managing plant fungal diseases caused by Fusarium species. The use of nanoparticles offers a promising alternative to chemical fungicides, which often have adverse environmental impacts. By harnessing the antifungal properties of AgNPs, we can potentially mitigate the detrimental effects of Fusarium pathogens on plant health and crop yields. Ultimately, integrating nanotechnology-based solutions into plant disease management strategies can contribute to sustainable agriculture and secure global food production.

**Keywords:** Plant extract; Silver nanoparticles; Antifungal activity; Fungicide, *Fusarium mangiferae*, *Fusarium proliferatum* 

### A REVIEW ON OPTHALMIC FORMULATIONS IN ANUBOGA VAITHIYA NAVANEETHAM

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#### **BACKGROUND:**

Ophthalmology has been practised and been part of the ancient tamil civilization since ages, the methods followed by the siddhars and the etiology of eye diseases is described in Agathiyar Nayana Vidhi. The impairment of health or a condition of abnormal functioning of the organ of sight is called eye dieases. It includes conjunctivitis, glaucoma, cataract, macular degeneration. The evolution of modern ophthalmology started only after 1851 with the invention of the opthalmoscope by Helmoltz. However, well compiled literature evidences of eye diseases from siddha palm leaf manuscripts have been found since the 17<sup>th</sup> century. A few tamil palm leaf manuscripts belonging to 4<sup>th</sup>,7<sup>th</sup>, and 12<sup>th</sup> centuries has also been found. In tamil language, Kann(the eye)is a word evolved from the sensory action Kann(to see). The total number of eye diseases mentioned by Agathiyar is 96. Various external theraphies are mentioned among them Anjanam, Kallikam, patru ,pugai ,ottradam etc are described in puramaruthuvam for eye. Anuboga vaithioya Navatheenam describes various ophthalmic formulations that is used to cure eye disease.

#### **OBJECTIVE:**

To evaluate the potential effects of ophthalmic activity on traditional siddha formulation drugs.

#### **METHODS:**

A review on relevant Siddha literature, published articles on herbal ingredients, that can be used for ophthalmic disease were searched for pharmacological properties.

#### **RESULT:**

The pharmacological action of anticataract, antiglaucomic, antioxidant and antimicrobial property are obtained from Kann ottradam, Kaaniottradam, Kannoipugai, kankumaripatru. This kind of treatment are easily available, cost effective, and have no side effects in comparison to current conventional treatment. Moreover these drugs in appear to modern medicine have potential to accelerate body's own immunity to fight against any infection.

#### **CONCLUSION:**

This review describes the ophthalmic effect in various siddha formulation has to be widely used and further where clinical studies are wanted to confirm this traditional claim.

#### **KEYWORDS:**

Ophthalmic formulation, Siddha literature, Puramaruthuvam, anti-cataract, Anjanam.

### A REVIEW ON THERAPEUTIC VALUE OF MILLETS IN SIDDHA SYSTEM OF MEDICINE

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#### **ABSTRACT:(ORAL)**

Siddha system of medicine is an oldest system in India why not say in the world too. Specific broad tradition known about siddha system of medicine is it has specific points regarding lifestyle and food. The theme "FOOD" plays an important role in siddha medicine.

Among the foods,nowadays traditional foods are becoming more popular in public like millets namely Saamai(Little millets),Ragi(Finger millet),Thinai(Foxtail millet)Kambu(Pearl millet),Sollam(Sorghum),Kothumai(Wheat) etc..Most of the therapeutic value of foods have been described in our siddha text "PATHARTHA GUNA SINTHAMANI".These traditional foods are in brim of reaching its victory in this modern era. One such proof is the announcement of the Government of India as proposed to the United Nations for declaring 2023 as International Year of Millets(IYoM-2023). This was done to create domestic and global demand and to provide nutritional food to the people.

Millets has been our traditional food since many generations. They have laid a strong base in historic precedent with their therapeutic values. The traditional knowledge of food is considered to be best for particular geographical conditions. Because changing food pattern can damage the good health of the society. Due to lifestyle disorders emerging up of non-communicable diseases have evolved worldwide which has made people turn their head towards the usage of millets.

In this review, an attempt was made regarding the topic to explore the medicinal values of millets.

**KEYWORDS**: Traditional foods, Lifestle, Non-communicable diseases, Millets

### LITERATURE REVIEW ON THERAPEUTIC VALUE AND ADHERENCE OF MILLETS WITH RESPECT TO PERUMPOZHUTHU

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#### **BACKGROUND**

Siddha system of medicine is most ancient and spiritually enriched one. Siddha science, believes that planetary changes and natural rhythms that result in six seasons (*Perumpozhuthu*) and six periods (*Sirupozhuthu*). Also there is a physiological changes corresponding to thirithosam (Three humours) in other living creatures of macrocosm in the universe. Human body has been adapted physiologically based on the external environment, habitat and prevailing seasons. This paper deals with siddha constitutional aspects of millets and correlation with six seasons, based on which the primitive adaptation of millet for different seasons to categorized.

#### **OBJECTIVE OF THE STUDY**

- 1. Primary objective is to document the thirithodam theory of millets
- 2. Secondary objective is to document the classification of *thirithodam* based categorized millets with respect to seasonal and period variations.

#### **METHODOLOGY**

Literature search was performed from library books specially related to siddha principles (*Adipadaithathuvam*) from ATSVS Siddha Medical College, Munchirai, Kanyakumari.

#### **DISCUSSION**

According to the literature review, specific millets are known to be consumed at specific times of the year and day to pacify or neutralize the bodily humors of Vatam, Pittam, and Kabham. The Siddha principle of seasonal variations shows that the aggravation of specific humors in each season and period is well-documented. This correlation provides an outline of how the consumption of specific millets can be adapted to the seasons and periods of the year.

#### **CONCLUSION**

A complete theory of thirithosam concept of millet has been elaborated and consumption plan has been drafted in detail.

#### **KEYWORDS**

Siddha Medicine, Perumpozhuthu, Unavumuraigal, Traditional Millets.

#### NANO WOUND DRESSING MATERIAL FOR ENHANCED WOUND HEALING

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#### **Abstract:**

Wound dressings have undergone constant refinement, evolving from basic natural coverings to modern dressings with specialized materials that promote faster healing and tissue repair. The role of wound dressings in aiding patient recovery is paramount, particularly when individuals face additional challenges such as old age, diabetes, or obesity, which can impede the body's natural healing abilities. In such cases, patients endure immense discomfort and pain, while healthcare systems bear substantial financial burdens. The intricate nature of wound healing poses difficulties for current treatments to address delayed healing adequately. Left untreated, these wounds can give rise to complications such as infections, pain, and discomfort. While conventional dressings are affordable and highly absorbent, they lack the ability to facilitate hemostasis, adhesion, or maintain an optimal moist wound environment. To tackle this issue, there is a current trend in the development of innovative wound dressings that combine traditional healing agents with contemporary products. By incorporating nanoparticles derived from various healing substances, such as plant-based compounds or traditional herbs, modern wound dressing materials can expedite the healing process. These natural compounds possess therapeutic properties including antibacterial, antioxidant, anti-inflammatory, and mitogenic activities, which significantly enhance the treatment and healing of skin wounds. Such dressing materials can effectively address both acute and chronic wounds. Several techniques exist for incorporating nanoparticles into these advanced medical supplies, offering potential solutions to numerous unmet healthcare needs.

Keywords: Wounds; Wound dressings; Tissue repair; Nanoparticles; Antimicrobial.

### A REVIEW ARTICLE OF SIDDHADHI ENNAI FOR TREATING POUTHIRAM (FISTULA)

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#### **ABSTRACT**

#### **BACKGROUND:**

The Siddhadhi ennai is one of the internal medicines of 32 used for treating pouthiram (correlated with modern medicine fistula). Venereal diseases, ulcerative colitis, Crohn's disease, chronic hemorrhoids, carcinoma are some of the causes of fistula. On symptomatological comparison - Urinary fistula (Kirandhi pouthiram), Perineal fistula (Kodi pouthiram), Prostatorectal fistula (Pakka pouthiram) shares the common. Operative and prophylactic antibiotic therapy appears to be a key part for treating anal fistula in modern diagnosis. It has already been mentioned that siddhadhi ennai has ingredients such as Ferulaasafoetida, Nigellasativa, Alliumsativum, Pergularia daemia possessing antibiotic property in siddha literature.

#### **OBJECTIVES:**

The aim of the present study was to perform a review of the current literature to determine the role of *kiruminasini* action of internal medicine *siddhadhi ennai* to treat fistula is compared with the role of antibiotics in the development of fistula after incision and drainage.

#### **MATERIALS & METHODS:**

The literary material was collected especially from *SIDDHA VAITHIYA THIRATTU*, *GUNAPADAM*. The ingredients are *Perumkayam*, *Venkaram*, *Sathura kalli paal*, *Induppu*, *Karumseeragam*, *Thippili*, *Nervalam*, *Vellaipoondu*, *Kadukai*, *Castor oil*, *Veliparuthi*.

#### **RESULT:**

*Siddhadhi ennai* is the simple and alternative method of treatment by internal consumption. Anti- ulcer activity of the siddhadhi ennai cures *kirumi pouthiram* follow up refers to Fistula-in-ano (Putrid and fetid ulcer)

#### **CONCLUSION:**

Siddhadhi ennai is safe and efficacy medicine which as both kiruminasini and purgative action. Adjuvants of the ennai seeraga kudineer, vasambu sambalare usedfor the prevention of excess purgative action of Siddhadhi ennai.

#### **KEYWORDS:**

Siddhadhi ennai, Fistula, Pouthiram, Antibiotic, Kiruminasini.

#### Abstract

#### ID:UG/P/182

#### Literature Review on Allergens in Certain Foods Triggering Childhood Eczema

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#### **ABSTRACT**

**Background:** Eczema is a non-contagious inflammation of the skin characterized by erythema, scaling, edema, vesiculation and oozing. Causes of eczema includes diet, plants, chemicals, clothing, cosmetics, Medicaments, infections, drugs, focal sepsis etc. The Siddha medical terminology for eczema is *karappan*. As mentioned in siddha literatures certain foods such as Solam (*Sorghum vulgare*), kathiri (*Solanum melongena*) etc., induces eczema. These foods may contain allergens like histamine, gluten etc., which is responsible for inducing dermatitis throughout the body.

**Objective:** This review aims to describe the action of allergens in certain foods triggering eczema.

**Method:** This review article reveals certain food substances causing allergic dermatitis in the body. The mechanism of action of triggering factor in the body is explained.

**Result:** Hence certain food substance mentioned in siddha texts on intake may trigger eczema as they contains allergens.

**Conclusion:** From this review we conclude that intake of certain foods containing allergens may be considered as the triggering factor for eczema. Even though the knowledge about these food items are already mentioned in our Siddha traditional references, in recent times researches are made to find the presence of histamine, gluten etc., in these foods. Avoiding foods containing allergens may help in the prevention of eczema.

**Keywords:** Eczema, karappan, allergens, siddha texts.

### A LITERATURE REVIEW ON EFFECTIVENESS OF MANKOMBU PATTRU (SIDDHA EXTERNAL THERAPY) IN THE MANAGEMENT OF ANGINA.

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#### ABSTRACT FOR POSTER PRESENTATION

**BACKGROUND** Siddha system of medicine is one of the oldest medical system in the world.32 types of external applications are mentioned in siddha. Pattru or Poultice is one among them. Now a days the prevalence of cardiac ailments are increasing rapidly. **Angina**is the most common condition, usually caused by insufficient blood flow to the heart muscle. *Mankombupattru* is a simple external application which can be considered as safe and effective remedy for Angina.

**OBJECTIVES**To review the effectiveness of the classical siddha external therapy(*Mankombupattru*) in management of angina.

**MATERIALS AND METHODS**Relevant literature was collected through different databases such as PUBMED, Google scholar, along with Textbook of *Pothumaruthuvam*, *GunapadamThaathujeevavaguppu*, *Gunapadammooligaivaguppu*. Only relevant literature was included for the review

**RESULT** Ingredients of Mankombupattru such Maankombu (Deer antler), Chemmaram(Amoorarohituka) ,Thuvaramparippu (Cajanuscajan) .Chukku (Zingiberofficinale), Mochaikottai(Lablabpurpureus), with Hotwater or Chaarayam as grinding material, reveals the chemical constituents present in the drugs have effects such as lipolytic, anticoagulant, anti inflamatoryetc. along with strengthening of coronary artery. The contents of *mankombupattru*istranscutaneously absorbed in to the blood stream when applied over the chest, hence relieving the Angina

**CONCLUSION***Mankombupattru* can be considered as an effective topical application for the management of Angina.

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#### SCREENING THE ANTIMICROBIAL EFFICACY OF PLANT EXTRACT-MEDIATED GREEN SILVER NANOPARTICLES IN MDR KLEBSIELLA PNEUMONIAE

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#### **Abstract**

This study focuses on the synthesis, characterization, and screening antibacterial properties of silver nanoparticles derived from fresh plant extract. Morphological characteristics, UV-vis, XRD analysis, FESEM analysis, DLS analysis, and TEM analysis were performed on the synthesized nanoparticles. *In vitro*, assays evaluated the effectiveness of AgNPs against Klebsiella pneumoniae strains. The minimum inhibitory concentration (MIC) and minimum bactericidal concentration (MBC) were measured, along with their ability to prevent biofilm development. The AgNPs displayed significant antibacterial activity and biofilm reduction, surpassing conventional approaches. The biologically synthesized nanoparticles incorporated phytochemicals from plant extract, contributing to their enhanced biological activity. This method offers a straightforward, risk-free, and costeffective approach to nano formulation, eliminating the need for harmful chemical reduction agents. AgNPs exhibited superior antimicrobial properties against the Klebsiella pneumoniae strains. Importantly, the effect of green synthesized silver nanoparticles were assessed, confirming their safety for the environment by performing the toxicity study in Artemia Nauplii. This study suggests that AgNPs can be an affordable, less toxic and innovative source of antimicrobials to overcome multi drug resistance.

**Keywords:** Stabilized silver nanoparticles; Plant extract; Green synthesis; Characterization, Antibacterial activity; *Artemia Nauplii*; Environmental safety.

#### **NOVEL NANO CREAM: A POTENT ANTIAGING AGENT**

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#### **Abstract:**

Nano creams have emerged as a promising approach in the field of nanotechnology for enhancing the skin's absorption of active ingredients. This study focuses on the development of a novel nano cream formulation utilizing a plant extract to improve skin penetration and efficacy. Through a bottom-up approach, nanoparticles were synthesized from the plant extract, characterized for size, shape, and charge, and incorporated into the nano cream. Toxicology studies demonstrated the safety of the nano cream at different dosage levels. Furthermore, the nano cream exhibited potent antibacterial activity against Staphylococcus, responsible for bacterial infections, suggesting its potential as a costeffective treatment option. Molecular docking studies revealed interactions between the plant extract's compounds and proteins associated with anti-aging, offering insights into its mechanisms of action. The nano cream was also evaluated for sun protection factor (SPF), demonstrating its effectiveness as a skin protective agent. By leveraging nanotechnology and the plant extract, this nano cream formulation presents an innovative solution for addressing aging and promoting skin health. The successful development and comprehensive evaluation of this nano cream open doors for commercialization and application in cosmetic formulations. Its potential impact extends to anti-aging treatments and skin protection, contributing to advancements in nanomedicine.

**Keywords:** Plant extract; Green nanoparticles; Characterization; Antibacterial; Nano cream; SPF.

#### SIDDHA PSYCHOBIOTICS – THE SEARCH OF STRESS FREE LIFE.

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#### **Background:**

Psychobiotics are defined as consumption of probiotics for mental health benefits by altering the commensal gut bacteria. Various types of diet in Siddha system of medicine contains such psychobiotics which has the ability to prevent and treat psychiatric manifestations.

#### Aim:

Attempting to explore psychobiotics based on Siddha system of medicine along with diet regime suggestion to nip the mental disease in the bud.

#### Methodology:

Data are obtained from Siddha classics such as Agathiyarmaanidakirukunool, siddha sirappumaruthuvam, padhaarthaGunasindhamani, padhaarthaGunavagadam, siddha maruthuvangasurukkam, gunapadammooligai and articles searched from Pubmed, science direct and Google scholar etc.

#### **Conclusion**:

Siddha medicine is already familiar with psychobiotics. As siddha diet regime already contains live bacteria ingestion which promotes gut and mental health. Thus "What you eat determines what you feel".

#### **Keywords**:

Siddhapsychobiotics, Gut-Brain axis, mental health, siddhapsychiatry, Diet regime, dopamine, probiotics.

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#### HANDLING OF RECTAL PROLAPSE IN SIDDHA – LITERATURE REVIEW

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### ABSTRACT BACKGROUND:

Siddha medicine-traditional system of healing that originated in South India and this considered to be one of the oldest system of medicine. It is a warehouse of both internal and external therapies. There are 32 therapies in each internal and external based on their form, method of preparation with definite shelf life for each type. Rectal prolapse (RP) is a condition that occurs when part of large intestine slips out the anus. Especially a self limiting condition in infancy and early childhood.

#### **OBJECTIVE:**

The main objective of this study is to access the management of Rectal prolapsed in our traditional Siddha system. By evaluating our literature review, this research aims to emphasize the need to treat rectal prolapse (*Adithallal*).

#### **METHODOLOGY:**

The Treatment procedure followed so far is sclerotherapy, Ekehorn's rectopexy and laproscopic suture rectopexy.But in our siddha system of medicine we can use some of the internal medicine like korakkar matthirai, poondu ennai etc,. These literatures were analyzed, focusing on the contents, its therapeutical value and its application in RP.

#### **RESULT:**

Siddha, a traditional system of medicine found to provide better management for Rectal prolapse. The siddha system is well known for its complication free simplicity, credibility, accessibility, curability and good quality. If they identify an rectal prolapse at an initial stage it would prove helpful in improving the quality of treatment.

#### **CONCLUSION:**

By providing the above mentioned medicines which were prepared as per the standard methods mentioned in siddha literatures. Hence the handling of rectal prolapse through this alternative system of medicine-Siddha could be effective.

**KEYWORDS:** Adithallal, Rectal prolapse, Siddha, Sclerotherapy, Internal medicine.

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### A REVIEW ON PHARMACOLOGICAL PROPERTIES OF TRADITIONAL MEDICINAL PLANT MORINDACITRIFOLIA

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#### **Background**

Noni (*Morindacitrifolia L*) is a fruit bearing tree in family, Rubiaceae. The genus Morindais present worldwide predominantly in tropical countries. Noni is commonly referred to the species M.citrifolia and is also called as Indian Mulberry. It has Dietary supplement such as vitamin, mineral, added chemical substances that is added to the diet to improve health. Food consumption not only includes calories and main nutrition but also other specific metabolic effects, including antioxidants, antimicrobial, anti-inflammatory, immune-enhancing nutrients, blood glucose lowering, and so on.

#### **Objective**

To explore the medicinal value of traditional medicinal plant Noni and to substantially it's action scientifically to prove re confirm its traditional claims.

#### Methods

The literature search involved Siddha texts such as Gunapadam - Mooligai vaguppu (Siddha Materia medica-Herbal division), T.V.Sambasivampillai Dictionary etc to analyse the botanical values indicated in traditional literature. An extensive literature survey was conducted using various scientific databases and search engines to explore the pharmacological actions of Morinda from published scientific journals. The results were analysed and discussed elaborate through this study based on its traditional claims.

#### Conclusion

This preliminary review portrays that the traditional medicinal plant has various pharmacological properties such as anti-inflammatory, antioxidant, anti-lipidemic, anticancer, antidiabetic and several other therapeutic properties to prevent and manage lifestyle diseases of the present world. Upon evaluating its various therapeutic effects, it can be recommended as a functional food suitable for all ages and also warrants further preclinical and clinical studies for lifestyle disorders in future.

#### **Key words**

Noni, Nuna, Siddha medicine, Traditional medicine, Functional food.

### LITERATURE REVIEW ON TRADITIONAL FOOD ADHERENCE DURING MENARCHE IN THE SOUTHERN PART OF TAMILNADU.

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#### **Background**

Right from the olden days, menarche the first menstrual cycle is considered to be something of a milestone in a women's life. During this periodour elders used to prepare a special diet for consumption such as raw egg, black gram, fenugreek, gingelly oil etc. At this stage secondary reproductive organs begins to develop and improvise its functions. So it is recommended by elders, to take this nutritious forms of foods to strengthen the uterus and also calm down the uterine cramps etc. This paper deals with food that has been followed for decades during menarche stage were documented in detail.

#### **Objective**

- 1. To document the nutritional value of traditional diets followed during menarche stage.
- 2. To document and revisit the essential need for traditional food at the time of puberty.

#### **Methods**

Literature search was performed in library materials and textbooks available in ATSVS siddha medical college, Munchirai and published research articles, Informations from aged people has been collected and documented.

#### **Discussion**

Traditional Southern food is a part of the cultural identity of the South. It is the food that our ancestors ate, and it is important to keep these traditions alive. However, in modern times, many people have turned to processed foods, which can lead to health problems such as irregular menstrual cycles, PCOS, and fibroids. By consuming traditional Southern food during menarche and menstruation, we can help to prevent these diseases and lead a holistic and healthier life.

#### **Keywords**

Traditional food, puberty diet, gingelly oil in siddha, raw egg and menarche.

#### A LITERATURE REVIEW ONMILLETS(THINAI) -AN UNDERUTILIZED TREASURE OF NUTRITION

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Subject: Therapeutic value of Millets in Siddha system of Medicine

#### ABSTRACT FOR POSTERPRESENTATION:

Siddha is a conventional system known from ancient times. FAO and UN recognized 2023 as the International Year of Millets. Millet is an ancient crop of mankind and sorghum is known as the King of Millet. Millet is a type of cereal that belongs to the *Poaceae* family. It has threetypes. They are Majormillet / Sorghum (cholam), Pearlmillet (kambu), Fingermillet (Kaezhvaragu)], *Minormillet*(Foxtail, Kodo. Barnyard, Little, Proso) andPseudomillet(Amaranthandbuckwheat)basedonthesizeofthe grain.Milletcontains Calories, Fat, Carbohydrates, Protein, sodium, magnesium, zinc, calcium, Iron and potassium and has essential aminoacids. Phytochemicals containphenolics, lignans, beta-glucan, phytates, sterols,tocopherol, carotenoids and dietary fiber. It is gluten-free and nonallergenic. Millet has a taste of sweet and astringent and hot potency. Its high protein content makes it a good energybooster. They are good sources of antioxidants. This present article deals with the therapeutic values provided in Siddha literature and modern aspects of medicine such as respiratoryfunctions, detoxifying the body, obesity,improving immunity, preventing degenerative diseases likediabetes and cardiacdiseaseetc.

**Keywords:** Millets, Sorghum, Poaceae, Gluten-free.

#### **Abstract**

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#### REVIEW ON KALIKAM - AN NON INVASIVE THERAPY

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#### **ABSTRACT**

Siddha medicine has its own unique ways of treating many chronic and challenging diseases.Out of the 4448 diseases mentioned in the siddha literatures.Siddhars have dealt with life-threatening diseases, which have more prevalence in now a days. It has enormous range of external modalities of treatment for health management. The external therapy is classified into 32 types. These therapies are used both as mainstream and supportive therapies-both curative and prophylactic. The aim of external therapy is to maintain the three humours [vatham,pitham and kapham] in equilibrium. Among these 'KALIKAM' is one of the external therapy, which is a method of application of medicine in the mucous membrane of the eye..kalikam is prepared by crushing and extracting the liquid juice from fresh plant parts. Kalikam is first instilled into left eye and then into right eye. Generally kalikam is instilled into medial eyelid of the eye upto 1-5 drops.kalikam is also has proven records in treating conditions such as long sight, short sight, delirium, jaundice, giddiness etc. The transcellular route is the main mechanism of absorption of ocular drugs. The delivery of the drug to the eye is through the G-protein-coupled receptors. This paper reveals the efficacy of Kalikam, method of effect preparation, shelf life, and of kalikam in treating diseases like jaundice, giddiness, delirium, sanni and other diseases in detail.

#### **KEYWORDS**

Siddha medicine,External therapy,Kalikam,Non invasive therapy,Ocular pharmacokinetics

## SYNTHESIS AND CHARACTERIZATION OF GREEN NANOPARTICLES AND SCREENING ITS ANTI-MICROBIAL ANTI AGEING AND ANTI INFLAMMATORY PROPERTIES

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#### Abstract:

Aging-related concerns continue to captivate people's attention, particularly the visible manifestations in skin aging, which stem from altered biomechanical properties. Of particular

concern is the emergence of antibiotic resistance in Klebsiella pneumoniae, a pathogen implicated in pneumonia among individuals with alcohol use disorder or diabetes mellitus. Additionally, this species can infiltrate wounded or post-surgical skin, leading to infections in the skin and soft tissues. To combat these challenges, plant extracts have garnered interest due to their potential anti-aging, anti-inflammatory, and antibacterial properties. In this study, an extensive analysis of the chemical composition of a plant extract using GC-MS is done, revealing a diverse array of promising compounds. Employing in-silico techniques, investigated the interaction of these plantderived ligands with a target protein, further establishing their potential therapeutic value. Furthermore, we harnessed the green synthesis approach to fabricate silver nanoparticles from a sustainable source, characterizing their properties. These silver nanoparticles exhibited not only anti-aging attributes but also demonstrated antibacterial efficacy. To explore the practical application of these nanoparticles, various assays were performed to validate their anti-aging and antibacterial properties. Encouragingly, the results unveiled their notable potential as a promising anti-aging agent. Moreover, based on the synthesized green silver nanoparticles, a novel nano cream formulation was developed. This cream was formulated to harness the anti-aging properties of the nanoparticles, with the aim of optimizing its effectiveness in promoting skin health. Overall, findings highlight the multifunctional benefits of plant extract-derived green silver nanoparticles. Their anti-aging, anti-inflammatory, and antibacterial properties hold great promise for addressing skin aging concerns and combating infections caused by Klebsiella pneumoniae. By translating these findings into a nano cream formulation, provides a tangible solution to bolster skin health and address the challenges associated with aging.

**Keywords:** Nanoparticles; Plant extract; *in-silico*; Characterization; Anti-aging; Anti-bacterial.

### LITERATURE REVIEW ON BODY CONSTITUTION BASED DIET IN RAINY SEASON (KAARKAALAM)

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#### **Background**

Siddha medicine is one of the oldest systems of medicine in India. It is a holistic approach to health that emphasizes living in harmony with nature. A key principle of Siddha is prevention, which can be achieved by adjusting diet and lifestyle in response to changes in the climate. Siddha theory states that the body is made up of thirithodangal: vadham, pitham, and kabham.. Imbalances between the thodangal can lead to disease. Meanwhile, Seasons are classified according to their specific pattern which eventually have definite effect on the body humor and physiology.

The Siddha system recommends specific lifestyle and dietary habits for each season, based on the natural resources available in that particular region. This study suggest that the diet to be taken during rainy season (KarKaalam) which is one of the perumpozhuthu, of Siddha medicine.

#### **Objective**

The aim of this study is to review the food supplements to be consumed during karkaalam (rainy season) and classified the diet based in siddha principles.

#### Method

Literature search was performed in textbook and library books available in our college. The literatures were Noyillaneri text book, Preventive and social medicine, Siddha maruthavankasurukkam, and Journal articles.

#### **Conclusion**

This review suggests that regular discipline in food consumption during the rainy season is highly recommended. This is because our thirithodam, external climatic condition and basal metabolic rates is heavily disturbed during this period, and by eating based on siddha principles, we can avoid the occurrence of unnecessary seasonal diseases.

#### **Keywords**

Siddha thirithodangal, siddha traditional foods, rainy season, rain and digestive problems.

### A PHARMACOLOGICAL REVIEW ON VAAGAI (Albizia lebbeck) AND KARUVAAGAI (Albizia odoratissima)

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#### **ABSTRACT**

#### **Background:**

Albizia lebbeck and Albizia odoratissima is commonly known as Vaagai and Karuvaagai in Tamil respectively. It is mainly distributed in tropical and subtropical areas of India, Andaman Island, Myanmar and other countries. In Tamil Nadu, the tree is known as 'vaagai' as the ancient kings of the Sangam Age had worn the garland made by this flower to celebrate victory in battles, with the word 'vaagai' meaning 'victory' in Tamil.Traditionally in siddha system, vaagai is used as astringent, refrigerant and karuvaagai is used as an anthelmintic and expectorant.

#### **Objective:**

The objective of this review is to throw spotlight on the medicinal uses of Vaagai and Karuvaagai according to the siddha literature.

#### **Material and Methods:**

Vaagai and Karuvaagai were reviewed for their phytochemicals and pharmacological activities. Various texts were referred and analysed for its actions and medicinal uses. The literature review was conducted on various siddhatexts and various articles published by research scholars.

#### **Result:**

Vaagai contains phytochemicals such as phenols, tannins, flavonoids, proteins, carbohydrates, glycosides. It acts as an astringent, anti-asthmatic, anti-cancer, anti-inflammatory, anti-oxidant, antiseptic, anti-dysenteric, antitubercular drug.Karuvaagai contains Meconic acid, Glucoside, Rhamnose, Arabinose, O-pentamethyl dihydro melanoxetin, Acacic acid. It has expectorant, anthelmintic, anti-oxidant, anti-microbial, anti-diabetic activity, anti-inflammatory activities.

#### **Conclusion:**

Traditionally vaagai is used to treatpiththaviranam, vadhasori, thaagasuram, mouth ulcers, leucoderma, leukorrhoea, indigestion. It tightens the gums and is also used as an antidote. Karuvaagai is used to treat tuberculosis (kayarogam), bronchial asthma, urticaria, and as an aphrodisiac. The astringent, anthelmintic, antioxidant, wound healing, properties along with the anti-inflammatory action makes it a potent drug for treatment and management of various illnesses.

**Keywords:** Anti-cancer, Meconic acid, Anti-inflammatory, Anti-diabetic, Anti-oxidants.

#### LITERATURE REVIEW ON MENIYUPPU FOR THE TREATMENT ON KUNMAM

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#### **ABSTRACT**

#### **Background:**

The therapeutic system of tamizhan is one of the oldest system of medicine dating up to 5000 years. Meniyuppu was selected for this study of establish the treatment on kunmam (peptic ulcer). To collect the information about the drug various text books, literature were referred.

#### **Objective:**

Enormous research work have recently been carried out on phytochemical analysis of the medicinal plant Kuppaimeni (*Acalypha indica*) and Kariuppu(sodium chloride).

#### **Methods:**

Meniyuppu is the simple medicine which is made by two medicinal drug substance Kuppaimeni (*Acalypha indica*) and Kariuppu(sodium chloride). This preparation is from the textbook of "NAM NAATTU ILAGU VAITHIYAM".

#### **Conclusion:**

A peptic ulcer is defined as disruption of mucosal integrity of stomach excavation due to active inflammation. According to this review and according to reference we collected, Meniyuppu is used to cure peptic ulcer with the respective Anubanam(adjuvant), Alavu(correct dose), Pathiyam(diet) for the treatment. No toxic effect is found. Further clinical studies and pre-clinical studies will be sentfor the future reference.

#### **Key words:**

Meniyuppu,Kuppaimeni(*Acalyphaindica*), *Kariuppu*(Sodium Chloride), *Kunmam*(peptic ulcer)

### REJUVENATING ANCIENT NATURAL HERBALS AND COOKING UTENSILS - A REVIEW

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#### **ABSTRACT**

Siddha medicine is a form of South Indian Tamil traditional medicine. It is an indigenous medical system mentioned above for about 4448 diseases affecting humans. This is one of the medicine assert preventive and curative process. Leaves are the prime plates used for serving food. In ancient times who lived in forest used leaves as plates. In Indian culture, different varieties of leaves are used for serving food items. Different types of vessels are used as needed to set up the sustenance. In India serving food on leaf dining plates is a long standing tradition with its own cultural, religious, medicinal and socio economic significance. The leaves from the vast variety of plants are used as dining plates, food wraps, during steam cooking, grilling and frying of various dishes, and food packing material in India. Utilisation of disposable plates made from plant leaves, which are renewable, biodegradable and enriched with antioxidants and medicinal values. Other than leaves some utensils are also used like copper, silver, gold, bronze because of its therapeutic values. It also helps in rejuvenation. This paper reveals the effect of eating food in different types of leaves and utensils which have more medicinal values to humans.

#### **KEYWORDS**

Siddha medicine, Leaves, Utensils, Rejuvenation, Medicinal values.

#### **Abstract**

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#### PREPARATION SECRECY OF AN UNREVEALED ANJANA RASAMANI

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#### **Background**

Siddha system of medicine consists of both higher and lower order medicines. However, the use of higher order medicines prepared by using several metals and minerals have been decreased in recent days because of the ill effects caused due to its improper purification. But, still there are some Vaidhiyars who prepare these form of products and are using it in their day to day practice.

#### **Objective**

In siddha system, chemistry has been found well developed in a science axillary to medicine and alchemy. The siddhars were also aware of several alchemical operations divided into several process such as calcination, sublimation, incineration of metals, liquefaction, bringing to non volatile or to state of resisting the action of fire. Some of these methods especially those in fixing certain volatile substance that could not resist action of fire such as mercury.

#### Method

As the preparation methodology is not reported in any manuscripts or books, the methodology is collected from the traditional folkfore vaithiyar and Anjana Rasamani is prepared by using the Anjanakal as the major raw material.

#### Result

The medicine Anjana Rasamani is used not only internally but also externally.

It can even be used for chronic diseases.

#### **Conclusion**

Efforts should be made to revive an ancient science which is in danger of being lost and many higher order medicines should be encouraged to use in day to day practice to treat chronic diseases.

#### **Keywords**

Higher order medicine, chronic diseases, Anjana Rasamani.

#### REVIEW OF HISTORICAL EVOLUTION OF SIDDHA AND ITS COLOCHIAL USAGE IN LITERATURES

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#### **BACKGROUND:**

The siddha system of medicine has been evolved from the concept of antiquity literature, in each of the literatures the benefits of the siddha medicines has been described by the siddhars.

#### **OBJECTIVES:**

To explore the therapeutic benefits of siddha medicines in ancient literatures other than the available classical text books in siddha.

#### **METHODS:**

Collection from the journals, websites and Tamil literatures.

#### **RESULT AND CONCLUSION:**

From the above collected details it is clear that not only our classical literatures help us to gain knowledge of our siddha system of medicine, but we should have the vision towards the ancient literatures where we can know about the unknown facts about the siddha system of medicine.

#### **KEY WORDS:**

Ancient literatures Herbal medicine Siddha system of medicine.

# GREEN NANOPARTICLES MODULATE ANTIOXIDANT SYSTEM TO MODULATE ENZYMES INVOLVED IN CARBOHYDRATE METABOLISM TO CONTROL DIABETES

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#### **Abstract:**

This study aimed to investigate the antioxidant and antidiabetic activities of AgNPs, offering potential therapeutic applications for oxidative stress-related disorders and diabetes management. The AgNPs were synthesized and characterized using various analytical techniques. The antioxidant activity of AgNPs revealed potent scavenging activity against free radicals, indicating their strong antioxidant potential. This suggests that AgNPs could effectively combat oxidative stress, which is implicated in various pathological conditions. Furthermore, the antidiabetic activity of AgNPs was evaluated by their inhibition of  $\alpha$ -amylase and  $\alpha$ -glucosidase enzymes. The findings demonstrated significant inhibitory effects, suggesting that AgNPs could effectively modulate carbohydrate metabolism and aid in managing diabetes. Moreover, the phytochemical analysis of the extract revealed the presence of bioactive compounds, including flavonoids, phenols, steroids, and alkaloids, which could contribute to the observed antioxidant and antidiabetic activities. These AgNPs can be potential candidates for the development of therapeutic agents targeting oxidative stress-related diabetes.

**Keywords**: Plant extract; Silver nanoparticles; Characterization; Anti-oxidant; Anti-diabetic.

## A LITERATURE REVIEW ON MUCUNA PRURIENS TO TREAT MALE INFERTILITY BY ITS ACTION ON THE HYPOTHALAMUS-PITUITARY GONADAL AXIS.

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#### **BACKGROUND:**

Infertility can be defined as a lack of pregnancy after 1 year of unprotected intercourse, and it is the manifestation of one or more pathologic condition of male or female origin. Reduced spermatogenesis and defective sperm function are the most prevalent causes of idiopathic male infertility.

#### **OBJECTIVE**:

To understand the mechanism of action of Mucuna pruriens(punaikkali) in the treatment of male infertility.

#### **METHODS**:

In this presentation I am going to discuss about the action and working of the medicine briefly. The infertile men were prescribed Mucuna pruriens seed powder orally in a single dose with milk.

#### **RESULT**:

Treatment with Mucuna pruriens significantly contain L-DOPA which improved T, LH, dopamine, adrenaline and noradrenaline levels in infertile men and reduced levels of FSH and prolactin. Sperm count and motility were significantly recovered in infertility men.

#### **CONCLUSION:**

Treatment with Mucuna pruriens regulates steroidogenesis and improve semen quality in infertile men.

#### **KEY WORDS:**

(Infertility – Mucuna pruriens – L- Dopa)

### SIDDHA TREASURE "RAAGIPORRIDGE": A REVIEW OF TRADITIONAL AND SCIENTIFIC EVIDENCE.

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#### **BACKGROUND**

"Fooditself is medicine and medicine itself is food" is one of the basic principles of siddha system of medicine. In current days, usage of multi-grain has been tremendously increased. Millets are important stable food grain of tribal of India.Ragi (*eleusinecoracana*) is a millet having potentially tremendous source of nutraceutical properties. So it has been given at the time of Tamil month*Aadi* (mid of July to mid of august) as koozh form (Porridge form) to adapt our body according to climate change.

#### **OBJECTIVE**

To emphasize the importance of Raagiin maintain health status with respect to Siddha and modern literatures.

#### **METHODS**

Literature search was performed in library book and text books available in ATSVS siddha medical college and Database. The search was made upon specific strategy includes *Mooligaiiyal, Mooligaiunavugal,* traditional food, traditional healthy diet, *siddha unvumuraigal, thirithodaunavuporutkal, Novillaneri text book, Internet Data base etc.* 

#### **DISCUSSION**

Health and disease of an individual is determined by what the person eats. Therefore food with appropriate nutrition considered important. Millet Raagi contains rich source of protein, calcium, Fe, magnesium, amino-acids, fibers etc. It can be given as a diet in winter season and for malnutrition children and diabetic patient. Food prepared with Raagi was anexcellent and key source to lead a healthy life.

#### **KEYWORDS**

Raagi millet, siddha diet, healthy life, traditional tamil diet, Koozh.

### A CONSPECTUS ON SIDDHAR VARMAM AND DIET IN THE MANAGEMENT OF ACUTE MIGRAINE.

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#### **ABSTRACT**

#### **Background:**

The divine art of siddhar varmam bestowed with abundant spiritual energy thrived in the land of India.In Siddhar varma treatment, mild to moderate pressure is applied to restore constant subtle energy level in the management of Acute Migraine.

#### **Objective:**

The aim of this literature review is to highlight the efficacy of Siddhar varmam and diet in restoring deprived energy level in the management of Acute migraine.

#### Methodology:

Siddhar varmam treatment protocol comprises of Annan kalam,Ner varmam,Nattal varmam,Kutri varmam and Pinpidarikalam .Siddhar diet for acute migraine is indicated and is prepared as per Siddha Materia Medica procedures which comprises of Inji as surasam (morning),chukku as kudineer(noon),kadukaai as chooranam(evening).Modern Research evidence for Siddhar diet is included in this review to promote health and welfare of patients suffering from Acute Migraine.

#### **Result and Conclusion:**

This conspectus expound that the Siddha varmam treatment and diet plays a vital role in alleviating Acute migraine and will enable majority of victims to regain normalcy.

**Keywords**:Siddhar, Varmam, Inji, Diet, Kadukaai, Chukku, Acute Migraine.

### KARIYABOLA MATHIRAI FOR "SOOTHAGA KATTU" (AMENORRHEA)-A LITERATURE REVIEW

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#### **Background:**

Siddha system is the oldest traditional medicine used by south Indianpeople.Nowadays,Amenorrhea is more prevalent among female reproductive age group. It occur due to hereditary, genetic changes, food habits, stress and obesity. In siddhamedicine, "Soothaga kattu" synonymous to "Amenorrhea". Kariyabola mathirai, aherbo mineral preparation used in treatment of "soothaga kattu" (Amenorrhea) was referred in siddha book gunapadam mooligai written by murugesha Mudaliar

#### Aim:

The aim of the article is to explore and document the characteristic and pharmacological action of individual ingredients of kariyabola mathirai in the treatment of amenorrhea.

#### Method:

Kariyabola mathirai in the treatment of amenorrhea was referred in siddha textbook Gunapadam mooligai written by murugesha Mudaliar. Search terms used to collect the data were siddha, Aloe littoralis, kariyabolam and Search engines such as pubmed, science direct, Google scholar, Embase were used to collect the data.

#### **Result:**

As per the Data collected ,the ingredients of kariyabola mathirai had oestrogenic, emmaenogogue,stimulant and aphrodisiac action that shows effectiveness in the treatment of amenorrhea.

#### **Conclusion:**

The current review concludes that 'Kariyabola mathirai' had significant pharmacological action related with amenorrhea.

#### **Keywords:**

Siddha, soothaga kattu, Amenorrhea, kariyabolam, emmenogogue

# EFFECTIVENESS OF TRIGONELLA FOENUM-GRAECUM PORRIDGE AS A GALACTAGOGUE: BIOCHEMICAL EVALUATION

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#### **ABSTRACT**

# **Background:**

Siddha systemallude that the food is considered to be the basic building material of human body. As nutrition plays a significant role in growth factor, Breast milk has a substantial capacity for growth development. Poornutritional intake leads to decreased quantity and efficacy of breast milk, Siddha system has a wider view in increasing the lactation in a healthier way for a mother by divergent types of galactagogues. Natural galactagogues are the premier outcome in case of lactation insufficiency.

# **Objective:**

The objective of this study is to analyze the Siddhaliterature relating to the principal drugs used as galactagogues based on herbs and other natural substances -Fenugreek (Trigonella foenum-graecum) Porridge by biochemical analysis for its galactagoguesaction.

#### **Method:**

The evaluation is done by PLIM- protocol – ASU formulation

# **Result:**

The present work reports a clear methodology to obtain steroid saponins (seeds contain mucilage, trigonelline, 4-hydroxyisoleucine, sotolon, diosgenin, luteolin, phenolic acids, and protodioscin) and demonstrates that these saponins enhances secretion of milk during lactating period of a mother.

### **Conclusion:**

This study concludes that the presence of phytochemicals (saponin) present in Fenugreek Porridge increases the lactation for lactating mothers.

# **Keyword:**

Galactagogue, lactation, Fenugreek, ASU formulations, Porridge

#### MECHANISM OF NASAL AND OPHTHALMIC APPLICATIONS

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# **BACKGROUND:**

Our traditional system of medicine is a vast repository of external therapies. These procedures are as important as the internal medicines in the management of health and diseases. Most of these therapies are aimed at maintaining a healthy balance of three physiological factors and also seven types of tissues in body. Out of these 32 external therapies Nasal application and Ophthalmic application becomes important in unconscious patients and conditions like trauma, snake bite etc..

# **NASAL APPLICATIONS:**

- 1. Nasiyam (Errhine: Designed to be snuffed into the nose. Occasioning discharge from the nose. A medicine to be snuffed up the nostril to promote sneezing and increased discharge.) சூர நசியம்
- 2. Naasigaparanam (Nasal snuff : To inhale forcibly through the nose.)-முக்கு நோய்க்கான நாசிகாபரணம்

# **OPHTHALMIC APPLICATIONS:**

- 1.Mai (Collyrium: A kind of dark eye shadow, used especially in Eastern countries.) -கண் நோய்க்கான மை
- 2.Kalikam (Eye Slave: Medicinal ointment for the eyes.)-சுர கலிக்கம்

#### **OBJECTIVE:**

To evaluate the mechanism of these therapies by Nasal drug delivery route ,Anatomy of nose , Nano caries from Nose to Brain. Ophthalmic Applications, Barriers to the entry of drug in eye. Mechanism of ocular absorption.

**METHOD**: Literature review

# **RESULT:**

Out of the 32 external therapies Nasal and Ophthalmic Application mechanism is particularly in use of unconscious patients and conditions like Trauma, Snake bite ,which are still a problem in rural india. This paper mainly focuses on the Mechanism of Nasal and Ophthalmic applications.

### **KEYWORDS:**

Nasiyam, Nasigaparanam, Nasal drug delivery route, Pathway, Ophthalmic applications.

# DIET SUPPLEMENTS FOR PREGNANT WOMEN IN SIDDHA SYSTEM OF MEDICINE

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#### **BACKGROUND:**

Siddha system of medicine has many herbal plants for all kind of diseases, especially in Gynecology and Pediatrics. In this way, the **Nutrient value of herbal plants** like Nymphaea lotus, Santalum album ,Plectranthus vettiveroids, Nymphaea odorata,Piper longum, Piper cubeba, Ficus religious, Terminalia arjuna, Madhuca longifolia, Anacardium occidentale, Vitex negundo were given as a diet supplement for the pregnant women for each month up to third trimester. It helps to enhance the growth and health of fetus. It also cures complications experienced by the pregnant women at the time of gestation period.

# **OBJECTIVE:**

To present the Siddha literature on Nutrient Value of Herbal Plants for diet supplements for pregnant women.

#### **METHOD:**

Literature review

# **RESULT:**

The compiled Pharmacological activities, actions, Phyto chemical constituents, nutritional property of herbal plants increase the growth and health of fetus as per AGATHIYAR PINDORRPATHIYAM. This medicine can be easily prepared & consumed by pregnancy women in different period of trimester for alleviating various symptoms and conditions for passing through pregnancy period. For ex.Nymphaea lotus (Thamarai), Santalum album (Sandal), Plectranthus vettiveroids (Vilamichu ver) grinded with water and mixed with milk to cure bleeding in the first month of pregnancy period.

# **CONCLUSION:**

In this above study, we infer that these herbal plants provide healthy diet in each trimester and this research also helps for upcoming research for validating the supplements.

#### **KEY WORDS:**

Nutrition, Growth, Diet, Siddha, Herbs

#### Abstract

ID:UG/P/207

# A LITERATURE REVIEW ON PIPER BETLE TO STIMULATE LACTATION

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# **BACKGROUND**:

Piper betle leaf is consumed both as a mild stimulant and for its medicinal properties. The plant leaf is generally prescribed for indigestion, laxative and appetizer. It also act as muco purulent from respiratory organ. Here, Piper betle leaf is used to stimulate the milk secretion.

#### **OBJECTIVE**:

The roasted betleleaf is used to stimulate the secretion of milk.

# **METHOD:**

The Piper betle leaf should be roasted in fire directly and tied on the breast to stimulate lactation.

#### **RESULT**:

Dopamine is secreted into portal blood by hypothalamic neurons binds to receptors on lactotrophs and inhibits both the synthesis and secretion of prolactin. The components of Piper betlebeta-caryophylene ,beta-cymene suppress the dopamine and stimulate the secretion of lactation.

# **CONCLUSION:**

It is concluded that Piper betle can be used as the ingredient for stimulating the lactation.

# **KEY WORDS:**

(Piper betle–Prolactin -Dopamine -beta -caryophlene–beta - cymene -Lactation)

# A LITERATURE REVIEW OF PIPER NIGRUM POWDER WITH CASTRO OIL IN NASYAM FOR TREATING SANNI(DELERIUM)

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# **ABSTRACT**

# **Background:**

The *siddha* system of Medicine is one of the ancient indigenous system of Medicine. According to this system, there are 32 external therapies found which enhances in the treatment of various diseases. *Nasyam*, an external therapy is a very powerful rejuvenative therapy that involves administering Medication through the nose

# **Objective:**

This *Nasyam* is a traditional remedy which is found useful in treating Delirium. This study is to assess the effectiveness and safety of using *Millagu* (Piper nigrum) powder with castro oil in *Nasyam* for treating Delirium (*Sanni*).

# **Methods**:

Administering a few dropsof *Millagu* (Piper nigrum) powder with castro oilinto each Nostril in lying down posture followed by spitting through mouth without deep inhalation.

#### **Result:**

The *Millagu* (Piper nigrum) with castro oil contain piperine, flavanoids and resins which helps to manageDelirium and relieve symptoms.

#### **Conclusion:**

The *Millagu* (Piper nigrum) with castro oil is the effective way for the treatment of delirium through *nasyam*.

# **Keywords**:

Nasyam, Sanni, Millagu Powder, Piperine, Delirium.

# TREATING LEUCORRHOEA WITH PANICUM SUMATRENSE

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#### **BACKGROUND:**

Millets are the "underutilized" or "forgotten" crops despite their therapeutic or nutritional values. There is a need to restore the lost interest in millets due to their potential nutritional qualities and health benefits. The bioactive compounds, vitamins and minerals play amajor role in treating leucorrhoea in venereal diseases.

# **OBJECTIVE:**

Primary objective of this poster is to highlight the usage of PANICUM SUMATRENSE or little millet for LEUCORRHOEA. By altering the estrogen level in the female and vitamins that are included in the diet can treat the abnormal white discharge in female.

#### **METHOD:**

Literature review

### **RESULT:**

The aminoacids , vitamins and minerals in the little millet can alter the female sex hormones and can treat the abnormal white discharge.By including PANICUM SUMATRENSE in diet, will help to treat the LEUCORRHOEA in venereal diseases.

# **CONCLUSION:**

The nutritional and therapeutic properties of little millet used to treat leucorrhoea and prevent from the vaginal discharge with pain and itching in vulva and vagina due to infections.

#### **KEYWORD:**

Leucorrhoea, PanicumSumatrense, Therapeutic values, Venereal diseases.

# PASPALUM SCROBICULATUM (VARAGU) IN PREVENTION OF DIABETES MELLITUS

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#### **BACKGROUND:**

Millets are one of the underutilized group of cereal grains. It has **high nutritional and nutraceutical components** and it is rich in phytochemical constitutents. It has anti-oxidant and anti-microbial properties. It is used to prevent some diseases like diabetes mellitus, cardio vascular. The **polyphenol** in kodo millet inhibit **enzymes that breakdown carbohydrate into simple sugar and increase the blood glucose level**. Additionally kodo millet have a low glycemic index. **Kodo millet** may have the potential to manage TYPE II DIABETES MELLITUS.

	Carbohydrate	protein	C/F
Rice	78.2.	1.	78.2
Kodo millet.	65.9.	5.2	12.6

The C/F fraction is lower when compared to rice. So,kodo millet can be added to the diet of Diabetes mellitus patient.

# **OBJECTIVE:**

The objective of this paper is to highlight the nutritional value of *Paspalum scrobiculatum* in prevention of **TYPE II DIABETES MELLITUS**.

# **METHOD:**

Literature Review

# **RESULT:**

The prevalence rate of Diabetes Mellitus is less when people added millets in their diet compared to normal diet people .By using this millet, we can prepare healthy foods like idly, dosa, porridge.

# **CONCLUSION:**

So we suggest to add millets in their day to day life of DIABETES MELLITUS patient.

# **KEYWORDS:**

Kodo millet ,nutraceutical ,diabetes mellitus, anti-oxidant, anti-microbial.

# A LITERARY REVIEW ON KANDHA RASA VILLAI FOR THE TREATMENT OF CERVICAL CANCER (YONI PUTRU)

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#### **Abstract**

# **Background**

Cervical cancer ( *Yoni putru* ) is the fourth most common cancer globally among women in the age group between 35 and 44 with an estimated 6,04,000 new cases and 3,42,000 deaths in the year 2020. Mostly cervical cancer is caused by various strains of the Human Papillomavirus (HPV).

# **Objective**

The main objective of this review is to provide treatment for cervical cancer using "Kandha Rasa Villai" a higher order medicine which has antineoplastic and antitumour activity.

#### Methods

Purified forms of Mercury (Hydragyrum), Cinnabar (Red sulphide of Mercury), White arsenic (Arsenious acid), Camphor, *Kandham* (Magnetic oxide of iron), *Piper longum*, *Zingiberofficinale*, *Psoraleacorylifolia*, *Embeliaribes*, *Piper cubeba*are the main ingredients. *Kandha Rasa Villai* is done by the method of "*Thaniyapudam*".

#### **Result and Conclusion**

I conclude that "Kandha Rasa Villai" exert anti cervical cancer activity in human friendly approach. In my further study it will be elaborated by pre-clinical and clinical study.

# **Key words**

Kandha Rasa Villai, Yoni Putru, Cervical Cancer, Mercury, kandham, Piper longum, Thaniyapudam.

#### Abstract

ID:UG/P/212

# NASIYAM - SIDDHA EXTERNAL THERAPY

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#### **BACKGROUND:**

In Siddha system of medicine, one of the ancient, traditional Indian system of medicine has unique diagnostic methods, therapeutics and treatment procedures. There are 32 types of external medicine. Most of the therapies are aimed to maintain the equilibrium of three humours (Vatham, Pitham, Kabam). Among them NASIYAM (Nasal instillation) one of the external therapies which is a non-invasive procedure, by which the drug is administered through nostrils. Besides these AROMATHERAPY also given enhance the psychological effects.

# **OBJECTIVES:**

This paper primarily deals with efficacy of Nasiyam, Method of application, Mechanism of action and siddha formulations of Nasiyam.

**METHOD:** Literature review

# **RESULT:**

This is the treatment procedure to balance THIRITHODAM in its normal level, which is mainly used to treat KABHA diseases such as Sinusitis, Migraine, Respiratory problems in a effective way.

# **CONCLUSION:**

Nasiyam, which is the doorway to inhibit early aging process, improves blood circulation, enhance the function of sense organs and improves immunity.

# **KEYWORDS:**

External therapy, Nasiyam, Siddha formulations, Kabha diseases, Sinusitis, Respiratory diseases, Aromatherapy, Diet and Nutrition.

# SIDDHA EXTERNAL THERAPIES (FUMIGATION TECHNIQUE)

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#### **BACKGROUND:**

Pugai (Fumigation) is one among the 32 external medicinal treatment available in Siddha system of medicine. In ancient times people used fumigation as a preventive measure to protect themselves from epidemic disease. It is usually prepared from herbal products, minerals and animal byproducts. Apart from therapeutic purposes it also act as sterilising agents. This poster gives an overview of pugai, methods of its application, mechanism of action, specialities, drugs used to fumigate in treating different types of ulcer.

# **OBJECTIVE:**

This poster primarily deals with the review of pugai (Fumigation) technique towards the treatment of chronic ulcer, non-healing ulcer, carbuncle, syphilitic ulcer, lepromatous ulcer and genital cancer.

#### **METHOD:**

Literature review

# **RESULT:**

Fumigation therapy improves the peripheral circulation and act as antiseptics, antiinflammatory agents and analgesics. It cleans the surface from microbes, protects the skin from toxins and further damage. Being an external therapy, it can be used on patients who can't take medicine internally as well.

# **CONCLUSION:**

Fumigation has high efficacy when compared with other external medicines. This method also establishes the supremacy of the external therapies of Siddha medicine.

# **KEYWORDS:**

External therapy, Fumigation, Treatment of ulcers, Siddha, Pugai

# **OBSERVATIONAL STUDIES ON GYNAECOLOGICAL DISEASES**

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# **BACKGROUND:**

Gynaecological diseases, are those involving the female reproductive system, associated with diseases mainly, **Menorrhagia,Metrorrhagia, Polycystic ovarian disease(PCOD) withabdominal crampsand irregular mensus**during menstrual cycle. These diseases are considered as public health and social problem. A healthy lifestyle and balanced diet play a major role in promoting and maintaining the homeostatic function and preventing those gynaecological diseases.

# **OBJECTIVE:**

Primary objective of this presentation is to prevent the gynaecological diseases with diet and nutrition by Siddha system.

# **METHOD:**

Observational study

# **RESULT:**

The result google form survey done among 100 female college students will be presented on **menorrhagia,metrorrhagia and PCOD.** 

# **CONCLUSION:**

The study of this poster is that we advised several dietary supplements and nutrition to improve the health condition and awareness of such gynaecological diseases by mode of Siddha system.

#### **KEYWORDS:**

Gynaecological diseases, observational study, diet and nutrition, Siddha.

# PREVENTION AND TREATMENT OF EYE DISEASES THROUGH EXPLORATION OF ANJANAM IN SIDDHA MEDICINE

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# INTRODUCTION:

Among five sense organs eye is most sensitive and important organ. In this modern world people use many electronic devices which radiate waves and affect our eyes. So, eye must be protected with extreme care. Siddhar's Agathiyar and Nagamuni described about 96 types of eye diseases. Anjanam is defined as a soft external application mostly lined on the eye lashes and in lower eye lids to treat eye diseases. In Siddha text the best suited for ophthalmic application in different Tamil months is mentioned. According to Therayar pinianugavithi to prevent the eye diseases anjanam is advised to the applied once in three days.

# **OBJECTIVES:**

The author decided to review the Siddha literatures saying about the ophthalmic preparation used in the treatment of eye diseases.

# **METHOD:**

Literature review

### **RESULT:**

In this review there are several types of anjanam preparation are told by siddhars like kumari mai, vallarai mai, ponnaganni mai.

# **CONCLUSION:**

There are several herbal herbo mineral prepation are mentioned in the siddha literatures. Further lab study and clinical trail is needed to prove their effectiveness in the treatment of eye diseases.

# **KEYWORDS:**

Review, Anjanam, Eye diseas, ,Siddha Medicine, Prevention.

# TOPICAL APPLICATION OF PATTRU (POULTICE) FOR AKKI (HERPES) – A REVIEW

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#### **BACKGROUND:**

Siddha system of medicine is the oldest documented medical system in the world. The non – oral therapy is known as "Puramarudhu" 32 types of external application and manipulation are mentioned in siddha text.

Akki(Herpes) a virus causing contagious sores most often around the mouth or on the genitals.

# **OBJECTIVE:**

Topical application of Pattru (Poultice) for Akki(herpes) by using Plant extract or by grinding raw drugs with or without Processing them and it is made into a thick Paste and applied on affected area Such as Sores, Inflamed or Painful part of body.

#### **METHOD:**

Momordicacharantia(Midhipaagal) leaves is mixed with butter and applied on Akki( herpes).

#### **RESULT:**

The bioactive component of Momordicacharantia(Midhipaagal) such as charantin, alphamomorcharin, MAP30 showed antimicrobial activity against Akki (herpes) Which helps to manage the sores externally.

### **CONCLUSION:**

As the bioactive component of Momordicacharantiashowed antimicrobial activity against Akki (herpes) Which helps to cure the sores and pain externally through topical application. PATTRU (poultice) is least common mode of topical application due to inadequate awareness and do make world confident on the traditional pattrubased on its efficacy.

#### **KEY WORDS:**

External therapy,pattru (poultice),Akki(herpes), Mormordicacharantia.

# A LITERARY REVIEW ON FUMIGATION (*PUGAI*) FOR THE MANAGEMENT OF NON- HEALING ULCERS

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#### **BACKGROUND:**

The *siddha* system of medicine is a vast repository of external therapies. Fumigation (*pugai*) is one of the treatment given under the external therapy. Fuimgation therapy is done in cases of Chronic non healing ulcers, ano-rectal diseases, poisonous bites, etc.

Chronic (or) non - healing ulcers are defined as spontaneous/traumatic lesions, typically in lower extremities that are unresponsive to initial therapy.

# **OBJECTIVES:**

The main objective of this review is to shed light on the usage of fumigation (pugai) for chronic non-healing ulcers.

#### **METHODS:**

A wick is prepared using molten lead ( *Karuvangam*), Hydrargyrum(*Rasam*), Sulphur (*Gandhagam*), Cupric Acetate (*thurusu*), white arsenic (*vellai paadanam*) & yellow lumps (*gowri*). The wick is lit & the fume emanating is directed to non-healing ulcers.

### **RESULT:**

This is a non surgical treatment & has high efficacy due to the presence of Cupric Acetate, mercurial & arsenic compounds.

# **CONCLUSION:**

I conclude that this higher order compounds rapidly reduce the severity of chronic ulcers & prevents further infections.

# **KEYWORDS:**

Fumigation, non healing ulcers, Karuvangam, Rasam, Gowri, vellai paadanam.

# A LITERATURE REVIEW ON KALIMBU FOR THE MANAGEMENT OF PADAR THAMARAI (TINEA)

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# ABSTRACT

# **BACKGROUND:**

The siddha system of medicine is a traditional medical system that uses a scientific and holistic approach to provide preventive, promitive, curative, rejuvenating and rehabilitative health care.

An ointment is a viscous semisolid preparation used topically on skin, mucous membrane of eye,vagina,anus and nose.

Tinea(Ringworm) is a highly contagious fungal infection of the skin or scalp.

# **OBJECTIVE:**

The main objective of this review is to treat "Padar thamarai" using KALIMBU, an external therapy.

# **METHODS:**

Take equal quantity of mercuric chloride(*veeram*) and molten lead(*karuvangam*) are triturated with clarified butter and applied on the skin for Tinea.

# **RESULT:**

Ringworm is a recurrent disease and so this higher order medicine (KALIMBU) may help the patient to recover.

# **CONCLUSION:**

I conclude that this medicine is less cost effective. This treatment may rapidly gives relief to the patients.

# **KEYWORDS:**

KALIMBU, Tinea, Padar thamarai, pooram, veeram, Lead, Butter.

# USAGE OF MEDICINAL PORRIDGE AS SUPPORTIVE FOOD DURING SIDDHA VARMAM THERAPY FOR PAIN MANAGEMENT

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# **Abstract**

The foremost aim is to establish that pain inhibitors present in the medicinal porridge. This porridge has the herbs Sida cordifolia and Cardiospermum halicacabum as the base. Porridge is a food made by heating or boiling ground, crushed or chopped plants, typically grain, in milk or water.

The herb Sida cordifolia L. (Malvaceae) is used in folk medicine for the treatment of inflammation of the oral mucosa, blenorrhea, asthmatic bronchitis and nasal congestion, contains luteolin,lutecin-7-O glycoside.It also has anti-inflammatory, anti-arthritic and anti-pyretic activity.The herb Cardiospermum halicacabum contains 5-hydroxymethyl-1 which has anti-inflamatory and anti-analgesic activity. In recent years, the extract of leaves of C. halicacabum has been extensively studied for anti-inflammatory activity. Calcium is found to be present in its extract.The roots of Sida cordifolia and whole plant of Cardiospermum halicacabum is used to prepare the porridge.

# ROLE OF HEMIDESMUS INDICUS DECOCTION IN TREATING MALE INFERTILITY

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# **BACKGROUND:**

Plants play a vital role in curing disease and maintenance of health .Due to life style modification use of pesticides, exposure to chemicals, directly or indirectly affect the physiology of all the systems including reproductive system which has affected physiological, mental health of reproductive system of individual which tend to cause Oligo- Astheno-Azoospermia. According to WHO about 80% of couple are infertile among which male contribute about 30% due to life style changes. Hemidesmus indicus is used to treat male infertility. It is also used for treating loss of voice, cough , menstrual disorder, asthma, abdominal swelling and skin disease.

# **OBJECTIVE:**

The main objective is to treat the male infertility by the action of Hemidesmus indicus as decoction.

# **METHOD:**

By the literature evidence in siddha, Hemidesmus indicus were collected and washed to prepare decoction with tolerable heat was prescribed.

#### **RESULT:**

The chemical constituents like Alpha -amyrin of Hemidesmus indicus tends to decrease the male infertility

# **CONCLUSION:**

There are lots of drugs to treat the infertility in siddha text. This review is about Nannari(Hemidesmus indicus) to treat infertility of male.

#### **KEY WORDS:**

(Infertility –Hemidesmus indicus (Nannari) – alpha - amyrin

# Abstract

ID:UG/P/221

#### DE-WORMING IN SIDDHA PEDIATRICS-A DRUG REVIEW

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# **Back ground:**

In communities where helminthic (worm) infections are common, may contribute to poor nutritional status, anemia and impaired growth learning in children. The world health organization and World Bank and other recommend the children are routinely given deworming drug in developing countries. In the Siddha system of medicine which deals with this helminthinfection in a different way with the help of herbal medicine and it also increase nutritional status, cognitive performance and reduced the anemia in the children.

# **Objective:**

The main objective of this poster to summaries the effect of antihelminthic drugs in the form of chooranam(Melia azedarach and Memordica charantia) which is easily available and very effective to treat the children. This chooranam is also contributed growth and cognitive performance. The preparation of the chooranam is referred with help of **Gunapaadam mooligai Siddha materia medica.** 

**Method:** Literature review

#### **Result:**

When the antihelminthic chooranam of the herbal drugs are used in the children with the proper dosage which results in the children and reduced Anemia and also contribute the growth.

#### **Conclusion:**

The conclusions of this review of the poster to summaries the effect of anti helminthic chooranam in the pediatrics to treat the helminthic infection and anemia.

# **Key words:**

Pediatrics, helminthic, chooranam, deworming, anemia

# NUTRITIONAL AND THERAPEUTIC VALUES OF DAIRY PRODUCTS AND TUBER MENTIONED IN "THERAIYAR PINI ANUGA VIDHI"

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# **BACKGROUND:**

Siddhar Theraiyar one of the stalwart of Siddhar Agasthiyar who excelled in the discipline of Siddha system of medicine even before 5000years and his discoveries are still irrefutable. In the book of "Siddha Maruthuvaanga Surukkam" Siddhar Theraiyar's Piniyanuga Vidhi mentioned about certain rules and dietary principles for prevention of disease. In this modern world lot of life-style disorders are emerging due to sedentary life-style. If we consume those dietary substances and follow the principles regularly the nutrition related diseases are prevented.

# **OBJECTIVE:**

The objective of the study is to present the nutritional &therapeutic values of melted ghee, diluted butter milk, sour curd, Yam, unriped-banana.

**METHOD:** Literature review

#### **CONCLUSION:**

According to Theraiyar's dietary principle by taking diluted butter milk, melted ghee, sour curd, yam, unriped-banana will helps to lead a healthy life.

**KEY WORDS**: Theraiyar, Pinianuga Vidhi, Therapeutic values, Nutritional values, life style disorder.

# THERAPEUTIC VALUE OF NAVADHANYAM IN SIDDHA SYSTEM OF MEDICINE.

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#### **ABSTRACT**

# **BACKGROUND**:

Food is the basic necessity of Man. It is a mixture of different nutrients that are essential for growth development and maintenance of good health thoroughout life. Traditional medicine like siddha considers "food as medicine and medicine as food".

# **OBJECTIVES:**

To evaluate the therapeutic value of Navadhanyam in Siddha system of Medicine.

### **METHODS:**

Ragi porridge, prosomillet porridge, wheat milk, foxtail millet flour, pearl millet flour are some siddha preparations used internally to treat various diseases.

#### **RESULT**:

Preparations of Navadhanyam are used internally to treat gastric ulcer, anaemia, blouching, skin diseases, etc., It is also used to reduce the risk of diabetes and TB.

# **CONCLUSION:**

Navadhanyam are foods that provide essential nutrients to the human body and also have rich therapeutic value in various diseases.

# **KEYWORDS**:

Millets, Navadhanyam, wheat, ragi. siddha.

# A REVIEW LITERATURE FOR THE MANAGEMENT OF LEUCODERMA WITH HIGHER ORDER MEDICINE RASAGANTHI MEHUZU(RGM)

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#### **BACKGROUND:**

Rasagandhi mezhugu(RGM) is the higher order siddha formulation of mercury, arsenical compounds, minerals and

herbs indicated for chronic diseases like leucoderma and various kinds of skin disease.

Leucoderma is an auto immune disorder, that results in the destruction of melanocytes causing depigmentation on

the skin and suppresess the immune system ,it attacks healthy cells & there by destroying basic mechanism of

body itself.

# **OBJECTIVES:**

The auto immune disorder of leucoderma managed by siddha herbo-mineral drug formulation of RGM as mentioned

in siddha literatures.

#### MATERIALS& METHODS

Literature of pertaining to treating leucoderma was reviewed from text of siddha vaiethiya thirattu ,pullipaani

vaiethiyam 500,sirrappu maruthuvam,pothumaruthuvam **a**nd the library unit of siddha medicine.

# **RESULT & DISCUSSION:**

RGM is a unique Siddha preparation composed as; 38 herbal plant drugs,8 mineral drugs,including

elemental mercury, elemental sulphur,mercurous chloride,arsenic trisulphide,iron,zinc, copper sulphate &

leadmonoxide.

#### **CONCLUSION:**

Hence ,these article shown as ingredients of the formulation and their pharmacological activity of anti -

oxidant,anti -proliferative,immuno- modulatory,anti-antagonist action helps to treating of leucoderma

patient. This furtherfocuses to improve the research on siddha herbo-mineral formulation.

#### **KEYWORDS:**

Leucoderma, anti- oxidant, RGM, siddha herbo- mineral formulation.

# REVIEW OF POLY HERBAL SIDDHA FORMULATION "PERUNGAYA ILAGAM" FOR SOOTHAGA VAAYU (POLYCYSTIC OVARIAN SYNDROME)

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### **ABSTRACT:**

BACKGROUND: PCOS is one of the major problem, common among reproductive age group of women, affecting their quality of life. In Siddha SOOTHAGA VAAYU, a gynaecological disorder which has been described by SIDDHARS even before centuries .It presents with symptoms like amenorrhea, lower abdominal pain, headache, obesity. PCOS also presents with the relatively similar symptoms. Insulin resistance, imbalanced hormone levels, obesity are the interlinked contributory factors for PCOS. In Western Medicine Metformin for insulin resistance, OCP ,Clomiphene Citrate are prescribed .In Siddha SOOTHAGA VAAYU is due to derangement of VAATHA ,PITHA, and KAPHA HUMOURS. Hence the treatment of SOOTHAGA VAAYU is based on the correction of these HUMOURS.

**OBJECTIVE:** This present study emphasizes detailed review of PHARMACOLOGICAL ACTIVITIES of the polyherbal formulation PERUNGAYA ILAGAM for SOOTHAGA VAAYU.

**METHODS:** The evidence of polyherbal formulation PERUNGAYA ILAGAM is collected from ANUBOGA VAITHIYA NAVANEETHAM (Part 8, Page no.107). Data for the pharmacological activities of the ingredients are collected from websites, literatures, research & review articles.

**RESULTS:** The ingredients present in PERUNGAYA ILAGAM formulation has oestrogenic activity, hypolipidemicactivity,hypoglycemic activity, and also increases insulin sensitivity.

**CONCLUSION:** The pharmacological activities of the formulation shows that it can balance the hormone levels, hyperlipidemic state and insulin resistance. Thus we conclude this drug may have significant role in treatment of PCOS. Further clinical evaluation of these formulation is necessary to ensure its efficacy.

**KEYWORDS:** Soothagavaayu, Perungayailagam, PCOS,insulin resistance, oestrogenic activity.

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#### **Abstract**

ID:UG/P/226

# SIDDHA MANAGEMENT AND TREATMENT IN PAEDIATRIC DISEASE

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# **BACKGROUND:**

Siddha system of medicine is considered as the oldest system of medicine which has been used by our ancestors traditionally. It is not only good at treating the disease in adults but also the siddha system of medicine is very efficient in treating most Of the paediatric diseases. It cures those diseases without much side effects and promotes health of the growing children. It can also prevent children from infections by providing the immunity.

# **OBJECTIVE:**

The main objective of it is to present about the paediatric diseases with the siddha management, medicine and diet

**METHOD:** Literature review of common paediatric diseases

#### **RESULT:**

The siddha system of medicine constitute the good diet and medicine which may be easily taken and easily digested by the children. So it is more efficient in curing paediatric diseases

# **CONCLUSION:**

So we can conclude that the siddha system of medicine could play a great role in curing paediatric diseases. A perfect diet, medicine along with the pathiyam could cure the diseases more efficiently and it should be correctly followed up by the physician. Diet restrictions justify that the prevention is better than cure. so by following the healthy diet we can prevent the diseases

# **KEY WORDS:**

Paediatrics, diet, nutrition, therapy, siddha formulations

# VARMAM THERAPY IN MANAGEMENT OF PEENISAM (SINUSITS) A REVIEW J.NANCYMADURAM¹,

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**BACKGROUND**: Varma treatment is one of the unique. external manipulation therapies in siddha treatment. varmam is the science which deals with the study of certain vital energy points in the Body through which. Pranan flows normally.

**OBJECTIVES:** To evaluate the varmam therapy of sinusitis (Peenisamnoi).

**METHODS:**Varmam points like Anaankaalam, Soondekaalam are manipulated in the treatment of Peenisam are Simulated to energize and unblock the energy flow to its normal conditions.

**RESULT:** As a siddha Practisioner, I will assure that It is my duty to expose our external therapies specialitieslike varmam, to modern world and other Indigenous world medicine, so that the fame of siddha will be well flourished and protected as well as propagated.

**CONCLUSION**: Large scale clinical studies can be conducted. Study the effectiveness of varmam therapy in treatment of sinusitis and Standardisation of pressure to be applied on Varmam points.

**KEY WORDS**: Peenisam, Siddha system, Sinusitis varmam points

# LITERATURE EVIDENCES FOR PODITHIMIRTHAL (MASSAGE WITH HERBAL POWDER) AND POTTANAM (MEDICATED POUCH) – AN EXTERNAL THERAPY IN SIDDHA MEDICINE

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The Siddha system of medicine is an ancient practice that is believed to have originated between the 3<sup>rd</sup> and 10<sup>th</sup> century BC, in Tamil Nadu. It's treatment is based on the three humours (vatha, pitha and kapha). Siddha Medicine is classified as Internal Medicines (Aga Marundu 32) and External medicines (Puramarundu 32). Aim and objective :Podithimirthalis a type of external medicine in which powdered herbs are rubbed over the body producing heat and helps in removing the toxins from the body. Ex: kollupodithimirthal for reducing the rigidity of the muscles. Pottanam is also a special type of external medicine in which the raw drugs are tied in a small cloth bag and they are used for various purposes Ex: omapottanam for anosmia. Materials and Methods :Podithimirthal and pottanamare types of external medicines among 32 external therapies. Several types of these therapies have been evidenced in siddha texts. Conclusion :This study reveals that the evidence based siddha traditional external therapies – podithimirthal and pottanamwould be the platform for further future scientific evaluation.

**Key words**: Siddha, external therapy, podithimirthal, pottanam.

### KALANGU – A HIGHER ORDER MEDICINE IN SIDDHA SYSTEM

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# **Background:**

Siddha is the oldest and traditional system of Indian medicine. The major part of the Siddha system deals with herbs, animal, metal and minerals based medicines. In this metal and mineral based medicines used to cure incurable chronic disease and challengeable disease. In that medicine KALANGU has no expiry date. Kalangu is prepared by using mercury as a chief ingredient and combination of other metal with proper herbal extract.

# **Objective:**

The main motive of this presentation to regain the knowledge of proper diet dosage and preparation of the kalangu one of the combined form of metal medicine. This kalangu is more useful in treating the incurable chronic diseases.

**Method:**Literature review

#### **Result:**

The result of this presentation is to use the kalangu to treat some incurable chronic diseases, with proper preparation, dosage and diet we are more caution in the preparation of the kalangu because it is a higher order medicine.

#### **Conclusion:**

The conclusion of this review is about the higher order medicine KALANGU with the proper preparation, dosage and diet in the treatment of certain challengeable disease.

# **Keywords:**

Kalangu, Dosage, diet, higher order medicine, metal and mineral, challengeable diseases.

# SIDDHAR VARMAM, YOGAM AND NUTRITIONAL DIET FOR DIABETES MELLITUS

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#### **BACKGROUND:**

Diabetes mellitus is a metabolic disorder in the endocrine system. This disease is found worldwide and becoming a serious threat of mankind health. There are several medicinal plants have been investigated for their beneficial effect in different type of diabetes. Other alternative therapies such as dietary supplements (Green vegetables, Fruits, Raw carrots and kidney beans) varmam (Urumi kalam, Thummi kalam, Adappa kaalam, Aamai kaalam, Vayu kaalam, Nanganapootu, Pozhi varmam) and yoga therapies (Halasana, dhanurasanam, pavana mukthasanayam, artha matsyendrasanam, Bhujangasanam) less likely to have the side effects of convential approaches for diabetes.

# **OBJECTIVE:**

The objective of this paper is to highlight the Varmam, Yoga, and nutritional diet for diabetes.

# **METHOD**;

Literature review

#### **RESULT:**

We suggest the people to add Diet, Varmam and Yogam in their day to day life along with regular activities.

# **CONCLUSION:**

Nowadays, the life style disorder is more among the people. By implementation of respective diet, varmam and yogam we can control the disease.

# **KEYWORDS:**

Diabetes mellitus-Varmam-Yoga-Nutritional diet.

# A LITERATURE REVIEW ON THAAROSANAI SIKITCHAI IN THE TREATMENT OF URATHA PITHAM (HYPERTENSION)

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# **Background:**

The Siddha system contain three types of treatment like herbal, herbomineral, animal origin in this study,wedeals with the milk and milk product(Thaarosanaisikitchai)for the treatment of Hypertension

# **Objective:**

The main goal is to reduce the hypertension by the raw milk.

# **Methods:**

To collect and document the literature review about skimmed milk for the disease of hypertension.

# **Result:**

According to the literary correction, the seevam product milk is used for reduction of hypertension.

# **Conclusion:**

Raw milk contain high biological value protein and essential amino acids and a major source of calcium, phosphorus, potassium, vitamins A and D. It contains magnesium, riboflavin, folate, vitaminE, in it. Milk products also contain a special type of protein called bioactive peptides which have a positive effect on blood pressure control. And the milk contain excess amount of protein that are made of Casein that help to maintain blood pressure. Not only the Casein protein many other kind of protein also help to maintain it.

# **Keywords:**

Thaarosanaisikitichai, hypertension.

# A LITERATURE REVIEW OF EXTERNAL APPLICATION OF MILLETS IN SIDDHA SYSTEM OF MEDICINE.

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# **Background:**

Millets are one of the ancient foods known to humans and possibly the first cereal grains to be used for domestic purposes. Millets has been widely consumed in India and Asia. Nowadays, the climate change and the rainfall becoming more and more unpredictable and so millets are turning out to be one of the most important grains for the whole world. It requires only low amount of water and fertilizers compared to other popular cereals. This review study explores the external application of millets for some disease conditions as mentioned in our siddha textbooks.

# **Objective:**

The objective of this paper is to document the external application of millets for some disease conditions as mentioned in our siddha literatures.

# **Methods:**

The data were collected from the selected textbooks of siddha system of medicine.

#### **Result:**

This presentation is the compilation of the literature review of external application of millets consists of Eleusine coracana (fingermillet), Pennisetum glaucum(pearl millet), Panicum sumatrense(little millet) for katti(abscess), mulaimoolanoi(piles), veekam(swelling) etc.

#### **Conclusion:**

This review concludes that millets are not only used internally but also be used for external application in siddha system of medicine. Furthermore clinical studies can be done in future to bring out it's efficacy.

# **Keywords:**

External application, millets, abscess, swelling, piles.

#### A REVIEW ON BENEFITS OF EATING IN BANANA LEAF

# **Background:**

In our tradition, the banana tree and its every parts are given a special importance. To mention specifically, in our siddha system of medicine, the banana leaves are used widely in both internal and external medicines Apart from this, the uses of this leaf can be obtain in a simple way (ie) eating our food in banana leaf Nowdays, usage of plastic, ceramic plates has reached its peak without knowing about the underlying cause

# **Objective:**

Our aim here is to speak about how the constituents like polyphenols,polyphenol oxidase ,chlorophyll present in the banana leaves acts on our body's mechanism to prevent the diseases that are speaking in common

# **Methods:**

The way of eating in banana leaf includes the other methods like sukhasana yoga pose of sitting and kamayan type of eating which adds an additional benefits to improve our health concerned life

#### **Results:**

Taking up of these chemical presents in the banana leaf can prevent us from the more prevalant diseases like indigestion, ulcer, ageing factor, immune dificiency, cell injury Aslo by the sukhasana yoga pose of sitting while eating can strengthens the back and abdominal muscle

# **Conclusion:**

The morbidity rate of the indigestion,ulcer,immune deficiency are 32% ,11.22%,20.8% respectively This condition is mainly due to their lifestyle (ie) food & food eating habits. As prevention is better that cure, inspite of using food as a preventive method, we can use this simplest method to avoid the increase if this morbidity rates

# **Keywords:**

Eating in banana leaf, sukhasana yoga, kamayan, prevention

# STANDARDIZATION OF NERVALAM (CROTON TIGLIUM) BY DETOXIFICATION BASED ON SIDDHA SYSTEM

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#### **BACKGROUND:**

Quiescently, medical plants and minerals, metals have an unavoidable place in siddha system of medicine. Though they have certain amount of toxicity which cause specific side effects the human. To subdue this side effect Siddhar's found distinct SUTHIMURAI (purification method) which is called as detoxification procedure that are practiced from ancient period. This method are to be proved scientifically which also helps in reducing toxins and enhances medical uses. Theseedsof NERVALAM (CROTON TIGLIUM) acts as purgative, vermifuge, rubefacient. In Siddhasystem of medicine it is used to treat vaadha the disorders, anal and rectal diseases etc. At every level of purification process the phytochemicals and qualitative analysis are being noted.

# **OBJECTIVES:**

The study to analyse the phytocompounds present in *NERVALAM* seeds before and after purification by qualitative analysis.

# **CONCLUSION AND RESULTS:**

The phytochemical components present in the seeds before and after purification is varied. Further we focused the estimation of phytocompounds quantitatively in future.

# **KEYWORDS:**

NERVALAM, CROTON TIGLIUM.L, PHYTOCOMPOUNDS,SIDDHA, PURIFICATION.

# AN OVERVIEW OFVERSATILE ACTIVITYOF HIGHER ORDER MEDICINE LINGAKATTU

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#### **BACKGROUND**

Siddha system is an peculiar system of medicine that deals with diverse herbs and minerals. It has distinct diagnostic parameters and principles of Treatment. The drugs for treatment comprises 3 kingdoms namely MOOLIGAI THATTU & JEEVAM. Higher order medicines are the finest medicines for treating emergency cases and Terminal illness. Among higher order medicines, KATTU has distinctive Action. KATTU literally means BOUNDS where combustible compounds are converted into non-combustible forms. KATTU has significant place in clinical practices, because of its versatility in treating many clinical conditions with different Adjuvants. Kattu has finest place in clinical practice, because of its versatility in treating many conditions with different Adjuvants. LINGAKATTU is a familiar mercury based Herbomineral drug. LINGA KATTU in prescribed doses is indicated for fever in chronic cases, chest pain, and Oligospermia.

#### **OBJECTIVES**

To view the Versatileactivity of Lingakattu with respect to various Adjuvants

# **METHODOLOGY:**

Thirigadugu Pollatha Along with lingakattu indicated for Maaradaipu,moorchai,Athisaaram,Vayiroodhal.Linga kattu with inji chaaru is indicated for vali.Lingakattuaeli kudineer pithapaandu ,sogai,vayitru is indicated for Athimoothiram.kannakadi etc..

# **RESULT**

Lingakattu is indicated for Fever & Channi alone but in Siddha literature it ha wide uses namely *ATHISAARAM, KAASAM, ATHIMOOTHIRAM, PITHAPAANDU,KAANAKADI,etc.* 

# **KEYWORDS**

Lingam, kattu, Higher order medicine, adjuvant, Indications.

# A LITERATURE REVIEW ON NAVARPATTAI EXTRACT FOR THE MANAGEMENT OF MENORRHAGIA

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# **BACKGROUND:**

Jamun (Syzygiumcumini) is traditionally used for various treatments in siddha. The whole plant (leaves, seeds, flowers, fruits and bark) is being used for its therapeutic action. Jamun contains various phytochemicals present in seeds ,leaves,fruits and other parts which possess many therapeutic action. Seeds are used to treat diabetes and fruits are used to treat diabetic and dehydration. Here, I took stem bark of Syzygiumcumini to treat menorrhagia.

# **OBJECTIVE**:

The main objective of the review the bark of Syzygiumcumini extraction to treat the menorrhagia.

# **METHOD:**

Syzygiumcumini bark extract was prescribed. It acts as astringent. This formulation and preparation found in the book mooligai(Gunapadam).

# **RESULT**:

For abnormal bleeding, there are many possible causes of heavy menstrual bleeding which includes hormonal imbalance, fibroid, miscarriage, or ectopic pregnancy, IVD, Syzygiumcumini, especially it contains tannin, catechins are important ingredient found in the bark. It constricts the blood vessels and control menorrhagia.

# **CONCLUSION:**

Treatment with Syzygiumcumini bark extraction have astringent activity that constrict blood vessels and control menorrhagia.

# **KEY WORDS:**

(Menorrhagia – Navarpattai – Astringent activity )

#### EXTRACTION OF EEYAM FROM MIRUTHARUSINGI

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# **Background**

Siddha system of medicine is one of the traditional form of Indian medicine which contains diverse group of medicine prepared from herbs, metals, and minerals. Certain higher order medicines prepared from metals and minerals is highly significant .Our goal is extraction of *Eeyam* from *Mirutharusingi*.

# **Objective**

To extract Eeyam (Lead) from Mirutharusingi (Lead oxide)

Usually *Lead* is a highly toxic substance. But processing lead through this method is free of toxicity. The formulations made by using this processed *lead* gives good prognosis.

# **Materials and Method**

Transmutation of base metals into higher metals.

We have used the following raw materials to obtain *lead* through certain chemical process,

Mirutharusingi (Lead oxide) Vediuppu (Potassium nitrate) White sugar

# Result

Lead is extracted from lead oxide. The formulations prepared through this extracted *Lead* exhibits greater therapeutic efficacy in disease management.

#### Conclusion

It is our duty to improve the quality of medicines by certain experiments and highlight the importance of higher order medicines in siddha system.

# **Keywords**

Eeyam, Mirutharusingi, Higher order medicine, Siddha, Toxicity.

# A REVIEW ABOUT CAESALPINIABONDUC (1.) ROXB. AS A SOURCE OF PHARMACOLOGICAL COMPOUND TO TREAT POLY CYSTIC OVARY SYNDROME (PCOS)

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#### **Abstract**

**Aim**: This review is AlMed at providing the updates on the potential of Caesalpiniabonducellaintreating the major symptoms of PCOS and also highlights the future research needs.

**Materials And Methods:** All the data pertaining to the plant was collected from multiple databases like Google, Science Direct, Springer, PubMed, Reaxys, Sci Finder, Wiley Online library and Taylor and Francis without any language restrictions. Moreover, information related to PCOS treatment was obtained from native medicine practitioners and from Siddha pharmacopeia of India.

**Result**: More than 50 compounds have been identified in the seed kemels of C. bonducella so far. Seed kemel extracts rich in active compounds like bonducellin, caesalpinin, cassanefuranoditerpenes, terpemoids, flavonoids and sterols are studied for their anti-diabetic, anti-hyperlipidemic, anti-cancer, anti-pyretic, and anti-oxidant properties. Recent literature has also attributed anti-androgenic and anti- estrogenic potential to this plant which might be helpful in regulating hyperandrogenism, the major predisposing factor contributing to various other clinical symptoms of PCOS.

**Conclution**: Phytochemicals in C. bonducella are effective against several ailments attributed to 164PCOS. However, there are no experiments done in PCOS animal models to CLAIM the direct application of C. bonducella in PCOS treatment. Hence, further dose dependent toxicity studies are warranted in animal PCOS models and in PCOS patients to support the traditional evidence of the plants potential to treat PCOS.

# A REVIEW ON SIDDHA YOGAM AND DIETATY REGIMEN FOR LIFE STYLE MODIFICATION DISORDER - ATHITHOOLAM

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# **ABSTRACT**

Siddha medicine, which was originated first in the world. The word Siddha means established truth. Siddhars are the people who established Siddha. They recorded their mystic findings in medicine, yoga and astrology in Tamil.Athithoolam (Obesity), a disorder involving excessive body fat that increases the risk of health problems. Obesity often results from taking in more calories than are burned by exercise and normal daily activities. Diet is the best way to reduce the belly fats by using ingredients like lemon, fenugreek, honey, etc. Along with Diet, when Yoga is practiced, it yields good results which is also cost effective. This paper emphasizes to get ride of obesity via diet and yoga.

# **KEYWORDS**

Siddha, Athithoolam, Obesity, Yoga, Diet.

#### VERDIGRIS FREE COPPER EXTRACTED FROM COPPER SULPHATE

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#### **Background:**

Siddha system evolved from the basinet of human race which owes its origin from medicinal ideas which were further developed by advanced scientific techniques and even by today's standardsTheree are some distinct and concealed biochemical methods for the extraction of pure metals which can be directly used for the preparation of higher order medicines due to it's virtuous property

# **Objective:**

Copper which is naturally present in the Earth's crust can also be taken from various herbs, animals, metals and metallic salts like gold, silver,lead, zinc,iron, sulphur,tin,bismuth etc by alchemical reactions. The objectives of the study is to assort copper from zinc by the displacement reaction.

#### **Methods:**

This method of extraction is done by using various metals and metallic salts like Copper sulphate (Cu2So4)

Sodium chloride (NaCl)

Zinc (Zn) Using water as a solvent.

#### **Result:**

The work has been done in the motive of bringing out the significance of pure copper without any verdigris for the preparation of various higher order medicines like Thambira Parpam,Chendooram etc .

#### **Conclusion:**

The present study gains it's own importance in the scientific society being focused on analysis of purification and extraction of metals for it's highly effective medicinal property in the higher order medicines .Efforts should be made for exploring new methods and techniques from this assessment.

#### **Keywords:**

Zinc, displacement reaction, verdigris, extraction.

# EXTERNAL APPLICATION ON MARU (FILIFORM WART) BYKALYANI KALIMBU ~ REVIEW

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#### **BACKGROUND:**

Siddha system of medicine has a vast repository of external application it means administration of drugs through "other than oral route".

Silly form what are digital what a thread or finger like what most common on the face especially near the eyelets and lips.

#### **OBJECTIVES:**

Kaalanikalimbu is used to treat the filiform wart.

#### **METHODS:**

Kalimbu is made up of 6 drugs such as,Limestone (karchunnam),Arsenic(thalagam),beewax(thaenmezhugu),copper sulphate (thurusu),mercuric perchloride(veeram),lead sulphide.

#### **RESULT:**

Limestone- caustic and astringent action.

Arsenic- alterative and nutrient action.

Beewax – demulcent action.

Copper sulphate –caustic and astringent action.

Mercuricperchloride – alterative and caustic action.

Lead sulphide – Nutrient action.

#### **CONCLUSION:**

Limestone,coppersulphate,mercuricperchloride has caustic and antiseptic actions. Bee wax has the demulcent action due to these properties present,therefore it is used to treat Maru. **KEY WORDS:**external therapy,warts, kalimbu ,caustic .

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# THE ROLE OF POULTICE OF Cassiatora IN TREATING IGE MEDIATED HYPERSENSITIVITY REACTION

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#### **Background:**

The Siddha system of medicine is one of the traditional medicine system in the world which treats body as well as soul. IgE mediated hypersensitivity reaction is a cause of allergic reaction to a food or drug. An effective poultice made with *Cassiatora*seeds can effectively used to treat IgE mediated allergy.

### **Objective:**

The main objective is to reduce the severity of IgE mediated allergy by applying the seeds of *Cassiatora* poultice over the affected area which has anti-histamine activity.

#### **Methods:**

The seeds of *Cassiatora* is soaked with the extract of *Euphorbialigularia* and ground into poultice with cow's urine which is applied over the allergic site. This external application is taken from Gunapadam mooligai vaguppu.

#### **Result:**

The poultice made with *Cassiatora* seed has anti-microbial, anti-inflammatory actions which provides good prognosis on IgE mediated hypersensitivity reaction.

#### **Conclusion:**

The chemical constituent present in *Cassiatora* helps to treat IgE mediated food and drug allergy.

#### **Key words:**

Hypersensitivity – Cassiatora – poultice – Euphorbialigularia – anti inflammation

#### Abstract

**ID:UG/P/243** 

#### DEVISING OF LINGA VELLAI IN TREATING ARTHRITIS

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#### **Background**

Linga vellai finds its special place in clinical practice, because of its versatality in the management of many clinical conditions with various anubaanam. This study deals with Linga Vellai in a time consuming manner.

### **Objective**

To document and create awareness about the role of Linga vellai in curing arthritis. To prepare effective Ling Vellai in the reduced time period within one hour.

#### Methodology

This methodology was collected from the local traditional healers and Linga Vellai is prepared. As per Gunapadam Literature, the preparation time span of Linga Vellai is given as 3 days. But the presented preparation is reduced to one hour with same effective in treating arthritis using sulphuric acid &Linga as the raw material.

#### Result

In curing vaatha disease and arthritis , the Linga Vellai is a known siddha medicine. Our present report on the new preparation method of Linga Vellai would be helpful for siddha practioners.

#### Conclusion

As a Higher order medicine, the importance of Linga Vellai to be further reported in future with case reports.

#### **Keywords**

Lingam, sulphuric acid, time consuming, arthritis

#### EXTRACTION OF MERCURY FROM CORROSIVE SUBLIMATE

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### **Background**

Siddha system of medicine consists of many higher order medicines, of which medicines prepared by using Mercury is of higher medicinal importance. "Rasam" means elixir of life. The word itself denotes king of mineral kingdom. Without Mercury,one cannot prepare animated pills (Rasakuligai) which help in space travel.

" Pills without alchemy is not possible.

Pills without rejenuvation or attaining siddhi is not possible.

Without Mercury even the name of Siddha is lost.

Without Mercury one cannot attain siddhi"

- Konganar nadukandam 500 c.

#### **Objective**

Siddha medicine has unique diagnostic parameters based on five elements and three humors. According to Siddhars quote 'Sarakir kalandhidu jeevan'. Mercury is a metal which is present in all types of metal. So this study mainly deals with extraction of Mercury from the metal Corrosive Sublimate(Veeram).

#### Method

The procedure was performed using the below mentioned metals and raw materials through several chemical process.

 $Hydrargyrum\ perchloride (Veeram),\ Tender\ coconut\ water\ (Ilaneer),\ Aluminium\ vessel\ \textbf{Result}$ 

The metal Mercury was extracted from Hydrargyrum perchloride. This could be used in treating several diseases such as Cholera, Dropsy, Vatham80,Pitham etc...

#### Conclusion

The preparation of many higher order medicines using Mercury and several other minerals should be encouraged to treat diseases of mankind.

#### **Keywords**

Mercury, Veeram, Hydrargyrum perchloride, Corrosive sublimate, several diseases.

# LITERATURE REVIEW OF KODO MILLET-NUTRITIONAL VALUE AND UTILIZATION IN INDIAN FOOD

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#### **BACKGROUND:**

In India kodo millet grown mostly in the deccan region and the cultivation extends to the foothills of himalayas. Cereal grains have contributed to the growth of human races since ages and play a vital part in the daily diet of billions of people's all over the World.

#### AIM

This study aims to reveals the nutritional value and utilization in Indian foods of kodo millets. The consumption of kodo millet grains as food increase the secretion of bile juice and stimulats appetite

#### **METHODS**

Several literatures reported the use of kodo millet flour to extent for development of traditional as well as novel food products like idlidosa, pongal, payasam, cutlet, biscuits, cookies, and laddoo

#### **RESULTS**

Kodo millet is rich in dietary fiber and minerals like iron, antioxidant, the phosphorus content in kodo millet is lower than any other millet and it's antioxidant potential is much higher done any other millet and major cereals

#### **CONCLUSION**

Through rich in nutrient and traditionally been taken as poor mans staple. Millets are again gaining there foothold in the Indian diet. Though the some reference on nutritional composition different millets are Available and several traditional recipes are prepared from the nutria cereal, through research is needed regarding bio availability and reduction of anti nutritional factors

#### **KEYWORDS**

- \*kodo millet
- \*minerals
- \*fibre
- \*nutrition
- \*food products

#### TRADITIONAL RICE VARIETY FOR POLYUREA(NEERIZHIVU)

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#### **BACKGROUND:**

Traditional rice variety which is consumed as a primary food in south India .Since there are more than 11akh varieties with considerable low glycemic index value. One of the traditional rice variety MANI SAMBA RICE cure diabetes which is mentioned in Agasthiyar Gunapadam of Siddha literature. In means of Brown rice shows lower glycemic index value comparatively lower than normal plain rice variety to lead a healthy life by controlling glucose level in blood .

#### **OBJECTIVE:**

The main objective of the study is to cure diabetes by consuming one of the traditional rice variety MANISAMBA.

**METHOD**: Literature review

#### **RESULT:**

The unpolished rice is highly nutritious containing Iron, Zinc ,Vitamin B1,B2,B3,B5,B6,B12, bio active substance like Y-Oryzanol compared with polished rice contain less amount of vital nutrients and antioxidant.

#### **CONCLUSION:**

The Traditional Rice variety MANI SAMBA is mentioned in the AGASTHIYAR GUNAPADAM for treating diabetes by unpolished rice are helpful in diabetes and its related complication.

# PHYSICOCHEMICAL AND PHYTOCHEMICAL ANALYSIS ON KABANGUSA CHOORANAM

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#### **BACKGROUND:**

Kabangusa chooranam is a siddha formulation which is commonly used to cure respiratory ailments like bronchial asthma.

#### **AIM AND OBJECTIVE:**

This study was carried out with an objective to explore the physicochemical and phytochemical activity of kabangusa chooranam

#### **METHODS:**

The dry roots of Zingiber officinale, Anacyclus pyrethrum, Piper longum, Alpinia officinarum, the dry fruits of Piper nigrum, Trachyspermum ammi, Terminalia chebula and the sugar of saccharum officinarum were the ingredients. It is subjected to physicochemical and phytochemical analysis as per standard.

#### **RESULT:**

The colour of the compound is olive green in colour. The phytochemicals present in the choornam are alkaloids, coumarins, saponin, glycosides, etc.

#### **CONCLUSION:**

These results indicated that chooranam contains the phytochemical responsible for management of respiratory ailments like bronchial asthma

#### **KEYWORDS:**

Kabangusa chooranam, phytochemical, physicochemical, asthma,

#### ADOPTING INNOVATIVE METHOD OF SHWETHA PARPADI PARPAM.

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#### **BACKGROUND**

Siddha system of medicine has treasure of multitudinous formulations and predominantly based on pancha bhootas. In this study we scrutinize the *Shwetha parpadi parpam* in different adjuvants for rehabilitate the various urinary tract infections ,ascites, cardiovascular diseasese, cholera etc., *Shwetha parpadi parpam* incorporated of three salts , [vediuppu,navatcharam, padikaram] which were cited in siddha literature-'*Nam Naattu Vaithyam*", from this study we analyse this formulation which is equalent to muppu-elixir of life since it contains three bhootas ,includes, appu, theiyu, and vaiyu.

#### **OBJECTIVES**

To study the Contemporary method of Shwetha parpadi parpam

#### **METHODOLOGY**

Multitudinous preparations are there in siddha literature .We selected this formulation mentioned in Nam Nattu Vaithyam. yet the lavation method [cited in Gunapadam thaathu vaguppu.] and preparatory method is based on erippu, in an innovative way.

#### **RESULT**

Beneficial effect of shwetha parpadi parpam, acts as an diuretics, things to be tested symptomatically is potassium depletion, which other diuretics make .whereas, in *Shwetha parpadi Parpam* is absent.

#### **CONCLUSION**

Easy and innovative method of preparation and very minute dosage adds on the benefits of this method

#### **KEYWORDS**

Traditional system, Shwetha parpadi parpam, Nam Nattu Vaithyam, innovative method, muppu.

# A LITERATURE REVIEW ON THE ANTI INFLAMMATORY PRIPERTY OF CRAB FAT IN SPRAIN TREATMENT – EXTERNAL TTHERAPY.

## E.M. BHARATHI PREETHI 1 DR. G. DEVIGOWNTHI BSMS .,M.D.(S) 2

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# **Background:**

Sprain is the injury caused by stretching or tearing of ligaments around a joint . It is the common injury affecting muscles &ligaments. Crab fat contains anti inflammatory property that can heal sprain.

#### **Objectives:**

To reduce the severity of sprain by external application of crab fat extract.

#### **Methods:**

External application of crab fat gently heated with castor oil –siddha external therapies.

The fat of crab is mixed with castor oil, gently heated and applied externally to treat sprain (Pidippu).

#### **Result:**

The crab fat mixed with castor oil patru has a good effect on treating sprain.

#### **Conclusion:**

The anti inflammatory property in crab fat helps in reducing pain and swelling in sprain.

#### **Keywords:**

Crab fat –Anti inflammatory – sprain.

#### Abstract

ID:UG/P/250

#### REVIEW ON NUTRITIVE VALUE AND HEALTH BENEFITS OF MILLETS

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### **Background:**

Millets are a major food source in arid and semi-arid parts of the world. Millets are good sources of energy. They provide protein, fatty acids, minerals, vitamins, dietary fibre and polyphenols. Typical millet protein contains high quantity of essential amino acids especially the sulphur containing amino acids (methionine and Cysteine).

#### **Objectives**:

Millets were found to have high nutritive value and comparable to that of major cereals such as wheat and rice. Pearl millets was rich in resistant starch, soluble and insoluble dietary fibres. Finger millet contains polyphenols. Kodo millet and little millet has 37% to 38% of dietary fibres and rich in polyunsaturated fatty acids.

#### **Result:**

Epidemiological evidence from research studies has shown that diets rich in plant foods are protective against several degenerative diseases such as cancer, cardiovascular ailments, diabetes, metabolic syndrome, and Parkinson's disease. Whole-grain cereals protect the body against age-related diseases such as diabetes, cardiovascular diseases, and some cancers

#### **Conclusion:**

Millets are still being staple food. Contain many health-promoting components such as dietary fiber, minerals, vitamins, and phytochemicals that include phenolic compounds, and they are comparable to those of major grains and they also have several potential health benefits. The processing of millets must be standardized to quench the full nutritive value of millets.

#### **Keywords**:

Pearl millets, standardization, amino acids, nutritive value, polyphenols, antioxidants.

#### A STUDY ON KUPPAIMENI UPPU AGAINST SKIN DISEASES

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Mode of presentatoion: Oral

# Background:

Skin diseases are so prevalent around the world, if not treated properly, causes severe complications. Kuppaimeni uppu which is a wonderful formulation used to treat mainly diseases of respiratory system and integumentary systems.

#### AIM AND IBJECTIVE

The study was carried out with an objective to explore the activity of kuppaimeni uppu against skin diseases.

#### Methods

Reviewed from selected authenticated texts of Siddhars and through surfing via Resarch gate , Google scholar etc.

#### Result

The phytochemicals present in Acalypha indica like phytol, MOME inositol, eicosonal, Tricosane posseses great anti-microbial, anti-fungal activities which is potential enough to kill the major skin disease causing organisms and hence cures many skin diseases.

#### **Conclusion**

The bio active components of Acalypha indica are efficiently acting against the disease causing pathogens and cures many skin diseases as mentioned in the Siddha texts.

Keywords: kuppaimei uppu, skin diseases, siddha

#### LITERATURE REVIEW ON HIGHER ORDER MEDICINE CHUNNAM

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#### **Abstract:**

Siddha system of medicine is regarded as one of the most ancient systems of medicine that was passed down through generations through the word of mouth until scriptures came into existence. According to Thirumoolar, medicine is defined as the one that cures both bodily and psychological ailments, the one that prevents further ailments and the one that bestows immortality. Siddha medicines were not only mere tools to treat ailments but also to remove any obstacle that objects the path to enlightenment. In that context, medicines are classified into two types, namely Internal and External, each enclosing 32 distinct treatments. This article is intended to be a brief collection about the higher order medicine *chunnam*. It is a calcined product of metal / mineral / animal product prepared as per the procedure mentioned in the formulation. They possess alkaline properties similar to that of limestone, which has a shelf life of 500 years. This dosage form chunnam is considered a medicament higher in order than Parpam and Chenduram (Calcified oxide, sulphide form of preparations). Preparation of Chunnam may be briefly described as Mercurial, Paadanam based or Metallic drugs that are alone or in combination ground with certain leaf juices or with Seyaneer or with Dravagam into villais, dried, kept in a Moosai (crucible), Seelai mann(Mud plaster) plastered and dried, blown in a charcoal furnace and finally taken out after cooling. This overview discusses Chunnam, its various aspects and prospects said bysiddhars, types of method of preparation, difference between Chunnam and Parpam, test for Chunnam both traditional and modern methods.

**Key words:** Chunnam, ulmarunthu, Siddha, higher order medicine.

#### THINAIYUM THINAIYUM

#### FOXTAIL MILLET IN THE MANAGEMENT OF KURINJI LANDSCAPE DISEASES

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#### **BACKGROUND:**

The main principle of siddha medicine is to live with nature in the means of food . ie "food is medicine; medicine is food". The aim of this poster presentation is to guide and convey the idea of the food habits which are adopted to life in kurunji landscape with their medicinal and nutritive effect.

#### **OBJECTIVE:**

Evaluating the management of kurinji landscape diseases ( Aamaikatti, Blood Sucking Fever , Kabam ) by foxtail millet and its various forms.

#### **METHOD:**

Datas are collected from siddha literatures, Padhartha Guna Sindhamani text works, previous research articles.

#### **RESULT:**

FPH (foxtail protein hydrolysate) shows gastro protective effect, FPH inhibited gastric mucosal lesions, decreased expression of inflammatory cytokines and improved oxidative state of gastric tissues.

#### **CONCLUSION:**

The adoption of nutritious millets in day-to-day food habits provides a healthier and disease free life by improving overall immunity of our body.

### **KEYWORDS:**

Kurunji thinai – high altitude physiological derangements – gastric ulcer - foxtail millets – its various forms – FPH - TBARS- NPSH – gastro protective effect – phenolic acids – anti oxidant – anti inflammatory effect.

# SIDDHA EXTERNAL THERAPIES ATTAI VIDAL (Leech therapy)

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#### **Abstract:**

The Siddha system of medicine is a holistic science that aims to treat various diseases of physical body, mind and soul with unique diagnostic methods, therapeutics and treatments. The therapeutic methods are generally classified into two streams namely Internal medicines and External medicines under which 32 types in each are classified into further. Among them Attaividal (Leech therapy) is one of the methods in Siddha external therapies. Attaividalwas adopted to treatseveral clinical conditions in patients. It is a form of Blood letting method of treatment in which *Hirudomedicinalis* species of leeches are made to bite and suck the Impure blood and this method has been evolved and practiced by our Ancient renowned Siddharsbefore thousands of years ago. The leeches suck out the Impure bloodgradually helping in removal of toxins, reduces the inflammations and cures the diseases efficiently. The saliva of *Hirudomedicinalis* – leeches have many active principles like anaesthetic agents, anticoagulantslike Hirudinandanti inflammatory substances like Eglins. Leech therapy can be administered to treat various non – surgical and surgical cases such as Respiratory illness, Eye diseases, Cardiac diseases, Hemorrhoids, etcand usually prescribed to patients who aren't very fond of surgical treatments and in Women, Children, Older generations especially with Pitha temperament. Even the Modern medical science practices leech therapy to treat Varicose veins, Plastic and microsurgeries, Cancer etc. Here it is discussed about the Siddha principles, application and administration of leech therapy, Precautions followed during leech therapy which arenarrated in Siddha textbooks and other sources.

**Key words:** External medicine, Leech theraphy, Blood letting, Active principles, Microsurgeries

#### Abstract

ID:UG/P/255

#### YOGA GUIDELINES FOR COMMON LOW BACK PAIN.

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#### **ABSTRACT**

Yoga therapy promote harmony and balance in all functions of the body. They also enable you to develop a complete control over your bodily functions and mental activity, so that you can retain good health throughout your life span. Yoga is mainly meant for curative and preventive aspect.

Low back pain is an common problem in most of the people. Some studies have shown that upto23% of the world's population suffer from chronic low back pain. In modern medicine, intake of analgesic drugs will provide only temporary relief. For low back pain, yoga therapy is beneficial. As it is accepted globally due to its immense effect in the body. But selection of correct yoga pose is bit difficult in clinical practice. Nowadays in clinical practice common yoga posture are used for low back diseases such as IVDP, facetarthropathy, sciatica etc. This condition will cause a negative effect in the body.

In this review article, certain as an applied for particular diseased condition related to low back area and is emphasised based on the inner pathology and kinesiology. The above guidelines will improve quality of life and long lasting better relief.

**Key Words**: Yogatherapy, common low back ailments.

# LITERATURE REVIEW ON SIDDHA MEDICINE IN THE TREATMENT OF INNIPUNEER (DIABETES MELLITUS)

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#### **Abstract:**

Siddha system of medicine is one of the indigenous medical system of India. Diabetes is a life style disease. Is a group of metabolic disorder characterised by high level of sugar in blood. It is caused due to deficiencies of insulin or resistant to insulin or both. In 6<sup>th</sup> century BC the sweet nature of urine in patients are termed as Inippuneer. Increased output and frequency of urine and along with swarming of ants flies in the widedplace.In this iyam deranges and affect keelnokkukal and seven uyirthathu then later deranges the other two humours and the associated symptoms occur. One and half million people died directly from diabetes in 2012 however blood glucose levels that are higher than optimal but are below the diagnostic threshold for diabetes also increases the risk of death,particularly from CVD and other complications caused on additional 2.2 million death. And estimated 1.4 million new cases of diabetes were diagnosed among people ages 18-older ages in 2019 CDC research. The literature reviews deals with other names,pathological causes ,diagnostic tools,treatments and dietics.

Key words:Inippunoi,pathologicalcauses,diagnosis.

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#### **Abstract**

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#### YOGA GUIDELINES FOR COMMON LOW BACK PAIN.

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Yoga therapy promote harmony and balance in all functions of the body. They also enable you to develop a complete control over your bodily functions and mental activity ,so that you can retain good health throughout your life span. Yoga is mainly meant for curative and preventive aspect.

Low back pain is an common problem in most of the people. Some studies have shown that upto23% of the world's population suffer from chronic low back pain. In modern medicine, intake of analgesic drugs will provide only temporary relief. For low back pain, yoga therapy is beneficial. As it is accepted globally due to its immense effect in the body. But selection of correct yoga pose is bit difficult in clinical practice. Nowadays in clinical practice common yoga posture are used for low back diseases such as IVDP, facetarthropathy, sciatica etc. This condition will cause a negative effect in the body.

In this review article, certain as an applied for particular diseased condition related to low back area and is emphasised based on the inner pathology and kinesiology. The above guidelines will improve quality of life and long lasting better relief.

**Key Words**: Yogatherapy, common low back ailments.

#### Abstract

#### ID:UG/P/258

#### ANTE NATAL CARE ON SIDDHA SYSTEM OF MEDICINE

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#### **ABSTRACT:**

#### **BACKGROUND:**

Pregnancy is the most cherishable moment of every women in her life. Siddha system of medicine deals Antenatal care internally with certain medicines such as Madhulai manapagu, Amukkara Chooranam, Thiripala chooranam etc... and Externally supports Antenatal care by Patchiniyama Varmam and yogasanas.

#### THEME:

This study is a review about the antenatal care supported by certain medicines, varma and yoga.

#### **METHODOLOGY:**

The experimental studies have been reviewed and the siddha medicines and varma practices for antenatal care have been studied and understood.

#### **RESULT:**

The review showed the effect of antenatal care medicines and varma practices which shows normal delivery.

#### **KEY WORDS:**

Patchiniyama Varmam, Antenatal care, Yogasanas, Madhulai manappagu, Amukkara chooranam.

### A OBSERVATION REPORT FOR PLANTAR PSORIASIS(KALANJAGAPADAI)

# ABSTRACT: OBJECTIVE:

Kalanjagapadai (Psoriasis) is a chronic skin disease comes under autoimmune deficiency which is characterized by scales and patches etc.Siddha stream of medicine indicates various Herbal and Herbo - mineral and Herbo - metallic formulations to treat Plantar psoriasis.

#### **BACKGROUND:**

In a case observation of plantar psoriasis of a female patient of age 52 years old with symptoms of painful cracking, fissures & pain in both plantar region.

#### **METHOD & MATERIALS:**

Siddha formulation such as **Parangipattai chooranam,Palagarai parpam** gave internal medicine possessing better management in the treatment of plantar psoriasis. Externally mixture of **amirtha vennai and vanga kalimbu** was given for a local application. In addition to that lifestyle modification as per siddha text including diet regimen including restriction was followed during the treatment phase.

#### **CONCLUSION:**

In the present observational report the siddha formulation treatment showed better management of plantar psoriasis.

**Key words:** Kalanjagapadai, plantar psoriasis, Siddha steroids.

#### VARMAM THERAPY IN THE MANAGEMANT OF HEADACHE.

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#### **ABSTRACT**

#### **BACKGROUND**:

Varma treatment is one of the unique external manipulation therapies in Siddha treatment. Varmam is the science which deals with the study of certain vital energy points in the body through which pranan flows normally.

#### **OBJECTIVES:**

To evaluate the Varmam therapy of headache.

#### **METHODS:**

Varmam points that are manipulated in the treatment of headache are stimulated to energize and unblock the energy flow to its normal conditions.

#### **RESULT:**

Some varmam points give a good prognosis in various diseases like headache. This paper may give leads to further clinical and scientific evaluation on the varma points.

#### **CONCLUSION:**

Nowadays headache is the common problem among people it is concluded that except brain related headaches, most of the headaches are curable without any medications by using varmam therapy

#### **KEYWORDS**:

Headache, Varmam, Stress, Siddha.

#### Abstract

ID:UG/P/261

#### WOUND HEALING PROPERTIES OF SEMICARPUS ANACARDIUM - A REVIEW

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#### **BACKGROUND:**

Wound healing is a complex biological process that occurs in response to tissue injury. It is a vital mechanism that the body employs to repair damaged or injuried tissue, whether it is a simple cut or more severe injury like a deep wound. Here treating the severe wound through *Semicarpus anacardium*.

#### **OBJECTIVE:**

The objective of using *Semicarpus anacardium*in wound healing is to explore its potential as a natural remedy to aid and accelerate the wound healing process.

#### **METHODOLOGY:**

Using Semicarpus anacardium powder to treat severe wound.

#### **RESULT:**

The number of flavanoids like nallaflavanone, jeediflavanone, semecarpus flavanone, ect.., present in *Semicarpus anacardium* which shown promising effects in wound healing.

#### **CONCLUSION:**

Anti – inflammatory, anti – microbial, wound contraction, collagen synthesis, analgesic properties of *Semicarpus anacardium*helps in the management of wound.

The side effects of Semicarpus anacardium is reduced by the addition of Athipal and Aalampaal of which is rich in beta – sitosterol, it enhances natural healing process through its astringent activity.

#### **KEYWORDS:**

Semicarpus anacardium, wound healing, flavonoids, beta – sitosterol, natural remedy.

# THERAPEUTIC USE OF SETARIA ITALICA (FOXTAIL MILLET) IN SIDDHA SYSTEM OF MEDICINE & TOXIC EFFECTS OF MANIHOT ESCULENTA (CASSAVA) CONSUMPTION

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#### **ABSTRACT:**

Indigenous communities in hills areas use wild plants to cure human ailments since ancient times, such knowledge has significant potential for formulating new drugs. This presenting poster study was undertaken to assess the therapeutic use of *Setaria italica* (foxtail millet) in Kapha Vadha disease based on siddha text and also to discuss about the toxic effects of consumption of *Manihot esculenta* (cassava). Insufficiently processed and long term exposure to cassava can cause cognitive impairment, ataxic neuropathy due to the presence of cyanogenic glycoside (linamarin).

#### **KEYWORDS**:

Setaria italica, Foxtail millet, Kapha Vadham, Manihot esculenta, Cassava, Cognitive impairment, Cyanogenic glycoside, Linamarin.

#### Abstract

ID:UG/P/263

### THERAPEUTIC VALUE OF KANJI IN SIDDHA SYSTEM OF MEDICINE

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#### **ABSTRACT:**

Indigenous medicines of India include systems like Siddha, Ayurvedha, Unani, Yoga,etc. Especially in Siddha system of medicine we not only treat the diseases of patients but also make them physically, mentally, socially and spiritually secured. In the Siddha system of medicine, we stick to the quote "UNAVE MARUNTHU MARUNTHE UNAVU". Kanji is of Asian origin. In India, especially in Tamil Nadu we used to consume kanji. It is of many types like multigrain kanji, millet kanji,etc. Kanji is in semisolid form. Kanji is easily digestible food so it can be consumed by children, elders, pregnant women,etc. In Siddha Literature some types like saamai kanji,thinai kanji, nerpori kanji,barley kanji were mentioned which has its own therapeutic value. Some medicated kanji is taken by the diseased people to help them for better prognosis. This kanji intake calms them and stabilises tridhosa. Interpreting importants of kanji in pathiyam along with the prescription of medicine kanji for the particular disease must beprescribed for them to recover soon.

#### Example:

- Sirupayaru Kanji-Pitha rogam
- Barley Kanji- Pramegam, Suram
- Panjamushiti Kanji-Thridhosam

The main advantage of Kanji is that it is economical, easily available and also it can be consumed easily like food.

**KEY WORDS**: Siddha Medicine, Therapeutic value, Kanji, economical, prognos

# ASSESSING THE POTENTIAL OF MELAMINE AS A CYCLOOXYGENASE INHIBITOR FOR BREAST CANCER THERAPY: PHARMACOLOGICAL AND MOLECULAR DOCKING STUDY.

#### **Background:**

The need for new drug discovery for modern diseases is a critical aspect of advancing healthcare and addressing the evolving health challenges faced by humanity. Modern diseases, such as breast cancer, have become increasingly prevalent due to factors such as changes in lifestyle, environmental factors, genetic predisposition, and global interconnectedness. Melamine, an industrial chemical primarily used in the production of plastics and resins, has gained notoriety as a food adulterant. But there is growing interest in exploring the potential therapeutic benefits of utilizing this compound at very low dosage. **Objectives:** 

The study aims to contribute to the understanding of melamine's potential as a COX inhibitor for breast cancer therapy using Pharmacological and Molecular Docking study. The findings may offer valuable insights for the development of novel, targeted treatment approaches that leverage the properties of melamine to combat breast cancer and improve patient outcomes. **Methods:** It is a basic preclinical in-vitro study using molecular docking and pharmacological analysis. The 3-dimensional structure of melamine was available in the PubChem database [Compound CID:7955], Using Marvin Sketch tool the compound was 3d cleaned and exported as PDB. Using SwissADME, a software that provides information on the pharmacological properties of druglike-ness and friendliness of molecules, the pharmacokinetic property of the molecule was examined. **Result:** The ligand showed good hydrogen bond interaction with Thr602, Thr198 and His200 amino acid residues some of the hydrophobic interactions were also observed they are Glu603, Phe196, His193 and Lys197. **Conclusion**: conclude that the compound melamine confirms the binding affinity for the COX-2 protein. Melamine can interact and inhibition of the activity of the enzyme of the protein COX-2.

**Keywords:** Breast Cancer, Cyclooxygenase, Melamine, Molecular Docking

#### BENEFITS OF MANTRA YOGAM IN BRAIN- A LITERATURE REVIEW

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#### **BACKGROUND:**

There are eight astama siddhis mentioned in our siddha system. Yogam is one among them. Yoga is a practice that connects the body, breathe and mind. Yoga was developed as a spiritual practice, a thousands of years ago. MANTRA YOGAM is a part of it. It is one of the simplest and most effective meditative practices. Scientists have done a lot of research on mantras effect on our brain. They found that certain brain parts are activated when we recite mantras. Mantras are positive words or phrases. Chanting mantras produce vibrations which cause some changes in the brain waves. Studies have found that chanting mantras like 'OM' for 10 minutes can decrease anxiety and depressive symptoms in the human body. This paperprovides a cumulative knowledge of mantra meditation based on research papers and to decode the mentioning of the mantras benefits in an ancient Tamil literature Thirumandhiram.

#### AIM:

To recollect the benefits of chanting mantras based on research papers and literature **METHOD AND MATERIALS:** 

This paper shows the changes that occur in brain while chanting mantras via vibrations. For this study, the information are collected from Tamil literatures like Thirumandhiram and from various databases

#### **RESULT AND CONCLUSION:**

In the comprehensive analysis of all included studies, it was found that there are less number of evidences to conclude strongly the effects of mantras. Hence, there is a need of high quality research to study it's effect further.

#### **KEY WORDS:**

Mantra yogam, Vibrations, Anxiety, Depression, Thirumanthiram

# DIETARY STRATEGIES ADVISED IN SIDDHA REPERTOIRE FOR MANAGEMENT OF ILL-EFFECTS IN PATIENTS AND HEALTH CARE PROFESSIONALS INVOLVED IN EXTERNAL THERAPIES

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#### **Background:**

'External therapy' is the treasure of Siddha system. It plays an important role in treating the disease effectively. Certain external therapies like tokkaṇam, and poṭi timirtal requires adequate energy for the physician to perform it. Most of the health care professionals experience few complications like extreme tiredness, dry skin, feel of heat and even infections in extreme cases. Proper dietary advises may help both patient and treatment provider to overcome these complications.

### **Objective:**

To identify the recommended diet regimen advised for physician and patients in Siddha doctrines while performing external therapies and discuss the science behind this.

#### **Methods:**

- 1. Comprehensive search was performed using the search term 'tokkaṇam', poṭi timirtal', 'puṛa maruttuvam' in Central library, Govt. Siddha Medical college and hospital, Palayamkottai.
- 2. Another separate search using the search term 'external therapy' in pubmed search engine.

#### **Results and discussion:**

Various dietary strategies were recommended for both healthcare professionals and patients in various siddha texts. Specific regimes were recommended depending on specific seasons, external therapy methods and disease condition

#### Note:

All the ethnic terms in Tamil language were transliterated using ISO-15919 transliteration scheme and represented in italics.

Keywords: siddha, external therapy, tokkanam, and poti timirtal

# NUTRITIONAL AND TREATMENT PERSPECTIVES OF GYNAECOLOGICAL DISEASES IN SIDDHA SYSTEM OF MEDICINE

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#### **BACKGROUND:**

Siddha is a science of holistic health emphasizing both diet and drug for human health care. Selected foods can improve physical and mental performance & even decrease the risks of diseases. Proper diet and nutrition is a core principle of siddha system which emphasis Food is medicine & medicine is food.

#### **OBJECTIVES:**

A healthy lifestyle and a balanced diet plays a paramount role in promoting & maintaining homeostatic functions and preventing an array of chronic & deliberating diseases. The 3 humors vadham, pitham, kabam maintains good health.. Thiridosha sama porutkal maintains these humors when we are using our regular diet.

#### **METHODS:**

Based upon a observational and epidemiological investigations it is clear that nutritional factors & dietary habits plays a significant role in gynecological diseases. Foods like fruits & vegetables, plant derived natural compounds like a phytoestrogens, lignans, isoflavons may have a long term impact on gynecological diseases.

This article for retrieving information about nutrients can be associated with gynecological diseases namely uterine fibroids, gynecological cancers like cervical cancer, breast cancer, endometrial cancer, ovarian cancer.

### **CONCLUSION:**

Here we discussed treatment prospective & the potential and beneficial impact of promising natural compounds & dietary supplements on alleviating these significant diseases. Key words: Nutrition, gynecological diseases, Diet, Treatment, Derived compounds, gynecological cancers.

# BENEFIT OF ADJUVANT TRADITIONAL HERBAL MEDICINE WITH CHEMOTHERAPY FOR RESECTABLE GASTRIC CANCER

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#### **ABSTRACT**

#### **Background**

Stomach cancer historically, has a low survival rate. Now it advances in curative resection procedures by combination of herbal medicine with chemotherapy.

#### **Objective**

To assess the potential benefits of traditional herbal medicines in conjunction with chemotherapy in postoperative gastric cancer patients.

#### Method

Traditional methods have served to

- increase intestinal motility and decrease the negative post operative symptoms of gastrectomy patients
- Improve the postoperative quality of life of patients

#### Result

Adjuvant traditional medicines were associated with a statistically significant benefit in terms of overall survival rate

#### Conclusion

Among the RCTs included, postoperative adjuvant traditional medicines were associated with reduced risk of death (HR = 0.56) and disease (HR = 0.54) in gastric cancer compared with chemotherapy alone, and is recommended for patients with resectable gastric cancer

#### **Keywords**

Traditional herbal medicine, gastric cancer, randomized controlled trials, systematic review, meta-analysis.

# ANTI DIABETIC HERBAL SIDDHA FORMULATION – VEPPAM PISIN CHOORANAM

**Background :** Diabetes mellitus is a heterogeneous metabolic disorder characterized by common feature of chronic hyperglycemia with disturbance of carbohydrate ,fat and protein metabolism.Global prevalence of diabetes is estimated as 9.3%of adult population.India's prevalence of Diabetes is 11.4%.Allopathy medicine is commonly used to control diabetes.In that system of medicine biguanide drug example Metformin is mostly prescribed.But it has some side effects if it taken long term include heartburn,nausea,stomach ache.To avoid those side effects Siddha system of medicine is providing several effective preparation to treat Diabetes mellitus.The ethno botanical information reports that about 800 plants may possess anti-diabetic potential.One among them is the Veppampisin chooranam.It is a herbal anti-diabetic siddha formulation containing 2 ingredients .They areVeppam pisin(Neem Gum) , Saamai arisi (Panicum sumatrense).

**Objective:** The primary objective of this study was to control DM with simple ,effective and reliable method.

**Method:** The information on Siddha anti-diabetic formulation were acquired from the literature and in various research studies.

**Conclusion :** The review presents the detail background of composition ,process, dose, particularly focusing on scientific validation of these formulations in the treatment of diabetes.

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# EFFECT OF COCONUT SUGAR ON TYPE 2 DIABETES MELLITUS IN SIDDHA SYSTEM OF MEDICINE

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#### Abstract;

Coconut sugar is a healthier, sweetener option than the majority of other sugars that are commercially available.

Coconut palm sugar can be created from flower bud of the coconut tree. Apart from coconut sugar "tuba" (coconut vodka) is also produced by using the flower of the coconut tree. Compared to other sugars, coconut sugar has very low calories about 15 calories per teaspoon. Also, coconut sugars have a low Glycemic index of 50-54. It is also contained inulin which is necessary part for human body. Inulin helps to control blood glucose levels and used to improve the immune system of our body and helps to grow bifidobacteira.

Glycemic Index (GI)is defined as the area under the glucose response curve after consumption of 50 g carbohydrate from a test food divided by the area under the curve after consumption of 50 g carbohydrate from a control food (either white bread or glucose). It is a classification of the blood glucose-raising potential of carbohydrate foods relative to glucose or white bread. Generally, there are three categories of foods based on their GI values: The high-GI foods (> 70), intermediate-GI foods (> 55 - < 70) and low-GI foods (< 55). Type 2 diabetes mellitus, as a noncommunicable disease, is the main public health challenge. Inulin supplementation may control levels of glycemic status and improve lipid profile in type 2 diabetic patients.

In our Siddha System of Medicine, the use of coconut sugar for Diabetes (Neerizhivu) is quoted in a song in Gunapadammooligaivaguppu. Therefore, intake of coconut sugar in day-to-day diet among Diabetic population can help reduce the blood sugar levels due to its low glycemic index score and inulin content.

Keywords: Siddha, Diabetes Mellitus, Coconut Sugar, Gunapadam

#### REVIEW OF IMMUNOMODULATORY PROPERTY

# - Tinospora cordifolia

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#### **BACKGROUND:**

*Tinospora cordifolia* is a popular medicinal plant used in several traditional medicine to curevarious diseases. It belongs to family Menispermaceae. It has been used in the treatment of fever, urinary problem, skin disease like leprosy, diabetes and many more diseases.

#### **OBJECTIVE:**

In present times, this drug has been subjected for numerous chemicals, pharmacological, pre-clinical and clinical investigations. Our present study in this review encompasses

immunomodulatory properties of the plant.

#### **METHODS:**

The study of methanol extract of *T.cordifolia* have been reported to have potential against microbial infections. Hydro-methanolic extract of *T.cordifolia* showed enhanced phagocytic activity. The plant extract reveals that it has antioxidant activity, antimicrobial activity, anti- diabetic activity, anticancer, hypolipidaemic effect, wound healing and immunomodulating activity.

#### **RESULT:**

The phytochemical study reveals it has various phytoactive compounds such as alkaloids, steroids, glycosides, lactones, polysaccharites and so on. Almost all parts of this plant constitute immunomodulatory properties.

#### **CONCLUSION:**

The study demonstrated the presence of various groups of phytochemicals in *T.cordifolia* extracts which are responsible for showing considerable antioxidant activity, antimicrobialactivity, anticancer activity. The future scope of this review remains in exploiting the biochemical and signalling pathways of the active components of *Tinospora*.

#### **KEYWORDS:**

*Tinospora cordifolia*, Immunomodulatory properties, Phytochemical.

# A REVIEW ON MANAGEMENT OF RHEUMATOID ARTHRITIS IN SIDDHA SYSTEM OF MEDICINE

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# **Background:**

Rheumatoid arthritis is a chronic inflammatory disorder affects joints. It is a autoimmune disorders. It causes joint pain,inflammation and damage throughtout the body.

#### **Objective:**

Objective of this poster is to create awareness on management of Rheumatoid arthritis by siddha diet plan.

#### **Methods:**

RA affects lining of joints and causes thin layer of cells covering joints to become sore and inflamed ,releasing chemicals that damage nearby organs. A balance diet rich in antioxidants,omega 3 fatty aids, vitamin D rich supplements helps in management of rheumatoid arthritis. Consuming wheat,oats,herbal tea tea apple,low fat milk,green juic privode more strength to joints.

#### **Result:**

RA is autoimmune disorder affecting the liinig of joints and further complications leads to carpel tunnel syndrome, heart failure, lungdisease, lymphoma, diabetes. Proper balanced diet helps in management of rheumatoid arthritis.

### **Conclusion:**

RA is a chronic inflammatory disorder affecting joint. Siddha diet plan helps in management of rheumatoid arthritis.

# **Keywords:**

Autoimmune disorder, omega 3 fatty aids,antioxidants, carpel tunnel syndrome,vitamin D.

# SIDDHA VARMAM AND SIDDHAR YOGAM FOR HYPERTHYROIDISM(ATHI VEETHANA KOLARU)

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#### Abstract

**Background**: Hyperthyroidism is a common endocrine disorder characterized by excessive production and release of thyroid hormones, primarily T3, T4 and TSH. The profile of thyroid disorders encountered in pediatric and adolescent age groups in India is similar to that seen in most parts of the world except for the prevalence of iodine deficiency disorders in certain endemic regions of this country. It can induce rapid skeletal growth and maturation and other systemic effects due to increased metabolic activity.

**Objective:** Analysis of the effect of Siddhar Yogam and varmam treatment for hyperthyroidism by the Thyroid profile laboratory investigation.

**Method:** The main varmam point for this treatment is uttara kaalam which is located on the lateral side of the neck, on the side of the Adam's apple, between the sternal head and clavicular head of sternocleidomastoid, here a pressure is given in rotating motion for 5 minutes in clockwise and anticlockwise alternatively with middle finger on both side of the neck. In addition hyperthyroidism is treated by Siddhar yogam like Pranayamam, sarvangasanam, machasanam, halasanam, bujankasanam, sethubandhasanam. Each yoga be practised for 2 minutes and also stimulating "Uttara kalam" daily for 96 days to get relief from hyperthyroidism

**Results:** Siddhar's yogam and varmam shows the good result in the laboratory investigation and efficient result in the reduction of disease burden

**Conclusion**: Siddhar's yogam which gives pressure at the thyroid region, which improves blood flow and Varmam at uttara kaalam with proper guidance may be practiced for the management and treatment of hyperthyroidism.

**Keywords**: Yogam, Varmam, Athiveethana kolaru, Hyperthyroidism.

# SCIENTIFIC VALIDATION OF KOLLU (HORSE GRAM) AS A FOOD SUPPLEMENT IN THE TREATMENT OFNEPHROLITHIASIS

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# Background:-

Kollu (horse gram) a known legume widely used in Indian cuisines. In siddha system of medicine, kollu as a diuretic is indicated for the treatment of nephrolithiasis. The present study focus on the scientific validation of kollu for nephrolithiasis.

# **Objective:-**

To establish the role of kollu for treatment of nephroliathiasis.

### Methodology;-

The data collected from various siddha literature books and scientific papers in the websites.

#### Conclusion;-

By intake of kollu as a important food supplement it can be used for the treatment of nephrolithiasis.

# **Keywords:-**

Siddha, Horse gram, nephrolithiasis

# REVIEW ARTICLE OF SIDDHA MRDICINE FOR PAEDIATRIC MANTHA SANNI [AUTISM]

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#### **BACKGROUND:**

Manthasanni [Autism] is a paediatric mukkuttra disease that characterized by imbalance of all the three main fundamental principles like vatham, pitham, and kabham. This clinical features are compared to Autism. Autism is a term of Autism spectrum disorder. ASD is a Neuro developmental disorder that affects the overall cognitive, communication, emotional, social and physical health of the affected individual . WHO estimates about 1in100 childrens are affected by Autism. Signs are usually appear by the age of 2-3 years.

#### **OBJECTIVE:**

To evaluate the efficacy of siddha treatment and enhance the quality of life for (Autism) manthasanni patient.

#### **METHOD:**

Most of siddha therapies are aimed at maintaining a healthly balance of three humerous . Siddhars have listed varies effective internal and external medicine to balance the vital doshas The main course of external therapies like Thuvalaai, Varmam,Podi thimurthal [powder massage], Thylam, Thokkanam, thappalam, and internal medicines like Herbal medicine, Brami nei, Kuruveer kudineer, etc.

#### **CONCLUSION:**

In siddha literature gives the complete symptomatic detail about (ASD) manthsanni and medicine also on before 2000 years ago. With siddha medicine we can improve the children cognitive skill and reduce the parents stress. Further clinical studies will be carried soon.

#### **KEYWORD:**

Manthasanni, thuvallai, brami nei, herbal medicine.

# A CASE STUDY ON THE SIDDHA MANAGEMENT OF DIABETIC FOOT ULCER (DFU)

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#### ABSTRACT:

### **OBJECTIVE**:

Diabetics foot ulcer the devastating Condition, which is a challenge to Surgeon saving the limbs of the patient and in many circumstances end up with amputation which leaves physical and psychosocial problems for both patient and patient family.

#### PRESENTATION OF CASE:

A 67 year old female patient with uncontrolled type 2 diabetes presented with Swelling and gangrenous deep circular ulcer of size and present in plantar aspect of small toe of her right foot with involvement of webspace from the last three months. Plain x ray disrupted and necrotic proximal phalanx suggestive of diabetic foot ulcer. Despite using antibiotics and antidiabetic drugs for the past three months. She didn't get a significant response and was suggested for toe amputation. Hence, she approached our siddha hospital for treatment .We successfully treated with the holistic approach of medicine irrigation of the wound with mathan thailam, padikara neer and internal medicine for oral route vishnu chakra mathirai and palakarai parpam mathirai to control blood sugar level.

Diabetic foot ulcer may lead to injection, gangrene and even cause death of patients. Hence it is need of hour to look for limb salvage treatment modalities.

#### **CONCLUSION:**

The holistic approach of these Siddha treatment are effective and safe in treating diabetic foot and preventing amputation.

#### **KEYWORDS:**

Diabetic foot ulcer, Mathan thailam, Padigara Neer, Vishnu Chakra tablet and Palagarai parpam tablet.

# LITERATURE REVIEW ON DAILY DIETARY HABITS, VARMA, YOGASANA FOR FERTILE WOMANHOOD INDICATED IN SIDDHA SYSTEM OF MEDICINE

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#### **BACKGROUND:**

The WHO reports that the prevalence of infertility in India is to be between 3.9% and 16.8%. All India Institute of Medical Sciences (AIIMS) has estimated that 10% to 15% of couples have fertility issues. The traditional Siddha system of medicine is well known in making a girl child, a healthy fertile female right from her menarche through day to day activities and food habits.

#### **OBJECTIVES:**

Prime objective is to list the medicinally valued eatables which are easily available to a Common person and the Yogasana and Varma points which are helpful in making the feminine body healthy. The secondary objective is comparing the Varma points with the daily activities which stimulate these points naturally.

### **METHOD:**

Traditional Siddha textbook of GunapadamMooligai and Varmam ,Yogasanam texts were used as sources for information on gynecological disorders viz PCOS, amenorrhea, menorrhagia, obesity, anemia,etc ...

# **RESULT AND DISCUSSION:**

There are nearly 35 plant families which can be used regularly in our daily life as dietary items which improves physiological and biological health of a women and there are nearly 20 varma points from DhasaNadi and Chakras which stimulates the vaasi for reproductive health. These Varma points can be naturally stimulated by daily activities which are incorporated in our traditional customs. There are nearly 10 Yogasanas to stimulate our chakras and make our mind stress free.

### **CONCLUSION:**

This study gives a wide perceptive view on how to manage the gynaecological disorders which are influenced by our daily activities and about the scientific reason behind our traditional cultural activities.

#### **KEYWORDS:**

Siddha medicine, gynecological disorder, PCOS, obesity, infertility, yoga, varma.

# PHYSICO CHEMICAL AND HEAVY METAL ANALYSIS OF SIDDHA FORMULATION SIVANAAR AMIRTHAM

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#### **ABSTRACT**

### **Background:**

*Sivanaar* **Amirtham** is Efficacious Herbo mineral in Siddha system of medicine to treat of *Vadham, Pitham, Kapam* diseases, Rheumatic diseases, Arthritis.

#### Aim:

The Study is focused on Physico chemical Analysis and Heavy metals content in Siddhamedicine *Sivanaar Amirtham* 

#### Materials and methods:

The Evaluation is done through Physicochemical parameters, AAS ( Atomic absorption spectroscopy)

#### **Conclusion:**

Details of the paper will help the scholars and future researchers for further Analysis and Standardization of the Sivanaar *Amirtham* drug.

# **Key words:**

Sivanaar Amirtham, Heavy metal Analysis, Siddha, Physicochemical analysis

#### THE ROLE OF SIDDHA MEDICINE IN COSMETICS:

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#### **Background:**

The cosmetics are the utility products used extensively throughout the world formaintaining and improving general appearance of face and other parts of body e.g. mouth, handfinger, eye, hair, etc. It includes creams, powders, face pack, lotions, moisturizers, shampoo, hairoil, conditioners, nail polish, etc. Smooth, shinning, healthy skin and hair certainly count for abeautiful woman or handsome man.

# **Objective:**

The objective of this study is to explore the potential role of Siddha medicine in cosmetics and evaluate the effectiveness of Siddha herbal formulations in enhancing skin health and addressing various cosmetic concerns.

#### **Method:**

Siddha medicine, an ancient system of traditional medicine that originated in the Indian subcontinent, has been gaining attention for its potential role in the field of cosmetics. This abstract explores the historical background, key principles, and natural ingredients utilized in Siddha medicine and their application in cosmetic formulations.

#### **Results:**

The literature review revealed that Siddha medicine has a long history of utilizing natural ingredients, Many of these ingredients possess antimicrobial, anti-inflammatory, and antioxidant properties, which make them potentially suitable for cosmetic applications. The scientific studies and clinical trials reviewed indicated promising results for Siddha-based cosmetic products, with observed benefits such as skin radiance enhancement, blemish reduction, and improved skin texture

#### **Conclusion:**

The ancient system of Siddha medicine offers a promising source of natural ingredients for the cosmetic industry. Their perceived benefits and eco-friendly nature align with the rising consumer demand for clean and sustainable beauty products.

MANAGEMENT OF AZHAL KEEL VAAYU THROUGH SIDDHA SYSTEM G.Banumathi Final BSMS (banug2124@gmail.com)

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#### **BACKGROUND:**

**Siddha Medicine** is one of the earliest traditional medicine system in the world .It is a complete health care system not only by fulfilling all the health one needs of humanity , including prevention and therapy for all the aliments both physical and mental health .

#### **OBJECTIVE:**

Osteoarthritis is a chronic degenerative condition of the joints. It is not primarily an inflammatory disorder. The major factor leading to osteoarthritis is "uneven distribution of load and stress "across the articulating surfaces in a joint. Symptomatically it is correlated with "Azhal keel vaayu" This presentation aims to bring out the external therapies for Azhal keel vaayu.

### **METHODS**;

A complete manual of siddha reviewed external therapies that exclusively treats Azhal keel vaayu external therapies like **Varmam**, **Ottradam**, **Patti kattudhal**, **Thokkanam**. These external therapies were found to reduce vadha and pitha and neutralisedkaba.

### **CONCLUSION:**

So that the above therapies are used to reduce the symptoms and manage the condition.

# **KEYWORDS:**

Azhal keel vaayu, osteoarthritis, Varmam, Ottradam, Patti kattudhal, Thokkanam.

#### NASAL APPLICATION IN SIDDHA SYSTEM

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#### **BACKGROUND:**

Siddha system of medicine, one of the ancient, traditional Indian system of medicine has unique diagnostic methods, therapeutics and treatment procedures. Siddhar classified 64 varieties of treatment modalities or dosage forms into two major categories, namely *Agamaruthuvam* [internal medicine] and *Puramaruthuvam* [external medicine].

#### **OBJECTIVE:**

This external management is classified into 32 types. These therapies are used both as mainstream and supportive therapies. Most of the therapies are aimed to maintain the equilibrium of *Uyirthathu* namely *Vali Azhal* and *Iyyam*. It has a vast range of external modalities of treatment for health mamagement.

### **METHOD:**

Nasiyam [nasal instillation] is one of the external therapy which is non-invasive procedure. Nasiyam play an important role particularly in unconscious patients. The nose is the direct route to the brain and also the doorway to consciousness. Treat many diseases like sinusitis , nasal polyp, rhinitis, bronchial asthma etc. Nasiyam therapy is advisable to use watery drops like plant juice, salt dissolved water in acute condition and oily drops in chronic conditions. Generally nasiyam is performed in the evening time for *Vali* diseases ,noon time for *Azhal* diseases ,and morning time for *Iyya* diseases. The dose should be appropriate and should not be less than 4 drops and not to be exceeded than 8 drops. Medicated oil- *Chukku thaylam* for sinusitis, headache. Juice or decoctions of medicinal plant- Leaf juice of vembu [*Azadirachta indical*] for delirium, fever, epilepsy.

#### **CONCLUSION:**

Nasal drug delivery offer benefits such as rapid onset of action with lower dose.it enhances the activity of sense organ and protects the person from diseases pertaining to head.It improve the circulation. It can be used as preventive therapy, curative therapy, rejuvenation therapy.

**KEY WORDS:** Nasal application, sinusitis, plant juice, improve circulation,

#### POSTER PRESENTATION

14 Vegangal – "Thummal"
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### **INTRODUCTION:**

Siddha medicine is a traditional system of medicine in the Southern part of India. Siddha system have certain basic principles to be followed in your daily activities for healthy living.

#### **OBJECTIVE:**

To demonstrate the review the "14 Vegangal" principle mentioned in the literature.

#### **METHOD:**

The concept of "14 Vegangal" is the urges that should not be suppressed and the reflex actions of suppressing those actions. "Thummal" – sneezing is one if those 14 vegangal. Suppression of "Thummal" can cause many dangerous reflexes. These were in the evidence of Siddha text.

#### **RESULT:**

The evidence mentioned in literature text for "Thummal" one of 14 Vegangal were effective by analysing from various text references.

# **CONCLUSION:**

"Thummal is one of the natural urges which should not be suppressed. The awareness about this to be created among people to know more about Siddha system of medicine.

#### **KEYWORDS:**

- \*14 Vegangal
- \*Natural urges
- \*Thummal
- \*Sneezing
- \*Suppress.

# A REVIEW ON "TAKE SUFFICIENT QUANTITY OF MILK AND MILK PRODUCTS" - A SIDDHA PRINCIPLE ON PREVENTION OF DISEASES

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# Background:

Siddha is one of the oldest traditions of healthcare in the Indian sub-continent- well documented and replete with novel therapeutic interventions and treatment modalities. Theraiyar, a renowned Siddhar, developed aprinciple of prevention of diseases under the title of "*PinianugaVidhi*". One of Theraiyar's principles suggest that sufficient intake of milk contributes to the prevention of diseases and in turn promotes overall health.

# **Objective:**

The aim of this review is to give a brief overview about *Theraiyar's*"*pinianugavidhi*", which suggests consuming sufficient quantity of milk and milk products.

#### **Method:**

Scoping review

*Data sources*: Pubmed and Sciencedirect and Siddha books. A total of eight journals from 2013 to 2022 were analysed for this review.

Results: The most recent studies suggested that intake of milk and milk products produce numerous health benefits. Lactoferrin, is an essential protein present in milk, shownto inhibit the growth pathogenic bacteria stomach prevents tissue of in and damage. Milkengagesseveral enzymatic activities due to the presenceof enzymes such as DNase, RNase, ATPase, phosphataseand amylase. COVID-19 which causes severe respiratory tract infections in humanshas become a global health concern. Milk contains micronutrients such as vitamins A, B, C, D and E as well as minerals Zn, Cu, My, I, and Se and bioactive peptides which play an essential role in combating the severity of COVID-19 by strengthening the immune system. Milk and diary products are sources of high bioavailability calcium and proteins which are essential for the prevention of osteoporosis.

**Conclusion:** As mentioned in Theraiyar's principle, consuming adequate quantities of milk and milk products is essential to good health.

Keywords: Milk, Milk products, Calcium, Bioactive peptides, Siddha, Theraiyar.

# A PILOT STUDY ON THE NUTRITIONAL AND THERAPEUTIC EFFECTS OF THE PROSO MILLET.

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# ABSTRACT BACKGROUND :

Siddha system is the renowned earliest system of traditional medicine which treats the body as well as the soul. Millets have returned as viable option to live healthy life and can reduce the incidence of lifestyle disorders. The concept of food in Siddha is based on ingredients and also the temperament of person.

**OBJECTIVE:** To rule out that the millets are treasure trove of essential nutrition. Especially, Proso millet as drawn considerable attention due to health benefits like nutritional profile, which is considered as a "Gift of God" for neural tubal growth and many lifestyle disorders and congenital disorders. As per siddha aspects, it is considered that it keeps all seven that thus in equilibrium and the person enjoys the healthy physique.

**METHODOLOGY**: The reference of the nutritional value of proso millet were found in Siddha literature textbooks especially from asarakovai, patharthachinthamaniand also collected from research articles, journals and web sources for the above activity.

**CONCLUSION:** As per the above observation it has been concluded that millet especially proso millet can play a major role which prevent derangement of metabolism. It will be a healthy supplement for people with Lifestyle disorders and prevent from congenital abnormalities in newborn babies by regulating neural tube formation from a nutritional diet for pregnant mother.

**RESULT:** With proper scientific data on evolution of prosomillet and evidence based interpretation as well as in classical siddha text it is proved that the proso millet is the powerhouse of nutrients and are nutritionally superior to wheat and rice and they boost our health especially for paediatrics during pregnancy and lactation.

**KEYWORDS:**Traditional diet- millet-proso millet- Power House of nutrients.

# SCIENTIFIC VALIDATION OF A SIDDHA PURIFICATION METHOD FOR MERCURY IN ATTRIBUTING TO IT'S ANTIMICROBIAL EFFICACY.

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#### **BACKGROUND:**

In accordance with the literature evidence of Siddhamedicine, MERCURY(hydragyrum) is considered as the superior of all other minerals. Mercurial preparations are widely used in siddha system of medicine since time immemorial for treating debilitating diseases. Siddha formulations containing purified mercury(suthitha rasam) has shown good prospective in controlling various bacterial, fungal infections. Hence it can be suggested that mercury could have efficant anti-microbial action.

#### **AIM AND OBJECTIVE:**

Our study is to scientifically validate a Siddha purification method for mercury(using Coccinia indica and Capsicum annum) in attributing to it's anti-microbial efficacy. The antimicrobial potential of purified mercury is evaluated in comparison with raw mercury.

### **MATERIALS AND METHODS:**

Standard microbial strains such as Staphylococcus aureus, Escherichia coli, Candida etc were used for the present study. Agar well diffusion assay was performed and the zone of inhibition around the well was assessed for the anti-microbial activity of the sample used against the test strains.

#### **RESULTS AND CONCLUSION:**

The zone of inhibition of both raw and purified mercury was measured. Based on the results of the assay performed on both purified and raw mercury, the study concludes that purified mercury exhibits potent anti-microbial activity.

**KEYWORDS:** Purified mercury, Anti-microbial assay, Agar well diffusion, Coccinia indica, Capsicum annum.

### LITERATURE REVIEW ON EACHI NOYE

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BACKGROUND

Siddha system of medicine is the Pioneer systems of medicine practiced in South part of India (Tamilnadu). This also deals with pediatrics and gynaecology .Literature review of EACHI NOYE is presented from SIDDHA SYSTEM O F PEDIATRICS written by Chidambarathanu pillai .In pediatrics mostly the medicine is given to the baby by their mother's breast milk (below three years).

#### **OBJECTIVE**

EACHI NOYE to children come up owing to defect in the mother's breast milk. It is divided into 6 types they are Kaali, Naagan and Anandan, Vayu, Kagayan and Varunan. Kaali and Vayu are serious types,others are of mild varieties.

#### **METHOD**

(Eachi Noye - preparation of Sarvanga thailam). Most mother's are quite conversant with these herbal preparations. In the early infancy that is up to 3 months only leafy extract is administered internally to baby either by applying the medicine to mother's breast , facilitating the baby to suckle the medicine along with the milk. pasty medicine applied over the anterior fontanelle of the baby to produce quick relief to baby by cutaneous absorption. Similarly medicinal herbs for bath also helps in quick recovery.

#### **RESULT**

Eachi noye shows symptoms of poor nervous system of the baby, breathing difficulties, defective blood, food poison and swelling of throat and fever in the baby and it also produces symptoms of fatigue. It can be cured by the administration of sarvanga thailam.

#### **CONCLUSION**

The first year of the life of the baby, due to exposure to external pollution and contact, the child develops systemic diseases, some bearing similar clinical features some with vague signs and symptoms with no clear cut etiology. Thus, Sarvangathailam is an effective medicine against 'Eachi noye'.

### **Keywords**

Eachi noye,sarvanga thailam,breast milk, cutaneous absorption, breathing difficulties, throat swelling, fatigue.

# RAMACHANDRATHI KUDINEER FOR AMENORRHEA -SIDDHA GYNECOLOGY AND PEDIATRICS

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# ABSTRACT: BACKGROUND

PCOS is a Hormonal disorder characterized by Hyperandrogenism and chronic anovulation. The main aim is to discuss the available RAMACHANDRATHI KUDINEER, a well known polyherbal siddha formulation. It is in practice for the treatment and management of Amenorrhea associated with Pcos for its Emmenagogue and anti-spasmodic action. In addition to this specific treatments are given to manage the overall symptoms

#### **OBJECTIVES**

Drugs with Emmenagogue action stimulates and regulates menstrual flow thus treating Amenorrhea associated with PCOS

#### **METHODS**

Case study-patient With Amenorrhea associated with PCOS is observed under Ramachandrathi kudineer Treatment

### **RESULT**

Result of follow-up on a patient shows Ramachandrathi kudineer is beneficial for treatment of Amenorrhea by regulating normal menstrual flow

#### **CONCLUSION**

Hence siddha drugs like Ramachandrathi kudineer can be used as potential promising drug for management of Amenorrhea

#### **KEYWORDS**

Amenorrhea, Pcos, Ramachandrathi kudineer, Emmenagogue

# ROLE OF MILLETS IN LIFE STAGES OF WOMEN SIDDHA PAEDIATRICS AND GYNAECOLOGY

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#### **Abstract:**

### **Background:**

Millet is the oldest cultivated grain in world and even today millet is staple food around world. It plays an important role in every life stages of women. It enhances the physical growth of adolescent girls. During pregnancy women's diet needs to be balanced and nutritious. It is very much essential to include millet in the diet of expecting mother as it aids in development of foetus and lowering the pregnancy related symptoms. They are highly in need of nutrients such as calcium, magnesium, potassium, vitamin B 6 etc which is fulfilled by daily consumption of millets mainly pearl millet ,kudo millet ,barnyard millet .These millets prevents constipation, reduces the risk of gestational diabetic hypertension, mellitus. Anemia, Haemorrhoids during pregnancy. It also aids in improving the foetal growth and there by reducing low birth weight. During pre menopausal and post menopausal stage, millets especially kudo millet is beneficial.It reduces cardiovascular disease by controlling the blood cholesterol, blood pressure. These millets also decrease the osteoclastic activity there by reducing osteoporosis.

# **Objective:**

Millets provide high nutritive requirement in every stages of life of women

#### **Methods:**

Exploratory studies on millets for life stages of women.

#### **Result:**

Daily intake of millets reduces cardiovascular disease, prevents constipation and low birth weight, increase the physical growth of foetus and lowering the malnutrition. It reduces the complications of menopausal women

#### **Conclusion:**

Consumption of millets on regular basis enhances the individuals health and fulfill the nutrititive requirements of every life stages of women.

#### **Kev words:**

High nutritive requirement, adolescent, pregnancy,pearl millet ,kodo millet,low birth weight, menopause, osteoporosis, cardiovascular disease

# PERIARTHRITIS – A REVIEW ON TREATMENT OF PREIARTHRITIS THROUGH SIDDHA EXTERNAL THERAPY

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#### INTRODUCTION -

Siddha system is one of the oldest system of medicine. The uniqueness of the Siddha medicine lies in its holistic approach- relevant to six tastes, usage of safe and effective plant-based drugs and drugs of mineral and animal origin. Periarthritisor an Idiopathic restriction of shoulder movement. This inflammatory condition causes fibrosis of the GH joint capsule, is accompanied by gradually progressive stiffness and significant restriction of range of motion. It is also called as frozen shoulder. This periarthritis is defined as Kumbavatham in Siddha system. The symptoms of periarthritis are mentioned under the topic Kumbavatham. Hence the treatment for kumbavatham can be used to treat periarthritis.

#### **METHOD AND MATERIAL:**

This disease is treated "ThokkanamandOtradam with by giving KayathirumeniThylam which consist of sidacordifolia, aeglemarmelos, cynodondactylon, vetiveriazizanioides, piper nigram, piper longum, carumcopticum, costusspeciosus, crocus sativus, zingiberofficinale. Which can be used in order to reduce the swelling and pain in the shoulder joint. The reference collected from Sanmugavelu, MaruthuvaNoinadalNoiMuthalNadalThiratu by Dr. M. Siddha Maruthuvangasurukam by Dr.K.S.Uthamarayan.

# **RESULT**:

The analgesic and anti inflamatoryproperties present in kayathirumenithylam and in thokkanam and otradam suppress the effect of periarthritis.

# **DISCUSSION:**

Through Siddha texts, it has been said that periarthritis can be treated. But further research and clinical trials should be done for evidence based treatment and for welfare of people.

# **KEYWORDS:**

Periarthritis, Frozen shoulder, Kayathirumenithylam, Thokkanam, Otradam

# ANTICANCER POTENTIAL OF GREEN SILVER NANOPARTICLES IN BREAST CANCER CELL LINES

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#### **Abstract:**

Anticancer activity is the capacity of a chemical or therapy to prevent the development and spread of cancer cells or to trigger their demise. Breast cells can become cancerous and evolve into breast cancer. It is the most prevalent type of cancer in women across the world, but it may also affect males. A frequently utilized cell line in cancer research, notably in breast cancer investigations, is MDA-MB-231. This study investigates the anticancer activity of synthesized silver nanoparticles using the aqueous plant extract. The green synthesis of AgNPs using plant extract provides a sustainable and environmentally friendly approach. The AgNPs were characterized using UV-Visible spectroscopy, FESEM, XRD, EDAX, FTIR, Zeta potential, and Particle size analyzer. The effects of AgNPs on anticancer activity were evaluated using an MTT assay against MDA-MB-231 cancer cells. The results demonstrate the potential of synthesized AgNPs as an alternative for cancer treatment. The results exhibited a significant reduction in cell viability, indicating the potential of AgNPs in inhibiting cancer cell growth. This effect suggests that AgNPs synthesized with aqueous plant extract could serve as a promising anticancer agent. Furthermore, the use of AgNPs in cancer therapy offers several advantages, such as enhanced drug delivery, selective targeting, and minimal side effects compared to traditional chemotherapy. The green synthesis method employed in this study contributes to the development of eco-friendly and sustainable nanomedicine.

# **Keywords:**

Green synthesis; silver nanoparticles; Characterization, MDA-MB-231 cancer cells; Anti-cancer activity.

#### Abstract

#### ID:UG/P/294

#### SIDDHAVARMAM FOR TREATMENT OF PERIARTHRITIS

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#### **Abstract:**

#### **Background:**

Life Energy flows in the body in a particular pathway. There are certain key points in the body where this life energy 'vaasi' is concentrated. These points are called Varmam Points can also be considered as reflex anatomical points directly related to organs lying within. In simple terms, the points where life force resides and flows in the human body are known as Varmam.

# **Objectives:**

The Therapy of physical manipulations either by applying pressure or external massage over the varma points for those upcoming with some lifestyle related body pains . I hereby performed the method of Varma point stimulation for periarthritis shoulder pain from the pressure applied, which would be feasible for the patients to stimulate the varma points to feel better from pain.

#### **Materials and Methods:**

Based on Exploratory study Methods Several varma points are applied to get rid of Pain.

#### **Result:**

Showed some improvement of Pain management through stimulating that particular varma point for periarthritis.

# **Conclusion:**

Easy technique compared to any other internal and external medicines for sedentary difficulties faced by Periarthritic subjects.

**KeyWords:** varmam, reflexology, periarthritis.

# EVIDENCE-BASED PERSPECTIVE ON THE USE OF ANCIENT DIETS FOR MENARCHE: A MOLECULAR APPROACH

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#### **Background**

Menarche is a significant milestone in a woman's life, as it signals the body to reproduce and is associated with secondary sexual characteristics. It typically occurs between the ages of 13 and 18, but may vary due to sedentary lifestyle, food habits, etc. Diet plays an important role during menarche, as it can help to balance the body's nutritional needs. Even though the diet we follow today is only a small part of our ancient dietary practices, it still plays an important role during menarche. Siddha medicine is one of the ancient traditional systems of medicine that deals exclusively with female health, especially menstrual health.

# Objective of the study

The objective of this study is to assess the evidence-based relevance of traditional diets in the current scenario.

# Methodology

A literature search was conducted in the library of ATSVS Siddha Medical College and online databases. The search terms included millet, women's health, hormonal influence, and traditional diet. The full text and PMIDs were collected for analysis. The biologically active components of four plants (*Sesame indicum (Ellu), Vignamungo (ulunthu), Trigonellafoenum-graecum (Vendhaiyam)*, Ferula asafoetida (Perungayam)) were subjected to target-gene prediction, gene enrichment, and molecular docking.

#### Result

Ancient diet practices were highly effective in maintaining a healthy reproductive life. The diets mentioned above and their compounds interact with hormones like estrogen and progesterone to promote a healthy reproductive lifestyle. Gene interaction and molecular docking with estrogen and progesterone receptors also showed significant results with lower binding energies.

### **Keywords**

Menarche diet, Siddha diet, Siddha women health, Traditional Siddha Medicine.

# STANDARDIZATION OF EVATCHARAM VAIPPU (POTASSIUM CARBONATE)

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# **Background**

Traditional system of siddha medicines have been in usage for treating ailments worldwide since time immemorial. Synthetically prepared Evatcharam has its unique properties. Evatcharam is one among the 120 ubharasams. Evatcharam can be prepared by vaippu procedure as mentioned in siddha literature of Thathu jeevam(Gunapadam)with drugs of seenam(Alum), Thurusu(cupricsulphate), Vediuppu(potassium nitrate), pooneeru(Fullers earth).

#### **Objectives:**

Standardization of Evatcharam is evaluated by physicochemical analysis and heavy metals analysis as of PLIM guidelines.

# Methodology:

- 1. Physicochemical Evaluation
- -Percentage loss on drying, Determination of total ash, Determination of acid insoluble ash, Determination of alcohol soluble extractive, Determination of water soluble extractive, Determination of pH.
- 2. Heavy metal analysis by atomic absorption spectrometry(AAS).

#### **Results:**

- 1. The preliminary analysis of the test drug showed green colour powder with agreeable odour and moisture content-20.96, PH was 11.88.
- 2. The preclinical testing proved the study drug to be safe as they were below quantified limits from heavy metals such as lead, Cadmium, arsenic and mercury.

#### **Conclusion:**

The above studies provides enough data for standardization of Evatcharam vaippu . further studiesneeds to be carried out evaluate with efficacy and toxicity.

#### **Keywords:**

Evatcharam, Vaippu, Physicochemical, Heavy metals, Standardization.

#### VARMAM THERAPY IN EXIGENCIAL CIRCUMSTANCES

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#### **Abstract**

Varmam is a meta-physical medical science practised exclusively in south India. The term Varmam also indicated the therapeutic manipulation of specific points in which the pranic energy is found concentrated. Manipulation over these points with a particular force for a particular period of time will release the pranic energy from these points and bring relief to the affected individual by regulating the flow of pranic energy which is obstructed due to the assault on specific points or due to other causes. Varmam injuries can be regulated by Adangal pullikal (retrieval points). Adangal points are nothing but Varmam points used in the management of emergency as well as diseased conditions. This article deals with the methods and applications of Adangal Therapy in the management of medical emergencies like epilepsy, unconsciousness, shock, chest pain, delayed labour and more. This article states out the Varmam stimulations for a specific emergency situation and their physiological effects on how it restores the body back to its normal state. It helps in the comparison of emergency responses of Western medicine and the emergency response in Siddha medicine system through Varmam and Adangal Techniques.

Keywords: Varmam, Emergency Medicine, Adangal.

# BIOGENIC NANOPARTICLES MODULATE GROWTH BIOCHEMICAL MECHANISMS AND ANTIOXIDANT SYSTEMS IN *VIBRIO SPECIES* TO CONTROL GROWTH AND BIOFILM FORMATION

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#### **Abstract**

Nanotechnology offers exciting opportunities in medicine, particularly in drug delivery. Silver nanoparticles (AgNPs) are highly intriguing for their biomedical applications. Green synthesis, employing plant extracts, is a preferred method due to its eco-friendly nature and non-toxic properties. In this study, AgNPs were synthesized using plant extract, resulting in potent antimicrobial activity. The plant extract was analyzed using GCMS to identify the ligands present, which were then docked against target proteins from Vibrio species. Biophysical characterization of the AgNPs was performed using UV-Vis spectroscopy, FT-IR, FESEM, XRD, DLS, and Zeta potential measurements, revealing key properties of the nanoparticles. Antimicrobial efficacy was assessed against Vibrio species. The AgNPs displayed robust antimicrobial effects against these Vibrio strains. Biochemical assays were conducted to investigate the nanoparticle's mode of action, including analysis of sugar and protein leakage, as well as the activity of MDA, GSH, SOD, and catalase. This study provides valuable insights into the effectiveness of the synthesized AgNPs against Vibrio infections. The findings hold potential for incorporating the nanoparticles into aquaculture, such as fish feed or supplements, to mitigate Vibrio-related infections. The research contributes to the advancement of nanotechnology in medicine and underscores the promising role of AgNPs as therapeutic agents against Vibrio pathogens.

**Keywords**: Nanotechnology; Silver nanoparticles; Anti-microbial; *Vibrio* strains.

# A LITERATURE REVIEWON AADUTHEENDAPAALAI POOCHU FOR ECZEMA

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#### **BACKGROUND:**

Atopic dermatitis commonly known as Eczema is a common chronic relapsing skin disease Characterized by pruritis, disrupted epidermal barrier function and immunoglobulin E mediated sensitization to food and environmental allergens.

#### **OBJECTIVE:**

To investigate the therapeutic effects of medicated oil in curing the effects of Eczema.

#### **METHODS:**

The juice extracted from the whole plant of *Aristolochia bracteolata* (Aadutheendapaalai) is mixed with salt ,neem oil is added to this mixture and then dehydrated to obtain the medicated oil ,which is applied topically.

#### **RESULT:**

The medicated oil shows good prognosis in curing the symptoms of Eczema.

#### **CONCLUSION:**

The phytochemicals aristolochic acid, alkaloids , steroids , flavanoids , Azadirachtin , Nimbin , Nimbin , Gedunin present in *Aristolochia bracteolata* and NEEM oil plays major role in clearing skin. On topical applicationantiallergic , anti inflammatory, antioxidative properties present in these contents on combination has potential ability to treat Eczema by reducing pruritus and by rebalancing the immune level .

#### **KEYWORDS:**

Atopic dermatitis – Aadutheendapalai -Neem oil –Anti allergic -Antioxidant – Immune balance .

# A REVIEW ON FOOD-FOOD INTERACTION AND THE CHEMISTRY BEHIND THAT

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Siddha medicine is one of the ancient system of medicine practiced in Indian subcontinent. 'Nanju maruthuvam' is one of the branches, which deals with toxic substances, their dosage, therapeutic use antidote. Siddha medicine, emphasizes the importance of good digestion for overall well being. Different food can have varying effects on digestion. Some foods are believed to enhance digestion, while others may hinder it. Choosing the right food combination can help in optimizing the digestion. In Siddha, under toxicology, food and food interaction has been discussed by mentioning the combination of food items not to be consumed, their toxic effects and antidote for the same. Under this study, the reaction which will occur after consuming the food combinations the underlying pathology of the toxic symptoms and the Chemistry of the action of antidote will be enlightened.

**Keywords**: food-food interaction, toxicity, Siddha antidote, chemistry, dosage.

# TITLE: THE COMPARATIVE VIEW OF YUGIMUNI PENKURI NOOIGAL IN MODERN ASPECT

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#### **ABSTRACT:**

#### **BACKGROUND: SIDDHA GYNAECOLOGY**

Father of siddha pathology{nooinaadal} YUGIMUNIfounded female genital disorder {penkurinooigal}thousands years ago through his poetic lines,so only siddha is one of the ancient system of medicine.

#### **OBJECTIVES:**

Yugimuni has described about 20 types of female genital disorder in yugimunivaithiyasinthamanibook. Comparing each type of disease with modern aspect in an understanding way with yugimuni'spenkurinooigal. In this presentation the twenty types of disease are categorized into 3 sub categories

- Infective
- Inflammatory
- Psychologic

Each types of disease categorized according to their symptoms.

#### **CONCLUSION:**

As our siddhar's well clearly explained about the pathological conditions of the disease 1000 years ago ,so always siddha medicine of system should be praised.

### **KEYWORDS:**

Yugimunipenkurinooigal-female genital disease-comparision-modern view-twenty types-siddha medicine-yugimunivaithiyasinthamani.

#### Abstract

**ID:UG/P/302** 

# சித்த மருத்துவ பிள்ளைத்தமிழ்

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#### **ABSTRACT**

# BACKGROUND: [PAEDIATRICS]

Tamil literature(Pillai tamil) has explained the development of Milestones, growing of a baby by month wise and baby care, even before 1000 years ago through poets. SIDDHA MEDICINE has played a major role in it..

#### **OBJECTIVES:**

- Publishing the book named மருத்துவ பிள்ளைத்தமிழ்.
- Finding the hidden tamil literatures of baby care and exploring it to the world
- Explains the important of ancient games for baby care
- These Mile stones are explained in tamil literature through PILLAI TAMIL(KULLANTHAIPARUVANGAL).
- Under the topic of KULLANTHAIPARUVANGAL it has 20 types namely, Aan par Pillai tamil(10) and pennpar Pillai tamil(10)
- Comparing each PARUVANGAL with modern is the goal of the poster.
- Comparing it with gross motor, fine motor, language motor, social and adaptive motors, which includes for (eg. standing, walking, playing).
- Diseases for each paruvangal.

#### **CONCLUSION:**

- As, Tamilans they provided healthy development of baby by classifying through paruvangal.
- Siddha medicine played a major role in treating them.
- It is very proud to honour siddha medicine and tamil literature through habitual life style of tamilans.

### **KEYWORDS:**

Pillai tamil-Comparison of paruvnagal with modern -motor development-Diseases-Treatment-Honouring Siddha medicine and Tamil literature

# EFFECT OF SIDDHA HERBAL POULTICE ( PATTRU ) FOR THE TREATMENT OF WARTS ( MARU )

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#### **BACKGROUND:**

Warts are a type of cutaneous viral infection on the skin that causes raised, hard, skin tones lesions. They can occur as a single skin growth or in clusters and can affect any part of the body most commonly the face, hands and soles of your feet. Common warts medically termed as NULGARIS.

### **AIM & OBJECTIVE:**

The objective of the study is to treat warts through "Withania somnifera (Amukkara) and Glycyrrhiza glabra (athimadhuram) PATTRU" as per the Siddha literature "A complete manual on siddha external therapies".

#### **METHOD:**

The chooranam of Amukkara (Withania somnifera) and Athimathuram (Glycyrrhiza glabra) are grinded with lemon juice and applied externally with coconut oil to treat warts.

#### **RESULT:**

According to Siddha literary collection, Amukkara and Athimathuram Pattru has anti-viral, anti-inflammatory & anti-oxidant properties which is capable to treat warts.

### **CONCLUSION:**

I hereby conclude that Amukkara & Athimathuram Pattru tends to treat warts.

#### **KEY WORDS:**

Warts - Amukkara - Athimathuram - Pattru.

# DIET, EXERCISE AND MEDICINE FOR THE MANAGEMENT OF POLYCYSTIC OVARIAN SYNDROME

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#### **Abstract**

### **Background**

Polycystic ovary syndrome (PCOS) is a common endocrine condition in women associated with obesity, reproductive and metabolic abnormalities. PCOS can cause missed or irregular menstrual periods, excess hair growth, acne, infertility, and weight gain. Women with PCOS may be at higher risk for type 2 diabetes, high blood pressure, heart problems, and endometrial cancer. It affects the individual's physical, psychological state. Objective

In current situation there is a rising incidence of girls with PCOS and is necessity to bring a lifestyle modifications. Diet and exercise need to be altered to the individual's health. Calorie intake should be distributed between several meals per day with low intake from snacks and drinks. Daily food intake is scheduled with healthy items and those modify the symptoms in the individual. In addition , physical activities like yoga, exercise assist in best result . Use of medicines to either improve insulin sensitivity or to promote weight loss are also important measures, and are most likely to be beneficial when treating in combination with diet and exercise.

#### Methods

An exploratory research method that seeks a hypothesis on regulating PCOS with combinations of diet, exercises, medicines. This method of study helps to observe the changes and bring a result that facilities in further studies.

#### Results

The result on follow up shows weight loss, regulation of menstrual flow, hormonal balance, polycystic ovaries and mild changes in facial hair growth.

#### **Conclusion**

Combination of medications, diet, exercise can be suggested for a better treatment in PCOS.

#### **Kev Words**

Polycystic ovarian syndrome, lifestyle modifications, Diet, Physical activity, medicines.

#### "ESSENTIALS OF MENARCHE AND MENSTRUAL CYCLE"

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#### **Abstract**

## **Background**

Siddha medicine is one of the most ancient medical systems of India. Siddha is the mother medicine of ancient Tamils/Dravidians of peninsular South India. The word Siddha means established truth. The persons who were associated with establishing such a Siddha school of thought were known as Siddhars.. Lifestyle modifications including diet are important. Menstrual cycle and puberty are pivotal milestone in women's life characterised by Hormonal fluctuations and physical changes. Adequate nutrition plays vital role in mitigating discomfort and promote optimal growth.

# **Objective**

We've forgetten about the magical remedies that were used by our homes during Menarche. Our body goes through many physical and mental changes and modifications during menarche. It is important to overcome challenges like menstrual cramps, fatique, mood swings, bad odour, acne due to hormonal changes. So it is necessary to strengthen ourselves during menache and every menstrual cycles. That's why we've followed eating Black Urad dal kali, sesame oil which isemmenogogue, contains rich Vit D, naturally body coolant with loads of sesame oil added. Helps reducing hormonal imbalance, reducing joint pain. Given during puberty in girls as it strengthens back, hip. Domestic chicken eggs which contains high level of protein which is necessary for the growth. Curcuma longa which is applied on face and body which prevents bad odour and acne .Menstruating girl is kept away from home so that she rests peacefully.

#### Method

Exploratory method have been done to evaluate the results

### Result

Now a days people don't understand its importance and getting the risks of Certain mentrual problems like Dysmenorrhea, Amenorrhea, PCOD, Menorrhagia.

#### **Conclusion**

Our Ancestors prevented these diseases by following these techniques.

#### **Keywords**

Black urad dal Kali, Sesame oil, Domestic chicken Eggs, Curcuma longa, Dysmenorrhea, Amenorrhea, PCOD

#### FUMIGATION A BOON FOR SIDDHA SYSTEM

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#### **Abstract**

### **Background**

The siddha system of medicine is mainly categorized into two classes based on route of administration of the drugs which are 32 types of Aga marundhugal (Internal medicine) and 32 types of Pura marundhugal (external medicine). Fumigation (pugai) is one of the treatment given under the external medicine, it acts as an sterilizing agent. Fumes are prepared from herbs, minerals and animal by products. Fumigation therapy is more ever prophylactic in nature and it is highly effective for the management of different kinds of ailments.

## **Objective**

Fumigation is an effective treatment for chronic non healing ulcers skin diseases, fistula, anorectal diseases and skin diseases with easily available and effective drugs. Fumigation is a method by which medicines can be taken to the deeper organs by the process of respiration.

#### Methods

Applied method to evaluate the results

#### **Results**

The process during therapy clears the surface impurities from microbes protect the topical skin from toxins. It produce antiseptic, anti inflammatory, analgesic Activities and improves peripheral circulation.

### Conclusion

External therapies can be done in major measures with locally available resources and therefore is accessible as well as affordable to the society. This poster helps to review pugai towards the traditional external therapies of siddha literatures. The pe pecularity of this therapy is prevents the diseases and to promotes the health.

### **Key words**

Siddha medicine, external therapies, easily available drugs, fumigation or pugai.

#### ROLE OF MILLETS IN VARIOUS CANCER

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PRESENTATION TYPE: ORAL

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#### **BACKGROUND:**

As this year is announced as INTERNATIONAL YEAR OF MILLETS, to prove the importance of millets in preventing and controlling various cancer.

#### **OBJECTIVE:**

Role of millets in preventing and controlling various cancer.

#### **METHODS:**

By biochemical assays

# **RESULTS:**

Millets are one of the major underutilised crops are being with a nutri-cereal potential, Millets are highly nutritive, non acid forming, gluten free and has dietary properties. They are rich in carbohydrates, vitamins, essential fatty acids and minerals which helps to prevent from Diabetes, Cancer, Cardiovascular diseases and Coeliac diseases.

Millets contain cancer preventing agents and no gluten so called NUTRI GRAINS. Some of the millets with antiproliferative and anti-cancerous agents are given below:

FINGER MILLET- flavonoids, tannins

RED MILLET- anthocyanin

FOXTAIL, PEARL AND PROSO MILLET- phenolic acids

PEARL MILLET- phytonutrients

BRANYARD MILLET- luteolin, tricin

SORGHUM- phenol, flavonoids

#### **KEYWORDS:**

Millets, anti proliferative, anti cancerous, cancer

#### **Abstract**

ID:UG/P/308

#### SIDDHA EXTERNAL THERAPIES (PODI THIMIRTHAL)

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#### BACKGROUND

Siddha medicine is one of the earliest traditional medicinal system in the world. It a complete health care system not only by fulfilling the all healthy needs of humanity including prevention and therapy for all the aliments for both physical and mental health .

#### **ABSTRACT**

### **OBJECTIVE:**

Podithimirthalis defined as a method in which dry herbal powder applied all over the affected skin or all over the body then peeled out gently after sometime by rolling methods. This presentation aims to bring out the External therapy podithimirthal. Especially this podithimirthal external therapy is used to disease such as athithoolam (obesity), maandham (paediatrics), Naalapudaippu (varicose vein), etc.

#### **METHODS:**

This external therapy podithimirthal includes two types

- > Dry powder massage with camphor
- > Dry Powder massage withoutcamphorr

#### **CONCLUSION:**

So that the above mentioned puramaruthuvampodithimirthalis an external method of massage using dry powders.

### **KEY WORDS:**

External therapy – podithimirthal – obesity –2 methods.

#### ALTERNATIVES FOR VITAMIN SUPLIMENTS IN SIDDHA SYSTEM

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#### BACKGROUND:

Nutritional deficiency refers to a state of an individual whose diet lacks essential nutrients and vitamins so physician recommend to take the vitamin supplements like vitamin tablets in their diet. It may beneficial to an individual but it may cause some adverse effects. For example cardiovascular disease and renal dysfunction. Sometimes overdose of this supplements may cause mild stomach upset to severe liver problems. They may be helpful but it can't fulfill the place of balance diet. To compensate the lack of vitamins and minerals in their diet, there are some supplements in siddha system which are effective with minimal side effects. Medicines which are prepared by using plant based resources like ashwakantha,amla,brahmi,etc and mineral based resources like asplaltum punjabianum i.e.shilajit.This supplements in Siddha system not only compensating the lack of nutrients but also enhances the immune system regulating the metabolism and rejuvenate the body and provide healthy and prosperity for better life.

#### **OBJECTIVES:**

The primary objective of this abstract is to highlight the vitamin supplements and there uses in siddha system

METHOD: Literature review

#### RESULT:

The requirement of vitamins and minerals is achieved by siddha formulated medicine.

#### CONCLUSION:

The medicine formulations in siddha system not only compensating the lack of vitamins and minerals but also they used to resolve many kinds of acute and chronic diseases either vitamin toxification may also be cured in siddha system. So the formulations of siddha system are effective and safe.

#### KEY WORDS:

Ashwakantha - amla - brahmi - asplaltum punjabianum i.e.shilajit - essential nutrients

MODE OF PRESENTATION: POSTER

#### **ACKNOWLEDGEMENT**

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# EFFECT OF CONSUMPTION OF FINGER MILLET(EleusineCorsicana.L) ON MADHUMEGAM(HYPERGLYCEMIA -NON INSULIN DEPENDENT DIABETES MELLITUS).

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#### **Abstract**

#### **BACKGROUND:**

Diabetes mellitus is one of the most challenging threats to health today. It is an chronic metabolic disorder characterized by hyperglycemia, resulting from insufficient or inefficient insulin secretion, with alterations in carbohydrates, protein, lipid metabolism. It can be treated by diet regulation using finger millets (*Eleusine Corsicana.L*).

#### AIM:

The main objective of this study is to review about the effect of consumption of Finger millet(*EleusineCorsicana.L*) on hyperglycemia.

#### **METHODOLOGY:**

As per the Siddha literature, urinary disease is classified into 2 types ,they are neerinaiarukkalnoi (polyoliguria)and neerinaiperukkalnoi (polyuria). The disease madhumegam (Diabetes) is a dreadful affliction which categories under neerinaiperukklanoi (polyuria). Finger millet(*EleusineCorsicana.L*) in our diet resulted in significantly lower plasma glucose level ,meanpeak rise and area under curve which might have been due to the higher fiber content of Finger millet(*EleusineCorsicana.L*) compared to wheat and rice.

#### **RESULTS**:

The lower glycemic response of Finger millet (*EleusineCorsicana.L*)bases diets have been due to the presence of anti-nutritional factors in whole Finger millet(*EleusineCorsicana.L*) flour which are known to reduce starch digestibility and absorption.

### **CONCLUSION:**

The review concluded that the Finger millet( *EleusineCorsicana.L*) can be used to treat hyperglycemia (diabetes).

#### **KEY WORDS:**

Mathumegam, diabetes mellitus, finger millet, kelvaragu, siddha diet.

# THERAPEUTIC EFFECT OF ARATHAI KIZHI IN MANAGEMENT OF EPILEPSY - A LITERATURE REVIEW

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# **ABSTRACT** Background:

One of the earliest conventional systems of medicine is Siddha, which offers 32 different forms of aga maruthuvam (internal therapies) and 32 different types of pura maruthuvam (external therapies).kizhi or pottanam is a potential form of external therapy that is used to treat various kinds of ailments. Arathaikizhi is one of the examples of Mooligai kizhi. Drugs involved in Arathai kizhi have the following activities to treat many diseases Chitharathai (Alpiniaofficinarum), Elarisi (Elettariacardomomum), Vasambu (Acoruscalamus) Athimathuram (Glyczzhizaglabra), Parangipattai (Smilaxchina), Kollu(Macrotylomauniflorum), Manjal (curcumalonga), Sadamanjil (Nardostachysjatamansi), Valmilagu (Pipercubeba), Vendhayam (Trigonellafoenum-graecum), Naayuruvi (Achyranthenssapera), kunguma poo (Crocussativus), Thagarai (Cassiatora), chathipathiri (Myristicafragrans), kottam(Costusspeciosus), Thirikadugu(Zingiberofficinale(dry), Pipernigrum, Piperlongum), Vangalapacchai, Sirupunnalarisi, Nanganam, seemaikaruvaapatai. Agil the following drugs have Anti-epileptic, Anti-inflammatory, Antioxidant activities to treat Epilepsy.

# **Objective:**

The drugs involved in *Arathai kizhi* have many phytochemical activities that are used to treat many diseases.

# **Method:**

The literature evidence of *Arathai kizhi* is obtained from relevant textbook. The data were collected from relevant research papers and books.

#### **Result:**

The phytochemical activity of the raw materials of *Arathai kizhi* in external therapy is used to treat Epilepsy.

# EVALUATION OF ACORUS CALAMUS, A TRADITIONAL MEDICINE IN THE TREATMENT OF ADHD - A SCIENTIFIC STUDY USING ANIMAL MODEL.

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# **Background:**

An imbalance in the brain's dopamine and noradrenaline neurotransmitter levelcausesAttention Deficit Hyperactive Disorder. CNS stimulants, now used to treat ADHD symptoms. The side effects of contemporary drugs have been attempted to overcome bythetraditional medicine.

#### **Aim & Objectives:**

To investigate the antagonistic effect of 6-Hydroxy Dopamine HBr in neonatal rats and to discover a safe drug that can alleviate the CNS side effects of current medications.

#### **Methods:**

The neonatal rat pups were divided into five groups: the negative control group received 6-Hydroxy dopamine hydrobromide intra-cisternal route and standard (Methyl phenidate (p.o)), the test drug of low dose and high dose (ethanolic extract of *Acorus calamus* 200mg and 400mg (p.o))were givenalong with inducing agent. On days 7, 14, and 21, locomotor activity, skeletal muscle activity, and cognitive behaviour were measured and statistically analysed using GraphPad Prism software.

#### **Results:**

Thestudy reveals *Acours calamus* shows dose-dependent improvement in memory, reducing hyperactivity and skeletal muscle activity compared to the disease-induced model. The p-value <0.0001 was highly significant.

#### **Conclusion:**

Neonatal Dopamine deprivation causes behavioural abnormalities similar to those seen in ADHD patients, making it a promising model for researching ADHD and identifying potential therapeutic targets. *Acorus calamus* (400mg) shows significant improvement in reducing ADHD symptoms.

**Keywords**: Attention Deficit Hyperactive Disorder (ADHD), *Intracerebroventricular*, *Anxiety*, *Cognitive*, *Hyperactivity*.

# TRADITIONAL DRUG NOCHI (VITEX NEGUNDO) AS AN ANTI-MIGRAINE TREATMENT IN RAT MODEL.

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#### Abstract:

**Background:** Migraine is a neurological condition with common, chronic and multifactorial effects, characterized by severe attacks of persistent headache and dysfunction in the autonomic nervous system. The headache is unilateral, pulsating and aggravated by routine physical activity. Spontaneous over activity and abnormal amplification in pain and other, predominantly sensory, pathways in the brainstem, leads to migraine. In addition, migraine increases therisk of suffering from stroke or myocardial infarction.

**Objectives:** The present study was designed to evaluate the ethanolic extract of *Vitex negundo* (EEVN) for Anti-migraine and anti oxidant property in Nitroglycerine induced migraine in rats.

Methods: Animals were Pre treated with EEVN for period of 3 weeksdosedependently (200 and 400 mg/kg) then received nitroglycerin (10mg/kg, i.p) as inducing agent. The nociceptive behaviourand other behaviour were evaluated using different methods like exploratory behaviour, locomotor, tailflick test, formalin test, light/dark box test. Anti-oxidant enzymes and neurotransmitter levels were alsobeen estimated. The histopathological studies were performed on isolated cortex and hypothalamus section of rat brain.

**Results:** The EEVN treated group showed a significant alteration in nociceptive and otherbehaviour like grooming behaviour, locomotor, tail flick test, formalin test, light/dark box testwhen compare to negative control. There was an increase in super oxide dismutase, glutathione reductase, catalaseactivity and neurotransmitter serotonin (5-HT) in EEVN treated groups.

**Conclusion:** These findings suggest that EEVN exerts a protective effect against migraine and nociceptive pain. The antioxidant property of EEVN also helps to improve the antimigraine effect in which antioxidants act as neuroprotective.

**Key words:** Migraine, *Vitex negundo*, Nitroglycerine, Serotonin, Nociceptive, Neuroprotective.

# PHYTOCHEMICALS, AS A POTENTIAL INHIBITORFOR RECOMBINANT ENHANCED INTRACELLULAR SURVIVAL PROTEIN (REIS)FROM MYCOBACTERIUM TUBERCULOSIS (MTB) H37RV

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#### **Abstract:**

Eis (Enhanced intracellular survival) is a protein found in the bacterium *Mycobacterium tuberculosis* (Mtb) H37Rv, which is the causative agent of tuberculosis (TB) in humans. This protein is classified as an "enhanced intracellular survival" protein and has been shown to play a role in the ability of Mtb to persist and survive within host cells, thereby contributing to the chronic nature of TB infection. Phytochemicals are well known plant biomolecules with many biological functions. In the current study, we have expressed and purified the Recombinant EIS (rEIS) protein using Ni-NTA affinity chromatography column. Molecular docking studies between Eis and phytochemicals were done. Aminoglycoside acetyltransferase activity and acetylation inhibition activity of the rEIS protein with and without phytochemicals were analysed. It was observed that rEIS aminoglycoside acetyltransferase activity decreases with increasing concentration of Phytochemicals. It is concluded that plant phytochemicals may play an important as an inhibitor for EIS preventing the acetylation of the kanamycin.

**Keywords;** EIS, Mtb, Aminoglycoside acetyltransferase activity, Kanamycin, Phytochemicals

# A SURVEY ON USAGE OF MILLETS IN SKINCARE

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#### **ABSTRACT**

Millets are a group of small grained cereal crops and small seed grasses, which are widely used in African and Asian countries. Milletshave been used for human consumption as well as a fodder for animals for several centuries. They are majorly cultivated in the semiarid tropical regions of Africa and Asia, around 97% of world's overall millet production happens in these regions. They are considered to be an ancient crop, first cultivated in Asia more than 4,000 years ago. Millets have a vast potential to expand dietary diversity. However, our country's cultivation and consumption are witnessing a sharp decline, owing to demand and supply-side constraints. The per capita consumption of millets has fallen drastically from 32.9 kg to 4.2 kg from 1962 to 2010. A study was done with an aim to find out the most widely used millet in diet and to identify the compounds that are present in them which makes it widely used in their diet. An online survey was conducted to learn about consumer's knowledge, perception of millets. In this study about 80% of people with an age group between 21-23 have responded and 20% of people with age group between 32-48 have responded. The study results show that about 92% of people know about millets. Among them 54% of people use them as a part of their skincare and hair growth remedy. Only 25% of people use them often. About 15% of people use them in a powder form which is more effective. The most widely used millets for skincare is found to be littlemillet and **Foxtailmillet**. The compounds present in these millets are yet to be found.

# A STUDY TO ANALYSE THE COMPONENTS PRESENT IN MOST WIDELY USED MILLETS(RAGI AND THINAI) IN DIET.

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#### **ABSTRACT**

Millets are one of the most important cereal grains. One-third of the world's population consume millets. They have a significant role in the traditional diet of many regions throughout the world. They are drought resistant and grow in areas where the water level is limited, but they possess good nutritive value and are rich in phytochemicals. They play a vital role in the body's immune system and health enhancing effects also. Millets have been used in therapeutic diets in ayurveda since Samhita Kala. But in today's scenario the usage of millets in the daily diet is decreasing at an alarming rate. A study was done with an aim to find out the most widely used millet in people's diet and to identify the compounds that are present in them. An online survey was conducted to learn about consumer's knowledge, perception and consumption of millets. In this study about 80% of people with an age group between 21-23 have responded and 20% of people with an age group between 32-48 have responded. The study results show that about 93.2% of people know about Millets. Among them 81.4% of people use them as a part of their diet in that only 18.6% of people use them often in their diet. We have found that RAGI(Eleusine coracana) and **THINAI**(Setariaitalica) are the most widely used Millets. The components that are present in Ragi and Thinai are yet to be analysed.

# UNLEASHING THE POTENTIAL OF HERBAL NANOEMULSION AS AN ANTIMICROBIAL MOUTHWASH

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#### **Abstract**

In this study, an herbal nanoemulsion was developed by combining Triphala and Acacia arabica aqueous extracts to create a potent mouthwash for preventing dental caries. The antimicrobial activity of these herbal extracts against cariogenic microorganisms was assessed, demonstrating bactericidal efficacy against all biofilm-forming cariogenic microorganisms. The herbal nanoemulsion was formulated using a microfluidizer and its properties were characterized through dynamic light scattering, confirming particle sizes within the range of 100–300 nm. Various tests, including minimum inhibitory concentration assessment, adherence test, biofilm assay, and artificial mouth assay, were performed to evaluate the inhibitory effects of the nanoemulsion on Streptococcus mutans, Lactobacillus casei, Actinomyces viscosus, and their combination biofilms. In the artificial mouth assay, human tooth samples served as surfaces for biofilm growth, and the formulations were applied daily to assess their real-time efficiency. After a 10-day treatment with the herbal nanoemulsion, formulations containing plant extracts displayed DIAGNOdent pen values of 3.5 and 2, respectively, while the negative control value was 14.4, indicating the initiation of caries. The herbal nanoemulsion enriched with plant extracts demonstrated significant antiadherence and anti-biofilm activities, showcasing its potential as a potent anticariogenic mouthwash. These findings underscore the promising role of herbal nanoemulsion in combating dental caries and promoting overall oral health.

**Keywords**: nanoemulsion, microfluidizer, *Streptococcus mutans*, *Lactobacillus casei*, *Actinomyces viscosus*, DIAGNOdent pen

#### Abstract

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#### TRADITIONAL UTILISATION OF MEDICINAL PLANTS FOR PEDIATRIC CARE

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Siddha is a traditional and complementary system of healing that originated in South India. Medicinal plants which constitute a segment of the flora provide raw material for use in all the indigenous systems of medicine in India like, Siddha. Medicinal plants can be used when a child becomes sick after exposure to germs, or even on a daily basis to boost immunity. The bodies of children are quite sensitive, so they respond fast and well to herbs. This study mainly medicinal plants such as Akkirakaram (Anacyclus pyrethrum), Vashambu focuses on (Acoruscalamus), Jatikkai (Myristicafragrans), Kadukkai (Terminalia chebula), Masikkai (Quercusinfectoria), Vaividang(Embeliaribes) for pharmacognosy studies. The samples were taken in the form of powder, initially the organolpetic characters such as colour, texture, odour and taste were examined. The aqueous extract of samples were subjected to various qualitative and quantitative phytochemical tests such as phenols, flavonoid, alkaloid, steroid and terpenoid. The results show that by enumerating the disease or infections which is caused to the children can be cured by using on these natural herbs which can be easily procured at our homes and it boosts the immune system of the children and consists of various other benefits for the children in their later stages.

**Key words:** Siddha medicine, Immune boosting, Organoleptic,Phytochemical test, Pharmacognosy.

# COMPUTATIONAL MOLECULAR DOCKING OF MOON ASSOCIATED PLANT BUTEA MONOSPERMA (LAM.) TAUB WITH REFERENCE TO STRESS

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#### **Abstract**

Moon, the natural satellite is considered as Queen of all planets in Vedic cum medical astrology as it is correspond to the body part brain and govern human mind and emotions. According to the medical astrological concept, the people suffer from mood swing, mental and stress related diseases during their malefic periods. Butea monosperma (Lam.) Taub (Palash), a tree associated to Moon and also an important medicinal plant in traditional Indian medicine system is selected for the study to find out the correlation between the medicinal uses and diseases mentioned in medical astrology. Hence, a computational molecular docking study was carried out to screen the compounds involved in anti stress activity. Out of 181 phytochemicals, eight lead phytochemicals such as butrin, isobutrin, butein, butin, coreopsin, isoceropsin, monospermide, and isomonospermide were selected for insillico using Pyrx and Biovia discovery studio free software for validation. Docking analysis revealed that all the compounds have better binding scores (with the highest binding score of 8.6 kcal/mol) than the commercially sold standard drug diazepam (-7.2 kcal/mol). In addition, eight ligands were designed and found to have excellent docking with the PDB ID: 5YUA receptor enzyme through amino acid residues of GIN 1115, PRO 1114, ALA 1112, ASP 1080, ARG 1108, ARG 1117, ARG 1063, and SER 1077. such as butrin (-8.6 kcal/mol), butin (-8.00 kcal/mol), Isomonospermide (8.2 kcal/mol), coreopsin (-7.9 kcal/mol), Isoceropsin (7.8 kcal/mol), Monospermide (7.8 kcal/mol), Isobutrin (7.4 kcal/mol), and Butein (7.2 kcal/mol). The result shows validation of the medical astrological concept.

**Keywords**: Antistress, *Butea monosperma*, Diazepam, Medical Astrology, Molecular docking

# ANTI-DIABETIC ACTIVITY OF SIDDHA FORMULATION NILAVEMBU KUDINEER CHOORANAM

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### **ABSTRACT:**

Nilavembu Kudineer (NVK) is one of the well-known classical multi-herbal Siddha formulations useful in the prevention and control of many vector-borne diseases. It is used in siddha medicine to treat malarial fever and related symptoms, as stated in the "Siddha vaithiyathirattu" a Siddha manuscript. An investigation using the aqueous &ethanolic extract of Nilavembu Kudineer choornam (AENVKC)(EENVKC) indiabetes, jointpain, dizziness and other related symptoms. The project mainly aims to prepare nilavembu kudineer which is capable of treating diabetes, rich in various phytochemicals. It also involves providing scientifical evidence in proving the analysis. Kudineer chooranam consists of a coarse powder of **nine drugs** and is used for the preparation of decoction. The prepared drug is subjected to antidiabetic activity of pancreatic  $\alpha$ -amylase & $\alpha$ -glucosidase with acarbose, an amylase inhibitor, the positive control as well as qualitative and quantitative phytochemical screening. Both the ethanolic and aqueous extracts of Nilavembu Kudineer Chooranam were subjected to several phytochemical studies. Carbohydrates, flavonoids, phenols, tannins, saponins, terpenoids, fixed oils, gum and mucilages, and vitamin C are among the many polar secondary metabolites found in the medication. The in-vitro study revealed that the Siddha medicine exhibited an antidiabetic effect in the following sequence,  $\alpha$ -glucosidase triumphs over  $\alpha$ -amylase. The goal of this study was to give scientific validation of Siddha medications investigated for anti-diabetic efficacy, particularly against different enzymes:  $\alpha$ -amylase and  $\alpha$ -glucosidase. As a result of these investigations, the potential medicine "Nilavembu Kudineer chooranam" for the treatment of diabetes has been identified. Thus, Nilavembu Kudineer chooranam has been prepared and formulated to replace Acarbose.

#### **KEYWORDS:**

Nilavembu kudineer, phytochemicals, diabetes, lowering blood glucose level.



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