



## CHITRAMUTTI VARMA KANJI

(This formulation incorporates bioactive-rich herbs such as *Sida cordifolia* and *Cardiospermum halicacabum*, which contain alkaloids, flavonoids, and anti-inflammatory constituents that support neuromuscular and respiratory function. The decoction base enhances extraction of water-soluble phytochemicals, while ingredients like *Piper longum* and *Withania somnifera* contribute immunomodulatory and adaptogenic effects. Seeds from iand *Wrightia tinctoria* provide neuroactive and antioxidant compounds that may reduce fatigue and improve systemic resilience. The addition of rice and bamboo rice offers a carbohydrate matrix that supports energy restoration. Overall, the preparation delivers a nutrient–phytochemical blend that may alleviate respiratory symptoms, reduce nausea, and combat generalized tiredness.)

| Ingredients               | #   | Name of Ingredients                      | Botanical Name                   | Qty  |
|---------------------------|---|--|----------------------------------|------|
|                           | 1.  | Sittramutti (Country Mallow Whole plant) | <i>Sida cordifolia</i>           | 600g |
|                           | 2.  | Uzhinjai (Balloon Vine Whole plant)      | <i>Cardiospermum halicacabum</i> | 600g |
|                           | 3.  | Uzhuvayalisi (Parboiled Rice)            | <i>Oryza sativa</i>              | 60g  |
|                           | 4.  | Elarisi (Cardamom seeds)                 | <i>Eletarria Cardamomum</i>      | 60g  |
|                           | 5.  | Karbogarisi (Babchi seeds)               | <i>Psoralia cordifolia</i>       | 60g  |
|                           | 6.  | Vetpalai arisi (Pala Indigo seeds)       | <i>Wrightia tinctoria</i>        | 60g  |
|                           | 7.  | Thippiliarisi (Long pepper)              | <i>Piper longum</i>              | 60g  |
|                           | 8.  | Vaaluluvai (Celastrus seeds)             | <i>Celastrus paniculatus</i>     | 60g  |
|                           | 9.  | Moongilarisi (Bamboo rice)               | <i>Bambusa arundinacea</i>       | 60g  |
|                           | 10.   | Ashwagandha                              | <i>Withania somnifera</i>        | 60g  |
|                           | 11.   | Water                                    |                                  | Qs   |
| <b>Preparation Time</b>   | 90 minutes  |  |                                  |      |
| <b>Preparation Method</b> | Prepare decoction of Chitramutti & Mudakkaruthan. Boil the rest of ingredients in the prepared decoction until the consistency gets thicker. Transfer the porridge into a different container and serve it. |  |                                  |      |
| <b>Benefits</b>           | It helps in respiratory illnesses, vomiting and generalised tiredness.  |  |                                  |      |
| <b>Reference</b>          | Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.192, stanza 510.  |  |                                  |      |



## **CHITRAMUTTI VARMA KANJI**

1. Murugesu Mudaliar KS. Gunapadam Mooligai Vaguppu (Materia Medica). Chennai: Department of Indian Medicine and Homeopathy; 2013. p.446
2. Pathaarthu Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.192, stanza 510.
3. Galal A, Raman V, Khan I. *Sida cordifolia*, a traditional herb in modern perspective – a review. Curr Tradit Med. 2015;1:5–17. doi:10.2174/2215083801666141226215639.
4. Momin MA, Bellah SF, Rahman SM, Rahman AA, Murshid GM, Emran TB. Phytopharmacological evaluation of ethanol extract of *Sida cordifolia* L. roots. Asian Pac J Trop Biomed. 2014 Jan;4(1):18-24. doi: 10.1016/S2221-1691(14)60202-1. PMID: 24144125; PMCID: PMC3819490.