



WHO Second Global Summit on Traditional Medicine
National Institute of Siddha, Ministry of AYUSH, Govt. of India,
Tambaram Sanatorium, Chennai- 600045



**World Health
Organization**



WHO - Second Global Summit On Traditional Medicine

**SIDDHA DISCOVERY ZONE (RESEARCH PRODUCTS) &
SIDDHA (AYUSH) AAHAR - BOOKLET**

**National Institute of Siddha, Ministry of AYUSH,
Govt. of India,
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MINISTRY OF AYUSH:

The Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy) is an important government body in India, tasked with the promotion and development of traditional systems of medicine. Established in 2014, the Ministry's primary aim is to harness the potential of India's indigenous systems of medicine and wellness practices, ensuring their integration into the national healthcare system.

The Ministry oversees various alternative and traditional medicine systems, each of which has deep historical roots in Indian culture. These include Ayurveda, the ancient science of life that focuses on balancing the body's energies through natural remedies and lifestyle changes; Yoga, a holistic discipline combining physical postures, breathing techniques, and meditation to promote mental and physical health; Naturopathy, which emphasizes healing through natural elements like water, air, and earth; Unani, a system of medicine that originated in ancient Greece and later refined by Arab scholars; Siddha, a traditional medicine system practiced primarily in Tamil Nadu; and Homeopathy, based on the principle of treating patients with highly diluted substances.

One of the Ministry's key objectives is the promotion of these systems globally, encouraging their recognition as viable medical and wellness practices. It works on policy formulation, regulation, and the development of standards to ensure the quality and authenticity of AYUSH products, education, and services. The Ministry also facilitates research in these fields, encouraging scientific validation of traditional treatments and therapies to build credibility and integrate them into modern healthcare systems.

The Ministry runs several schemes and programs to enhance public awareness about AYUSH therapies. These initiatives include training programs, setting up AYUSH-based wellness centers, and offering incentives to integrate AYUSH in mainstream healthcare. Furthermore, the Ministry advocates for the inclusion of AYUSH in international healthcare discussions, recognizing their global appeal in promoting health, particularly through preventive and holistic approaches.

In addition to the promotion of traditional medicine, the Ministry of AYUSH plays a crucial role in policy-making and research development, aiming to create a robust ecosystem for traditional medicine while promoting its integration into national healthcare practices. Through collaborations with various national and international organizations, the Ministry strives to elevate the status of AYUSH practices in modern health regimes.

Overall, the Ministry of AYUSH serves as a bridge between ancient wisdom and modern healthcare, working to ensure that India's traditional healing systems continue to thrive and evolve for the benefit of both the country and the world.



SIDDHA SYSTEM OF MEDICINE:

The Siddha system is one of India's ancient medical traditions, providing preventive, promotive, curative, rejuvenative and rehabilitative healthcare through a scientific and holistic approach. The word *Siddha* originates from *Citti*, meaning attainment of perfection and enlightenment. It reflects the cultural heritage and intellectual legacy of the Indian subcontinent, particularly Southern India.

Siddha medicine rests on four major divisions: **Alchemy and Chemistry (Vaitam/Irasa Vaitam)**, **Treatment (Vaithiyam)**, **Yogic practices (Yogam)**, and **Wisdom (Gñanam)**. Its core philosophical basis is the doctrine of **Ninety-six principles (Tattuvam)** encompassing physical, physiological, psychological, and spiritual dimensions of human existence. Among these, the **five elements (Pancha Bootham)** form foundational building blocks of the body and cosmos. Human health is governed by **three vital life forces—Vatham, Pitham and Kabam**—which arise from combinations of these elements even during intrauterine development. Seven physical constituents comparable to tissues are described, with detailed physiological and pathological interpretations applied in clinical practice.

The Siddha system is believed to have evolved between **10,000–4,000 BCE**, rooted in Dravidian culture. Literary references appear in ancient Tamil works such as **Tolkāppiyam (1400 BCE)** and **Tirukkural (2nd century BCE)**, and philosophical ideas are reflected in texts like **Manimekalai (2nd century CE)** and **Saiva Siddhanta** literature. Historical evidence includes records of royal healthcare initiatives, inscriptions describing dispensaries, grants to physicians, and midwives during the Chola period.

Siddha knowledge evolved through highly conscious sages called **Siddhars**, whose yogic insight facilitated discovery and systematisation of medicinal plants, minerals, metals, animal products, drug processing, toxicity management and therapeutics. Their experiential wisdom, along with contributions from traditional practitioners, forms today's documented Siddha pharmaco-clinical corpus.

Modern Siddha medicine encompasses specialised disciplines including **pharmacology, toxicology, pathology, general medicine, obstetrics and gynaecology, paediatrics, surgery, dermatology, ENT, ophthalmology, psychiatry, varmam therapy, external applications, geriatrics, yoga and rejuvenation (Kayakarpam)**.

A strong institutional framework exists in India, comprising educational universities, research bodies, public and private hospitals, dispensaries and registered practitioners. At policy level, the **Ministry of AYUSH** and state AYUSH directorates regulate education, research and service delivery. Siddha healthcare reaches the community through an extensive treatment network integrated into national health systems.



NATIONAL INSTITUTE OF SIDDHA:

The **National Institute of Siddha (NIS), Chennai**, established on **03.09.2005**, is a premier Centre of Excellence for postgraduate education, research, and healthcare in the Siddha system. Located on a **14.78-acre eco-friendly campus** at Tambaram Sanatorium, it functions under a Central–State partnership and is affiliated to **The TN Dr. M.G.R. Medical University**, following **CCIM** norms. NIS focuses on integrating traditional Siddha knowledge with modern science and validating Siddha formulations through systematic research.

Aim & Objectives

- Promote the development of Siddha Medicine.
- Provide Siddha-based medical care.
- Offer postgraduate education and clinical training.
- Undertake and disseminate research.
- Function as a centre of excellence.

Vision

High-quality PG education and evidence-based Siddha healthcare.

Mission

Improve PG teaching standards, conduct research and validation, document healthcare outcomes, and disseminate scientific work.

Ayothidoss Pandithar Hospital (NABH Accredited)

A **200-bed teaching hospital** offering 365-day OPD/IPD services, clinical training for UG/PG/Ph.D scholars, and outreach services in semi-urban, rural, and tribal areas.

Objectives

Provide quality Siddha healthcare, strengthen clinical teaching, conduct and document clinical research, and promote Siddha treatments.

Vision

To make Siddha a preferred and accessible public healthcare system.

Mission

Deliver affordable, compassionate Siddha care and advance clinical excellence.

OPD Specialities

General Medicine, Pharmacology, Special Medicine, Varma, External Medicine, Yoga, Pediatrics, Pathology, Toxicology, Surgery & Dermatology, Obstetrics & Gynecology.

Therapeutic Procedures

Bone setting, Thokkanam, Leech therapy, Cauterization, Poulitice, Oil pooling, Enema, Varma, Yoga, Fomentation, Physiotherapy, Steam inhalation, Powder rubbing, Fumigation, Caustic thread, Antenatal care.

Laboratory & Imaging

Biochemistry, Pathology, Microbiology, Siddha diagnostics, ECG, Spirometry, Radiology, USG.

In-Patient Facilities

220 General + 12 Special beds.



DIETARY PRINCIPLES IN SIDDHA MEDICINE

Siddha medicine considers food the primary determinant of health and disease. Diet is viewed not only as nourishment but as a therapeutic tool for maintaining balance of the **three vital life forces—Vatham, Pitham and Kabam**. Ancient Tamil literature, including *Tirukkural*, emphasises regulated eating; one verse states that illness does not occur when food is taken only after prior digestion.

Food intake should match individual appetite, and eating in states of extreme hunger, anger or grief is discouraged. Mental states are influenced by the natural qualities of food. Siddha classifies food into three categories based on their effects: foods promoting noble and calm qualities (**Sattuvam**), energetic qualities (**Rajtam**), and inert qualities (**Tamasam**). Another classification links diet to life forces: foods that elevate **Vatham, Pitham**, or **Kabam**, guiding dietary choice in health and disease.

Healthy food habits receive detailed attention. Periodic fasting—once a month—is recommended to support digestion. Excess eating or frequent meals is believed to produce indigestion, loss of appetite and obesity. Drinking water during meals is discouraged because it reduces food intake and interferes with digestive efficiency.

A balanced meal should include grains, vegetables, fruits, pulses, fish and meat. Breakfast ideally consists of steamed foods and fruits. **Traditional rice varieties** have medicinal relevance: *Mani samba* is considered useful for diabetes, while *Siraga samba* and *Kudavazhi samba* are preferred for Vatham-related disorders. Various porridges are routinely prescribed during treatment and dietary regimens (*Pattiyam*).

Millets such as Italian millet, finger millet, pearl millet, kodo millet and little millet were historically staple foods with specific functions. Finger millet is used in combined Vatham-Pitham conditions and abdominal discomfort; pearl millet is traditionally believed to reduce internal heat; Italian millet is indicated in disorders of Kabam-Pitham and its porridge prescribed for dropsy. Among pulses, **split green gram** is valued as the most digestible and health-promoting.

Siddha also recognises the concept of **compatibility and incompatibility** of food combinations. Certain pairings are considered harmful—for example, milk and fish together—while others enhance therapeutic value, such as jackfruit with ghee or honey, and groundnut with palm jaggery. **Honey** is highlighted as a functional food and commonly used adjuvant in medication.



SIDDHA DISCOVERY ZONE (RESEARCH PRODUCTS)

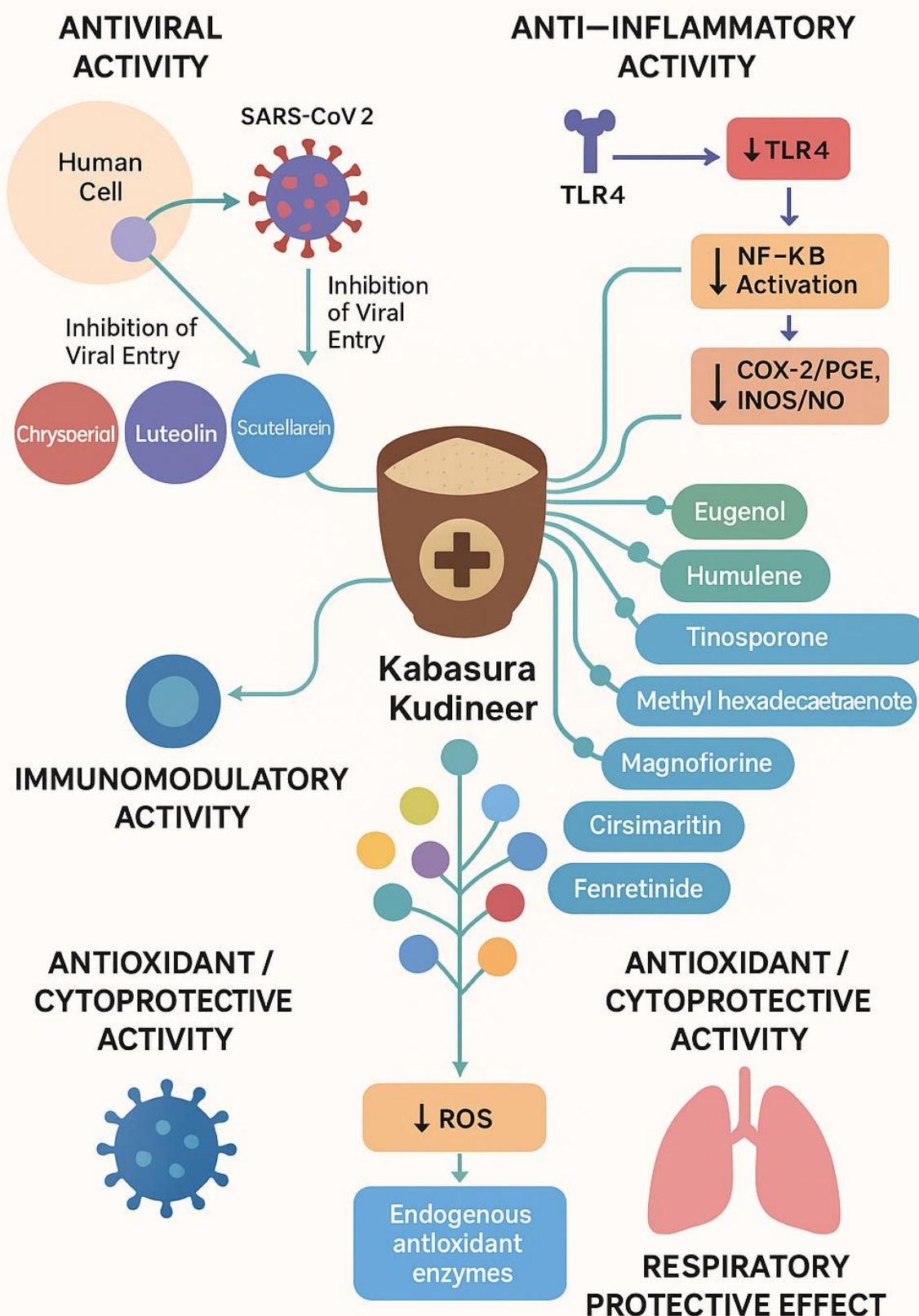
S. NO	PRODUCT	USES
1.	KABASURA KUDINEER	Promotes Clearer Breathing And Respiratory Comfort During Seasonal Challenges.
2.	RED ALOE JELLY	A Soothing Herbal Treat For Daily Gut Comfort & WOMEN WELLNESS
3.	MARUDHAM TEA	A Warming, Earthy Tea For Daily HEART WELLNESS



1. KABASURA KUDINEER

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Sukku (Dry Ginger)	<i>Zingiber officinale</i> Rosc.	Qs
	2	Thippili (Long Pepper)	<i>Piper longum</i> L.	Qs
	3	Kirambu (Clove)	<i>Syzygium aromaticum</i>	Qs
	4	Sirukanchori ver (Indian Stinging Nettle)	<i>Tragia involucrata</i> L.	Qs
	5	Akkarakaram (Pellitory Root)	<i>Anacyclus pyrethrum</i>	Qs
	6	Nilavembu (King of Bitters)	<i>Andrographis paniculata</i>	Qs
	7	Mulliver (Kokilaksha)	<i>Hygrophila auriculata</i>	Qs
	8	Kadukkai (Chebulic Myrobalan)	<i>Terminalia chebula</i> Retz.	Qs
	9	Aadathodai ilia (Malabar Nut)	<i>Justicia adhatoda</i> L.	Qs
	10	Karpooravalli (Indian Borage)	<i>Plectranthus amboinicus</i> (.)	Qs
	11	Kottam (Crepe Ginger)	<i>Costus speciosus</i>	Qs
	12	Seendhil (Guduchi)	<i>Tinospora cordifolia</i>	Qs
	13	Siruthekku (Bharangi)	<i>Clerodendrum serratum</i>	Qs
	14	Vatta thiruppi (Common Wireweed)	<i>Sida acuta</i> Burm. f.	Qs
	15	Koraikkizhangu (Nut Grass)	<i>Cyperus rotundus</i> L.	Qs
Preparation Time	20 minutes			
Preparation Method	Take 5 grams of Kaba sura Kudineer chooranam (powder) in 240 ml water, boil, reduce to 60 ml and filter. Kaba sura Kudineer has to be taken twice daily in the morning and evening.			
Benefits	Reduces inflammation, treats & prevents from viral illnesses.			
Reference	K.S.Murugesu mudaliar Gunapadam Mooligai vaguppu materia medica			

Kabasura Kudineer



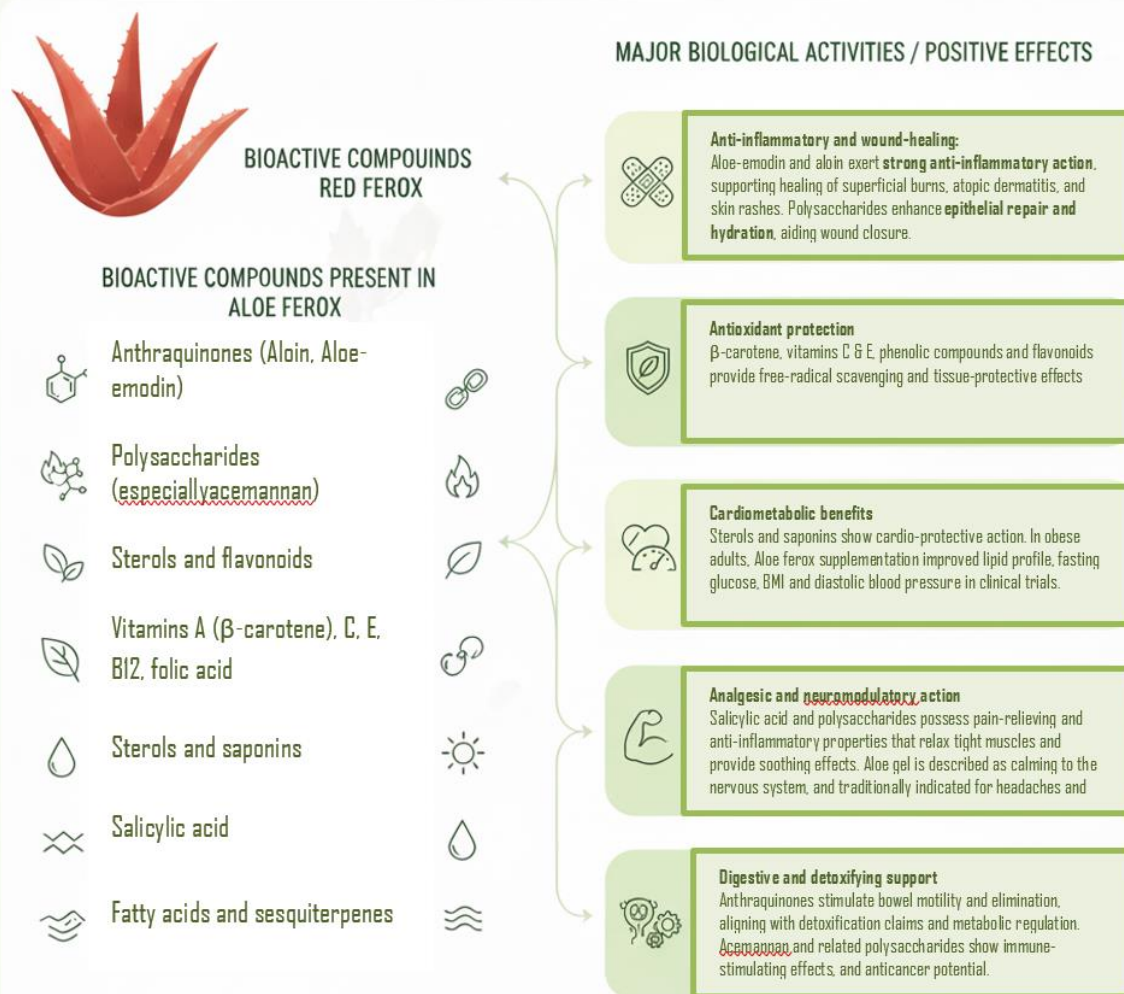
2. RED ALOE JELLY

(This formulation uses agar as a thermo-reversible gelling medium that stabilises polysaccharides and phenolic compounds naturally present in *Aloe ferox*. Gentle heating preserves aloe-derived acemannan and antioxidant molecules, which may support gastrointestinal motility, mucosal hydration, and cellular protection. Incorporation of the aloe gel into the agar–sugar matrix enhances uniform dispersion and improves shelf stability by reducing water activity. Controlled drying converts the gel into a chewable candy form while retaining bioactive components. Overall, the preparation provides a hydrating, fibre-rich confection with mild laxative and antioxidant potential.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Senkattralai (Red Aloe Gel)	<i>Aloe Ferox</i>	Qs
	2	Agar	<i>Gelidium amansii</i>	Qs
	3	Sarkkarai (Sugar)	<i>Saccharum officinarum</i>	Qs
Preparation Time	60 minutes			
Preparation Method	1. Dissolve agar in water by heating until fully melted, then add sugar and mix. 2. Warm filtered Red Aloe gel separately and add slowly into the agar–sugar solution with stirring. 3. Pour into moulds, allow to set, then refrigerate for firming. 4. Cut, dry at low heat to candy consistency, and store airtight.			
Benefits	Red aloe is claimed to help bowel movement in constipation, improve hydration, and provide antioxidants that may support general wellbeing and Gynaecological problems like dysmenorrhea.			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.150, stanza 395.			

RED ALOE / ALOE FEROX

BIOACTIVE COMPOUNDS AND POSITIVE EFFECTS



RED ALOE VERA



BIOLOGICALLY ACTIVE COMPOUNDS

Vitamin A (B-carotene), Vitamins C and E, B12, Folic Acid:
Antioxidants

Aloe-emodin, Aloin: Anti-inflammatory benefits

Saponins, Sterols: Cardio-protective effects

Salicylic Acid, Polysaccharides: Painkilling and
anti-inflammatory properties

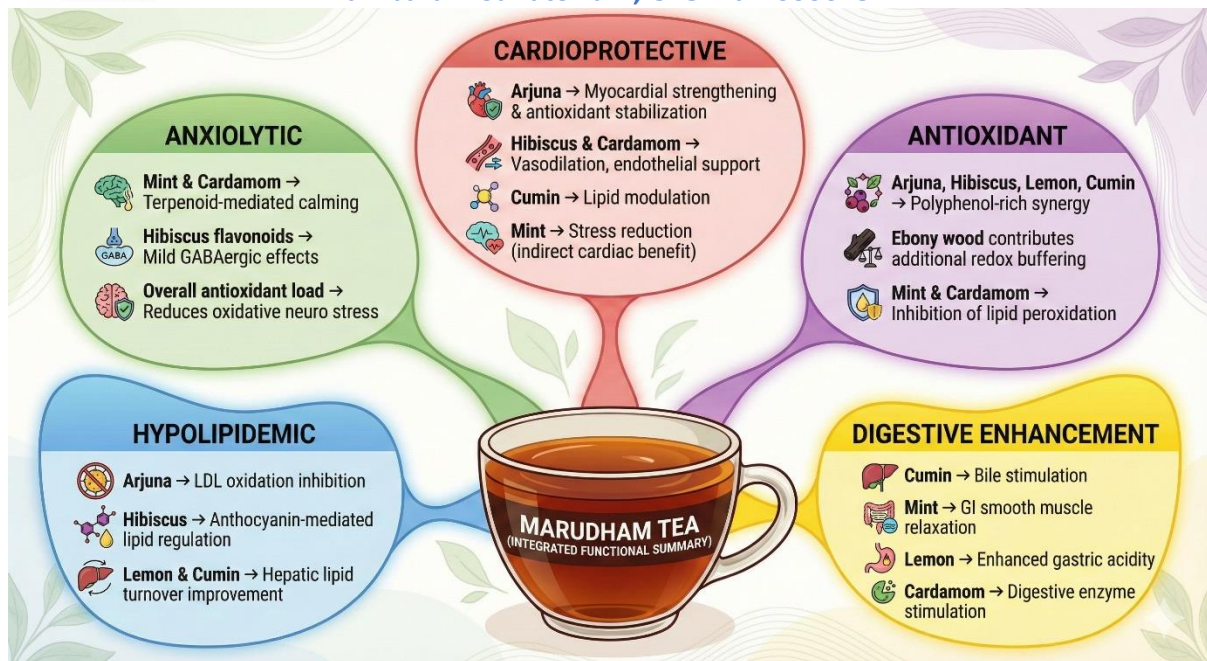
POTENTIAL EFFECTS

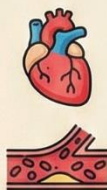
- Treatment for burns and skin conditions
- Soothes headaches and migraines
- Calms the nervous system
- Relaxes muscles
- Stimulates metabolism
- Removes toxins from the body

3. MARUDHAM TEA

(This herbal infusion combines polyphenol-rich *Terminalia arjuna* and *Diospyros ebenum*, which release tannins and antioxidant compounds into the decoction, contributing cardioprotective and free-radical–scavenging activity. Hibiscus adds anthocyanins and organic acids that support vascular tone and skin health, while lemon enhances vitamin C–mediated antioxidant stability. Mint, cardamom, and cumin provide essential oils with carminative, digestive-modulating, and cooling properties. The combined phytochemical profile yields a beverage that supports digestive comfort, hydration, and antioxidant-driven skin benefits, particularly suitable for warm climates.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Marutham pattai (Arjuna Bark)	<i>Terminalia arjuna</i>	Qs
	2	Karungaali pattai (Ebony wood)	<i>Diospyros ebenum</i>	Qs
	3	Sembaruthi poo (Hibiscus Flower)	<i>Hibiscus rosa-sinensis</i>	Qs
	4	Elumichai (Lemon)	<i>Citrus limon</i>	Qs
	5	Pudhina (Mint)	<i>Mentha spicata</i> or <i>Mentha arvensis</i>	Qs
	6	Elam (Cardamom)	<i>Elettaria cardamomum</i>	Qs
	7	Seeragam (Cumin)	<i>Cuminum cyminum</i>	Qs
Preparation Time	50 minutes			
Preparation Method	Boil marudham pattai and karungali till red decoction forms. Add hibiscus and lemon juice, then mint, honey, cardamom, and cumin. Boil and stir it well. Filter and serve it.			
Benefits	Good for skin, improves digestion, cooling in summer.			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.258, stanza 705.			





CARDIOPROTECTIVE

- Arjuna → myocardial strengthening & antioxidant stabilization
- Hibiscus & cardamom → vasodilation, endothelial support
- Cumin → lipid modulation
- Mint → stress reduction (indirect cardiac benefit)



ANTIOXIDANT

- Arjuna, hibiscus, lemon, cumin → polyphenol-rich synergy
- Ebony wood contributes additional redox buffering
- Mint & cardamom → inhibition of lipid peroxidation



DIGESTIVE ENHANCEMENT

- Cumin → bile stimulation
- Mint → GI smooth muscle relaxation
- Lemon → enhanced gastric acidity
- Cardamom → digestive enzyme stimulation



HYPOLIPIDEMIC

- Arjuna → LDL oxidation inhibition
- Hibiscus → anthocyanin-mediated lipid regulation
- Lemon & cumin → hepatic lipid turnover improvement



ANXIOLYTIC

- Mint & cardamom → terpenoid-mediated calming
- Hibiscus flavonoids → mild GABAergic effects
- Overall antioxidant load → reduces oxidative neuro stress



MARUDHAM
TEA



SIDDHA (AYUSH) AAHAR

S. NO	PRODUCT	USES
1.	SURAN SMALL BALLS	Packed With Natural Fibre For DIABETES AND POSTMENOPAUSAL WELLNESS
2.	MORINGA GARLIC POWDER	A Potent Herbal-Nutrient Duo For Metabolic Strength.
3.	PEPPER CANDY	Instant Herbal Freshness For Nasal And Throat Relief
4.	MILLETS & NUTS GULAB JAMUN	Nutrient-Rich Nuts Blended For Wholesome Indulgence
5.	RED POHA BISCUIT	Light, Crunchy, Fibre-Rich Biscuits for Gentle Digestion
6.	CHITRAMUTTI VARMA KANJI	Traditional Siddha-Inspired Porridge For MUSCULO SKELETAL WELLNESS
7.	GONKURA CANDY	FOR BETTER IRON ABSORPTION AND LIVER WELLNESS

1. SURAN SMALL BALLS

(This suran-based formulation provides a high-fibre, low-glycaemic matrix that supports better post-prandial glucose regulation. Pre-soaking in acidic and probiotic media reduces calcium oxalate content, improving gastrointestinal tolerance and safety. The inclusion of peanut and rice flours enhances the protein–carbohydrate balance, while spices such as cumin and fennel contribute carminative and digestive-modulating effects. The final product exhibits antioxidant and anti-inflammatory potential due to bioactive phytochemicals naturally present in *Amorphophallus paeoniifolius*.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Karubai kizhangu (Suran yam)	<i>Amorphophallus paeoniifolius</i>	1kg
	2	Arisi maavu (Rice flour)	<i>Oryza sativa</i>	½ kg
	3	Nilakkadalai maavu (Peanut flour)	<i>Arachis hypogea</i>	½ kg
	4	Sombu (Fennel)	<i>Foeniculum vulgare</i>	Qs
	5	Seeragam (Cumin)	<i>Cuminum cyminum</i>	Qs
	6	Milagao (Chilli)	<i>Capsicum frutescens</i>	Qs
	7	Malligai (Jasmine)	<i>Jasminum officinale</i>	Qs
Preparation Time	35 minutes			
Preparation Method	<p>Cut the yam into small pieces and soak it in curd and tamarind water for 20 or 30 minutes.</p> <p>Then it should be boiled in water and skinned.</p> <p>It should be ground to a fine paste with methi.</p> <p>Mix rice flour, and peanut flour with this pulpy tuber and mix salt, cumin, chili, and fennel mixture and knead it.</p> <p>Knead it well like chapati dough so that it does not stick to your hands. Roll into small balls and dry on a plate.</p> <p>Then pour enough oil in a pan to submerge the balls and put these balls in it and fry them in medium heat till they turn red.</p>			
Benefits	<p>Helpful in diabetes. Suran can also be beneficial for diabetic people.</p> <p>Anti-inflammatory and antioxidant effects.</p> <p>Relief from menopause symptoms</p>			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.172, stanza 452,453.			

2. MORINGA GARLIC POWDER

(This blend combines nutrient-dense moringa leaves with bioactive-rich garlic and tulsi, creating a preparation with antioxidant, antimicrobial, and immunomodulatory properties. Black pepper enhances digestive enzyme activity and may improve the bioavailability of certain phytochemicals. Roasting in ghee reduces moisture, stabilises volatile compounds, and improves shelf life while adding lipid-mediated nutrient absorption. Urad dal provides additional protein and texture, and asafoetida contributes carminative effects that support gastrointestinal comfort. Overall, the formulation offers a synergistic profile beneficial for digestion, respiratory health, and immune regulation.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Murungai ilai (Moringa leaves)	<i>Moringa oleifera</i>	Qs
	2	Thulasi ilai (Tulsi leaves)	<i>Ocimum tenuiflorum</i>	Qs
	3	Poondu (Garlic)	<i>Allium sativum</i>	Qs
	4	Milagu (Peppercorns)	<i>Piper nigrum</i>	Qs
	5	Ulundhu (Urad dal)	<i>Vigna mungo</i>	Qs
	6	Perungayam (Asafoetida powder)	<i>Ferula asafoetida</i>	Qs
Preparation Time	35 minutes			
Preparation Method	Roast ingredients in ghee, grind coarsely, mix together. Use with rice, idli, dosa.			
Benefits	Improves digestion, boosts immunity, supports respiratory health.			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.215, stanza 572.			

3. PEPPER CANDY

(This formulation combines *Piper longum*, *Anacyclus pyrethrum*, ginger, and peppermint—each contributing distinct bioactive compounds such as piperine, pellitorine, gingerols, and menthol, which exhibit analgesic, mucolytic, and anti-inflammatory properties. Boiling these botanicals in sugar syrup allows efficient extraction and dispersion of volatile and alkaloid constituents into a stable candy matrix. Piperine and gingerols support respiratory clearance and gastric motility, while menthol provides cooling, antitussive, and mild anesthetic effects. The synergistic profile of these phytochemicals may help alleviate headaches, dental discomfort, bronchial irritation, and functional dyspepsia.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Thippili (Long pepper)	Piper longum	300 gms
	2	Agrakaram	Anacyclus Pyretheum	100 grams
	3	Inji (Ginger)	Zingiber Officinale	50 grams
	4	Pudhina (Menthall)	Mentha Piperita	50 grams
Preparation Time	45 mins			
Preparation Method	Dissolve the sugar well in water add the above ingredients to the broth and boil the sugar with tears. It starts to burn well and finally, when the heat decreases a little, it is time to mix it and roll it into small balls.			
Benefits	<ul style="list-style-type: none"> ▲ Helps relieve chronic headaches and toothache. ▲ Helps in bronchitis and asthma. ▲ Good for stomach aches. 			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.370, stanza 936.			

4. MILLETS & NUTS GULAB JAMUN

(This millet-based preparation combines kodo and foxtail millets, both rich in dietary fibre, minerals, and slow-digesting carbohydrates, forming a nutritionally superior matrix compared to refined-flour sweets. The inclusion of almonds, cashews, and watermelon seeds enhances the lipid profile with unsaturated fatty acids, plant proteins, and micronutrients relevant to bone and immune function. Aloe extract and palm jaggery provide antioxidant and anti-inflammatory phytochemicals, while honey adds enzymatic components and natural humectant properties that stabilize the syrup. Frying followed by osmotic soaking ensures controlled moisture absorption and structural integrity of the final product. Overall, the formulation offers nutrient density with moderated glycaemic load relative to conventional gulab jamun.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Varagu (Kodo Millet)	<i>Paspalum scrobiculatum</i>	Qs
	2	Kuthiraivaali (Foxtail Millet)	<i>Setaria italica</i>	Qs
	3	Badham (Almond)	<i>Prunus dulcis</i>	Qs
	4	Munthiri (Cashew)	<i>Anacardium occidentale</i>	Qs
	5	Tharpoosani vidai (Watermelon Seeds)	<i>Citrullus lanatus</i>	Qs
	6	Katraalai saaru (Aloe Extract)	<i>Aloe Vera</i>	Qs
	7	Panai vellam (Palm Jaggery)	<i>Borassus flabellifer</i>	Qs
	8	Thaen (Honey)		Qs
Preparation Time	55 minutes			
Preparation Method	Make small dough balls from millet flour, stuff with dry fruit mixture, shape into balls. Fry in hot oil. Prepare syrup with aloe juice, palm jaggery, honey. Soak balls in syrup for 3–5 min, then store.			
Benefits	Good for bone health, improves immunity.			
Reference	Pathaarthana Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.328, stanza 813.			

5. RED POHA BISCUIT

(This preparation combines red poha and naturally pigmented millets, both rich in complex carbohydrates and dietary fibre, providing slow-release energy and improved glycaemic stability. Jaggery syrup contributes minerals such as iron and potassium, while offering a less refined carbohydrate matrix compared to white sugar. Raisins, dates, almonds, and peanuts supply polyphenols, healthy fats, and micronutrients that enhance antioxidant capacity and metabolic support. The layered structure increases nutrient density per serving, making it suitable for sustained energy needs. Overall, the formulation supports digestive function, micronutrient replenishment, and prolonged satiety.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Sigappu aval (Red poha)	<i>Oryza sativa</i>	Qs
	2	Millets – colored with natural flower extracts		Qs
	3	Vellappagu (Jaggery syrup)	<i>Saccharum officinarum</i>	Qs
	4	Thiratchai (Raisin)	<i>Vitis vinifera</i>	Qs
	5	Paeritchai (Dates)	<i>Phoenix dactylifera</i>	Qs
	6	Baadham (Almond)	<i>Prunus dulcis</i>	Qs
	7	Verkadalai (Peanut)	<i>Arachis hypogaea</i>	Qs
Preparation Time	40 minutes			
Preparation Method	Prepare red poha & millet mix. Make biscuit base using jaggery syrup. Place dry fruit mix between two biscuits, press firmly, sprinkle millet on top.			
Benefits	Supports digestion, provides sustained energy.			
Reference	Murugesu Mudaliar KS. Gunapadam Mooligai Vaguppu (Materia Medica). Chennai: Department of Indian Medicine and Homeopathy; 2013. p.519.			

6. 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.	Uzhuvayarisi (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
Preparation Time	90 minutes			
Preparation Method	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.			
Benefits	It helps in respiratory illnesses, vomiting and generalised tiredness.			
Reference	Pathaartha Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.192, stanza 510.			

7. GONKURA CANDY

(This preparation uses agar-agar as a plant-derived gel matrix that efficiently traps organic acids, minerals, and volatile compounds from tamarind and lemon peel. Tamarind contributes tartaric acid and polyphenols with antioxidant and mild hepatoprotective activity, while citrus peel provides flavonoids and limonene with antimicrobial and digestive-supportive effects. The controlled heating and congealing process stabilize these phytochemicals within a low-moisture candy structure. Palm sugar adds trace minerals and a lower glycaemic impact compared with refined sugar. Overall, the formulation offers a nutrient-acidic blend with antioxidant potential, digestive support, and mild hepatic protective benefits.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Agar Agar	<i>Gelidium amansii</i>	1kg
	2	Puli (Tamarind juice)	<i>Tamarindus indica</i>	200ml
	3	Sarkkarai (Sugar)	<i>Saccharum officinarum</i>	½ kg
	4	Elumichai thol (Grated lemon peel)	<i>Citrus Limon</i>	Qs
	5	Panaivellam (Palm sugar)	<i>Borassus flabellifer</i>	100gm
Preparation Time	40 minutes			
Preparation Method	<ul style="list-style-type: none"> ✦ Break the agar agar sticks mix half a liter of water and 200 ml of tamarind juice and let it boil. ✦ Then dissolve one kilogram of sugar in that water and sprinkle lemon peel on it. ✦ After the agar agar has dissolved well, spread the mixture in a large tray until it congeals. ✦ Then cut it into small pieces with a knife sprinkle palm kernel on it and press it. 			
Benefits	<p>Gongura/ Sorrel leaves are rich in carbohydrates, fiber, and protein which can increase energy levels and can be included in a balanced diet.</p> <p>Vitamins present can boost the immune system and maintain healthy bowel movements.</p> <p>The antioxidants help prevent infection and remove free radicals.</p> <p>Gongura has hepatoprotective capabilities that prevent liver damage by purifying the blood, improving its circulation, and increasing cell count.</p>			
Reference	Pathaartha Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.296, stanza 722			

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