



Single herb therapy in the management of Diarrhoea in Siddha Perspective—A Review

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ABSTRACT

According to WHO, Diarrhoea is defined as the passage of 3 or more loose or liquid stools per day or more frequently than in normal for the individual. Diarrheal disease is the second leading cause of death in children under five years old. It is both preventable and treatable. Each year diarrhoea kills around 52500 children under five. Globally there are nearly 1.7 billion cases of childhood diarrheal disease every year. *Siddhasystem* focusses on treating this disease by nature gifted herbal preparations, Herbo-mineral combination drugs, Metallic preparations based on intensity and duration of the disease. This review paper is a collection work of easily available herbal preparations in the management of diarrhoea from classical siddha literatures. Herbal single drug therapies (*Yega Mooligai prayogam*) for the management of diarrhoea are better discussed along with their common action, Parts used, Taste, and Potency, How they alleviate *Thoda kutram* (humoral derangement) of the illness.

Keywords:

Diarrhoea, *Kazichal*, *Yega mooligai prayogam*, Single herb therapy

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CODEN : IJRPHR

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To access this article online

Website : <http://www.ijrphr.com/>

DOI : 10.121/ijrphr/02.0203.348

Quick response code



How to cite this article:

MohanaPrabha G, Suguna M, Aruljothi P, Dhineshraman G, Sundararajan S, *Single herb therapy in the management of Diarrhoea in Siddha Perspective—A Review*, International Journal of Reverse Pharmacology and Health Research, 2019, 2(3), 10-15.

Received: April, 2019.

Accepted: June, 2019.

INTRODUCTION

The land of Tamilnadu is known to be the land of *Siddhars* and their Divine Medicalsystem, *Siddhamedical* system dealt with crucial and fundamental human problems, the prevention of disease, the extension of lifespan, the prediction of catastrophic changes in the environment, above all spiritual advancement of humanity, the system believes that the human body is replica of universe, the disturbance in the equilibrium of the three humors causes the disease.

According to *siddha* system Healing is always about sensing the nature of a person and not just calculating the symptoms of the body, The sages illustrated their messages using legendary characters and composed verses in a cryptic and symbolic language. They also have revealed remedies for present day problems, related to personality disorders, stress, incurable diseases etc. diarrhoea is one of the most common health complaints.

According to WHO, Diarrhoea is defined as the passage of 3 or more loose or liquid stools per day or more frequently than in normal for the individual. It is usually a symptom of gastrointestinal infection, which can be caused by a variety of bacterial, viral and parasitic organisms. Infection is spread through contaminated food person to person as a result of poor hygiene, severe diarrhoea leads to fluid loss and may be life threatening, particularly in young children and people who are malnourished or have impaired immunity.

Diarrheal disease is the second leading cause of death in children under five years old. It is both preventable and treatable. Each year diarrhoea kills around 52500 children under five. Globally there are nearly 1.7 billion cases of childhood diarrheal disease every year. Diarrhoea is a leading cause of malnutrition children under five years old.

DIARRHOEA – SIDDHA PERSPECTIVE

According to siddha system diarrhoea may correlate with *Perunkazhichal noi*, has been classified into 8 types.

Other types of *kazhichal*:

- *Ninakazhichal* – 11 subtypes
- *Seethakazhichal*(*mucous diarrhoea*)
- *kazhichal* in paediatrics – 3 subtypes
- Siddhars speaks numerous remedies solving these types of human problems. The medicinal knowledge remains unsurpassed in the entire world. Plant based remedies have been used with various degree of success for the management of Diarrhoea.

Methods of using herbs in the management of diarrhoea:

- *Pupalia orbiculata*- Leaves and barks are grinded with water and can be given to stop diarrhoea.
- *Salacia reticulata*- Bark decoction checks diarrhoea.
- *Cicer arietinum*- 5 to 10ml of Kadalai Pullipu can be given internally with water.
- *Rhus succedena*- 280 -650mg of seed powder can be given.
- *Jatropha curcas*- Root bark along with asafoetida powder with butter milk to stop diarrhoea.
- *Celosia argentea*- Flower decoction or seed powder with milk is used to stop diarrhoea.
- *Oxalis corniculata*- 15to 30ml of leaf extract can be given.
- *Hollarhena antidysentrica* – 15-30ml of bark decoction trice a day
- *Boswellia serrata* -130mg to 1300mg of resin powder can be prescribed.
- *Tephrosia purpurea*- bark decoction stops diarrhoea.
- *Cedrus deodara*- bark decoction stops diarrhoea.
- *Spermaceoce hispida*- 2 to 4gms of seed legium twice a day.
- *Syzygium cumini*-Root extract or bark decoction can be used to arrest diarrhoea.
- *Gmelina asiatica* – Root powder grinded with water and can be given internally to arrest diarrhoea.

Most of the herbs used in the treatment of Diarrhoea has the

- Taste- Astringent
- *Vibagam (Thanmai)* - *Seetham* (Cold)
- *Veeriyam* (Potency) - Pungent, Sweet

Table- 4. Herbs used in the treatment of kuruthi kazhichal (dysentric diarrhoea)

TAMIL NAME	BOTANICAL NAME	ENGLISH NAME	FAMILY
<i>Perichu</i>	<i>Phonex dactylifera</i>	Date palm	Arecaceae
<i>Kasakasa</i>	<i>Papaver somniferum</i>	Opium poppy	Papaveraceae
<i>Karunkaali</i>	<i>Acacia catechu</i>	Black catachu	
<i>Kaatathi poo</i>	<i>Woodfordia fruticosa</i>	Fire-flame bush	Lythraceae
<i>Kattu karuvappattai</i>	<i>Cinnamomum iners</i>	Bark wild cinnamonom	Laraceae
<i>Kaanam vazhai</i>	<i>Commelina benghalensis</i>	Blue spider wort	Commelinaaceae
<i>Paarchori</i>	<i>Ruellia secunda</i>	—	—
<i>Keerai thandu</i>	<i>Amaranthus gangeticus</i>	Tota kura	Amaranthaceae
<i>Keezhkainelli</i>	<i>Phyllanthus amarus</i>	Indian phyllanthus	—
<i>Neitharkizhangu</i>	<i>Nymphaea pubescens</i>	White water lily	Nymphaeaceae

Table 1. Single herbs in the management of *kazhichal*:

TAMIL NAME	BOTANICAL NAME	ENGLISH NAME	FAMILY
<i>Adaiotti</i>	<i>Pupalia orbiculata</i>	Forest burr	Amaranthaceae
<i>Kadazhalinjal</i>	<i>Salacia reticulata</i>	Salaretin	Celastraceae
<i>Kadalai</i>	<i>Cicer arietinum</i>	Bengal gram	Fabaceae
<i>Karkadagasingi</i>	<i>Rhus succedanea</i>	Gall	Anacardiaceae
<i>Kaatamanakku</i>	<i>Jatropha curcas</i>	Nuting of purging	Euphorbiaceae
<i>Pannaikirai</i>	<i>Celosia argentea</i>	Cock's comb greens	Amaranthaceae
<i>Pulliyarai</i>	<i>Oxalis corniculata</i>	Indian sorrel	Oxalidaceae
<i>Kudasapalai</i>	<i>Hollarrhena antidysentrica</i>	Kurchi	Apocynaceae
<i>Kunthirikam</i>	<i>Boswellia serrata</i>	Indian frankincense	Burseraceae
<i>Kollu kaivelai</i>	<i>Tephrosia purpurea</i>	Purple tephrosia	Fabaceae
<i>Devatharu</i>	<i>Cedrus deodara</i>	Himalayan cedar	Pinaceae
<i>Nathaisoori</i>	<i>Spermacoce hispida</i>	Shaggy button weed	Rubiaceae
<i>Naaval</i>	<i>Syzygium cumini</i>	Jambul	Myrtaceae
<i>Nilakumizh</i>	<i>Gmelina asiatica</i>	Asian bushbeech	Laminaceae

Table 2. Actions of the herbs used in the treatment of diarrhoea:

HERBS	PARTS USED	POTHU SEIGAI(ACTION)
<i>Adaiotti</i>	Leaves, fruit	Astringent, Demulcent
<i>Kadazhalinjal</i>	Bark	Astringent, Demulcent
<i>Kadalai</i>	Whole plant	Astringent
<i>Karkadagasingi</i>	—	Astringent, Tonic, Nutritive, Digestive, Expectorant, Stimulant, Cholagogue
<i>Kaatamanakku</i>	Root bark	—
<i>Pannaikirai</i>	Flower	Astringent, Demulcent
<i>Pulliyarai</i>	Leaves	Astringent, Refrigerant, Stomachic
<i>Kudasapalai</i>	Bark	Stomachic, Febrifuge, Anthelmintic
<i>Kunthirikam</i>	Resin	Astringent, Refrigerant, Stomachic, Diaphoretic Diuretic, Emmenagogue, Expectorant
<i>Kollu kaivelai</i>	Bark	Nutritive
<i>Devatharu</i>	Bark	Astringent, Refrigerant
<i>Nathaisoori</i>	Seeds	Cooling, Demulcent
<i>Naaval</i>	Bark	Astringent
<i>Nilakumizh</i>	Leaves, bark	Alterative, Demulcent, Aromatic

Herbs used in the treatment of Diarrhoea



Gmelina asiatica



Salacia reticulata



Cicer arietinum



Rhus succedena



Jatropha curcas



Oxalis corniculata



Holarrhena antidysentrica



Boswellia serrata



Tephrosia purpurea



Cedrus deodara



Spermacoce hispida



Syzygium cumini

Table. 5: Herbs used in the treatment of *Seetha kazhichal* (Mucous Diarrhoea):

TAMIL NAME	BOTANICAL NAME	ENGLISH NAME	FAMILY
<i>Athi</i>	<i>Ficus racemosa</i>	Country fig	Moraceae
<i>Anthara thamarai</i>	<i>Pistia stratiotes</i>	Water -lettuce	Araceae
<i>Avarai</i>	<i>Lablab purpureus</i>	Indian butter bean	Fabaceae
<i>Aagasakarudan</i>	<i>Corallocarpus epigaeus</i>	Bryoms	Cucurbitaceae
<i>Aalivithai</i>	<i>Lepidium sativum</i>	Garden cress	Brassicaceae
<i>Isappucol</i>	<i>Plantago ovate</i>	Seeds of spongel	Plantaginaceae
<i>Ilavanga pattai</i>	<i>Cinnamomum verum</i>	Bark of cinnamom	Lauraceae
<i>Mul illavu</i>	<i>Bombex malabaricum</i>	Red silk cotton tree	malvaceae
<i>Uruthirasattai</i>	<i>Ocimum basilicum</i>	Sweet basil	Lamiaceae
<i>Thettran</i>	<i>Strychnos potatorum</i>	Clearing nut tree	Loganiaceae

Table- 6. Herbs used in the Treatment of *Seriya kazhichal* (Diarrhoea due to Indigestion)

TAMIL NAME	BOTANICAL NAME	ENGLISH NAME	FAMILY
<i>Azhinjil</i>	<i>Alangium salifolium</i>	Sage leaced alangium	Coranaceae
<i>Inji</i>	<i>Zingiber officinale</i>	Green ginger fresh	Zingiberaceae
<i>Usilamaram</i>	<i>Albizia odoratissima</i>	Black siris	Fabaceae
<i>Utthamani</i>	<i>Pergularia daemia</i>	Dog's bane white low	Asclepidaceae
<i>Ommam</i>	<i>Carum copticum</i>	Bishops weed	Apiaceae
<i>Kadarpaasi</i>	<i>Gracilaria lichenoides</i>	Ceylon moss	Gracilariaceae
<i>Kaththa kambu</i>	<i>Uncaria gambir</i>	Gambier	Rubiaceae
<i>Kamugu</i>	<i>Areca catechu</i>	Betal nut palm	Arecaceae
<i>Kaattu vagai</i>	<i>Albizzia campestris</i>	Sirissa tree	Fabaceae
<i>Kaalan</i>	<i>Agaricus campestris</i>	White agaric	Agaricaceae

DISCUSSION

In *siddha* system *perunkazhichal noi* mostly caused by derangement of *vatham* (*abanan* and *uthanan*) which leads to indigestion, abdominal flatulence and acceleration of bowel movements. Most of the herbs used to treat diarrheal disease has astringent taste and impact on regulating *vatha* and *kaba* humors, which support to recast bowel movements and reduce other symptoms. In other types of *kazhichal pitha* humor also gets deranged leading to derangement of 7 *udal thathukkal*.

CONCLUSION

Siddha medicine deals with several herbs for treating acute and chronic infections. In this review Single herbal drug therapies for the management of diarrhoea were elaborately discussed. These information will be useful in therapeutic approach of diarrhoea.

ACKNOWLEDGEMENT

Our sincere thanks to Head of the department, Faculties of Noi- Naadal department for their immense support and encouragement. We extend our thanks to Dr. K. Hina Firdouse, Dr. S. Kavitha of Government Siddha Medical College and Hospital, Palayamkottai.

FINANCIAL SUPPORTS

Nil

CONFLICTS OF INTEREST

None declared.

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