



## A review on herbals having hypnotic activity in Siddha medicine

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### ABSTRACT

Nowadays, World population evolution towards herbal remedies for inducing sleep. Siddha medical system is one of the most famous Indian system of medicine. It is helpful in treating the diseases by using herbs, metals, minerals and animal product.

At present sleep and sleep disorders became a global problem due to lifestyle modification. It is responsible for many kinds of physical, mental and social demelition. Hence it seeks to locate the cause of the sleep issues and address them with natural siddha healing practices.

### Keywords

Hypnotic herbals, Siddha medicine

### INTRODUCTION

Herbal medicine is being used largely about decades for inducing sleep. Plants are the only economic source of a number of well established and important drugs. Siddha formulations are presented in the books of gunavagadam (Siddha Pharmacology) quoted by Siddhars. Various siddha formulations are offered for inducing sleep. Siddha pharmacology to prove the efficacy of the siddha drugs for various chronic, non-communicable diseases.

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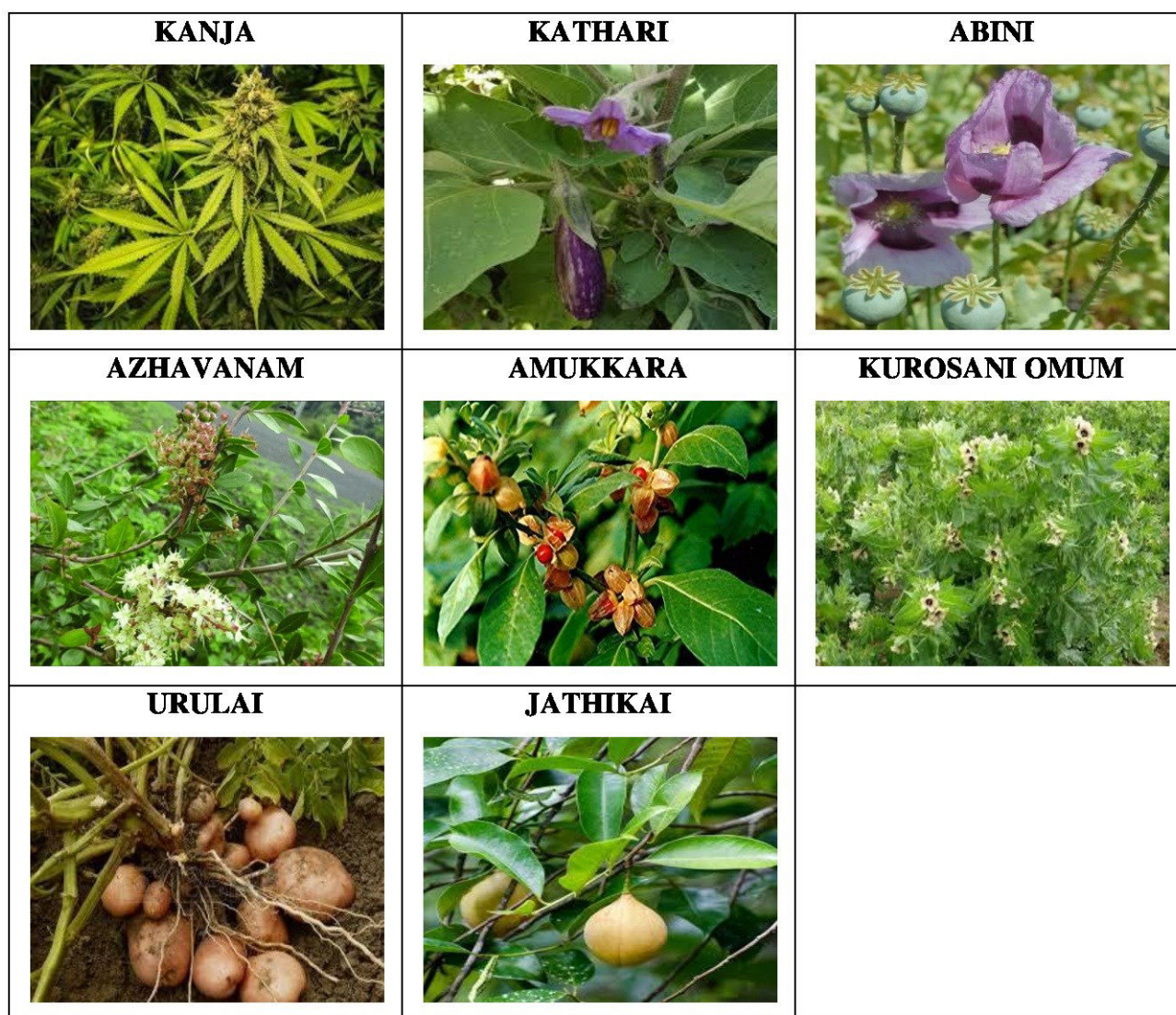
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Table 1. List of medicinal plants having Hypnotic actions

Tamil Name	Botanical Name	Family	Chemical Constituents
Ganja	Cannabis sativa	Cannabaceae	Tetrahydro cannabinol, cannabidiol, tetracannabinarin
Kathari	Solanum melongena	Solanaceae	Anthocyanis, Polyphenols, Chlorogenic acid
Abini	Papaver somniferum	Papaveraceae	Morphine, Codeine, Sanguinarine, Essential oil, Flavanoid
Azhavanam	Lawsonia intermis	Lythraceae	hydrodistilled oil, n –hexane
Amukkara	Withania somnifera	Solanaceae	Lactoneins, saponins
Kurosani Omum	Hyoscyamus niger	Solanaceae	Lignanamides, Non alkaloid components
Urulai	Solanum tuberosum	Solanaceae	Potassium, Vitamin C, Fiber
Jathikai	Myristica fragrans	myristicaceae	Eugenol, methylisoeugenol, Sabinene, Terpinen

Figure 1. List of medicinal plants having Hypnotic ac-



A well modulated sleep pattern surely brings delight and longevity to the person. In the present scenario 20 – 30% of World's population is suffering from insomnia which is a key contributor to complaints like obesity, diabetes and heart disease patient suffering from chronic insomnia usually have reduced mental capacity, Low mood and impaired performance that have implications for their family and surround also. They also have a higher rate of accidents, suicide, depression, anxiety and disorders of the immune system. Thus it seeks to locate the cause of the sleep issues and address them with natural siddha healing practices

#### USES:

Ganja – If we takes in higher dose along with Abin it produce sleep.

Kathari – The root of this plant increases sleep in person who have sleep distrubances

Abini - Purified abini is taken with water and use as amanobanaa. Its salt is used as Morphin which is used to produce sleep.

Azhavanam – The raw leaves are used to induce sleep when it kept under the pillow at night

Amukkara – The powder form of the plant root induce sleep when it gives along with milk at bed time

Kurosanni Omum – It induces sleep in insomniace person.

Urulai - The leaf juice is used to induce sleep for the person who are suffering from chronic cough.

Jathikai - It increases sleep in insomnia patients

#### CONCLUSION

This review on the herbals, which described as hypnotic drugs in siddha system will help to induce sleep. The data collected will also leads to discover the new drugs from the traditional medicine and integrate them into clinical practices.

#### CONFLICT OF INTEREST

None declared

#### SOURCE OF FUNDING

Nil

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