

A LITERATURE REVIEW ON SAMUTHRA PAZHA NEI IN SIDDHA MEDICINE FOR MAXILLARY SINUSITIS (NEER PEENISAM)

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ABSTRACT

Sinusitis refers to an inflammatory condition involving the four paired structures surrounding the nasal cavities. The maxillary sinus most commonly involved, followed in frequency by the ethmoid, frontal and sphenoid sinuses. Sinusitis affects a tremendous proportion of the population, accounts for millions of visits to primary care of physicians each year. Now a days world population evolution towards herbal remedies for complete healing of such tragic ailments. samuthra pasha nei purifies blood and prevents any infection happening in the body. It helps in expelling out the mucus from the body and hence it keeps the respiratory tract clean. It is helpful relieving from fever. It is a general health tonic and hence is very effective in avoiding general health

weakness. Many herbs are used for their anti inflammatory & anti oxidant property in treating sinusitis. Siddha system has better remedies for the treatment and management of sinusitis.

KEYWORDS: Maxillary Sinusitis, Siddha System, Samuthra Pazha Nei, anti-Inflammatory, Neer Peenisam.

INTRODUCTION

Siddhars classified the diseases into 4448 types. Among them the diseases of nasal origin are 86, one such disease is peenisam and NEER PEENISAM is one among 9 classification. The signs and symptoms of neerpeenisam is mentioned in Yougi vaithya chinthamani such as headache, lacrimation, Nasal block, Nasal itching, ear discharge, running nose, cough with

expectoration, absence of taste, may be correlated with MAXILLARY SINUSITIS in bio medicine.

Peenisam is otherwise known as Mookadaippu or Neerkovai as per Siddha Literature. Intake of cold water, exposure to chillness, inhalation of smoke, harmful and offensive gases, insomnia, speaking in loud voice, using contaminated water for bath, suppression of 14 natural urges (particularly vomiting & tears) Improper yoga practise which increases the body heat are the triggering factors to cause this disease.

Sinusitis is an infection of paranasal sinuses that often complicates upper respiratory tract infection. As per modern science symptoms are pain present in the face, thick purulent nasal discharge, fever, tooth ache, sneezing and halitosis.

SAMUTHRA PAZHA NEI is a siddha sastric drug, Which is mentioned in Aathi siddha maruthuvamendra Aathma ratchaamirthamennum vaithya saara sangiragam are specified for peenisam.^[1] The ingredients in this herbo mineral formulation are found to possess Anti inflammatory and Anti-oxidant activity.

MATERIALS AND METHODS

The main ingredient of samuthrapazham has been known to possess Anti oxidant, anti inflammatory, Anti microbial, Anti bacterial activities. Hence I have selected SAMUTHRA PAZHA NEI in the treatment of NEER PEENISAM (MAXILLARY SINUSITIS).

STANDARD OPERATING PROCEDURE FOR “SAMUTHRAPAZHA NEI”

Required raw drugs

I

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|---|-------------------|
| 01. SAMUTHRA PAZHAM (<i>Barringtonia acutangula</i> , Linn.) | -350 g(10 palam) |
| 02. INJI (<i>Zingiber officinale</i> , Rosc.) | -350 g (10 palam) |
| 03. VELLULLI (<i>Allium sativum</i> , Linn.) | -350 g (10 palam) |

II

- | | |
|--|--------------------|
| 04. MURUNGAI VER (<i>Moringa oleifera</i> , Lam.) | -10.2g (2 kalanju) |
| 05. KODIVELI VER (<i>Plumbago indica</i> , Linn.) | -10.2g (2 kalanju) |
| 06. OMAM (<i>Carum copticum</i> , Benth & hook) | -10.2g (2 kalanju) |
| 07. INTHUPPU (<i>Sodium chloride Impura</i>) | -10.2g (2 kalanju) |
| 08. CHUKKU (<i>Zingiber officinale</i> , Rosc) | - 10.2g(2 kalanju) |

09. MILAGU (<i>Pipernigrum</i> , Linn)	-10.2g (2 kalanju)
10. THIPPILI (<i>Piperlongum</i>)	-10.2g (2 kalanju)
11. KAYAM (<i>Ferulaasafoetida</i> , Linn.)	-10.2g (2 kalanju)
12. SEVVIYAM (<i>Pipernigrum</i> , Linn.)	-10.2g 2 (kalanju)
13. NAVACHARAM (<i>Ammoni chloridum</i>)	-10.2g (2 kalanju)
14. KARUNCHEERAGAM (<i>Nigellasativa</i> , Linn.)	-10.2g (2 kalanju)
15. PULIYA MADAR KILANGU (PIRANDAI– <i>Cissusquadrangularis</i>).	-10.2g (2 kalanju)

III

16. GHEE	-2.6 lit (2 padi)
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METHOD OF PREPARATION

Step 1: Ingredient I is boiled with 16.1 lit of water and reduced to 4 lit.

Step 2: Ingredients II are ground and added to the above water mixture. Finally add ghee and boil till it reaches kudinei concistency.

GHEE

Ghee is a class of clarified butter that originated in ancient India and is commonly used in traditional medicine. It is considered pure un adulterated ghee to be sattvik or sathuva gunam (In the mode of goodness) Ghee is used preferentially for diseases caused by pittha dosha. cow ghee is famous for its high medicinal values due to presence of A 2 beta-lactalbumin and higher arginine content which is good for health. Ghee are found to posses Anti-inflammatory, Anti oxidant, Anti viral properties and Anti cancerous activity.^[9]

Pharmacological Action of the ingredients of SAMUTHRA PAZHA NEI Formulation used for treatment of Maxillary Sinusitis.

S. No	Plants	Botanical Name	Parts Used	Pharmacological Action
1.	Samuthrapazham	Barringtonia acutangula (Linn.)	Dry fruit	Anti pyretic, Anthelmintic, expectorant, analgesic, anti bacterial.
2.	Inji	Zingiber officinale, Rosc.	Rhizome	Carminative, Stimulant, Anti inflammatory, analgesic, Immuno modulatory, Anti viral, Anti bacterial.
3.	Vellulli	Allium sativum. Linn	Rhizome	Expectorant, Anthelmintic, Carminative, Tonic, Hepato protective, Anti diabetic, Anti tubercular activity, Anti bacterial activity.
4.	Murungaiver	Moringa oleifera, Lam.	Root	Anti septic, Carminative, Anti spasmodic, Anti Bacterial, Anti Viral, Anti

				Inflammatory, Cardiac stimulant.
5.	Kodivaeliver	Plumbago indica, Linn	Root	Antiseptic, anti pyretic, anti bacterial, anti oxidant, bronchitis.
6.	Omam	Carum copticum, Benth & hook.	Seeds	Stomachic, Anti Spasmodic, Carminative, Anti Septic, Stimulant, Tonic, Sialogogue
7.	Inthuppu	Sodium chloride Impura	Salt	Carminative, Stomachic, Anti hypertensive,
8.	Chukku	Zingiber officinale, Rosc.	Rhizome	Stimulant, Stomachic, Carminative, Hepato protective
9.	Milagu	Piper nigrum, Linn	Fruit	Anti oxidant, Anti inflammatory, anti diarrhoeal, Anti hypertensive, Analgesic, Antidote, Anti pyretic.
10.	Thippili	Piper longum	Fruit	Stimulant, Carminative, Cardiovascular activity, Anti inflammatory, Anti asthmatic, Anti cancer, Anti oxidant, Analgesic, Hepato protective
11.	Kayam	Ferula asafoetida, Linn	Gum	Anti spasmodic, Expectorant, Carminative, Sedative, Anthelmintic, Laxative
12.	Sevviyam	Piper nigrum, Linn	Root	Anti oxidant, Anti inflammatory, anti diarrhoeal, Anti hypertensive, Analgesic, Antidote, Anti pyretic
13.	Navacharam	Ammonium chloride	Salt	Expectorant, Diuretic.
14.	Karuncheeragam	Nigella sativa, Linn.	Seeds	Carminative, Anthelmintic, Parasiticide, Anti oxidant, Anti hypertensive, Liver tonic, Anti inflammatory, Analgesic, Anti microbial, Broncho dilator, Anti cancer.
15.	Pirandai	Cissus quadrangularis, Linn.	Root tuber	Stomachic, Emmenagogue, Alternative, Analgesic,
16.	Ghee		Clarified butter	Anti-inflammatory, Anti oxidant, Anti viral properties and Anti cancerous activity.

CONCLUSION

It has been found that the percentage of maxillary sinusitis patients is rising sharply in spite of number of antibiotics in bio medicine. In current times it has been marked that people are shifting towards herbal medicines hence to get the perfect management of maxillary sinusitis without any side effects. All herbs reviewed in this article are useful in the treatment of maxillary sinusitis. Among all studied herbs, has Anti inflammatory, Anti pyretic, Analgesic, Anti bacterial and Anti oxidant properties.

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