

## A LITERATURE REVIEW ON MEGA RAJANGA KIRUTHAM A CLASSICAL SIDDHA FORMULATION FOR SPECIFIC LEUCORRHOEA (VELLAI NOI)

S. Santhanakittu<sup>1</sup>, H. Vetha Merlin Kumari\*<sup>2</sup>, K. Manickavasakam<sup>3</sup> and V. Banumathi<sup>4</sup>

<sup>1</sup>PG Scholar, Dept of Maruthuvam, National Institute of Siddha, Tambaram-Sanatorium.

<sup>2</sup>Lecturer, Dept of Maruthuvam, National Institute of Siddha, Tambaram-Sanatorium.

<sup>3</sup>Head of the Dept, Dept of Maruthuvam and Former Director, National Institute of Siddha, Tambaram.

<sup>4</sup>Director, National Institute of Siddha, Tambaram-Sanatorium, Chennai.

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**\*Corresponding Author**

**Dr. H. Vetha Merlin  
Kumari**

Lecturer, Dept of  
Maruthuvam, National  
Institute of Siddha,  
Tambaram-Sanatorium.

### ABSTRACT

The siddha system contains much more effective medicines for some infectious diseases that needs to be scientifically validated. The saint Agasthiyar wrote the causes, signs and symptoms of Vellai noi in his text Agasthiyar gunavagadam.<sup>[5]</sup> The signs and symptoms of Vellai noi may be correlated with that of Specific Leucorrhoea in bio medicine. This paper deals with siddha poly herbal formulation *Mega rajanga kirutham* that have been mentioned in ancient siddha literature Sigicha rathna deepam for the treatment of vellai noi. This paper establishes the effectiveness of Siddha medicine as the best choice for treatment of Specific Leucorrhoea.

**KEYWORDS:** Siddha Medicine, Mega Rajanga Kirutham, Vellai Noi, Specific Leucorrhoea.

### INTRODUCTION

Leucorrhoea is a thick whitish or yellowish vaginal discharge. There are many causes for leucorrhoea. Vaginal infection is the most common cause for Specific Leucorrhoea.<sup>[4]</sup> Reproductive health is closely associated with culture of a country as it is well appreciated from the poetic version of Agasthiyar gunavagadam i.e., Excessive lust will be the precipitating factor for vellai noi. This is the most common disease in female. Vaginal infection is most common in women of childbearing age & in older women (post menopausal

period). The factors like increasing age, illiteracy, low socioeconomic status, high parity, induced abortion, & place of delivery, poor hygiene, are contributing factors for occurrence of vaginal discharge.<sup>[4]</sup> Siddha formulations not only treat the disease but also strengthen the entire female genital tract against the diseases.

The preparation of *Mega rajanga kirutham* is cost effective, efficacious & the ingredients of medicine are easily available. The ingredients of *Mega rajanga kirutham*, Athi pattai (Bark of *Ficus racemosa*. Linn), Naval pattai (Bark of *Syzygium cumini*. Linn), Othiyam pattai (Bark of *Lannea coromandelica* Houtt), Karumbu rasam (Juice of *Sacharam indicum*. Linn), Nellikai charu (Juice of *Emblica officinale*. Linn), Elumitchai rasam (Juice of *Citrus lemon*. Linn), Gingely oil (*Sesamum indicum*. Linn), Pasu nei (Cow's ghee), Thalisa pathiri (Aril of *Taxus buccata*), Ealam (Seed of *Elettari Cardamomum*. Maton), Kirambu (Flower bud of *Syzygium aromaticum*. Linn), Sathikai (Seed of *Myristica fragrans*. Houtt), Citrarathai (Rhizome of *Alpinia officinarum*. Linn), Athimathuram (Root of *Glycyrrhiza glabra*. Linn), Nilapanai kizhangu (Root tuber of *Curculigo orchioideis*. Goertn) are found to cure Vellai noi as per *Gunapadam Mooligai vaguppu* text.<sup>[2]</sup>

## MATERIALS AND METHODS

### Ingredients

1. Athipattai ( <i>Ficus racemosa</i> Linn)	-350g (1/4 veesai)
2. Naval pattai ( <i>Syzygium cumini</i> Linn)	-350g (1/4 veesai)
3. Othiam pattai ( <i>Lannea coromandelica</i> Houtt)	-350g (1/4 veesai)
4. Karumbu rasam ( <i>Saccharam indicum</i> Linn)	-650 ml (1/2 padi)
5. Nellikai charu ( <i>Emblica officinalis</i> Linn)	-650 ml (1/2 padi)
6. Elumichai rasam ( <i>Citrus lemon</i> Linn)	-650 ml (1/2 padi)
7. Gingely oil ( <i>Sesamum indicum</i> Linn)	-650 ml (1/2 padi)
8. Pasu nei (Cow's Ghee)	-650 ml (1/2 padi)
9. Thalisa pathiri ( <i>Taxus buccata</i> )	-26g (3/4 palam)
10. Ealam ( <i>Elettaria cardamomum</i> Maton)	-26g (3/4 palam)
11. Kirambu ( <i>Syzygium aromaticum</i> .Linn)	-26g (3/4 palam)
12. Sathikai ( <i>Myristica fragrans</i> .Houtt)	-26g (3/4 palam)
13. Citrarathai ( <i>Alpinia officinarum</i> .Linn)	-26g (3/4 palam)
14. Athimathuram ( <i>Glycyrrhiza glabra</i> .Linn)	-26g (3/4 palam)
15. Nilapanai kizhangu ( <i>Curculigo orchioideis</i> . Goertn)	-26g (3/4 palam)

**PURIFICATION OF RAW DRUGS<sup>[1]</sup>**

- Athi pattai, Naval pattai & Othiyam pattai – Scrape the outer layer of stem bark
- Athimathuram-Clean in water, Scrape the outer layer & cut in to small pieces then Dry in sun light
- Arathai & Sathikai –Scrape the outer layer & Dry in sun light.
- Nilpanai kizhangu –Clean in water &Scrape the outer layer, veins.
- Ealam, Kirambu, Thalispathiri- Clean & Dry in sun light.

**METHOD OF PREPARATION**

**STEP 1:** Ingredients 1 to 3 are crushed and mixed in 7.8 lit of water. Then the mixture is allowed to boil till reduces to 970 ml.

**STEP 2:** Ingredients 4 to 8 are mixed well and add to the decoction.

**STEP 3:** Ingredients 9 to 15 are ground with coconut milk (1&1/2 coconut).

**STEP 4:** The paste made from step3 is mixed with the decoction and subjected to boil till it reaches *KIRUTHAM* (Ghee) consistency.

**Drug Storage:** The prepared drug will be stored in a clean and dry air tight glass container.

**Dispensing:** The *Kirutham* (4 ml) will be given to the patient in sachet.

**Dose & Duration:** 4ml twice a day before food, 9 days twice a month.

**Pathiyam:** *Itcha pathiyam*.<sup>[3]</sup>

**Pharmacological Activities of the Ingredients of  
Mega Rajanga Kiutham**

S. No	Plants	Botanical Name	Parts Used	Pharmacological Action
1	Athi pattai	<i>Ficus racemosa. Linn</i>	Bark	Astringent, Anti inflammatory, Antioxidant, Hypoglycemic, Anti nociceptive, Anti bacterial. <sup>[2,8,9,10,11]</sup>
2	Naval pattai	<i>Syzygium cumini. Linn</i>	Bark	Astringent, Anti oxidant, Antiinflammatory, Anti bacterial, Anti HIV, Anti fungal, Anti diabetic. <sup>[2,11]</sup>
3	Othiyam pattai	<i>Lannea coromandelica Houtt</i>	Bark	Anti inflammatory, Astringent, Tonic, Disinfectant, Styptic. <sup>[2,12]</sup>
4	Karumbu rasam	<i>Sacharam indicum. Linn</i>	Juice	Anti inflammatory, Anti thrombotic, Anti hepato toxic, Analgesic, Demulcent, Antiseptic, Cooling, Laxative, Diuretic, Nutrient, Anti oxidant. <sup>[2,13,14]</sup>
5	Nellikai charu	<i>Emblica officinale. Linn</i>	Juice	Anti inflammatory, Anti oxidant, Analgesic, Anti-ulcerogenic, Anti

				diabetic, Anti mutagenic, Hypo lipidemic, Anti coagulant, Anti bacterial, Wound healing. <sup>[2,6,15,16,17]</sup>
6	Elumitchai rasam	<i>Citrus lemon. Linn</i>	Juice	Anti fungal, Anti microbial, Refrigerant, Carminative. <sup>[2,7,19,20]</sup>
7	Gingely oil	<i>Sesamum indicum. Linn</i>	Oil	Anti oxidant, Emmenagogue, Stimulant, Tonic, Diuretic, Galactagogue, Laxative. <sup>[2,21]</sup>
8	Pasu nei	Cow's ghee	Ghee	Anti inflammatory, Anti viral, Antioxidant, Tonic.
9	Thalisa pathiri	<i>Taxus buccata</i>	Aril	Anti inflammatory, Anti nociceptive, Stomachic, Carminative, Expectorant, Tonic. <sup>[2,22]</sup>
10	Ealam	<i>Elettari cardamomum. Maton</i>	Seed	Anti cancer, Immuno modulatory, Stimulant, Carminative, Stomachic. <sup>[2,6,23]</sup>
11	Kirambu	<i>Syzygium aromaticum. Linn</i>	Flower bud	Anti fungal, Anti spasmodic, Carminative, Stomachic. <sup>[2,24]</sup>
12	Sathikai	<i>Myristica fragrans. Houtt</i>	Seed	Anti inflammatory, Stimulant, Carminative, Narcotic, Aromatic, Aphrodisiac, Tonic. <sup>[2,25]</sup>
13	Citrarathai	<i>Alpinia officinarum. Linn</i>	Rhizome	Anti inflammatory, Anti oxidant, Anti biotic, Anti- ulcer, Expectorant, Stomachic, Febrifuge. <sup>[2,6,26]</sup>
14	Athimathuram	<i>Glycyrrhiza glabra. Linn</i>	Root	Anti inflammatory, Anti oxident, Emollient, Anti cancer, Anti microbial, Anti viral, Demulcent, Mild Expectorant, Laxative, Tonic Immunomodulator. <sup>[2,6,27]</sup>
15	Nilapanai kizhangu	<i>Curculigo orchioides. Goertn</i>	Root tuber	Anti cancerous activity, Anti inflammatory, Anti bacterial, Anti oxidant, Emollient, Laxative, Carminative, Tonic, Astringent. <sup>[2,6,28,29]</sup>

## CONCLUSION

For the Non-infectious healthy Reproductive system of a woman, siddha system of medicine has opened a venue in the treatment with promising siddha formulations there by promoting the health status of women without any untoward adverse effects and ensures long life without any complications. It is Interesting to note that the preparation of this formulation is made from easily available plant sources and it is cost effective and efficacious. This paper proves the effectiveness of the *Mega rajanga kirutham* as the best choice of medicine for specific leucorrhoea. Because Most of the ingredients of *Mega rajanga kirutham* which possess Anti Microbial activity, Anti inflammatory activity, Anti fungal and Anti oxidant properties. These are the activities which is most important to treat the infectious one.

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