

**LITERATURE REVIEW ON SIDDHA MEDICINE FOR THE
MANAGEMENT OF KATTU MANTHAM WITH PODUTHALAI
KUDINEER- A DRUG REVIEW**

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ABSTRACT

Siddha system of medicine is the most popular traditional system of medicine followed by the people. With strong basic principles and cultural background, Siddha system of medicine is providing healthcare solutions to a number of health issues of the modern era. Constipation is a functional disease in which the gastrointestinal organ, primarily the oesophagus, stomach, small intestine & colon function abnormally. In our Siddha system symptoms of Kattumantham may be correlated with constipation and it can be effectively managed with Poduthalai kudineer. Most of the ingredients of Poduthalai kudineer possess stomachic, carminative, laxative effect. Hence this article gives

an insight on the efficacy of the drug for Kattumantham(Constipation) based on review of various literatures and scientific studies.

KEYWORDS: Constipation, Siddha system, Poduthalai kudineer, Kattu mantham.

INTRODUCTION

Siddha system is a vast and unique system which defines health as a prefect state of physical psychological social and spiritual well being of an individual. The basic principle of siddha system of Medicine is Panchapootham theory. According to Panchapootham theory the universe is made up of five elements of nature. The human body is also made up of five

elements. Alteration of the three vital humours Vali, Azhal and Iyyam which leads to disease manifestation.

In Siddha Medicine importance has been given to child care. The disease are classified depending on the age of the children. As per the siddha literature Balavagadam Kattu mantham is one of the type of Mantham. The symptoms of Kattu mantham may be correlated with Constipation.

Constipation is a functional disease in which the gastrointestinal organ, primarily the oesophagus, stomach, small intestine & colon function abnormally. The primary symptom of constipation are upper abdominal pain, few bowel movements, hard (or) small stools and vomiting. These symptom are most often provoked by eating. The incidence of constipation in children above one year is 85% in pediatric population.^[1]

Constipation in children is a common health problem affecting 0.7% to 29.6% children across the world. 20% of children also have at least 1 clinical feature of constipation.^[2] Abbott Gut - Health survey found that 14% people in urban India suffer from chronic constipation. The incidence of chronic constipation is over 10% worldwide.^[3]

In the present era constipation is the most common illness throughout the world not only in adults but in children too. Nearly 5 - 10% of children^[4] globally are suffering with this problem, while in India this percentage lies in between 5 - 29%.^[5]

The Poduthalai kudineer is a typical medicine indicated for Kattu mantham in the Siddha text book Balavagadam. More over the ingredients of poduthalai kudineer possess stomachic, carminative, laxative effect. Poduthalai kudineer is used in the effective for management of Kattu mantham (Constipation).

DRUG DETAILS

Trial drug: Poduthalai kudineer^[6]

PREPARATION OF THE DRUG

Ingredients

Poduthalai eerkkku	(<i>Phyla nodiflora</i>)	-10grams
Vembu eerkkku	(<i>Azadirachta indica</i>)	-10grams
Ma eerkkku	(<i>Mangifera indica</i>)	-10grams

Puli eerdkku	(<i>Tamarindus indica</i>)	-10grams
Nunna eerdkku	(<i>Morinda tinctoria</i>)	-10grams
Nochi eerdkku	(<i>Vitex negundo</i>)	-10grams
Veliparruthi eerdkku	(<i>Pergularia daemia</i>)	-10grams
Omam	(<i>Carum copticum</i>)	-5grams
Ulli	(<i>Allium sativum</i>)	-5grams
Thippilli	(<i>Piper longum</i>)	-5grams

Purification of the ingredients

All the drugs mentioned here were purified as per the Siddha literature.

Method of preparation

The above given drugs were taken in given ratio. Poduthalai eerdkku, vembu eerdkku, ma eerdkku, puli eerdkku, nunna eerdkku, nochi eerdkku, veliparruthi eerdkku were cut into small pieces. The outer covering of ulli was removed and fried, omam was fried and thippilli was cut into pieces and all the ingredients are grinded into coarse powder.

Dosage: 15-20ml twice a day

Indication: Kattu mantham (Constipation)

Duration: 3 days

Pharmacological action of the ingredients of Poduthalai kudineer formulation used for treatment of Kattu mantham

S.no	Plants	Botanical Name	Parts Used	Action
1	Poduthalai	<i>Phyllanthus nodiflora</i>	Petioles	Demulcent, Deobstruent, Diuretics, Astringent, Expectorant, Tonic
2	Vembu	<i>Azadirachta indica</i>	Petioles	Stomachic, Stimulant, Anthelmintic, Discutient, Tonic, Antiperiodic, Antiseptic, Insecticide, Astringent, Alterative
3	Ma	<i>Mangifera indica</i>	Petioles	Stomachic, Laxative, Stimulant, Demulcent, Astringent, Diuretic, Tonic, Nutritive
4	Puli	<i>Tamarindus indica</i>	Petioles	Stimulant, Laxative, Carminative, Tonic, Refrigerant, Antibilios
5	Nunna	<i>Morinda tinctoria</i>	Petioles	Stimulant, Febrifuge, Tonic, Emmenagogue
6	Nochi	<i>Vitex negundo</i>	Petioles	Vermifuge, Alterative, Febrifuge, Expectorant, Diuretic, Astringent, Refrigerant
7	Veliparruthi	<i>Pergularia daemia</i>	Petioles	Expectorant, Anthelmintic, Emetic
8	Omam	<i>Carum copticum</i>	Seed	Stomachic, Antispasmodic, Carminative, Antiseptic, Stimulant, Tonic, Sialogogue
9	Ulli	<i>Allium sativum</i>	Bulb	Carminative, Stomachic, Tonic, Alterative, Stimulant, Expectorant, Diuretic, Anthelmintic
10	Thippilli	<i>Piper longum</i>	Dried spikes	Stimulant, Carminative

Scientific Validation

	Pharmacological activity	Phytochemicals
Poduthalai (<i>phyla nodiflora</i>)	Laxative activity ^[7]	Leaves contain tannin, fat, lactose, maltose, glucose, fructose, xylose, rutin, a waxy ester, β -sitosterol, a bitter substance and two glucosidic colouring matters, nodiflorin A and B. Nodifloridin A and B, nodiflorelin, two new flavone glycoside - lippiflorin A and B ^[7]
Vembu (<i>Azadirachta indica</i>)	Gastroprotective effect ^[8]	Azadirachtins A,B,D, Nimbin Nimbidin, Nimbolide ^[9]
Ma (<i>Mangifera indica</i>)	Laxative ^[10] , Bronchodilatory ^[11]	Mangiferine, Catechin, Alanine Glycine ^[12]
Puli (<i>Tamarindus indica</i>)	Laxative ^[13] , Spasmolytic effect ^[14] , Antihistaminic, Adaptogenic, Mast cell stabilizing effects ^[15]	Tartaric acid, Malic acid, Potassium bitartrate, Mucilage, Pectin ^[12]
Nunna (<i>Morinda tinctoria</i>)	Anti-secretory and prokinetic activities ^[16]	Morindin, Morindone, Alanine Tryptophan, Arginine, Glutamic acid ^[12]
Nochi (<i>Vitex negundo</i>)	Laxative, Anti-histaminic activity, CNS depressant activity ^[17]	Casticin, Iso orientin, Luteolin Nishidine, Negundoside, Linalool Sabinene ^[12]
Veliparruthi (<i>Pergularia daemia</i>)	Gastric secretory stimulation activity ^[18]	Pergularin, Cardenolides, Betaine Calotropin, Daucosterol Lupeol -3-beta trans crotonate ^[12]
Omam (<i>Carum copticum</i>)	Increase gastric acid secretion time ^[19] , Increase the activities of digestive enzymes and bile secretion ^[20]	Thymol, p – Cymene, α – terpinolene ^[12]
Ulli (<i>Allium sativum</i>)	Stimulates peristaltis and secretion of the digestive juices ^[21]	Allicin, Allisatin, Diallyl sulphide Vitamins-Ascorbic acid, Vitamin A, Thiamine, Folic acid. Minerals-Copper, Phosphorus, Potassium, Selenium, Zinc, Iron. ^[12]
Thippilli (<i>Piper longum</i>)	Antiamoebic activity against <i>Entamoeba histolytica</i> , Anti-giardial, Immune-stimulatory activity. ^[22]	Volatile oil, resin, starch, gum, fatty oil, Inorganic matter and an alkaloid, Piperine, Rutin, β -caryophyllene, piperylene, piperoleins, piperamine, sabinene, chavicol, pinene, phellandrene, pentadecane, β -bisabolene, linalool and limonene. ^[23]

CONCLUSION

The above mentioned medicine is effectively used for the management of Kattu mantham(Constipation). Besides all, the ingredients of the plants have Stomachic, Carminative, Stimulant, Laxative and Tonic. Poduthalai kudineer can be effectively used for the management of Kattu mantham.

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