

A Therapeutic Review on Siddha Formulation Sahadevi Thylam

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ABSTRACT

The Siddha System of Medicine is one of the oldest traditional medical systems. It is different from other medical systems which has preventive and curative medications and also play a role in mental health also. The medicine called **Sahadevithylam** one of the preparation mentioned in the book of **Siddha vaithiyathirattu**. The review of the medicine mainly focus on potency, pharmacological action, chemical constituents and uses of the ingredients. The primary objective is to evaluate the pharmacological actions and chemical constituents of the medicine. The secondary objective is to create awareness about the drug. The conclusion is about the medicine **Sahadevithylam** may contain many therapeutic uses and has needed to evaluate its therapeutic efficacy and safety.

Keywords: Sahadevithylam, traditional medicine, ancient medicine, Pharmacological, chemical constituents

I. INTRODUCTION:

Siddha Medicine is originating from South India, particularly Tamil Nadu. It is deeply rooted by Siddhars enlightened sages who combined spiritual practices, alchemy, and medicine to promote health. Siddha system classifies medicines as 64 type of preparations which is sub-divided into two classifications. They are 32 Internal medicines and 32 External medicines. The medicine **Sahadevithylam** is one of the 64 types.

The medicine **Sahadevithylam** is mentioned in the text book called **Siddha vaithiyathirattu** which indication is **Kan pugaichal, udal erichal, the eraser anasuram and paal niramullamoothiranoi (Leucorrhoea and Chyluria)**. The study is about Morphology, parts used, pharmacological actions and chemical constituents of the drugs used in the medicine **Sahadevithylam**.

Medicine: Sahadevithylam

Ingredients of medicine:

Cyanthillium cinereum - 1 padi (1.3l)
Cow ghee – 1 padi (1.3l)
Sesame oil – 1 padi (1.3l)
Glycyrrhiza glabra - 1 varagan (4.2 gm)
Santalum album - 1 varagan (4.2 gm)
Hemidesmus indicus - 1 varagan (4.2 gm)
Chrysopogonizanioides - 1 varagan (4.2 gm)
Plectranthusvettiveroides - 1 varagan (4.2 gm)
Piper longum - 1 varagan (4.2 gm)
Syzygium aromaticum - 1 varagan (4.2 gm)
Picrorhizakurroa - 1 varagan (4.2 gm)
Nymphaea nouchali - 1 varagan (4.2 gm)
Cow milk – as required to grind

PREPARATION:

All ingredients of the drug is purified as mentioned in the siddha literature.

After purification, the aqueous extract of Devagandham (Cyanthillium cinereum), Pasu nei (Cow ghee), elnei (sesame oil) are mixed together after that Adhimadhuram (Glycyrrhiza glabra), Santhanam (Santalum album), Nannariver (Hemidesmus indicus), Vettiver (Chrysopogonizanioides), Vilamichamver (Plectranthusvettiveroides), Thippilimoolam (Piper longum), Lavangam (Syzygium aromaticum), Kadugurohini (Picrorhizakurroa), Neitharkizhangu (Nymphaea nouchali). Then all these are ground with Pasumpal (Cow milk). All of these are mixed together and made into thylam.

DOSAGE:

Pottukkarandialavu (16 ml) internally
4 days once oil bath externally

INDICATION:

Kan pugaichal
Udal erichal
Theeraseeranasuram
Pithathalundaagumpaal niramullamoothiranoi
(Leucorrhoea and Chyluria)

Table 1: Botanical Name and Vernacular Name of the drugs

S.No	Tamil Name	Botanical Name	English Name	Sanskrit Name	Malayalam Name
1.	Devagandham (Sahadevi)	Cyanthillium cinereum	Ash coloured fleabane	Sahadevi	Puvankuruntal
2.	El nei	Sesamum indicum	Gingelly Sesame	Tilam	Karuella
2.	Athimadhuram	Glycyrrhiza glabra	Jequitiy, Indian liquorice	Yashti-madhukam	Ati-madhuram Iratti-madhuram
2.	Sandhanam	Santalum album	Sandalwood	Shri-Gandha Chandanam	Chandana
3.	Nannariver	Hemidesmus indicus	Indian Sarasaparilla	Sariba	Nannari
4.	Vettiver	Chrysopogon zizanioides	Cuscut grass Khas-khas Khus-khus	Usheeraveeranam	Vetti-veru
5.	Vilamichamver	Plectranthus vettiveroides	White gurgus grass	Hroeberam	Iruveli
6.	Thippilimoolam	Piper longum	Long pepper	Pippali	Thipilli
7.	Lavangam	Syzygium aromaticum	Clove	Lavangam	Karampu
8.	Kadugurohini	Picrorhiza kurroa	Picrorhiza	Katvi Katurohini Katuka	Katukurohini Katurohini
9.	Neitharkizhangu	Nymphaea nouchali	White water lily	Kumudam	Nirambal

Table 2: Family, Morphology, Parts used, Taste and Potency of the drugs

S.No	Botanical Name	Family	Morphology	Parts used	Taste	Potency
1.	Cyanthillium cinereum	Asteraceae	Herb	Whole plant	Bitter	Hot
2.	Sesamum indicum	Pedaliaceae	Herb	Seed	Sweet	Hot
2.	Glycyrrhiza glabra	Fabaceae	Perennial herb	Root	Sweet	Coolant
2.	Santalum album	Santalaceae	Tree	Wood, Oil	Bitter, astringent	Coolant
3.	Hemidesmus indicus	Apocynaceae	Climber	Root	Sweet, bitter	Coolant
4.	Chrysopogon zizanioides	Poaceae	Grass	Root	Sweet	Coolant
5.	Plectranthus vettiveroides	Lamiaceae	Herb	Root	Bitter	Coolant
6.	Piper longum	Piperaceae	Climber	Fruit	Sweet	Coolant
7.	Syzygium aromaticum	Myrtaceae	Tree	Flower buds	Pungent	Hot
8.	Picrorhiza kurroa	Plantaginaceae	Herb	Root	Bitter, Pungent	Hot
9.	Nymphaea nouchali	Nymphaeaceae	Aquatic plant	Rhizome	Sweet	Coolant

Table 3: Action, Chemical constituents and Uses of drugs

S.No	Botanical Name	Action	Chemical constituents	Uses
1.	Cyathium cinereum	Diaphoretic Anthelmintic Antidote Antibacterial Antiviral Antiplasmodial Antioxidant Anti-inflammatory Antipyretic Antihyperglycemic Anticancer Anticataract Nephroprotective Wound healing	Caryophyllene oxide, n-hexadecenoic acid, Delta-Cadinene, Phenolic compounds, Phytosterols, Tannins	Naavatrachi (dry tongue), Vellai (Leucorrhoea), Vaandhi (Vomiting), Kan sivappu (red eyes)
2.	Sesamum indicum	Demulcent Nutritive Emollient Laxative	Oleic acid Linoleic acid Sesamin Sesamol Tocopherols Phytosterols	Gives Vizhigalukkukulirchi (eye coolant), Udal vanmai (Tonic), Kaathunoi (Ear disease), Kan sivappu (redness of eye) Kan vali (Eye pain) Kannilneervadithal (Lacrimation), Kan koosal (Ocular hyper sensitivity), Mandai kuththal (Headache)
2.	Glycyrrhiza glabra	Emollient Demulcent Mild expectorant Laxative Tonic Immunomodulatory Anti allergic Anti inflammatory Anti nociceptive Antiulcer Memory enhancing Anticonvulsant Anti stress Hepatoprotective Antimalarial Antiviral Antimicrobial Anticancer Antidyslipidemic	Glycyrrhizin, 18 beta glycyrrhetic acid, Liquiritin Liquiritigenin Licochalcone A Glycyrrhetic acid Glabridin Glabrene Glycyrrhizinic acid Licochalcone Isoliquiritigenin	Neervetkai (Polydipsia), Kannoigal (Eye diseases), Vikkal (Hiccup), Venpulli (Vitiligo), Siruneerichal (Burning micturation), Kamaalai (Jaundice), Ottirathalaivali (Migraine)
2.	Santalum album	Diuretic Diaphoretic Disinfectant Coolant Hepato protective	Alpha santalol Beta santalol Bergamotols Lanceol Nuciferol	Vellai (Leucorrhoea), Gives Udal vanmai (Tonic), Maandham (Dyspepsia), Skin diseases,

		Anti ulcer Antibacterial Antifungal Anti viral Anti oxidant Hemolytic Anti cancer Anti pyretic Anti inflammatory Cardioprotective Antihyperlipidemic Anti hyperglycemic	Bisabolol	Thalaivali (Headache), Vayitraporumal (Bloating), Neervetkai (Dyspepsia), Kai kalerichal (burning sensation of hands and feet), Kan erichal (Eye burning)
3.	Hemidesmus indicus	Tonic Demulcent Diuretic Diaphoretic Antioxidant Antiarthritic Antidiabetic Antivenom AntiHIV-1 Diuretic activity Antihepatocarcinogenic Antiangiogenic Acetyl cholinesterase (AChE) inhibitory activity Butyryl cholinesterase inhibitory activity Anti cataract	2- hydroxy 4- methyl benzaldehyde, 4-hydroxy 3- methoxy benzaldehyde, Lupeol Ledol Nerolidol Linalyl acetate 9-hydrocarvyl acetate Beta selinene Camphor Sitosterol Hemidesmin-1 Hemidesmin-2 Hemidesminine-9	Vandukadi (Insect bite), Neertram (Oedema), Neervetkai (Polydipsia), Neerizhivu (diabetes mellitus), Kiranthi (Tumor), Vellai (Leucorrhoea), Seriya mai (Indigestion), Neer erichal (Burning micturation), Gives Kankulirchi (eye coolant)
4.	Chrysopogon zizanioides	Tonic Antispasmodic Diaphoretic Diuretic Emmenagogue Febrifuge Antibacterial Antifungal Antioxidant Anti-inflammatory	Khusimol Bicyclovetivenol Viridiflorene Beta eudesmol	Thagam (Polydipsia), Kamaalai (Jaundice), Suram (Fever), Aanmaikuraivu (Impotency), Kan noi (Eye disease)
5.	Plectranthus vettiveroides	Refrigerant Anticancer Antioxidant Antidiabetic Antimicrobial Hepatoprotective Antiviral	Spathulenol Alpha bisabolol Tannins Flavonoids	Neervetkai (Polydipsia), Neerizhivu (Diabetes mellitus), Thalaivali (Headache), Thee suram (Fever), Kannerivu (Eye burning)
6.	Piper longum	Carminative Antioxidant Anticancer Antidepressant Antihyperlipidemic	Piperine Methyl piperine Pipernonaline Piperettine Asarinine	Irumal (Cough), Kunmam (Peptic ulcer), Iraippu (Bronchial asthma), Paandu (Anaemia), Suviyinmai (Ageusia),

		Immunomodulatory Hepatoprotective Anti-amoebic Antifertility Coronary dilatation Anti-obesity Antimicrobial	Pellitorine Piperundecalidan e Piperlongumine Piperlonguminine	Porumal (Bloating), Thalaivali (Headache), Neeretram (Oedema), Thondainoi (Throat disease), Mookunoi (Nasal disease), Kaathunoi (Ear disease), Kan noi (Eye disease),
7.	Syzygium aromaticum	Antispasmodic Carminative Stomachic Antioxidant Antithrombotic Antiprotozoal Antinociceptive Anticancer Antidiabetic Anti-inflammatory Antimicrobial Antidepressant Antiulcer	Eugenol Quercetin Gallic acid Kaemferol Crategolic acid Beta- caryophyllene Oleanolic acid Stigmasterol Eugenitin Bicornin Carvacrol Thymol Cinnamaldehyde	Bethi (Diarrhoea), Vaandhi (Vomiting), Naatpattakazhichal (Chronic Diarrhoea), Sevi noi (Ear disease), Kannil poo (Eye disease), Pal noi (Dental disease).
8.	Picrorhizakurroa	Antiperiodic Cathartic Stomachic Anthelmintic Antimicrobial Antioxidant Anticancer Antidiabetic Hepatoprotective Antiarthritic	Kutkoside Kutkin Picroside Picroside V Bartioside Boschnalosite Mussaenoidic	Maandham (Dyspepsia), Suram (Fever), Karappan (Eczema), Vayitru vali (Abdominal pain), Veekkam (Dropsy).
9.	Nymphaea nouchali	Demulcent Diuretic Anticancer Anti-inflammatory Antibacterial Antibacterial Anti- neurodegenerative Antiallergic Antialzheimer Anti-inflammatory Analgesic	Novel sterol Nymphasterol Coclaurine Gallic acid Tryptophan Ellagic acid Quercitrin Naringenin	Vellai (Leucorrhoea), Promotes Aanmai(Male potency), Udal erichal (Burning sensation), Perumbadu (Menorrhagia), Moolam (Piles), Vayitru vali (Abdominal pain), Neerizhivilundaagumneerv etkai (Polydipsia).

Thylam:

Thylam has the life period of one year. It can be used both internally and externally in the preparation Sahadevithylam.

II. DISCUSSION:

The preparation Sahadevithylam mentioned in Siddhavaithiyathirattubook is full of herbs. The ingredients of the drug has Antioxidant,

Antimicrobial, Hepatoprotective, Anti-inflammatory, Antiallergic, Antidiabetic, Antidepressant, Anticancer, Antidyslipidemic, Anticataract, Cardioprotective activities which make the medicine more effective towards management of disease.

The pharmacological activities of ingredients in Sahadevithylam mentioned in Gunapadam Mooligaibook shows Kan sivappu,

vizhigalukkukulirchi, Kan vali, Kannilneervadithal, Kan koosal, Kannoigal, Kan erichal, Kannerivu, Kannil poo, Kai kal erichal, Seriyaamai, Suram, Vellai. So the preparation will be useful for the management of Kan pugaichal, Udal erichal, The eraser anasuram and Paal niramullamoothiranoi (Leucorrhoea).

III. CONCLUSION:

The outcome of the research reveals the benefits of the medicine. The study concludes for further research. The review about Sahadevithylam shows that it is a simple formulation which is very safe because it is made up of herbal formulation, its ingredients are easily available and the preparation may treat the management of kanpugaichal, Udal erichal, The eraser anasuram and Paal niramullamoothiranoi (Leucorrhoea). Further clinical trail and pharmacodynamic targets of this formulation has to be evaluated.

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