



A SIDDHA HERBAL DRUG EERULLI ENNAI FOR THE MANAGEMENT OF SUZHI MAANTHAM (CHILDHOOD ASTHMA) A DRUG REVIEW

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ABSTRACT

Siddha system of medicine (SSM) is one of the oldest traditional systems of medicine, which has been originated from India and is practiced mostly in the southern part of this country for treating various diseases including even chronic conditions. Respiratory diseases such as asthma are a serious health problem, which are increasing rapidly worldwide. The current therapy has its own shortcomings and notable adverse effects. There is an intense need to search some safer alternative therapy for treating these epidemic diseases. The objective of this article is, first, to increase the awareness about SSM to the scientific community, thus inviting more scientific studies on this system, and secondly, to list certain medicinal plants of this system which are commonly used for treating respiratory diseases. Suzhimaanthan characterized by Intermittent fever wheezing, Insomnia, hiccough, lack of appetite, dyspnoea. It can be correlated with childhood asthma in modern medicine. Asthma is common disorder, currently in India among an estimated 7.1 million children under 18yrs of age. Eeruli ennai is mentioned for the treatment of suzhimaanthan in textbook. Baalavagadam and all the Ingredients are herbs. The Trial drug exhibit laxative, anti-inflammatory and expectorant.

KEYWORDS: Asthma, Anti- inflammatory, Siddha.

INTRODUCTION

Siddha medicine, traditional system of healing that originated in South India and is considered to be one of India's oldest systems of medicine. The Siddha system is based on a combination of ancient medicinal practices and spiritual disciplines as well as alchemy and mysticism. Agastya is believed to be the founding father of Siddha Medicine. Eighteen Siddhars are pillars of Siddha Medicine. Principles of Siddha include theories of Five Elements (Aimpotham), and Three Forces/Faults (Mukkutram). The Eight Methods of Examination (Envakai Thervukal) is used to determine diagnosis, etiology, treatment and prognosis.

Suzhi maantham has been described in the siddha literature as one of the subtypes of maantham, a disease frequently occurring in children. According to the siddha text Baalavagadam it is characterized by intermittent fever, wheezing, insomnia, Hiccough, Lack of appetite, dyspnoea. It can be nearly correlated with childhood

asthma in modern medicine. Asthma has been regarded as a complex syndrome occurring in the airway, which shows various disorders such as airflow obstruction acute (or) chronic inflammation, airway hyper responsiveness & structural remodeling. Pediatric respiratory problems are prevalent all over the world and it is closely related to food habits, socio-economic status and plays a major role in the school regularly. Asthma is the one of the most common chronic disorder in childhood, currently in India among an estimated 7.1 million children under 18yrs of age about 4.1 million children suffered from asthma attack in 2011.

Childhood asthma is the major problem in our country. There are many drugs available for childhood asthma but along with some complication such as tremor and drug intolerance. So, there is a need to develop a safe herbal formulation for this disease.

In the text, Baalavagadam, page no:103-104. A Siddha formulation EERULI ENNAI has been specially

indicated for Suzhi maantham. The ingredients of this formulation possess Anti-Inflammatory, Expectorant and Laxative actions.

Drug Details

Trail drug: Eerulli ennai

Ingredients

1. Venkaayam (*Allium cepa*) - 1 caer (320 grams)
2. Vellindu (*Acacia pennata*) - 1 caer (320 grams)
3. Aamanakku nei (*Ricinus communis*) - 1 caer (320 grams)

Venkaayam (*Allium cepa*)

Part Used - Bulb

Action

- ✓ Stimulant
- ✓ Diuretic
- ✓ Expectorant
- ✓ Emmenagogue, Rubefacient
- ✓ Demulcent, Aphrodisiac

Chemical constituents

Quercetin, fructose, quercetin 3-glucosides, isorhamnetin 4-glucosides, xylose, galactose, glucose, mannose, organosulfur compounds, allylsulfides, flavonoids, flavenols, cyclo allin, selenium, thiosulfates, sulphur, selenocompounds.

Vellindu (*Acacia pennata*)

Part Used - Leaf

Action

- ✓ Expectorant
- ✓ Stimulant

Chemical constituents

Lupeol, spinosterol, sitosterol, terpenoids, flavonoid glycosides.

Aamanakku (*Ricinus communis*)

Part Used - Seed

Action

- ✓ Anti-inflammatory
- ✓ Laxative
- ✓ Emollient
- ✓ Antibacterial.

Chemical constituents

Ricinoleic, isorecinoleic, stearic acid, palmatin, stearin, ricinine, globulin, albumin.

Purification method

1. Vengayam – Peel off the outer skin and washed in water and then juice was extracted.
2. Vellindu – Purify the plant in water and then juice was extracted.
3. Castor oil – Filled in a bottle and kept with the bottom partially immersed in sand & kept under sunlight and filtered.

Preparation

All the above ingredients were purified. The juice of vellindu, vengayam was extracted and mixed with castor oil and heated until it attained a waxy consistency.

Dosage; 1ml b.i.d

Duration: 5 days

Dispensing: The oil was supplied in glass container.

Indication: Suzhi Maantham

Vehicle: Warm water

CONCLUSION

Following Ingredients of this drug **EERULI ENNAI** shows a good activity related Suzhi Maantham. By various literature shows that the drug possess Anti-inflammatory, Expectorant, Stimulant, Demulcent and Laxative action promoting activity. So, it can be concluded that the formulation will be helpful in the management of Suzhi Maantham (Childhood Asthma)

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