



Siddha Herbo - mineral Formulation of Siva Nama Rasam – A Review

Kiruba Annammal P^{*1}, Suresh R², Sivakkumar S³

^{1,2}PG Scholar, Department of Gunapadam, National Institute of Siddha, Chennai, Tamilnadu, India.

³Associate Professor, Department of Gunapadam, National Institute of Siddha, Chennai, Tamilnadu, India.

*Corresponding author's E-mail: kirubaannammal123@gmail.com

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ABSTRACT

One of the unique characteristics of the Siddha therapeutic system is its complex and wide pharmacology. Plant, metal, mineral, and animal sources are the basic materials employed in Siddha treatments. Siddha's ancient synthetic chemical-philosophical system contains immense richness in the name of medications and promotes a healthy lifestyle. The broad application of herbs-mineral formulations is regarded as being of a high order. Siva Nama Rasam is one such higher-order medicine which consists of *Gandhagam* (Sulfur), *Rasam* (Hydrargyrum), *Manosilai* (Red orpiment), *Vengaram* (Borax), *Karunabi* (*Aconitum spicatum*), *Milagu* (*Piper nigrum*). This review aims to analyze and summarize the ingredients of Siva Nama Rasam in Siddha Literature. Also, the present study shares scientific evidence regarding the Pharmacological activities, Chemical Constituents, and therapeutic potential of each component of this drug.

Keywords: Siva Nama Rasam, Tamil medical treatment, Pharmacological activities, chemical compounds.

INTRODUCTION

In many parts of India, and more recently, all over the world, public health has been greatly improved by the traditional Indian medical systems. South Indians are fond of the Siddha medical system and find it advantageous in its own right.¹ The Siddha medicine mostly uses old, traditional remedies to treat both infectious and non-infectious diseases.² The Indian system of medicine dates back a long time. Siddha, one of the most popular and least complication-prone traditional medical practices, is one of many.

Siddhars were considered metallurgists and scientists during the Vedic period. Likewise, they had a profound comprehension of the physical and compound properties of known metals and, what's more, minerals that are being utilized in the Siddha medication framework. In the past, the majority of Indian medical practices utilized animals, minerals, and plants as primary components to treat a variety of ailments. The viability of crude medication without question relies upon the quality and amount of the extent weighted in the helpful medication.³

There are 32 internal medicines and 32 external medicines in Siddha medicine. *Siva Nama Rasam* is one of the Herbo-

mineral formulations indicated for Iraippirumal (Bronchial asthma), Kurainoi (Leprosy), Sanni (Delirium), Moolanoi (Haemorrhoids), Sayam (Tuberculosis), and other forms of valippu noi.⁴ In this review the ingredients of SNR include *Gandhagam* (Sulfur), *Rasam* (Hydrargyrum), *Manosilai* (Red orpiment), *Vengaram* (Borax), *Karunabi* (*Aconitum spicatum*), *Milagu* (*Piper nigrum*) were clarified by looking at the substance's physical attributes, chemical makeup, medicinal effects on the Siddha system, and research findings related to these components.

MATERIALS AND METHODS

Selection of the test drugs

The medication "*Siva Nama Rasam*" is a Herbo-mineral formulation for convulsions, rheumatism, and haemorrhoids. which is listed in the Siddha textbook named "Anuboga Vaithiya Navaneedham – Part 7" written by Hakkim P. Mohammed Abdullah Saiyabu Pg No.76-78.

Collection of Raw drug

The raw drug was bought from Country Medical Shop, and authenticated with the help of a botanist from the Department of Gunapadam, National Institute of Siddha, Chennai (certified No. NISMB6662024, GUN/AUT/09/24).

Table 1: Ingredients for *Siva Nama Rasam*

S. No	Ingredients	Botanical name / Chemical name	Quantity
1.	Purified <i>Gandhagam</i>	Sulfur	50gm
2.	Purified <i>Rasam</i>	Hydrargyrum	50gm
3.	Purified <i>Manosilai</i>	Red orpiment	50gm
4.	Purified <i>Vengaram</i>	Borax	50gm
5.	Purified <i>Karunabi</i>	<i>Aconitum spicatum</i>	50gm
6.	Purified <i>Milagu</i>	<i>Piper nigrum</i>	50gm



Preparation of Siva Nama Rasam

Of the given ingredients, Rasam and Gandhagam were ground together till the mixture became completely black. To this mixture, the other three ingredients were weighed and added after being ground separately into fine powder and sieved through a cloth. The mixture was continuously ground for two hours before adding the pepper powder and was ground for 12 more hours. After that, the medication was kept in an airtight container.

SIDDHA ASPECT OF THE LITERATURE ⁵

Gandhagam (Sulphur)

Gandhagam or Sulphur is one among the Padaanam. A crystalline, non-metal, sulphur is one of the main constituents in Siddha medicines such as *Rasayanam*, *mathirai*, *Mezhugu*, *Parpam*, and *Chenduram*

Synonym: *Kaari ilai natham*, *Parai Veeryam*, *Atheetha prakasam*, *Peejam*, *Selvi vinthu*, *Sakthi*, *Sakthi peejam*, *Chendthurathu aathi*, *Naatham*, *Naatram Parai natham*, *Rasa suronitham*

General properties: It is considered to be useful in the treatment of 18 types of skin diseases, liver enlargement, abdominal distensions, eye diseases, chronic venereal diseases, chronic diarrhea, gastric ulcers, and *vathasuram*.

Taste: Bitter and astringent

Actions: Laxative, Tonic, Antiseptic. It also increases the bile production and various other secretions of the body including the skin

Traditional uses:

- Mercury is used with sulphur to treat nearly all illnesses.
- Sulphur with Jaggery or cream of Milk, is given to treat diseases like haemorrhoids, prolapse, and stricture, also in chronic skin diseases;
- Both tropically and orally, sulphur is used to treat skin conditions.
- Sulphur and Yavakshara (*Hordeum vulgare*- Barley) mixed with mustard oil is applied in pityriasis, psoriasis, etc.
- In chronic skin diseases a confection of sulphur called Ganthaga rasayana is used as an alternative. It is given with hot water before every meal, in acute leprosy, and has been beneficial.

Rasam (Hydrargyrum)

Synonym: *Sootham*, *Punniyam*, *Karpam*, *Soorya virothi*, *Saamam*, *Sukilam*, *Yogam*, *Eesan Sivan vinthu*, *Kanavan*, *VasukiNathan*, *Baratham*, *Vinneer*.

General properties: Proper use of Mercury as a medicine can cure diseases such as diseases of eyes, syphilis, eight types of ulcers (*gunmam*), throbbing pain (*soolai*), chronic ulcers (*perumpun*), and leprosy (*kuttam*)

Taste: Six tastes – dominated by sweet

Action: Vitalizer, Tonic, Laxative, Diuretic, Neutralising pitham, Silagogue, Anti-inflammatory, Medicine for venereal disease (Meganasini)

Traditional uses:

Mercury facilitates in attainment of the eight folded siddhis. Also, it improves memory power and eradicates amnesia.

Manosilai (Red orpiment)

Synonyms: *Silai*, *Vil*, *Kunadi*, *Nanmugan*, *Devi*, *Sarajothi*, *Vani vellachi*, *Thamarai vasini*

General properties: It has body strengthening and rejuvenating properties. It has high potency. This is effective in the treatment of leprosy, fever with chills, asthma, eye diseases, urinary tract infections, kapha diseases, and cervical adenitis.

Action: Alterative Febrifuge Tonic

Traditional uses:

- It is typically used in conjunction with other medications, tablets, and oils rather than by itself.
- The oil works well for treating fistulas.

Vengaram (Borax)

Vengaram is obtained abundantly in California. It can also be found in Nepal and Tibet. It is obtained, of course, with dust and sand.

Synonym: *Porikaram*, *Karam*, *Urukkinam*, *Urukkumithran*, *Danganam*, *Thoomathaiyadakki*

General Properties: This is effective in the treatment of Toad skin, Gastric ulcer, Carbuncle, Itching, Haemorrhoids

Taste: sweet with astringent

Actions: Demulcent, Diuretic, Sedative, Tonic, Alterative, Antiseptic, Astringent.

Traditional uses:

- Use 35g of dissolved Vengaram in 10.4 litres of water as a mouthwash to treat sore throats and mouth ulcers.
- Ulcers and anal fissures are also treated with it.
- Powdered Vengaram, sulfur, acacia catechu (*kaichukatti*) are taken in equal quantities, mixed with ghee, and applied as an ointment for scabies, eczema, itching, and ulcer
- Silverfish are killed by spraying them with Vengaram powder.
- To destroy the worms that multiply in the drug, 42gm of Vengaram is dissolved in 11.3 Liters of water and sprayed.

Karunabi (*Aconitum spicatum*)⁶

Karunabi is located in Bhutan, Sikkim, Nepal, and Kashmir. This plant is typical of the Himalayas.



Synonym: Nabi Nabam, Vadhsanabi, Vidam, Marudham.

General Properties: This is effective for the treatment of Fever, Headache, Snakebite, Internal ulcer, Leprosy, and Scorpion bite.

Taste: Bitter

Actions: Diaphoretic, Diuretic, Anti-periodic, Anodyne, Anti-phlogistic, Narcotic, Sedative, Antipyretic.

Traditional uses:

- The root is attributed to sweat, nervine, appetite stimulatory, and calming effects.
- Root tincture taken internally is used to cure rheumatism and fever.
- Paste of root is applied externally in case of neuralgia, rheumatism, acute gout and painful conditions.

Milagu (*Piper nigrum*)

Milagu is cultivated in the hill areas of south India such as Kochi, Kudagu, and Mysore. It climbs around trees and grows wildy. Its fruit is called Pepper.

Synonym: Kalinai, Curry, Kaayam, Kolagam, Thirangal, Miriyal, Sarumabandham, Vallisam, Masam, kurumilagu, Malayali.

General Properties: This is effective against anemia, ulcers, ageusia, hysteria, cough, paralysis, earache, bleeding ulcer, indigestion, and jaundice.

Taste: Bitter, acrid

Actions: Carminative, Antiperiodic, Rubefacient, Stimulant Antidote, Resolvent

Traditional uses:

- It is useful in treating colds, coughs, fevers, gastric ulcers, hemorrhoids, vatha diseases, etc.
- It is an effective antidote.

SCIENTIFIC EVIDENCE OF DRUG REVIEW

Table 2: Scientific review of herbal drugs

Botanical Name	Family Name	Chemical Constituents	Pharmacological Activity in animal models
<i>Aconitum spicatum</i>	Ranunculaceae	Bikhaconitine Spicatine-A, Spicatine-B ⁷	Anti-bacterial ⁸ Anti-pyretic, Analgesic ⁹ Arrhythmogenic ¹⁰ Anti-epileptiform activity ¹¹
<i>Piper nigrum</i>	Piperaceae	Piperine, Oleoresin, Essential oil, Starch, Fatty oils (acids) ¹²	Anticancer, Anti-inflammatory, Analgesic and anticonvulsant, Hypoglycemic and hypolipidemic ¹³

Table 3: Scientific Review of mineral ingredients in various formulations

Medicines	One of the ingredients	Pharmacological study
Kukkilathi chooranam	Gandhagam	1. In-vitro Anti-oxidant activity of Kukkilathi chooranam was evaluated through assays namely DPPH Assay, Nitric oxide radical scavenging Assay, ABTS Assay, Hydrogen peroxide radical scavenging Assay. ¹⁴
Gandhaga chooranam	Gandhagam	1. Evaluation of Anti-Inflammatory Activity of Gandhaga Chooranam by Carrageenan induced hind paw edema method in Wistar Albino Rats. ¹⁵
Arumuga chenduram	Rasam Gandhagam Venkaaram	1. Evaluation of Anti-arthritic activity of Arumuga chenduram against type II collagen-induced arthritis in experimental rats. ¹⁶
Panchamuga chenduram	Rasam Gandhagam	1. Invitro Anti-cancer activity of Panchamuga chenduram by MTT colorimetric assay. ¹⁷
Kasturi karuppu	Rasam Gandhagam Manosilai	1. Invitro Anti-microbial activity of Kasturi karuppu by cup plate method. ¹⁸
Pancha Paasana Chendhuram	Manosilai Gandhagam	1. Pancha Paasana Chendhuram as an Anti-cancer agent against MCF-7 breast cancer cells. ¹⁹
Rajaloga Natharasa Parpam	Rasam Gandhagam Vengaram	1. The anti-inflammatory, Immunomodulatory activity of Rajaloga Natharasa Parpam by carrageenan-induced inflammatory study and Immunomodulatory studies using RAW 264.7 cells. ²⁰
Cuvacakutori chooranam	Vengaram	1. Antioxidant activity by DPPH free radical scavenging and superoxide scavenging studies. ²¹



Neeradimuthu Vallathi Mezhugu	Rasam Gandhagam	1. Analgesic activity by Tail Flick method 2. Anti-inflammatory activity by Carrageenan induced hind paw edema. ²²
Kandhaga Ennai	Gandhagam	1. In vitro wound healing potential by DPPH radical scavenging activity. 2. Antibacterial activity by agar well diffusion method 3. Antifungal activity by agar well diffusion method. ²³
Sulcona	Gandhagam	1. Antibacterial activity against <i>Pseudomonas aeruginosa</i> , <i>Salmonella typhi</i> , and <i>Staphylococcus aureus</i> . 2. Anti-inflammatory property of carrageenan-induced rat paw edema. 3. Mild anesthetic effect by Patch test. ²⁴
Veera mezhugu	Rasam Venkaaram	1. In vitro studies on Ehrlich ascites carcinoma cell lines by MTT assay procedure. ²⁵

CONCLUSION

Siva Nama Rasam is a Herbo-mineral formulation with a wide range of therapeutic properties, including analgesic, anti-inflammatory, anti-cancer, anti-arthritis, anti-microbial, wound healing and antioxidant actions. Before this medicine can be prescribed to patients, it must undergo pre-clinical assessments. These assessments typically include Toxicology Studies, Pharmacokinetics, Pharmacodynamics, and Efficacy Studies. These steps are essential to ensure the formulation's safety and effectiveness before it progresses to clinical trials in humans.

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