



Veliparuthi (*Pergularia daemia*) Medicinal Uses in Siddha and Varma Maruthuvam

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ABSTRACT

One of the ancient medical systems in India is the Siddha system. The word "Siddha" means accomplishments and "Siddhars" were holy people who made significant breakthroughs in medicine. It was said that eighteen Siddhars had aided in the creation of this medical way.

Varmam is an ancient Indian practice rooted in Siddha medicine and traditional martial arts, particularly from Tamil Nadu. It focuses on the knowledge of vital points in the human body, which are believed to control the flow of life energy (*prana* or vital force). Plants and plant products are being used as a source of medicine since long. According to World Health Organization (WHO) more than 80% of the world's population, mostly in poor and less developed countries depend on traditional plant-based medicines for their primary healthcare needs. In *Siddha* and *Varma* medicines, both integral parts of traditional Tamil medicine, rely heavily on the use of various medicinal plants. These plants are used to treat a wide range of health conditions, from common ailments to complex diseases. In *Varma* medicine, which is a traditional healing practice that focuses on manipulating vital energy points (*Pranan*) in the body, **Veliparuthi** (*Pergularia daemia*) is utilized for its therapeutic properties, particularly in the treatment of pain and injuries related to *Varmam* points. *Veliparuthi* (*Pergularia daemia*) Plant is mainly used in various *Varma* formulations like both internal, external medicines and external therapies.

Keywords: Veliparuthi, Siddha, Varmam, Formulations, Pharmacological activity.

INTRODUCTION

South India is the origins of the ancient Siddha medical system. Many various medicinal plants are used in Siddha medicine, an ancient Indian traditional medical system, to manage various kinds of illnesses. These medicinal plants are used in exacerbated preparations containing minerals and other natural compounds, and are thought to have strong healing powers. A specific region of *Siddha* medicine is known as the *Varma Maruthuvam*. These are specific energy points on the body, which are believed to regulate the flow of vital energy (*Prana*) within the body. Medicinal herbs, metals, minerals and animal products have been used in various formulations in *Varma Maruthuvam*.

There are numerous ways to use medicinal plants, including *Chooranam* (Medicinal powder), *Kasayam* (decoction), *Nei* (medicated ghee) and various external therapy procedures like *Ottradam* (Fomentation), *Poochu* (Medicated Paste), *Tharai*. These therapeutic approaches managed with various kind of Traumatic injuries. *Veliparuthi* (*Pergularia daemia*) is a medicinal plant commonly used in *Varma* Medicine (*ilaka Pachilai*) is also called as *Eka mooligai prayokam*. *Veliparuthi* used as internal, external medicine and various external therapies in *Varmam* Maruthuvam¹. This indicates that the paper aims to explore the various uses of *Veliparuthi* in the context of *Siddha Varmam* therapy, supported by

traditional *Siddha* literature and contemporary scientific research.

VELIPARUTHI (*Pergularia daemia*) in Siddha and Varmam Literature

Veliparuthi (*Pergularia daemia*) is commonly known as *Uthamani* in tamil. It is also mentioned as *Uthamamagani*, *Uthamakannigai* in *Siddha literature*, *Gunapadam Mooligai Vagupu*. In *Varmam* Literature *Veliparuthi* is also mentioned as *Adaka Pachilai*, *Ekamooli*, *Mayamooli*, *Meitheenda Kaalam*. This medicinal plant mainly indicated for various *Varma* injuries¹.

Table 1: Taxonomy classification²

Kingdom	Plantae
Subkingdom	Tracheobionta
Super division	Spermatophyta
Division	Magnoliophyta
Class	Magnoliopsida
Subclass	Asteridae
Order	Gentianales
Family	Asclepiadaceae
Genus	<i>Pergularia</i>
Species	<i>P. daemia</i> (Forsk) Chiv



Table 2: *Veliparuthi (Pergularia daemia)* Actions and Activities⁴⁻⁷

Commonly used part	Leaf, Root
Actions	Expectorant Anthelmintic Emetic
Pharmacological Activities	Anti-inflammatory Analgesic Antipyretic Hepatoprotective activity Anti-oxidant activity Anti-urolithiatic Activity

Formulations of *Uthamani/ Veliparuthi (Pergularia daemia)* Mentioned in *Siddha* Literature⁴:

- *Uthamani* based medicine in *Siddha* Literature ***Pavala Parpam Amaiotu Parpam***
- *Uthamani Karukku Mantham Allu Mantham Seriyamai*
- *Uthamani, Kasthuri, Thaen*(honey) for Bronchial asthma

II. *Veliparuthi* based External Medicine and Therapies**Table 4:** *Varmam* external Therapies and indications ²

Varmam External Therapy	Indications
<i>Sirasu Varma Kizhi</i>	<i>Alavadisenni Varmam, Varma Kaayangal</i>
<i>Paal Tharai, Thaila Tharai</i>	Used for joint sprain, For fracture management
<i>Saaru</i>	<i>Varma Mayakam</i>
<i>Poochu</i>	Sprain, Swelling, pain
<i>Kaayarajanga Thailam</i>	Menancing clinical signs in <i>Varmam</i>
<i>Kumari Thuvilai</i>	<i>Varmam, ullaichal, Kaayangal</i>
<i>Thirumeni Ennai</i>	<i>Aalavadusenni Varmam, Vathasuram, Mayakam</i> (Giddiness)
<i>Vellai Paraikaal Ottradam</i>	<i>Kondaikolli, Pidari Varmam, Sevikutri, Alavadi Varma Kaayangal</i>
<i>Varma Ennai</i>	Shoulder pain - <i>Pattikattal</i>
<i>Nasiyam, Nasithool</i>	Syncope

DISCUSSION

Varmam is a specialized branch of *Siddha* medicine focused on the management of trauma and nerve injuries. It combines physical manipulation of specific points (*Varma* points) with the administration of medicinal plants, both internally and externally, to promote healing and alleviate pain. Its anti-inflammatory, analgesic, and wound-healing properties are particularly valued. In *Varmam* therapy, medicinal plants can be used individually or in combination to enhance therapeutic effects. ***Pergularia daemia*** (commonly known as *Veliparuthi* or *Adaka pachilai*) is frequently mentioned in *Varmam* literature for its effectiveness in treating injuries and nerve-related issues

- Leaf juice best for anthelmintic
- Leaf paste used for Carbuncle
- *Uthamani* is used as adjuvants for various medicine and diseases.
- *Uthamani Ennai*(Medicated oil) indicated for uterine disorders and arthritis
- *Uthamani* root powder used for *Vatha* related disorders

Veliparuthi (Pergularia daemia)* based *Varma* Formulations and their Indications:*Table 3:** Internal Medicines ³

NEI (MEDICATED GHEE)
<i>Veliparuthi Nei</i>
<i>Thodaiver Kirutham</i>
<i>Kumari Kirutham</i>
<i>Kukuda Nei</i>

Note: "*Nei*" is indicated primarily for treating conditions related to "*Varma Kayangal*" and "*Sayam*."

plays a significant role in this therapeutic system. *Pergularia daemia* is a versatile medicinal plant with significant pharmacological activities that support its traditional use in various therapeutic applications. Its benefits in reducing inflammation, pain, fever, and microbial infections, along with protecting the liver and promoting wound healing, make it a valuable addition to both traditional and modern medicine. The analgesic activity of *Pergularia daemia* is supported by several studies which demonstrate its potential to relieve pain. This activity is attributed to the presence of bioactive compounds such as flavonoids, alkaloids, and terpenoids. The hepatoprotective activity refers to the plant's ability to prevent damage to the liver, a crucial organ responsible for detoxification, metabolism,



and various other vital functions. The antipyretic activity of *Pergularia daemia* is primarily due to its ability to interfere with the biochemical pathways involved in fever production. pharmacological studies validate these traditional uses, showing that *Pergularia daemia* has significant anti-inflammatory, analgesic, hepatoprotective, antipyretic, anthelmintic, antimicrobial, and antioxidant activities. *Veliparuthi* (*Pergularia daemia*) remains an important plant in traditional medicine, valued for its wide range of therapeutic properties. Its continued use in modern herbal medicine reflects its enduring significance and the lasting impact of ancient medicinal knowledge. As research continues to explore its benefits, *Veliparuthi's* role in natural healing is likely to expand, offering new possibilities for integrating traditional wisdom with contemporary health practices. Ongoing research and clinical validation will help unlock its full potential and ensure safe and effective use in healthcare.

CONCLUSION

Pergularia daemia, known as *Veliparuthi* or *Adaka pachilal* in traditional *Siddha Varmam* therapy, is a widely used medicinal plant. It plays a crucial role in managing trauma and nerve injuries by offering anti-inflammatory, analgesic, hepatoprotective, and wound-healing benefits. Whether used as a single herb or in polyherbal formulations, its applications in both internal and external medicine underscore its importance in this specialized branch of *Siddha* medicine. *Veliparuthi's* extensive use in ancient medicine systems underscores its importance as a medicinal plant with a wide range of applications. Whether in *Siddha*, *Varma*, or folk medicine, this plant has been recognized for its ability to treat various conditions, from respiratory, skin conditions and injuries. Its role in these ancient practices highlights the deep understanding that traditional healers had of the natural world and their ability to harness its healing power in holistic ways. The continued use of *Veliparuthi* in traditional medicine today is a testament to its enduring value and effectiveness, demonstrating the lasting impact of ancient medical knowledge. Further research and clinical studies could provide more insights into its full potential and optimize its use in contemporary medicine.

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