

Review Article



Siddha Herbo-Mineral Formulation of Aya Veera Mathirai – A Review

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ABSTRACT

The siddha system of medicine is one of the ancient system contemporaneous with those of the submerged lands, Egyptian, Mesopotamian, Chinese and Grecian medicines. Traditional medicine has played a significant role in meeting the demands of primary health care in many developing countries and its use has been widely elaborate in many developed countries. This medicinal formulation is made up of ingredients from animals and minerals, along with herbal origins that have been pharmaceutically processed to produce therapeutic effects. *Aya Veera Maathirai* (AVM) is one such Herbo Mineral formulation which consists of *Ayam* (Iron), *Veeram* (*Hydrargyrum perchloride*), *Chukku* (*Zingiber officinale*), *Milagu* (*Piper nigrum*), *Thippili* (*Piper longum*), *Kadukkai* (*Terminalia chebula*), *Nellivatr* (*Phyllanthus emblica*), *Nervalam* (*Croton tiglium*), *Vaal milagu* (*Piper cubeba*), *Vediuppu seyaneer* (*Pottasium nitrate*), *Elumichai* (*Citrus limon*). To validate the traditional claims about the medicinal value of AVM, the present review focuses on the composition and traditional uses of the Herbo-mineral formulations of the Siddha system of medicine in AVM as well as the scientific analysis of its pharmacological actions of the ingredients of AVM, on Siddha mineral preparations.

Keywords: Siddha medicine, *Aya Veera Maathirai*, Herbo-mineral formulations, Traditional medicines, Literature review.

INTRODUCTION

The siddha system of medicine is one of the ancient system contemporaneous with those of the submerged lands, Egyptian, Mesopotamian, Chinese and Grecian medicines¹. Siddha medicine helps people live long, healthy and balanced lives without complicated surgeries and helps them to reach their goal of life. Traditional medicine has played a significant role in meeting the demands of primary health care in many developing countries and its use has elaborate widely in many developed countries².

Medicines in the siddha system are divided into Internal medicines (*Aga marunthu*) and External medicines (*Pura marunthu*). Each kind of medicine has thirty – two forms. The system has produced a wealth of rare and valuable drug knowledge, where in the usage of *Jeeva porutkal* (animal products), *Thaathu* (metals and minerals), and *Mooligai* (herbs) is strongly encouraged³. one of the internal medicinal forms used in the siddha system of medicine is *Maaththirai*.

“*Maaththirai*” refers to a pill (or tablet) prepared from a finely ground paste of medicinal ingredients. They are also termed as “*Kuligai*”. The term “*Maaththirai*” is the most fitting to the category of medicines as besides indicating the form of the medicines (i.e.pill), it also means that the minimal dosage unit is one pill (“*maaththirai*” means one unit)⁴.

In the Siddha system, many formulations contain metals and Minerals. One such herbomineral formulation is *Aya Veera Maathirai* which is Indicated for *vatha pitha soolai* (Rheumatism), *Mudakku* (Being bent), *Anda vatham*

(Hydrocele), *Iraippu* (Bronchial asthma), *Irumal* (Cough), *Kalladaippu* (Renal calculi), *Kudaichal* (Neuralgic pain)⁵.

In this review, the ingredients of the *Aya veera maathirai* is *Ayam* (Iron), *Veeram* (*Hydrargyrum perchloride*), *chukka* (*Zingiber officinale*), *Milagu* (*Piper nigrum*), *Thippili* (*Piper longum*), *Kadukkai* (*Terminalia chebula*), *Nellivatr* (*Phyllanthus emblica*), *Nervalam* (*Croton tiglium*), *Vaal milagu* (*Piper cubeba*), *Vediuppu seyaneer* (*Pottasium nitrate*), *Elumichai* (*Citrus limon*) were explained by its characteristic features, chemical composition, therapeutic effects in Siddha System, research data about these ingredients.

MATERIALS AND METHODS

Selection of drug:

The herbo-mineral formulation *Aya Veera Maathirai* was selected from the Siddha literature Kannusamium Ennum Vaiththiya Segaram.

Collection of Raw Drug:

The raw drugs were purchased from a local shop in Chennai and authenticated by a Botanist and the *Department of Gunapadam, National Institute of Siddha, Chennai*.

Preparation of AYAVEERA MATHIRAI:

Purified iron powder (*Aya podi*) 2 palam and Hydrargyrum perchloride (*Veeram*) 1 palam are ground with *vediuppu thravagam* for 3 days, then dried and fried until black smoke vanishes. After getting a good shade, powder it and put it in a moist-free, airtight container. One component of this completed medicine, then each one part of *Zingiber officinale* (*Chukku*), *Piper longum* (*Thippili*), *Piper nigrum* (*Milagu*), *Emblica officinalis* (*Nelli vattral*), *Terminalia*



chebula (Kadukkai), *Piper cubeba* (Vaal milagu) and two part of *Croton tiglium* (Nervaalam) were added, ground with lemon juice for 2 hours, formed into tablets and then allowed to dry in the shade.

Table 1: Ingredients of Aya Veera Maathirai

Ingredients	Botanical Name/ Chemical Name	Quantity
Aya Veera Chenduram		35gms
Chukku	<i>Zingiber officinale</i>	35gms
Milagu	<i>Piper nigrum</i>	35gms
Thippili	<i>Piper longum</i>	35gms
Kadukkai	<i>Terminalia chebula</i>	35gms
Nellivatrul	<i>Phyllanthus emblica</i>	35gms
Vaal milagu	<i>Piper cubeba</i>	35gms
Nervaalam	<i>Croton tiglium</i>	70gms
Lemon juice	<i>Citrus limon</i>	200 ml
Vediuppu thravagam	Nitric acid	140ml

LITERATURE REVIEW

Siddha aspect:

Ayam (Ferrum)

Iron is found in mountains and in earth associated with certain materials like Sulphur. It is also found plants and animals

Taste: Astringent and mild sour and bitter

Potency: Hot

Action: Tonic, Haemopoietic, appetite, stimulant and health promoting properties.

General properties: Iron preparations are used in treating the diseases like anaemia, jaundice, leucoderma, obesity, dropsy, anorexia, peptic ulcer, spermatorrhoea, diarrhea and dyspepsia⁶.

Veeram (Hydrargyrum perchloride)

Perchloride of mercury was first used as a therapeutic agent for venereal diseases during the middle of the eighteenth century in western countries. Built for many centuries the perchloride of mercury has been used in India for the treatment of various disorder.

Potency : Hot

Taste: Bitter

Action: Alterative, Anti-biotic, Anti-septic, Caustic.

General properties: Perchloride of mercury is used to cure the following diseases:

Gastric ulcer, leprosy, severe vatha diseases and morbid growth of flesh, Throbbing pain associated diseases, venereal dis-eases, bubo in the groins occurs to the female and male due to forcefulness of sexually contact. This is also used for various types of eye diseases⁶.

Padikaram (Aluminium potassium sulphate)

Synonyms: padikaaram, padigi and cheenam.

This is available in nature and found in combination with certain special form of clay in places such as Nepal, Kathiyawar, Punjab and Bihar. The Alum is separated from the clay. This appears like crystal and is white in colour.

Taste: sweet, sour and also astringent taste

Actions: Astringent, antiseptic, antispasmodic.

General Properties: It cures, gingivitis, eye diseases, ophthalmia, elephantiasis, vayu, tumour, sene of heat, gastric ulcer, hypertension, haemorrhage, dysentery, diarrhoea, children's vomiting, diarrhoea, whooping cough, spittle cough with expectorant, pharyngitis, menorrhagia and gonorrhoea⁶.

Vediuppu (Pottasium nitrate):

Synonyms: Pottiluppu, Inangan, Padairasan, Boamikoormai Nevachaara mithru.

The potassium nitrate salt is used for the preparation of explosives. It is also used for cooling alcohol and to polish the gold ornaments.

Action: demulcent, diuretic and diaphoratic properties.

General properties: The salt is also useful in the treatment of eight types of gunmam, uterous fibroids, anorexia, anaemia, urinary tract infections, dysuria, stranguary, ascites, menopausal disorders, abdominal distention and asthma. It improves fertility in women. The salt is also effective in fever, swellings, rheumatic disorders, haemorrhage, gonorrhoea, eye diseases and sore throat⁶.

Zingiber officinale

Description: Rhizomes laterally compressed, ovate, flattish, oblique, irregularly branched. Pieces about 7-12 cm long 1-2 cm thick. Externally pale yellowish-buff or light brown, longitudinally wrinkled, ends of branches with depressed stem scars. Fracture brittle and uneven, fractured surface fibrous. Odour aromatic and characteristic; taste pungent and spicy.

Taste : Pungent

Part Used : Rhizome (dried and green).

Actions : Stimulant, Stomachic, Carminative

General properties: Dry ginger is generally used as a corrective adjunct to purgatives to prevent griping and nausea; applied also to painful affections of the bowels and stomach.

Piper nigrum

Description: Fruits are globular or oblong. 4-6 mm in diam. Externally blackish brown. with raised reticulated wrinkles. One seeded, seeds white and hollow. Odour aromatic; taste aromatic and strongly pungent.



Part used: Fruits.

Therapeutic uses: Dried fruits, known in the market as black pepper, are used as aromatic, stimulant and stomachic, in the treatment of dyspepsia, flatulence, malarial fever, paraplegia and arthritis (dose: 0.7-1.1 g of the powder). They also find local applications for sore-throat, piles and skin diseases.

Piper longum

Botanical Description: The fleshy spikes constitute the drug. A few spikes are pedicellate. Spike 2-4 mm. in diam. and 1.2-2.5 cm. long, cylindrical, ovoid, oblong, erect. blunt. Blackish green to green in colour, surface rough. The spikes bear bracts and numerous small 0.5-1 mm. in diam., ovoid immature fruits sunk in solid spike, closely appressed to the axis. Odour aromatic. characteristic. Taste pungent, produces salivation and numbness of the mouth.

Parts used: Fruit, root

Actions: Stimulant, Carminative

Therapeutic uses: Both roots and the fruits are attributed with various medicinal properties and as such, find applications in diseases of respiratory tract, dysentery skin disease (leucoderma), as cholagogue in obstruction of bile duct and gall bladder; analgesic. Old long pepper is considered to be more useful than fresh one. Powdered long pepper, mixed with honey, is efficacious in cold, cough, asthma and hiccup.

Piper cubeba

Description: Fruit globular, wrinkled. 4-6 mm in dia.. dark brown, with the base prolonged into a thin straight flattened, about 4 mm long stalk. Fruit hard, stony, albumen white and oily. Odour, aromatic and characteristic; taste bitter and spicy.

Parts used: Fruits and oil.

Actions: Stimulant, Carminative, Diuretic, Expectorant

Therapeutic uses: Fruits are used in medicine as a stimulant, carminative and local irritant; cures asthma. They are diuretic, sedative and also expectorant and stimulant to the bronchial mucous membrane. Fruits contain an essential oil (oil of Cubebs) used as a local remedy in the form of lozenges for the relief of throat troubles.

Terminalia chebula

Description: The external appearance of the fruit varies based on geographical source. It is 2 to 3 cm in length while 1 to 2 cm in diam. with hard stony appearance. Externally it is shining and is adorned with longitudinal ridges. Colour of the fruit rind varies from yellowish brown, uniform brown to light black owing to the variety and place of origin. Internally the fruit is light yellow. On grinding yellowish brown powder is obtained. Taste astringent and slightly bitter.

Parts Used: Fruits and bark.

Therapeutic Uses: Cold infusion as a gargle for stomatitis and used in chronic ulcers, carious teeth; in cough, asthma, urinary diseases; highly efficacious in chronic diarrhea, dysentery and flatulence.

Phyllanthus emblica

Description: The dried fruit shows a broad, highly shrivelled and wrinkled external convex surface, lateral surface transversely wrinkled, external surface exhibits few whitish specks, occasionally some pieces show a portion of stony testa (which should be eliminated before processing). Taste, sour and astringent.

Parts Used: Fruits, seeds, flowers, leaves, bark and root.

Actions: Astringent, Refrigerant, Diuretic, Laxative

Croton tiglium

Description: A small evergreen tree, 4.5-6m in height with ash-coloured smooth bark and young shoots sprinkled with stellate hairs; leaves oblong to ovate-lanceolate, obtuse or rounded at the 2-glanded base, acuminate, membranous, yellowish green, minutely toothed; flowers small, unisexual, males on slender pedicels, females larger on short thick pedicels; fruits ovoid or oblong 3-gonous capsules; seeds smooth, testa black, enclosing reddish brown oily endosperm.

Parts Used: Seed and fixed oil from the seed.

Actions: Purgative, Rubefacient

Therapeutic uses: The seeds and oil are acrid, bitter, thermogenic, emollient, drastic purgative, digestive, carminative, anthelmintic, anti-inflammatory, vermifuge, detergent, diaphoretic, expectorant, vesicant, irritant and rubefacient, and are useful in abdominal disorders, constipation, dyspepsia, helminthiasis, inflammations, psychological disorders, insanity, convulsions, ophthalmia, cough, catarrh, bronchitis, fever, leucoderma, ascites, anasarca, urolithiasis and dropsy.

Citrus limon

Description: A straggling, bushy, small tree, 3-4 m high, with thorny branches. Leaves ovate; petiole margined or winged. Flowers small, white or pinkish, sweet-scented. Fruits oblong or ovoid, usually with a nipple-shaped extremity, bright yellow, rind thick; pulp acid, pale yellow.

Part Used: Fruits.

Actions : Refrigerant, Carminative

Therapeutic Uses: Fruits (ripe): juice refrigerant and allays thirst; antidiarrhoeal, antidyenteric, antiscorbutic, astringent. It is used in the treatment of rheumatism, scurvy and gout; rind: carminative and stomachic.



SCIENTIFIC EVIDENCE OF DRUG REVIEW

Table 2: Scientific review of herbal drugs

Botanical Name	Family Name	Chemical Constituents	Pharmacological Activity in Animal Model
<i>Zingiber officinalae</i>	<i>Zingiberaceae</i>	Gingerols, Zingiberene, gingerdiones, diterpenes gingerglycolipids A. ⁷	Anti-inflammatory activity, ⁹ Antinociceptive activity. ⁹
<i>Piper nigrum</i>	<i>Piperaceae</i>	Piperine, piperidine, piperettine, piperanine, piperamides.pipericide, guineensine, sarmentine. ⁷	Anti-inflammatory activity, ¹⁰ Analgesic activity, ¹⁰ Anti-diarrhoeal activity. ¹⁰
<i>Piper longum</i>	<i>Piperaceae</i>	Piperine, volatile oil, Piperlonguminine piperonaline, piperundecalidine, sesamin a lignin derivative. ⁷	Anti-inflammatory activity, ¹¹ Anti-ulcer activity, ¹² Antioxidant activity. ¹²
<i>Terminalia chebula</i>	<i>Combretaceae</i>	Tannins, anthraquinones, chebulinic acid, Ellagic acid, Gallic acid, Corilegin, B-D-glucogallin. ⁷	Analgesic activity ¹³ Anti-inflammatory activity. ¹³
<i>Phyllanthus emblica</i>	<i>Euphorbiaceae</i>	Vitamin C, Threo-ascorbic acid, Gallic acid, Ellagic acid, phyllemblic acid and emblicol, Pectin , Phyllantidine and phyllantine. ⁷	Anti-diabetic activity, ¹⁴ Anti-inflammatory, ¹⁴ Antidiarrhoeal activity, ¹⁴ Analgesic activity. ¹⁴
<i>Piper cubeba</i>	<i>Piperaceae</i>	Cubebin, hinokinin, clusin, dihydrocubebin, piperenol A, piperenol B. ⁷	Antiurolithic activity, ¹⁵ Anti-pyretic activity, ¹⁶ Anti-microbial activity, ¹⁶ Antinociceptive activity. ¹⁶
<i>Croton tiglium</i>	<i>Euphorbiaceae</i>	palmitic, myristic and lauric acids, tiglinic acid, quartenylic acid, stearic acid. ⁸	Antiimplantation ¹⁷ Haemagglutination, ¹⁷ Analgesic activity. ¹⁷
<i>Citrus limon</i>	<i>Rutaceae</i>	flavonoids such as (hesperidin, eriocitrin) phenolic acids such as (ferulic acid caffeic, Ascorbic acid, citric acid). ⁸	Neuroprotective activity. ¹⁸

Table 3: Scientific Review of Minerals ingredients in various formulation

Medicine	Ingredients present in AVM	Pharmacological study
Veera Mezhu	<i>Veeram</i>	1. Invitro cytotoxicity of EAC cell line. ¹⁹ 2. Invitro antioxidant studies employing chemical methods such as DPPH and reducing capacity assays were carried out as per Blois (1958) and Oyaizu (1986). ¹⁹
Vediuppu chunnam	<i>Vediuppu</i>	1. Anti-inflammatory activity of <i>Vediuppu chunnam</i> using Carrageen induced paw edema in <i>wister albino rats</i> . ²⁰ 2. Anti-urolithic activity of <i>Vediuppu chunnam</i> by Ethelene glycol induced urolithiasis in <i>wister albino rats</i> . ²⁰
AyaVeera Chenduram	<i>Ayam</i>	1. Anti-inflammatory activity of <i>Aya Veera Chenduram</i> using Carrageen induced paw edema in <i>wister albino rats</i> . ²¹ 2. Analgesic activity of <i>Aya Veera Chenduram</i> using Eddy's Hot plate method in <i>Swiss albino mice</i> . ²¹
Bhramasthiram	<i>Veeram</i>	1. In-vitro anti-cancer and anti-tumor activity of <i>Bhramasthiram</i> against Human KB oral cell line and <i>HeLa</i> cell line using MTT assay by cell viability and anti-oxidant activity. ²²
Kara sooda sathu parpam	<i>Padikaram</i>	1. Anti-urolithic activity of <i>Kara sooda sathu parpam</i> by Ethelene glycol induced urolithiasis in <i>wister albino rats</i> . ²³ 2. Invitro antioxidant activity of the drug by DPPH spectrophotometric assay. ²³
Sanjeevi theeneer	<i>Ayam</i>	1. Evaluation of Anti-Oxidant Activity of Sanjeevi Theeneer Using Dpph (2, 2-Diphenyl 1-2 picrylhydrazyl) Free radical Scavenging Assay. ²⁴ 2. Evaluation of Hepatoprotective activity of Sanjeevi Theeneer on paracetamol induced hepatotoxicity in rat's model. ²⁴
Veera rasa pathangam and panchamuga chenduram	<i>Veeram</i>	Anti-cancer activity of Siddha drugs Veera Rasa Padhangam (VRP) and Panchamuga Chenduram (PMC) containing Veeram and both Veeram and Lingam respectively with the standard drug taxol using Cell Viability Assay. The in vitro study demonstrated that Siddha drugs VRP and PMC the standard drug Taxol. ²⁵



CONCLUSION

This review highlights its potential therapeutic benefits, ingredients profile and Pharmacological activities. The herbo – mineral constituents of this formulation have Anti-inflammatory, analgesic, Anti – diabetic and Anti- microbial actions. Therefore, this preliminary step was taken to provide documentary evidence for the therapeutic effects of the ingredients which are used to the preparation of AVM. While traditional knowledge and anecdotal evidence support its use, further scientific research and clinical trials are necessary to validate its efficacy and safety.

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