

## A Review on Siddha Single Herb Therapy in the Management of Abdominal Bloating (Vayitru Porumal)

Dr. Banupriya M<sup>\*1</sup>, Dr. Rasi M<sup>2</sup>, Dr. Sundrarajan S<sup>3</sup>

<sup>1\*</sup> PG Scholar, Department of Noi Naadal, <sup>2</sup> PG Scholar, Department of Nanju Marthuvam, <sup>3</sup> Reader Head of the Department, Department of Noi Naadal, Government Siddha Medical College, Palayamkottai, Tirunelveli, Tamilnadu, India.

Date Of Submission: 01-05-2021

Date Of Acceptance: 10-05-2021

**ABSTRACT :** Siddha system is one of the earliest traditional system in the world . Which treats not only the body but also the mind and soul. Abdominal bloating is one of the most common health complaints. It is commonly reported by men and women of all ages. Bloating occurs in nearly all patients with Gastrointestinal (GI) disorders. In USA 15 -30 % of general population has been reported to experience bloating, 15 % reported in Asian population. In siddha system Abdominal bloating is treated by using herbs, minerals, metals and herbomineral preparations. In this study single herbal remedies for abdominal bloating is focused . So this study was taken to collect the siddha medicines used to treat abdominal bloating from various literatures .This study will helps in improving the management of abdominal bloating by using siddha herbal medicines.

**KEYWORDS :**Abdominal bloating, Siddha medicines, Vayitru porumal

### I. INTRODUCTION

Siddha system is one of the earliest traditional system in the world . Which treats not only the body but also the mind and soul.

According to siddha system the functional unit of human body is said to be Uyir thathus, and physical unit is said to be Vatham, Pitham, Kabam(Three humours). Diseases are occurring due to vitiated humours (humoural derangements). Siddhars have said medicines containing herbs, minerals and metals to cure diseases. Abdominal bloating is one of the most common health complaints.

Abdominal bloating is commonly reported by men and women of all ages. Bloating occurs in nearly all patients with Gastrointestinal (GI) disorders. In USA 15 -30 % of general population has been reported to experience bloating, 15 % reported in Asian population. In siddha system Abdominal bloating is treated by using herbs, minerals, metals and herbomineral preparations. In this study single herbal remedies for abdominal bloating is focused.

So this study was taken to collect the siddha medicines used to treat abdominal bloating from various siddha literatures. This study will helps in improving the management of abdominal bloating by using siddha medicines.

### II. REVIEW OF LITERATURE

#### 1. HERBS USED IN THE MANAGEMENT OF ABDOMINAL BLOATING (VAYITRU PORUMAL)

HERBAL	BOTANICAL NAME	FAMILY	TYPE OF PLANT	ACTIVITY
Santhanam	Santalum album	Santalaceae	Tree	Antiulcerogenic, Antiinflammatory, antioxidant, antipyretic, antifungal, antibacterial
Sathakuppai	Anethum graveolens	Apiaceae	Herb	antiinflammatory, analgesic, antimicrobial, antihyperlipidaemic

Pirandai	Cissus quadrangularis	Vitaceae	Shrub	Gastroprotective, anti-inflammatory, antihemorrhoid, anabolic, antiulcer, antiosteoporotic, analgesic, bone fracture healing
Marakkurai	Catunaregum spinosa	Rubiaceae	Shrub	Anti-inflammatory, antipyretic, analgesic
Vembu	Azadirachta indica	Meliaceae	Tree	Anti-inflammatory, anti-malaria, antibacterial, antiallergic, antidermatitic, antiulcer, antifungal insecticidal
Vetpalai	Wrightia tinctoria	Apocynaceae	Tree	Antiulcer, Anti-inflammatory, antioxidant, antipyretic, antifungal, antipsoriatic, antidiabetic, antimicrobial,

				Wound healing, anthelmintic
Koththumalli	Coriandrum sativum	Apiaceae	shrub	antimicrobial, antioxidant
Konji	Glycosmis arborea	Rutaceae	Shrub	wound healing
Kaattukirambu	Ludwigia octovalvis	Onagraceae	Shrub	Antioxidant, antibacterial
kaattukadugu	Cleome viscosa	Cleomeaceae	Herb	Antidiarrheal
Karpoorappul	Cymbopogon citrates	Poaceae	Shrub like herb	Anti-inflammatory, antibacterial, antimalarial, antifungal, insecticidal, antinociceptive, antihypertensive, antioxidant, antidiabetic,
Kadukkai	Terminalia cebula	Cobretaceae	Tree	Neuroprotective, antibacterial, anticonvulsant, antioxidant, hepatoprotective, Cardioprotective, Cytoprotective, antidiabetic

				retinoprotective, antiarthritic, antifungal, antiviral, anticarcinogenic, anticaries
Omam	Carum copticum	Apiaceae	Herb	Antiparasitic, antiinflammatory, antimicrobial, antifungal, antitoxic, antipyretic, antispasmodic, cardiovascular, hepatoprotective
Lavangapathiri	Cinnamomum tamala	Lauraceae	Tree	antibacterial, antioxidant, antidiabetic, hepatoprotective, gastroprotective, cytoprotective, antigenoprotective, anti-inflammatory
Aatruthumatti	Citrullus colocynthis	Cucurbitaceae	Climber	antidiabetic, antineoplastic, antioxidant, anticonvulsant, antiinflammatory, analgesic, antiallergic, antimicrobial, pesticidal, immunostimulant
Nelli	Phyllanthus embilica	Phyllanthaceae	Tree	Antimicrobial, antioxidant, Laxative, antidiabetic, antiinflammatory, hypolipidemic, hepatoprotective, analgesic, antipyretic, anticancer, neuroprotective
Neerpoola	Phyllanthus reticulatus	Phyllanthaceae	Shrub	antibacterial, antifungal, antioxidant, analgesic, antidiabetic, antiinflammatory, hepatoprotective, anticholesterol
Thippili	Piper longum		Climber	Insecticidal, antifungal, antiasthmatic, cardiovascular protective, respiratory protective, antimicrobial, antidiabetic, antiinflammatory, anticancer, antioxidant, analgesic, hypocho

				lesterolaemic, antidepressant, antiulcer, hepatoprotective.
Chukku	Zingiber officinale	Zingiberaceae	shrub	anti-inflammatory, antioxidant
Kekkuvidhai	Carum carvi	Apiaceae	shrub	antistress, antibacterial, antidiabetic, antispasmodic, antiasthmatic, antioxidant,

				nephroprotective
Kaattuseer agam	vernonia anthelmintica	Asteraceae	shrub	antioxidant
Karungeer agam	Nigella sativa	Ranunculaceae	shrub	antidiabetic, anticancer, hepatoprotective, cardiovascular protective, gastroprotective, antibacterial, anticonvulsant, antifungal, antihistaminic, antiallergic, anti-inflammatory, antiviral, antioxidant, antiparasitic, nephroprotective, antiasthmatic,
Jathikkai	Myristica fragrans	Myristicaceae	Tree	antioxidant, antibacterial

### HERBS USED IN THE MANAGEMENT OF ABDOMINAL BLOATING (VAYITRU PORUMAL)



1. Coriandrum sativum
2. Santalam album
3. Anethum graveolens
4. Vernonia anthelmintica
5. Carum carvi
6. Cinnamomum tamala
7. Cissus quadrangularis
8. Citrullus colocynthis
9. Wrightia tinctoria
10. Zingiber officinale
11. Myristica fragrans
12. Cymbopogon citrates
13. Cleome viscosa
14. Ludwigia octovalvis
15. Glycosmis arborea
16. Catunaregum spinosa
17. Nigella sativa
18. Carum copticum
19. Piper longum
20. Phyllanthus reticulatus

### III. DISCUSSION

For thousands of years herbs have been used to treat and prevent illnesses around the

world. The herbs are better chosen to treat illness because they are more reliable, environment friendly and easily available. In this paper single herbal medicines for the management of abdominal bloating were better discussed. Among 23 herbal plants 3 plants has gastroprotective activity, 6 plants has antiulcer activity, 9 plants has antibacterial activity.

### IV. CONCLUSION

Varieties of medications mentioned in Siddha literatures, according to the review whole single herbal remedies were plays a major role in treating abdominal bloating. It is well understand that each herbs have good activity related to management of abdominal bloating. Therefore the medication have definitely a significant role in controlling abdominal bloating. This study will helps in improving the management of abdominal bloating by using Siddha herbal medicines.

### BIBLIOGRAPHY

- [1]. Al-snafi, A. E. (2014). The pharmacological

- importance of *Anethum graveolens* a review. International journal of pharmacy and pharmaceutical sciences .
- [2]. Amit Khandhar, S. P. (2010). Chemistry and pharmacology of *Piper longum* L. International journal of pharmaceutical sciences review and research .
- [3]. Aparna Upadhyay, P. A. (2014). A review on the pharmacological aspects of *Terminalia chebula*. International journal of pharmacology .
- [4]. Bhakta Prasad Gaire, L. S. (2015). Phytochemistry, pharmacology and medicinal properties of *Phyllanthus emblica* Linn. Chinese journal of integrative medicine .
- [5]. Boskabady, M. H. (2014). *Carum copticum* L.: A herbal medicine with various pharmacological effects. Biomed research international .
- [6]. Dissanayake KGC, W. W. (June 2020). A Review on Medicinal uses of *Zingiber officinale* (Ginger). International Journal of Health sciences and research .
- [7]. Haidar kadum yakob, S. F. (2012). Antioxidant and Antibacterial activity of *Ludwigia octovalvis* on *Escherichia coli* O157:H7 and some pathogenic bacteria. World applied science journal .
- [8]. Hansa saini, J. D. (2010). Pharmacological and Therapeutic activity of *Cissus quadrangularis*: An overview. International Journal of PharmTech Research .
- [9]. Hasna saini, J. D. (2019). Antiinflammatory, Analgesic and Antipyretic activity of *Catunaregam spinosa*(Thumb) Triveng Extracts. Journal of Drug Delivery and Therapeutics .
- [10]. Khan, R. M. (2016). Phytochemical and pharmacological properties of *Carum carvi*. European journal of pharmaceutical and medical research .
- [11]. Md Arifur Rahman Chowdhury, M. M. (2017). Phytochemical and pharmacological activity of *Myristica fragrans* Houtt (Myristicaceae). International journal of toxicological and pharmacological research .
- [12]. Muhammed Riaz Ur Rehman, M. A. (November 2010). *Zingiber officinale* Roscoe Pharmacological activity. Journal of medicinal plant research .
- [13]. Nitty K. Dogra, S. K. (2017). Pharmacognostical and antioxidant activity investigations on *Vernonia anthelmintica* wild fruits. International journal of pharmaceutical & biological archives .
- [14]. Olwole solomon oladeji, F. e. (2019). Phytochemistry and pharmacological activities of *Cymbopogon citratus*: a review. Scientific african .
- [15]. Rakesh K Sindhu, U. A. (2010). *Santalum album* linn: A Review on morphology, phytochemistry and pharmacological aspects. International journal of pharm Tech Research .
- [16]. Saravanan Vivekanandarajah Sathasivam, E. C. (2020). Pharmacological activities and phytochemical constituents of *Phyllanthus reticulatus* Poir. Vingnanam journal of science .
- [17]. Seema mehta, V. K. (2014). Pharmacological activities of *Cinnamomum tamala* Nees & Eberm. and medical implication: a review. Medicinal & aromatic plants .
- [18]. Shafiei, Z. (2012). Antibacterial activity of *Myristica fragrans* against oral pathogens. Evidence- based complementary and alternative medicine .
- [19]. Silambujanaki, P. (2011). Wound healing activity of *Glycosmis arborea* leaf extract in rats. National library of medicine .
- [20]. Srivastava, R. (2014). A Review on phytochemical, pharmacognostical profile of *Wrightia tinctoria*: Adulterant of kurchi. Pharmacognosy Reviews .
- [21]. Utpal Bose, V. B. (2011). Antinociceptive, cytotoxic and antibacterial activities of *Cleome viscosa* leaves. Revista Brasileira de Farmacognosia .
- [22]. Vaithiyarathinam, K. M. (2013). Gunapadam Mooligai vaguppu. Chennai: Department of Indian Medicine and Homeopathy.
- [23]. Yildiz, H. (2016). Chemical composition, Antimicrobial activities of essential oil and ethanol extract of *Coriandrum sativum* L. Leaves from Turkey. International journal of food properties , 1593-1603.
- [24]. Zabar Iqbal, M. L. (2016). Anthelmintic activity o *Vernonia anthelmintica* seeds against *Trichostrongylid* Nematodes of sheep. World journal of pharmaceutical sciences .
- [25]. Zafar Khan, N. H. (2016). Pharmacological activity of *Nigella Sativa*: a review. World journal of pharmaceutical sciences .