



The siddha drug “Thaazhankaai Ennai” For Vaatha Noi (Rheumatism)

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ABSTRACT

Thaalankai Oil (~Thaazhankaai Oil) is the oldest and most successful formula in Siddha Medicine, and it acts principally by strengthening the immune system. The traditional physicians' special formula of ThaalankaiThaila is containing 22 drugs as thailadravyas and total ingredients are 27 in number (Constituents of Thaalankai Oil). Each drug has been taken according to the physician's formula. The main ingredient is unripe fruit juice of the Thalai (Sin:Mudukeiya,Eng: Screw Pine, B.N:Pandanus odoratissimus) Arthritis is most common problem in world-wide, but it has so many causes and different pathogenesis but whatever it is, Thaalankai oil was successfully curing the disease in practically. Thaalankai oil is a pure Siddha Poly Herbal Formula which prepared and prescribed from Traditional Siddha Physician Dr. R. Ponniah (General Physician). In this research was analysis of the ingredients of research drug – Thaalankaai Oil.Results explained as, Sweet – 22.22%, Pungent – 25.9%, Bitter – 33.33% in tastes; Cool – 33.33%, Hot – 62.96% in potency; and Sweet – 33.33%, pungent – 62.96% in bioavailability of ingredients. According to the actions of the each every one ingredients, totally 11 actions were identify in raw materials and 3.7% of Diuretic, 3.7% of Laxative, 7.4% of Blood purifier, 7.4% of Febrifuge, etc. These actions are good effective for joint diseases (Vata diseases).According to results Vata is control and equilibrium with other doshas. This is a good effective to Vata diseases. This research oil – Thaalankaai Oil has good collection of anti Vataproperties in action wise and it can use internal also. In finally conclude for THALANKAAI ENNAI IS GOOD FOR VATA ROGAM in scientifically identified best Siddha poly herbal formula THALANKAAI Oil is most effective to joint diseases.

KEY WORDS: Thaalankai, thailadravyas, Thaalankaai Oil, dosha, Vata diseases.

Received 15 August, 2020; Accepted 01 September, 2020 © The author(s) 2020.

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I. INTRODUCTION

Background of the research Oil

Siddha is one of the oldest medical systems of the world. Siddha physician preferably like to dispense drugs prepared by their own hands, they do not rely upon the products manufactured by pharmaceutical industries. Rapid civilization, explosive growth rate of population, massive deforestation has made the physicians handicap and to depend up on pharmaceutical industries. Dueto commercial orientation and increasing demand of natural products few pharmacies are preparing unethical products which results in to an embarrassing position for physicians and patients. In order to overcome the enigma there is every need to fix certain standards for these natural products, which are easily adaptable and implementable to overcome the crisis.

Oil is the branch of Siddha Medicine that concerned with maintaining bodily functions, including those of the brain, at the optimum, preventing illness and delaying the debility of aging.

Thaalankai Oil is the oldest and most successful formula in oil, and it acts principally by strengthening the immune system. Keeping its immense qualities in view many drug industries are manufacturing the formulation, but are not similar to each other in respect of quality and efficacy even if the formula is same. This variation is probably due to change in its constituents.

The traditional physicians' special formula of ThaalankaiThaila is containing 22 drugs as thailadravyas (Constituents of Thaalankai Oil). Each drug has been taken according to the physician's formula. The main ingredient is unripe fruit juice of the Thalai (Sin:MudukeiyaB.N:Pandanusodoratissimus)

Background of the research

Arthritis is most common problem in world-wide, but it has so many causes and different pathogenesis but whatever it is, Thaalankai oil was successfully curing the disease in practically. Thaalankai oil is a pure Siddha poly herbal formula which prepared and prescribed from Traditional Siddha Physician Dr.R.Ponniah therefore this drug research is good as thinking but this is not a completed final research however other researchers also take this and do feather clinical or other research of this poly herbal formula.

Objectives were defined as; General Objectiveis To identify the best Siddha poly herbal formula is effective in joint diseases. Specific Objectives were; To study about the ingredients of selected Siddha formula, To introduce Siddha drug to joint diseases, To publish the ancient effective Siddha drug from traditional physician's manuscript, To create the awareness of the ancient Siddha formulas.

METHODS & MATERIALS (Methodology)

Type of Research: Literature and Drug Research of the Siddha drug

Research area: Ponniah Medical Hall, Kalviyankadu, Jaffna, Sri Lanka

Research drug: THAALANKAAI OIL

1) Literature review.

Identify and authenticate the drug materials from the Traditional Physician including in the selected formula in his Tamil manuscript.

2) Identify the treatment in Traditional Siddha Physician's Manuscript

3) Making for sample and check the quality for chemicals and standardization

4) Study about the treatment plan and line of treatment of the Traditional Physician

5) Making the research drug (Oil) of the Siddha drug

5.1) Preparation of research drug.

- 5.1.1) Select the genuine ingredients of research drug formula
- 5.1.2) Prepared the herbal powder ingredients of the research drug.
- 5.1.3) Extract from main ingredient of the research drug with proper way.
- 5.1.4)Prepared the research oil with base oil and all other ingredients with suitable stage.

5.2) Pharmacology of the research drug.

- 5.2.1) Mode of administration: External & Internal use only. Gently rub into the affected area of joint.
- 5.2.2) Dosage of drug: Required amount.
- 5.2.3) Amount of drug: 30ml in each container (giving amount according by patients)
- 5.2.4) Drug interaction: Not find out in end of the research.
- 5.2.5) Drug indication: Joint swelling, joint pain & tenderness, unable to movements of the joints.
- 5.2.6) Drug Reference: Siddha Traditional Physician's Manuscript.

Drug preparation

Prepared Research drug.

Research drug:

Ingredients:Traditional Method (in Tamil Manuscript of the Traditional Siddha Physician):

- | | | |
|------------|-----------------|-----------------------------------|
| 1. | Nannari | <i>Hemidesmusindicus</i> |
| 2. | Koraikizhalanku | <i>Cyperusrotundus</i> |
| 3. | Illamichai | <i>Andropogonmuricatus</i> |
| 4. | Veddiver | <i>Vetiveriazizanioides</i> |
| 5. | Sittamati | <i>Sidacordifolia</i> |
| 6. | Peramatti | <i>Pavoniaodorata</i> |
| 7. | Santanam | <i>Santalum album</i> |
| Per 1/8 Ib | | |
| 8. | Sittarathai | <i>Alpiniaofficinarum L</i> |
| 9. | Perarathai | <i>Alpinia galangal (Greater)</i> |
| 10. | Devadaru | <i>Cedrusdeodara L</i> |
| 11. | Pachai | <i>Pogostemonheyneanus</i> |
| 12. | Katcholam | <i>Kaempferiagalanga</i> |
| 13. | Jatamanjil | <i>Nardostachysjatamansi</i> |
| 14. | Maramanjil | <i>Cosciniumfenestratum L</i> |
| 15. | Manjesti | <i>Rubiaccordifolia</i> |
| 16. | Iruveli | <i>Elettariacardamum</i> |
| 17. | Sittelam | <i>Cinnamomumzeylanicum</i> |

18.	Illavangam	<i>Syzygiumaromaticum</i>
19.	Velluthal	Gum Resin
20.	Kottam	<i>Saussurealappa</i>
21.	Sensanthanam	<i>Pterocarpusgraveolens</i>
22.	Sathakuppai	<i>Anethumgraveolens</i>
Per 05 Kalangu (25g)		
23.	Inthuppu – 01 Ib	Rock Salt
24.	Thaalankaaisaru – 05 Padi.	<i>Pandanus odoratissimus</i>
25.	Cow’s milk – 15 Bottles	
26.	Sesame Oil – 48 Bottles	<i>Sesamumindicum</i>

Method of preparation: Powdered and prepared decoction of above 01 to 22 herbal ingredients in normal method and filtered also. Then after this decoction mixed with extract from the main ingredient *thaalankaai* (Screw Pine), Cow’s Milk and Sesame Oil (Gingili oil) then heated and made final prepared oil with suitable stage (wax stage of the precipitated materials). On suitable stage (after the boiled of the gingili oil) mixed with powder of the Rock Salt.

After that oil became cool slowly. That hot filtered with cloth which cloth contained flower of the *Thaalankaai* (Screw pine). After these all procedures we got final research drug – THAALANKAAI OIL.

Line of treatment of the Traditional Physician:

Clearly diagnosing the disease which effected to *Vatadosha* or other *doshas* as *pitta* and *kapha* first after that prescribed the treatments.

Line of treatment is: Purgative.Treatment for *Vata*

Treatment plan:

Normally treatment consisted of decoction, powder, tablet, leha and oil.

The traditional Physician prescribed his own prepared Siddha Medicines. As follows:

- A. *Decoction*-According to type of *Vata*.
- B. *Powder*-SarvangaVataChooranam.
- C. *Tablet*-VatharakhshathaKulikai
- D. Oil-Thaalankaai Oil.

II. RESULTS & OBSERVATION

Tables and Charts analysis results records and Observations

Results were given below as tables: Data classified with similar INGREDIENTS, TASTE, POTENCY, BIOAVAILABILITY and ACTION.

Table-01: Ingredient list in Thaalankai Oil^[1,6,7]

No	Botanical Name	Family	Sinhala	Sanskrit	English	Taxonomy
1	<i>Hemidesmusindicus</i>	Periplocaceae	Iramusu	Sariva	Sarasaparilla	Climber
2	<i>Cyperusrotundus</i>	Cyperaceae	Kalanduru	Mustaka	Nut grass	Herb
3	<i>Andropogonmuricatus</i>	Poaceae	Savanthara	Usirah	Khus-khus	Herb
4	<i>Vetiveriazizanioides</i>	Lamiaceae	Vetiver		Vetiver	Herb
5	<i>Sidacordifolia</i>	Malvaceae	Sulububabila	Bala	CountryMalow	Herb
6	<i>Pavoniaodorata</i>	Malvaceae	Suwndabebila	Hribera	Great Malow	Herb
7	<i>Alpiniaofficinarum L</i>	Zingiberaceae	HeenAratha	Rasana	Lesser Galanga	Herb
8	<i>Alpinialangala (Greater)</i>	Zingiberaceae	Aratha	MahaRasana	Greater Galanga	Herb
9	<i>Cedrusdeodara L</i>	Coniferae	Devadara	Devadaru	Deodar	Tree
10	<i>Pogostemonheyneanus</i>	Lamiaceae	Kollankola	Thamalpatra	-	Herb
11	<i>Kaempferialangala</i>	Zingiberaceae	Ingurupiyali	Chandramula	Candramula	Herb
12	<i>Curcuma longa L</i>	Zingiberaceae	Kaha	Haridra	Tumeric	Herb
13	<i>Saussurealappa</i>	Asteraceae	Suwandakotang	Kustha	Coctus	Herb

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14	<i>Santalum album</i>	Santalaceae	Suduhandun	Chandana	Sandal	Tree
15	<i>Anethumgraveolens</i>	Apiaceae	Sathakuppa	Satapuspa	Dill	Herb
16	<i>Elettariacardamum</i>	Zingiberaceae	Enasal	Ela	Cardamom	Herb
17	<i>Glycyrrhizaglabra</i>	Fabaceae	Welmee	Yashtimadhu	Liquorice	Herb
18	<i>Coleus vetiverioides</i>	Lamiaceae	Iriveriya	Valakan	-	Herb
19	<i>Rubiaccordifolia</i>	Rubiaceae	Welmadata	Manjistha	Indian Madder	Herb
20	Narumpisin - Galis	-	Kola langada	Galis	Galis resin	Gum Resin
21	<i>Cinnamomumzeylanicum</i>	Lauraceae	Kurundu	Tvaka	Cinnamom	Tree
22	Rock Salt	Mineral	Sayanthalunu	Sayandalavana	Rock Salt	Salt
23	<i>Nardostachysjatamansi</i>	Valerianaceae	Jatamansa	Jatamansi	Spikenard	Herb
24	<i>Cosciniumfenestratum L</i>	Menispermaceae	Weniwel	Daruharidra	Tree Turmeric	Wooden Climber
25	KarudaPachchai	Mineral				
26	<i>Pandanus odoratissimus</i>	Pandanaceae	Mudukeiya	Ketaki	Screw-pine	Shrub
27	Cow's Milk	Animal Product	Elakiri	Sheera	Cow's Milk	-
28	<i>Sesamumindicum</i>	Pedaliaceae	Thala	Tila	Gingelly	Herb

No	Botanical Name	Part used	Organoleptic Characters			Action
			Taste	Potency	Bio availability	
			Sweet	Cool	Sweet	Diuretic
2	<i>Cyperusrotundus</i>	Rhizome	Bitter	Hot	Pungent	Demulcent
3	<i>Andropogonmuricatus</i>	Root	Bitter	Cool	Sweet	Refrigerant
4	<i>Vetiveriazizanioides</i>	Root	Sweet	Cool	Sweet	Antispasmodic
5	<i>Sidacordifolia</i>	Root	Astringent	Cool	Sweet	Stomachic
6	<i>Pavoniaodorata</i>	Root	Bitter	Hot	Pungent	Antispasmodic
7	<i>Alpiniaofficinarum L</i>	Rhizome	Pungent	Hot	Pungent	Febrifuge
8	<i>Alpinia galanga (Greater)</i>	Rhizome	Pungent	Hot	Pungent	Stomachic
9	<i>Cedrusdeodara L</i>	Wood	Bitter	Hot	Pungent	Stimulant
10	<i>Pogostemonheyneanus</i>	Whole Plant	Bitter	Hot	Pungent	Stomachic
11	<i>Kaempferiagalanga</i>	Rhizome	Bitter	Hot	Pungent	Carminative
12	<i>Curcuma longa L</i>	Rhizome	Pungent	Hot	Pungent	Carminative
13	<i>Saussurealappa</i>	Root	Bitter	Hot	Pungent	Stimulant
14	<i>Santalum album</i>	Wood	Bitter	Hot	Pungent	Alterative
15	<i>Anethumgraveolens</i>	Seed	Pungent	Hot	Pungent	Carminative
16	<i>Elettariacardamum</i>	Seed	Pungent	Hot	Pungent	Carminative
17	<i>Glycyrrhizaglabra</i>	Root	Sweet	Cool	Sweet	Laxative
18	<i>Coleus vetiverioides</i>	Root	Sweet	Cool	Sweet	Antispasmodic
19	<i>Rubiaccordifolia</i>	Stem	Astringent	Hot	Pungent	Blood Purifier
20	<i>Velluthalpisin</i>	Gum	Astringent	Hot	Pungent	Blood Purifier
21	<i>Cinnamomumzeylanicum</i>	Bark	Pungent	Hot	Pungent	Stimulant
22	Rock Salt	Salt	Salt			
23	<i>Nardostachysjatamansi</i>	Root	Pungent	Hot	Pungent	Antispasmodic
24	<i>Cosciniumfenestratum L</i>	Stem	Bitter	Hot	Pungent	Febrifuge
25	Karudapachchai	Mineral				
26	<i>Pandanus odoratissimus</i>	Fresh Fruit	Astringent	Cool	Sweet	Refrigerant
27	Cow's milk	Animal Product	Sweet	Cool	Sweet	Refrigerant
28	<i>Sesamumindicum</i>	Seed Oil	Sweet	Cool	Sweet	Refrigerant

Table-02 Organoleptic characters & actions ^[1,6]

CHARTS:

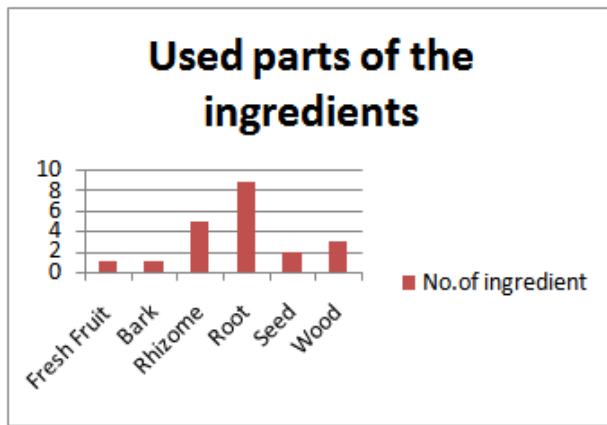


Chart: 01

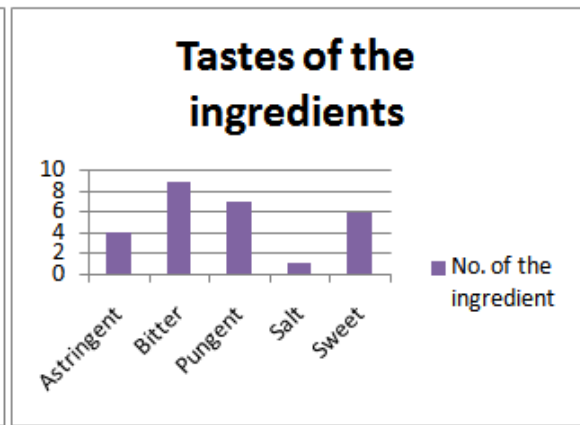


Chart: 02

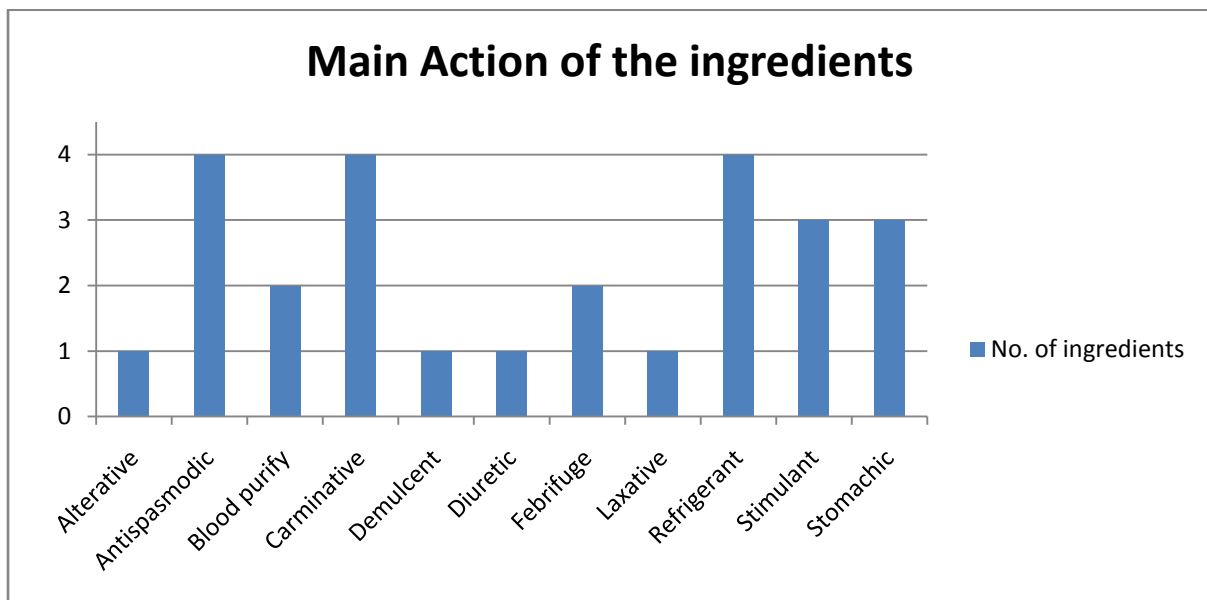


Chart :03

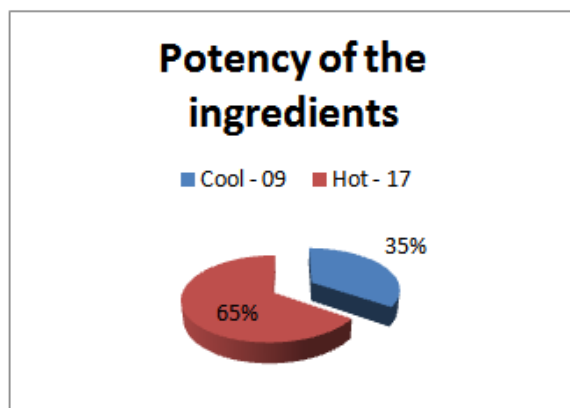


Chart: 04

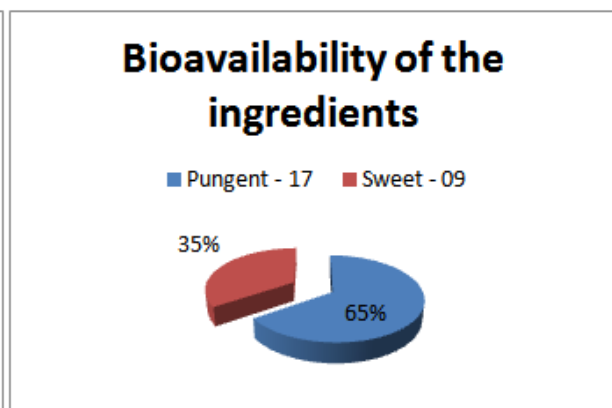


Chart: 05

III. DISCUSSION & CONCLUSION

According to the data collection results and observation were clearly explained the efficacy of the research drug – Thalankaai Oil.

In Literature review and results are analysis by qualitatively:

Procedure of treatment for Vataprakopasamprapti:

The provocation or prakopa of vata could be due to two distinctly different pathological conditions. They are, Depletion of the 'body tissue elements' (dhatukshaya) and Occlusion of pathways or srotas (margaavarodha). Though the end result of both causes is provocation of vata, the line of treatment for the provocation of vata due to depletion of the 'body tissue elements' would be to nourish them. The line of treatment for the provocation of vata due occlusion of the pathway (sroto-avarana) would be to re-canalize it by the administration of drugs indicated and which possess pachana, deepana, vikasi properties or by surgical means of re-canalizing.^[5]
Procedure of treatment for increased Vata:

Treat with drugs which taste SWEET (madhura), SOUR (amla), SALINE (lavana) and UNCTUOUS (snigdha) and HOT (usna) in qualities.^[5]

Oleation (snehana), sudation or fomentation (svedana) enemas (vasti) (both enemas), inhalation (nasya) procedures and diet which shall all be anti-vatic in effect are indicated. Vasti (enema) is the ideal sodhana karma (cleansing procedure) and Taila (Oil) is indicated to allay vata.^[5]

And, go through the six fold gunas and taste effects on tri dosha that are Vata, Pitta and Kapha.^{[4][5]}

- Substances which are guru (heavy) often trend to increase Kapha and **decrease Vata**.
- Substances which are laghu (light) often trend to **increase Vata** and decrease Kapha.
- Substances which are seeta (cold) often trend to **increase Kapha** and **Vata** decrease pitta.
- Substances which are ushna (hot) often trend to increase pitta and **decrease Vata** and Kapha.
- Substances which are snigdha (oily) often trend to increase Kapha and **decrease Vata**.
- Substances which are rooksha (dry) often trend to **increase Vata** and decrease Kapha.^{[4][5]}

Therefore, **increase Vata** by laghu (light), seeta (cold), rooksha (dry)
decrease Vata by guru (heavy), ushna (hot), snigdha (oily)^[5]

In treatment aspect opposite guna is very effective

On treatment for **increase Vata** should use by guru (heavy), ushna (hot), snigdha (oily)

And **decrease Vata** used by laghu (light), seeta (cold), rooksha (dry)^[4]

If decreasing Vata, should use tastes are,
laghu (light), seeta (cold), rooksha (dry)^[4]

Bitter, Pungent, Sour,

Astringent, Sweetish, Bitter,

Astringent, Pungent, Bitter

Bitter > Pungent, Astringent > Sweet, Sour

If increasing Vata, should use tastes are,
guru (heavy), ushna (hot), snigdha (oily)^[4]

Sweetish, Astringent, Saltish

Saltish, Sour, Pungent

Sweetish, Sour, Saltish **Saltish > Sweet, Sour > Astringent, Pungent**

According to result of collection of data:

Total number of ingredients which are Sweet taste– 06, Salt taste– 01, pungent taste– 07, HOT potency– 17,
Sweet Vipaka– 09, **pungent** Vipaka– 17.

According to the action of the ingredients of research Oil

Total number of ingredients are; Alterative – 01, Antispasmodic – 04, Blood purifier – 02, Carminative – 04, Demulcent – 01, Diuretic – 01, Febrifuge – 02, Laxative – 01, Refrigerant – 04, Stimulant – 03, Stomachic – 03.

Results explained as, Sweet – 22.22%, Salt – 03.7%, Pungent – 25.9%, Bitter – 33.33%, Astringent – 14.8% in tastes; Cool – 33.33%, Hot – 62.96% in potency; and Sweet – 33.33%, pungent – 62.96% in bioavailability of ingredients.

According to results Vata is control and equilibrium with other doshas. But considered as taste, sweet, salt as same with pungent but amount of ingredients also effect into the efficacy therefore Sweet taste become high in amount of the final oil because depending the percentages adding amount of each every ingredients (that is; Screw pine extract, Cow's Milk and Gingili oil are Sweet taste. These are large amount than other ingredients) so this is a good effective to Vata diseases which as Vata increase or decreases in the healthy body. And also this research oil – Thalankaai Oil has good collection of anti vata properties in action wise. In finally conclude for THALANKAAI ENNAI IS GOOD FOR VATA ROGAM in scientifically identified best Siddha poly herbal formula THALANKAAI Oil is most effective to joint diseases.

And also this is fulfilled of the objectives of the research. As follows;

- Studied about the ingredients of selected Siddha formula – Thalankaai Oil Completely.

- Introduced Siddha drug as thalankaai oil to joint diseases.
- Analyzed scientific way of Siddha drug – Thalankaai Oil.
- Published the ancient effective Siddha drug, Thalankaai Oil from traditional physician's manuscript.
- Learned about the drug research view of the poly herbal formula drugs.

IV. CONCLUSION

This research Results explained as, Sweet – 22.22%, Salt – 03.7%, Pungent – 25.9%, Bitter – 33.33%, Astringent – 14.8% in tastes; Cool – 33.33%, Hot – 62.96% in potency; and Sweet – 33.33%, pungent – 62.96% in bioavailability of ingredients.

According to results; Vata is control and equilibrium with other doshas. But considered as taste, sweet, salt as same with pungent but amount of ingredients also effect into the efficacy therefore Sweet taste become high in amount of the final oil because depending the percentage adding amount of each every ingredients (that is; Screw pine extract, Cow's Milk and Gingili oil are Sweet taste. These are large amount than other ingredients) so this is a good effective to Vata diseases which as Vata increase or decreases in the healthy body. And also this research oil – Thalankaai Oil has good collection of anti vata properties in action wise. In finally concluded for THAALANKAAI ENNAI IS GOOD FOR VATA ROGAM in scientifically identified best Siddha poly herbal formula THAALANKAAI Oil is most effective to joint diseases.

V. RECOMMENDATIONS

- Siddha drug THALANKAAI OIL most effective to joint diseases. It is administrated not only externally but also internally for joint diseases patients. These processes are especially for this therefore this is most effective than others.
- Created the awareness of one of the ancient Secrete Siddha formula to the world. As same way so many invaluable formulas in traditional physicians therefore those effective formulas will be publish proper scientific way is suitable for herbal Medical system.
- Suggested to researcher to do the further researches and clinical researches will do this Siddha Formula – Thalankaai Oil in future.
- Thalankaai Oil is most effective one for joint diseases therefore it should modify new modern pleasurable format is good and will create good herbal market in world.
- The Government will appreciating these type traditional Physicians always.

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Dr. S. R. Pholtan Rajeev. "The siddha drug "Thaazhankaai Ennai" For Vaatha Noi (Rheumatism)" Quest Journals Journal of Research in Pharmaceutical Science, vol. 06, no. 01, 2020, pp. 24-30.