

Review on Siddha Drug: *Panchalavana Parpam*

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ABSTRACT

In Siddha system, medicine includes the herbal products, inorganic substances and animal products that lead to different formulations ranging from low shelf life drug to high shelf life drug. *Parpam* is the powdered substance generally obtained by calcification of purified metals, minerals and animal products by specific process. The current review aims to explore about Siddha formulation "*Panchalavana Parpam*" for the management of *Kiraani* and associated symptom. The details about the Siddha formulation "*Panchalavana Parpam*" was acquired from Siddha text *Boghar* 700: Pg. No: 49 and the details of each ingredients of above drug were collected from various Siddha texts. According to the results, all five ingredient of this preparation having the potency of relieving *Soolai*, *Kiraani*, *gunmam*, like gastero intestinal tract diseases. This preliminary literature review related research provides useful documentary evidences for medicinal ingredients those are commonly using to prepare the medicine for health management.

Key Words: *Panchalavana Parpam*, *gunmam*, *Kiraani* Siddha system

1. INTRODUCTION

Diarrhoeal disease is the second leading cause of death in children under 5 years old. It is both preventable and treatable. According to WHO 13.2% of all childhood deaths were caused by Diarrhoea and the worldwide prevalence of chronic diarrhea ranges from 3 to 20%. Each year diarrhoea kills around 525,000 children under 5 years. Globally, there are nearly 1.7 billion cases of childhood diarrhoeal disease every year. About 1.7 to 5 billion cases of diarrhea occur per year. It is most common in developing countries, where young children get diarrhea on average three times a year. Total deaths from diarrhea are estimated at 1.26 million in 2013—down from 2.58 million in 1990. In 2012, it was the second most common cause of deaths in children younger than five (0.76 million or 11%). Frequent episodes of diarrhea are also a common cause of malnutrition and the most common cause in those younger than

five years of age Prevalence of diarrhea is highly heterogeneous across the states of India, and it ranges from 0.1–33.8% in period 2007–2008 and 0.6–29.1% in period 2015–2016.

Diarrhoea is defined as the passage of more than 200gm of stool daily, and measurement of stool volume is helpful in confirming this. The most severe symptom in many patients is urgency of defecation and faecal incontinence is a common event.

It may be divided into 2 types.

1. Acute diarrhoea
2. Chronic (or) Relapsing diarrhoea

Acute diarrhoea is extremely common and is usually due to faecal -oral transmission of bacteria or their toxins. Chronic diarrhoea is increased frequency of defecation and loose, watery pellet stools, diarrhea that lasts for more than 2 -4 weeks considered persistent or chronic. Chronic diarrhoea can be categorised as disease of the colon or small bowel or malabsorption.

Chronic diarrhoea is classified into three types,

Chronic watery diarrhoea

Chronic Inflammatory diarrhoea

Chronic diarrhoea with steatorrhea

According to the Siddha Literatures *Kiraani* is Co-Related to chronic diarrhoea. Abundant availability of extensive range of drugs to relieve the diseases. But there is a need of prompt effective and harmless remedies through scientific validation.

Many preventive measures and treatment methods have been described in Siddha Literature, The current review aims to explore about “*Panchalavana Parpam*” Siddha formulation for the management of *Kiraani* and associated symptom.

In siddha system, Medicine (*Marundhu*) is classified into two major types. They are Internal medicine (*Aga Marundhu*) and external medicine (*Pura Marundhu*). There are thirty-two internal medicine and thirty-two external medicines. Siddha medicine includes the herbal products, inorganic substances and animal products that lead to different formulations ranging from low shelf life drug to high shelf life drug. *Parpams* are the powder substances generally obtained by calcification of purified metals, minerals and animal products by specific process. Generally these methods of preparation of Siddha medicine involves conversion of minerals or metals into oxide or sulphide form by various herbal treatment followed by repeated high temperature calcinations and grinding cycles. *Parpam* thus obtained constitute ultra-small particles and are taken along with vehicles such as milk, ghee, butter, honey etc according to disease.

2. MATERIALS AND METHODS

The details about the Siddha formulation “*Panchalavana Parpam*” was acquired from Siddha text *Boghar* 700: Pg. No: 49 and the details of each ingredients of above drug were collected from various Siddha texts.

2.1. Purification of ingredients and of Preparation of “*Panchalavana Parpam*”

***Kariuppu* (NaCl₂):** Common salt dissolve in sea water or rain water is filtered and boiled in a clay pot, till it reaches semisolid state. Then it is dried in sunlight till it attains the solid states as purified salt.

***Indhuppu* (NaCl₂):** *Indhuppu* was purified by soaking in the *kaadi neer* for 3 days and then exposing it to the sunlight to dry.

***Valaiyaluppu* (Sandevere Glass Salt):** The salt is diluted into *Kaadi neer* and then exposed to sun light to be dried.

***Kalluppu* (Crystal Salt):** The salt is purified by keeping It soaked in *Kaadi neer* and then exposing it to the sun light to be dried.

***Vediuppu* (KNO₃):** One part of powdered *Vediuppu* was mixed with two parts weight extract of the tuber of *Musa paradisiaca* and kept undisturbed. Then clear upper portion was taken and heated in a iron pan. Once the water contents got evaporated the sediments were kept for condensation in a copper pan. Likewise 2 part extract of tuber of *Musa paradisiaca* was added to the same *Vediuppu* and heated again. The process was repeated for 5-7 times.

Methods of preparation:

The purified salts are placed in a stone mortar and triturated. Then add juice of *Cissus quadrangularis* grind it for 1 *saamam* (3hours) this process is repeated by adding juice of *Moringa oleifera*, juice of *Acalypha indica*, juice of *Vitex negundo* and juice of *Aloe barbadensis* one by one. Then it is made into small cakes (*villaigal*) and dried. Then the cakes are placed within identical earthen plates and covered with cotton clay cloth (7 layers) and subjected into incineration process by using cow dung cakes. After cooling calcinated cakes are taken and powdered well and then preserved in an airtight container.

Drugs dosage: Twice a day, 1 *Kazhanju* (5.1 gms)

Adjuvant: Honey

Indication of Medicine: *Vaatham* 80, *Kudaichal*, *Soolai*, *Kaduppu*, *Megam*, *Satthi*, *Gunmam*, *Kiraani*, *Ruthra Vaayu*, *Kudal purattal*, *Mantham*, *Magotharam*

3. RESULTS AND DISCUSSION

S.No	Tamil name	English name	Chemical name /Botanical name /Zoological name	Quantity
1.	Valaiyaluppu	Sandevere glass salt	Sodium silicate	1 palam (35 gram)
2.	Inthuppu	Rock salt	Sodium chloride Impura	1 palam (35 gram)
3.	Vediuppu	Salt petre	Potassium nitrate	1 palam (35 gram)
4.	Kalluppu	Crystal salt	Sodium chloride	1 palam (35 gram)
5.	Kariyuppu	Common salt	Sodium chloride	1 palam (35 gram)

General Properties of Ingredients:

Valaiyaluppu:

“Thulaiyaar kudalvaathath thonthavaa thaththo Dilaiyaach suvasamaru minnum – valaiyaluppaat Kunmavali soolaiveppang kooraappi leekamivai Senmamvid dodumenath ther”

Kudal vatham, vathapitham, Iraippu (Dyspnea), Vayitruvali (Stomach pain), Keelpidippu, Suram (Fever), Peelikam (Splenomegaly) can be cured by Valaiyaluppu.

Inthuppu:

“Attakunma mantham asirkaranchsoor seethapiththanth Thuddavaiyam naadippun dodankal – keddamalak Kadduvida vinthaiyak kaamiyanoi vankarappan Vidduvida vinthuppai vizh.”

Eight types of gunmam (Stomach pain), mantham, asirkaram (Stomatitis), naadippun (varicose ulcer), visam and kaamiyanoi (venereal diseases) can be cured by Inthuppu.

Vediuppu:

“Mallaaru mattakunma maatharutha rakkaddi Kallaa mathaippuneerk kaddaruka – lellaamea Kampikampi yentrung karuvundaa mankinintra Kampikampi yentruraikkung kaal.”

Eight types of Gunmam (Stomach pain), karuppaayasakaddi (uterine tumour), sopai (Aneamia), neersurukku (dysuria) are cured by Vediuppu.

Kalluppu:

“Iyamarunch soolai yarosipiththinch saththiyodu Veyyapini yattagunmam viddekum – peyvalaiye Vaathamathi thaakam malakkaddum pomulakit Kotharukal luppai kodu.”

Soolai (pain), kapham (phlegm), kuththal, arusi (ageusia), vaanthi (vomiting), eight types of gunmam (Stomach pain), vatham, naavaratchchi (dryness of tongue) and malapantham (constipation) are cured by Kalluppu.

Kariyuppu:

“Azhaththilurai nallup panal vaatham maatrung Kalaththunoi thannaik kazhaiyung – kizhaththakapa Aasudaiya vallainoi ashtagunma mumpokkung Kaasiniyul maathe kazharu”

Piththavatham, kandakkazhalai (cervical lymphadenopathy), kapam, kalleeral noi (liver diseases), eight types of gunmam are cured by Kariyuppu.

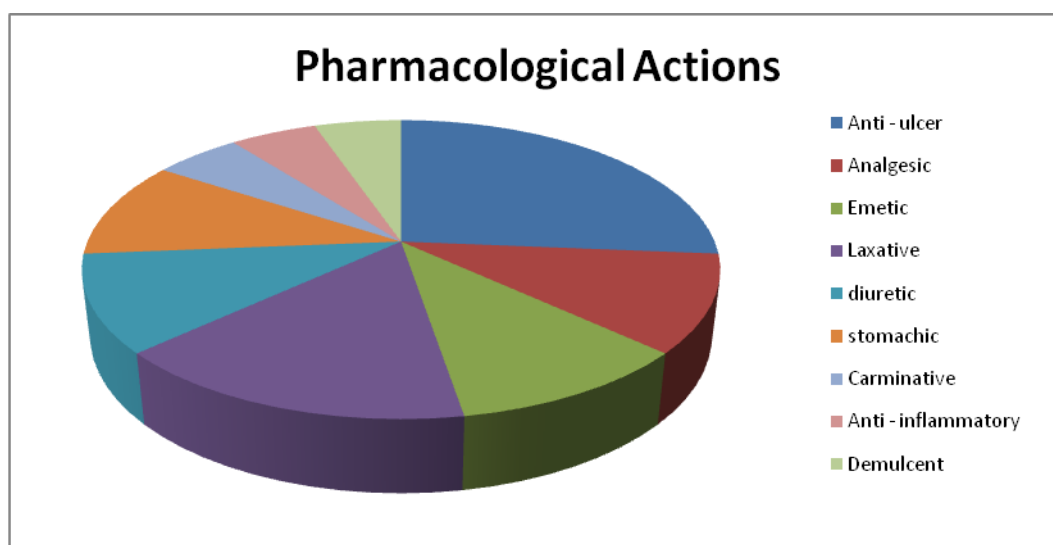
According to the general character of ingredients, all five ingredients are useful to treat the gunmam.

Table 1: Details of ingredients of Panchalavana Patpam

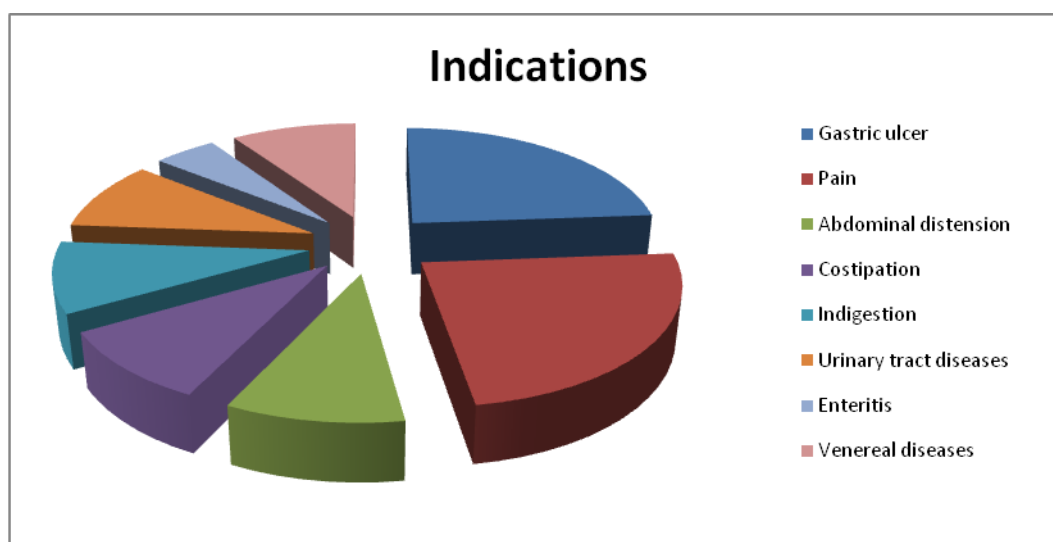
Tamil Name	Other Names	Chemical Name	English Name	Pharmacological actions	Indications
Kariyuppu	Sotruppu, Kadaluppu, Veettuppu, Ilavanam, Samuthra lavanam	Sodium Chloride	Common salt, Table salt	Stomachic, emetic, anthelmintic, laxative, febrifuge, anti ulcer	Pithavatham, lymphadenitis, tumour, kapham, liver disorders, eight types of gastric ulcers, indigestion, distended abdomen, vayu and the retention of urine will be cured.
Kalluppu	Kadat kuruvi	Sodium chloride	Crystal salt	Emetic, laxative, analgesic, anti ulcer	Kapham, pricking pain, loss of taste, pitha, vomiting, eight types of gastric ulcer, vatha disease, dryness of tongue, constipation

Table 1 continued...

Inthuppu	<i>Cynthavam, chindooram, chandiranuppu, mathikoormai, mathiuppu, minthachol</i>	Sodium chloride Impura	Rock salt	Laxative, carminative, diuretic, anti ulcer, stomachic	Eight types of gastric ulcer, indigestion, blood diseases, kaphapitham, kapathikkam, constipation, nerve syphilis, vagina diseases, cataract, asthma, hemorrhoids, polydipsia, rat bite, vatha pain, throbbing pain
Vediyuppu	<i>Pottiluppu, Inangan, padairasan, Boomikoormai, navacharamithru</i>	Pottasium nitrate	Salt petre	Demulcent, diuretic, diaphoretic, anti ulcer	Eight types og gunmam, uterus fibroids, anorexia, anaemia, urinary tract infection, ascites, abdominal distension, asthma, eye disease, rhematic disorders, gonorrhoea
Valaiyaluppu	<i>Madavaarkaraththuppu</i>	Sodium silicate	Sandevere Glass salt	Anti inflammatory, anti ulcer, anti pyretic, analgesics	Enteritis, hernia, vathapitham, wheezing, abdominal pain, arthritis, Splenomegaly, fever



Pharmacological actions of ingredients were; Anti – ulcer (05), Laxative (03), Analgesic, Emetic, Diuretic, Stomachic (02), Carminative, Anti – inflammatory, Demulcent (01)



Based on the Indications of each ingredient, all five salts can be cure the gastric ulcer (eight types of gunmam) and pain and abdominal distension, constipation, Indigestion, Urinary tract diseases, venereal diseases (02), Enteritis (01)

CONCLUSION

Panchalavana Parpam is a Siddha formulation and used to treat a wide variety of gastro intestinal tract conditions such as *Kiraani, Gunmam and Soolai etc* in Siddha Medicine. This preliminary literature review revealed that the pharmacological actions and indications of each ingredients of drug were matched with the indications of *Panchalavana Patpam*. Further extensive scientific studies also should be carried out to justify in future.

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