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Anti-Diarrheal Siddha Polyherbal Formulation Maramanjal Kudineer - A Review

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Abstract:

Siddha system of medicine is consider to be Traditional system of Medicine Practicing widely in India especially in Southern part. Due to the outbreak of pandemic disease Siddha medicines getting popular in India. As Diarrhea is consider to be a common Gastro problem facing by young children's and adults. Various Anti-Diarrheal preparations are mentioned in siddha text. Here the author considered MMK-Maramanjal Kudineer an easy preparation with six ingredients which considered to be easily available. Maramanjal Kudineer (MMK) a polyherbal siddha formulation indicated for Dysentery and Diarrhea. Maramanjal, Manjal, Adhimathuram, Vilvapazham, Vetpalai arisi, Adhividayam are the key ingredients in MMK. The present review spotlight on the literature review and the review of pharmacological actions of herbs in MMK.

Key Words: Siddha Medicine, Maramanjal Kudineer, Dysentery, Diarrhea.

INTRODUCTION:

A common gastrointestinal problem reporting in developing countries is Diarrhea. It's characterized by loose watery stools and mild to severe dehydration. Its consider to be the second most common reason death in children less than 5 years. The most common causes of acute diarrhea are infectious agents (1). Medicinal plants are proven to be scientifically active in diarrheal diseases. The herbal pharmacopeia has been developed by refining and updating this practice. Goncalves et al reported the in vitro anti-rotavirus activity of some medicinal plants used in Brazil against Diarrhea (2). Plants exert their effects by secondary metabolites present in them. Though large number of medicinal plants used to treat diarrhea are identified, scientific validations are reported.

Materials and Methods:

Maramanjal Kudineer (MMK)

Ingredients:

Maramanjal, Manjal, Adhimathuram, Vilvapazham, Vetpalai arisi, Adhividayam (3)

Data source

The relevant literature is referred and collected from Siddha text and contemporary literature. Literature related to title is referred from all Siddha reliable journals and other herbal related journals.

Table-I Maramanjal Kudineer and its Pharmacological properties (4)

S.No	Common Name	Part Used	Action	Indications
1	Maramanjal <i>Coscinium fenestratum</i> , Gaertn & colebr	Stem	Bitter, Stomachic, Tonic, Febrifuge	Applied to the head as a cooling application, bruises, contusions, intermittent fevers, general debility, in ulcers and in snake-bites.
2	Manjal <i>Curcuma longa</i> Linn	Root Tubers	Aromatic, Stimulant, Tonic, Carminative, Anthelmintic	Gives a Yellow Colour to skin, used wounds, bruises and leech-bites, used for painful piles, eczema, urinary disorders, relieve scorpion sting.
3	Adhimathuram <i>Glycyrrhiza glabra</i> Linn	Root	Tonic, Coolent, Demulcent, Expectorant, Diuretic, Emmenagogue, Gentle Laxative	Eye disease, Psychiatric disease, Hiccup, vitiligo, Burning Micturition, Jaundice, Reduces Pitha Disorders. Used in Scorpion-sting.
4	Vilvapazham <i>Aegle marmelos</i> Corr	Fruit	Astringent, Laxative, Stomachic	Valuable in habitual constipation, Chronic Dysentery and Dyspepsia. Eaten during Convalescence after diarrhea.
5	Vetpalai Arisi <i>Wrightia tinctoria</i> , Br	Seeds	Astringent, Stomachic, Tonic, Febrifuge	Pitha Disorders, Flatulence, Diarrhea, Kudal Vriddhi
6	Adhividayam <i>Aconitum heterophyllum</i> , Wall.	Dried tuberous roots	Bitter, Tonic, astringent, Stomachic, Antiperiodic,	Intermittent Fever, Dysentery, Phlegmatic affections,

			Aphrodisiac.	Vomiting, wound healing.
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Table-II Phytochemical Properties

S.No	Common Name	Phytochemical Properties
1.	Marananjal <i>Coscinium fenestratum</i> , Gaertn & colebr	berberine, magnoflorine, isocorydine, glaucine, jatrorrhizine, palmatine.(5)
2.	Manjal <i>Curcuma longa</i> Linn	Beta-carotene, Beta-pinene, Beta sesquiphellandrene, Bis-(Para-hydroxycinnamoyl)-methane. Bis-desmethoxycurcumin, Curcumene, Curcumenol, Curcumin, Epiprocurcumenol, L-alpha-curcumene. L-beta-curcumene, Monodesmethoxycurcumin, O-coumaric-acid, P-coumaric-acid, P-methoxycinnamic-acid, Procurcumadiol, Acidic polysaccharides: utonan A, B, C, D. Volatile Oil (4.2%).(6)
3.	Adhimathuram <i>Glycyrrhiza glabra</i> Linn	Triterpenoid saponins (4–20%), mostly Glycyrrhizin, a mixture of potassium and calcium salts of 18 β -glycyrrhizic acid, triterpenes included Liquiritic acid, Glycyrrhetol, Glabrolide, isoglabrolide and Liquorice acid.(7)
4.	Vilvapazham <i>Aegle marmelos</i> Corr	hexanal, isoamyl acetate, limonene, β -phellandrene, p-cymene, acetoin, (E)-2-octenal, (E,E)-2,4-heptadienal, dehydro-p-cymene, linalool oxide, 3,5-octadiene-2-one, α -Cubebene, <i>trans</i> -p-mentha-2,8-dienol, citronellal, β -cubebene, β -caryophyllene, hexadecane, pulegone, α -Humulene, verbenone, carvone, carvyl acetate, dihydro- β -ionone, (E)-6,10-dimethyl-5,9-undecadien-2-one, β -ionone, caryophyllene oxide, humulene oxide and hexadecanoic acid.(8)
5.	Vetpalai Arisi <i>Wrightia tinctoria</i> , Br	Lupeol, Chlorogenic acid, Dihydrocanaric acid, Glycerol, Erythritol, Thritol, D-galactose, D-mannose, 14 α -methyl zymosterol, Desmosterol, Clerosterol, 24-methylene-25-methyl cholesterol, 24-dehydropollinastanol, 24-methylcholesterol, 24-methylene cholesterol, 24-ethyl cholesterol, 24 ethyl 22 E-dehydrocholesterol, Isofucosterol, cholesterol, Palmitic acid, stearic acid, Behenic acid, Arachidic acid.(9)
6.	Adhividayam	12-secohetisan-2-ol, N-succinoylanthranilate, Atesinol

	Aconitum heterophyllum, Wall.	6-benzoylheterastine, N-diethyl-N-formayllaconitine, Methyl aconitine, Aconitine, Anthorine.(10)
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Discussion and Conclusion:

This review conclude that all the ingredients in MMK possess Astringent in nature and indicated for Dysentery and Diarrhea. Studies provens the anti-Bacterial and Anti-Microbial effects against various microbes of these siddha herbals. Most of these herbals having Anti-Pyeritic, Anti-inflammatory, anti-cancerous, Anti-oxidant properties which were proved through various studies.

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