



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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**THERAPEUTIC EFFECTIVENESS OF A SIDDHA POLYHERBAL  
FORMULATION ARUTHA CHOORANAM IN THE MANAGEMENT OF  
THOOKAMINMAI (INSOMNIA) - A DRUG REVIEW**

Published In IJCRT ( [www.ijert.org](http://www.ijert.org) ) & 7.97 Impact Factor by Google Scholar

Volume 10 Issue 7 July 2022 , Date of Publication: 28-July-2022

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2207654

Registration ID : 223885

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