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## A REVIEW ON SIDDHA POLYHERBAL FORMULATION NILAVAGAI CHOORANAM- A SPECIAL MEDICINE FOR ANORECTAL DISEASES

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**Keywords:**

*Moolam, Brammamuni Karukkidakai Choothiram, Nilavagai Chooranam, Siddha medicine, Thirithodam, Anorectal diseases*

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**ABSTRACT:** Traditional Siddha Medicine (TSM) is one of the oldest forms of traditional medicine, having its roots in South India's ancient Tamil Nadu. One of the Internal Medicines available in Classical text *Brammamuni Karukkidakai Choothiram* is *Nilavagai Chooranam*. It is used to treat *Malakkattu* (Constipation), *Vaaivu* (One of the three humours), *Soodukollal* (Intense heat in pelvic region), *Sori & Sirangu* (A kind of itch or scabies), *Moolavaayu* (Accumulation of bowel gas), *Malam suththi* (Stool/faeces will be purified), *Moola noygal* (Diseases of Anorectal region). Ingredients of the formulation and their pharmacological action in various research studies are discussed in this review. The details were collected from different Siddha texts, Medicinal botany books and electronic databases such as Pubmed. In conclusion the results of the review revealed that the pharmacological actions such as analgesic, anti-inflammatory, laxative and vasoactive actions were consistent with the medicinal uses of each ingredient of formulation with respect to anorectal ailments.

**INTRODUCTION:** Traditional Siddha Medicine (TSM) is one of the oldest forms of traditional medicine, having its roots in South India's ancient Tamil Nadu. It ensures everyone to lead a disease-free healthy life. Siddhars classified the human diseases as 4448 in number <sup>1</sup>. Anorectal diseases are one among them. Under the spectrum of anorectal diseases sage *Yugi* mentioned the disease *Moolam* and its 21 types in *Yugi Vaidhya Chinthamani* <sup>2</sup>. In Siddha, *Moolatharam* is mentioned as one of the 6 pillars and six psychic centres in the human body.

It is said to be located near the coccygeal plexus beneath the sacrum which is the principal axis of the body. According to *Thiridhosha* theory, derangement of both *Vatham* and *Pitham* Humour is attributed as etiological factor for *moolam*.

“*Anila pithathondhamalathumoolamvaraathu*” - *Siddhar Theraiyar*. (*Anilam-Vaatham, Pitha-Pitham*). In *Moola noi*, deranged *Vatha* humor triggers *keezhivaikanal* (*abanavaayu*) which in turn stimulates *pithamhumor* resulting in *Moolam*. With the symptoms of constipation, bleeding during defecation, pain in umbilical region, pallor of the body, headache, giddiness are developed. Haemorrhoids are a very common anorectal condition defined as the symptomatic enlargement and distal displacement of the normal anal cushions <sup>3</sup>. Usual treatments provided for Haemorrhoids are conservative management includes stool softeners, bulking agents for stage 1 and 2.

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Conditions Refractory to conservative management or stage 3 and 4 Haemorrhoids will be treated surgically<sup>4</sup>. The recurrence rate after stapled hemorrhoidopexy and conventional hemorrhoidectomy 0 to 26% and 0 to 10.8%, respectively; reoperation rate was 16.7% after stapled hemorrhoidopexy<sup>5</sup>.

Though there are many formulations available in siddha system of medicine for managing the Anorectal disorders, the medicine *Nilavagai Chooranam*<sup>6</sup> is a classical siddha herbo-mineral compound indicated in *Brammamuni Karukkidakai Choothiram* for various anorectal diseases. *Nilavagai Chooranam* contains 20 ingredients. This review describes the phytochemicals, pharmacological action and medicinal uses of the part of each ingredient used in this formulation.

## MATERIALS AND METHODS:

**Research Design:** Drug Review on Literature

**Research Type:** Literature Review

**Research Period:** 3 months

**Literature Collected from:** *Brammamuni Karukkidakai Choothiram* – 380. Edited by S. B. Ramachandiran (February 1998), Page No: 68, 69; Publication: Thamarai Noolagam, 7, N.G.O Colony, Vadapalani, Chennai-26.

**Ingredients of the Drug:** The formulation comprises a harmonious blend of potent herbal and mineral ingredients: *Nilavagai* (*Cassia senna*, Linn.), *Milagu* (*Piper nigrum*, Linn.), *Kadukkai* (*Terminalia chebula*, Retz), *Thaanrikkai* (*Terminalia bellerica*, Roxb), *Seeragam* (*Cuminum cyminum*, Linn.), *Vaaluluvai* (*Celastrus paniculatus*, Willd), *Sirunaagapoo* (*Mesua nagassarium*, Kosterm), *Elam* (*Elettaria cardamomum*, Maton), *Ilavanga pattai* (*Cinnamomum verum*, Presl), *Kadugurogini* (*Picrorhiza scrophulariiflora*, Pennell), *Sivadhai* (*Operculina turpethum*, Linn.), *Thalis apathiri* (*Abies spectabilis*, Mirb), *Jaadhikkai* (*Myristica fragrans*, Houtt), *Kiraambu* (*Syzygium aromaticum*, Linn.), *Thippili* (*Piper longum*, Linn.), *Seviyam* (*Piper nigrum*, Linn.), *Indhuppu* (*Sodii chloridumimpura*), *Koogaineeru* (*Maranta arundinacea*, Linn.), *Sukku* (*Zingiber officinale*, Rosc), and *Seeni Sarkkari* (*Saccharum officinarum*,

Linn.). Each component has been carefully selected for its therapeutic potential, working synergistically to support the intended pharmacological action.

**Drug Administration:** The prescribed dosage of the formulation is *Verukadialavu* (approximately 1.375 grams)<sup>7</sup>, to be administered twice daily. It is to be taken along with an appropriate adjuvant such as ghee or honey, based on the individual's condition and practitioner's guidance. The duration of therapy is one *Mandalam*, equivalent to 48 days, allowing sufficient time for the drug to exert its intended therapeutic effect within the body.

**Purification Process of Raw Drugs**<sup>8</sup>: The purification process of the raw drugs involves various traditional methods tailored to enhance the therapeutic efficacy and safety of each ingredient. *Nilavagai* leaves are powdered and subjected to steam boiling in milk for 3 hours. *Milagu* is soaked in buttermilk and then dried, while *Kadukkai* has its seeds removed and is dried. *Thaanrikkai* is soaked in *Thazhaivizhuthu* (*Pandanus odoratissimus*) juice for 3 hours before sun drying. *Seeragam*, *Sirunaagapoo*, *Elam*, *Ilavangapattai*, *Thalisapathiri*, *Kiraambu*, and *Seviyam* are simply cleaned and dried under sunlight. *Vaaluluvai* is washed in *Katraalai* (*Aloe barbadensis*) juice and dried. *Kadugurogini* is soaked in either neem or *nochi* (*Vitex negundo*) leaf juice for 3 hours before sun drying. *Sivadhai*'s central root veins are removed, boiled in milk, and then dried. *Jaadhikkai* is peeled, cut into small pieces, and sun-dried. *Thippili* is soaked in *Kodiveli* (*Plumbago zeylanica*) leaf juice for 24 minutes before drying. *Indhuppu* is soaked in fermented rice water for three days, followed by drying. *Koogaineeru* is mixed with water, washed seven times, filtered, and then sun-dried. *Sukku* is soaked in limestone water for 3 hours, after which the outer layer is removed. Lastly, *Seeni Sarkkari* is crushed into a fine powder. This meticulous purification ensures the removal of impurities and enhances the bioavailability of the medicinal constituents.

## Indications:

- *Megam* (A sexually transmitted disease classified into 21 types)<sup>9</sup>
- *Pitham* (One of the three humours)<sup>9</sup>

- *Arosagam* (Anorexia)
- *Vaai neerooral* (Excessive salivation)<sup>10</sup>
- *Malakkattu* (Constipation)<sup>9</sup>
- *Vaaivu* (One of the three humours)<sup>10</sup>
- *Soodukollal* (Intense heat in pelvic region)<sup>10</sup>

- *Sori & Sirangu* (A kind of itch or scabies)<sup>9</sup>
- *Moolavaayu* (Accumulation of bowel gas)<sup>10</sup>
- *Malam suththiaagum* (Stool/faeces will be purified)<sup>10</sup>
- *Moolathil noyellam murindhu pogum* (Diseases of Anorectal region)

## RESULT:

**TABLE 1: SCIENTIFIC & SELECTED VERNACULAR NAMES, FAMILIES OF THE MEDICINAL INGREDIENTS**

Botanical name	Vernacular Name in Tamil	English Name	Sanskrit Name	Family
<i>Cassia senna</i> , Linn.	<i>Nilavagai</i>	Country Senna	<i>Swarnapatri</i>	Fabaceae
<i>Piper nigrum</i> , Linn.	<i>Milagu</i>	Black Pepper	<i>Maricha</i>	Piperaceae
<i>Terminalia chebula</i> , Retz	<i>Kadukkai</i>	Chebulic Myrobalan	<i>Harithaki</i>	Combretaceae
<i>Terminalia bellerica</i> , Roxb	<i>Thaanrikkai</i>	Beleric myrobalans	<i>Vebeethaki</i>	Combretaceae
<i>Cuminum cyminum</i> , Linn	<i>Seeragam</i>	Cumin Seeds	<i>Jirakams</i>	Umbelliferae
<i>Celastrus paniculatus</i> , Willd	<i>Vaaluluvai</i>	Climbing staff plant	<i>Jyotishmati</i>	Celastraceae
<i>Mesua nagassarium</i> , Kosterm	<i>Sirunaagapoo</i>	Ceylon Iorn wood	<i>Naga kesara</i>	Calophyllaceae
<i>Elettaria cardamomum</i> , Maton	<i>Elam</i>	Cardamom Seeds	<i>Ela</i>	Zingiberaceae
<i>Cinnamomum verum</i> , Presl	<i>Ilavangapattai</i>	Bark of Cinnamon	<i>Twak</i>	Lauraceae
<i>Picrorhiza scrophulariiflora</i> , Pennell	<i>Kadugurogini</i>	Picrorhiza	<i>Katuka</i>	Schrophulariaceae
<i>Operculina turpethum</i> , Linn	<i>Sivadhai</i>	Turpeeth root	<i>Trivirth</i>	Convolvulaceae
<i>Abies spectabilis</i> , Mirb	<i>Thalisapathiri</i>	FlaurtiaCalaphracta	<i>Talisapathra</i>	Pinaceae
<i>Myristica fragrans</i> , Houtt	<i>Jaadhikkai</i>	Nutmeg	<i>Jatphalam</i>	Myristicaceae
<i>Syzygium aromaticum</i> , Linn	<i>Kiraambu</i>	Cloves	<i>Lavangam</i>	Myrtaceae
<i>Piper longum</i> , Linn	<i>Thippili</i>	Long pepper	<i>Pippali</i>	Piperaceae
<i>Piper nigrum</i> , Linn	<i>Seviyam</i>	Black pepper root	<i>Maricha</i>	Piperaceae
<i>Sodii chloridumimpura</i>	<i>Indhuppu</i>	Pink salt	<i>Sainthavalavana</i>	-
<i>Maranta arundinacea</i> , Linn	<i>Koogaineeru</i>	East Indian Arrow root	<i>Tavaksiri</i>	Marantaceae
<i>Zingiber officinale</i> , Rosc	<i>Sukku</i>	Dried Ginger	<i>Nagaram</i>	Zingiberaceae
<i>Saccharum officinarum</i> , Linn	<i>Seenisarkkari</i>	Sugar	<i>Ikshu</i>	Poaceae

**TABLE 2: MORPHOLOGY, PARTS USED & ORGANOLEPTIC CHARACTERS OF THE HERBAL INGREDIENTS IN NILAVAGAI CHOORANAM**

Botanical name	Morphology	Quantity	Part Used	Taste	Potency	Division
<i>Cassia senna</i> , Linn.	Large shrub	10 palam (350g)	Leaf	Bitter	Hot	Pungent
<i>Piper nigrum</i> , Linn.	Climber	1/4 palam (8.75g)	Seed	Bitter, Pungent	Hot	Pungent
<i>Terminalia chebula</i> , Retz	Tree	1/4 palam (8.75g)	Fruit	Astringent, Sweet, Sour, Pungent, Bitter	Hot	Pungent
<i>Terminalia bellerica</i> , Roxb	Tree	1/4 palam (8.75g)	Fruit	Astringent	Hot	Sweet
<i>Cuminum cyminum</i> , Linn	Herb	1/4 palam (8.75g)	Seed	Pungent, Sweet	Cold	Sweet
<i>Celastrus paniculatus</i> , Willd	Shrub	1/4 palam (8.75g)	Seed	Bitter	Hot	Pungent
<i>Mesua nagassarium</i> , Kosterm	Tree	1/4 palam (8.75g)	Flower bud	Mild bitter, Astringent	Cold	Pungent
<i>Elettaria cardamomum</i> , Maton	Herb	1/4 palam (8.75g)	Pods, seeds	Pungent	Hot	Pungent
<i>Cinnamomum verum</i> , Presl	Tree	1/4 palam (8.75g)	Bark	Pungent, Sweet	Cold	Sweet

<i>Picrorhiza scrophulariiflora</i> , Pennell	Herb	1/4 palam (8.75g)	Root	Bitter, Pungent	Hot	Pungent
<i>Operculina turpethum</i> , Linn	Twiner	1/4 palam (8.75g)	Root	Bitter	Hot	Pungent
<i>Abies spectabilis</i> , Mirb	Tree	1/4 palam (8.75g)	Leaf	Pungent	Hot	Pungent
<i>Myristica fragrans</i> , Houtt	Tree	1/4 palam (8.75g)	Fruit	Pungent, Astringent	Hot	Pungent
<i>Syzygium aromaticum</i> , Linn	Tree	1/4 palam (8.75g)	Flower bud	Pungent	Hot	Pungent
<i>Piper longum</i> , Linn	Climber	1/4 palam (8.75g)	Fruit	Pungent	Hot	Sweet
<i>Piper nigrum</i> , Linn	Climber	1/4 palam (8.75g)	Root	Bitter, Pungent	Hot	Pungent
<i>Sodii chloridumimpura</i>	-	1/4 palam (8.75g)	Salt	-	-	-
<i>Maranta arundinacea</i> , Linn	Glabrous herb	1/4 palam (8.75g)	Tuber flour	Sweet	Cold	Sweet
<i>Zingiber officinale</i> , Rosc	Herb	1/4 palam (8.75g)	Dried Root tuber	Pungent	Hot	Pungent
<i>Saccharum officinarum</i> , Linn	Tall grass	7.25 palam (253.75g)	Sugar	Sweet	Cold	Sweet

**TABLE 3: PHYTOCONSTITUENTS AND MEDICINAL USES OF THE INGREDIENTS IN NILAVAGAI CHOORANAM**

Ingredients	Actions as per Siddha	Phytoconstituents	Medicinal Uses in Siddha	Pharmacological Effects
<i>Cassia senna</i> , Linn.	Purgative, Laxative	Sennosides A-D, Naphthopyrones, Naphthalene Derivatives, Alkaloids, Essential Oils, Triterpenes, And Flavonoids	Henorrhoids, Syphilis, Acid Peptic Disorder, Chronic Constipation	Vasoactive, vasoconstrictor <sup>11</sup>
<i>Piper nigrum</i> , Linn.	Acrid, Carminative, Antiperiodic, Rubefacient, Stimulant, Resolvent, Antivatha, antidote	Piperine, Chavicine, Piperidine, Limonene, Pipercide, Pipericide	Anemia, Diarrhea, Acid Peptic Disorder, Hemorrhoids, Cough, Hemiplegia, Indigestion	Analgesic, Anti inflammatory <sup>12</sup> , Vasomodulator <sup>13</sup>
<i>Terminalia chebula</i> , Retz	Laxative, tonic, stomachic, purgative, alterative	Chebulinic Acid, Chebulagic Acid, Chebulic Acid, Gallic Acid, Fatty Acid, Tannin	Anorexia, Cardiac diseases, Cough, Hemorrhoids, UTI, Vitiligo	Anti inflammatory, Anti oxidant, laxative, Astringent <sup>14</sup>
<i>Terminalia bellerica</i> , Roxb	Astringent, Expectorant, Laxative, Tonic	Gallic Acid, Ellagic Acid, Ethyl Gallate, Chebulagic Acid, Belleric Acid, Bellarianin	Penile ulcers, Leucorrhea, Spider bite and Diseases Caused by derangement of Vali and Azhal	Anti thrombotic, Anti Inflammatory, wound healing <sup>15</sup>
<i>Cuminum cyminum</i> , Linn	Carminative, Stimulant, Stomachic, Astringent	$\alpha$ -Sabinin, $\alpha$ -Cymene, $\alpha$ - Phellandrene, $\alpha$ - Terpineol, 1,8-Cineole <sup>32</sup>	Azhal, Abdominal pain, Liver diseases, Hemochezia, Rhinitis	Analgesic, Anti inflammatory <sup>16</sup> , Anti nociceptive <sup>17</sup>
<i>Celastrus paniculatus</i> , Willd	Aphrodisiac, Stimulant, Alterative, Nervine tonic	Celastrine, Celapanin, Celapagin, Sitosterol, Campesterol, Lupeol, Pristimeri <sup>33</sup>	Abdominal discomfort, Hemochezia, Cough, Heat.	Anti-inflammatory, Analgesic and Antioxidant <sup>18</sup>
<i>Mesua nagassarium</i> , Kosterm	Astringent, Carminative	A-Copaene And Germacrene D, B- Amyrin, Mesuanic Acid; MesuferrolsA And B; Mesuaxanthones A And B; MesuaferrinsA, B, And C <sup>34</sup>	Leucorrhea, Cough, Diarrhea	Analgesic, Anti inflammatory, Styptic, Anti hemorrhoidal <sup>19</sup>
<i>Elettaria</i>	Stimulant,	Limonene, Linalool,	Diseases of Throat,	Anti-inflammatory,

<i>cardamomum</i> , Maton	Carminative, Stomachic	Cineole, Campesterol, Methylacetate, Geranyl Acetate	Jaw, Mouth, Anorectum; Cough, Diarrhea, Animal bites, Wheezing, Cough, Abdominal discomfort, Internal hemorrhoids	Analgesic and Antioxidant <sup>20</sup>
<i>Cinnamomum verum</i> , Presl	Stimulant, Carminative, Aphrodisiac	Γ-Terpine, A-Terpineol, Piperitone, Geraniol, (E)-Cinnamaldehyde, (Z)-Cinnamaldehyde, Eugenol, (E)-Cinnamyl Acetate, EugenylAcetate <sup>35</sup>		Analgesic, Anti inflammatory, Antioxidant <sup>21</sup>
<i>Picrorhiza scrophulariiflora</i> , Pennell	Antiperiodic, Cathartic, Stomachic, Anthelmintic	Kutkin, Curcubitacin, Glycosides, Vanillic Acid Steroids, Picroside, Apocynin	Indigestion, Fever, Abdominal pain, Dysentery	Anti inflammatory <sup>22</sup>
<i>Operculina turpethum</i> , Linn	Purgative	Butulin, Lupeol, Sistosterol, Galactomannan, Hydroxy Fatty Acids	Internal Hemorrhoids, Diseases of Abdominal origin	Laxative, Anti inflammatory, Analgesic <sup>23</sup>
<i>Abies spectabilis</i> , Mirb	Stomachic, Carminative, Expectorant, Tonic	Abiesin, Betuloside, Limonene, A-Pinene, Abiesadine, And Myricetin	Diarrhea, Chronic cough, asthma, Vomiting, Indigestion	Anti inflammatory, Antiseptic, Astringent <sup>24</sup>
<i>Myristica fragrans</i> , Houtt	Aphrodisiac, Stimulant, Carminative, Hypnotic	Alkyl Benzene Derivatives Macelignan, Myristicin, Elemicin, Safole, Terpenes, Alpha-Pinene, Myristic Acid, Trimyristicin, Volatile Oil, Fixed Oil, And Starch <sup>36</sup>	Dysentery, Diarrhea, Bloating, Abdominal pain, Indigestion	Antioxidant, Anti inflammatory, Analgesic <sup>25</sup>
<i>Syzygium aromaticum</i> , Linn	Antispasmodic, Carminative, Stomachic	Caryophyllene Oxide, Eugenol, Acetophenone, Eugenol Acetate, Methyl Palmitate	Dizziness, Diarrhea, Vomiting, Hemochezia, Chronic Diarrhea, Tenesmus, Ear diseases	Anti nociceptive, Anti inflammatory <sup>26</sup>
<i>Piper longum</i> , Linn	Stimulant, Carminative	Piperine, Pipernonaline, Pipasterol, Sesamine	Cough, acid peptic disease, anemia, anorexia, headache, throat diseases	Anti inflammatory, Anti Proliferatory <sup>27</sup>
<i>Piper nigrum</i> , Linn	Acrid, Carminative, Antiperiodic, Rubefacient, Stimulant, Resolvent, Antivatha, antidote	Piperine, Chavicine, Piperidine, Limonene, Pipercide, Pipericide	Anemia, Diarrhea, Acid Peptic Disorder, Hemorrhoids, Cough, Hemiplegia, Indigestion	Analgesic, Anti inflammatory <sup>12</sup> , Vasomodulator <sup>13</sup>
<i>Sodii chloridumimpura</i>	Laxative, Carminative, Diuretic, Stomachic	-	8 types of GI ulcers, Constipation, Bleeding piles	Laxative, Cures Bleeding piles, pain <sup>28</sup>
<i>Maranta arundinacea</i> , Linn	Refrigerant, Demulcent, Nutrient	Fatty Acids: Ethyl Palmitate, Cyclohexanone, And Farnesyl Bromide Phenolic Compounds: 2,6-Dimethoxy Phenol Vitamins: Niacin Carotenoids: Beta Carotene <sup>37</sup>	Cough, Fever, Thirst and gives nourishment	Demulcent, Anti-inflammatory, Antiulcerogenic <sup>29</sup>
<i>Zingiber officinale</i> , Rosc	Stimulant, Stomachic,	Gingerdione, Shogaols, Gingerols, Zingiberin	Indigestion, Asthma, Diarrhoea, Bloating,	Vasoactive, Analgesic, Anti inflammatory <sup>30</sup>

<i>Saccharum officinarum</i> , Linn	Carminative Antiseptic, Demulcent	Flavone Glycosides, Including Orientin, Diosmetin-8-C-Glycoside, Luteolin 8-C-(Rhamnosyl-Glucoside), And Flavolignan 7-O-Glucosides. <sup>38</sup>	Abdominal pain Vadha fever, Vadha disease, Vomiting, Hiccup	Anti inflammatory, Antioxidant <sup>31</sup>
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**Pharmacological Importance of Parts of the Herbs:** The analysis of *Nilavagai Chooranam* reveals that roots (*ver*), fruits (*kani*), and seeds (*vithai*) form the core of its herbal composition **Fig. 1**. In Siddha medicine, these parts are revered for their potent therapeutic energy, acting effectively on the gastrointestinal and circulatory systems. Roots like *Sivadhai* and *Thippiliver* possess purgative and analgesic properties, promoting *virechana* and easing anorectal inflammation and pain. Fruits such as *Kadukkai* and *Thaanrikkai* regulate *vata* and *pitta* doshas, soften stools, and

heal mucosal irritation, while *Jaadhikkai* and *Ilavangapattai* enhance *agni* and reduce flatulence. Seeds, rich in oils and active compounds, offer carminative, anti-inflammatory, and styptic effects. *Vaaluluvai* and *Milagu* stimulate digestion, addressing constipation, whereas *Seeragam* and *Elam* improve intestinal motility and balance *vata-kapha*. Collectively, these parts act synergistically to relieve symptoms and correct the underlying doshic imbalances in anorectal disorders such as haemorrhoids.

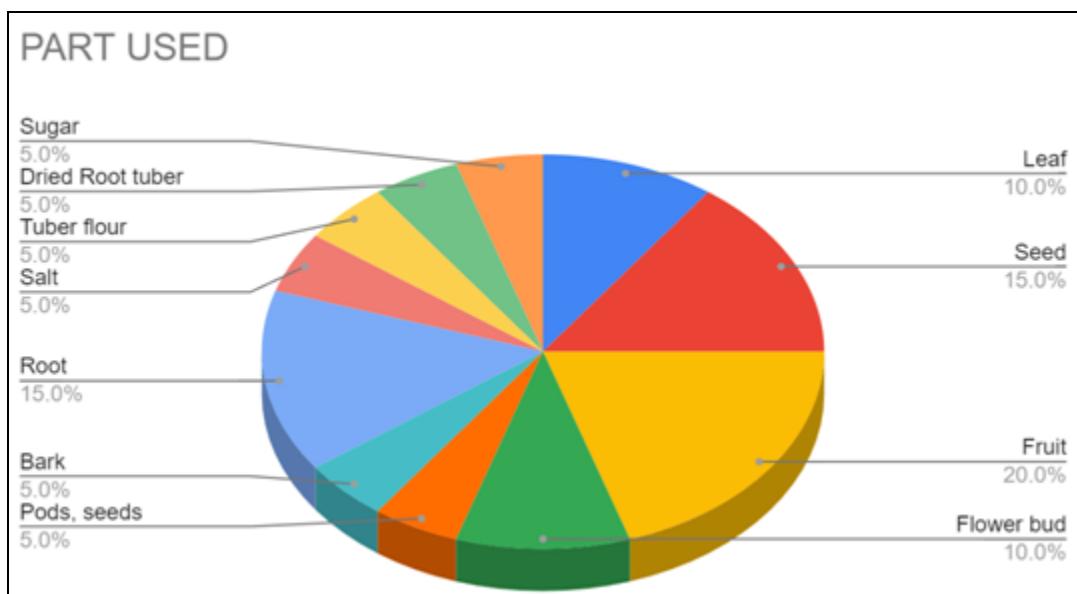


FIG. 1: USED PARTS OF HERBS PRESENT IN NILAVAGAI CHOORANAM

**Pharmacological Importance of Families of the Herbs:** The analysis of *Nilavagai Chooranam* with respect to families of herbs they belong to **Fig. 2**, highlights the therapeutic significance of herbs from the Piperaceae, Combretaceae, and Zingiberaceae families in treating anorectal disorders. Piperaceae members like *Piper nigrum* and *Piper longum* are rich in piperine and essential oils that stimulate *agni*, relieve *vata*-induced bloating, and reduce inflammation and pain in hemorrhoidal tissues<sup>39, 40</sup>. Combretaceae fruits such as *Terminalia chebula* and *T. bellerica*, known for their *thuvarpusuvai* (astringent taste),

promote venous constriction, reduce bleeding, and act as mild laxatives, facilitating smooth evacuation. Zingiberaceae spices like *Zingiber officinale* and *Elettaria cardamomum* exhibit *ushnaviriyam* (warming) and *deepana* (Stimulates digestive fire) actions, improving digestion, relieving flatulence, and reducing rectal spasms. Together, these families support *dosha* balance, soften stools, reduce inflammation, and tone anorectal tissues, thereby forming a pharmacological cornerstone in Siddha management of haemorrhoids and related conditions.

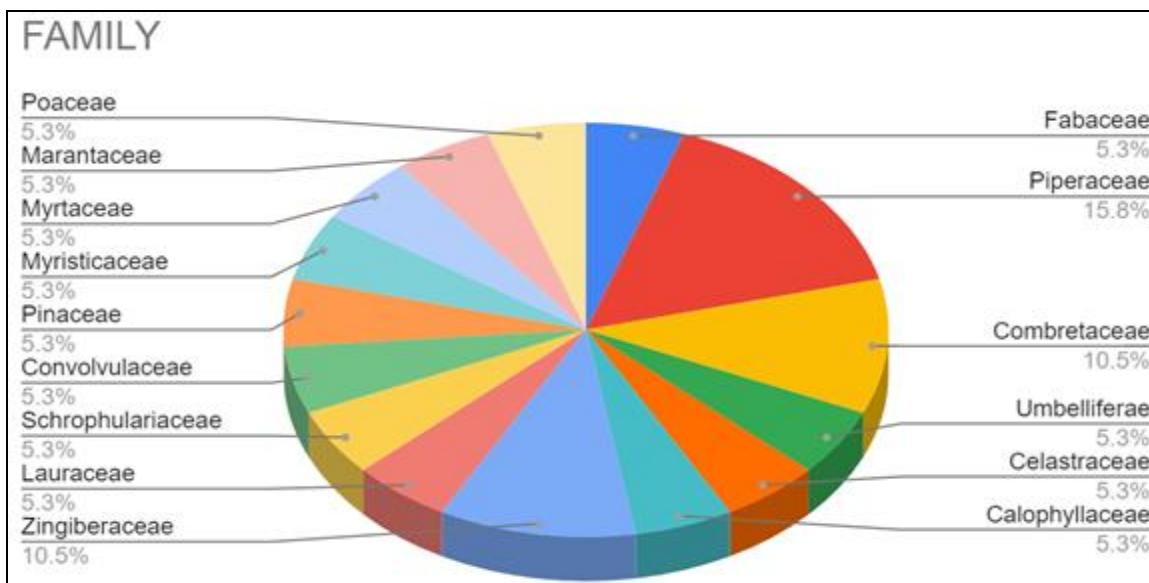


FIG. 2: FAMILIES OF HERBS PRESENT IN NILAVAGAI CHOORANAM

### Potential Therapeutic Benefits of *Nilavagai Chooranam* through Pharmacological Actions:

*Nilavagai Chooranam* demonstrates a broad spectrum of pharmacological actions **Fig. 3** beneficial in the management of haemorrhoids. One of its primary effects is anti-inflammatory activity, crucial for reducing pain, swelling, and bleeding associated with inflamed hemorrhoidal veins. Inflammation, often exacerbated by straining and chronic constipation, is significantly modulated by 33.3% of the herbs in the formulation, including *Piper nigrum*, *Elettaria cardamomum*, *Zingiber officinale*, *Piper longum*, *Mesua nagassarium*, and

*Abies spectabilis*, all known for their anti-inflammatory properties. Analgesic activity is another critical therapeutic property. Pain in haemorrhoids, especially external types, arises from swollen veins, mucosal irritation, and sphincter spasms. While NSAIDs are contraindicated in bleeding piles, 22.2% of herbs such as *Cuminum cyminum*, *Piper nigrum*, *Myristica fragrans*, and *Zingiber officinale* exhibit analgesic effects. These effects are likely due to a synergistic interplay with their anti-inflammatory and mucosal healing properties.

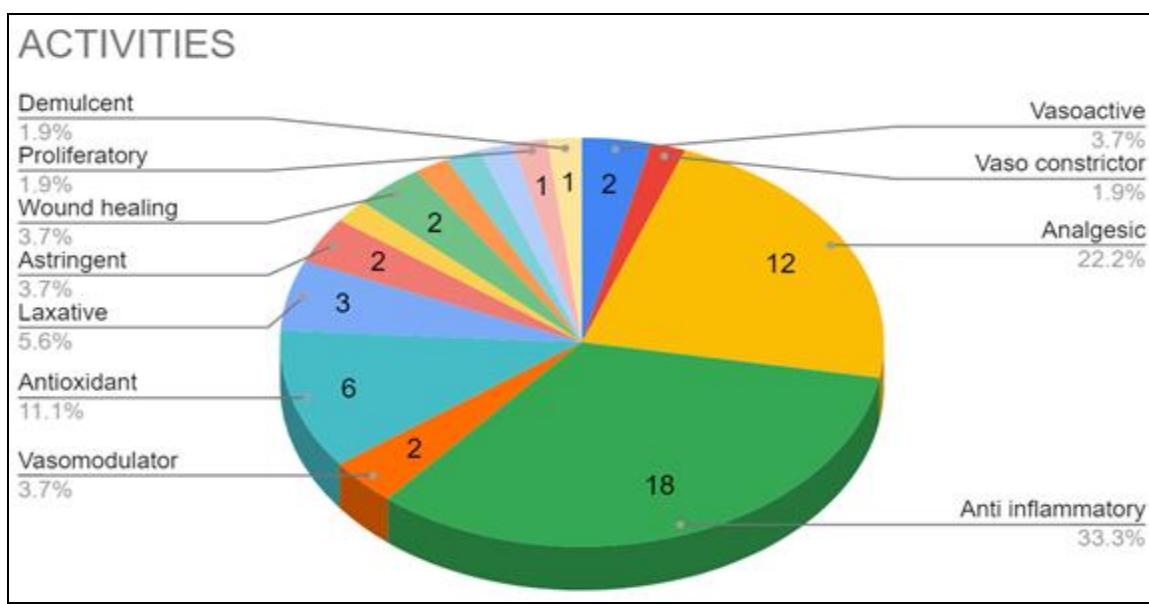


FIG. 3: PHARMACOLOGICAL ACTIONS OF HERBS PRESENT IN NILAVAGAI CHOORANAM

Oxidative stress plays a pivotal role in weakening anal vasculature and promoting inflammation. The

antioxidant activity of 11.1% of herbs, including *Saccharum officinarum*, *Cinnamomum verum*, and

*Elettaria cardamomum*, offers protection against free radicals by supplying phytochemicals like flavonoids, quercetin, and polyphenols that prevent cellular damage and vascular degradation<sup>41,42</sup>.

Constipation is a key etiological factor in haemorrhoids, addressed by the laxative activity of 5.5% of herbs, prominently *Cassia senna*. This helps in softening stools, easing defecation, and reducing the mechanical strain on rectal veins<sup>42</sup>. Furthermore, vasoactive, wound healing, and astringent activities are attributed to around 10% of the herbs, including *Cassia senna*, *Piper nigrum*, *Abies spectabilis*, and *Terminalia chebula*. These properties contribute to vasomodulation, reduce bleeding, enhance mucosal repair, and promote the shrinkage of the hemorrhoidal mass without causing excessive purgation or constipation. Astringents like *Terminalia chebula* and *T. bellerica* also help tone the tissues and support healing<sup>43</sup>. Collectively, these actions form a synergistic pharmacological foundation, positioning *Nilavagai Chooranam* as a holistic therapeutic agent in the Siddha management of hemorrhoidal disorders.

**DISCUSSION:** The conventionally used *Nilavagai Chooranam* formulation from *Siddha vaidhyathirattu*<sup>44</sup> book has 5 ingredients. It is indicated for conditions like *Ushna vaayu*, bloating of abdomen, Hiccups, Vomiting and Bronchial asthma. The drug *Nilavagai Chooranam* taken for this study has 20 ingredients. It has various indications like *Megam* (A sexually transmitted disease classified into 21 types), *Pitham* (One of the three humours), *Malakkattu* (Constipation)<sup>9</sup>, *Vaaivu* (One of the three humours), *Soodukollal* (Intense heat in pelvic region), *Sori & Sirangu* (A kind of itch or scabies), *Moolavaayu* (Accumulation of bowel gas) and proposed to cleanse the bowel and to cure all the diseases arising from the seat of *moolam*<sup>10,9</sup>.

According to the review of literature of *Nilavagai Chooranam*, the following topics were analysed such as part used, family, morphology, pharmacological actions and indications of each ingredient. Herbs from the following families, *Piperaceae* (15.8%), *Zingiberacea* (10.5%), *Combretaceae* (10.5%) were mostly used. Upon analysis of parts used Fruit (20%), Root (15%),

Seed (15%), Flower bud (10%), Leaf (10%) were majorly used. In Potency of herbs, hot potency were 70% Cold potency were 25%. According to Siddha, in anorectal disorders there will be vitiation of *Vadham* & *Pitham* humours. *Mandagni* (sluggish digestion) and *Ama* (undigested toxins) is said to be the causative factors for many illnesses especially the anorectal ailments. Hot potency (*Ushna Veeriyam*) herbs play a pivotal role in rectifying these imbalances. Their inherent qualities help stimulate *Agni* (digestive fire), thereby enhancing digestion and preventing the accumulation of *Ama* a known etiological factor in hemorrhoidal conditions. These herbs also have the anti-inflammatory effect in system. Cold potency herbs have the tendency to heal and reduce the soreness. They have demulcent activity.

In division Sweet (30%), Pungent (65%). Pungent taste herbs stimulate metabolism and disperse the stagnation thereby relieving the vascular congestion and promotes blood flow. They also have antimicrobial and anti-inflammatory effects which helps in healing and pain relief. According to Siddha, the sweet taste is said to have nourishing and tissue regenerative properties. They also have Haemostatic and anti-ulcer property. Thus, they regulate bowel habit and pacify *Vaatham*. When considering the pharmacological actions, majority of the ingredients has laxative, anti-inflammatory, analgesic, carminative, stomachic and astringent properties. Some of drugs like *Zingiber officinale*, has vasoactive property.

**CONCLUSION:** *Nilavagai Chooranam*, formulated based on Siddha *tridosha* principles *Suvai*, *Gunam*, *Veeriyam*, and *Pirivu* has shown therapeutic relevance, now further supported by modern scientific validation. This alignment strengthens confidence among Siddha physicians in managing ailments like haemorrhoids.

Future directions include conducting preclinical and clinical trials to establish safety and efficacy, exploring pharmacological mechanisms, and setting quality control standards for consistency. Thus, this study not only reaffirms traditional knowledge but also opens avenues for scientific exploration and global integration of Siddha medicine.

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