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Herbs that Stabilizes Thiridhosham to Nurture Healthy Lifestyle in Siddha System of Medicine - A Review

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Abstract: Siddha is a traditional kind of alternative medicine that is commonly used in southern India, most specifically in the state of Tamil Nadu. This approach of holistic treatment is based on Thiridhosham, Panchabootham, and Suvaigal, which are the three pillars that support its foundation. There are allusions to around 8 Thirithoda Samaporutkal in the Siddha texts known as Noyilla Neri and Pathartha Guna Sinthamani. These scriptures are known together as Pathartha Guna Sinthamani. The phytochemicals and pharmacological activities of the plant are the source of the evidence that the Tirithodasama Porutkal has therapeutic effects. When we make the consumption of Thirithoda Samaporutkal a regular and consistent component of our diet, the Vatham, Pitham, and Kabham Humours that are accountable for preserving the equilibrium of the human body are preserved in excellent functioning order.

Keywords: Siddha, Thirithoda samaporutkal, Three humors, Phytochemicals

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Introduction

Siddha is a form of alternative medicine that is widely practiced in southern India, primarily within the boundaries of the Indian state of Tamil Nadu. Siddha is an ancient form of healing that focuses on the individual's mental and physical health, providing treatment for chronic conditions as well as helping to maintain overall wellbeing. This area of India is credited with the

development of Siddha. During the development of Siddha, practitioners believed that if an individual was able to achieve a balance between their mental and physical health, then they could become free from disease and maintain general wellbeing. It is a holistic method founded on Thiridhosham (Vatham, Pitham, and Kabam), Panchabootham (Space, Wind, Fire, Water, and

Earth), and Arusuvaigal (Sweet, Sour, Salty, Bitter, Pungent, and Astringent). Siddha has developed over the centuries into a sophisticated and comprehensive system of medicine. The Siddha medical system makes reference to a dietary regimen that is known as Thirithodasama Porutkal. This therapy deals with the internal and external cleansing process that aims to restore balance in the body. This treatment is capable of aiding in the preservation of a healthy lifestyle as well as the avoidance of a number of different diseases. In the Siddha literature such as "Noi Ella Neri" and "Pathartha Guna Sinthamani," there is a reference to somewhere between eight and ten Thiridoda Sama Porutkal. Each of these is said to have a unique healing and curative effect on the body.

Tiridoda Samana Porutkal (Table 1):

Elam: Botanical name: *Elettaria cardamomum*; Family name: Zingiberaceae; Taste: Pungent, sweet; Potency: Heat; Division: Pungent; Actions: Stimulant, Stomachic, Carminative; Phytochemicals: Carbohydrates, proteins, lipids, minerals, essential oils, flavonoids, terpenoids, tannins, alkaloids, anthocyanins and carotenoids (Khatri *et al.*, 2017); Pharmacological activities reported: Anti-alzheimer, analgesic, anti-cancer, anti-convulsant, anti-hypercholesterolemia, anti-inflammatory, anti-microbial, antioxidant, antispasmodic, cardioprotective, chemopreventive effect, diuretic activity, gastroprotective effect, hepatoprotective effect, immunomodulatory, sedative, stimulatory, protective effects on lungs (Kumar and Kumari, 2021); Therapeutic uses: Traditionally it is used to cure asthma, teeth and gum infections, digestive and kidney disorders, cataracts, cardiac disorders, nausea, diarrhea (Khan *et al.*, 2011; Hamzaa and Osman, 2012).

Manjal: Botanical name: *Curcuma longa*; Family name: Zingiberaceae; Taste: Bitter, Pungent; Potency: Heat; Division: Pungent; Actions: Carminative, Stomachic, Hepato tonic; Phytochemicals: volatile oils such as tumerone, atlantone and zingiberone, carbohydrates,

proteins, resins, polyphenolic curcuminoids; Pharmacological activities reported: Anti-inflammatory, anti-cancer, antibacterial, antiviral, anti-oxidant, antiseptic, cardioprotective, hepatoprotective and digestive activities (Sanghvi *et al.*, 2020); Therapeutic uses: Traditionally turmeric is used against biliary disorders, anorexia, coryza, cough, diabetic wounds, hepatic disorders, rheumatism and sinusitis (Al-Snafi, 2016).

Seeragam: Botanical name: *Cuminum cyminum*; Family name: Apiaceae; Taste: Pungent, Sweet; Potency: Cold; Division: Sweet; Actions: Carminative, Stimulant, Stomachic; Phytochemicals: Proteins, tannin, saponin, terpenes, flavonoids, alkaloids, tannic acids, anthocyanin, coumarin, glucosides; Pharmacological activities reported: Antibacterial, anti-fungal, anti-oxidant, antidiabetic, hypolipidemic, immunomodulatory, anti-osteoporotic, anti-inflammatory, anti-asthmatic, antitussive, anti-infertility, anti-cancer, anti-stress, antipyretic, hypotensive, antiplatelet coagulation, hepatoprotective, analgesic; Therapeutic uses: Traditionally cumin seeds are used to cure stomach pain, dyspepsia, indigestion, flatulence, hoarseness, toothache, hypertension, scorpion bites, weight loss, jaundice, diarrhea (Pietta, 2000).

Perungayam: Botanical name: *Ferula asafetida*; Family name: Umbelliferae; Taste: Pungent, Bitter; Potency: Heat; Division: Pungent; Actions: Carminative, Stimulant, Antispasmodic, Laxative, Anthelmintic, Expectorant, Diuretic; Phytochemicals: Coumarins, sesquiterpene coumarins, sulfur containing compounds, diterpenes, phenolics, acetylenes and carbohydrates (Takeoka, 2001); Pharmacological activities reported: Anti-diabetic, anti-infertility, antifungal, antispasmodic, antitumor, antiviral, antiulcerogenic, cancer chemopreventive, hypotensive, molluscicidal and mutagenic; Therapeutic uses: Traditionally asafoetida is used in the treatment of asthma, epilepsy, stomachache, flatulence, intestinal parasites,

weak digestion and influenza.

Chukku: Botanical name: *Zingiber officinale*; Family name: Zingiberaceae; Taste: Pungent; Potency: Heat; Division: Pungent; Actions: Stimulant, Stomachic, Carminative; Phytochemicals: Essential oils, phenolic compounds, flavonoids, carbohydrates, proteins, alkaloids, glycosides, saponins, steroids, terpenoids and tannin; Pharmacological activities reported: Anti-bacterial, Cytotoxic, Anthelmintic, Analgesic, Anti-fungal, Anti-inflammatoru, Anti-diarrhoea, Antidiabetic, Larvicidal, Antioxidant, Nephroprotective and Hepatoprotective (The Siddha Pharmacopoeia of India, 2008); Therapeutic uses: Ginger is predominantly used to cure various diseases such as vomiting, pitha diseases, indigestion, tastelessness, loss of appetite, gastritis, headache, dyspepsia, cough, back pain, abdominal pain, hepatomegaly, sinusitis, gingivitis, otitis, pharyngitis, peptic ulcer, dysmenorrhoea and toxic fever (Evans, 2002; Kumar, 2011).

Vendhayam: Botanical name: *Trigonella foenumgraecum*; Family name: Fabaceae; Taste: Bitter; Potency: Cold; Division: Pungent; Actions: Carminative, Refrigerant, Laxative, Demulcent, Diuretic, Tonic; Phytochemicals: Amino acids, vitamins, fatty acids, saponins, fibers, flavonoids, polysaccharides, fixed oils and some alkaloids such as trigonelline and choline; Pharmacological activities reported: Anti-inflammatory, antidiabetic, hypocholesterolemic, antilipidemic, antioxidant, hepatoprotective, antibacterial, antifungal, antiulcer, antilithigenic, anticarcinogenic; Therapeutic uses: Traditionally it is used to treat various gastric problems and mucosal conditions. It is also used to cure bronchitis, fever, sore throat, swollen glands, skin irritation, diabetes and ulcers (Umesh *et al.*, 2014).

Poondu: Botanical name: *Allium sativum*; Family name: Alliaceae; Taste: Pungent; Potency: Heat; Division: Pungent; Actions: Stimulant, Stomachic, Carminative, Tonic, Anthelmintic, Expectorant; Phytochemicals: Sulfur containing compounds,

peptides, steroids, terpenoids, flavonoids, phenols and amino acids (Pietta, 2000); Pharmacological activities reported: Anthelmintic, antioxidative, anti-mutagenic, anti-tumor, immunomodulatory, anti-cancer, antimicrobial, antiviral, antibiotic, antihypertensive; Therapeutic uses: Traditionally garlic is used in the treatment of common cold, kidney diseases, wound infection, malaria, cough, hypertension, lung diseases, mental illness, liver diseases, asthma, diabetes (Zeb, 2020).

Milagu: Botanical name: *Piper nigrum*; Family name: Piperaceae; Taste: Pungent, Bitter; Potency: Heat; Division: Pungent; Actions: Carminative, Stomachic, Antidote, Stimulant, Anti-spasmodic, Anti-vatha; Phytochemicals: Piperine, phenolics, flavonoids, alkaloids, amides, steroids, lignans, neolignans, terpenes, chalcones; Pharmacological activities reported: Antihypertensive, anti-asthmatic, antimicrobial, antioxidant, anti-cancer, anti-inflammatory, hepatoprotective, anti-diarrheal, antidepressant, immunomodulatory, anticonvulsant; Therapeutic uses: Piper is traditionally used in the treatment of digestive problems such as diarrhea and indigestion, respiratory issues like cold, fever, asthma (Ahmad *et al.*, 2012).

There is evidence that the Thirithodasama Porutkal has therapeutic properties, which suggests that the traditional remedies have been in use for centuries, and have been passed down through generations, which may be shown in the Phytochemicals and pharmacological activities that it possesses. This is a testament to the power of traditional medicines, and their potential to be explored further. The Phytochemicals, such as phenolic compounds, flavonoids, terpenoids, chalcones, lignans, saponins, polysaccharides, trigonelline, coumarins, diterpenes, acetylene, anthocyanins, and carotenoids, play a major role in maintaining the physiological functions of the body (Agarwal *et al.*, 2017).

The Phenolic compound acts as an antioxidant by reacting with a variety of free radicals. The Flavonoids have the ability to reduce free radical

Table 1: Herbs

S. No.	Plant Name	English Name	Botanical Name
1	<i>Elam</i>	Cardamom	<i>Elettaria cardamomum</i>
2	<i>Manjal</i>	Turmeric	<i>Curcuma longa</i>
3	<i>Seeragam</i>	Cumin	<i>Cuminum cyminum</i>
4	<i>Perungayam</i>	Asafoetida	<i>Ferula asafoetida</i>
5	<i>Chukku</i>	Dried ginger	<i>Zingiber officinale</i>
6	<i>Vendhayam</i>	Fenugreek	<i>Foeniculum vulgare</i>
7	<i>Poondu</i>	Garlic	<i>Allium sativum</i>
8	<i>Milagu</i>	Black pepper	<i>Piper longum</i>

formation and scavenge free radicals. Terpenoids act as natural plant antioxidants. Lignans support the human immune system. Saponins possess antioxidant effects on skin and protect it against UV damage via inhibiting extracellular matrix degradation and anti irritation due to their anti inflammatory action. Coumarins are heterocyclic molecules that have been associated with the beneficial effects on human health, such as reducing the risk of cancer, diabetes, cardiovascular and brain diseases, these effects are thought to be related to the radical scavenging effect, due to their antioxidant activities. Carotenoids have a salutary effect on our body, making it more resistant and strong to fight against chronic diseases.

Conclusion

Herbs are maximally added in the Indian diet as spices in a regular manner which possess various pharmacological activities especially antioxidant property and also it compensate the body's daily requirements of vitamins, minerals, carbohydrates, proteins and lipids. Thus, consumption of Thirithodasama Porutkal a regular and consistent component of our diet, the Vatham, Pitham, and Kabham humors that are accountable for preserving the equilibrium of the

human body are preserved in excellent functioning order.

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