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Review Article



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Single herb therapy in the management of expectorants in Siddha perspective - A review

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Abstract

The problems are emerging from the treatment of cough during many types of Respiratory diseases by conventional opioid agents. Medical plants are potential source of substances with high efficacy with minimal unwanted effects. The review is intended to describe the current status of plant used as anti-tissive & expectorant and their active compounds with cough-suppressing activity.

Keywords: Mucus, Mucin, airway secretion, expectorants.

Introduction

There are many types of drugs that are used to suppress cough and are often prescribed in combination. Before dealing with the particular type of drug used it is important to consider briefly the nature of cough production. Cough is a useful Physiological Mechanism that server to clear the respiratory passages of foreign material and excess secretions and should not be suppressed indiscriminately. Cough is thought to be caused by a reflex. It occurs due to stimulation of Mechano-archemoreceptar in throat, respiratory passage (or)

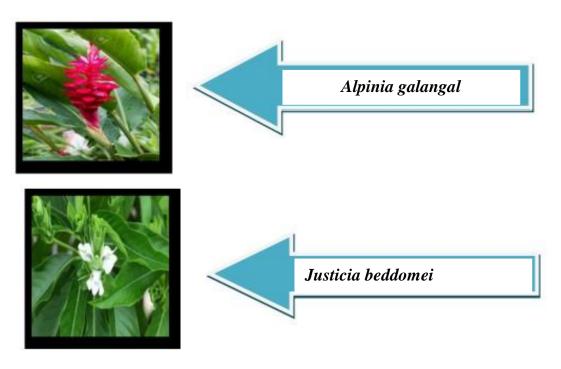
stretch receptor in the lungs. The sensitive receptors are located in the bronchial tree particularly in the junction of the trachea. These receptors can be stimulated mechanically (or) chemically. (E.g) by Inhalation of various irritants than nerve impulses activate the cough center in the brain. In the 1990s only a few of the early natural expectorants are in widespread use and some of these have been chemically modified to improve efficacy (or) physical characteristics plants¹. Some of the herbs having anti- tissue & expectorant activity are listed in table 1^{2,3,4}.

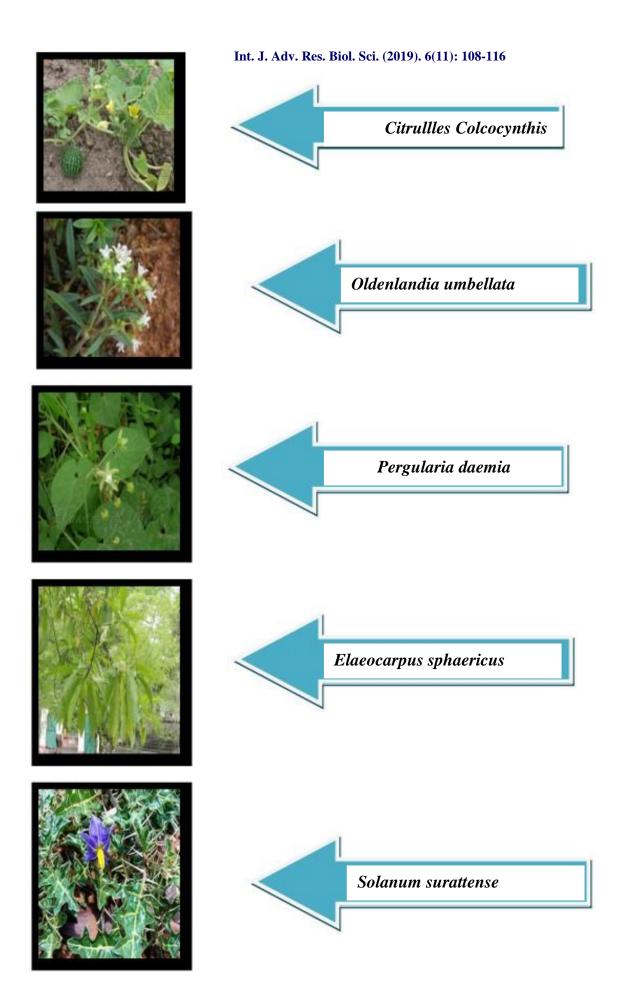
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S.No	Tamil Name	Botanical Name	English Name	Family	Parts Used	Pothu seigai (Action)
1.	Arattai	Alpinia galangal	Galangal the lesser	Zingiberaceae	Root	Febrifuge Stomachic
2.	Adatodai	Justicia beddomei	Malabornut	Acanthaceae	whole plant	Antispasmodic Germicide Diuretic
3.	Artu- tumatti	Citrullees Colcocynthis	Cologyntal Fruit	Cucurbifaceae	Whole Plant	Alterative Diuretic Emetic
4.	Impural	Oldenlandia Umbellata	chay-roas, due root	Rubiaceae	Whole plant	Cholagogue
5.	Uttamani	Pergularia daemia	Dog's bane whitelow plant	Asclepiadrces e	Leaves	Anthelmintic Emetic
6.	Rudraksham	Elaeocarpus Sphaericus	Rosary nut utrasum	Elaeocar paceae	Leaves seeds	Anti-tridoshe Antibilivus
7.	Kandangkat tari	Solanum surattense	Wild Eggs pland	Solanacese	Whole plant	Diuretic Carminative
8.	Karuppura- Valli	Anisochilus Carnosus	Thick leaved lanvander	Lamiacese	leavers	Stimulant Diaphoretic
9.	Karkadaga shingi	Rhus- succedarea	The galls	Anacardiaceae	Root	Stimulant Tonic Nutritive
10.	Kattuvenga yam	urginea Indica	Bulb of Indian squill	Asparagaceae	whole plant	diuretic Deobstrcuent Stimulant
11.	Kunthirikka m	Boswellia Serrata	Resin of obanum	Bursera ceae	Whole plant	Emmenagogue Diuretic Stomachic
12.	Kuppai- meni	Acalypha Indica	Cat's struggle Indian acalypha	Euphor biaceae	Whole plant	Emetic anodyne Cathortic
13.	Changan	Azima tetracantha	Four Spined Meneita	Salvadoraceae	Leaves RootMilk	Diuretic,Tonic, Astringent
14.	Chanakkikiv ai	Greens	A kind of Basid	-	Leaves	Germicide Diuretic
15.	Chiru- kurinchan	Gymnema sylvestive	Periplora of the woods	Apocynaceae	Leaves Root	Tonic Astringent Stomachic

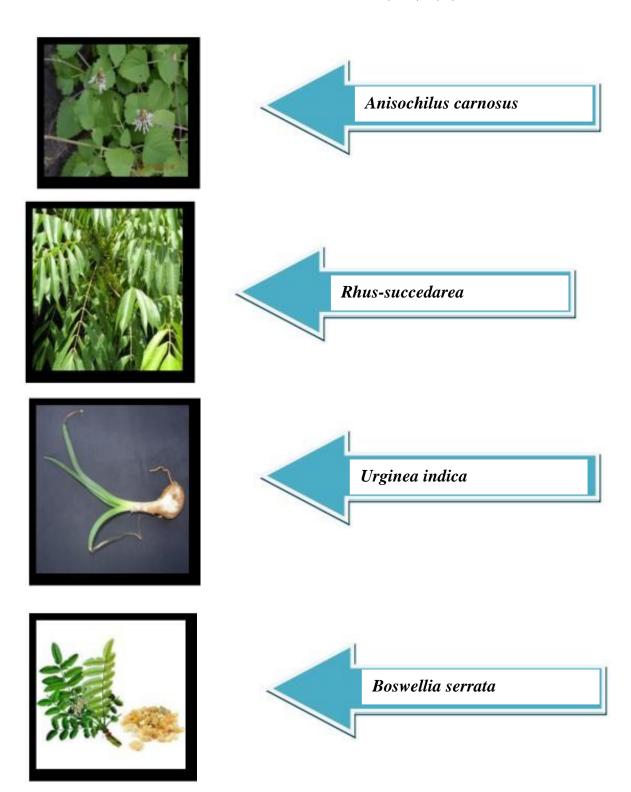
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16.	Sundai	Solanum torrum	Unarmed night shade	Solanaceae	Whole plant	Germicide Stomachic
17.	Thavasu murungai	Rungia parviflara	-	-	Leaves	-
18.	Thalisa- paththiri	Abies spectabilis	Flacertia calaphracta	Pinaceae	Leaves	Tonic Stomachic Carminative
19.	Thumbai	Leucas aspera	Thumbe	Lamiaceae	Leaves flower	Laxative Stimulants
20.	Thulasi	Orimum sanctum	Holy basil, Sacred basil	Lamiaceae	Leaves Seeds	Stimulant Diphoretic
21.	Thuthuvalai	Solanum trilobatum	Climbing birinjal	Solanaceae	Leaves Flower	Stimulant Tonic
22.	Musumuskk ai	Mulkia Maderaspata na	Rough Bryony	Cucurbitaceae	Leaves Root	Astringent
23.	Mukki- rattai	Boerhaavia diffusa	Huo weed	Nyctaginaceae	Whole plant	Diuretic Laxative Emetic Refrigerant
24.	Vishnu Kiranti	Evolvulus alsinoides	-	Convolvulacea e	Whole plant	Tonic Febrifuge Anthelmintic

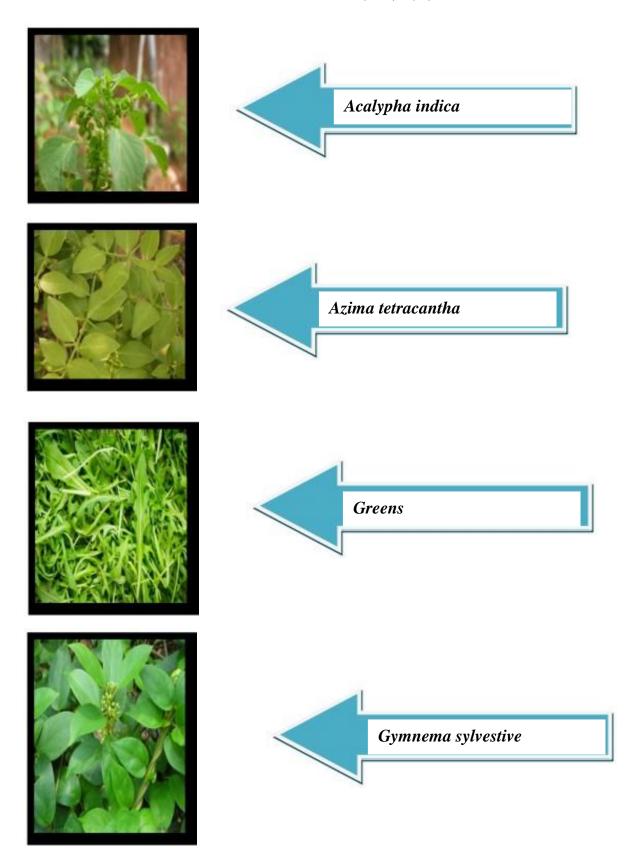




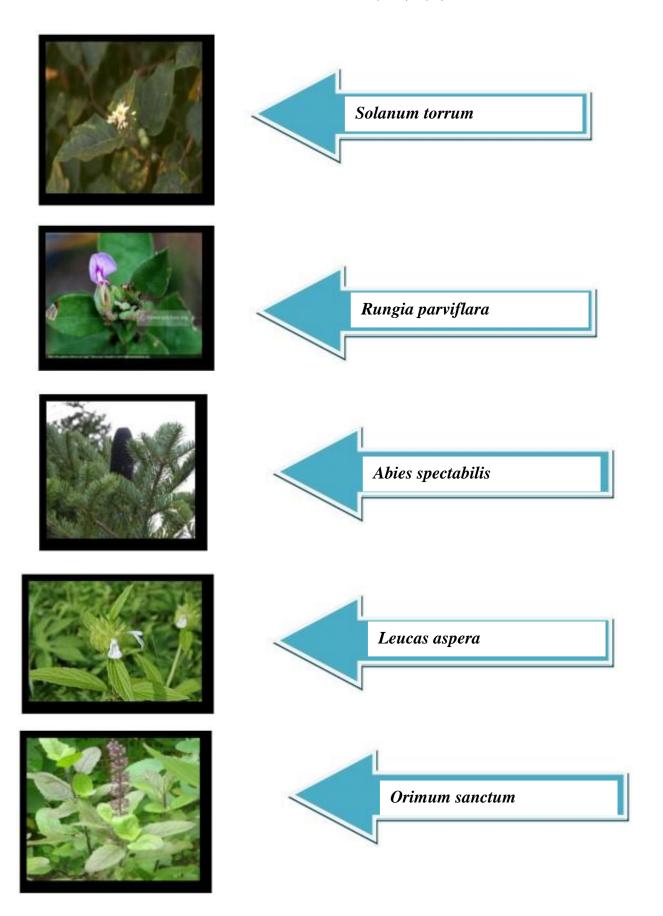
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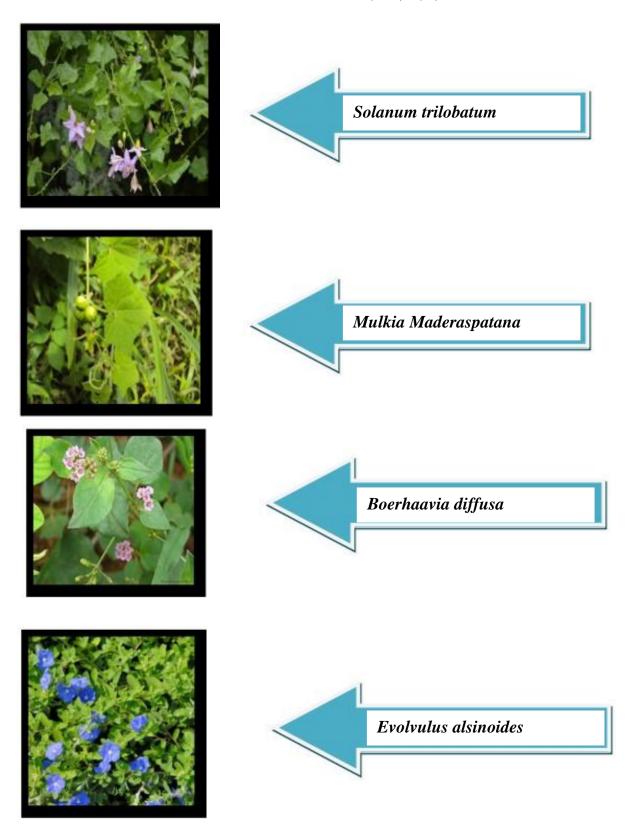
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Discussion

Four thousands of years plants and herbs have been used to treat and prevent illness around the world. The herbs are better chosen to treat expectorants, because they are more reliable Environment friendly and easily available. In this paper, herbal single drug therapies for the management of expectorants were better discussed. Single herbs are easy to handle and easily available.

Conclusion

Herbal medicine aims to return the body to a state of natural balance so that it can heal itself. In this article, the information regarding single drug herbal therapy for expectorants is collected in one bunch. This paper will be better used during therapeutic approach of expectorants. Further research articles will be needed to prove the efficacy of these herbs towards expectorants.

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