



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

Renugadevi. S¹, Bhuvaneshwari. A¹, Victoria. S²

¹PG Scholar Department of Noi Nadal, Government Siddha Medical College and Hospital, Palayamkottai

²Professor Department of Noi Nadal Government Siddha College and Hospital Palayamkottai

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-archemoreceptor 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}.

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 Colocynthis	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	Asclepiadrceae	Leaves	Anthelmintic Emetic
6.	Rudraksham	Elaeocarpus Sphaericus	Rosary nut utrasum	Elaeocarpaceae	Leaves seeds	Anti-tridoshe Antibilivus
7.	Kandangkat tari	Solanum surattense	Wild Eggs pland	Solanaceae	Whole plant	Diuretic Carminative
8.	Karuppura-Valli	Anisochilus Carnosus	Thick leaved lanvander	Lamiaceae	leavers	Stimulant Diaphoretic
9.	Karkadaga shingi	Rhus-succedarea	The galls	Anacardiaceae	Root	Stimulant Tonic Nutritive
10.	Kattuvengayam	urginea Indica	Bulb of Indian squill	Asparagaceae	whole plant	diuretic Deobstruent Stimulant
11.	Kunthirikkam	Boswellia Serrata	Resin of obanum	Bursera ceae	Whole plant	Emmenagogue Diuretic Stomachic
12.	Kuppaimeni	Acalypha Indica	Cat's struggle Indian acalypha	Euphorbiaceae	Whole plant	Emetic anodyne Cathartic
13.	Changan	Azima tetracantha	Four Spined Meneita	Salvadoraceae	Leaves RootMilk	Diuretic,Tonic, Astringent
14.	Chanakkikivai	Greens	A kind of Basid	-	Leaves	Germicide Diuretic
15.	Chirukurinchan	Gymnema sylvestive	Periplora of the woods	Apocynaceae	Leaves Root	Tonic Astringent Stomachic

16.	Sundai	Solanum torrum	Unarmed night shade	Solanaceae	Whole plant	Germicide Stomachic
17.	Thavasu murungai	Rungia parviflora	-	-	Leaves	-
18.	Thalisa-paththiri	Abies spectabilis	Flacertia calaphracta	Pinaceae	Leaves	Tonic Stomachic Carminative
19.	Thumbai	Leucas aspera	Thumba	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.	Musumuskkai	Mulikia Maderaspatana	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	-	Convolvulaceae	Whole plant	Tonic Febrifuge Anthelmintic





Citrullus Colocynthis



Oldenlandia umbellata



Pergularia daemia



Elaeocarpus sphaericus



Solanum surattense



Anisochilus carnosus



Rhus-succedarea



Urginea indica



Boswellia serrata





Solanum torrum



Rungia parviflora



Abies spectabilis



Leucas aspera



Orimum sanctum



Solanum trilobatum



Mulka Maderaspatana



Boerhaavia diffusa



Evolvulus alsinoides

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.

Acknowledgments

Our sincere thanks to head of department, faculties of NOI-NADAL department for their immense support and encouragement.

References

1. Hughes DTD, Today's Treatment, Disease of the respiratory system cough, Expectarant British Medical Journal 1, 1978. P2002.
2. Dr. Murugesu Muthalaiyar, Siddha Materia Medical (Mooligai) Fourth Edition Publisher, Tamil Nadu Siddha Medical council, Chennai- 1988:1
3. Dr. T. V. Sambasivam Pillai, Siddha Medical dictionary volume 2 Part 1 Indian Medicine and Homoeopathy. Chennai-2009
4. Dr. K. S. Uthamarayan H.B.I.M, Siddha Maruthuvanga Surukkam. Second Edition Indian Medicine and homoeopathy. Chennai-2010.

Access this Article in Online	
	Website: www.ijarbs.com
	Subject: Siddha Medicine
Quick Response Code	
DOI: 10.22192/ijarbs.2019.06.11.014	

How to cite this article:

Renugadevi. S, Bhuvaneshwari. A, Victoria. S. (2019). Single herb therapy in the management of expectorants in Siddha perspective - A review. Int. J. Adv. Res. Biol. Sci. 6(11): 108-116.

DOI: <http://dx.doi.org/10.22192/ijarbs.2019.06.11.014>