



## **A review on single herb therapy in the management of headache disorders – Siddha external therapy methods**

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### **Abstract**

The goal of life can be attained by means of keeping the health of this mortal body. This is also the prime principle of *Siddha* system of medicine. Headache is one of the most common and yet most difficult clinical problem. Though the term headache can mean pain anywhere in the head, it is usually confined to pain arising in the region of the cranial vault. Headache is common, afflicting 4.13% of the population, however a recent focused survey found the 1-year prevalence rate of primary headache as 62.0% and that of migrainous headache as 25.2% from a southern state. *Siddha* system focusses on treating this disease by nature gifted herbal preparations, Herbo-mineral combination drugs, Metallic preparations based on intensity and duration of the disease. This paper is a collection work of easily available herbal preparations in the management of headache from classical siddha literatures. Single herbal therapies for the management of headache are better discussed along with their Parts used, Taste, and Preparation methods.

**Keywords:** Headache, migraine, *Therathalaivali* Single herb therapy,

### **Introduction**

Siddha medicine, Traditional system of healing that originated in south India and is considered to be one of India's oldest systems of medicine. God has created this beautiful world with maximum natural infrastructural facilities to all living beings for a comfortable and healthy life. The goal of life can be attained by means of keeping the health of this mortal body. This is also the prime principle of siddha system of medicine. Siddha have extensively knowledgeable in science, technology, astronomy and literature. Siddhars the founders of siddha medicine perceived and announced the use of herbs, minerals, metals and non-metals as a remedy for various incurable diseases.

Headache is one of the most common health complaints.

Headache is one of the most common and yet most difficult clinical problem though the term headache can mean pain anywhere in the head. Headache is common in urban areas, afflicting 4.13% of the population, however a recent focused survey found the 1-year prevalence rate of primary headache as 62.0% and that of migrainous headache as 25.2% from a southern state. *Siddha* system focusses on treating this disease by nature gifted herbal preparations, Herbo-mineral combination drugs, Metallic preparations based on intensity and duration of the disease.

This paper is a collection work of easily available herbal preparations in the management of headache from classical siddha literatures. Herbal single drug therapies (*Yega Mooligaiprayogam*) for the

management of headache are better discussed along with their common action, Parts used, Taste, and Preparation methods. Plant based remedies have been used for the management of Headache.

## Review of Literature

### Single herbs in the management of Otrathalaivali:

Mooligai	Botanical name	Family	Type of plant	Part used	Formulation
Kuratti	<i>Trichosanthus tricuspidata</i>	Cucurbitaceae	Climber	Fruit juice	Oil
Kuntharpanai	<i>Caryota urens</i>	Arecaceae	Tree	Seed	Seed paste
Thumbai	<i>Leucas aspera</i>	Lamiaceae	Herb	Flower	Oil
Nannari	<i>Hemidesmis indicus</i>	Asclepidaceae	Climber	Root	Oil

### Methods of using herbs:

#### Oil Bath

1. *Trichosanthes tricuspidata* -Fruit juice mixed with gingelly oil and made into medicated oil
2. *Leucas aspera* – Flower mixed with gingelly oil and made into medicated oil

### External Application

1. *Caryota Urens* – Seed paste is applied over the forehead
2. *Hemidesmus indicus*– Root grinded with fermented rice water mixed with oil and applied.

### Single herbs in the management of therathalaivali

Mooligai	Botanical name	Family	Type of plant	Part used	Formulation
Kattuppakkal	<i>Momordica dioica</i>	Cucurbitaceae	Herb	Dry seeds	Powder
Thumbai	<i>Leucas aspera</i>	Lamiaceae	Herb	Flower juice	Nasal drops
Kurattai	<i>Trihosanthes tricuspidata</i>	Cucurbitaceae	Climber	Fruit juice	Oil
Venkodiveli	<i>Plumbago zeylanica</i>	Plumbaginaceae	Herb	Root	Oil
Macipachai	<i>Artemisia nilagirica</i>	Asteraceae	Bulb	Bulb	Ottradam
Kodippasalai	<i>Basella alba</i>	Basellaceae	Greens	Leaf	Paste

**Methods of using herbs:**

mixed with gingelly oil and made into medicated oil

**Nasiyam & Nasikabaranam:**

Duration: 2 to 3 days

1. *Momordic adiodica*– Powdered dry seeds is administrated
2. *Leucas aspera*– 2 drops of flower juice is administrated

**Ottradam:**

1. *Artemisia nilagirica* – Bulb is soaked with hot fermented rice water and fomented

**Oil bath:**

1. *Trichosanthe stricuspidata* –Fruit juice mixed with gingelly oil and made in to medicated oil
2. *Plumbago zeylanica* – Lemon sized root is

**External apply:**

1. *Basella alba* – Gellatinous extract taken from the leaf and applied

**Single herbs in the management of thalaivali**

Mooligai	Botanical name	Family	Type of plant	Part used	Formulation
Azhavanam	<i>Lawsonia inermis</i>	Lythraceae	Small tree	Flower	Decoction
Chirakam	<i>Cuminum cyminum</i>	Apiaceae	Herb	Seeds	Oil
Chembai	<i>Sesbania sesban</i>	Fabaceae	Small tree	Flower	Oil
Agathi	<i>Sesbania grandiflora</i>	Fabaceae	Herb	Leaf juice	Nasal drops
Manippungu	<i>Sapindus laurifolia</i>	Sapindaceae	Tree	Root extract	Nasal drops
Maruthu	<i>Terminalia arjuna</i>	Combretaceae	Tree	Bark	Powder
Karippalai	<i>Tylophora indica</i>	Asclepidaceae	Herb	Root	Paste
Kunkumappu	<i>Crocus sativus</i>	Iridaceae	Bulb	Stamen	Paste
Koththumalli	<i>Coriandrum sativum</i>	Apiaceae	Small herb	Seeds	Paste
Chukku	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome	Rhizome	Paste
Notchi	<i>Vitex negundo</i>	Lamiaceae	Small tree	Leaf	Paste
Vaivilangam	<i>Embelia ribes</i>	Primulaceae	Climber	Seed powder	Paste
Kakkarikkai	<i>Cucumis sativus</i>	Cucurbitaceae	Herb	Unripened	Kattu
Kandangkattari	<i>Solanum surattense</i>	Solanaceae	Herb	Leaf decoction	Oil
Puthina	<i>Mentha arvensis</i>	Lamiaceae	Small bulb	Bulb	Oil
Churai	<i>Lagenaria siceraria</i>	Cucurbitaceae	Climber	Pulp	Kattu
Murungai	<i>Moringa oleifera</i>	Moringaceae	Tree	Leaf	Paste



*Crocus sativus*



*Cuminum cyminum*



*Zingiber officinale*



*Mentha arvensis*



*Coriandrum sativum*



*Lawsonia inermis*



*Trichosanthus tricuspidata*



*Sesbania grandiflora*



*Vitex negundo*



*Leucas aspera*

## Methods of using herbs:

### Ottradam:

1. *Lawsonia inermis* – Flower decoction is used for ottradam

### Oil Bath

1. *Cuminum cyminum* – 34 grams of seeds is added with 1400 ml of gingelly oil is made into a medicated oil
2. *Sesbania sesban* – Flower mixed with gingelly oil and made into a medicated oil

### Nasiyam & Nasikabaranam

1. *Sesbaniagrandiflora*–1 part of leaf juice mixed with 5 parts of honey is administrated
2. *Sapindus lauriflora* – Root extract is administrated
3. *Terminalia arjuna* – powdered bark is administrated

### Patru:

1. *Tylophora indica* – Root grinded with breast milk and applied
2. *Crocus sativus* – Stamens grinded with breast milk and applied
3. *Coriandrum sativum* – seeds grinded and applied
4. *Zingiber officinale* – Paste is applied on the forehead
5. *Vitexn egundo*– Leaf is used as a pillow and also it is grinded with chukku and applied over the cheeks
6. *Emblica ribes* – Seed powder is mixed with butter and applied

### External application:

1. *Cucumis sativus* – Unripened fruit is placed over the head
2. *Solanum surattense* – Leaf decoction mixed with gingelly oil and applied
3. *Mentha arvensis* – Oil extract is applied
4. *Lagenaria siceraria* – Pulp is applied on the forehead
5. *Moringa oleifera* – Leaf & Seeds of *Piper nigrum* extracted and applied.

## Discussion

For thousands of years plants and herbs have been used to treat and prevent illnesses around the world. The herbs are better chosen to treat illnesses because they are more reliable, environment friendly and easily available. In this paper, herbal single drug therapies for the management of Headache were better discussed. Among 25 herbal plants 11 plants has Bitter taste, and also 5 occupied the family of Cucurbitaceae, and 4 of Lamiaceae.

The practice of using herbal medicines is nowadays increasing due to its easy availability and less contra-indications.

## 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 Headache are collected in one bunch. This paper will be better used during therapeutic approach of Headache..Further research articles will be needed to prove the efficacy of these herbs towards Headache.

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