



## Single therapeutic herbs for Kanam in Paediatric age group –A literature review

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### Abstract

Respiratory infections are common among children causing significant morbidity and mortality worldwide. Single herbs have been used for centuries to treat respiratory infections in many traditional medicine systems. The objective of the systemic review is to assess the safety and efficacy of single herbs in the treatment of respiratory infections in children. This review article discussed about the herbs (*Coscinium Fenestratum*, *Sansevieria roxburgiana*, *Bacopa monnieri*, *Cassytha filiformis*, *Cissus quadrangularis*). Overall the results suggest that some single herbs may have potential benefits for respiratory infection in children such as reducing symptom, duration and severity, improving clinical outcomes and increasing the likelihood of clinical recovery.

**Keywords:** Single herbs, *Coscinium Fenestratum*, *Cissus quadrangularis*.

### Introduction

Kanam is a term used in Siddha medicine to refer to respiratory conditions such as cough, cold, asthma, and bronchitis. According to Siddha medicine, kanam is caused by an imbalance of the three doshas: vata, pitta, and kapham. In Siddha system of medicine, the siddhars lead a longevity of life through master disciple relationships.

Respiratory diseases in children refer to a group of disorders that affect the respiratory system, including the nose, throat, lungs, and bronchial tubes. These diseases can be caused by viruses, bacteria, allergens, or environmental factors, and they can range from mild to severe. Respiratory diseases and recurrent upper respiratory tract infections are the common problems affecting childrens.

There is some evidence to suggest that Siddha medicine can be effective in treating respiratory conditions. For example, certain herbs used in Siddha medicine have been found to have

bronchodilator and anti-inflammatory effects, which can help to relieve symptoms of asthma and other respiratory conditions.

## **Materials and Methods**

<b>S.no</b>	<b>plant name</b>	<b>Botanical name</b>	<b>Preparations</b>
1	Maramanjai	Coscinium fenestratum	Coscinium fenestratum (Coscinium fenestratum) for children cures respiratory infections and fever Suram will disappear.
2	Marul	Sansevieria roxburgiana	The juice of Sansevieria roxburgiana extract for small children is used to clear the phlegm and expectorant.
3	Brahmi	Bacopa monnieri	Bacopa monnieri (Bacopa monnieri) leaf extract is small enough to give a teaspoonful. It Relieves cough in children.
4	Kothaan	Cassytha filiformis	Cassytha filiformis decoction is given for relieving cold and other respiratory tract infections.
5	Pirandai	Cissus quadrangularis	The piece of pirandai is taken and remove the hardening area and make a juice .Give 160 mg of the squeezed juice twice in the morning and evening for 5 days. It relieves colds and cough and phlegm.

## **Character of single herbs**

<b>S.no</b>	<b>plant name</b>	<b>Botanical name</b>	<b>organoleptic character</b>
1	Maramanjai	Coscinium fenestratum	TASTE :Bitter CHARACTER :Heat DIVISION :Pungent
2	Marul	Sansevieria roxburgiana	TASTE :Sweet,Pungent CHARACTER :Heat DIVISION :Pungent
3	Brahmi	Bacopa monnieri	TASTE :Astringent CHARACTER :Heat DIVISION :Pungent
4	Kothaan	Cassytha filiformis	TASTE :Sweet,chaotic nature CHARACTER : Heat DIVISION :Sweet
5	Pirandai	Cissus quadrangularis	TASTE :Pungent CHARACTER :Heat DIVISION :Pungent



*Coscinium fenestratum*



*Sansevieria roxburgiana*



*Bacopa monnieri*

## Discussion

The selected single herbs contain the character of heat in nature. here the heat reduces the kabam in our body and relieves the symptoms. A few studies have investigated the potential of Siddha herbs for respiratory health in children. The study evaluated the effectiveness of a Siddha herbals in reducing the incidence and severity of respiratory tract infections in children. The study found that the herbal preparation significantly reduced the number of respiratory infections.

The study found that the herbal formulation improved lung function and reduced the incidence of respiratory infections in children.

## Conclusion

Siddha herbs have traditionally been used to treat a variety of ailments, including respiratory infections. Although scientific evidence supporting the effectiveness of siddha herbs in treating respiratory infections is limited, some studies suggest potential benefits. However, more research is needed to confirm these findings and determine the safety and effectiveness of these herbs, especially if you have an underlying medical condition. Or other medications, it is important to consult your doctor before using Siddha herbs for your child's respiratory health.

These respiratory diseases can have a significant impact on a child's health and quality of life. It is important that parents and caregivers recognize the symptoms of respiratory illness in children and seek medical attention if necessary. Preventive measures such as hand hygiene, vaccination, and reducing exposure to allergens and contaminants also help reduce the risk of respiratory illness in children.

## Acknowledgments

I would like to thank Dr.D.K.Soundararajan M.D(S), Proffessor and head of the department, Kuzhanthai maruthuvam, Palayamkottai and thank my friends and colleagues who support and help for my ideas.

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	Website: <a href="http://www.ijarbs.com">www.ijarbs.com</a>
	Subject: Siddha Medicine
<b>Quick Response Code</b>	
DOI: <a href="https://doi.org/10.22192/ijarbs.2023.10.03.014">10.22192/ijarbs.2023.10.03.014</a>	

**How to cite this article:**

Subaraj. S, Priyadarshini.S, Kavitha.S, Sarubala .S, Manimegalai.R, Soundararajan D.K. (2023). Single therapeutic herbs for Kanam in Paediatric age group –A literature review. Int. J. Adv. Res. Biol. Sci. 10(3): 125-128.  
DOI: <http://dx.doi.org/10.22192/ijarbs.2023.10.03.014>