



Research perspective of *panchathuvarpi* (five astringents) in Siddha medicine

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ABSTRACT

Siddha system of medicine has a unique method of treatment in which the drugs are selected on the basis of their tastes. The six tastes (arusuvaikal) mentioned in siddha literatures are *Inippu* (sweet), *Uvarppu* (salt), *Pulippu* (sour), *Thuvarppu* (astringent), *Kaarpu* (hot), *Kaippu* (bitter). In the drugs with six tastes described in Siddha science, the Astringents play a vital role in treating various diseases of all the three humors, namely *Vaadha*(Dry cold), *Pitha*(Heat), *Kabha*(Wet cold). Astringents usually have many pharmacological actions. This paper deals with the *Panchathuvarpigal*(Five astringents), that play a major role in the treatment of various diseases by Siddha science.




Keywords Astringents, Siddha medicines curing bleeding disorders and uterine disorders, *Thuvarpi*.

INTRODUCTION

Panchathuvarpi(five astringents) are the most popular medicinal plants in the ancient system of Indian medicines (Siddha medicines) for various diseases and disorders including Diabetes, Liver disorders, Diarrhoea, Inflammatory conditions, Haemorrhoids, Respiratory disorders and urinary diseases. In Siddha aspect *Thuvarpi*is the combination of soil and air. In our body, the anatomical structures related to *Mann*(soil)*boodha*are bones, muscles, skin, nerves, hair and saliva and those related to *kaatru*(air)*boodha*are blood, nerve and the natural activities like lying, walking, sitting, running, jumping, laziness and shyness. So the medicines based on *panchathuvarpigal* cure the disorders in the above mentioned anatomical structures.

PANCHATHUVARPI					
Tamil name/ common name	Botanical name/ Family	Parts used	Alkaloids	Actions	Uses in Siddha
<i>Athi, Vellathi/ Country fig</i>	Ficusracem osa/ Moraceae	Root, leaves, fig, latex, Barks.	Glycoside, tetra cyclictriterpeneglaunol, tannin, leucoanthocyanine, B- sitosterol-glucoside, friedelin, stigmasterol, phenolic compound, phytosterol	Astringent Cordial Laxative Alterative	MenorrhagiaAne mia, Constipation General tonic.
<i>Arasu/ Peepal tree</i>	Ficusreligio sa/ Moraceae	Leaves, seeds, Barks, roots	Tannins, cochtone, A- octacosanal, methyl oleanolate, stigmasterol, lanosterol, kaempeferol, quercetin, myricetin, steroids	Astringent laxative and cooling	Menorrhagia Constipation Anti-pitha.



			B-sitosteryl-D- ghcosidephytosterolin		
					
<i>Aal/</i> Banyan tree	Ficusbengal ensis/ Moraceae	Leaves, fruits seed, flower, Latex, Barks	Leucoanthocyanins, taraxasteroltiglate, quercetin- 3-galactoside, rutin, friedelin, B-sitosterol, glycoside,Tannin	Astringent Tonic Laxative Aphrodisia c	Menorrhagia Constipation General tonic.
					
<i>Itthi/</i> Rhomboid leaved fig	Ficusmicroc arpa/ Moraceae	Bark,leaves,fruit s	Methanol,hexane,ethylacetate, butanol,waterfraction,protocat echnicacid,chlorogenicacid,me thylchlorogenate,catechine,epi catechine,procyanidin B1 and procyanidin B3.	Astringent	Menorrhagia
					
<i>Naaval/</i> Jambul tree	Syzygiumcu mini/ Myrtaceae	Leaves, root, fruit, seed, Bark.	Glucosidegallic acid, tannin,anthocyanin,glucoside,e llagicacid,isoquercetin,kaemfe rol,myrecetin,alkaloids,jambos ine,glycoside jamboline or	Astringent stomachic Diuretic	Menorrhagia Anorexia, urinary diseases, General tonic.

antimellin.



Name of the Medicine	Main ingredient	Dose and Vehicle (Fixed dose 30-60ml)	Indication
<i>Athioil</i>	<i>Athi, Arasu</i>	Internal	<i>Kapha</i> disease
<i>AthiPinchuKudineer</i> (Decoction)	<i>AthiPinchu</i>	Internal	Abdominal Pain, Dysentery
<i>AthiPattaiKudineer</i> (Decoction)	Athi Bark	Internal	Pain in the Anus, Rectal bleeding, foul swelling ulcers, leucorrhoea, dysentery
<i>VadhasuraKiyazham - 5</i> (decoction)	<i>Athi</i>	Internal	<i>VadhaSuram</i>
<i>Athikal</i>	<i>Athikal</i>	Internal	<i>Pitha</i> disease, Giddiness, thirst
<i>MaadakkiraArithagi</i>	<i>ArasuBark</i>	Internal (<i>Kadukkaialavu</i>)	Dysentery, <i>SusigaVaayu</i> , diseases of head.
<i>Paandusoobaikiyazham-4</i> (Decoction)	<i>Arasu Bark</i>	Internal	Dropsy, fever, anemia
<i>Seedhasurakkiyazham - 2</i> (Decoction)	<i>Arasu bark</i>	Internal	Fever
<i>AalamPattaiKudineer</i> (Decoction)	Banyan Bark	Internal	Diabetis Mellitus
<i>AalamverpattaiKudineer</i> (Decoction)	Banyan root Bark	Internal (with milk)	Leucorrhoea
<i>IthipattaiKudineer</i>	<i>Ithi bark</i>	Internal	diarrhoea, menorrhagia, <i>pitha</i>

(Decoction)			diseases
<i>NaavalverooralKudineer</i> (Decoction)	<i>Naaval</i> root	Internal	Diarrhoea, Diabetis Mellitus, coolant, aphrodisiac
<i>Naavar pazhammanappagu</i> (tonic)	<i>Naaval</i> -fruit	Internal	Appetizer, regulates motion.
<i>AsttaBhayiravakuligai</i>	<i>Naaval</i> -Bark	Internal (<i>milagualavuwit</i> h breast milk) (with honey) (with decoction of <i>Syzygiumaromaticum</i>)	64 types of fever Imbalance in threedhosha Diseases due to poisons.
<i>Kaadimamaathichooranam</i> (Powder)	<i>Naaval</i> -Bark	Internal (with curd and honey)	Gastritis, dysentery, Abdominal discomfort.
<i>Antharathaaga Kiyazham-3</i>	Banyan, <i>Arasu</i> , <i>Naaval</i>	Internal	<i>Antharathaagam</i>
<i>ThaaraiKirisam</i>	<i>Athi</i> -Bark <i>Arasu</i> -Bark Banyan- Bark <i>Ithi</i> - Bark.	Internal	<i>Kiricharam</i> (psychiatric illness)
<i>Sangakiranikudineer</i> (decoction)	<i>Athi</i> , <i>Naaval</i>	Internal	<i>Sangrani</i>
<i>KiraaniKudineer</i> (decoction)	<i>Arasu</i> -Bark <i>Arasu</i> -leaves	Internal	Dysentery
<i>Silethumakazhichalkudineer</i>	<i>Naaval</i> Bark	Internal	<i>Kabakalichal</i> (dysentery)

DISCUSSION

Thuvarpi acts on the one of 6 *aadharam*, which is *suvaathitaanam* and also on the one of the 10 *vaayus* which is *abanaan*. Both *abanaanandsuvaathitaanam* are found in the abdominal region. And thus it cures all the abdominal diseases like infertility, constipation, uterine disorders, cures wounds. It also helps in blood purification and aphrodisiac.

CONCLUSION

People search for valuable treatments for the several severe diseases. But the Siddha system of medicine provides such valuable medicines from the herbs which are available in your doorsteps. This article brings some of such medicines into light which are useful for society.

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