

THE EFFECTIVE ROLE OF MIMUSOPS ELENGI (*MAGIZHAM SEEDS*) IN THE TREATMENT OF *VELLEZHUTHU*

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ABSTRACT

Siddha medicine is the ancient system of medicine which aims to make the body perfect, imperishable and to promote longevity. Perfect vision is very essential to do day to day activity. But nowadays because of various lifestyle factors many people even children suffer from eye problems. One such problem is *Vellezhuthu* (Presbyopia). The typical treatment for *Vellezhuthu* is the use of corrective spectacles or contact lens. This review paper makes an effort to find better treatment for *Vellezhuthu* as per our Siddha literatures instead of using spectacles for the rest of life. This also explains the use of (*Magizham* seeds) *Mimusops elengi* to be administered with mother's milk for *Vellezhuthu* and other medicines. The above said administration contains Vitamin A and Calcium content which is essential for perfect vision. This external medicine is useful in treatment of *Vellezhuthu* which causes blurred eye, irritated watery eye etc. Vitamin A and Calcium is found to improve vision and rectify blurred vision. This work is an effort to give complete picture of *Vellezhuthu* as per Siddha texts and its relevance with Presbyopia and to identify the treatment modalities through external medicine by herbal and herbo- mineral preparation.

KEY WORDS

Presbyopia, *Vellezhuthu*, Calcium, Siddha Sytem, *Mimusops elengi* (*Magizham* seeds)

INTRODUCTION

The human eye is organ of vision. Good vision is critical and essential to conduct the activities of daily life. Presbyopia is a condition associated with ageing of eye those results in progressively worsening ability to focus clearly. But the treatment is typically with eye glasses. Impairment of vision, far-sightedness and failure of vision when directed to near objects occurs over 35 years of age. The eye diseases are classified into 96 types according to Siddha. *Vellezhuthu* is mentioned in *Agastyar's* 500 classic Siddha text. *Vellezhuthu* comes under *Thimiram*, a type of disease that occurs in the cornea (*Karuvizhi noi*), as per Siddha literature there are many treatment options for *Vellezhuthu*. This review paper makes an effort to list out some medicines for *Vellezhuthu*.

PREVALENCE

The epidemiological studies of Presbyopia provide a wide range of prevalence estimates. Prevalence from the age at onset ranged from 43.8% to 93.4% (India). The worldwide prevalence of Presbyopia is given in the bar chart. The prevalence of Presbyopia is majority among the age group of 40-49 mostly in females.

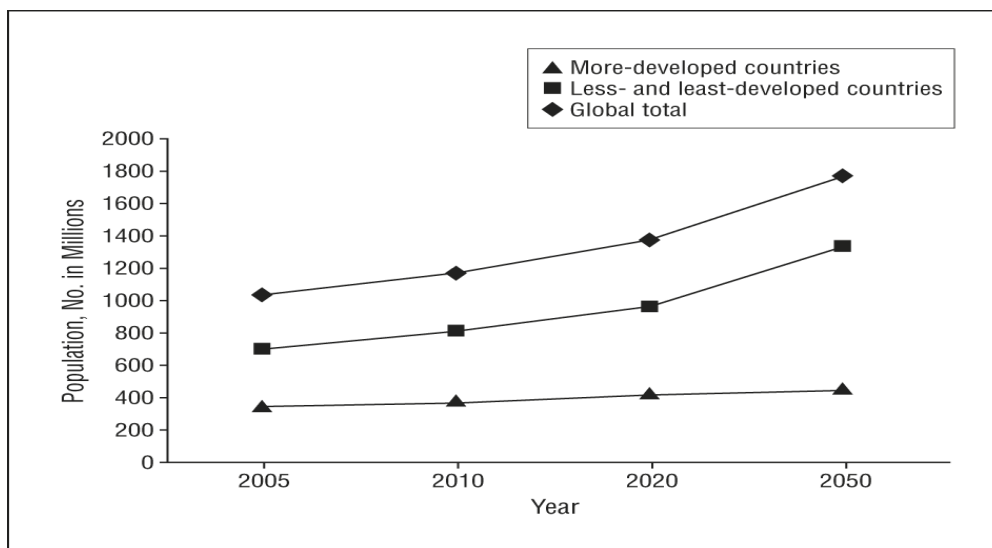


Table:1.1

SIGN AND SYMPTOMS AS PER SIDDHA TEXT

- *Vizhi irandum kammalagum* (Amblyopia)
- *Uruvangal sariyaga pulapadathu* (Blurred vision)
- *Kaariyankalai seiya mattaathu* (Fatigue)
- *Sarugal* (Kerato conjunctivitis sicca)

- *Kanaludan neer serppu* (Irritated watery eye)
- *Koppalanganal* (Blister)
- *Soari thanganal* (Sub-conjunctival haemorrhage)
- *Parvaiyadhu kundri pogum* (Loss of acuity)
- *Aruval* (Ocular pruritus)
- *Padalam* (Pannus formation)
- *Sathai valarchi* (Granulation of eye)

ETIOLOGY

- According to recent studies, Presbyopia is due to old age which begins at about 37 years of age.
- According to Siddha medicine, *Vellezhuthu* comes under category of *Thimiram* which comes under disease of Cornea (45 diseases). This is due to *Vaadha kobam*.
- *Mukkuutra nilai* (Effects on humours) – *Pitham* (Fire element in the eye) is affected and then increased *Vaadham* (dryness followed by increased lacrymation).

TREATMENT

According to Siddha medicine, the disease *Vellezhuthu* is due to the aggravation of the *Vaadha kobam* (dry and cold nature of the eye), so the medicine which has *veppa veeryam* (potency-heat) can equalize the aggravated *Vaadha kobam*. The seeds of *Mimusops elengi* are useful in the treatment of *Vellezhuthu* as per the Siddha literature has *veppa veeryam*. The seeds of *Mimusops elengi* (*Magizham*) are crushed and grind with mother's milk then the mixture is taken and used as *Kalikkam* as a cure for Presbyopia, which is referred as

“Kamalum poomagizhin vithai parupinai kannni

Thamathu kongai paaranida thallum vellezhuthae”.

CHEMICAL CONSTITUENTS

Mimusops seeds + Mother's milk



Pic:1.1

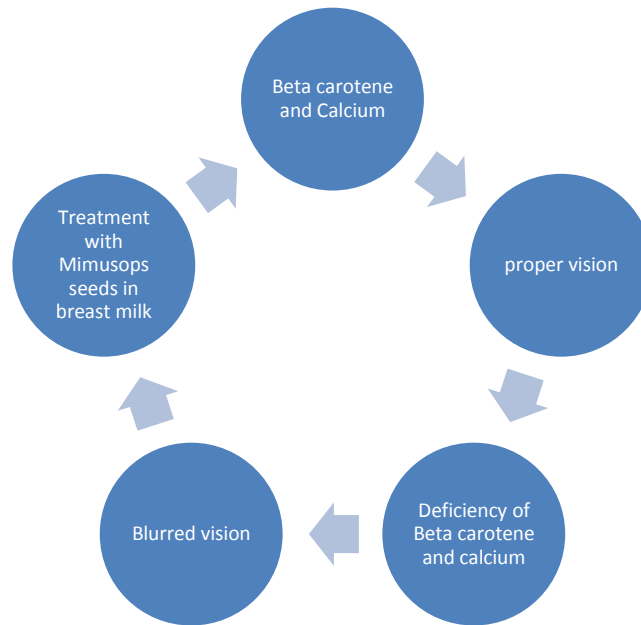
The chemical constituents of **Mimusops elengi** seeds are

- **Beta carotene**
- **Calcium**
- Quercitol
- Dihydro quercetin
- Quercetin
- Beta d glucoside of beta sitosterol
- The fatty acids of this seeds comprised of capric, lauric, myrstic palmitic, stearic, arachidonic, oleic, linoleic acid, unsaponifiable matter from the seed fat consisted of beta sitosterol and gamma sitosterol.
- In this beta carotene and calcium plays a important role in vision

The chemical constituents of mother's milk

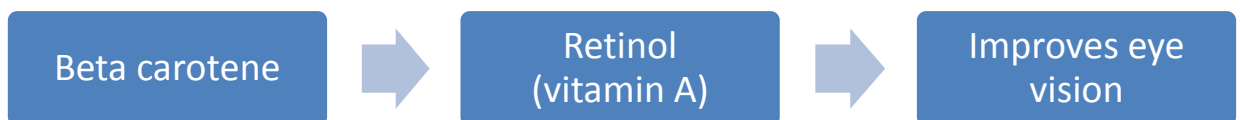
- Mother's milk in a well-nourished mother contains average of 250 IU of vitamin per 100 ml
- Calcium content in mother's milk 25 -35 mg per 100ml

ROLE OF VITAMIN A AND CALCIUM IN MANAGEMENT OF PRESBYOPIA



- Role of beta carotene in vision

Beta carotene is a precursor of vitamin A; the beta carotene is converted into vitamin A in human body. We need vitamin A for good eye health and proper eye vision



- Role of calcium in vision

Calcium deficiency leads to loss of eye sight. Calcium deficiency can causes variety of problems in nervous system, there may be swelling of part of optic nerve, the nerve that connects the eye to brain it causes blurred vision or loss of peripheral vision .As per research, vitamin A deficiency leads to problem in vision .The deficiency of calcium is one of the risk factors for various eye problems like blurred vision which is the main symptom of *Vellezhuthu*. Thus *Mimusops elengi* seeds and mother's milk contains beta carotene and calcium. Both these contents required for a proper vision. So this medicine may become a best remedy for *Vellezhuthu*, the calcium and vitamin A in this mixture is likely to help in better vision and it will increase the

focusing power which helps to rectify the blurred vision. Now a day the only treatment is usage of spectacles or contact lens or LASIK treatment. But this review paper efforts to find treatment for eye disease instead of using spectacles for the rest of life time.

Other medicines,

S.no	Name of medicine	Ingredients
1.	<i>Elaneer kulambu</i>	Tender coconut (<i>Elaneer</i>), <i>Alternantera sessilis</i> (<i>Ponnanganni</i>), <i>Glycyrrhiza glabra</i> (<i>Athimathuram</i>)
2.	<i>Nayana rogaathuku kulambu</i>	Zinc sulphate (<i>Madal thutham</i>), Copper sulphate (<i>Thurusu</i>)
3.	<i>Velluthuku marunthu</i>	Conch shell (<i>Oothu sangu thool</i>), <i>Cypraea moneta</i> (<i>Palakarai</i>)
4.	<i>Eanathi nei</i>	Tamarindus indica (<i>Puliyilai saaru</i>), <i>Moringa oleifera</i> (<i>Murungaippo saaru</i>), Red ochre (<i>Kaavikkal</i>).
5.	<i>Varakaathi maathirai</i>	<i>Symplocos racemosa</i> (<i>Velli lothiram</i>), Swine canine teeth (<i>Pandri kombu</i>).

CONCLUSION

The main aim of this review paper is to deal with the pathological aspects and treatment aspects of *Vellezhuthu* in Siddha system. According to the poems of *Agastiyar kuna vaagadam*, the *Mimusops elengi* seeds and mother's milk is said to be used in preparation of medicine for eye diseases which contain calcium and vitamin A. This will be a better cure for *Vellezhuthu*. This review paper will be a curtain raiser for more researches on treatment for eye disease in the field of ophthalmology according to Siddha literature.

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