



Sowbhagya Sundi Leghiyam – The Siddha Panacea for Postnatal Care

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ABSTRACT

Pregnancy is the happiest moment for every woman in her life. She accepts the difficulties of pregnancy with happiness. *Gunapadam Mooligai's Sowbhagya Sundi Leghiyam* is the best siddha medicine used in the treatment of complications that arise during postnatal care (puerperium) of a mother. It improves digestive power and is used for increasing mother's milk and to give good health to mother & child. It also gives immune power to the child.

Gunapadam Mooligai's Sowbhagya Sundi leghiyam is specially indicated for healthy women during postnatal period (puerperium). This review paper deals in detail about the medicines given during postnatal period (puerperium), the nutrients present in each herb and their nutritional values with special reference. The probable nutrients of *Chukku* (*Zingiber officinale*), *Murukkilai* (*Butea monosperma*), *Karisalai* (*Eclipta prostrata*), *Siru serrupadai* (*Coldenia procumbens*), *Valuzhuvai* (*Celastrus paniculatus*), *Kariabolam* (*Aloe littoralis*), *Thantri* (*Terminalia bellirica*), *Nellivattal* (*Phyllanthus emblica*), *Thippilli* (*Piper longum*), *Thippillimoolam* (*Chavica roxburgii*) are discussed. So this is the right time to do more research on Siddha Postnatal medicine and scientifically explore the feasibility of using Siddha Medicine during Postnatal Period (Puerperium).

KEY WORDS

Sowbhagya Sundi Leghiyam, *Thaai sei nalam*, Siddha Medicine, Postnatal Medicines, Postnatal care (Puerperium).

INTRODUCTION

Siddha system of medicine is one of the ancient systems of medicine in the world which is being followed by the people of Southern India. During Postnatal period (Puerperium) there are some Common Puerperal Problems and Serious Maternal Problems Health Problems. On intake of *Sowbhagya Sundi Leghiyam* this problems are treated and it gives good health to mother & child. In Siddha system intake of *Sowbhagya Sundi Leghiyam* during postnatal period have the following nutrients in it. Now we can see below the herbal drugs and their nutritional value of *Sowbhagya sundi Leghiyam* given during postnatal period to mother and child.

POSTNATAL CARE (PUERPERIUM)

During Postnatal period (Puerperium) there are risk factors of Common Puerperal Problems such as Micturation, Bowel problems, Backache, Psychological problems and Serious Maternal Health Problems such as Postnatal Psychosis, Postpartum haemorrhage, Puerperal Pyrexia, thrombo embolism are seen in a woman.

SOWBHAGYA SUNDI LEGHIYAM

Gunapadam Mooligai's Sowbhaghya Sundi Leghiyam made of herbal drugs is used in the treatment of complications that arise during postnatal care (puerperium) of a woman. It improves digestion power and helps in increasing mother's milk and to give good health to mother & child. It also gives immune power to the child.

Ingredients

Table 1. Ingredients of Sowbhagya Sundi Leghiyam of herbal sources

Tamil/Commo n Name	Botanical/Family Name	Part Used	Uses in siddha	Phytochemicals
<i>Chukku/</i> Dried Ginger	Zingiber officinale/ Zingiberaceae	Rhizome	Indigestion, cold, anti-vatha, headache.	β -sitosterol, palmitate, hexa cosanoic acid, gingerol, omega glycerol
<i>Semmulli/</i> Porcupine flowers	Barleria prionitis/Acanthaceae	Leaf	Cough, constipation, intestinal worms, Anti-inflammatory	Sitosterol, scutellarein, alkaloid, flavanoid, simple phenolics, steroid, tannins, saponins
<i>Senthiraru/</i> Indian sandalwood	Santalam album/Santalaceae	Wood	Astringent, antiseptic, analgesic, antispasmodic,	β -carotene, tricylosantalal, α -santalol, β -santalol, tannins
<i>Murukkilai/</i> Flame of forest	Butea monosperma/ Fabaceae	Leaf	Astringent, tonic,	Phenolics, Flavonoids
<i>Karisalai/</i> Trailing eclipta	Eclipta prostate/ Asteraceae	Leaf	Alterative, hair growth, hepitonic	Eolipitine, steroids, flavonoids
<i>Siru serrupadai/</i> Creeping coldenia	Coldenia procumbens/ Boraginaceae	Leaf	Abscess, leucohorrea, heavy menstrual bleeding, cancer, Anti-inflammatory, digestive, antidiabetic	Phytosterol, flavonoids.
<i>Takkolam/</i> Chinese star anise	Illicium verum/ Schisandraceae	Leaf	Rheumatism, digestion	Flavonoids, alkaloids, tri-terpenoids,

				tannins, cardiac glycosides
<i>Valuzhuvai/</i> Climbing staff plant	<i>Celastrus</i> <i>paniculatus/</i> Celastraceae	Leaf, Seed	Analgesic, Anti-inflammatory, antioxidant, appetite stimulant, emetic, brain tonic	Celapanine, Malkanguniol, malkanguinine, triterpenoid
<i>Kugai niru/</i> East Indian arrow root	<i>Maranta arundinacea/</i> Marantaceae	Rhizome		
<i>Kariabolam/</i> Later of Indian alives	<i>Aloe littoralis/</i> Xanthorrhoeaceae	Leaf	Anti-inflammatory, wound healing, tonic, stomachic	A.C, o-diglycosylated ovantrone
<i>Vaivilangam/</i> Emebelia	<i>Embelia ribes/</i> Primulaceae	Seed	Anthelmintic	
<i>Thantri/</i> Belliric Myrobalan	<i>Terminalia bellirica/</i> Combretaceae	Seed	Tonic, expectorant, extra pounds of uterine muscles, amniotic fluid, placenta, increase in blood volume	β -sitosterol, Friedelin, D-glucose, fructose, sucrose, galactose, mannose glycosides, tannins, saponins
<i>Nelli</i> <i>vatral/</i> Indian Gooseberry	<i>Phyllanthus emblica/</i> Phyllanthaceae	vatral	Food absorption, balance stomach acids, fortifies the liver, flushes out toxins, antioxidant, anticarcinogenic, antitumour, antigenotoxic, antiinflammatory	Quercetin, phyllaemblic compounds, gallic acid, tannins, flavonoids, pectin, polyphenolic compounds, ellagic acid, chebulinic acid, chebulagic acid, terprnoids, alkaloids(phyllantidine, phyllantine)

<i>Thippili/</i> Long pepper	Piper longum/ Piperaceae	Unripened	Bronchial diseases, dyspepsia, worms, amoebiasis, tonic, hemantinic	1% Volatile oil, Resin, alkaloids piperine, piperidine, piperlonguminine, a waxy alkaloid N-isobutyldeca-trans-2-trans 4-dienamide, terpenoid
<i>Thippilimoolam/</i> Long pepper root	Piper longum/ Piperaceae	Root	Asthma	
<i>Amukkara/</i> Winter cherry	Withania somnifera/ Solanaceae	Leaf, Seed	Tumours, tubercular glands, carbuncles of ulcers.	Tropine, cuscohygrine, steroidal lactones, withaferine
<i>Ponmusuttai/</i> Velvet leaf wound plant	Sida acuta/ Malvaceae	Root		Flavonoid, tannin, alkaloid, antioxidants
<i>Kandangkattari/</i> Yellow berried night-shade	Solanum surattense/ Solanceae	Root	Cough, asthma, chestpain.	Alkaloid, Phenolics, Flavanoids Kaempferol, Quercetin, solasodine, amino acid, ascorbic acid
<i>Nannari/</i> Indian Sarsaparilla	Hemidesmus indicus/ Apocynaceae	Root		Phenolics, Tannins, Hydrogen cyanide, oxalate
<i>Nilapanai/</i> Black musale	Curculigo orchioides/ Hypoxidaceae	Root		

Data-collection

Actions proved through *In-vitro* and *In-vivo* studies of individual ingredients exhibit the following activities.

Zingiber officinale

Anti-oxidant activity[3], Antibacterial activity [5], Anticancer activity [3], Anti tumour promoting activity[7], Anti- inflammatory activity[4], Anti-ulcerogenic activity[6].

Barleria prionitis

Anti -inflammatory activity [8], Antinociceptive activity [9].

Santalum album

Anti- inflammatory activity [10], Anti- oxidant activity [11], Analgesic activity [11].

Butea monospermea

Anti- inflammatory [12], Anti obese activity [13], Anti-oxidant activity [14].

Eclipta prostrata

Anti- inflammatory activity [15], Anti-oxidant activity [16], Analgesic activity [17], Haemorrhagic activity [18].

Celastrus panniculatus

Antifungal activity [19], Anti-oxidant activity [20], Neuro protective activity [21].

Maranta arundinacea

Anti-inflammatory activity [22], Anti-microbial activity [23], Anti-oxidant activity [24].

Terminalia chebula

Anti-oxidant activity [25], Anti bacterial activity [26], Anti viral activity [26], Anti arthritic activity [27].

Withania somnifera

Anti-inflammatory activity [28], Immuno modulatory activity [29], Anti cancer activity [30], Anti granuloma activity [31].

Embelia ribes

Antihistamic activity[32], Broncho-dilating activity[32], Anti-oxidant activity[33], Analgesic activity[34], Anti tumour activity[34].

Phyllanthus emblica

Anti-inflammatory activity [35], Anti bacterial activity [36], Anti microbial activity [37], Anti helminthetic activity [37].

Pipper longum

Anti inflammatory activity[38], Antiasthmatic activity[39], Antitumour activity[40], Anti modulatory activity[40], Analgesic activity[41].

Hemidescus indicus

Anti oxidant activity [42], Anti thrombotic activity [43], Anti pyretic activity [44], Anti enterobacterial activity [45].

Sida acuta

Anti fungal activity[46], Anti bacterial activity[47], Anti hypoglycemic activity[48].

Solanum surattense

Anti oxidant activity[49], Anti microbial activity[50], Anti hypoglycemic activity[51], Anti inflammatory activity[52].

Curculigo orchioides

Anti-oxidant activity [53], Anti hypoglycemic activity [54].

DISCUSSION & CONCLUSION

From the details above, we are familiar with the medicines and nutrient content of herbs and their values of SSL, in providing good postnatal care as per Siddha system of Medicine. The individual drugs exhibit synergetic action thereby contributing to the overall prophylactic and therapeutic properties of the medicine as a potent postnatal drug in Siddha. The Scientific Research Community has to elucidate the above *sowbhagya sundi leghiyam* as a fulfilled postnatal medicine.

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