

## THE AMBROSIAL MEDICINE OF SIDDHA-“BRAHMI KARPAM”

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### ABSTRACT

*Kayakarpam* is one of the techniques carried out by siddhars to protect our body from death and decay. It is a restorative, constrictive agents which arrest morbid tendencies and decays. *Kayakarpam* which means anti-oxidant, is an ambrosial medicines taken by the Siddhars for the prevention of death. According to studies on life expectancy, it is revealed that in recent days, it is reduced to the senior age (51-70) due to our lifestyle. This made us to work on this topic to prevent the aging process and diseases. The formulation of “brahmi karpam” was prepared as per the Siddha literature and studied to total antioxidant activity, nitric oxide radical scavenging and hydroxyl radical scavenging. The outcomes of the above assays are furnished in the results.

### KEYWORDS

*Brahmi Karpam*, Rejuvenating herbs, In-vitro, Anti-oxidant Study, Siddha system.

### INTRODUCTION

The concept of “*Kayakarpam*” is not a thing in traditional medicine. “*Kayakarpam*” is given as “Antioxidant” nowadays. It inhibits oxidation of other molecules. Oxidation reaction produces free radical. It can cause cell damage. To solve this, the method of “*kayakaram* -antioxidant” is followed in siddha medicine which provides a long healthy life. So, it prevents aging process. “*Kayakarpam*” secure for the user, a complete mastery of the body. They rejuvenate this system and enable one to live with youthful body. So, it is considered as an “Ambrosial medicine” by our siddhars. The formulation of “*BRAHMI KARPAM*” has antioxidant property. It is a poly herbo-mineral drug. These are tested for total

antioxidant activity, nitric oxide radical scavenging, hydroxyl radical scavenging assays are given in the results below.

## MATERIALS AND METHODS

### PREPARATION

This preparation was made according to the Siddha literature. This formulation contains drugs such as

*Chukku* – Zingiber officinale (dried ginger)

*Thippili* - Piper longum

*Indhuppu* – Sodium Chloride Impura (Rock Salt) etc.,

*THIPPILI*



*CHUKKU*



*INDHUPPU*



On the basis of the formula, Standard Operative Procedure was prepared .The raw drugs were selected and authenticated by our staff and purified as below.

- \* *Chukku* – the outer layer of the chukku to be peeled and removed
- \* *Thipili* and certain drugs – are to be roasted gently
- \* *Indhuppu* – the rock salt is mixed with water and heated, the precipitate is taken and dried in the sunlight.

After purification by this method, the medicine was prepared and filtered with a cloth (*vasthirakayam*), and then this drug is made to “*bavanai*” and stored in an airtight container. This end product was given to the analysis.

The antioxidant property of “*BRAHMI KARPAM*” is verified by analysing the Total antioxidant activity, hydroxyl radical scavenging, nitric oxide radical scavenging assays which are tabulated below.

## RESULT

### Total antioxidant activity

| Sample        | Equivalents of ascorbic acid in $\mu\text{g}$ per mg of extract |                 |                 |
|---------------|---|-----------------|-----------------|
| Concentration | 2mg/ ml   | 4mg/ ml         | 8mg/ ml         |
|               | $9.4 \pm 0.32$  | $11.1 \pm 0.23$ | $16.2 \pm 0.37$ |

### Hydroxyl radical scavenging activity

| Sample        | Percentage of Inhibition (%) |                 |                 |
|---------------|------------------------------|-----------------|-----------------|
| Concentration | 2mg/ ml                      | 4mg/ ml         | 8mg/ ml         |
|               | $31.1 \pm 0.23$              | $39.4 \pm 0.32$ | $46.4 \pm 0.29$ |

### Nitric oxide scavenging Assay

| Sample        | Percentage of Nitric Oxide Scavenged (%) |                 |                 |
|---------------|--|-----------------|-----------------|
| Concentration | 2mg/ ml                                  | 4mg/ ml         | 8mg/ ml         |
|               | $21.6 \pm 0.43$                          | $40.5 \pm 0.32$ | $60.4 \pm 0.36$ |

## DISCUSSION

Our poly herbo-mineral drug “*BRAHMI KARPAM*” contain more ascorbic acid content which shows good result on total antioxidant activity, hydroxyl radical scavenging and nitric oxide radical scavenging assays. From this, it is evident that the formulation will serve as a good antioxidant. Further works are yet to be done in this area.

## CONCLUSION

This is the representation of our preliminary work. We will carryout further work on this formulation. We are going to make futher studies on this formulation in the treatment of eye disease, infertility.

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