

Single therapeutic herbs for Maandham in childrens - A literature review

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Abstract

Keywords

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curcas

In Siddha medicine, Maandham is believed to be caused by an imbalance of the three doshas and can lead to gastrointestinal tract symptoms. Here the single herbs which relieves gastro intestinal symptoms as as said in siddha literatures. This review article explains the usage of herbs (*Mimosa paniculata*, *Jatropacurcas*, *Ocimum album*, *Crateava magna*, *Coriandrumsativum*, *Anethumgraveolen*, *Tachyspermumammi*, *Phyla nodiflora*, *Pergulariadaemia*) which is very effect in relieving symptoms of maandham. Maintaining a healthy digestive system through diet, lifestyle modifications, and herbal remedies can help prevent and treat Maandham.

Introduction

Maandham disease is a term used in Siddha medicine, which is an ancient system of medicine developed in South India. In Siddha medicine, Maandham disease refers to a condition of chronic fatigue syndrome or weakness of the body. According to Siddha medicine, Maandham disease is caused by an imbalance of the three doshas or energies, namely Vata, Pitta, and Kapha, in the body. This imbalance can be caused by various factors such as poor diet, lack of exercise, stress, and environmental factors.

The treatment for Maandham disease in Siddha medicine involves a combination of herbal medicines, dietary changes, and lifestyle modifications. The herbal medicines used in Siddha medicine are believed to help balance the doshas and boost the immune system, while dietary changes and lifestyle modifications are aimed at reducing stress and improving overall health. According to Siddha medicine, the digestive system is governed by the Agni, the digestive fire. When the Agni is weak, it can lead to the accumulation of toxins in the body, which

can cause Maandham. The accumulation of toxins in the digestive tract can cause bloating, gas, and constipation. If the toxins are not eliminated from the body, they can cause inflammation and irritation in the intestinal lining, leading to diarrhea and abdominal pain.

The clinical features of the baby are that it may have dysentery, vomiting, fever, or heaviness of the body.

It is of difficult types such as

- Ulai Mandham
- oothu Mandham
- Indigestive Mandham
- Dosha Mandham

- Karpamaandham
- Vali maandham
- Suramaandham
- KannaMandham
- Paall Mandham and
- Eluppu Mandham

Siddha medicine emphasizes the importance of maintaining a healthy digestive system through diet and lifestyle modifications. A diet that is easy to digest, such as soups and stews, can help improve digestion and prevent the accumulation of toxins. Additionally, regular exercise and stress-reducing activities, such as yoga and meditation, can help improve digestion and reduce the risk of Maandham.

Materials and Methods:

Usage of single herbs in relieving maandham

S.no	Plant name	Botanical name	Preparation
1.	Uppilankodi	<i>Mimosa paniculata</i>	The leaves of mimosa paniculata is fried and the juice is mixed with mothers milk .It relieves the maantham,diarrhea and fever.
2.	Eliamanakku	<i>Jatropacurcas</i>	The root of Jatropacurcas is soaked in water and given it to children.
3.	Kanjaankorai	<i>Ocimum album</i>	The juice of ocimum album is given to its children.It relieves maantham,cough,fever.
4.	Maavilingapattai	<i>Crateava magna</i>	The decoction of Crateava magna is given for epilepsy,mandham.
5.	Kothamallivithai	<i>Coriandrumsativum</i>	The decoction of coriandrumsativum is given orally to treat maantham

6.	Sathakuppaivithai	<i>Anethumgraveolens</i>	The seeds of Anethum graveolens is powdered and given with hot water,it cures maandham
7.	Omam	<i>Tachyspermumammi</i>	The omam is fried and make it into powder ang given with the adjuvant of hot water or mothers milk .It relieves the symptoms of bloating, diarrhea and vomiting.
8.	Poduthalai	<i>Phyla nodiflora</i>	A leves is taken and keep a pinch of salt in it. The juice is taken by grinding and give it to childrens.
9.	Utthamani	<i>Pergulariadaemia</i>	A levees is taken and keep a pinch of salt in it.5-6 drops of juice is given for 5 days.

Discussion:

While seeing in our siddha literatures, there are various single therapeutic herbs which relieves the worries of children. The herbs mentioned above is the best way to protect children from gastro intestinal infection or disorders unless using the heavy medicines. It has been given also in combination medicine will protect the children from various diseases. Hence childrens on taking

herbal medicines will ensure the childs health in good condition. Siddha medicine also recommends herbal remedies to treat Maandham and improve digestive health. Herbs such as ginger, fennel, and cumin can help improve digestion and reduce bloating and gas. Triphala, a combination of three fruits, is also commonly used to promote digestive health and eliminate toxins from the body.



1) *Mimosa paniculata*



2) *Jatropa curcas*



3) *Ocimum basilicum*



4) *Crateva magna*



5) *Coriandrum sativum*



6) *Pergularia daemia*

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Conclusion

In Siddha medicine, maandham is considered a treatable condition, and the treatment involves a combination of lifestyle changes, herbal remedies, and therapeutic procedures such as massage, yoga, and meditation. The goal of treatment is to restore balance in the doshas and promote overall health and well-being. While Siddha medicine has

been traditionally used for treating various ailments, it is essential to note that modern scientific research has not yet validated its effectiveness. Therefore, it is advisable to consult a qualified healthcare professional and seek their advice before attempting to use Siddha medicine to treat any medical condition, including maandham.

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