

Lavangathi Mathirai -A Siddha Medicine for Inducing Purgation

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ABSTRACT

Viresanam- purgation therapy

The term Viresanam normalizes dearranged vatham. According to Siddha Vayathiya Thirattu, Lavangathi Mathirai contains six ingredients that induce purgation. This literature review validates the purgative action of Lavangathi mathirai through its chemical constituents and action. Substances such as eugenol, sodium tetra borate, mercuric ions, and purified mercury have a purgative action. The present study was undertaken evaluate the efficacy of Lavangathi mathirai in inducing purgation as a cleansing method and to improve metabolism and balance the three humours of the Siddha system. This study assesses the nature of purgation induced by Lavangathi Mathirai based on the onset of bowel movements, frequency of stools, and completeness of evacuation. These suggest that purgative is safe and effective.

Keywords: Lavangathi Mathirai, Pharmacological actions, Purgation, Siddha Medicine, Viresanam.

INTRODUCTION:

“விரசனத்தால் வாதம் தாழும் “

(Noinaadal noimudhal naadal)

Siddha system of medicine is a traditional medicinal system followed in South India⁶. The Siddha system especially focuses on alleviating physical and psychological ailments and preventing ailments, as well as enhancing longevity by improving the quality-of-life⁷. In the Siddha system, the function of the body is based on three humors, which are Vatham, Pitham, and Kabam. Normal physiological functioning is based on three humors, which ensure balanced equilibrium. Vatham is regulated by 14 natural reflexes, like the movement of bowels, and is used for detoxification and to remove the accumulated toxins present in the body. Siddha system purgation is used in the first line of treatment for many diseases. Purgation is medically induced elimination of stools to calm down the excessive vitiated Dosha⁵. Our herbal cleanse acts like a broom to sweep away the mucus plaque and colon debris, to restore and enhance our own health. The entire process will be beneficial for your Body's immune system, digestive system, and even Nervous system, hence helping us inch closer towards the purity of the soul, mind, and body⁵.

Aim And Objectives:

The aim of this research paper is to review and evaluate the role of Lavangathi Mathirai in inducing purgation, which regulates the three humors in our body. ¹

Materials And Methods:

This paper is prepared based on the reference of Siddha textbooks, articles, and research papers. A comprehensive review of classical Siddha texts, including Gunapadam (Mooligai and Thathu), Siddha Vaidhiya Thiratu, Siddha formulation of India, and research articles, was carried out⁴. Relevant descriptions on purgative drugs, the mechanism of (Purgation) Viresanam, and the properties of Lavangam are mentioned

Review Of Literature [2,3,4]

Table. No:1 –Review of Literature

S.No	TAMIL NAME	BOTANICAL NAME/ CHEMICAL NAME	CHEMICAL CONSTITUENTS	ACTIONS	
1.	Lavangam	Syzygium aromaticum	Eugenol	Mild carminative and laxative	
2.	Vengaram	Sodium borate(Borax)	Sodium tetraborate	Mild intestinal irritant	
3.	Rasa karpooram		Mercury ions	Severe irritation of the intestinal mucosa	

4.	Lingam	Cinnabar	Purified mercury	Stimulates gastrointestinal secretions	
5.	Vaalam	Croton oil	Crotonoleic acid	Powerful drastic purgative	
6.	Lemon juice	Citrus lemon	Citric acid	Mild laxative and purgative	

RESULT AND DISCUSSION:

Viresanam flushes out the toxins and excess mucous from the body and improves metabolism and balances the humors of our body¹. So, the given ingredients in the Lavangathi mathirai have the purgative action which induces purgation. ⁴ The formulation acts synergistically to induce effective bowel evacuation as described in Siddha literature¹.

CONCLUSION:

Based on the above review, it can be concluded that the Siddha system of medicine comprises an extensive range of drugs used for purgation¹. Siddha literary evidence suggests that purgation plays a vital role in achieving complete internal cleansing and in maintaining the balance of the three humours of the body⁵. Lavangathi Mathirai possesses mild carminative and laxative properties and acts as a mild intestinal irritant. It causes irritation of the intestinal mucosa, thereby increasing gastrointestinal secretions and loosening the bowel contents, which facilitates easy stool passage. Due to this mechanism of action, Lavangathi Mathirai can be effectively used as a mild laxative and purgative.

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