

Siddha Formulations from Herbal Minerals and Animal Origin Used for Pediatric Treatment - A Literary Review

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ABSTRACT

The Siddha system of medicine is one of the oldest traditional medical systems, originating in South India. It is based on the fundamental principle of Mukkutram—Vaatham, Pitham, and Kabam. According to Siddha philosophy, health is maintained by the equilibrium of these three humors, and disease occurs due to their imbalance. Siddha medicine follows a holistic approach that includes herbal, mineral, and herbo mineral formulations, along with dietary regulation and lifestyle modification. This system is widely used in managing various systemic disorders. Respiratory ailments such as cough, bronchial asthma, and bronchitis are mainly attributed to Kabam imbalance. Classical Siddha drugs like *Adhatoda vasica* and *Tinospora cordifolia* exhibit anti-inflammatory, broncho dilatory, and antioxidant properties, supporting respiratory health. Fever and immune disturbances are managed through immuno modulatory herbs and formulations that enhance the body's resistance. Digestive disorders are considered central in Siddha, as impaired digestion leads to humoral imbalance; herbs like *Terminalia chebula* and *Zingiber officinale* are commonly used to improve digestion and metabolism. Thus, Siddha medicine provides an integrative and complementary approach for managing respiratory, febrile, digestive, and dermatological conditions in contemporary healthcare.

Keywords: Mukkutram, Immunomodulation, Holistic healthcare, Siddha

INTRODUCTION

The Siddha system of medicine, one of the ancient traditional systems of South India, is based on the concept of Mukkutram—Vaatham, Pitham, and Kabam—which governs physiological balance in children. In Siddha pediatrics (Kuzhanthai Maruthuvam), respiratory disorders such as cough, wheezing, and bronchitis are primarily attributed to Kabam derangement. Herbal formulations like *Adhatoda vasica* (Adathodai) and *Piper longum* (Thippili) are widely used for their broncho dilatory, expectorant, and anti-inflammatory effects. Studies have demonstrated the mucolytic and broncho dilatory activity of vasicine from *Adhatoda vasica*, supporting its use in pediatric respiratory care (1,2).

Fever and immune disturbances in children are commonly associated with Pitham imbalance and impaired digestive fire. Siddha formulations such as Nilavembu Kudineer are administered for anti pyretic and immuno modulatory benefits. Mineral preparations like Parpam and Chendooram, after proper purification (Suddhi), are prescribed in minute pediatric doses to enhance resistance and correct recurrent infections. (3,4).

Digestive disturbances, including indigestion, diarrhea, and worm infestation, are central concerns in Siddha pediatrics, as impaired digestion is believed to disturb humoral balance. Herbal drugs such as *Zingiber officinale*, and *Piper longum* are traditionally administered to stimulate appetite, regulate bowel function, and improve metabolism. Pharmacological studies have demonstrated gastro protective and digestive-enhancing properties

of these herbs (5,6). Mineral preparations are occasionally used in chronic digestive disorders, while animal-origin products like medicated ghee support nutrient absorption and growth.

Thus, Siddha formulations derived from herbal, mineral, and animal sources offer a holistic and integrative therapeutic approach for managing common pediatric respiratory, febrile, and skin disorders

METHODS

This study was conducted as a narrative literature review on Siddha formulations used in pediatric management of respiratory disorders, fever, immune disturbances, and digestive conditions.

Relevant data were collected from electronic databases including Pub Med, Google Scholar, Scopus, Science Direct, and AYUSH Research Portal, along with classical Siddha texts such as Yugi Vaithiya Chinthamani and Siddha Formulary of India. Keywords used were “Siddha medicine,” “pediatric,” “Kuzhanthai Maruthuvam,” “herbal,” “mineral,” “animal origin,” “cough,” “fever,” “immunity,” and “digestive disorders.” Articles published in English between 2000 and 2024 were considered.

LITERATURE REVIEW

1. Management of cough and respiratory conditions

Table – 1.1

MEDICINE	INGREDIENTS	RESPIRATORY PROPERTY	INDICATION
Ammai Ootu Kaarukku	<i>Ocimum sanctum</i> (Tulasi)	Anti tussive Expectorant Bronco dilator Anti-asthmatic Antimicrobial	chronic cough, bronchitis, and asthma. (7)
	<i>Curcuma longa</i> (Manjal)	Anti-inflammatory Antioxidant Anti-allergic	Useful in bronchial asthma and allergic cough reduces airway inflammation and mucus secretion.(8)
	<i>Azadirachta indica</i> (Veppilai)	Anti microbial Anti-inflammatory	Traditionally used in cough and bronchitis Mainly helpful when cough is associated with infection.(9)
	<i>Santalum album</i>	Cooling Anti - inflammatory	Pitha disorders (10)
	<i>Cassia auriculata</i>	Anti-inflammatory	Reduces body heat.(11)

Other Medicines such as madhulai nei, padikaram , vettuvan kuzhambu, kasthuri thailam can also be used.

Medicine For Fever and Immune Support

Table-2.1

MEDICINE	INGREDIENTS	PROPERTY	INDICATION
Ammai ottu maathirai (12)	Thippili (Piper longum – long pepper) Induppu (Rock salt)(14)	Expectorant, bronchodilator, anti-tussive (13) Liquefies mucus, improves expectoration	Stimulate secretions
	Milagu (Piper nigrum)	Mucolytic	stimulates respiratory secretions (13)
	Chukku (Zingiber officinale – dry ginger)	Anti-inflammatory	reduces throat irritation (13)
	Omam (Trachyspermum ammi) (15)	Bronchodilatory	Relieves wheeze
	Vasambu (Acorus calamus)	Anti-tussive	reduces phlegm
	Aamai Oodu Parpam (Calcined tortoise shell – mineral component, traditionally used) (16)		chronic cough & asthma

Other Medicines such as vettuvan kuzhambu, kazhuthai neer and Avin paal can also be used to treat fever and give immune support

Medicine For Digestive Disturbances

Table – 3.1

MEDICINE	INGREDIENTS	PROPERTY	INDICATION
Anda thailam (12)	Egg yolk (Hen's egg – Gallus gallus domesticus) (12)		strengthens tissues weakened by chronic digestive disorders
	Zingiber officinale (Ginger) (17)	Pro kinetic, anti emetic	enhances digestion
	Allium sativum (Garlic) (17)	Carminative, antimicrobial	stimulates gastric secretion
	Piper longum (Thippili) (13)	Expectorant	Stimulate digestive enzymes; piperine enhances bio availability
	Piper nigrum (Black pepper) (13)	Mucolytic	Increases secretions
	Trachyspermum ammi (Omam) (18)	Antispasmodic	Relieves flatulence
	Sesamum indicum oil (Gingelly oil / Nallennai) (12)	Laxative	improves absorption

Other Medicines such as kuzhavi kootu kudineer, kazhaikombu chooranam, amaiottu maathirai, amaiottu karruku, amaiottu karruku kudineer, and padikaram can be used.

RESULTS

The review found that traditional Siddha medicine used herbal and mineral and animal-based formulations for pediatric treatment of respiratory and febrile and immune system and digestive system diseases.

The herbs *Ocimum sanctum* and *Adhatoda vasica* and *Piper longum* and *Curcuma longa* and *Azadirachta indica* provide antitussive and broncho dilatory and anti-inflammatory and antimicrobial effects for treating respiratory conditions. The bioactive compounds vasicine and piperine enable bronchodilation through their ability to enhance drug absorption. The Aamai Oodu Parpam mineral preparation requires traditional users to take the medicine in its purest form using small quantities for their chronic cough and asthma treatment. The fever and immune disturbance formulations show both antipyretic effects and immunomodulatory effects while the digestive treatments Anda Thailam and herbal combinations which contain ginger and garlic and long pepper and black pepper produce carminative and prokinetic and antimicrobial effects.

The Siddha paediatric formulations provide multiple therapeutic effects which demonstrate accordance with Mukkutram balance.

CONCLUSION

The reviewed literature indicates that Siddha formulations derived from herbal, mineral, and animal sources play a significant role in pediatric healthcare. Their documented broncho dilatory, anti pyretic, immuno modulatory, antimicrobial, and digestive-enhancing properties support their traditional use in managing common childhood respiratory, febrile, and gastrointestinal disorders

Although classical texts provide strong traditional evidence, further standardization, toxicity profiling, and well-designed clinical trials are essential to validate safety, efficacy, and dosage precision in pediatric practice. Siddha medicine may therefore serve as a complementary therapeutic system within integrative pediatric healthcare

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