

## Literature review on “*Amukkira Chooranam*” in Siddha Medicine

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Siddha Medicine is one of the ancient medical systems which have its foundations laid by Siddhars. It is well known for its significant beneficial effects and lesser known side effects. *Amukkira* is one of the commonly used herbs in Siddha. Although many review articles on this plant were already published, this study reviews the commonly used drug “*Amukkira chooranam*” using *Amukkira* as one of the ingredient. The review was done on ingredients, organoleptic characters, dosage, *anupana*, diseases, and actions of ingredients. Authors have reviewed 14 text books to collect the data. In 14 books 19 different methods for *Amukkira chooranam* were identified using 56 different ingredients. These books have mentioned 7 to 35 ingredients. Rock salt and Red sulphide of mercury are stated as ingredients for *Amukkira chooranam* which have to be detoxified before being used in medicines. Out of 56, 25: 67.38% of ingredients have taste as pungent and 20: 29.68% bitter, 35: 76.08% as hot in potency and 35: 77.78% as pungent vipaham. Three books mentioned the dosage as *verugadipiramanam* 2 times a day for one *mandalam*. Hot water, honey, ghee and sugar are mentioned as *anupanam* and it is commonly used for the treatment of anaemia, vaayvu, kapha disease, *gunmam* rickets and poisoning (rat and insect bite poisoning, Viriyan snake, Sil, Scorpion bite poisoning). Carminative (16.52%), stimulant (15.70%), stomachic (14.87%), tonic (11.57%) are the common main actions. Therefore “*AmukkiraChooranam*” is one of the most useful siddha drug and further lab study and clinical trial should also be conducted.

**Key Words :** *Amukkira chooranam*, Siddha Medicine, Literature review