

REVIEW ON *VELLAI VENKAYA KULIKAI* IN SIDDHA MEDICINE

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*Vellai venkaya kulikai* is a classical polyhedral formulation used for gastrointestinal disorders such as abdominal pain, diarrhea, and indigestion. Referenced in Pararajasekaram (Balaroganithanam), *Vellai venkaya kulikai* is composed of both herbal and mineral ingredients. The aim of this review is to analyze documentary evidence on the medicinal ingredients of *Vellai venkaya kulikai* and their properties and pharmacological actions. Data were collected from classical Siddha texts and scientific literature between February and April 2025, and analyzed using Microsoft Excel. This review analyzes its composition, Siddha-specific properties, and pharmacological actions. *Vellai venkaya kulikai* contains *Myristica fragrans*, *Trachyspermum ammi*, *Allium sativum*, *Trigonella foenum-graecum*, *Ferula asafetida*, *Anacyclus pyrethrum*, Rock salt, *Maranta arundinacea*, *Vernonia anthelmintica*, *Elettaria cardamomum*, *Zingiber officinale*, *Picrorhiza kurroa*, *Gardenia resinifera*, *Trianthema portulacastrum*, *Syzygium aromaticum*, Alumen, *Glycyrrhiza glabra*, *Terminalia chebula*, *Anethum sowa*, *Alpinia calcarata*, *Cuminum cyminum*, *Foeniculum vulgare*, *Nigella sativa*, and *Pergularia daemia*. Among these, 92% are herbal and 8% mineral-based. Family distribution includes Umbelliferae (21.7%), Myristicaceae, Fabaceae, and Combretaceae (each 21.7%), and Zingiberaceae (13.04%). In terms of Siddha properties, 42.42% are pungent in taste, 80% have hot potency, and 84% show pungent efficacy. *Vellai venkaya kulikai*'s formulation reflects therapeutic synergy. The dominance of hot, pungent herbs supports digestive stimulation and toxin elimination. Carminative, stomachic, and stimulant actions justify its use for indigestion and bloating. This review highlights the therapeutic diversity of *Vellai venkaya kulikai* and its potential therapeutic efficacy in siddha medicine. Further scientific validation through phytochemical screening and toxicity analysis is recommended to support its clinical application.

**Keywords:** *Vellai venkaya kulikai*, Siddha Medicine, Polyhedral, Pararajasekaram