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Identification of Common Ingredients in Decoctions Used in *Suram*(Fever) – A Literature Review

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Siddha medicine is one of the ancient system of medicine. Medicinal plants are the part of the herbal medicine and the herbal medicine is in great demand worldwide in the primary health care. They have wide medicinal values, high safety margins and less cost. According to the Siddha Literatures there are 4448 diseases. Fever is one of the disease caused by the production of ‘Aamam’’. “Aamam” is an indigestible particles in GIT caused by ‘Manthaagni’(low Digestive power). There are 32 internal and 32 external medicines in Siddha medicine. Among the 32 internal medicines, there are many polyherbal formulations used as anti-pyretic. Decoction is one of the effective form of medicine with number of dissolved active principals. Many decoctions for the fever are mentioned in the different Siddha texts. The aim was to identify the common ingredients in decoction used in “Suram” 8 Siddha literatures were selected from the library for the study. Data were collected, tabulated and analysed. From the 8 books 105 decoctions were identified in the treatment of fever. 141 ingredients were identified from the 105 Decoctions. *Zingiberofficinalae* ,*Cyperusrotundus*, *Tinosporacordifolia* and *Mollugocerviana* are the main ingredients in the decoctions. Among the 141 ingredients 65 (62%) is *Zingiberofficinalae* ,43 (41%) is *Cyperusrotundus*, 40 (38%) is *Tinosporacordifolia* and 29 (28%) is *Mollugocerviana*.

Keywords: *Suram* , Decoctions , Ingredients , Anti – pyretic