

REVIEW ON CHUNTAIVATRAL CHOORANAM IN SIDDHA MEDICINE

R Miraaj¹, and N Subramanieam^{1*}¹Faculty of Siddha Medicine, University of Jaffna, Kaithady, Sri Lanka

*Corresponding author: negeruby@gmail.com

Abstract

Chuntaivatral Chooranam is a polyherbal preparation used to treat various diseases, such as diarrhea, dysentery, indigestion, and haemorrhoids. It is mentioned in *Siddha Vaidya Thirattu* and contains 7 ingredients. This review study is focused on developing scientific documentary evidence for the medicinal ingredients of *Chuntaivatral Chooranam*. This study presents an organised compilation and analysis of data sourced from traditional Siddha Medicine textbooks and research publications on the website. The data, drawn from a variety of ancient and contemporary texts, were systematically collected and categorised from October to November 2024. The collected data were processed and analysed using MS Excel spreadsheets. All ingredients of *Chuntaivatral Chooranam* are herbs from seven different families. According to the data, the parts used in the plants are seven different sources: dried fruit, leaf, dried pericarp, kernel, fruit rind, fruit, and seed; each represents 14.28%.

Out of 7 ingredients, 42.85% have an astringent taste, 57.14% have cold potency, and 85.71% have pungent efficacy. Based on phytochemical analysis of the ingredients, 100% of the ingredients constitute flavonoids, tannin, phenol, saponin, volatile oil, alkaloid, and ascorbic acid, while 42.85% of them are carbohydrates and protein (42.85%). All the ingredients show astringent, antimicrobial and antioxidant activity; 85.71% exhibit antidiarrheal, while 57.14% each show stomachic, anthelmintic and antidiabetic activity. Therefore, this review provides useful documentation of *Chuntaivatral Chooranam*. However, further scientific studies regarding chemical and toxicity analysis should be performed in the future.

Keywords: *Chuntaivatral Chooranam*, Siddha Medicine, Astringent, Polyherbal, Indigestion, Tannin