



## Medicinal plants used in *akkaram* which are mentioned in *pararasasegarabalaroganidhana*<sup>1</sup>

S.Nithyapriya,

Unit of Siddha Medicine, University of Jaffna, Sri Lanka,  
 bruntha110@gmail.com,

### Abstract

*Akkaram* is one of the most common oral disorders. The Siddha text of *Pararasasegarabalaroganidhana* has mentioned etiological factors, sign and symptoms and treatments of *Akkaram*. It is manifested in the oral cavity, as a ulcer, painful with erythematous. Stomachic, astringent, Carminative, antiseptics, anti-inflammatory, analgesics, Demulcents, Disinfactant and anti-sialagogue for the *Akkaram*. The aim of the study was to identify Details of Medicinal plants which are used in *Akkaram*. All relevant information for this study was gathered from records of ninety-eight medicinal plants which are mentioned *Pararasasegarabalaroganidhana* for treatment for *Akkaram*. The data were processed and analyzed by simple statistical method. Based on the survey, total of 98 medicinal plant species used in 29 Herbal preparation drugs. Among them, 37.93% (11) were ghee, 24.17% (7) were decoction, 20.69% (6) were oil, 10.35% (3) were tablets, 3.45% (1) were Aenaathi and Paste. The most plants were in family of Zingiberaceae with 8.16% (8), followed by Solanaceae with 6.12% (6) and others are in Acanthaceae, Aizoaceae, Amaryllidaceae, Anacardiaceae, Apocynaceae, Asclepiadaceae, Asteraceae, Capparidaceae, Cactaceae, Caesalpinaceae, Capparaceae, Borangiaceae, Convulvulaceae, Combretaceae, Compositae, Caricaceae, Cucurbitaceae, Cyperaceae, Euphorbiaceae, Labiatae, Gramineae, Fabaceae, Leguminaceae, Loganiaceae, Liliaceae, Malvaceae, Meliaceae, Menispermaceae, Moraceae, Moringaceae, Myrtaceae, Nictaginaceae, Palmaceae, Pandanaceae, Plumbaginaceae, Polygalaceae, Rhamnaceae, Rubiaceae, Rutaceae, Salvadoraceae, Sapindaceae, Sapotaceae, Solanaceae, Ulmaceae, Vitaceae, Violaceae, Verbenaceae. The most of plants had Stomachic action 32.65% (32), followed 21.43% (24) are Astringent, 19.39% (19) had Carminative, 8.16% (9) had disinfactant and demulcent and 5.10% (5) had anti sialagogue action. Other one common reason for *akkaram* is a Gastro Intestinal disorder, there for most drugs had stomachic and carminative actions for the purpose of maintain the nutrition. 65.52% (19) drugs had *Terminalia chebula* as one of main ingredients, followed 62.07% (18) drugs had *Piper longum* and 58.62% (17) drugs had *Piper nigrum*. *Terminalia chebula* had excellent Astringent action in most of Herbal preparations. The most represented plant's morphology 26 Shrub, followed by 22 Herb, 15 Big tree, 3 Middle tree, 11 Small tree, 2 Twiner, and 1 Creeper. Eighteen Bark, 17 Flowers, 23 Fruits, 3 bulb, 2 Gum, 62 Leaves -42 Root -42, 23 seeds and 5 are used in medicine for *Akkaram*.

**Keywords :** *Akkaram*, Astringent, *Terminalia chebula*.