

## Evaluation of pharmacodynamics properties of “*Periya manyal ennai*” for “*Alal keel vaayu* – A literature review

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Siddha Medicine is discovered by Siddhas who have “GAYA SINTHANAI” to heal the diseases which arise in human body. In this Medicine, drugs are prepared by using herbs, animal products, metal and minerals. “*Alal Keel Vaayu (AKV)*” is one of the diseases related mainly with joints. It causes severe pain, shivering, loss of function and changes in the shape of the joints when “Vali” increases or decreases beyond its original limit. Due to the increase of “Vali and Alal kutram” in the joints, the swelling will increase day by day. The decrease of “Sleshmika Kapha between the joints causes crepitus sound like “Kaluk Kaluk”. In the treatment process, Siddha doctors apply oils and do massage and apply poultice. The prime objective of this research has been evaluated the pharmacodynamics properties of “*Periya Manyal Ennai*” for AKV. The methodology of this study was identifying the herbs used for the preparation of this oil, widely used in Jaffna for AKV and the effects of suvai (taste), veriya (potency), vepaham (post digestive stage), and actions in healing Alal Keel Vaayu. This oil is composed of 12 elements which consist of 2 base oils, 3 extracts and 7 dry herbs. All are plant materials. Sesame oil and Castor oil which were used as base oils have anti-inflammatory action. Sesame has cooling action also and both two oils have “Snigtha Guna”. They give strength and vitality to joints. Extracts of *Sarcostemma brevistigma*, *Euphorbia antiquorum* and fresh *Curcuma longa* are used to prepare this oil which have “Karpusuvai” and “Rooksha Guna”. Among them, 26.66 % are sweet and 40% are pungent in taste (suvai). 83.33% have hot (ushna) and 16.66% have cold (seetha) potency. In post digestive stage (vepakam) 66.66% are pungent and 33.33% are sweet. The results revealed that the organoleptic characters of ingredients which cure “*Alal Keel Vaayu*” are found in “*Periya Manyal Ennai*”. Therefore it is a good Medicine for AKV.

**Keywords:** *Alal keel vaayu, Periya Manyal Ennai*