

### **Standardization of Jala Peenisa Choornam used for Peenisa Rogam**

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In Siddha Medicine, one of the indigenous Medicine practiced in Sri Lanka, most of the herbs are used in the preparation drugs. Peenisa Rogam is one of the common diseases in Siroroga Maruththuvam (Diseases of neck and above). Jalapeenisa choornam (JP choornam) is mentioned in Siddha literature for the treatment of all types of Peenisam including Jaladosham (Acute rhinitis). JP choornam contains powder of *Caesalpinia bonducella* seeds, *Curcuma longa* rhizome and *Nigella sativa* seeds in 2:1:1 by weight ratio. There is no validated scientific data on the efficacy of JP choornam on Peenisa Rogam. Therefore, this study aimed to standardize the JP choornam by phytochemical screening, physico-chemical determination and antioxidants as total polyphenolic content before evaluating the efficacy. The plant parts of *C. bonducella* seeds, *C. longa* rhizome and *N. sativa* seeds were cleaned, dried at room temperature, ground to powder, packed in sealed container separately and blended together in 2:1:1 ratio respectively to obtain JP choornam. This mixture was used to analyze physico-chemical parameters, phytochemicals and total polyphenolic contents (TPC). The results revealed that the physico-chemical parameters, moisture, total ash, acid-insoluble ash, water soluble ash, water extractable matter and ethanol extractable matter were 2%, 4.98 ( $\pm 0.001$ )%, 0.28 ( $\pm 0.002$ )%, 2.40 ( $\pm 0.003$ )%, 9.5 ( $\pm 0.01$ )% and 8.63 ( $\pm 0.007$ )% respectively on dry weight basis and the presence of phytochemicals, steroids, terpenoids, flavonoids, cardiac glycosides and saponins (3.6 mg/g). TPC was 2.16 $\pm$ 0.07 mg gallic Eq/g of JP choornam. In conclusion, the physico-chemical analysis of plant drugs is important to maintain the quality as well as to detect adulteration. The values obtained for JP choornam are acceptable and it is rich in phytochemicals. High TPC content of JP choornam indicates that it can be used not only as a drug but also as a nutraceutical.

**Keywords:** Standardization, Jala Peenisa choornam, Peenisa Rogam