

ID – 047 - PP

Effectiveness of *Phyla nodiflora* on the Management of Dandruff in Siddha Medicine – A Review

*SinthujaRajeswaren, Vidhya Milano Prasad
Unit of Siddha Medicine, University of Jaffna
sinthujarajeswaran4@gmail.com

Siddha Medicine is one of the ancient Tamil Medicine and it describes about various herbs, metals, minerals and animals in the treatment of disease. Medicinal plants are our heritage with universal importance. *Phyla nodiflora* Linn. (Verbenaceae) is a prostate herb used to cure many problems in Siddha Medicine. It is used to treat pain in knee joints, ulcers, to improve bowel movements and also in gonorrhoea. Antibacterial activity of this plant has also been traced. In Siddha Medicine, it is used for *seethakalichal* (dysentery), *soolai noi* (pain), *irumal* (cough), *perunkalichal* (diarrhea), *mantham* (indigestion in children), *valinoigal* (disease associated with Vathahumour), *vellai* (Leucorrhoea), dandruff, etc. In this study, the plant has been reviewed for its antidandruff property as it has the name *poduthali* in Tamil. Along with this other names, taste, part used, actions, prepared medicines and simple remedies were also taken. Authors had reviewed Siddha text books from three libraries and thirty one books were taken for consideration. *Phyla nodiflorais* described with ten different synonyms in Tamil. Even though other parts are also used in medicine preparations, leaves are used in the antidandruff oils. It has taste as bitter and astringent. As dandruff is a common scalp disorder affecting almost half of the population, *Phyla nodiflorais* mentioned in Siddha text, as one of the best way to clear dandruff naturally. It is one of the most useful plant need for conservation and further lab study is needed to find its other properties.

Key Words: Siddha Medicine, *Phyla nodiflora*, dandruff