

## **A Review on Different Types of *Thalisapaththiri chooranam* which are Mentioned in the Indigenous Medical Literature**

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*Thalisapaththiri chooranam* is a poly herbal formulation. It has been mentioned in traditional text books. The different ingredients of the *Thalisapaththiri chooranam* are mentioned in 8 text books. Therefore, preliminary step was to develop the documentary evidences about the *Thalisapaththiri chooranam*. Analyzing the relationships of the *Thalisapaththiri chooranam* mentioned among this books. Data for the review about *Thalisapaththiri chooranam* is collected from October to December 2019. The data collected for the review were the details of ingredients (number of ingredients in each book, common ingredients, and groups of the ingredients); dosage of the drug (*Alavu*); duration of medication (*kalam*); vehicle (*Anupanam*); curable diseases; purification method; process of drug preparation and diet of drug (*Paththiyam*). Number of ingredients in each books 40(74%) were in *Ayurvedha laha* and 39(72%) in *Yalpana Siddha Vaithiya Ayurvedha Thirattu*. Common ingredients 8(100%) were *Thalisapaththiri*, *karambu*, *kadukkay*, *thandrikkay*, *seerham* and *thippili* 7(88%) were *ilavangappattai*, *nellikkai*, *kostem*. Among the 55 ingredients of the *Thalisapaththiri chooranam* 51 (93%) were herbal materials, 3(5%) minerals and 1(2%) animal product. Five 5(62.5%) mentioned the dosage of *verukadi*, 4(50%) take medicine at two times (duration), and 2(25%) were with honey or ginger juice or pomegranate juice as *anupanam*. Based on curable diseases 5(63%) were found in *kasam*, *piththvettai*, *asthisuram*, *thaham* and *kaikalerivu*; Number of curable diseases 23(47%) were identified in *Yalpana Siddha Vaithiya Ayurvedha thirattu*. Based on purification, ginger 2(25%) and *veeram* 1(12.5%); process of preparation methods 5(62.5%) were used demolition after drying in the sun. Diet of drugs 2(25%) were lemon and chick pea in food to be add and 4(50%) tamarind in food to be avoid. This review provides useful documentary evidence about collective data of *Thalisapaththiri chooranam*. However there is a need for further review.

**Key Words:** *Thalisapaththiri chooranam*, ingredients, relationship, curable diseases, dosage