

# Comparative Study of Relation between Laxative and Emmenagogue Activity of Herbs Described in *Gunapadam Mooligai*

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## ABSTRACT

**Introduction:** According to siddha system of medicine 10 vayu and 10 nadis are mainly consider for curing and producing disease among 10 vayu 2<sup>nd</sup> vayu known as abhana vayu action on laxative and emmenagogue herbs are described.

**Aim:** To compare the relationship between laxative and emmenagogue activities of herbal drug prescribed in Gunapadam Molligal book.

**Method:** A comparative study of relation between laxative and emmenagogue activity was done in herbs described in Gunapadam mooligai book. In the book the author has described 1535 herbs and their activity and they are co related

**Conclusion:** Out of 40 herbs of emmenagogue activity 26 herbs having laxative activity in which 17 are laxative and 8 herbs are cathartic activity. Most of the drug with emmenagogue activity also having laxative activity. As the result emmenagogue activity of herbs are given along with laxative activity. The normal function of ABHANA VAYU will help in the normal function of uterus, urinary system and large intestine function.

**Keywords:** laxative, emmenagogue, siddha herb

## INTRODUCTION

As per the siddha system of medicine is based on the panja putham and 96 thathuvam. It is considering that our body is also made up of panjaputham and 96 thathuvam. Among them most used sign's in siddha system is 3 vital humours (vatham, pitham, kabam) and 10 nadi's and 10 vayu's.

We are treating the diseases based on their nadi, vayu and by affected vital humours. it's said that increased or decreased of vital signs cause disease in human body.

Among 10 vayu's 2<sup>nd</sup> vayu known as ABHANA VAYU. It has a action of sending urine, faeces, sperm and ovum out from the body regularly. Increase and

decrease in this abhana vayu cause diseases like constipation, pcos, amenorrhoea, and burning urination, etc,...

### Modern Aspect:

#### Laxative activity:

Laxative herbs that in some way stimulate the bowel to promote bowel movements. The action is called by numbers of different names depending on the strength and usually their strengths considered to be dose dependent with the move stimulating laxatives containing higher level of anthroquinones in the order they are

- laxative
- purgative
- aperients

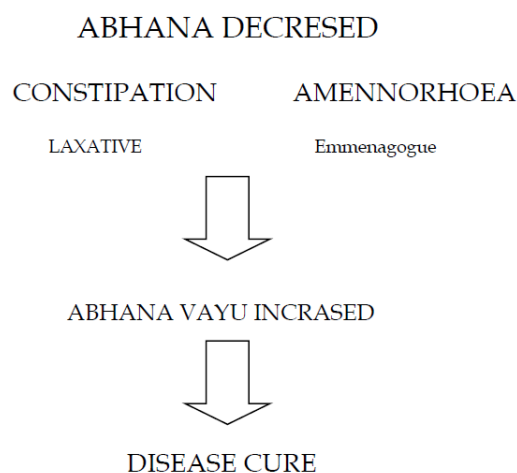
### EMMENOGOGUE ACTIVITY:

Emmenagogue activities are the herbs which stimulate blood flow in the pelvic area and uterus some stimulate menstruation. Women's use emmenagogue to stimulate menstruation flow when the menstruation is absent for a reason other than pregnancy such as hormonal disorder or conditions like oligomenorrhea.

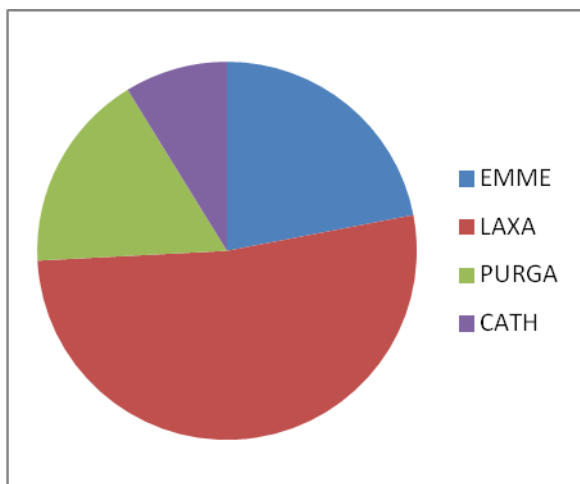
### METHOD

A comparative study of relation between laxative and emmenagogue activity was done in herbs described in Gunapadam mooligai book. In the book the author has described 1535 herbs and their activity and they are co related

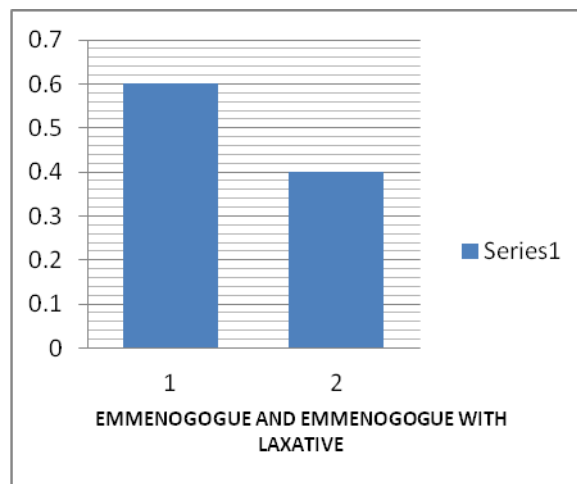
The emmenagogue and laxative activity of herbs are tabulated and the results are calculated.



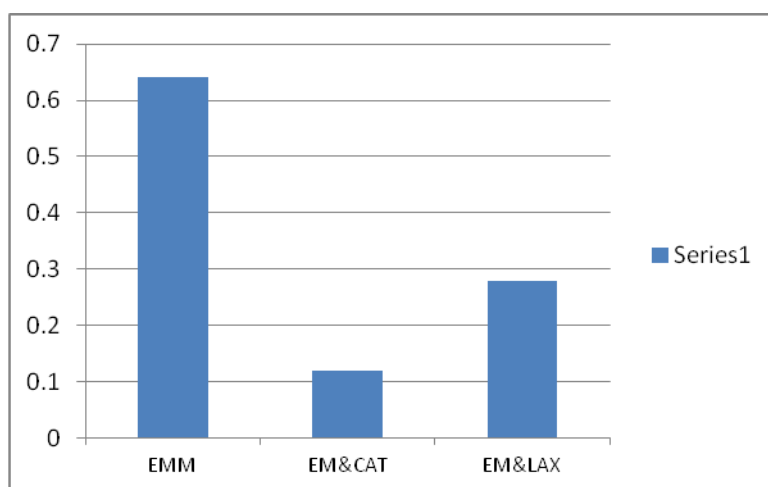
S. NO	NAME OF HERB	LAXATIVE ACTIVITY	CATHARTIC ACTIVITY	EMMENOGOGUE
1	Aarasu(FICUS RELIGIOSA)	PRESENT		PRESENT
2	ARUVATHA(RUTA CHALPENSIS)			PRESENT
3	ADU THINNAPALAI (ARISTOLOCHIA BRACTEOLATA)	PRESENT		PRESENT
4	ALIVERAI(LEPIDIUM SATIVUM)	PRESENT		PRESENT
5	ARTU TUMATTI(CITULLUS CLCOCYANTHIS)	PRESENT		PRESENT
6	ECHCHURA MULI(ARISTOLOCHIA INDICA)			PRESENT
7	ETTI(STRYCHNOS NUX VOMICA)		PRESENT	PRESENT
8	ELL(SESAMUM INDICUM)	PRESENT		PRESENT
9	KUROSANI OMAM(HYOSCYAMUS NIGER)			PRESENT
10	KADALAI(CICER ARIETINUM)	PRESENT		PRESENT
11	KATUKUROHANI(HELLEBOROUS NIGER)		PRESENT	PRESENT
12	KALIYANA PUSANIKKAY(BENINCASA HISPIDA)	PRESENT		PRESENT
13	KAZHARCHI KODI(CESALPINIA BONDUCE)			PRESENT
14	KATRAZHAI(ALOE BARBADENSIS)		PRESENT	PRESENT
15	KARIABOLAM(ALOE LITTORALIS)	PRESENT	PRESENT	PRESENT
16	KATTU KADUGU(CLEOME VISCOSA)	PRESENT		PRESENT
17	KATTU MULLANGI(BIUMEA LACERA)			PRESENT
18	KATTU VENGAYAM(URGINEA INDICA)			PRESENT
19	KUNKUMAPPU(CROCUS SATIVUS)			PRESENT
20	KUNTHIRIKKAM(BOSWELLIA SERRATA)			PRESENT
21	KUPPAI MENI(ACALYPHA INDICA)		PRESENT	PRESENT
22	KURUVER(VETIVERIA ZIZANIOIDES)			PRESENT
23	KORAI(CYPERUS ROTANDUS)			PRESENT
24	CHANAPPU(CROTALARIA JUNCEA)		PRESENT	PRESENT
25	SHANBAGAM(MICHELIA CHAMPACA)		PRESENT	PRESENT
26	CHATHA KUPPAI(ANETHUM GRAVEOLENS)	PRESENT		PRESENT
27	SATTICHCHARANAI (TRIANTHEMA DECANDRA)	PRESENT		PRESENT
28	KAURUNJCHERAKAM(NIGELLA SATIVA)			PRESENT
29	CHEMPARATTAI(HIBISCUS ROSA SINENSIS)	PRESENT		PRESENT
30	CHEMPAI(SESBANIA SESBAN)			PRESENT
31	THARA(FUMARIA PERVIFFLORA)	PRESENT		PRESENT
32	THUMBAI(LEUCAS ASPERA)	PRESENT		PRESENT
33	NUNA(MORINDA TINCTORIA)			PRESENT
34	PAPPALI(CARICA PAPAYA)	PRESENT		PRESENT
35	PARUTTI(GOSSYPIUM HERBACEUM)			PRESENT
36	PUNGU(PONGAMIA PINNATA)	PRESENT		PRESENT
37	PERUNGAYAM(FERULA ASAFOEDIA)	PRESENT		PRESENT
38	MACHIPACHAI(ARTEMISIA NILAGIRICA)			PRESENT
39	MILAKAI(CAPSICUM ANNUM)			PRESENT
40	MALAI VEMBU(MELIA AZEDARACH)		PRESENT	PRESENT



PIE CHART 1: Pie chart for emmenagogue and laxative and cathartic herbs:



FLOW CHART:1: bar diagram for emmenagogue and laxative:



FLOW CHART:2: Bar diagram for relation between emm, emm with laxa and emm with cat

## CONCLUSION

As per the literature 1535 herb described in Gunapadam book by author murugaesha mudaliar. There are 40 herbs for emmenagogue activity, 95 herbs for laxative activity, 31 herbs containing purgative activity, and 16 herbs containing cathartic activity

Out of 40 herbs of emmenagogue activity 26 herbs having laxative activity in which 17 are laxative and 8 herbs are cathartic activity. Most of the drug with emmenagogue activity also having laxative activity.

As the result emmenagogue activity of herbs are given along with laxative activity. The normal function of ABHANA VAYU will help in the normal function of uterus, urinary system and large intestine function.

**Acknowledgement:** None

**Conflict of Interest:** None

**Source of Funding:** None

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How to cite this article: Packia Sri D, Kingsly A. Comparative study of relation between laxative and emmenagogue activity of herbs described in gunapadam mooligai. *Int J Health Sci Res.* 2021; 11(5):136-139. DOI: <https://doi.org/10.52403/ijhsr.20210520>

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