

## Formulation and Evaluation of Analaathi Thailam: A Polyherbal Formulation for Rheumatic Diseases

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### Abstract

*Analaathi Thailam* is one of the oldest and most successful formula in Siddha Medicine, to cure rheumatic diseases. The traditional formula for Analaathi Thailam consists of 13 ingredients, the main ingredient being the tuber of *Plumbago indica* and five leaf extract, six raw drugs and sesame oil. Rheumatism is one of the most common problem world-wide, having various causes and different pathogenesis. Analaathi Thailam is a Siddha polyherbal formula that alleviates rheumatic disease effectively. The main action of the ingredients encompasses but not limited to diuretic, laxative, carminative, blood purifying, febrifuge and demulcent. These actions are indeed effective for Rheumatic diseases (Vaatha diseases). This medicated oil has significant collection of ingredients having anti-Rheumatic properties and used both internally and externally as well. Analaathi Thailam is constituted completely with pure herbal products. It thus becomes necessary to preserve this traditional formulation through proper documentation.

**Key Words:** Analaathi Thailam, Rheumatic diseases, Siddha medicine

### Introduction

*Siddha* is one of the oldest System of Medicine in the world. A Siddha physician preferably dispenses self prepared drugs, rather than relying on medicines manufactured by pharmaceutical industries. Rapid civilization, exponential growth rate of population together with massive deforestation have incapacitated the physicians from preparing their own medicines and instead depend on pharmaceutical industries for the drugs they prescribe. Due to drastic commercialization and increasing demand of natural products, some of the pharmacies are preparing drugs unethically which puts both the physicians and patients in a precarious position. In order to overcome this enigma there is a very dire need to fix certain standards for these natural medicines, which are in fact easily adaptable and implementable.

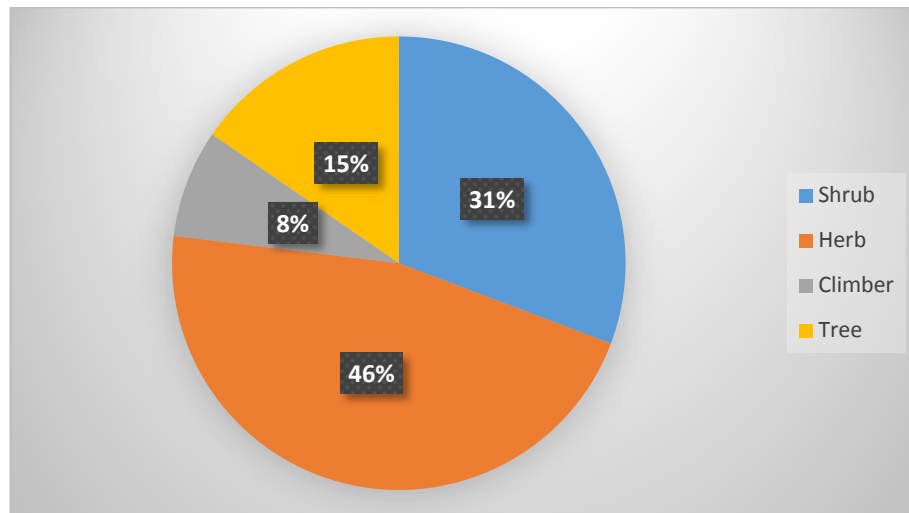
Thailam (or medicated oil), along with other categories of medicines in the Siddha System of Medicine is targeted towards maintaining healthy and optimal bodily functions, including those of the brain functions, preventing illness and delaying the maladies of ageing. Analaathi Thailam is the oldest and most successful formula, and it acts principally by strengthening the nervous system. Considering its immense medicinal qualities many drug industries are manufacturing this formulation, but sadly not the same in quality and efficacy, though the formula is the same. This variation is probably due to alterations in the ingredients, the ratio or quality of the ingredients procured. This Siddha formulation of Analaathi Thailam comprises of 13 drugs. Each drug has been carefully included as per the Siddha physician's formula, the main ingredient being the tuber of *Plumbago indica* L.

### Materials and Methods

Puthukkadai town Panchayat is situated in Vilavancode Taluk of Kanyakumari district, Tamil Nadu, India, the Panchayat's total area adding up to 15.75 Sq. Kms. Most of the people are from the Nadar community amongst which 75% are Hindus, 25% are Christians. Agriculture is the major occupation of this village. The area's climate is warm and humid. The process is to identify and authenticate the drug materials from the Siddha Physician including in the formula selected from the age old Tamil manuscript. Juices of 1-6 herbals and powders of 6 raw drugs are obtained. These two are added to sesame oil and boiled and finally filtered out when it reaches the right consistency (the sediment reaching a wax consistency).

### Result and Discussion

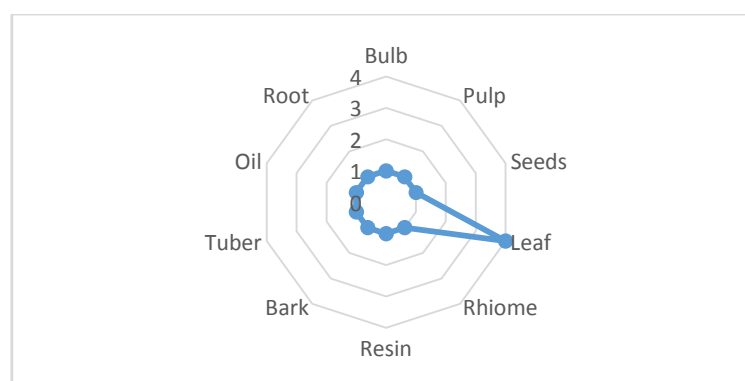
The residents of Puthukadai village of Kanyakumari district are found to possess a very rich ethnobotanical knowledge. A total of 13 plant species belonging to 13 families were recorded by the Siddha practitioners of Analaathi Thailam (Table 1). Both cultivated and non-cultivated plant species have been documented in the present study. The use of the same plant or plant parts was found to vary in some cases among the Nadars residing at different hamlets. Among 13 plant species used by the traditional practitioners, 2 were tree species, 4 shrubs, 6 herbs and a climber (Figure 1).



**Figure 1.** Habit-wise distribution of plant species used

Of all the plants used, each plant belongs to different families and different genera. Different parts of the plants were used. Among plant species, 7 species are bitter in taste, 3 pungent, 2 of sweet and 1 of sour taste (Table 2). These plant species have a 92% of pungency and 8% of sweet bioavailability. Among the ingredients used in the Analaathi Thailam 6 species having leaf juices, the other 6 are raw drugs prepared with sesame oil as base of the medicated oil (Figure 2).

From this account it is clear that the people from other ancient tribals (Rajasingh, 1971), did possess the ability to discern the character of various plants and their beneficial properties. It is interesting to note that the usage of such medicines particularly with respect to healthcare practices has hardly undergone any change even in the present days. Similar ethnobotanical studies have been reported in some other parts of India (Aminuddin and Girach, 1991; Borthakur, 1993; Negi *et al.*, 1993 Jain, 2004; Singh, 2004) and some other parts of the World (Shinwari and Khan, 2000).



**Figure 2.** Plant parts used for Analaathi Thailam preparation

**Table 1.** List of plants used in Analaathi Thailam

S. No.	Botanical name	Local name	Family	Useful Parts	Habit
1	<i>Allium sativum</i> L.	Vellaipoodu	Amaryllidaceae	Bulb	Herb
2	<i>Aloe vera</i> (L.) Burm.f.	Kattisennaru	Asparagaceae	Pulp	Herb
3	<i>Brassica juncea</i> (L.)	Kadugu	Brassicaceae	Seeds	Herb
4	<i>Calotropis gigantea</i> (L.) Dryand.	Erukku	Apocynaceae	Leaf	Shrub
5	<i>Curcuma aromatic</i> Salisb.	Kasthoorimanjal	Zingiberaceae	Rhizome	Herb
6	<i>Ferrula assa-foetida</i> L.	Perumkayam	Apiaceae	Resin	Herb
7	<i>Moringa olerifera</i> Lam.	Murungai	Moringaceae	Bark	Tree
8	<i>Plumbago indica</i> L.	Koduveli	Plumbaginaceae	Tuber	Shrub
9	<i>Premna serrata</i> H.R. Fletcher	Thazhuthaalai	Lamiaceae	Leaf	Shrub
10	<i>Ricinus communis</i> L.	Amanakku	Euphorbiaceae	Leaf	Shrub
11	<i>Sesamum indicum</i> L.	Nallenai	Pedaliaceae	Oil	Herb
12	<i>Smilax china</i> L.	Parankipattai	Smilacaceae	Root	Climber
13	<i>Tamarindus indica</i> L.	Puzhi	Leguminose	Leaf	Tree

**Table 2.** Organoleptic characters and action

S. No.	Botanical name	Taste	Potency	Bio-availability	Action
1	<i>Allium sativum</i> L.	Pungent	Hot	Pungent	Refrigerant, Anti-bilious
2	<i>Aloe vera</i> (L.) Burm.f.	Bitter	Hot	Pungent	Stimulant, Tonic, Cathartic
3	<i>Brassica juncea</i> (L.)	Pungent	Hot	Pungent	Stimulant, Rubefacient, Diuretic
4	<i>Calotropis gigantea</i> (L.) Dryand.	Bitter	Hot	Pungent	Alterative stimulant
5	<i>Curcuma aromatica</i> Salisb.	Bitter	Hot	Pungent	Stimulant, Carminative
6	<i>Ferrula assa-foetida</i> L.	Bitter	Hot	Pungent	Stimulant, Carminative, Antispasmodic
7	<i>Moringa olerifera</i> Lam.	Bitter	Hot	Pungent	Antispasmodic, Stimulant

8	<i>Plumbago indica</i> L.	Pungent	Hot	Pungent	Rubefacient, Stimulant, Antispasmodic
9	<i>Premna serrata</i> H.R. Fletcher	Bitter	Hot	Pungent	Alterative, Astringent
10	<i>Ricinus communis</i> L.	Bitter	Hot	Pungent	Alterative, Stimulant
11	<i>Sesamum indicum</i> L.	Sweet	Hot	Pungent	Demulcent, Nutritive, Emollient
12	<i>Smilax china</i> L.	Sweet	Hot	Sweet	Alterative, Depurative
13	<i>Tamarindus indica</i> L.	Sour	Hot	Pungent	Refrigerant, Anti-bilious

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## Conclusion

Today people have great awareness about ancient secrets of siddha formulary of medicines. The 100% herbal ingredient of this fabulous Analaathi Thailam is but the proof the same. This Thailam cures rheumatic disease. It thus becomes necessary to acquire and preserve this traditional system of medicine by identification of related specimens and through proper documentation. Traditional medicines also have the potency to form the basis of pharmaceutical drugs in treating a range of diseases. The results of over-exploitation of medicinal plants involved with traditional healing either as collectors, traders, traditional practitioners and herbalists. The Analaathi Thailam possess great healing properties and can effectively be employed in treating various kinds of rheumatic diseases, both in internal administration and external applications. It can finally be concluded with the identification of this potent Analaathi Thailam, a poly herbal formula in the treatment of rheumatic diseases.

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