

## **Preparation of Kayathirumeni Thylam: A Medicated Oil Used in Varma Medicine**

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### **Abstract**

Varma is one of the traditional system of medicine in Kanyakumari District. Kayathirumeni Thylam is the oldest and most successful formula in Varma Medicine, and it heal general injuries and pain. The traditional practitioner's special formula of Kayathirumeni is containing 16 plant extracts, 15 powered form of raw drugs, coconut oil and total ingredients are 33 in number. The main ingredient is leaf extract. Kayathirumeni Thylam used to cure cough, headache, hiccup, trauma, hematoma, sprain and joint diseases. The Kayathirumeni Thylam has good collection of properties and in action wise it can used internally and externally. In finally conclude that Kanyakumari district people used this Thylam as a very essential medical hit in their home.

**Key words:** Varma, Traditional practitioners, Kayathirumeni Thylam

### **Introduction**

Varma is one of the traditional system of medicine in Kanyakumari districts. Siddha physician preferably like to dispense drugs prepared by their own hands, they do not rely upon the products manufactured by pharmaceutical industries. Rapid civilization, explosive growth rate of population, massive deforestation has made the physicians handicap and to depend up on pharmaceutical industries. Due to commercial orientation and increasing demand of natural products few pharmacies are preparing unethical products which results in to an embarrassing position for physicians and patients. In order to overcome the enigma there is every need to fix certain standards for these natural products, which are easily adaptable and implementable to overcome the crisis (Rajeev, 2020).

Kayathirumeni is one of the important traditional polyherbal medicated oils used for various ailments. It plays major role in internal and external wound healing, sprain, fractures, head ache, sinusitis, giddiness, haemoptysis, and generalised tiredness. It regulates varmam energy flow in the body and balances three body humours vatham (air flow), pittam (heat) and silaethumam (phlegm) (Rajaram, 2008). However, the characteristics of traditional Indian medicine are their systematise, multi-target and multichannel due to their complex chemical constituents. This needs to be studied

and scientifically understood (Kumar, 2011). Medicated oil is prepared by protracted boiling of base oil with juice of prescribed herbal drug and mineral drug till it is dehydrated or near dehydration. This process results in the transfer of some therapeutically active principles of the ingredients into the base oil (Lahorkar *et al.*, 2009). Thus, traditional method of thylam preparation assures the enrichment of oil with active principles. Kayathirumeni Thylam is a herbomineral Siddha formulation prescribed widely for several conditions such as Varma related injuries.

## Materials and Methods

Identify and authenticate the drug materials from the Traditional Physician including in the selected formula in his Tamil manuscript. Take extract of 1-16 herbals and powdered ingredients of 18-33 raw drugs and chemicals. Then after this extract with powdered drugs and coconut oil then heated and made final prepared oil with suitable stage (sand stage). On suitable stage mixed with camphor.

## Result and Discussion

Quality of herbal medicine depends on the originality of raw drugs, method of preparation, proper storage, proper indication, correct dose and dosage regimen. In this study, the drug Kayathirumeni Thylam, was prepared by using herbominerals. Medicated oil is prepared by protracted boiling of base oil with juice of prescribed herbal drug and mineral drug till it is dehydrated or near dehydration. This process results in the transfer of some therapeutically active principles of the ingredients into the base oil. Thus, traditional method of *Thylam* preparation assures the enrichment of oil with active principles. The ingredients and organoleptic characters of Kayathirumeni Thylam are tabulated (Table 1 and 2).

**Table 1.** Ingredients of Kayathirumeni Thylam

S.No.	Botanical Name	Family	Tamil Name	Habit
1	<i>Spermocoe hispida</i>	Rubiaceae	Nathai shoori	Herb
2	<i>Eclipta alba</i>	Asteraceae	Karisalai	Herb
3	<i>Cocinia indica</i>	Cucurbitaceae	Kovai	Climber
4	<i>Pergularia daemia</i>	Asclepiadaceae	Veluparuthi	Climber
5	<i>Tinospora cordifolia</i>	Minispermaceae	Seenthil	Climber
6	<i>Coleus aromaticus</i>	Lamiaceae	Karpooravalli	Herb
7	<i>Alysicarpus monilifer</i>	Fabaceae	uthiramadaki	Herb
8	<i>Sansiveria roxburghiana</i>	Liliaceae	marul	Herb
9	<i>Piper betle</i>	Piperaceae	vettilai	Climber
10	<i>Mukia mederospatna</i>	Cucurbitaceae	musumusukai	Climber
11	<i>Sida rhombifolia</i>	Malvaceae	kurunthotti	Herb
12	<i>Clitoria ternatea</i>	Fabaceae	sangupuspam	Climber
13	<i>Acalypha indica</i>	Euphorbiaceae	kuppaimeni	Herb
14	<i>Cleome gynandra</i>	Cappariaceae	thaivelai	Herb

15	<i>Cledodendron inerme</i>	Verbenaceae	sanguppi	Shrub
16	<i>Aristolochia indica</i>	Aristolochiaceae	karudakodi	Climber
17	<i>Cocus nucifera</i>	Arecaceae	thengaennai	Tree
18	<i>Psoralea corylifolia</i>	Fabaceae	karpogarisi	
19	<i>Nigella sativa</i>	Ranunculaceae	Karunjeeragam	Herb
20	<i>Costus specicosus</i>	Costaceae	Kostam	Shrub
21	<i>Cedrus deodara</i>	Pinaceae	Devadharu	Tree
22	<i>Myristica fragrans</i>	Myristicaceae	Jathipathiri	Tree
23	<i>Myristica fragrans</i>	Myristicaceae	Jathikai	Tree
24	<i>Santalum album</i>	Santalaceae	Santhanam	Tree
25	<i>Veteveria zizanoides</i>	Poaceae	Vettiver	Shrub
26	<i>Cuminum cyminum</i>	Apiaceae	Jeeragam	Herb
27	<i>Ventilago madraspatana</i>	Rhamnaceae	Vembadam	Tree
28	<i>Vateria indica</i>	Dipterocarpaceae	Kungilium	Tree
29	<i>Toddalia asiatica</i>	Rutaceae	Milagaranai	Climber
30	Camphor		Karpuram	
31	Copper sulphate		Neelathurusu	
32	Coral reef		Pavalaputtu	
33	Zinc sulphate		Paalthutham	

## Conclusion

The study emphasizes the usage of plant and mineral based preparation of Kayathirumeni Thylam, used for various ailments by many Varma practitioners of the area. Further, in-depth scientific analysis on this herbo-mineral formulation is required in order to validate its usage. In addition, the validations of Kayathirumeni Thylam not only highlight the significance of Varma medicine in treating the diseases but also highlight its importance and uniqueness.

**Table 2.** Organoleptic characters and action of Kayathirumeni Thylam

S.No	Botanical Name	Part used	Taste	Potency	Bio availability	Action
1	<i>Spermococe hispida</i>	Whole plant	Astringent	Cool	Bitter	Alterative, Stimulent, Tonic
2	<i>Eclipta alba</i>	Whole plant	Astringent	Cool	Bitter	Tonic, Cholagogue
3	<i>Cocinia indica</i>	Leaf	Bitter	Cool	Bitter	Alterative, Cathartic, Antispasmodic
4	<i>Pergularia daemia</i>	Whole plant	Bitter	Hot	Sweet	Emetic, Expectorant, Anthelmintic
5	<i>Tinospora cordifolia</i>	Leaf	Bitter	Cool	Astringent	Antiperidic, Alterative, Diuretic
6	<i>Coleus aromaticus</i>	Leaf	Pungent	Cool	Astringent	Antispasmodic, Stimulent, Cathartic
7	<i>Alysicarpus monilifer</i>	Whole plant	Bitter	Cool	Pungent	Antispasmodic, Antiseptic, Expectorant
8	<i>Sansiveria roxburghiana</i>	Whole plant	Bitter	Hot	Bitter	Purgative, Tonic, Febrifuge
9	<i>Piper betle</i>	Leaf	Pungent	Hot	Astringent	Stimulent, Astringent, Antiseptic
10	<i>Mukia mederospatna</i>	Leaf	Bitter	Cool	Pungent	Diuretic, Stomachic, Expectorant
11	<i>Sida rhombifolia</i>	Whole plant	sweet	Cool	Astringent	Netritive, Tonic, Demulcent
12	<i>Clitoria ternatea</i>	Leaf	Bitter	Hot	Pungent	Demulcent, Luxative, Cathartic
13	<i>Acalypha indica</i>	Whole plant	Bitter	Hot	Sweet	Expectorant, Emetic, Anodyne
14	<i>Cleome gynandra</i>	Whole plant	Pungent	Hot	Bitter	Antispasmodic, Rubefacient, Vasicant
15	<i>Cledodendron inerme</i>	Leaf	Bitter	Hot	Astringent	Tonic, Febrifuge, Alterative
16	<i>Aristolochia indica</i>	Whole plant	Bitter	Hot	Pungent	Antiperiodic, Anti-arthritic, Tonic
17	<i>Cocos nucifera</i>	Oil	sweet	Cool	Astringent	Tonic, Alterative, Refrigerent
18	<i>Psoralea corylifolia</i>	Seeds	Pungent	Hot	Pungent	Anthelmentic, Diuretic, Luxative
19	<i>Nigella sativa</i>	Seeds	Pungent	Hot	Astringent	Anthelmentic, Anaesthetic, Antibilious
20	<i>Costus specicosus</i>	Rhizome	Bitter	Hot	Astringent	Stimulent, Anthelmentic, Carminative, Febrifuge
21	<i>Cedrus deodara</i>	Wood	Astringent	Cool	Pungent	Carminative, Febrifuge, Astringent
22	<i>Myristica fragrans</i>	Aril	Sour	Hot	Bitter	Cararminative, Expectorant
23	<i>Myristica fragrans</i>	Seeds	Pungent	Hot	Bitter	Aromatic, Stimulent, Carminative
24	<i>Santalum album</i>	Wood	Astringent	Cool	Bitter	Sedative, Astringent, Disinfectant
25	<i>Veteveria zizanoides</i>	Root	sweet	Cool	Astringent	Tonic, Antispamodic, Disphoretic

26	<i>Cuminum cyminum</i>	Fruit	Astringent	Cool	Astringent	Astringent, Carminative, Stomachic
27	<i>Ventilago madraspatana</i>	Bark	Astringent	Hot	Astringent	Carminative, Tonic, Astringent
28	<i>Vateria indica</i>	Resin	Astringent	Cool	Pungent	Refringent, Tonic, Alternative
29	<i>Toddalia asiatica</i>	Root	Pungent	Hot	Pungent	Pungent, Aromatic, Tonic
30	Camphor	Chemical				
31	Copper sulphate	Chemical				
32	Coral reef	Mineral				
33	Zinc sulphate	Chemical				

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