



Review Article

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SOWBHAGYA CHUNDI LEGIYAM, A SIDDHA FORMULATION FOR THE HEALTH OF PUERPERAL WOMEN: A REVIEW

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ABSTRACT

Siddha, the herbal-based medicinal system, is now well known throughout India, not just in Tamil Nadu. In India, Siddha encompasses the main medical specialties, including surgery, pediatrics, gynecology, obstetrics, geriatrics, and otolaryngology. Reproductive health issues, particularly in women, have gained more attention during the past few decades. There are two categories of issues unique to women's reproductive systems. First, obstetric (maternal) morbidity refers to health issues that arise during pregnancy, delivery & puerperium. Second, gynecological morbidity, or conditions affecting non-pregnant women outside of the six-week puerperal period. The aim of the present study is to review Sowbhagya Chundi Legiyam, a Siddha formulation used for the wellbeing of women during their puerperal period. Siddha medicine indicates particular medications that are to be administered for a specific period of time as well as particular dietary plans for puerperal women. In this way, Chukku (*Zingiber officinale*) is the main component of the Siddha herbal remedy Sowbhagya Chundi Legiyam, which is mainly used during postpartum period. It helps to strengthen uterus, prevents diseases from improper management of postnatal care and is known to contain roughly 22 raw drugs. Here the Author explores the remarkable properties and benefits of Sowbhagya Chundi Legiyam, as it is a good herbal remedy in providing relief & support for women's health. This review may act as a key role support for puerperal women.

Keywords: Siddha medicine, Puerperal women, Sowbhagya Chundi Legiyam, Chukku

INTRODUCTION

Siddha, the herbal-based medicinal system, is now well known throughout India, not just in Tamil Nadu. In India, Siddha encompasses the main medical specialties, including surgery, pediatrics, gynecology, obstetrics, ophthalmology, geriatrics, and otolaryngology. Reproductive health issues, particularly in women, have gained more attention during the past few decades. Many women worldwide experience pregnancy-related difficulties every year and most of them pass away. In terms of Global Maternal Mortality, almost 50% of the deaths occur in the puerperium. The MMR declined in India by about 70% from 398/100 000 live births (95% CI 378-417) in 1997-98 to 99/100 000 (90-108) in 2020.¹This significant decline in Maternal Mortality Rate in India is due to the proper Antenatal and postnatal care provided to Women in India.

Siddha plays a major role in the antenatal and postnatal care in Tamil Nadu. There are two categories of issues unique to women's reproductive systems. First, obstetric (maternal) morbidity refers to health issues that arise during pregnancy, delivery, and the puerperium. Second, gynecological morbidity, or conditions affecting non-pregnant women outside of the six-week puerperal period. Women's health is a basic need for society as it affects the progeny. "Suga magaperu" is the Siddha term for a mother who has simply delivered a baby and the placenta. Women experiences a variety of issues during puerperium, including fever, diarrhea, oedema, colic pain, abdominal distension, weakness, sleepiness, anorexia, and delirium. These issues are brought on by the vitiation of Iyam as well as the vali, which occur during puerperium.

The classical concept of Siddha defines the ways to maintain 'Vali', 'Azhai,' and 'Iyam' in a balanced state to prevent diseases. Siddha literature mentions specific drugs that are given for a definite duration along with specific dietetic regimens for puerperal women. In this way, the author discusses about the role of the siddha formulation Sowbhagya Chundi Legiyam which is a time-tested medicine in providing healthcare to the women during their puerperal period. Thus, this review may be adopted for scientific validation in future for further clinical and research purposes.

LITERATURE REVIEW

All the data were collected and interpreted of subjective matter from multiple books and databases like PubMed, Google, Science Direct etc. and were composed together.

Preparation

Ingredients: The ingredients are purified. Cut the husked dried ginger into small pieces and put them in the vessel, the leaf juices from no 2-6 are poured separately in the said vessel and dry them in the sunlight (leave one juice and keep it in the sun and dry well, then pour the second juice and dry it, dry completely without moisture and then discard it. The ingredients from no 7-15 are dry roasted and powdered. Then no 16-20 are powdered separately. Dissolve the sugar in the milk and boil it when it comes to sticky texture add the powdered ingredients to it and mix well. [Agathiyar Vaithya Rathina Churukkam]². (Table 1)

This review mainly evaluates and documents the scientific data of the ingredients of *Sowbhagya chundi legiyam* in its efficacy on puerperal care.

Dosage: 5-10 gm twice a day with milk

Scientific Review (Table 2)

1. *Zingiber officinale* Rosc – Chukku

Chemical Constituents: Gingerols, shogaols, and paradols.

Pharmacological activity: Antioxidant, anti-inflammatory, and antimicrobial properties. Ginger could be available for the management and prevention of several diseases such as cancer, cardiovascular diseases, diabetes mellitus, obesity, neurodegenerative diseases, nausea, emesis, and respiratory disorders.^{3,4,5}

2. *Piper longum* Linn. - Thipili

Chemical constituents: Resin, volatile oil, starch, gum, fatty oil, inorganic matter and alkaloid piperine.

Pharmacological activities: Stimulant, carminative and alterative tonic more powerful than black pepper. Aphrodisiac, diuretic, vermifuge and emmenagogue.

3. *Piper longum* Linn. – Thipili ver

Chemical constituents: sesquiterpene hydrocarbons and ethers (bisabolene, β -caryophyllene, β -caryophyllene oxide, and α -zingiberene) and saturated aliphatic hydrocarbons such as pentadecane, tridecane, and heptadecane, Piperine

Pharmacological activities: anticancer, antioxidant, anti-inflammatory, immunomodulatory, analgesic, radioprotective, and antifertility^{6,7,8}

4. *Withania somnifera* (Linn) Dunal - Amukkura

Chemical constituent: Withanolide D and withaferin A

Pharmacological activities: anti-stress and anti-anxiety activity^{9,10,11}

5. *Illicium verum* Hook.f.- Annachi poo

Chemical constituents: phenylpropanoids, flavonoids, neolignans, monoterpenoids, and sesquiterpenoids.

Pharmacological activities: antibacterial or antifungal agent, anti-inflammatory activity^{12,13}

6. *Solanum xanthocarpum* Schrad.- Kandukathiri ver

Chemical constituents: solanacarpine, solanacarpidine, solanacarpine, solasonine, solamargine

Pharmacological activities: antithrombotic properties.^{14,15}

7. *Eclipta prostrata* Linn.- Kariasali

Chemical constituents: steroidal and triterpenoid saponins, phenolic acids, flavonoids, and substituted thiophenes.

Pharmacological activities: antioxidative, antimicrobial, hepatoprotective, anticancer, hair growth promoting activities^{16,17}

8. *Aloe Barbadensis* (L).Burm.f. – Kariyabolam

Chemical constituent: 75 potentially active constituents: vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acids and amino acids

Pharmacological activities: Anti-tumor activity, immune activity, antioxidant activity, the ability to promote wound healing and promote bone hyperplasia.^{18,19}

9. *Curcuma angustifolia* Roxb.- Koogai neeru mavu

Chemical constituent: Curzerenone and α -elemenone was high in the *Curcuma angustifolia* essential oil.

Pharmacological activities: antioxidant, cytotoxic, and antibacterial properties.²⁰

10. *Barleria prionitis* Linn. - Semmulu

Chemical constituents: acetylbarlerin and barlerin, 6-O-acetylshanzhiside methyl ester, 6-O-cis-p-coumaroyl-8-O-acetylshanzhiside methyl ester its transisomers, shanzhiside methyl ester α -amyrin, verbascoside, β -sitosterol, and stigmaterol-3-O-D-glucoside.

Pharmacological activities: anti-inflammatory, expectorant, analgesic, diuretic, anti-rheumatic, and antidiabetic properties. hepato-protective activity.^{21,22}

11. *Embelia ribes* Burm.f.- Vaividangam

Chemical constituents: Embelin and vilangin, essential oils, alkaloids, phenols, and flavonoids

Pharmacological activities: antioxidant, antidiabetic, anticancer, and other relevant therapeutical properties²³

12. *Celastrus paniculatus* Willd.- Vaazhuluvai

Chemical constituents: celapanine, celapanigine, celapagine, celastrine, and paniculatine

Pharmacological activities: ameliorating effect on chronic restraint stress-induced cognitive deficits, cognitive-enhancing activity in stress and stress-associated disorders.²⁴

13. *Sida acuta* Burm.f.- Ponnusuttai

Chemical constituents: beta-phenethylamines, quinazolines and carboxylated tryptamines,

Pharmacological activities: antiviral factors including swarming motility and urease activities^{25,26}

14. *Phyllanthus emblica* Linn. – Nellivatral

Chemical constituents: Gallic acid, ascorbic acid, ellagic acid, rutin, quercetin, and catechol

Pharmacological activities: The antioxidant property, improving digestive tract protection against stressing agents and increase the protection against the development of diseases (assisting in the regulation of serum glucose and insulin levels, for instance)²⁷

15. *Curculigo orchioides* Gaertn.- Nilapanai

Chemical constituents: curculigoside and orcinol glucoside

Pharmacological activities: anti-diabetes, anti-osteoporosis, anti-oxidation and lipid peroxidation inhibition, anti-depression, anti-arthritis, anti-nociception, anti-tumor, anti-bacteria, inhibition of ischemia-reperfusion injury, alleviation of perimenopausal syndrome.²⁸

16. *Hemidesmus indicus* Linn R.Br- Nannari

Chemical constituents: hexatriacontane, lupeol, its octacosanoate, α -amyrin, β -amyrin, its acetate and sitosterol

Pharmacological activities: The methanolic extract of *H. indicus* protects against oxidative stress, hyperlipidemia and liver damage²⁹

17. *Terminalia bellirica* (Gaertn.) Roxb- Thandrikkai

Chemical constituents: Ellagitannins such as corilagin, chebulagic acid, galloylpunicalagin, and digalloyl-hexahydroxydiphenoyl-hexoside

Pharmacological activities: antioxidant properties, moderate hepatoprotective, and anti-apoptotic activities.³⁰

18. *Fumaria parviflora* Lam.- Senthara cur

Chemical constituents: glycosides, tannins, saponins, steroids, triterpenoids, phenols, alkaloids and anthraquinones

Pharmacological Activities: anti-inflammatory, antispasmodic, antidiarrheal, bronchodilator, hypoglycemic, anthelmintic, laxative, antiprotozoal, dermatological diseases, hepatoprotective³¹

19. *Glinus lotoides* Linn. - Siruseruppadai

Chemical constituents: glinusopposite, glinusopposite Q, glinusopposite T, and glinusopposite U showed considerable inhibitory activities against *M. gypseum* and *T. rubrum*.

Pharmacological activities: Anti-inflammatory, antispasmodic, antidiarrheal, bronchodilator, hypoglycemic, anthelmintic, laxative, antiprotozoal, dermatological diseases, hepatoprotective, enhance male fertility and antinociceptive effect Antifungal activities.³²

20. *Butea monosperma* (Lam.) Taub – Murukku

Chemical constituents: Phytochemicals, phytoconstituents flavonoids, phenolics, and alkaloids

Pharmacological activities: anti-inflammatory, antimicrobial, anthelmintic, antidiabetic, diuretic, analgesic, antitumor, anticancer, astringent activities, antioxidant activity, nephroprotective activity.³³

Table 1: Ingredients of Sowbhagya Chundi Legiyam

Siddha name	Family	Botanical name	Part Used	Measurement
Chukku	Zingiberaceae	<i>Zingiber officinale</i> Linn	Dry rhizome	280g
Semmulu	Acanthaceae	<i>Barleria prionitis</i> Linn	leaf juice	325ml
Senthara	Fumariaceae	<i>Fumaria parviflora</i> . Lam	leaf juice	325ml
Murukku	Fabaceae	<i>Butea monosperma</i> (Lam.) Taub	leaf juice	325ml
Karisalai	Asteraceae	<i>Eclipta prostate</i> Linn	Whole plant juice	325ml
Siruseruppadai	Molluginaceae	<i>Glinus laloides</i> . Linn	whole plant juice	325ml
Annachi poo	Schisandraceae	<i>Illicium verum</i> Hook. f.	fruit	35g
Vaaluzhuvai	Celastraceae	<i>Celastrus paniculatus</i> Willd	seed	35g
Koogai neeru	Zingiberaceae	<i>Curcuma angustifolia</i> Roxb	flour	35g
Kariyabolam	Liliaceae	<i>Aloe vera</i> (L)Burm.f.	dry milk	35g
Vaavidangam	Myrsinaceae	<i>Embelia ribes</i> Burm.f	fruit	35g
Thaandrikaai	Combretaceae	<i>Terminalia bellerica</i> (Gaertn.) Roxb	flesh of fruit	35g
Nellivatral	Phyllanthaceae	<i>Phyllanthus emblica</i> Linn	Dried flesh of fruit	35g
Thippili	Piperaceae	<i>Piper longum</i> Linn	fruit	35g
Thippilimoolam	Piperaceae	<i>Piper longum</i> Linn	root and stem	35g
Amukkara	Solanaceae	<i>Withania somnifera</i> Linn. Dunal	root	70g
Ponmusuttai	Malvaceae	<i>Sida acuta</i> Burm.f.	root	70g
Kandankathiri	Solanaceae	<i>Solanum xanthocarpum</i> . Schrad.	root	70g
Nannari	Apocyanaceae	<i>Hemidesmus indicus</i> Linn	root	70g
Nilapanai	Hypoxidaceae	<i>Curculigo orchoides</i> . Gaertn	rhizome	70g
Sarkarai		<i>Saccharum officinarum</i>		2570g
Pasumpaala		Cow's milk		2600 ml

Table 2: Chemical Constituents and Pharmacological Activity

Botanical name	Chemical constituents	Pharmacological activities
<i>Zingiber officinale</i> Linn	gingerols shogaols paradol ^{3,4,5}	antioxidant anti-inflammatory antimicrobial ^{3,4,5}
<i>Barleria prionitis</i> Linn	acetylbarlerin barlerin, 6-O-acetylshanzhiside methyl ester α -myrillin verbascoside β -sitosterol ^{21,22}	anti-inflammatory expectorant analgesic diuretic anti-rheumatic antidiabetic hepato-protective ^{21,22}
<i>Fumaria parviflora</i> . Lam	glycosides tannins saponins steroids triterpenoids phenols alkaloids anthraquinones ³¹	anti-inflammatory antispasmodic antidiarrheal bronchodilator hypoglycemic anthelmintic laxative antiprotozoal hepatoprotective ³¹
<i>Butea monosperma</i> (Lam.) Taub	Phytochemicals Phytoconstituents Flavonoids Phenolics alkaloids	anti-inflammatory antimicrobial anthelmintic antidiabetic diuretic analgesic antitumor anticancer astringent antioxidant nephroprotective ³³
<i>Eclipta prostate</i> Linn	steroidal triterpenoid saponins phenolic acids flavonoids ²³	antioxidant antidiabetic anticancer ²³

<i>Glinus laloides</i> Linn	glinusopposite glinusopposite Q glinusopposite T glinusopposite U ³²	anti-inflammatory antispasmodic antidiarrheal bronchodilator hypoglycemic anthelmintic laxative antiprotozoal antifungal ³²
<i>Illicium verum</i> Hook.f.	phenylpropanoids flavonoids neolignans monoterpenoids sesquiterpenoids ^{12,13}	antibacterial antifungal agent anti-inflammatory ^{12,13}
<i>Celastrus paniculatus</i> Willd	celapanine celapanigine celapagine celastrine paniculatin ²⁴	ameliorating effect ²⁴
<i>Curcuma angustifolia</i> Roxb	curzerenone α -elemenone ²⁰	antioxidant cytotoxic antibacterial ²⁰
<i>Aloe vera</i> (L)Burm.f.	vitamins enzymes minerals sugars lignin saponins salicylic acids amino acids ^{18,19}	anti-tumor immune activity antioxidant ^{18,19}
<i>Embelia ribes</i> Burm.f	embelin vilangin essential oils alkaloids phenols flavonoids ²³	antioxidant antidiabetic anticancer ²³
<i>Terminalia bellerica</i> (Gaertn.) Roxb	Ellagitannins such as corilagin, chebulagic acid, galloylpunicalagin, and digalloyl-hexahydroxydiphenoyl-hexoside ³⁰	antioxidant moderate hepatoprotective anti-apoptotic ³⁰
<i>Phyllanthus emblica</i> Linn	gallic acid ascorbic acid ellagic acid rutin quercetin catechol ²⁷	antioxidant ²⁷
<i>Piper longum</i> Linn	resin volatile oil starch gum fatty oil alkaloid piperine ^{6,7,8}	stimulant carminative and tonic aphrodisiac diuretic vermifuge emmenagogue ^{6,7,8}
<i>Piper longum</i> Linn Root	sesquiterpene pentadecane tridecane heptadecane piperine ^{6,7,8}	anticancer antioxidant anti-inflammatory immunomodulatory analgesic radioprotective antifertility ^{6,7,8}
<i>Withania somnifera</i> Linn Dunal	withanolide D withaferin A ^{9,10,11}	anti-stress anti-anxiety activity ^{9,10,11}
<i>Sida acuta</i> . Burm.f.	beta-phenethylamines quinazolines carboxylated tryptamines ^{25,26}	antivirulent urease activities ^{25,26}
<i>Solanum xanthocarpum</i> Schrad.	solanacarpine, solanacarpidine, solancarpine, solasonine, solamargine ^{14,15}	antithrombotic ^{14,15}
<i>Hemidesmus indicus</i> Linn	hexatriacontane lupeol α -amyrin β -amyrin sitosterol ²⁹	protects against oxidative stress, hyperlipidemia and liver damage ²⁹

<i>Curculigo orchoides</i> . Gaertn	curculigoside orcinol glucoside ²⁸	anti-diabetes anti-osteoporosis anti-oxidation lipid peroxidation inhibition anti-depression anti-arthritis anti-nociception anti-tumor anti-bacteria ²⁸
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DISCUSSION

It is a well-known fact that the siddha system of medicine helps to bring out a healthy living. From the above review of this study, the ingredients of Sowbagya Chundi Legiyam have Anti-inflammatory, antioxidant, anti- microbial, anti-fungal, anti-bacterial, anti- stress, anti- anxiety, tonic, diuretic, anti-thrombotic, hepato-protective, nephro-protective activities and many scientific reviews related for puerperal women. So, this medicine will be a boon for women during their puerperium and provide them good physical and mental health.

CONCLUSION

The post-delivery period is a very crucial phase in a woman's life. Ignorance about proper care, excessive concern about the child, and an inability to cope with motherhood may lead to postnatal disorders and even depression. The Siddha system of medicine describes a complete health regimen for the postnatal woman. The management of puerperium consists of providing the means whereby the woman can recuperate physically and emotionally and gain supervised experience in the care of her infant. This includes restoring the health status of mothers, preventing infection, promoting breast feeding. All these methods help the body to combat the stress felt during pregnancy and labour and to regain and restore its physiological and anatomical state. There are so many things could happen in puerperium period that influence mother's mortality rate. So, the early and correct puerperium care is important. Hereby, the Author explores the remarkable properties and benefits of Sowbhagya Chundi Legiyam, as it continues to provide relief and support for women's health. This review may act as a key role support for puerperal women. This will pave a way for them to take good care of their children and nourish both.

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