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Review Article

EVALUATION OF *IYPATHI CHOORANAM* - A REVIEW OF ITS THERAPEUTIC POTENTIAL

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ABSTRACT

Siddha medicine is one of the traditional originating from south India, offers a unique approach to the diagnosis and treatment of eye disease *(Kannoigal),* based on the foundational concepts of *Pancha bootham* and three bodily humours *(Vali, Azhal, Iyyam)*. The medicine called *Iypathy Chooranam* is one among the siddha medicine mentioned on the book *Agasthiyar nayana vithi*. The drug review of the medicine explains about morphology, family, chemical constituents and pharmacological actions of each ingredient. The main sources of review as siddha text and resources from the database and relevant journal. The main aim of the study is to evaluate the chemical characters and action of the drug *Iypathi chooranam*. Secondary aim is to spread consciousness about the drug. The conclusion suggest *Iypathi chooranam* may possess therapeutic benefits, but further research is needed to establish its efficacy and safety.

INTRODUCTION

Siddha opthalmology provides both preventive and therapeutic interventions using herbal, mineral and dietary formulations. Classical siddha texts such as *"Agasthiyar Nayana Vithi"* describe various ocular conditions and their treatments including myopia, conjuctivitis, stye, ptosis, cataract etc[2]. Siddhars have also put forth various simple natural remedies of eye diseases. In siddha medicine, eye diseases is called as *Nayana Rogam, Kan Noi, Nethira Pini[2].* The most common Refractive error all of which affect vision are myopia, hyperopia, astigmatism, lazy eye and Refractive errors refer to a group of vision conditions that can be managed and corrected with refractive treatments offered through Siddha medicine. This study will elaborate the morphology, family, parts, used, pharmacological actions and chemical components of *Iypathi chooranam*. The scope of this review encompasses detailed phytochemical analysis, therapeutic indications, and any existing preclinical or clinical studies that support the use of *Iypathi Chooranam*.

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Additionally, the paper discusses the necessity for further research in areas such as standardization, dosage determination, safety profiling, and clinical validation. Overall, this review serves to enhance the understanding of *Iypathi Chooranam* within both traditional and modern contexts. It encourages future studies to establish stronger scientific evidence for its inclusion in integrative and evidence-based therapeutic systems.

Research drug

Iypathi chooranam

Ingredients of the drug

1. *Elam*- 10gm
2. *Kirambu* - 10gm
3. *Nelli mulli* - 10gm
4. *Kostam* - 10gm
5. *Vaaivilangam* - 10gm
6. *Korai kizhangu* - 10gm
7. *Chukku* - 10gm
8. *Milagu* - 10gm
9. *Thippili* - 10gm
10. *Kadukkai* - 10gm
11. *Sivathai ver* - 100gm
12. *Sarkkarai* - 200gm

Preparation of the Drug

All these drugs are purified as per classical Siddha texts and grind all the ingredients into fine particles. Keep it in storage container.

Dosage

3-4 Years- 500mg
5-7 Years- 750mg
8-14 Years- 1gm

Indication

Kan noigal

RESULTS

Table 1: Scientific and vernacular name of the drug ingredients [1]

S.No	Botanical name	Tamil name	English name	Sanskrit Name	Malayalam name
1.	*Elettaria cardamomum*	*Elam*	Cardamom seeds	*Ela*	*Elattari*
2.	*Syzygium aromaticum*	*Kirambu*	Cloves	*Lavangam*	*Karampu*
3.	*Phyllanthus emblica*	*Nellimulli*	Indian Goseberry	*Amalaki*	*Nellikay*
4.	*Costus speciosus*	*Kostam*	Costus root	*Koshtam*	*Kottam*
5.	*Embelia ribes*	*Vaaivilangam*	Emebelia	*Vidanga*	*Vizhalari*
6.	*Cyperus rotundus*	*Korai khizhangu*	Nut grass	*Mutha*	*Muththanna*
7.	*Zingiber officinale*	*Chukku*	Dried ginger	*Nagaram*	*Chukku*
8.	*Piper nigrum*	*Milagu*	Black pepper	*Maricha*	*Kurumulaku*
9.	*Piper longum*	*Thippili*	Long pepper	*Pippali*	*Thippili*
10.	*Terminalia chebula*	*Kadukkai*	Chebulic myrobalan	*Haritaki*	*Katukkai*
11.	*Operculina turpethum*	*Sivathai ver*	Turpeth root	*Trivrith*	*Tricklpa-konna*
12.	*Saccharum officinarum*	*Sakkarai*	Sugarcane	*Ikshu*	*Karinpa*

Table 2: Morphology, Family, Taste and Potency of the drug ingredients [1]

S.No	Botanical name	Morphology	Parts used	Family	Taste	Potency
1.	*Elettaria cardamomum*	Shrub	Fruit	Zingiberaceae	Pungent	Hot
2.	*Syzygium aromaticum*	Tree	Flower	Myrtaceae	Pungent	Hot
3.	*Phyllanthus emblica*	Tree	Fruit	Euphorbiaceae	Sour, astringent, sweet	Coolant
4.	*Costus speciosus*	Herb	Tuber	Costaceae	Bitter	Hot
5.	*Embelia ribes*	Shrub	Fruit	Myrsinaceae	Bitter	Hot
6.	*Cyperus rotundus*	Sedge	Tuber	Cyperaceae	Astringent	Hot
7.	*Zingiber officinale*	Herb	Rhizome	Zingiberaceae	Bitter	Hot
8.	*Piper nigrum*	Climb	Fruit	Piperaece	Bitter, pungent	Hot
9.	*Piper longum*	Climb	Dried spikes	Piperaceae	Sweet	Hot
10.	*Terminalia chebula*	Tree	Fruit	Combretaceae	Astringent	Coolant
11.	*Operculina turpethum*	Tree	Root	Convolvulaceae	Bitter	Hot
12.	*Saccharum officinarum*	Grass	Stem	Poaceae	Sweet	Coolant

List of Phytocomponents Selected for Docking Study in *Iypathi Chooranam*[16]

Elettaria cardamom	Nerolidol (5]
Syzygium aromaticum	Ellagic acid (6)
Phyllanthus emblica	Phyllanthin (7)
Costus speciosus	Costunolide (8)
Embelia ribes	Embelin (9)
Cyperus rotundus	Cyperolone (10)
Zingiber officinale	Zingiberene (11)

Piper nigrum	Piperic acid (12)
Piper longum	Piperine (13)
Terminalia chebula	Gallic acid (14)
Operculina turpethum	Lupeol (15)

Table 3: Action, Chemical constituents and Uses of drug ingredients[1,3,6-10,13,14]

S.No	Botanical Name	Action	Chemical Constituents	Uses
1.	*Elettaria Cardamomum*	Stimulant Carminative Stomachic Anti Inflammatory Anti-oxidant Anti-microbial Anti-fungal Anti-bacterial	Alpha Terpinyl Acetate 1,8-Cineole Myrcene Protein Fixed oil Volatile oil	prevent unpleasant smell in mouth, indigestion, nausea, vomiting prevents pyrosis (excessive watering in mouth). pharyngitis, sour throat, hoarseness during the infective stage of flue, eye degeneration, cataract, ocular tissue inflammation.
2.	*Syzygium aromaticum*	Antispasmodic, carminative, antiviral, antimicrobial, anti-fungal, anticancer, antioxidant, anti-inflammatory	Eugenol, Bcaryophylle A-Humulene, Eugenylacetate potassium, manganese, iron, selenium, magnesium. Vitamin A, beta carotene, Vitamin K, Vitamin B6, Vitamin B1, riboflavin, Vitamin C	Bad breath, hyperacidity, pharyngitis, cough, skin irritation, swollen or bleeding gums, erection problems, delayed ejaculation, primary eye problem.
3.	*Phyllanthus emblica*	Refrigerant Laxative Diuretic Anti-oxidant Anti-cancer Anti-inflammatory Anti-aging Anti-diabetic Hepatoprotective Cardioprotective	Polyphenols hydrolysable tannin, ellagic acid, gallic acid, chebulagic acid, flavonoids, amino acid includes alanine, proline, lysine, glutamic acid, aspartic acid glucose, fructose, and fiber (pectin), minerals calcium, iron, phosphorus, copper, zinc, chromium	Atherosclerosis, diabetes, stomach upset, diarrhea, skin problems, retinal degeneration, age related macular degeneration, reduce blood sugar, hair growth, stimulates white blood cell production. Improves digestion, relieve constipation hyperacidity. Reduces LDL (bad) cholesterol and increases HDL (good) cholesterol, promotes collagen synthesis, inhibits tumor growth, reduces eye strain and prevents cataracts, asthma, bronchitis, and chronic cough.
4.	*Costus speciosus*	Stomachic Expectorant Tonic Stimulant Diaphoretic, anti-oxidant, anti-microbial, insecticidal, anti-cancerous, antidiabetic Anti-hypertensive Anti-inflammatory Hepatoprotective	Alkaloids, glycosides, steroids, phenolic, [1,14] flavonoids, polyphenols, tannins, and β-carotene.	Arthritis, muscle pain, wound healing, menstrual irregularities, infertility. eczema, boils, help lower blood sugar, Type 2 diabetes. reduce inflammation, arthritis, muscle pain, eczema, boils, ringworm, hair growth, AMD, glaucoma.

5.	*Embelia Ribes*	Anthelmintic Carminative Stomachic Stimulant, anti-analgesic, anti-inflammatory, anti-hyperlipidemic, anti-hyperglycemic, anti-cancer, anti-parasitic, anthelmintic, anti-microbial, anti-fungal	Schristembine Embelin, quercitol, alkaloid, resinoid, tannins, 5-Diene-1, 4-Dione	Effective against roundworms, tapeworms, indigestion, bloating, flatulence, constipation, prevent cellular damage aging. skin infections, oral health issues, provide relief arthritis, inflammatory, regulate blood sugar levels, optic neuritis, dry eye syndrome.
6.	*Cyperus Rotundus*	Astringent, stimulant, tonic, diuretic, diaphoretic, demulcent emmenagogue, vermifuge, antioxidant, DNA damage protective, cytotoxic antibacterial, antifungal, antiviral	A-Copaene Cyperene Valerenal Caryophyllene Oxide, Trans-Pinocarveol, B-Caryophyllene Oxide, Limonene, A-Calacorene Muurolene, Components Cyperotundone, Cyperene, Mustakone Caryophyllene Oxide, Rotundene.	Indigestion, diarrhoea, flatulence, and intestinal worms, regulates menstrual cycles and reduces menstrual pain (liver detoxification and skin hdetoxify the liver and support urinary tract health.
7.	*Zingiber officinale*	Stomachic Stimulant Carminative Anti-inflammatory, Anti-apoptotic, Anti-tumour Anti-pyretic, Anti-platelet, Anti-tumorigenic, anti-hyperglycemic, antioxidant anti-diabetic, anti-clotting, analgesic properties, cardiotonic,	phenolic compounds, terpenes, polysaccharides, lipids, organic acids, alkaloids, carbohydrates, proteins, phenolic acids, flavonoids, glycosides, anthraquinone, cardiac glycosides, saponins, tannin, steroids, protein.	Osteoarthritis, rheumatoid arthritis, sore throat, congestion, cough, neutralizes free radicals. Relieves indigestion and bloating. Stimulates saliva and bile production. To treat nausea, morning sickness, motion sickness. Vomiting hair growth, arthritis, muscle pain, joint stiffness. Menstrual pain (dysmenorrhea), headaches, muscle soreness, type 2 diabetes lowers cholesterol, neurodegenerative disease, hypertensive retinopathy.
8.	*Piper nigrum*	Acrid Carminative Antiperiodic Rubefacient Stimulant Resolvent Antivatha Antidote antioxidant, anti-inflammatory, anticancer, anti-obesity, antidepressant, antidiabetic, antimicrobial, gastroprotective, insecticidal activities.	β-Caryophyllene limonene, β-pinene, α-pinene, myrcene, δ-elemene β-farnesene, thetidotesabinene, 3-carene, D-limonene, α-pinene, caryophyllene, β-phellandrene, α-phellandrene, α-thujene, β-bisabolene.	Digestion and assimilation. Anti-inflammatory effects, Piperine inhibits pro-inflammatory cytokines. Potential to help in conditions like arthritis, asthma, inflammatory bowel disease (IBD) Protects against cell damage, aging, and degenerative diseases. Effective against a range of pathogens including E. coli, Staphylococcus aureus, and Salmonella. Digestive Support Stimulates digestive enzymes

				and gastric secretions. Relieves indigestion, bloating, and flatulence. Neuroprotective Effects Piperine shows promise in enhancing cognitive function. Anti-cancer Potential Piperine may inhibit the growth of various cancer cells (breast, prostate, colon. Lipid-lowering Effects Helps regulate blood sugar levels and improve insulin sensitivity.
9.	*Piper longum*	Stimulant Carminative Insecticidal Antifungal activity: Anti-analgesic Anti-depressant Antiulcer Anti-inflammatory Immunomodulatory Hepatoprotective	bisabolene, β-caryophyllene, β-caryophyllene oxide, saturated aliphatic hydrocarbons such as pentadecane, tridecane, and heptadecane. itsresin, alkaloids terpenoid piperine, piperlongumine, sylvatin, sesamin, diaeudesmin piperlonguminine, pipermonaline, piperundecalidine	chronic bronchitis, asthma, constipation, gonorrhea, paralysis of the tongue, diarrhea, cholera, chronic malaria, viral hepatitis, respiratory infections, stomach-ache, bronchitis, indigestion, flatulence, constipation, and diarrhea. arthritis and joint pain management cough.
10.	*Terminalia chebula*	Stomachic Astringent antioxidative, antiproliferative, anti-microbial, proapoptotic, anti-diabetic, anti-ageing, hepatoprotective, anti-inflammatory, antiepileptic.	Chebulagic acid, chebulinic acid, gallic acid, ellagic acid, tannic acid, corilagin, polyphenolic compounds, triterpenoids, ascorbate). Chebulagic glycosides, alkaloids, flavonoids, phenolic compounds, saponin, steroids, quinine and tannin. Lavonoids, gallic acid, catechin, chlorogenic acid, and coumaric acid	stomachic, tonic, carminative, expectorant and anti-dysenteric. Its common uses include: rejuvenating, laxative (unripe), astringent (ripe), anthelmintic, nervine, expectorant, tonic, carminative, and appetite stimulant. It is used in people with leprosy (including skin disorders), anaemia, narcosis, piles, chronic, intermittent fever, heart disease, diarrhoea, anorexia, cough and excessive mucus secretion, and a range of other complaints and symptom, preventing Cataract, AMD, improve vision, Diabetic retinopathy.
11	*Operculina turpethum*	Purgative Anti-diabetic Anti-diarrhoeal Anti-cancer Anti-ulcer	α-and β-turpethein, turpethinic acids (A, B, C, D, and E), coumarins, cycloartenol, lanosta-5-ene, 24-methylene-δ-5-lanosterol, α- and β-rhamnose, β-sitosterol,	Strong purgative & laxative The root is a potent purgative used to treat constipation, indigestion, and intestinal blockages. Promotes regular bowel movements and helps clear toxins from the

			lupeol, scopoletin, betulin, acrylamide, glucopyranoside scopoletin, rhamnose, vanillic acid, turpethinic acids C, D, E saponins	gastrointestinal tract. Arthritis, joint pain, inflammatory swellings. Treating jaundice, hepatitis. To treat helminthiasis (parasitic worm infections). Eczema, itching, skin issues, asthma, bronchitis, chronic cough,
12	*Saccharum officinarum*	Antiseptic Demulcent Hepatoprotective Antioxidant Antipyretic Anti-fatigue	Saccharin, sulfur dioxide, methyl, ethyl alcohol, hydrochloric acid, benzene, acetic acid. phenolic compounds, plant sterols, policosanols.	To relieve urinary tract infections (UTIs), kidney stones, and burning urination. It helps maintain electrolyte balance and supports liver function. Antioxidant, contains polyphenols and flavonoids, which help combat oxidative stress and support general health. Improves digestion and helps relieve constipation. It supports healthy bowel movements. sugarcane's antioxidant content might support general eye health. age-related macular degeneration (AMD), sugarcane's antioxidant content might support general eye health.

DISCUSSION

The preparation of *Iypathi chooranam* mentioned on the text *Agasthiyar nayana vithi* contains all the ingredients is herb, The complete prepared medicine is safe for pediatric age group also. The activities of the drug like, anti-inflammatory, analgesic, anti-bacterial, antioxidant, hepatoprotective, immunomodulatory, anti-microbial, anti-allergic, anti-diarrhoeal, immune-modulatory will make the medicines more effective towards the ailment[[15]. *Iypathi chooranam* mentioned in Siddha literature has antioxidant, neuroprotective and anti-inflammatory activity.[17]

As per the *Gunapadam Mooligai* literature evidence and pharmacological activities of the ingredients present in the *Iypathi chooranam* shows that - *Kirambu* cures *kann poo, Nellimulli* has the property of Opthalmic disorder modulator, *Kostam* cures *Kann noigal*, *Thippili* and *Kadukkai* also cures *Kann noigal*. Cataract is a primary contributor to vision loss and blindness. Surgery is the only solution given today to recover cataract. But it leads to various complications such as visual axis opacification, glaucoma, uveal inflammation, retinal detachment, corneal astigmatism. To reduce the post-surgery complications and to prevent Cataract in earlier stage Siddha polyherbal formulation *Iypathi chooranam* will be very effective.[18]

CONCLUSION

The outcome of this research provides valuable insight into the beneficial effects of the medicine. Potential consequences of the drug are discussed, along with the implications for interpreting the results. The study concludes with several recommendations for further research**.** The above review about *Iypathi chooranam* emphasise that it is potentially safe, easily accessible, simple Siddha formulation which may interfere in the treatment of *Kan noigal*. Further clinical trial and pharmodynamic targets of this formulation has to be evaluated for this Siddha formulation.

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