

Review Article

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Review of Nandukkal Parpam for Diuretic in Traditional Siddha medicine

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Keywords

Nandukkal parpam,
Herbo-mineral drug,
Siddha formulation.

Abstract

Nandukkal parpam Herbo-Mineral Siddha drug is taken which is highly used by the traditional medicine practitioners. It has high therapeutic value by treating the immediate and permanent cure to urinary obstructions and related diseases. Nandukkal Parpam is a siddha formulation indicated mainly for kidney diseases especially kidney stone. So here we focus on Nandukkal parpam for the treatment of urinary obstruction and related disease are reviewed.

Introduction

Siddha medical system is one of the oldest traditional heritage system widely practiced in south india. Siddha pharmacology (Gunapadam) deals with detailed study of siddha drugs. Based on their origin, raw drugs are categorized as materials of plant (Mooligai vakuppu), minerals (Thathu vakupu) and animal origin (Jeeva vakupu). Siddha literature describes 220 minerals under four main groups ulogam-11 (Metals), Karasaram-25 (Salts), Patanam-64 (Aresenic and mecurial compounds) and Uparasam-120 (other minerals). Siddha medicine describes a variety of therapeutic usage of nandukkal. But nowadays, fast food culture leads to many health problems such as stone formation in kidneys,

stomache disorder etc. One such siddha medicine namely “Nandukkal Parpam” has been selected for diuretic. It is mainly used for curing the urinary obstructions, inflammation of urogenital tract.

Ingredients of Nandukkal parpam:

Nandukkal (Fossil Crab)
Mullangi (*Raphaneus sativus* -Brassicaceae)
Sirukanpeelai (*Aerva lanata* - Amaranthaceae)

Nandukkal:

The evidence of use of fossils in siddha system prevails only on fossil crab. The source of fossil crab

is still mysterious. Eventhough, the studies on Nandukkal proves that it is efficacious particularly in urinary calculi. More research studies should be initiated in focus on nandukkal. The usage of fossils in siddha medicine and it is grouped under other minerals (Uparasam-120) category.

Raphaneus sativus:

The phytochemical analysis of *Raphaneus sativus* indicate the presences of Flavanoids, Terpenoids, Alkaloids, Saponins and Sterols. The pharmacological activity of *Raphaneus sativus* is reported to have Anti-microbial activity, Anti-cancer, Anti-diabetic, Gastrointestinal and uterine tone modulatory activity, Anti-oxidant, Hepatoprotective activity. All the species of Raphaneus including *Raphaneus sativus* have 2n=18 chromosome. The radish leaves are good source of protein, having biological value of 76.6 & digestibility Co-efficient is 73.5%. Radish leaves are rich source of calcium, iron and ascorbic acid. Sulphorapene is found to very good for antibacterial activity against Streptococcus, Pyococcus, Pneumococcus and *Escherichia coli*.

Aerva lanata:

The phytochemical constituents present in the plant include Alkaloids, Flavanoids, Methyl grevilate, Lupeol, Lupeol acetate, Benzoic acid, -sitostery acetate and Tannic acid. The pharmacological activity of *Aerva lanata* is reported to have Diuretic, Anti-inflammatory, Hypoglycemic, Anti- diabetic, Anti-parasitic, Anti-microbial, Hepato-protective, Anti-urolithiasis, Anti-asthmatic, Anti-infertility and Hypolipidemic properties of *Aerva lanata*.

Discussion

The UV-Visible Spectrum of Nandukkal Parpam indicates the presence of calcium carbonate. The Constant deviation spectrograph of Nandukkal parpam confirms the presence of Calcium, Iron, Silicon and Sodium. The Anti-microbial activity of Nandukkal parpam against *Proteus vulgaris*, *Escherichia coli*, *Pseudomonas aeruginosa* and the drug is not effective against *Klebsiella pneumoniae* and *Staphylococcus aureus*. Aerva and Radish juice acts as an inhibitors for urinary crystals. The isolated quercetin and botulin from *Avera lanata* have shown mild diuretic effect by significantly reducing the size of calculi in the kidneys and enhancing the excretion of Calcium, Phosphate, Oxalate while maintaining level of

Magnesium, which is reported to be one of the calculi inhibiting factors. Radish have a specific effect Vitamin C for human being is reported. Its possible clinical application is considered and it is suggested that it may be use where a mild diuretic, or slow and progressive dehydration of the body is to be desired

Conclusion

Nandukkal parpam may have effective against urinary tract pathogens like *Escherichia coli*, *Proteus vulgaris*, *Pseudomonas aeruginosa* etc. Nandukkal Parpam contain Calcium, Iron as major components and traces of sodium and silicon. The isolated quercetin and botulin from *Avera lanata* have shown mild diuretic effect by significantly reducing the size of calculi in the kidneys and enhancing the excretion of Calcium, Phosphate, Oxalate while maintaining level of Magnesium, which is reported to be one of the calculi inhibiting factors. Ingredients of Nandukkal Parpam include Aerva and Radish juice act as inhibitors for urinary crystals. Nandukkal Parpam gives immediate and permanent cure to urinary obstruction and related diseases.

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