



SKM VAIDHYA AMIRTHAM

News Letter of SKM in Siddha, Ayurveda and Unani

Vol : 1 Issue : 5

JANUARY - MARCH 2023



Effective Remedy for **MIGRAINE!**



O - Graine
Tablets

- ✓ Treats migraine
- ✓ Relieves Tension headaches

Reduce
reoccurrence
and severity of
migraine
attacks

Effective for
stress and
tension head
aches

Supports the
nervous system
and
strengthens the
senses

SYMPTOMS A MIGRAINE

Did you know?



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Good conduct

आर्द्रसन्तानतात्यागःकायवाक्चेतसांदमः ।

स्वार्थबुद्धिःपरार्थेषुपर्याप्तमितिसद्व्रतम् ॥४६॥

(Ref: Ashtanga Hridayam Sutrasthana)

Compassion with all living beings, granting of gifts, controlling the activities of the body, speech and mind; feeling of selfishness in the interests of others (looking after the interest of others as his own) these are sufficient rules of good conduct.



Articles are invited in Siddha, Ayurveda and Unani fields about clinical experience, rare medicinal preparations, successful treatments, Herbal informations and AYUSH Foods for our "SKM Vaidhya Amirtham" News letter which has around 10000 copies of circulation.

Please send your Articles/Suggestions to:
SKM Center for Ayush System Research and Education

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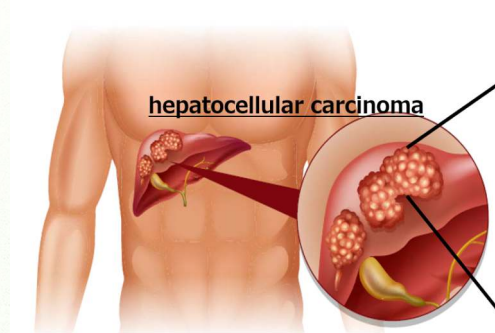
CHITTHIRAMoola KULIGAI

IN VITRO ANTI PROLIFERATIVE, ANTI OXIDANT AND PHYTOCHEMICAL SCREENING OF A SIDDHA DRUG CHITTHIRAMoola KULIGAI (CMK)

Siddha medicines are time tested formulations and having abundant anti-cancerous drugs cited in many classical references. *Chittiramoola Kuligai (CMK)* is a known drug and it is indicated for Chronic ulcers, Cancerous conditions of urogenital regions, chest regions and eight types of *Gunmams* (acute and chronic abdomen). The CMK is tested against HeLa cell lines which represents cervical cancer. The cell viability is applied through MTT assay technique. The different concentrations of the CMK (10 µg/ml, 50 µg/ml, 100 µg/ml) were tested. The IC 50 value was 83 µg/ml. The anti-oxidant activity via different methodologies Nitric oxide and DPPH assay method were applied. The CMK is showed good anti-oxidant activity by lesser concentrations. The phytochemical analysis revealed the presence of Alkaloid, Flavanoids and Triterpinoids. These phytochemicals components may be helpful in anti-cancerous mechanisms. Finally the drug can be taken as choice of drug to treat cervical cancer patients and the clinical evidences must be documented. The current study enumerates anti-proliferative effect of the drug *Chittiramoola Kuligai (CMK)* at dose dependent manner which is indicated in the classical reference. It leads hope for administering this drug for cervical cancer. This maneuver is easy to administer orally and moreover cost effective. This prelim study will initiate more research in the field of anti-proliferative drugs.

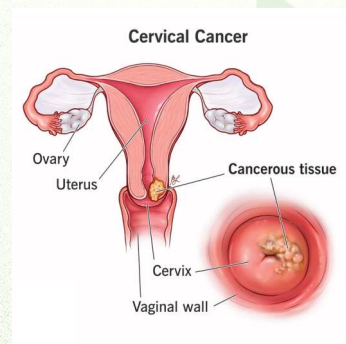


IN -VITRO ANTICANCER ACTIVITY OF “CHITRAMoola KULIGAI” AGAINST HEPATIC CARCINOMA AND CERVICAL CANCER CELL LINES



Chitramoola kuligai (CMK) is an important herbo-metal drug prescribed orally by Siddha physicians for the treatment of liver and genital cancers. The ingredients of CMK include *Plumbago zeylanica*, *Carum copticum*, *Hydragyrum subchloride* and palm jaggery. Since literature survey revealed that no scientific study has been done, current study was undertaken. Objective of the study was to evaluate cytotoxic activity of CMK against Human hepatic cancer cells (HepG₂) and human cervical cancer cells (HeLa). In this study, CMK was extracted by continuous extraction technique for 24 hours with chloroform by cold maceration method.

In-vitro cytotoxic activity was evaluated by sulphorhodamine-B (SRB) assay against HepG₂ and HeLa. Number of live cells directly affects the color formation, which is estimated calorimetrically by measuring the absorbance at 540 nm to calculate the cytotoxicity (inhibitory concentration - IC₅₀ value) of the drug. Results showed that the IC₅₀ values of standard drug (doxorubicin) and CMK against HepG₂ were 1.21 and 44.87 µg/mL, whereas in HeLa, the values were 1.12 and 89.10 µg/mL, respectively. Previous studies have showed that plumbagine is responsible for anticancer activity of *P. zeylanica*. Furthermore, mercury is considered as one of the most toxic metals, but its anticancer activity is already proven.



Earlier research has indicated that *C. copticum* has antioxidant, hepatoprotective and antimutagenic properties. These properties may be effective in minimizing toxic effects of active principles. The study proves the possible anti-cancer potential of Chitramoola kuligai.



ANALYSIS OF KABASURA KUDINEER CHOORANAM A SIDDHA FORMULATION

ABSTRACT :

The empirical wisdom of traditional medical system Siddha needs repeated time testing and Standardization. In this paper an attempt was made to evaluate official Siddha formulation mentioned in Siddha formulary, Kabasurakudineer chooranam by analytical methods and chromatographic studies. It is a compound formulation consisting of fifteen ingredients. It is commonly used for the treatment of fever with or without respiratory infection. It is prescribed in large during the epidemic of Swine flu as a prophylactic and Media reports gave a Renaissance to this official Siddha formulation. Kabasurakudineer chooranam was purchased from SKM Siddha and Ayurveda Company (India) Ltd., Erode, Tamil Nadu, India. The chooranam was subjected to physico-chemical analysis, preliminary phytochemical analysis, TLC and HPTLC studies. This information will be used for laying down the pharmacopoeial standards of Kabasurakudineer chooranam.

INTRODUCTION :

The Siddha system of medicine is predominantly practiced in South India. While accepting its benefits global community demands evidence based scientific explanation to understand the concept of Siddha system of medicine and demands quality matching International standards to reassure the efficacy of Siddha medicine. Siddha preparations have been classified into different categories of medicinal forms as 32 internal and 32 external and chooranam is one among the internal medicinal form. The current drug is further classified as kudineer chooranam which means a drug to be made into decoction and consumed. Standardization of herbal formulations is essential in order to assess the quality of drugs. In this paper an attempt was made to evaluate a Siddha formulation, Kabasura kudineer chooranam by analytical methods and chromatographic studies. Kudineer chooranam consists of coarse powders of drugs and is used for the preparation of decoction. Decoctions should be prepared whenever required and should not be stored for a long period, as molds develop in the decoction. Kabasura kudineer chooranam is commonly used in Siddha for the treatment of fevers and also as a prophylactic at the time of viral epidemics.¹



MATERIALS AND METHODS :

Kabasurakudineer chooranam is a compound formulation consisting of fifteen ingredients², which are given in Table I. Kabasurakudineer chooranam was purchased from SKM Siddha and Ayurveda Company (India) Ltd. Saminathapuram, Modakurichi, Erode- 638104, Tamil Nadu, India.

Analytical methods

The analytical methodology includes determination of organoleptic characters, preliminary phytochemical analysis, physicochemical analysis, TLC photo documentation and HPTLC fingerprint studies.

Organoleptic characters

The organoleptic characters such as colour, taste and odour were noted.

Physico-chemical parameters

The physico-chemical examinations include determination of total ash, acid insoluble ash, extractable matter in water and alcohol, loss on drying at 105°C and pH of the water extract. All the physico-chemical parameters were determined by standard methods^{3,4}.

Preliminary phytochemical analysis

Preliminary phytochemical analysis for phenols, terpenoids, steroids, flavonoids, quinones, coumarins, alkaloids, tannins, acids and glycosides were carried out by standard procedures^{5,6,7}.

Thin layer chromatographic (TLC) and high performance thin layer chromatographic (HPTLC) analysis

HPTLC is an invaluable quality assessment tool for the evaluation of herbal drugs and is the simplest separation technique today available to the analyst.

Preparation of extract of the drug for chromatographic analysis

Extract of the drug was prepared by soaking 4g of the chooranam overnight in 40ml chloroform, then boiled for 10 minutes on a water bath, cooled and filtered. The filtrate was concentrated to 10ml. This extract was used for chromatographic studies⁸.

Development of TLC photo documentation and HPTLC fingerprinting profile

Chloroform extract of the chooranam was applied in the form of bands with Camagmicrolitre syringe on a precoated silica gel 60 F₂₅₄ plate (Merck) with Automatic TLC Sampler 4 (ATS4).



Mobile phase used was Toluene: Ethyl acetate (3:1). Linear ascending development was done in twin trough glass chamber saturated with mobile phase. The plate was air dried and then photo documented at UV 254 nm and 366 nm using Camag Visualizer. The plate was scanned at UV 254 nm and 366nm using TLC Scanner 4 with win CATS software and the finger print profiles were documented. After derivatisation using vanillin-sulphuric acid reagent the plate was kept under white light and the TLC chromatograms were documented and also scanned at 575nm and finger print profile was recorded⁹.

RESULTS AND DISCUSSION

Organoleptic characters

Kabasukudineer chooranam is a coarse powder, pale brown in Colour with characteristic odour and very bitter taste.

Physico-chemical parameters

The physico-chemical values are tabulated in Table 2. The total ash is the total amount of material remaining after ignition. Acid in soluble ash measures the amount of silica present, especially as sand and siliceous earth. Alcohol & water soluble extractives determine the amount of active constituents extracted with solvents from the drug.

Preliminary phytochemical analysis

The preliminary phytochemical investigations of chooranam showed the presence of major secondary metabolites which reveals the potent therapeutic activity. The results of the analysis are presented in Table 3.

TLC and HPTLC analysis

TLC photo documentation profiles of the chloroform extract of Kabasura kudineer chooranam at 254nm, 366nm and after derivatisation under white light are given in Fig.1. The solvent system, Toluene: Ethyl acetate (3:1) efficiently resolved the components present in the crude extract. TLC pattern showed four visible bands under UV at 254nm with R_f 0.40, 0.45, 0.71 and 0.89 and at 366nm showed 13 major bands at R_f value 0.01, 0.05, 0.09, 0.15, 0.18, 0.30, 0.34, 0.41, 0.47, 0.64, 0.71, 0.81 and 0.95. After derivatisation there were six visible bands observed of R_f values at 0.04, 0.32, 0.40, 0.49, 0.64 and 0.74. The HPTLC fingerprinting profiles of the chloroform extract of Kabasura kudineer chooranam was recorded at 254nm, 366nm and after derivatisation with vanillin– sulphuric acid at 575nm. The 3D densitometric chromatogram of the chloroform extract of Kabasura kudineer chooranam and the HPTLC fingerprinting profiles at 366nm are given in Figs. 2 and 3 respectively and the R_f values and percentage area of the peaks are shown in Table 4. Out of the 13 peaks observed at 366nm, four peaks (R_f 0.01, 0.64, 0.71 and 0.81) were significantly higher than others indicating that these chemical constituents are present in significant quantity in the crude extract.

Table 1: Ingredients of Kabasura kudineer chooranam

Sl. No.	Tamil Name	Botanical Name	Part used	Quantity
1	Chukka	<i>Zingiberofficinale</i> Rosc	Rhizome	1 part
2	Milaku	<i>Piper longum</i> L.	Fruit	1 part
3	Ilavangam	<i>Syzygium aromaticum</i> (L.) Merr & L. M. Perry	Flower bud	1 part
4	Sirukanchiveri	<i>Triglochin volucre</i> L.	Root	1 part
5	Akkarakaram	<i>Anacardium occidentale</i> (L.) Lag.	Root	1 part
6	Mulliver	<i>Hydrocotyle umbellata</i> (L.) Heine	Root	1 part
7	Kadukkathol	<i>Terminalia chebula</i> Retz.	Pericarp	1 part
8	Adhatodai	<i>Justicia adhatoda</i> L.	Leaf	1 part
9	Karpuravallilai	<i>Plectranthus amboinensis</i> (Lour) Spreng	Leaf	1 part
10	Koshtam	<i>Saundersia costata</i> (Falc.) Lipsch.	Root	1 part
11	Seenthil	<i>Timosporium</i> (Lour) Merr.	Stem	1 part
12	Ciruthikkai	<i>Premna hirsuta</i> Roxb. (Official substitute)	Root	1 part
13	Nilavembucamulam	<i>Andropogon squarrosus</i> (L.) Nees	Whole plant	1 part
14	Vattathirupper	<i>Cissampelos pareira</i> L.	Root	1 part
15	Korakkizhangu	<i>Cyperus rotundus</i> L.	Rhizome	1 part

Table 2: Physico-chemical parameters of Kabasura kudineer chooranam

Sl. No.	Parameter	I	II	Mean
1.	Loss on Drying at 105°C %	7.51	7.23	7.37
2.	Total Ash Content %	9.48	9.63	9.55
3.	Acid Insoluble Ash %	1.61	1.40	1.50
4.	Water Soluble Extractive %	17.54	18.30	17.92
5.	Alcohol Soluble Extractive %	7.75	7.60	7.67
6.	pH	6.12	6.12	6.12

Table 3: Preliminary phytochemical studies of Kabasura kudineer chooranam

Sl. No.	Phytochemicals	Observation
1	Terpenoid	+
2	Phenol	+
3	Steroid	+
4	Flavonoid	+
5	Alkaloid	+
6	Tannin	+
7	Glycosides	+
8	Quinones	+
9	Acids	+
10	Coumarin	+
11	Sugars	+
12	Saponins	+

Under UV 254 under UV 366 Derivatised in Vanillin–Sulphuric acid and viewed in white light

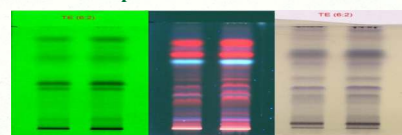


Fig 1: TLC photo documentation profiles of the chloroform extract of Kabasura kudineer chooranam

Fig 2: 3D densitometric chromatogram at 366 nm of 10 and 15µl of chloroform extract of Kabasura kudineer chooranam

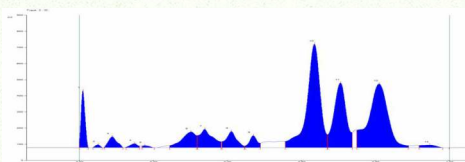


Fig 3: HPTLC Finger print profile of chloroform extract of Kabasura kudineer chooranam at 366 nm Table 4: Rf table of chloroform extract of Kabasura kudineer chooranam

Peak	Start Position	Start Height	Max Position	Max Height	Max %	End Position	End Height	Area	Area %
1	0.00 Rf	26.9 AU	0.01 Rf	351.4 AU	15.23 %	0.02 Rf	0.1 AU	2999.0 AU	4.69 %
2	0.04 Rf	0.9 AU	0.05 Rf	17.4 AU	0.75 %	0.06 Rf	0.5 AU	182.4 AU	0.30 %
3	0.07 Rf	1.0 AU	0.09 Rf	66.9 AU	2.90 %	0.12 Rf	0.5 AU	1224.8 AU	2.00 %
4	0.13 Rf	3.1 AU	0.15 Rf	23.7 AU	1.03 %	0.16 Rf	0.7 AU	391.0 AU	0.64 %
5	0.17 Rf	9.5 AU	0.18 Rf	11.9 AU	0.51 %	0.20 Rf	0.1 AU	175.9 AU	0.29 %
6	0.24 Rf	12.3 AU	0.30 Rf	97.3 AU	4.22 %	0.32 Rf	75.3 AU	3008.0 AU	4.91 %
7	0.32 Rf	75.4 AU	0.34 Rf	113.2 AU	4.91 %	0.38 Rf	36.7 AU	3352.2 AU	5.47 %
8	0.39 Rf	37.0 AU	0.41 Rf	100.0 AU	4.33 %	0.45 Rf	0.2 AU	2314.3 AU	3.78 %
9	0.45 Rf	9.7 AU	0.47 Rf	73.5 AU	3.19 %	0.49 Rf	27.4 AU	1249.2 AU	2.04 %
10	0.56 Rf	39.1 AU	0.64 Rf	640.7 AU	27.77 %	0.67 Rf	80.3 AU	18669.6 AU	30.46 %
11	0.67 Rf	80.7 AU	0.71 Rf	401.4 AU	17.39 %	0.74 Rf	93.5 AU	10737.0 AU	17.51 %
12	0.75 Rf	106.0 AU	0.81 Rf	394.6 AU	17.11 %	0.89 Rf	12.1 AU	16494.0 AU	26.91 %
13	0.92 Rf	13.0 AU	0.95 Rf	15.3 AU	0.66 %	0.98 Rf	0.1 AU	504.7 AU	0.82 %

CONCLUSION :

Analysis of Kabasura kudineer has been carried out with a view to suggest standards for evaluating its quality and purity. The analytical parameters along with TLC photo documentation and HPTLC fingerprinting profile will be diagnostically important characters in fixing its pharmacopoeial standards.

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ASHOKARISHTAM

INTRODUCTION :

Ashokarishta has a strengthening action on the uterus. It improves ovarian functions, helps to normalize heavy flow during periods, and reduces pain during menstruation. It might also be effective in heavy bleeding. Before you use it, you should also know that it may contain about 3 to 9% self-generated alcohol. Ashokarishta is mainly made of Ashoka Bark. In Ayurveda, Ashokarishta is used as a uterine tonic. According to Ayurvedic literature, it might help in heavy uterine bleeding, menstrual periods, imbalanced female hormones, menopausal osteoporosis, ovarian cysts, and uterine polyps. It might be beneficial in all underlying causes of uterine bleeding. Based on its ingredient, it might lower inflammation, acts as mild estrogenic, improve digestion, increase hemoglobin, and act as an antioxidant. It might relax muscles and reduce menstrual cramps associated with heavy bleeding.

INGREDIENTS (COMPOSITION) :

Main ingredient of Ashokarishta is Saraca asoka (Ashoka) bark. Ashokarishta (asokarishtam) contains following ingredients.

Botanical Name	Common Name
Saracaasoka Bark	Ashoka Bark
Saccharumofficinatum (Jaggery)	Jaggery (GUDA)
Woodfordiafruticosa flowers	Dhataki flowers
Cyperusrotundus	Mustaka roots
ZingiberOfficinale	Ginger rhizome(Shunti)
Nigella sativa	Kalonji
Berberisaristata	Daruharidra
Nymphaea stellata	Utpala flowers
Emblicaofficinalis	Indian gooseberry (Amla or Amalaki) fruits
Terminalia bellerica	Vibhitaki
Terminalia chebula	Haritaki
Mangiferaindica Seeds	Mango seed (Amrasthi)
Cuminumcuminum	Cumin seed (Jeera)
Adhatodavasica	Vasaka
Santalum album	Sandalwood (Chandan)

MEDICINAL PROPERTIES :

Ashokarishta (asokarishtam) has following healing properties.

- Anti-inflammatory
- Mild estrogenic
- Carminative
- Digestive Stimulant
- Haematinic
(increases hemoglobin levels)
- Muscle relaxant
- Antioxidant
- Adaptogenic
- Anti-cancer

THERAPEUTIC INDICATIONS :

Primary Indications

Based on classical texts, Ashokarishta is very useful in the following diseases:

- Menorrhagia – abnormal heavy or prolonged periods or heavy menstrual periods.
- Metrorrhagia – excessive uterine bleeding.
- Dysmenorrhea – painful periods.
- Low-grade chronic Fever.
- Bleeding Disorders.
- Bleeding Piles.
- Diminished digestive fire.
- Loss of desire to eat.
- Urinary disorders with frequent urination.
- Inflammation.

BENEFITS & USES OF ASHOKARISHTA :

Ashokarishta has benefits in ovarian diseases and uterine disorders. Its main function is on female reproductive system. It might balance the levels of the hormone in the body. In menopause, it might help adapt the body according to the natural process occurring in the woman's body. Let us discuss the main health benefits and medicinal uses of Ashokarishta in Ayurvedic literature.

Secondary Indications

- Menopausal osteoporosis.
- Low bone mineral density.
- Imbalanced hormones.
- Increased level of testosterone in the blood.
- Uterine polyps and fibroid
- Ovarian cysts or poly-cystic ovarian syndrome Pelvic inflammatory disease.
- Loss of Appetite.
- Anorexia.





Menorrhagia, Metrorrhagia & Menometrorrhagia

- Menorrhagia is abnormally heavy and prolonged bleeding during menstruation.
- Metrorrhagia is a prolonged and excessive uterine bleeding. It indicates some other uterine disease. It does not occur due to menstruation.
- Menometrorrhagia is a combination of menorrhagia and metrorrhagia. In this case, heavy bleeding occurs regardless of menstruation. It occurs more irregularly than usual.



Dysmenorrhea (Painful periods)



Ashokarishta is a uterine tonic, which improves uterine functions and modulates uterine contractions. It gives strength to the uterus, which helps in easier dislodging of the uterine lining during menstruation and prevents ischemia (inadequate blood supply to the uterus). Thus, it reduces menstrual cramps. Additionally, Ashokarishta also reduces premenstrual headache, nausea, low backache etc.

The effect of Ashoka Bark (main ingredient of Ashokarishta) on raised prostaglandin is still unknown, but phytoestrogens (which are also present in Ashoka Bark) might modulate the production of prostaglandin. The prostaglandin level increases

Polycystic Ovarian Syndrome (PCOS)

Ashokarishta might be useful in Polycystic Ovarian Syndrome (PCOS). The condition of its use is unique, so it should be used with very care. Ashokarishta might be helpful if your periods last for seven days or more and you experience heavy bleeding. You have an early menstrual period, if periods may also be regular or irregular but come before due dates. The condition is Menorrhagia, i.e. heavy (excess bleeding), prolonged or irregular periods, then Ashokarishta is very useful. Sukumaran Kashayam and Chandraprabha Vati should also be used along with Ashokarishta. Chandraprabha Vati and Sukumaram Kashayam both help to restore ovarian functions. If your periods are irregular and come after the due date, Ashokarishta is contraindicated.



In such a case, Sukumaram Kashayam, Kumaryasava and Chandraprabha Vati are helpful. In such cases, some may also require Agnitundi Vati or Rajahpravartani Vati (Raja Pravartini Vati).

Ashokarishta for Weight Loss

Does Ashokarishta help with weight loss or not?

Ashokarishta is not indicated for losing weight. There is no information available based on classical texts and research evidence that suggest its use in weight loss or obesity.

However, it can help in weight loss based on its Ayurvedic properties, but under the following conditions:

- If you are obese or overweight and have the pitta body type or aggravated pitta dosha in your body, it might help you lose weight.
- If you have heavy bleeding and early menstruation with clots, it might help with these problems.



Ayurvedic medicines are given based on Dosha Balance effects. Because it reduces the aggravated pitta dosha and balances the other dosha, which may result in weight loss or weight gain, you may experience a reduction in body weight if you are obese or overweight or have PCOS. You may gain weight if you are underweight.

Dosage :

The dosage of Ashokarishta is 15 ml to 30 ml twice or thrice a day. In heavy bleeding, your doctor may also ask to increase the dosage of Ashokarishta.

Adjuvants of Ashokarishta :

Water is an adjuvant for Ashokarishta. You should add equal amount of water and Ashokarishta, then take immediately after meal.



Womens day celebration in our company

As an organization lead by women, we know the value of them and we celebrate this women's day on March 8, 2023 by honoring each and everyone in this event. Competitions has been conducted to encourage them and the cake cutting has done by our senior women staff . Our Executive director Mr. Sharath Ram is the chief guest of this event and he distributed the prize to the winning staffs.



Ten sins pertaining to the body, speech and mind should be avoided

हिंसास्तेयान्यथाकामंपैशुन्यंपरुषानृते ॥२१॥
सम्भिन्नालापंव्यापादमभिभ्यांहृद्विपर्ययम्।
पापंकर्मेतिदशधाकायवाङ्मनसैस्त्यजेत् ॥२२॥

(Ref: Ashtanga Hridayam Sutrasthana)



- Himsa (Causing injury, Torture etc.)
- Steya (Stealing, Robbing)
- Anyathakama (Unlawful sexual activity, Desiring for others)
- Paisunya (Abusive or harsh speech)
- Parushavachana (Harsh speech)
- Anrutavacana (Speaking untruth)
- Sambhinnaalapa (Speech causing separation, Breaking of company)
- Vyapada (Quarrel, Intention of harming)
- Abhidya (Jealousy, Not tolerating good of others)
- Drgviparyaya (Finding fault, Misunderstanding, Faithlessness etc.,)

Of these ten, the first three are related to body, next four- related to speech and last three – related with mind.

Psorasiddh

OIL - CREAM - SOAP



Effective remedy for

Psoriasis & Eczema



Main Active Herbal Ingredients



Khadira

Khadira has antibacterial and antifungal properties due to which it inhibits the growth of bacteria and fungi that cause skin problems.



Karanja

Karanja will manage boils and eczema as well as heal wounds due to its Ropan (healing) and antimicrobial property.



Bakuchi

Bakuchi helps brighten the skin by visibly reducing pigmentation and boost collagen promoting tissues.



Kutaja

Kutaja helps in quick healing of the wound, decreases swelling and brings back the normal texture of the skin.



Kushta

Kushta helps to heal scars and other skin associated infections due to its strong healing activity.

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