



Review Article

EVALUATION OF *PATTAI RASAYANAM* - A REVIEW OF ITS THERAPEUTIC POTENTIAL

K Jagadeeswari^{1*}, A Anbumalar², K Shyamala², J Sriram², T. Maharasi Maniselvi³

¹PG Scholar, ²Lecturer, ³HOD, Department of Kuzhanthai Maruthuvam, Government Siddha Medical College, Palayamkottai, Tirunelveli, Tamil Nadu, India.

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ABSTRACT

The Siddha medical system is one of the oldest traditional healing practices in the world. It comes from the Dravidian culture in southern India, particularly Tamil Nadu. *Pattai Rasayanam* is one of the Siddha medicines mentioned in the ancient text *Agathiyar Vaithiya Kaaviyam* 1500. It is traditionally used to treat *Sattai karappan*, which is a condition characterised by itching, papules, papulovesicles, ulceration and crusted lesion. This signs and symptoms of *Sattai karappan* are linked to atopic dermatitis. This review aims to explore the therapeutic potential of *Pattai Rasayanam* in managing *Sattai karappan* (atopic dermatitis). Atopic dermatitis (AD) is the most common chronic inflammatory skin disorder in children, affecting up to one-quarter of the paediatric population worldwide. Its early onset, recurrent nature, and connection with other atopic conditions lead to significant health issues and psychological stress. A detailed review of classical Siddha texts and modern scientific literature was conducted to clarify the formulation's composition, how it works, and its effectiveness. This study assesses the chemical properties and effects of *Pattai Rasayanam*. The findings suggest that *Pattai Rasayanam* may provide therapeutic benefits, though more research is needed to confirm its safety and effectiveness. The review also highlights how *Pattai Rasayanam* may work together with other treatments to help manage atopic dermatitis.

INTRODUCTION

The word "Siddha" comes from the Tamil term Siddhi, which signifies accomplishment, perfection, or achievement, and it refers to the enlightened sages known as Siddhars- saints and scholars who have attained *Ashtamasiddhi* (eight great powers) through intensive spiritual practice and profound understanding of nature. The eighteen primary Siddhars, with Sage Agathiyar recognized as the originator of Siddha medicine, are credited with developing and sharing this medical tradition through classical Tamil works written in poetic form. According to Siddha system of medicine, Atopic dermatitis is termed as *Sattai karappan*. It occurs in children during *Thaalaparuvam* to *Varugai paruvam* and it was caused by eating foods such as fish, brinjal, bitter guard, corn, millet etc.,^[1]

According to the textbook of Balavagadam, it is characterized by itching, erythema, exudation, intense pruritis, crusting and scaling^[1]. It can be correlated with atopic dermatitis ^[2]. The Siddha classical text *Agathiyar Vaithiya Kaaviyam 1500* describes a medicine called *Pattai Rasayanam* that is used to treat *Sattai karappan* (atopic dermatitis).^[3] This study will detail the morphology, family, potency, parts utilized, chemical constituents, and pharmacological effects of *Pattai Rasayanam*.

Method

The review of this study was conducted according to the preferred checklists from the research articles or systematic reviews published in national and international journals.

Research Drug – *Pattai Rasayanam*^[3]

S.No	Name	Quantity
1.	<i>Lavangapattai</i>	5 Palam (175g)
2.	<i>Omam</i>	¼ Palam (8.75g)
3.	<i>Athividayam</i>	¼ Palam (8.75g)
4.	<i>Kurosani omam</i>	¼ Palam (8.75g)

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5.	Jathikai	¼ Palam (8.75g)
6.	Jathipathri	¼ Palam (8.75g)
7.	Kirambu	¼ Palam (8.75g)
8.	Sukku	¼ Palam (8.75g)
9.	Milagu	¼ Palam (8.75g)
10.	Kadukai	¼ Palam (8.75g)
11.	Nellikai	¼ Palam (8.75g)
12.	Thandrikai	¼ Palam (8.75g)
13.	Cow milk	Required quantity
14.	Cow ghee	1 Padi (1.3 lit)
15.	Sugar	6 Palam (210g)

Purification^[4]

Siddha drug purification methods often used are described in classical texts such as *Sigicha Rathina Deepam* and *Sarakku- Suthi Seimuraigal* specifically,

- *Lavangapattai* (*Cinnamomum verum*) is typically dried overnight.
- *Omam* (*Trachyspermum ammi*)– Soak it in lime water and then dry it.
- *Athividayam* (*Aconitum heterophyllum*)– Peel off the skin of these, cut them into small pieces, and dry them overnight.
- *Kurosaani Omam* (*Hyoscyamus niger*)– Rub this thoroughly, break it up, remove any dirt, and then let it dry.
- *Jathikai* (*Myristica fragrans*)– Purified by removing the outer skin and cut into small pieces and dried under sunlight.

- *Jathipathri* (*Myristica fragrans*)– It will be cleaned and dried under sunlight.
- *Kirambu* (*Syzygium aromaticum*)– Remove dust particles and dry it overnight.
- *Sukku* (*Zingiber officinale*)– It will be added by double the amount of *Sunnakal* with one part of *Sukku* for three hours after that wash it and dried. And then peel off the external skin.
- *Milagu* (*Piper nigrum*)– It will be soaked in butter milk for three hours and then dried.
- *Kadukai* (*Terminalia chebula*)– Soak this in lime water, remove the turmeric water, take out the seeds and then dry it.
- *Nellikai* (*Phyllanthus emblica*)– Boil it with milk, remove the seeds and the dry it.
- *Thandrikai* (*Terminalia bellirica*)– Soak it in screw pine extract for three hours and remove the seeds and then dry it overnight.
- *Sarkarai*– It will be grinded by pestle and mortar and take that by a pad then smashing it.

Preparation^[3,4]

- After purification process, grind and mix all the components, excluding cow milk, cow ghee, and sugar. Incorporate an adequate amount of cow milk and then add the cow ghee. Combine and simmer for 24 minutes. Finally, incorporate the sugar and blend thoroughly.
- Transfer it to a storage container.

Dosage: ^[3]

3-12 years – 1 to 3 grams (twice a day after food).

Indication^[1,3]

Sattai karappan

RESULTS**Table 1: Scientific and vernacular name of the ingredients^[5]**

S.No	Botanical Name	Tamil Name	English Name	Sanskrit Name	Malayalam Name
1.	<i>Cinnamomum verum</i>	Lavangapattai	Bark of cinnamon	<i>Twak</i>	Lavanga-patta
2.	<i>Trachyspermum ammi</i>	Omam	The bishops weed	<i>Yavani</i>	Ayamodakam
3.	<i>Aconitum heterophyllum</i>	Athividayam	Indian Atis root	<i>Ativisha</i>	Athividayam
4.	<i>Hyoscyamus niger</i>	Kurosaani Omam	Henbaneseeds	<i>Parasikayavani</i>	Kurasani(Omum)
5.	<i>Myristica fragrans</i>	Jathikai	Nut Meg	<i>Jatphalam</i>	Jajillaya
6.	<i>Myristica fragrans</i>	Jathipathri	Arillus of the nut (Maca)	<i>Jatipatri</i>	Jatipattriri
7.	<i>Syzygium aromaticum</i>	Kirambu	Cloves	<i>Lavangam</i>	Karampu
8.	<i>Zingiber officinale</i>	Sukku	Dried Ginger	<i>Nagaram</i>	Chukku
9.	<i>Piper nigrum</i>	Milagu	Black pepper	<i>Maricha</i>	Kurumulaku
10.	<i>Terminalia chebula</i>	Kadukai	Ink Nut	<i>Pathya, Sudha</i>	Katukkai
11.	<i>Phyllanthus emblica</i>	Nellikai	Indian Gooseberry	<i>Amalaki</i>	Nellikay

12.	<i>Terminalia bellirica</i>	Thandrikai	Belliric myrobalan	<i>Vebeethaki</i>	Thanni-kai
13.	-	Pasumpaai	Cow milk	-	-
14.	-	Pasu nei	Cow ghee	-	-
15.	-	Sarkarai	Sugar	-	-

Table 2: Morphology, Family, Taste and Potency of the ingredients^[5]

S.No	Botanical Name	Morphology	Parts Used	Family	Taste	Potency
1.	<i>Cinnamomum verum</i>	Large shrub	Bark	Lauraceae	Pungent, Sweet	Coolant
2.	<i>Trachyspermum ammi</i>	Annual herb	Seed	Apiaceae	Pungent	Hot
3.	<i>Aconitum heterophyllum</i>	Perennial herb	Root	Ranunculaceae	Bitter	Hot
4.	<i>Hyoscyamus niger</i>	Herb	Seed	Solanaceae	Pungent, bitter	Hot
5.	<i>Myristica fragrans</i>	Tree	Seed	Myristicaceae	Astringent, pungent	Hot
6.	<i>Myristica fragrans</i>	Tree	Mace	Myristicaceae	Astringent, pungent	Hot
7.	<i>Syzygium aromaticum</i>	Tree	Dried flower bud	Myrtaceae	Pungent	Hot
8.	<i>Zingiber officinale</i>	Herb	Rhizome	Zingiberaceae	Pungent	Hot
9.	<i>Piper nigrum</i>	Climber	Dried fruit	Piperaceae	Bitter, Pungent	Hot
10.	<i>Terminalia chebula</i>	Tree	Fruit pericarp	Combretaceae	All 5 tastes except salt	Hot
11.	<i>Phyllanthus emblica</i>	Tree	Fruit pericarp	Phyllanthaceae	Sour, astringent, sweet	Coolant
12.	<i>Terminalia bellirica</i>	Tree	Fruit pericarp	Combretaceae	Astringent	Hot

Table 3: Action, Chemical constituents and Therapeutic values of the ingredients^[5,6-17]

S.No	Botanical Name	Action	Chemical constituents	Therapeutic values
1.	<i>Cinnamomum verum</i>	Stimulant Carminative Aphrodisiac	Cinnamaldehyde, linalool, acetic acid cinnamyl ester, caryophyllene, eugenol	Lowers blood sugar, improves insulin sensitivity, reduces BP, cholesterol, improves gut microbiota, reduces inflammation antioxidant.
2.	<i>Trachyspermum ammi</i>	Stomachic, tonic, anti spasmodic, carminative, anti-septic, Stimulant Sialogogue	Thymol, alpha-pinene, beta-pinene, gamma-terpinene, 6-octadecenoic acid methylester	Enhance appetite and supports gut microbiota balance, lowers blood pressure, inhibits alpha-amylase, improves glucose utilization, protects against liver dysfunction
3.	<i>Aconitum heterophyllum</i>	Stomachic, astringent, febrifuge, aphrodisiac, tonic, anti-periodic	Atisine, hetertatisine, hetisine, isoatisine, atidine, hetisinone, beta-sitosterol	Reduces fever, acts as a carminative and stomachic, improving appetite and digestion, anti-microbial, anthelmintic, blood purifier.
4.	<i>Hyoscyamus niger</i>	Hypnotic, sedative, anodyne,	Hyoscyamine, scopolamine, atropine, gamma-terpinene,	Used for neuralgia, rheumatic pain, menstrual cramps, toothache, relaxes smooth

		anti-spasmodic, mild diuretic	caryophyllene, linoleic acid, oleic acid, palmitic acid, quercetin	muscles, acts as bronchodilator and expectorant, relieves painful urination.
5.	<i>Myristica fragrans</i>	Stimulant, narcotic, tonic, carminative, aromatic, aphrodisiac	Myristicin, safrole, elemicin, eugenol, terpenes, trimyristin, myristic acid, oleic and linoleic acids	Reduces inflammation, stimulates appetite and enhances digestion, cardiac tonic.
6.	<i>Myristica fragrans</i>	Stimulant, narcotic, tonic, carminative, aromatic, aphrodisiac	Myristicin, safrole, elemicin, eugenol, terpenes, trimyristin, myristic acid, oleic and linoleic acids	Reduces inflammation, stimulates appetite and enhances digestion, cardiac tonic.
7.	<i>Syzygium aromaticum</i>	Anti spasmodic, carminative, stomachic	Eugenol, eugenyl acetate, beta-caryophyllene, isoeugenol, alpha-humulene, calcarine, phenolic acids, asiatic acid calumenin	Used in treating toothache, gum infections and dental cavities, protects against oxidative stress and reduces inflammation, antimicrobial.
8.	<i>Zingiber officinale</i>	Stimulant, stomachic, carminative	Gingerol, shogaols, zingerone, paradols, terpenoids, polysaccharides	Effective against motion sickness, neutralizes free radicals, protecting cells from oxidative stress, antimicrobial, antiviral, immunomodulator
9.	<i>Piper nigrum</i>	Carminative, anti-periodic, resolvent, rubefacient, stimulant, antidote	Piperine, chavicine, beta-caryophyllene, limonene, pinene, sabinene, ferulic acid, gallic acid	Helps regulates blood sugar and improves insulin sensitivity, improves cognitive function and memory, boosts immunity, antimicrobial, anti-inflammatory.
10.	<i>Terminalia chebula</i>	Laxative, stomachic, antioxidant, anti-microbial, anti-inflammatory, anti-ulcer, immunomodulatory, wound healing,	Chebularic acid, chebulinic acid, ellagic acid, gallic acid, anthraquinones, beta-sitosterol	Acts as mild laxative and carminative, protects against oxidative stress, anti-inflammatory, reduces cholesterol and triglycerides, antimicrobial, wound healing.
11.	<i>Phyllanthus emblica</i>	Astringent, laxative, diuretic refrigerant	Ascorbic acid, emblicanin A, Emblicanin B, punigluconin, perdunculagin, gallic acid, ellagic acid, tannic acid, flavonoids	Acts as mild laxative, improves appetite and supports nutrient absorption, antioxidant, anti-inflammatory, strengthens heart muscles and improves circulation, promotes wound healing.
12.	<i>Terminalia bellirica</i>	Astringent, tonic expectorant, laxative	Gallic acid, ellagic acid, chebulagic acid, chebulinic acid, quercetin, rutin, kaempferol, saponins, beta-sitosterol	Acts as mild laxative, Antioxidant, anti-inflammatory, anti-diabetic, anti-hyperlipidemic, hepatoprotective, anti-microbial, anti-cancer, promotes wound healing.

DISCUSSION

Pattai rasayanam mentioned in the classical text *Agathiyar vaithya kaaviyam 1500* includes herbal raw drugs. The classical book *Agathiyar Vaithya Kaaviyam 1500*, is scheduled under the list of Drugs and Cosmetics Act, 1940^[18]. Therefore, this medicine is suitable formulation for paediatric age group. The activities such as immunomodulatory, anti-inflammatory, antimicrobial, antioxidant will make this medicine more efficacious in the management of *Sattai karappan* (atopic dermatitis).

Anti-inflammatory activity

Anti-inflammatory activity is present in drugs are *Cinnamomum verum*, *Myristica fragrans*, *Syzygium aromaticum*, *Piper nigrum*, *Terminalia chebula*, *Phyllanthus emblica*, *Terminalia bellirica* [Table 3].

Anti-microbial activity

The antimicrobial activity is present in drugs are *Syzygium aromaticum*, *Zingiber officinale*, *Piper nigrum*, *Terminalia chebula*, *Terminalia bellirica* [Table 3].

The outcome of this research has provided knowledge on to the advantageous effects of the medicine. The potential consequences of the drug are discussed as well as the implication for the interpretation of the results ends with several recommendation for further research.

CONCLUSION

The review about *Pattai rasayanam* emphasize that it is potentially safe, easily accessible and interfere in the treatment of *Sattai karappan* (atopic dermatitis). This study helped in understanding the common mechanism of medicine on relieving illness. Further clinical trials have to be evaluated for this Siddha formulation.

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***Address for correspondence**

Dr. K Jagadeeswari

PG Scholar

Department of Kuzhanthai

Maruthuvam,

Government Siddha Medical College,

Tirunelveli, Tamil Nadu.

Email: jagadeeswari1805@gmail.com

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