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Review Article

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

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ABSTRACT

The Siddha system of medicine is one of the oldest healing traditions, and it revolves around keeping three humours – *Vatham, Pitham* and *Kabham* – in balance. Among the 64 types of internal Siddha formulations, *Chooranam* (a fine powder) is quite important for internal use. This review looks at a specific classical remedy called *Kodiveli Chooranam*, which is mentioned in the text *Aaviyalikkum Amuthamurai churukkam*. Traditionally, it's been used for conditions like *Vaatha vaayu* and *Pakkavatham*. Our main goal here is to understand the pharmacological actions and chemical makeup of *Kodiveli Chooranam*. A secondary goal is to spread awareness about this formulation among clinicians and researchers. For this review, we went through classical Siddha books, previous dissertations, research journals, and databases like PubMed and Scopus. The formula contains seven herbs: *Plumbago zeylanica*, *Pongamia pinnata*, *Holopteleia integrifolia*, *Terminalia chebula*, *Piper longum*, *Brassica juncea*, and *Nigella sativa*. For each ingredient, we looked at its morphology, family, used parts, taste, potency, pharmacology, and chemical compounds. These ingredients have a wide range of actions – anti-inflammatory, antioxidant, neuroprotective, anticonvulsant, antispasmodic, and even antidepressant. From a Siddha viewpoint, all the ingredients carry "*Veppa veeriyam*" (hot potency), which may help correct *Vatham* and *Kabham* imbalances. In short, *Kodiveli Chooranam* looks effective therapeutically, but we still need proper preclinical and clinical studies to confirm its safety and how exactly it works.

INTRODUCTION

The Siddha system of medicine is one of India's traditional healing systems. Within Siddha, there are 64 types of medicines – 32 meant for internal use and 32 for external applications. Among the internal medicines, *Chooranam* (a powdered form) holds a special place. The classical text *Aaviyalikkum Amuthamurai churukkam* describes a particular formulation called *Kodiveli Chooranam*, which is said to work for *Vaatha vaayu* and *Pakkavatham*[1]. In this review, we've tried to bring together details about the family, morphology, parts used, pharmacological actions, and chemical constituents of this drug.

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Research Drug- *Kodiveli Chooranam*

Drug Ingredients

Kodiveli vaer - 1 *Palam* (35 grams)
Pungan vaer- 1 *Palam* (35 grams)
Aayilpattai- 1 *Palam* (35 grams)
Kadukkai -1/2 *Palam* (17.5 grams)
Thippili -1/2 *Palam* (17.5 grams)
Kadugu -1/2 *Palam* (17.5 grams)
Karunjeeragam - 1/2 *Palam* (17.5 grams)

Preparation

- All the above raw drugs were purified as per classical siddha literature.
- Further grinded into fine powder and stored in an air tight container.

Dosage and Adjuvant

200 – 500mg with honey

Indication

Vaatha vaayu, Pakkavatham

RESULTS

Table 1: Scientific and vernacular name of the drug ingredients

S.No	Botanical name	Tamil name	English name	Sanskrit name	Malayalam name
1	*Plumbago zeylanica*	Kodiveli	Ceylon leadwort	*Angi-shika* *Chitraka* *vrikshasha*	Tumpa -koduveli
2	*Pongamia pinnata*	Pungu	Indian beech	*karanja*	Punga
3	*Holoptelia integrifolia*	Aayil	Indian Elm	*Chirabilva*	Aaval Ungumaram Aval kurunnu
4	*Terminalia chebula*	Kadukkai	Chebulic myrobalan, Ink nut	*Pathya* *Sudha* *Bhishak* *Priya* *Haritaki*	Katukkai
5	*Piper longum*	Thippili	Long pepper	*Pippali*	Thippili
6	*Brassica juncea*	Kadugu	Black mustard seed, Indian mustard	*Rajika* *Sarshapa*	Karuththa-kaduga
7	*Nigella sativa*	karunjeeragam	Black cumin	*Upakunchika*	karinchirakam

Table 2: Botanical name, Morphology, Parts used, family, tase and potency of drug ingredients

S.No	Botanical name	Morphology	Parts used	Family	Taste	Potency
1	*Plumbago zeylanica*	Shrub	Root	Plumbaginaceae	Pungent	Hot
2	*Pongamia pinnata*	Tree	Root	Fabaceae	Pungent bitter astringent	Hot
3	*Holoptelia integrifolia*	Tree	Bark	Ulmaceae	Astringent bitter	Hot
4	*Terminalia chebula*	Tree	Fruit pericarp	Combretaceae	Pungent	Hot
5	*Piper longum*	Climber	Dried fruit	Piperaceae	Pungent	Hot
6	*Brassica juncea*	Herb	Seed	Brassicaceae	Pungent and sharp	Hot
7	*Nigella sativa*	Shrub	Seed	Ranunculaceae	Bitter	Hot

Table 3: Action, Chemical constituents and uses of drug ingredients

S.No	Botanical name	Action	Chemical constituents	Uses
1	*Plumbago zeylanica*	Anti–arthritic Anti-inflammatory Anti-oxidant Neuroprotective CNS stimulant	Plumbagin Tannins β-sitosterol Saponins Flavonoids	Rheumatoid arthritis Osteoarthritis Paralysis Vitiligo Diarrhoea Dysentery Piles Psoriasis Peptic ulcer

2	*Pongamia pinnata*	Antistress activity Neuroprotective	Pongaglabol Pongaflavonol Tunicatachalcone Cycloart-23-ene-3 β,25 diol	Bleeding piles Skin diseases Wounds Rheumatism
3	*Holoptelia integrifolia*	Febrifuge Anti-tridhosa Anti-inflammatory Anti -Oxidant	Holoptelin A and B 2-aminapthoquinone friedelin β-sitosterol	Fever Leucoderma Rheumatic Swellings. Inflammation Piles
4	*Terminalia chebula*	Anti-inflammatory Antiarthritic Antispasmodic Antioxidant	Tannin Gallic acid Ellagic acid Chebulic acid Ursolic acid Triterpenoids Quercetin β-sitosterol Anthraquinones Chebulagic glycosides Chorogenic acid Flavonoids Saponins Sterols Resin Fixed oils	Memory Cognitive Enhancement Epilepsy Depression
5	*Piper longum*	Neuroprotective Antispasmodic Anticonvulsant Antidepressant	Piperine Piperidine Lignans Amides Alkaloids Flavonoids Dehydropipernonaline Tetrahydropiperine Piper longumine	Memory cognitive improvement Epilepsy Anxiety Depression
6	*Brassica juncea*	Anti-amnesic Anti-convulsant Antidepressant Neuroprotective	glucosinolates (sinigrin) Phenolic compounds Erucic acid	Muscle spasms Neuralgia Anxiety Depression
7	*Nigella sativa*	Anti-inflammatory Anti-convulsant Anti-depressant Anti-oxidant	Nigellicimine Nigellicimine-N-oxide Nigellone Campesterol Thymoquinone	Epilepsy Anxiety Depression

Chooranam

All the herbal raw drugs are purified and dried as per classical siddha literature and grinded into fine powder. Its life period is 3 months.

DISCUSSION

The preparation method of *Kodiveli Chooranam* directly taken from the Siddha classic *Aaviyalikkum amuthamurai churukkam*[1]. Looking at the modern research, the ingredients show a bunch of useful activities – antispasmodic [12], anti-inflammatory [4,19],

antioxidant [3,18], neuroprotective [2,16], anticonvulsant [5,10], and antidepressant [6,7,9]. Together, these actions could help reduce muscle spasticity, ease anxiety and depression, and improve quality of life [8,11]. From a traditional Siddha perspective, every ingredient has a "*Veppa veeriyam*" (hot potency)[1], which makes sense for balancing *Vatham* and *Kabam* - the main *Doshas* involved in *Sirakkambavatham* and *Pakkavatham*[1].

What the Research Says So Far

Over the past few years, several preclinical studies have backed up the traditional uses of *Kodiveli Chooranam*'s ingredients. For instance, *Jangra* and colleagues (2021) found that plumbagin – a compound from *Plumbago zeylanica* – had neuroprotective effects in rats and also inhibited acetylcholinesterase[2]. Around the same time, Das et al. (2025) tested processed *Plumbago zeylanica* root extracts and saw clear anti-arthritic activity in preclinical models[4]. When it comes to seizures, Duy and Trang (2016) reported that *Brassica juncea* seed extract worked as an anti-convulsant[5]. On the mental health side, Elkhayat et al. (2016) identified compounds in *Nigella sativa* seeds with antidepressant potential[6], and Dhingra & Bansal (2015) showed that plumbagin itself had anti-depressant-like effects in stressed mice [7]. Mani et al. (2021) added to this by demonstrating that *Terminalia chebula* ethanol extract reduced anxiety and depression in mice [8]. Thymoquinone, a major component of *Nigella sativa*, was also found to have anticonvulsant properties by Hosseinzadeh and Parvardeh (2004) [10]. For muscle spasms, Tiwari et al. (2023) compared several herbs and confirmed that *Piper longum* and *Terminalia chebula* have good antispasmodic activity[12]. Early work by Bopaiah & Pradhan (2001) even showed that *Plumbago zeylanica* root extract stimulates the central nervous system [13]. Meanwhile, Thakur et al. (2013) reported that *Brassica juncea* helps cognitive function in rats [14], and Singh et al. (1997) along with Swamy et al. (2013) explored the neuroprotective and general pharmacological actions of *Pongamia pinnata* roots [15,16]. Taken together, these findings provide a solid scientific foundation for why *Kodiveli Chooranam* might work the way traditional texts claim.

CONCLUSION

Kodiveli Chooranam, a siddha formulation is generally considered easily accessible and safe for the treatment of *Sirakkambavatham* (cerebral palsy) However, further clinical trials are needed for scientifical validation of the drug's safety and efficacy.

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