



An Efficacy of Siddha Medicine Anna Pavala Chenduram against Hypothyroidism and Hyperthyroidism - A Review

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Abstract

Hypothyroidism and Hyperthyroidism cause cardiovascular diseases. Hypothyroidism associated with atherosclerosis and ischemic heart diseases. Hypothyroidism associated with risk factors for atherosclerosis such as hyperhomocysteinemia and increase C-reactive protein level. Thyroid hormone also has direct anti-atherosclerotic effects present. It acts as blood vessel dilation, production of vasodilatory molecules, inhibition of angiotensin II receptor expression and its signal transduction. Anna Pavala Chenduram Herbo-Mineral Siddha drug is taken which is highly used by the traditional medicine practitioners. It has high therapeutic value by treating the Hypothyroidism and Hyperthyroidism. So here we focus on Anna Pavala Chenduram for the treatment of Hypothyroidism and Hyperthyroidism are review.

Keywords: Anna Pavala Chenduram, Hypothyroidism and Hyperthyroidism, Siddha formulation.

Introduction

Anna pavala chenduram is a hypolipidemic drug. The two Indian systems of medicine (Siddha & Ayurvedha) share a common concept of health & disease. Indian medicine believes that the bodily functions are regulated by three forces. These forces are known as tridhas vatha, pitha, kapha. Vatha represents the functions of central and sympathetic nervous system. Pitha represents the functions of energy production and metabolism

including digestion, formation of various secretions, coloration of blood. Kapha represents the functions of heat regulation, and involves the formation of secretory fluids, synovia, mucous etc. The plasma lipid lowering action and the anti-atherosclerotic effect of Anna Pavala Chenduram has already reported (Martia 1978; Marita ad Shanmugasundaram 1979; Shanmugasundaram and Raman 1981; Shanmugasundaram and

Parthasarathy 1983). Iodine deficiency can lead to enlargement of the thyroid and hypothyroidism. Iodine is an essential mineral; the thyroid hormones thyroxine and triiodothyronine contain iodine.

Materials and Methods

The procedure for the preparation of a Anna pavala chenduram, a drug based on the concepts of Indian medicine for the prevention of the hypo & hyper thyroidism. The possibility of iodine, copper, iron, calcium and magnesium . Anna pavala chenduram acting metabolically to reduce hypercholesterolemia. The ingredients used are green vitriol (annabedi lor) ferrous sulphate, coral reef (pavalam), leaves of *Acalypha indica* (kuppaimeni), *Lippa nodiflora* (poduthalai) and *Cynodan dactylon* (arugampul) and the flowers of *Hibiscus rosasinensis* (sembaruthipoo) & *Phyllanthus emblica* (nellikkai).

Anna Pavala Chenduram:

Ingredients:

Annabedhi (Ferrous sulphate)

Pavalm (Coral reef)

It includes some medicinal herbs detailed below mentioned

Cynoden dactylon:

The phytochemical analysis showed that cynodan dactylon contain flavonoids, alkaloids, glycosides, terpenoids, triterpenoids, saponins, tannins, resins, phytosterols, reducing sugar, carbohydrates, proteins, volatile oils and fixed oils. Pharmacological properties: Anti diabetic, Anti-microbial, Anti-parasitic, Insecticidal, Gastro intestinal, Anti-oxidant, Cardio vascular, Immunological, Anti-allergic, Anti-inflammatory, Antipyretic, Analgesic, Anti-cancer, Diuretic, Dermatological bronchodilatory, Reproductive.

Acalypha indica:

The phytochemical analysis showed that *Acalypha indica* contains anthraquinones, alkaloids, catachols, flavonoids, triterpenoids, saponins, tannins, phenolic compounds, steroids. Pharmacological properties: Anti-oxidant, Anti-inflammatory, Analgesic, Antihelmintic, Anti bacterial, Anti-fungal, Anti-tubercular, molluscicidal, anti fertility, Neuro-protective, Neuro therapy, post coital anti-fertility, anti venom, anti ulcer, post coital Infertility.

Phyllanthu emblica:

Phytochemical analysis contains alkaloids, oil, fat, glyceroids, carbohydrates, tannins, lignin, phenolics, saponins, flavonoids, terpinoids. Pharmacological properties: Anti-inflammatory, Antipyretic, Analgesic, Antioxidant, Chemoprotective, Hypolipidaemic, anti-HIV-1.

Hibiscus rosasinensis:

Phytochemical : Alkaloids, Glycosides, Flavonoids, Tannin, Phenols, Protein, Steroid, Carbohydrate. Pharmacological: Anti-pyretic, Anti-spasmodic, Hypotensive, Anti-fungal, Anti-inflammatory, Anti-bacterial, Reproductive, Anti-diabetic, Hypolipidemic, Cytotoxic, Anti-microbial, Anti-parasitic, Dermalogical, Anti-oxidant, Analgesic, Immunomodulatory, Central nervous, Cardiovascular, Urinary, Anti-haemolytic, Fibrinolytic.

Vinca rosea:

Phytochemical: Alkaloids, Flavonoids, Steroids, Phenol, Saponins, Protein, Cyanogenic Glycosides, Terpenoids, Quinines. Pharmacological: Anti-bacterial, Anti-oxidant, Anti-microbial, Antihelmintic, Antisterility, Anti-diarrheal, Anti-hyperglycemic, Anti-diabetic, Anti-neoplastic.

Lawsonia alba:

Phytochemical: coumarins, xanthenes, flavonoids, neo-flavonoids, naphthoquinones, terpenoids, steroids, other metabolites. Pharmacological: antimicrobial, antiparasitic, analgesic, anti-inflammatory, antifertility, antisickling, cytotoxic, enzymes inhibitory, antioxidant, antidiabetic, Immunomodulatory, Hepatoprotective, Hemotoxic activity, phytoxicity.

Lippa Nodiflora:

The phytochemical analysis showed that *Lippa Nodiflora* contained Flavonoids, Alkaloids, Glycosides, Terpenoids, phenolics, Tannins, Steroids, Protein, Saponins, Amino acids, Cardiac glycosides, anthraquinones. Pharmacological properties: Anti-bacterial, Anti-fungal.

Discussion

Anti atherosclerotic activity of the *Anna pavala chenduram* react with Plasma cholesterol level was reduced up to 65% and the HDL level was increased. The atheroma formation was also inhibited. *Anna pavazha chenduram* reduced the plasma sphingomyelin levels. *Anna pavala chenduram* has presences of copper, iron, calcium, iodine and magnesium. Iodine is an element that is essential for the production of thyroid hormone. Calcium-Parathyroid glands regulate calcium levels. Parathyroid hormone is a very powerful influence on the cells of your bones by causing them to release their calcium into the bloodstream. Copper deficiency may feel more sensitive to cooler temperatures. Copper and Zinc maintain optimal thyroid function. T3 and T4 levels of thyroid hormones are closely linked to copper levels. Magnesium-Hyperthyroidism and hyperthyroidism commonly demonstrate a magnesium deficiency. Iron is necessary for the body to synthesize thyroid hormones. Thyroid hormones play a major role in creation and metabolism of blood cells. Thyroid affect haematopoiesis.

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