Int. J. Curr. Res. Med. Sci. (2026). 12(7): 84-96

International Journal of Current Research in Medical Sciences

ISSN: 3107-3743 (Print), ISSN: 2454-5716 (Online)
(A Peer Reviewed, Indexed and Open Access Journal)
www.ijcrims.com

Review Article

Volume 12, Issue 7 -2026

DOI: http://dx.doi.org/10.22192/ijcrms.2026.12.07.010

Mahavallathy Legiyam: A Comprehensive Review of Its Classical Background, Pharmacological Properties, Pharmaceutical Standardization, and Therapeutic Potential

S. Baskar[1], H. Nalini Sofia[2], H. Vetha Merlin Kumari[3], G. Senthilvel[4]

[1]PG Scholar, Department of PothuMaruthuvam, National Institute of Siddha, Chennai – 600047, India.
[2] Professor, Department of PothuMaruthuvam, National Institute of Siddha, Chennai – 600047, India.
[3] Professor & Head of the Department, Department of PothuMaruthuvam, National Institute of Siddha, Chennai – 600047, India.
[4] Director, Professor & Head of the Department, Department of Gunapadam, National Institute of Siddha, Chennai – 600047, India.

Abstract

Mahavallathy Legiyam is a classical polyherbal formulation of the Siddha system of medicine that has traditionally been used for the management of chronic inflammatory, musculoskeletal, dermatological, venereal, and other chronic disorders. Although it has been widely used in Siddha clinical practice for centuries, a comprehensive synthesis of its classical indications and contemporary scientific evidence remains limited. Mahavallathy Legiyam is primarily composed of purified *Semecarpus anacardium* Linn. (Serankottai), along with several medicinal herbs that are believed to act synergistically to enhance its therapeutic efficacy. Classical Siddha texts recommend the formulation for conditions including arthritis, rheumatism, paralysis, chronic ulcers, piles, fistula, skin diseases, leucorrhoea, venereal diseases, toxic conditions, and *Putru* (traditionally interpreted as tumor-like or malignant conditions). Preclinical studies have reported anti-inflammatory, analgesic, antioxidant, immunomodulatory, antimicrobial, hepatoprotective, cytoprotective, and anti-cancer activities associated with Mahavallathy Legiyam or its constituent ingredients. Pharmaceutical investigations have demonstrated acceptable physicochemical characteristics and standardization parameters, while toxicity studies indicate a favorable safety profile when the formulation is prepared according to classical purification procedures, with no significant adverse effects observed and heavy metals reported to be within permissible limits in the studies reviewed. Available classical and scientific evidence suggests that Mahavallathy Legiyam possesses broad pharmacological potential, particularly in chronic inflammatory and immune-

mediated disorders. Nevertheless, well-designed clinical trials, comprehensive phytochemical investigations, standardized manufacturing protocols, and long-term safety evaluations are required to strengthen the evidence base and support its evidence-informed integration into contemporary healthcare.

Keywords: *Mahavallathy Legiyam,* polyherbal formulation, Preclinical studies, Pharmaceutical investigations

Introduction

The Siddha system of medicine, one of the oldest traditional medical systems practiced in South India, is founded on a holistic concept of health that emphasizes harmony among the body's physiological, psychological, and spiritual components. Siddha pharmacology comprises a diverse range of medicinal preparations derived from herbal, mineral, and animal sources, each formulated according to well-defined classical principles. Among the internal medicines described in ***Siddha*** literature, 32 dosage forms (Aga Marunthu) are recognized, each possessing distinct pharmaceutical characteristics, therapeutic applications, methods of preparation, and shelf life. Several of these formulations incorporate purified metals, minerals, salts, and other inorganic substances that undergo elaborate purification (Suthi) procedures to enhance their safety, stability, and therapeutic efficacy. The careful processing of these ingredients reflects the advanced pharmaceutical knowledge of the ***Siddhars*** and contributes to the long-term preservation of medicinal potency.

Among these internal formulations, Legiyam (electuary or herbal confection) occupies a unique place because of its semi-solid consistency, palatable nature, prolonged stability, and enhanced bioavailability. Classical Siddha texts describe Legiyam as a smooth, viscous preparation with a shelf life of approximately six months when prepared and stored according to traditional pharmaceutical guidelines. The semi-solid dosage form facilitates better absorption of active constituents, sustained therapeutic action, improved patient compliance, and reduced gastrointestinal irritation compared with certain other dosage forms.

Mahavallathy Legiyam is a classical polyherbal Siddha formulation belonging to this category. It is prepared by incorporating numerous medicinal herbs through a systematic process of grinding, extraction, and blending to produce a stable semi-solid preparation. Classical Siddha literature recommends *Mahavallathy Legiyam* for the management of a broad spectrum of disorders, including skin diseases, venereal diseases, colic, leprosy, paralysis, leucorrhoea, rheumatism, arthritis, chancres, chronic ulcers, eczema, pruritic skin disorders, piles, fistula, toxic conditions, carbuncles, and certain neoplastic conditions. These diverse therapeutic indications suggest that the formulation possesses multidimensional pharmacological actions affecting the musculoskeletal, integumentary, lymphatic, reproductive, and gastrointestinal systems.

The therapeutic significance of *Mahavallathy Legiyam* is particularly evident in disorders associated with *Vaatha* derangement. According to Siddha principles, *Vaatham* is responsible for regulating movement, neuromuscular coordination, circulation, sensory and motor functions, and the maintenance of physiological homeostasis. Disturbance of *Vaatham* results in pain, stiffness, inflammation, restricted movements, muscular spasms, degenerative changes, and functional impairment. The medicinal ingredients incorporated in *Mahavallathy Legiyam* are traditionally recognized for their **analgesic, anti-inflammatory, antispasmodic, carminative, antioxidant, immunomodulatory, detoxifying, antimicrobial, wound-healing, and rejuvenating** properties. Collectively, these pharmacological actions help pacify aggravated *Vaatham*, remove pathological obstruction, improve digestive and metabolic activity (Agni), promote tissue nourishment, and restore normal physiological balance.

In recent years, there has been increasing scientific interest in validating traditional Siddha formulations through phytochemical, pharmacological, and clinical investigations.

Experimental studies on the individual ingredients of *Mahavallathy Legiyam* have demonstrated a wide range of biological activities, including **anti-inflammatory, analgesic, antioxidant, antimicrobial, immunomodulatory, hepatoprotective, gastroprotective, wound-healing, and anticancer** effects. These findings provide scientific support for many of the therapeutic claims documented in classical Siddha literature and highlight the formulation's potential role in the management of chronic inflammatory, autoimmune, infectious, and degenerative disorders.

Therefore, this review aims to comprehensively evaluate the classical therapeutic indications, pharmacological properties, and available scientific evidence related to the individual ingredients of *Mahavallathy Legiyam*. By integrating traditional Siddha knowledge with contemporary scientific research, this review seeks to provide a better understanding of the formulation's therapeutic potential, identify existing evidence gaps, and contribute to the scientific validation and wider acceptance of Siddha herbal medicine.

Ingredients:

Drug profile of *Mahavallathy legiyam*

Drug	English name	Quantity
Purified Serankottai	*Semecarpus anacardium*	750 g
Parangipattai	*Smilax china L.*	350 g
Nellivatral	*Phyllanthus emblica Linn.*	350g
Thandrikai	*Terminalia chebula*	350g
Chukku	*Zingiber officinale Roscoe*	260g
Sitrarathai	*Alpinia galanga*	260g
Sadamanjil	*Nardostachys grandiflora*	260g
Lavangapattai	*Cinnamomum verum*	260g
Kadukuroghini	*Picrorhiza scrophulariflora*	70g
Vetpalai	*Wrightia tinctoria*	70g
Sivanarvembu	*Indigofera aspalathoides*	70g
Nilapanaikizhangu	*Curculigoorchioides Gaertn*	70g
Jathikkai	*Myristica fragrans*	70g
Lavangam	*Syzygium aromaticum*	35g
Lavangapattai	*Cinnamomum tamala*	35g
Milagu	*Piper nigrum*	35g
Elam	*Elettaria cardamomum*	35g
Omam	*Trachyspermum ammi*	35g
Thippili	*Piper longum*	35g
Sevviyam	*Piper nigrum*	35g
Thippilimoolam	*Piper longum*	35g
Karpogarisi	*Psoralea corylifolia*	35g
Kothamalli	*Coriandrum sativum*	35g
Vaividangam	*Embelia ribes*	35g
Karunjeeraam	*Nigella sativa*	35g
Chithramoolam	*Plumbago zeylanica*	35g
Vaaluluvaiarisi	*Celastrus paniculatus*	35g
Amukkara	*Withania somnifera*	35g
Kunkumapoo	*Crocus sativus*	8g

Korosanai	*Fel bovinum purifactum*	8g
Nei	Ghee	2.800 L
Theen	Honey	2.800 L
Pasumpaal	Milk	2.800 L
Naattusakkarai	Brown sugar	1.050 kg

Properties of Ingredients of *Mahavallathy legiyam*

Drug	Taste (Suvai)	Potency (Veeriyam)	Division(Post-Digestive effect)
Purified Serankottai	Bitter	hot	Spicy
Parangipattai	sweet	cold	sweet
Nellivatral	Sour,sweet,astringent	cold	Sweet
Thandrikai	astringent	hot	sweet
Chukku	spicy	hot	Spicy
Sitrarathai	spicy	hot	Spicy
Sadamanjil	spicy	hot	Spicy
Lavangapattai	astringent	hot	Sweet
Kadukuroghini	Spicy,bitter	hot	Spicy
Vetpalai	sweet	cold	Sweet
Sivanarvembu	sweet	hot	Spicy
Nilapanaikizhangu	sweet	cold	Sweet
Jathikkai	Spicy,astringent	hot	Spicy
Lavangam	spicy	hot	Spicy
Lavangapattai	spicy	hot	Spicy
Milagu	Spicy,bitter	hot	Spicy
Elam	spicy	hot	Spicy
Omam	spicy	Hot	Spicy
Thippili	spicy	hot	Spicy
Sevviyam	bitter	hot	spicy
Thippilimoolam	spicy	hot	Spicy
Karpogarisi	spicy	hot	Spicy
Kothamalli	spicy	hot	spicy
Vaividangam	bitter	hot	Spicy
Karunjeeragam	bitter	hot	Spicy
Chitramoolam	spicy	hot	Spicy
Vaaluluvaiarisi	spicy	hot	Spicy
Amukkara	bitter	hot	Spicy
Kumkumapoo	bitter	hot	Spicy
Korosanai	bitter	hot	Spicy
Nei			
Theen	Astringent	-	-
Nattu sakkarai	sweet	cold	sweet
Pasum paal			

Pharmacological profile of *Mahavallathy legiyam*

Name of the Ingredients	Phyto chemicals	Pharmacological activity	Parts used
Serankottai (Semecarpus anacardium) Family: Anacardiaceae	Nicotinic acid, riboflavin,thiamine and the essential amino acids,arginine, histidine,isoleucine, leucine,lysine,methionine, phenylalanine, threonine,tryptophan and valine (fruits);cardiac acid,aromatic amines,bhilawanols(1-pentadeca-8-enyl-2,3-dihydroxy benzene) and 1-pentadeca-7,10 – dienyl-2,3-di dihydroxy benzene,being the major components of more than sevenclosely related aromatic carboxylic acids(also from nut shell);biflavanoidsA,B, and C,latter two characterized as 3,8-binaringenin and 3-8-biliquisitigenin;tetrahydrobustaflavanone, tetrahydroamentoflavanone, nallaflavone(nuts); galluflavanone, jeediflavanone(nutshell);linolenic, myristic, oleic palmitic and stearic acids (kernel oil); amentoflavone (leaves).	anti-inflammatory, anti-oxidant, anti-microbial, anti-reproductive, CNS stimulant, hypoglycemic, anti-carcinogenic and hair growth promoter.	Seed
Parangipattai (Smilax china) Family: Liliaceae		Alterative, Anti-syphilitic, Aphrodisiac, Depurative (9) Anti-hyperuricemic Activity, Anti-inflammatory activity Analgesic activity Anti-bacterial activity	Rhizome
Nellikkai (Phyllanthus embilica) Family: Euphorbiaceae	carbonate, sulphate, Iron, Zinc, Calcium, Ammonium,Sulphide, Starch, Alkaloids & Tannic acids were detected. In phyto chemical analysis of Nellikkailegiyam,Alkaloids, Flavonoids, Glycosides, Steroids, Triterpenoids, Coumarin, Phenols, Tannins, Saponins, Sugar, Betacyanin.	immunomodulatory, anti-oxidant, anti-inflammatory and hematinic actions	Fruit

Chukku (Zingerber officinale) Family: Zingiberaceae	Aromatic volatile oil having a characteristic odour and containing camphene, phellandrene, zingiberine, cineol and borneol; gingerol a yellow pungent body; an oleoresin-gingerin the active principle, other resins and starch; K-oxalate.	Aromatic, carminative, stimulant to the gastro-intestinal tract and stomachic also sialagogue and digestive. Externally it acts as a local stimulant and rubefacient.	Rhizome
Sitrarathai (Alpeneaofficinarum) Family: Zingiberaceae	Chemical constituents: Flavonoids Galangin, 3-O-methyl galangin, essential oil, 1, 8-cineole, methyl cinnamate, ∞-cadinene, kaempferide, alpinin, galangol.	Stomachic, stimulant, carminative	Root
Sadamanjil (Nardostachys grandiflora) Family:Valerianaceae	Chemical constituents: A volatile essential oil, resin, sugar, starch, bitter extractive matter and gum.	Bitter taste, aromatic, anti-spasmodic, diuretic, emmenagogue, nerve sedative, nerve stimulant, tonic, carminative, sedative to the spinal cord, promotes appetite and digestion	Root
Sivanarvembu (Indigofera aspalathoids) Family:Fabaceae	phenolic compounds, tannin, alkaloides, triterpenes, flavones, saponin and steroids.	anti-cancerous and anti-oxidant activity. Anti-microbial, hypoglycemic, hepato-protective, anti-inflammatory and anti-viral activity	Root
Jathikai (Myristica fragrans) Family: Myristica fragrans	Chemical constituents: Kernel(nut meg) contains a volatile oil, fixed oil(myristin,myristic acid), proteoids, fat, starch, mucilage, and ash	aromatic, stimulant, carminative in large dose narcotic. anti-inflammation	Fruit
Lavangam (Syzygium aromaticum) Family:Myrtaceae	Chemical constituents: Eugenol, acetyl eugenol, beta-caryophylline, vanillin, crategolic acid, tannins, gallotannic acid, metyl salicylate, flavonoids,eugenin, kaempferol, rhamnetin, eugenitin, triterpenoids, oleanolic acid, stigmasterol, campesterol, sesquiterpenes and metyl-amyl-ketone.	Local anesthetic, anti-spasmodic. It also has carminative, stomachic, anti-septic	
Milagu(Piper nigrum) Family: Piperaceae	Chemical constituents: A volatile alkaloid Piperine or pipirine ,Piperidine or piperidin, a balsamic volatile essential oil, fat, mesocarp contains chavicin, a balsamic volatile oil, starch, lignin, gum, fat ,proteids and ash containing organic matter	Acrid, pungent, hot, carminative also used as anti-periodic. Externally it is rubefacient and stimulant to the skin and resolvent. On the mucous membrane of the	Seed

	.Chavicin is a soluble pungentconcrete resin; It contains very little piperine and no volatile oil. Piperine crystallizes in flat, foursided glassy prisms insoluble in water.	urethra it acts like cubebs; Piperine is a mild anti-pyretic and anti- periodic	
Elam *(Elettaria* cardamomum) Family:Zingiberaceae	Chemical constituents: Fixed oil, essential oil, volatile oil of the seeds. It contains considerable amount of terpinyl acetate, cineole, free terpineol, limonene , potassium salts, starch, nitrogenous mucilage, yellow colouring matter, Ligneous fibre and ash containing manganese.	Powerful aromatic, stimulant, carminative, stomachic and diuretic	Fruit
Thippili (Piper longum) Family: Piperaceae	Chemical constituents: Resin, volatile oil, Starch, Gum, Fatty acid, In organic matter and alkaloid, Piperine	Stimulant, carminative, alterative, tonic, aphrodisiac, diuretic, vermifuge and emmenagogue.	Fruit
Sevviyam (Piper nigrum Family: Piperaceae)	Chemical constituents: It contains volatile, alkaloid, piperine, piperidine, piperidin, volatile oil, chavicin, starch, lignin.	Acrid, pungent, hot, carminative, anti-periodic. Piperine is a mild anti-pyretic and anti-periodic.	Root
Piper longum (thippilimoolam) Family: Piperaceae	Chemical constituents: Roots contains resin, volatile oil, starch, gum, fatty oil, inorganic matter and alkaloid piperine.	Stimulant, carminative, alterative, tonic, aphrodisiac, diuretic, vermifuge and emmenagogue	Fruit
Vaividangam (Embilicaribes) Family:	Chemical constituents: Embelic acid, volatile and fixed oil, colouring matter, tannin, a resinoid body and alkaloid called Christembine.	Carminative, anthelmintic, stimulant, and alterative.	Seed
Karunjeeragam (Nigella sativa) Family: Ranunculaceae	Chemical constituents: Seeds contains yellowish volatile oil and fixed oil, essential oil, albumen, sugar,mucilage, organic acids, metarbin, toxic glucoside, carvone, terpene or dlimonene (carvene), Cymene.	aromatic, diuretic, diaphoretic, anti-bilious, stomachic, stimulant, carminative, digestive, anthelmintic and emmenagogue. Oil is locally anaesthetic	Seed
Chithramoolam (Plumbago zeylanica)	Chemical constituents: Roots contains an acrid crystalline Plumbagin	Alterative, gastric stimulant, appetite in large doses, it is acro-narcotic poison.	Root

Family: Plumbaginaceae		It has a specific action on the uterus.	
Amukkura (Withaniasomnifera) Family:Solanaceae	Chemical constituents: Plant growing in southern Europe is found to contain a bitter alkaloid somniferin having hypnotic property, also has resin, fat and colouring matters.	tonic, alterative, astringent, aphrodisiac and nervine sedative. Root is also diuretic and deobstruent.	Root
Kunkumappu (Crocus sativus) Family: iridaceae	Chemical constituents: Saffron contains more than 150 volatile and aroma-yielding compounds mainly terpenes, terpene alcohol, and their esters, crocin, picrocrocin and safranal.	Anti-hypertensive, anti-convulsant, anti-tussive, anti-genototoxic, anti-oxidant, anti-depressant, anti-nociceptive, anti-inflammatory, relaxant.	Flower (Pollen)
Korosanai (Fel bovinum purifactum)		The bile has got bitter, laxative, mucolytic and hypothermic properties. Uses: It is used for the treatment of Reddish syphilis with the breast milk or leaf juice of anisochiluscarnosus(Karpooravalli). It is given in cow‘s milk, twice a day for small pox	Bile
Nei(Ghee)		It controls thirst, vomiting, excessive pitha, burning sensation of the stomach, pitha hiccup, abdominal pain, dryness, prickly heat, cough, hyper motility of the gut, weakness of bones, piles ect.	
Honey(Apis melcifera)		Anti-inflammatory, Laxative, bitter, Mucolytic, Appetite stimulant, nutritious and sedative properties.	
Palm sugar	Chemical constituents: good source of vitamin B complex and contains ascorbic acid	Liver tonic, Digestive, Blood purifier, Anti-oxidant, Muscle relaxant, Aphrodisiac	

Methods of purifications *(Suthi):*

1. ***Nattu Amukkura:*** The drug was powdered, boiled in milk for 3 hours, and then dried thoroughly.
2. ***Parangipattai:*** The drug was powdered, boiled in milk for 3 hours, and then dried thoroughly.
3. ***Nilapanai Kizhangu*:** The drug was powdered, boiled in milk for 3 hours, and then dried thoroughly.
4. ***Thandrikkai:*** The fruits were soaked in *Thazhai-vizhudhu* juice for 3 hours. The seeds were then removed, and the fruits were dried overnight.
5. ***Nellikkai:*** The fruits were boiled in milk, the seeds were removed, and the fruits were dried thoroughly.
6. ***Sadamanjil:*** The drug was cleaned and shade-dried.
7. ***Jathikkai:*** The drug was cleaned and dried.
8. ***Kaduka Rohini:*** The drug was soaked in either neem leaf juice or *Nochi* leaf juice for about 3 hours and then dried overnight.
9. ***Serankottai:*** The beak-like projection of the marking nut was removed. The nuts were tied in a white cloth, immersed in an earthen pot containing cow dung solution, and boiled until the solution was completely reduced.
10. ***Chevviyam:*** The outer bark was scraped off, cut into small pieces, and dried.
11. ***Chukku:*** The outer skin of the dried ginger was scraped off and soaked in lime water.
12. ***Omam:*** The drug was soaked in lime water and then dried.
13. ***Siruthekku:*** The outer bark was removed, sliced, and dried.
14. ***Chitharathai:*** The outer skin was removed, sliced, and dried.
15. ***Elam:***The drug was cleaned and roasted until it turned brown.
16. ***Kunkumappu:*** The drug was spread on paper and subjected to indirect heat until it became brittle.
17. ***Ilavangam:*** The drug was cleaned and shade-dried.
18. ***Milagu:*** The fruits were soaked in sour buttermilk for 3 hours and then sun-dried.
19. ***Thippili:*** The drug was soaked in *Plumbago* decoction for 3 hours.
20. ***Thippili Moolam:*** The nodal portions of the roots were removed, and the roots were dried.
21. ***Vaividangam:*** The drug was cleaned and shade-dried.
22. ***Korosanai:*** A needle was heated and inserted into the ox bile, then withdrawn. The appearance of a yellow coating on the needle and yellow-colored smoke confirmed its purity.
23. ***Karunjeeragam:*** The drug was cleaned, sun-dried for 6 hours, and then roasted.
24. ***Chithramoolam:*** The root bark was powdered and steamed in milk for 3 hours.
25. ***Vaaluluvai Arisi:*** T he drug was washed with *Aloe vera* juice and dried overnight.
26. ***Kothamalli:*** The coriander seeds were soaked in either hot water or fruit juice, lightly crushed, and dried overnight.
27. ***Vetpalai Arisi:*** The drug was dried overnight.
28. ***Lavangapathiri:*** The drug was dried overnight.

Method of preparation:

1. Prepare fine powders of ingredients 1–27, sieve them, and keep aside.
2. Heat purified ***Semecarpus anacardium*** nuts in ghee until they float. Remove the nuts and retain the medicated ghee.
3. Prepare a syrup using ingredients 33 and 34.
4. Gradually add the powdered ingredients (1–27) to the syrup while stirring continuously until thoroughly mixed.
5. Add the medicated ghee and continue stirring until a uniform consistency is achieved.
6. After the preparation has cooled to a lukewarm temperature, add honey and mix thoroughly.
7. Finally, mix in the powdered forms of ingredients 28 and 29 and blend well.

Store the prepared formulation in a clean, airtight container.

Reference: **Bhogar vaithiyam 700[(1)].**

Dosage: 3g, twice a daily for 45 days.

Indications: Skin diseases, venereal diseases, colic pain, leprosy, paralysis, leucorrhea, rheumatism, arthritis, ulcers, eczema, itches, piles, fistula and toxemic states, also in carbuncles and

Putru (traditionally interpreted as neoplastic conditions[1].

Toxicity Studies on *Mahavallathy Legiyam*

A previous study demonstrated that ***Mahavallathy Legiyam***, a Siddha herbal formulation, is safe in acute, sub-acute, and sub-chronic toxicity studies conducted in Wistar albino rats. In the acute toxicity study, no signs of toxicity or mortality were observed at doses up to **2000 mg/kg body weight**. In the 28-day sub-acute toxicity study, low (500 mg/kg), medium (1000 mg/kg), and high (1500 mg/kg) doses were well tolerated. The treated animals exhibited normal body weight gain, stable liver and kidney function parameters, and preserved histological architecture of major organs. Furthermore, plasma glucose levels remained within the normal range, lipid profiles showed no clinically significant alterations, and no treatment-related adverse effects were observed[1]**.** These findings indicate that Mahavallathy Legiyam is safe at therapeutic dose levels and possesses a favorable toxicological profile. These findings support the traditional use of Mahavallathy Legiyam and indicate that the formulation possesses a wide margin of safety when prepared according to classical Siddha pharmaceutical procedures. However, long-term human safety data remain limited.

Conclusion

Mahavallathy Legiyam is a traditional Siddha herbal formulation that has long been used for the management of pain, inflammation, and digestive disorders. Available experimental studies demonstrate that it possesses significant analgesic and anti-inflammatory activities, which are consistent with the pharmacological properties of its constituent herbs, many of which exhibit antispasmodic, carminative, gastroprotective, and anti-inflammatory effects. Toxicological studies further indicate that Mahavallathy Legiyam is safe at therapeutic doses, with no significant adverse effects observed in acute, sub-acute, and sub-chronic toxicity evaluations[1]**.** Collectively, these findings provide scientific support for its traditional therapeutic use and suggest that Mahavallathy Legiyam is a safe and potentially effective Siddha formulation for the management of pain, inflammatory conditions, and digestive disturbances. Nevertheless, further well-designed clinical trials are warranted to establish its long-term safety, efficacy, and therapeutic role in evidence-based clinical practice. Future multicenter randomized controlled clinical trials and standardized pharmaceutical quality control studies are required to establish the efficacy, safety, and mechanism of action of Mahavallathy Legiyam.

References

1. Prithiviraj K. Preclinical safety evaluation of mahavallathilegiyam. Dr.M.G.RMedical University repository, 2020 Oct.
2. The Siddha Formulary of India- part 1,First Edition,1992,P.NO(120-121)
3. Tiwaiiprashant, pharmacology, phytochemistry and toxicology of *Semicarpus anacardium*, international journals of pharmaceutical science review and research, Jan-Feb, 2017; 25-31 https://globalresearchonline.net/journalcontents/v42-2/06.pdf
4. Pacas jain, A potential ethanomedicinal plant, *Semicarpus anacardium*. Linn – A review international journal of research in pharmacy and chemistry, 2013. https://www.researchgate.net/publication/272094550_A_POTENTIAL_ETHNOMEDICINAL_PLANT_SEMECARPUS_ANACARDIUM_LINN_-_A_REVIEW
5. Amaley brantikumar, a review article on bhallataka (*Semicarpus anacardium*. Linn), International ayurvedic medical journal, Jan 2015; 3. https://www.scribd.com/document/947518329/BHALLATAKA-Semecarpus-Anacardium-Linn-f
6. Pallavi. D. Akare, therapeutic significance of *Semicarpus anacardium*. Linn, a review international journal of Ayurveda pharmaceutical, July-Aug, 2015. https://www.semanticscholar.org/paper/THERAPEUTIC-SIGNIFICANCE-OF-SEMECARPUS-ANACARDIUM-A-Akare-Tumram/fb4d9ddf790524db2c351edc0a6ad1bff3e5b79d

7. Rajendra, *Semicarpus anacardium*. Linn, a wonderful plant with varied Medicinal properties, journals of pharmaceutical research, Oct-Dec, 2016; 15.
8. Ashwini Kumar A. Raut, bhallatak (*Semicarpus anacaridum.* Linn) a review, indian journal of traditional knowledge, Oct, 2007; 6: 653-659.
9. Mona semalty, *Semicarpus anacardium*. Linn, a review, pharmacognosy review, Jan-June 2010; 4. https://pmc.ncbi.nlm.nih.gov/articles/PMC3249908/
10. Mohaddesemahbousi, *Zingiber officinale.* Rosc essential oil a review on its composition and bioactive, clinical phytoscience, 2019. Jan https://www.cabidigitallibrary.org/doi/full/10.5555/20193238056
11. Dirgha raj joshi, a review on diversified use of the king of species, *Piper nigrum* (Black Pepper), Ijpsr, 2018; 9: 4089-4101. Oct 2018 https://ijpsr.com/bft-article/a-review-on-diversified-use-of-the-king-of-spices-piper-nigrum-black-pepper/
12. Emad. M. Abdallah, black pepper fruit (*Piper nigrum*. L) as Antibacterial agent, a mini review, journals of bacteriology and mycology open access, 2018; 6. April 2018 https://medcraveonline.com/JBMOA/black-pepper-fruit-piper-nigrum-l-as-antibacterial-agent-a-mini-review.html
13. Zoheer A Damanhouri, a review on therapeutic potential of *Piper nigrum*. Linn the king of spices, medicinal and aromatic plants, 2014; 3. August 2014 https://www.longdom.org/open-access/a-review-on-therapeutic-potential-of-piper-nigrum-linn-the-king-of-spices-2167-0412.1000161.pdf
14. Nisar ahmed, biological role of Piper nigrum. Linn – A review, asian pacific journal of tropical biomedicine, 12 Nov 2012. dec 2012 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609315/
15. Chauhan khushbu, Phytochemical and therapeutic potential of *Piper longum*. L, a review, IJRAP, 2011; 2(1): 157-161. Feb 2011 https://www.ijrap.net/admin/php/uploads/432_pdf.pdf
16. S. C. Jagdale, Antioxidant activity of *Piper longum*. Linn, international journals of biological chemistry, 2009; 119-125. June 2009 https://scialert.net/abstract/?doi=ijbc.2009.119.125
17. P.D. Lokhande, Antibacterial activity of extract of *Piper longum*, Journal of pharmacology and toxicology, 2007; 574-579. Volume 2 (6) 2007 https://scialert.net/abstract/?doi=jpt.2007.574.579
18. Maitreiyizaveri, chemistry and Pharmacological of *Piper longum*. L, Research gate, Nov-Dec 2010; 5. https://www.researchgate.net/publication/285816960_Chemistry_and_pharmacological_activity_of_Piper_longum_L_a_review
19. Honey Jose, a descriptive review on *Myristica fragrans*. *Houle, hygeia*. J. D. Medicine, May-Oct 2016. Jan 2016 https://www.hygeiajournal.com/Article.aspx?id=123
20. Prerna jain, anti-inflammatory activities of *Myristica fragrans* (Nutmeg) using HRBC membrane stabilizing methods, International Journal pharmaceutical science review, May-June, 2017; 40-42. Feb, march, April https://globalresearchonline.net/journalcontents/v44-1/09.pdf
21. Aftab ahammed, a review on therapeutic potential of *Nigella sativa* a miracle herb, asian biomedical, May, 2013; 3(5): 337-352. https://www.researchgate.net/publication/287313204_A_review_on_therapeutic_potential_of_Nigella_sativa_A_miracle_herb
22. Saba rajasekar, pharmacognosy and pharmacology of *Nigella sativa*, a review international research journal of pharmacy, june, 2016; 56-59. 2011 86-89 https://irjponline.com/admin/php/uploads/2539_pdf.pdf
23. Prof. Dr. Ali esmailalisnafi, a review on chemical constituents and Pharmacological activities of *Coriandrum sativum*, isor Journal of pharmacy, July, 2016; 17-42. issue 7, volume 7

https://www.researchgate.net/publication/305220261_A_review_on_chemical_constituents_and_pharmacological_activities_of_Coriandrum_sativum

24. Mosoudzareshelazh, Biological activities of new microbial peptide from *Coriandrum sativum,* International Journal of Bioscience, 2014; 4(6): 89-99. volume 4 No. 6 http://www.innspub.net/wp-content/uploads/2014/03/IJB-V4No6-p89-99.pdf
25. Chemical composition and insecticidal activity of essential oils from *Coriandrum sativum* seeds against *Calleschorum maculaatum*, isrn pharmaceuticals, 2012; 5. Abbas khanihttps://www.hindawi.com/journals/isrn/2012/649539/
26. Smita. S, a review on *Plumbago zeylanica.* Linn, a divine Medicinal plant, International Journal pharmaceutical science review research, Jan-Feb, 2015; 119-127. https://globalresearchonline.net/journalcontents/v30-2/23.pdf
27. Ankita sharma, a multifarious patent hebe *Plumbago zeylanica* a mini review international journal of recent scientific research 28th june, 2015. Nimli Singh https://www.recentscientific.com/sites/default/files/2607-A.pdf
28. Kumar ganesan,etho Medical and Pharmacological potentials of *Plumbago zeylanica.* L a review American journal of phyto medicine and clinical therapeutic, 2013; 313-337. https://www.semanticscholar.org/paper/Ethno-medical-and-pharmacological-potentials-of-L-Ganesan-Matsabisa/75685d5e548ad7db60d92231dbfeea0f22565147
29. Arpita roy, a review on pharmaceutically important medical plant, *Plumbago zeylanica,* ayurvedic and herbal medicine, 2017; 225-228. https://www.researchgate.net/publication/322967119_A_Review_on_Pharmaceutically_Important_Medicinal_Plant_Plumbago_zeylanica
30. Anindita jeb, Pharmacological activity of Baheda(*Terminalia bellirica*) a review, journal of pharmacognosy and phyto chemistry, 2016; 194-197. 5(1) https://www.phytojournal.com/archives/2016/vol5issue1/PartC/5-1-4.pdf
31. Manesnpalsingh, (ethanoband modern Pharmacological profile of baheda(*Terminalia bellirica*) a review, the pharmaceutical and chemical journals, 2018; 153-162. may 12 https://tpcj.org/download/vol-5-no-1-2018/TPCJ22010103.pdf
32. Ashutosh gupta, Pharmacological aspects of *Terminalia bellirica,* research gate, 2017. (52-60) https://www.researchgate.net/publication/323380066_Pharmacological_aspects_of_Terminalia_bellirica
33. Prason crocus sativus. L for cancer chemo prevention a mini review, journals of traditional and complementary medicine, 2015; 81-87. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4665492/
34. Arshad husainrahman, saffron and its active ingredients role in the prevention and treatment of diseases, pharmacognosy journal, 2017; 873-879. Oct. https://www.phcogj.com/article/433
35. R. Srivastava, Crocus sativus. L., a comprehensive review/pharmacognosy review, July-Dec, 2010; 4. march 2010. (200-208) 5 Authors. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249922/
36. Dr. R. Thiyagarajan, Gunapadam Thathu Jeevamvaguppu part, 2013; 2&3: 628,602. https://www.tamildigitallibrary.in/book-detail?id=jyc37o54nuM51yTE3Yy53y7cnyhM
37. Sepide miraj, bio activity of Sesamum indicum, review study, scholar research library, 2016: 328-334. Sara Kiani. https://www.derpharmachemica.com/pharma-chemica/bio-activity-of-sesamum-indicum-review-study.pdf

38. Tanmay Hazera, Natural Antioxidant used in Ghee, a mini review, Journal of food research andtechnology, Aug 2014. Sep. https://www.semanticscholar.org/paper/Natural-antioxidants-used-in-ghee%3A-A-mini-review-Hazra-Parmar/df496d66e5d8ec687d4a2d7154421b4766ec0fa7
39. Amandeep singh Phytochemical profile of sugarcane and its potential health aspect, pharmacognosy review, 2015 May 5. 145. [suspicious link removed]
40. Sultan Ayoub meo, role of honey in modern medicine, saudi journal of biological science, 6 Dec 2016. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5478298/
41. Tahereh Eteraf-oskoei, traditional and modern uses of natural honey in human diseases a review journal of basic medical science, Sept 28, 2012. June 2013, (721-732) P. Rao. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3758027/
42. Monika mittal, Phytochemical evaluation and Pharmacological activity of syzygium aromaticum, a comprehensive review, International Journal of Pharmacological and pharmaceutical science, Aug 2014; 67-72. volume - 6, Issue - 8 https://innovareacademics.in/journals/index.php/ijpps/article/view/1802
43. Ganapathy P, Elumalai K. Evaluation of acute oral toxicity induced by aqueous extract of Mahavallathy leghiyam in rats. Research gate, 2019 Jul 24;11:2497.

Access this Article in Online	
Quick Response Code	Website: www.ijcrims.com
	Subject: Siddha Medicine
DOI: 10.22192/ijcrms.2026.12.07.010	

How to cite this article:
S. Baskar, H. Nalini Sofia, H. Vetha Merlin Kumari, G. Senthilvel. (2026). Mahavallathy Legiyam: A Comprehensive Review of Its Classical Background, Pharmacological Properties, Pharmaceutical Standardization, and Therapeutic Potential. Int. J. Curr. Res. Med. Sci. 12(7): 84-96.
DOI: http://dx.doi.org/10.22192/ijcrms.2026.12.07.010