

# A Conspectus on Siddha Drug Vathana Ghanthi Ennai

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**Abstract**—The aim of this article is to overview the anti-inflammatory potential of the traditional Siddha drug Ghanthi Thylem. :

The Siddha drug Ghanthi Thylem has been scientifically validated for its safety and efficacy as a preventive medicine against dermatologic disorders. This evaluation reinforces its role in maintaining individual cosmetic beauty, aligning with the descriptions found in Siddha texts, specifically "Sikichaarathinadeepam<sup>[2]</sup>Part-I." The findings support the incorporation of Ghanthi Thylem into modern medicinal practices for its potential health benefits.

**Methods involved :**

The anti-inflammatory effect of Ghanthi Thylem was assessed through the carrageenan-induced paw edema model in rats. **Subjects:** Albinorats of either sex, weighing 180-220 grams, were selected for the study. **Results Testing Procedure:** Both doses of Vathana Ghanthi Thylem (VGT) were administered at 15 ml/kg and 30 ml/kg. Diclofenac sodium (10 mg/kg, intraperitoneally) served as the standard reference drug. **Findings:** Both doses of VGT demonstrated significant anti-inflammatory activity when compared to the control group, with statistical significance at  $p < 0.01$ .

**Discussion.:** The results indicate that both dosages of Vathana Ghanthi Thylem possess considerable anti-inflammatory effects. The effectiveness of Ghanthi Thylem may be comparable to or synergistic with other anti-inflammatory agents, further supporting its traditional use in Siddha medicine. The study corroborates the claims made in Siddha texts that Ghanthi Thylem can be utilized in preventing dermatological issues, particularly skin conditions like pimples. **Conclusion:** This conspectus not only highlights the efficacy of the traditional Siddha formulation Vathana Ghanthi Thylem in the prevention and management of inflammatory responses, but it also reinforces the broader relevance of Siddha medicine in contributing to overall health and longevity, which is a central tenet of the Siddha system.

**Index Terms**—Ayush, Siddha, Thylem, Vathanhana Gthi.

## I. INTRODUCTION

The Siddha system of medicine is recognized as a comprehensive science of holistic health that addresses both physical and mental well-being. According to Siddhar Thirumoolar, Siddha medicine not only treats existing ailments but also emphasizes the prevention of diseases and promotes longevity. The study aimed to investigate the anti-inflammatory properties of Vathana Ghanthi Thylem (VGT) through the carrageenan-induced paw edema model.

Methodology involves Carrageenan-induced Inflammation. The inflammatory response was elicited in rats by the injection of carrageenan, a sulfated polysaccharide derived from red algae (Rhodophyceae). This compound is known to induce inflammation and edema by provoking the release of prostaglandins, which are mediators involved in the inflammatory process. **Dosage:** Two doses of VGT were tested: 15 ml/kg and 30 ml/kg. The efficacy of these doses was then compared to a control group, which did not receive treatment, and to a standard anti-inflammatory drug, diclofenac sodium (10 mg/kg, administered intraperitoneally). **Significance of Findings** The evaluation of VGT through established methods like carrageenan-induced edema allows for a scientifically grounded understanding of its anti-inflammatory effects. By demonstrating significant anti-inflammatory activity at both tested doses, the study supports the potential of VGT as a therapeutic agent in managing inflammatory conditions, further aligning with the principles of holistic health espoused in the Siddha tradition.

## II. MATERIALS AND METHODS [3]

Requirements

1. Animals

- Type:Albino rats
- Weight: 180-200 grams

2. Drugs:

- Carrageenan: 1% w/v (suspension)
  - Diclofenac Sodium:Standard anti-inflammatory drug
  - Carboxymethylcellulose: 1% w/v (used as a vehicle for the standard drug or test compound)
3. Test Compounds

Vathana Ghanthi Thylem (VGT):Traditional Siddha preparation

4. Equipment:

- Digital Plethysmometer: Ugo Basile (Italy), used for measuring paw volume

Methodology

The anti-inflammatory activity was evaluated following a modified procedure inspired by Bhandari et al. (reference not provided).

1. Grouping of Animals

- A total of 24 rats were divided into 4 groups, each consisting of 6 animals:
- Control Group: Received no treatment
- Test Group 1: Received Vathana Ghanthi Thylem (VGT) at a dosage of 15 ml/kg
- Test Group 2: Received Vathana Ghanthi Thylem (VGT) at a dosage of 30 ml/kg - Standard Group: Received Diclofenac Sodium at the appropriate dosage

2. Induction of Inflammation:

- A freshly prepared suspension of carrageenan (1% w/v) was injected into the plantar region of the left hind paw of each rat, at a volume of 0.1 ml. This served as the irritant to induce edema.

3. Treatment Administration:

- The animals in the test groups received VGT (15 ml/kg or 30 ml/kg) dissolved in 2 ml of sterile water, administered orally twice a day for 4 days, starting after the carrageenan treatment.

4. Measurement of Paw Volume:

- Paw volumes were measured using the digital plethysmometer at three time intervals: 24 hours, 48 hours, and 72 hours post-carrageenan injection.

5. Data Analysis:

The mean increase in paw volume for each group was evaluated to assess the extent of edema. The

percentage of inhibition of edema for each treatment group compared to the control group was calculated to quantify the anti-inflammatory activity.

By following this structured methodology, the study aims to rigorously evaluate the anti-inflammatory effects of Vathana Ghanthi Thylem in a controlled environment, ensuring reliable and reproducible results that contribute to the understanding of its therapeutic potential.

Anti-Inflammatory Activity of Vathana Ghanthi Thylem (VGT)[3]

Calculation of Percentage of Anti-Inflammatory Activity

The percentage of anti-inflammatory activity was calculated using the following formula:

$$\{\text{Percentage Anti-Inflammatory Activity}\} = \left( \frac{V_c - V_t}{V_c} \right) \times 100$$

Where:

- $(V_t)$  = Mean increase in paw volume in rats treated with the test compounds
- $(V_c)$  = Mean increase in paw volume in the control group of rats

III. RESULTS

Table no.1 anti-inflammatory activity of vathana ghanthithylem

Treatment	Dose(mg/k g)	Paw volume(ml)as measuredbymercury displacement at72hour	Percentage inhibitionof paw edema
GroupI	10ml/kg		
Normalsaline	Orally	5.50±0.90	-
GroupIISTandard	10mg/kgI.P.	1.85±0.42	66.36%*a
GroupIIIVathanaGhanthiThylem(VGT)			
	15 ml/kg	2.18±0.50	60.36%*a
GroupIVVathanaGhanthiThylem (VGT)			
	30 ml/kg	1.95±0.40	64.54%*a

Notes:

- The data are expressed as Mean± S.E.M. (Standard Error of Mean).

- Statistical analysis was performed using one-way ANOVA followed by Newman's Keuls multiple range test to determine the significance of differences between the control group and rats treated with the test compounds.
- a Values were significantly different from the normal control at  $(P < 0.05)$ . [3]

#### IV. INTERPRETATION OF RESULTS

- Control Group (Normal Saline):\*\* The mean paw volume was significantly higher, indicating no anti-inflammatory effect.
- Standard Group (Diclofenac Sodium):\*\* Showed a substantial reduction in paw volume, demonstrating a significant anti-inflammatory effect with a percentage inhibition of 66.36%.
- Vathana Ghanthi Thylem (VGT) at 15 ml/kg:\*\* Resulted in a mean paw volume reduction with a 60.36% inhibition, indicating effective anti-inflammatory properties.
- Vathana Ghanthi Thylem (VGT) at 30 ml/kg:\*\* Also demonstrated substantial anti-inflammatory activity with a 64.54% inhibition.

#### V. ANTI-INFLAMMATORY ACTIVITY [3]

The anti-inflammatory activity of Vathana Ghanthi Thylem (VGT) was evaluated using the carrageenan-induced rat paw edema model. Both doses of VGT, specifically 15 ml/kg and 30 ml/kg, were subjected to this assessment.

The results indicated that:

- Vathana Ghanthi Thylem (VGT) at 15 ml/kg demonstrated a significant reduction in paw edema when compared to the control group, with a statistical significance level of  $p < 0.01$ .
- Vathana Ghanthi Thylem (VGT) at 30 ml/kg also showed a significant anti-inflammatory effect, exhibiting a reduction in paw volume that was statistically significant compared to the control group at  $p < 0.01$ .

#### VI. SUMMARY OF FINDINGS

- Both doses of VGT (15 ml/kg and 30 ml/kg) exhibited pronounced anti-inflammatory activity, supporting its potential use in managing

inflammatory conditions.

- The data suggest an effective dose-response relationship, indicating that higher doses may yield enhanced anti-inflammatory effects.

These findings contribute to the understanding of the efficacy of Vathana Ghanthi Thylem as a potential therapeutic agent for inflammation, validating its traditional use in Siddha medicine. Further studies are recommended to elucidate the mechanisms behind its anti-inflammatory properties and to evaluate its safety and efficacy in human subjects. [2]

#### VII. CONCLUSION

The review of this study indicates that both doses of Vathana Ghanthi Thylem exhibit significant anti-inflammatory activity comparable to the standard diclofenac sodium, suggesting its potential as an effective treatment for inflammation. Further investigation could solidify its role in therapeutic applications within the framework of Siddha medicine.

#### REFERENCES

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