TRADITIONAL REMEDIES FOR KUNMAM (ULCER) - A REVIEW

G. Pratheep*1, D. Sowmeeyha1 and K. Elavarasan2

1UG Scholars and 2Lecturer
UG Scholar BSMS, Erode Tamil Nadu India 638452.

ABSTRACT
An ulcer in the stomach is known as gastric ulcer while in the first part of the intestine is known as duodenal ulcer. Medications used to decrease acid is usually either a proton pump inhibitor (PPI) or an h2 blocker with 4 weeks of treatment. Thus, treatment may not always be effective which has side effects. In siddha aspect, stomach ulcer is termed as kunmam. There are more traditional medicines for treating ulcer which is more effective and has no side effects. This is also useful in preventing stomach ulcer. According to the "siddha system of medicine", the following Traditional remedies can be given. For the increased pitha condition, carminative property of plants will be effective & preventive for treating kunmam.

KEYWORDS: Kunmam, peptic ulcer, Traditional remedies.

INTRODUCTION
Peptic ulcer disease (pud) is also known as peptic ulcer or stomach ulcer which is break in the lining of the stomach or in the first part of the intestine or lower part of the oesophagus. The medications used to decrease acid either a proton pump inhibitor or h2 blocker are recommended. Trouble breathing, swelling of face, lips, tongue or throat, severe nausea and diarrhoea, head ache, vaginal itching or discharge. In siddha aspect it is termed as kunmam. According to yugi muni aspect kunmam is classified into 8 types. They are vayu kunma, vatha kunma, pitha kunma, Eri kunma, vali kunnam, sarthi kunma, sanni kunma, kabha kunma. kunmam occurs due to pitha vathaa action.

The medicines which inhibit pitha action and compensating vatha and kabha action should be preferable. For the treatment of increased pitha condition, commonly a drug with the taste of carminative property plants will be effective and preventive for kunmam.
Traditional Medicines

1. Indigofera tinctoria
It is called as Avuri. It has bitter taste. Avuri root decoction cures kunmam.

2. Ricinus communis
It is called as aamanakku in tamil. It has bitter taste. Castor oil cures ulcer. Internally taking castor oil has effective for stomach ulcer.

3. Zingiber officinalae
It is called as inji in tamil. It has chilly taste. It has gas tro protective and anti oxidative activity which contains gallic acid as an alkaloid. A preparation of zingiber, operculina turpethum, tinospora, csassia, plumbago, thrikadugu, caesalpinia, cardiosperma is heated and filtered in castor oil which cures ulcer.

4. Azedaracta indica
It is called as vembu in tamil. It has bitter taste. It has anti-gastric action(it cures ulcer through blocking the acid secretion). Extraction of flower, bark decoction cures kunmam.

5. Allium cepa
It is called as vengayam in tamil. it has bitter taste. It has carminative action. seeds of allium cepa is dried and powdered, 3-4 g is given along with sugar cures vatha, pitha, kabha kunmam.

6. Aegle marmelos
It is called as vilvam in tamil.it has acrid with little bitter taste. It has Anti-secretory and anti-ulcerogenic and ulcer healing property. Roots of vilvam decoction cures kunmam.

7. Ferula asafoetida
It is called as perungayam in tamil. it has bitter taste. It has carminative, anti-ulcerogenic property. 16-650 mg of fried asafoetida cures kunmam.

8. Tamarindus indica
It is called as puli in tamil. It has acrid taste. It has anti-ulcerogenic property which reduces the total volume of gastric juice and secretion. Bark of tamarindus and salt is burnt in a mud pot and 130 mg of this preparation giving for 2 duration cures kunmam.
9. *Phyllanthus emblica*
   It is called as nelli in tamil. It has sour, sweet, acrid taste. It has gallic acid which is the major key bioactive component having healing activity of gastric ulceration. It has anti-oxidant, anti-ulcer property. Dried seeds of phyllanthus emblica decoction is taken and sugar, glycerriza, cashew fruit, dates, piper longum is mixed with ghee and honey is added in particular stage. It is taken in the quantity of punnaikaai which cures kunnam.

10. *Morinda tinctoria*
    It is called as nuna in tamil. It has chilly taste. It has anti-ulcerative, anti-inflammatory activity. Decoction of bark is taken and coconut water, lemon fruit juice, gingelly oil is heated and prepared in oil form which is taken as head bath cures kunnam.

11. *Achyranthes aspera*
    It is called as naayuruvi in tamil. It has bitter, acrid, chilly taste. It has anti-oxidant, anti-ulcerative activity. Equal amount of Ash of achyranthes aspera, ferrosoferric oxide powder, pepper is taken in the quantity of 5g cures kunnam.

12. *Thiripala*
    It is a combination of thandrikai, nellikai, terminalia chebula which cures kunnam.

13. *Gingibera officinale*
    It is called as sukku in tamil. It has chilly taste. It has carminative property. It has anti-ulcerative activity. Decoction of gingebera officinale cures kunnam.

"Thodamathi saaranth thodarvatha kunmaneerth
Thodam aamam pokkunch sukku"

14. *Sukkan kaai*
    It has bitter taste. It has carminative property. Fried seeds of sukkkan kaai cures kunnam.

15. *Cuminum cyminum*
    It is called as seeragam in tamil. It has chilly, sweet taste. It has carminative property. It has anti-oxidant activity. Extract powder of cuminum cyminum is given along with butter cures eri kunnam.
16. Oporculina turpethum
It is called as karungsivathai in tamil. It has bitter, chilly taste. It has ulcer preventive and ulcer protective activity. It has. 372 g of operculina turpethum root extract, sugar, 68 g of piper longum is mixed and given which cures kunmam. "Kaaramudan kaipumundang kaana elividathai Paarvanar kunmathai patrarukum"

17. Trianthema decandra
It is called as sathisaranai in tamil. It has bitter taste. It has anti-ulcer and anti-secretory effects which inhibit gastric secretion and protects gastric mucosa from injuries. Leaf extract juice of trianthema decandra cures kunmam.

18. Michelia champaca
It is called as senbagam in tamil. It has bitter taste. It has carminative property. It helps in decreasing gastric juice volume, total acidity, ulcer index and increase in ph. Decoction of flower cures kunmam. Extract of bark decoction cures kunmam.

19. Cyperus rotundus
It is called as korai kilangu in tamil. It has anti oxidant property which cures gastric ulcer in this way. Decoction of cyperus rotundus cures kunmam.

20. Tephrosia purpurea
It is called as kolunji in tamil. It has bitter taste. It has anti secretory, cyto protective, anti oxidant due to the action of polyphenol alkaloid. Extract of root decoction cures kunmam.

21. Plumbago capensis
It is called as kodiveli in tamil. It has bitter taste. It has carminative property.

Mixture of plumbago capensis, hydragyum subchloride, carum copticum are mixed with sugar and taken which cures kunmam.

22. Phyllanthus urinaria
It is called as senkeel anelli in tamil. It has acrid, bitter, sweet, sour taste. It has anti-oxidant activity. Decoction of phyllanthus urinaria cures kunmam.
23. Oxalis corniculata
It is called as puliyarai in tamil. It has anti-oxidant activity. It has sour taste. Leaves of oxalis corniculata which is taken in the form of spinach cures kunmam.

24. Cinnamom iners
It is called as kaatu karuvapattai in tamil. It has bitter taste. It has anti-oxidant activity. Extract powder of cinnamom, glychriza glabra, acacia nylotica, aegle marmelos, moringo gums, limonia acidissima cures kunmam.

25. Euphorbia antiquorum
It is called as sathura kalli in tamil. It has bitter taste. It has anti-ulcer, anti-oxidant activity. Latex of euphorbia antiquorum, tamarind, cuminum cyminum cures vatha kunmam.

26. Caesalpinia bonduc
It is called as kalarchikodi in tamil. It has bitter taste. It has anti-ulcer, neuro protective, antinociceptive, anti-oxidant activity. Leaves of caesalpinia bonduc cures all types of kunmam.

27. Erythrina vasiegata
It is called as kalyana murukku in tamil. It has bitter, chilly taste. It has gastro protective, anti-peptic, anti-acid, anti-ulcer, hepato protective activity. Decoction of flowers of erythrina vasiegata cures ratha kunmam.

28. Saccharum officinarum
It is called as karumbu in tamil. It has sweet taste. saccharum officinarum along with sugar cures pitha kunmam.
"Kunma pitham pokkumathi kozhaithanai undaakum
Thunmalathut keedathai thotruvikum"

29. Eclipta prostrata
It is called as manjal karisalangani in tamil. It has anti-ulcer, anti-secretory, in vitro digestive, in vivo anti-ulcer activity. It cures inflammation in ulcer.

30. Curcuma aromatica
It is called as kathoori manjal in tamil. It has bitter taste. It has anti-ulcer, chemo protective, anti-oxidant, anti-tumour activity. It has carminative action.1/4-1/2 mg of curcuma powder cures kunmam.
31. Cocculus hirsutus
It is called as kattukodi. It has acrid and bitter taste. Decoction of root added with little extract of zinger and sugar which cures pitha kunmam.

32. Terminalia chebula
It is called as kadukai in tamil. it has acrid taste. It has hydroalcoholic effect which evaluates anti-ulcerogenic effect. Purified chebula cures kunmam.

33. Alstonia scholaris
It is called as Ealilaipalai. It has bitter taste. Powder form of root given quantity of 260-650 mg which cures kunmam.

34. Elettaria regains
It is called as sitrealem. It has chilly taste. It has carminative action. Equal amount of Elettaria, Zingiber, Clove, Cuminum powder is given which cures kunmam.

35. Phonex dactilifera
It is called as peariichu. It has sweet taste. Mate which is prepared from phonex sleeping is cures vata kunmam. kuruthu cures silathuma kunmam.
"Paereechu thankuruthai paeniye thinbavarku
Keericha kunmavali egunkan"
"Paereechup paayinitham pera thuranguvarku
Paaritha kunmam parakum menbar"

36. Cinnamomum verum
It is called as ilavanga pattai. It has chilly and sweet taste. It has anti-oxidant, anti-gastric and anti-ulcer effects. It has carminative action. Equal amount of cinnamomum, zingiber, clove, pimpinella anisum, embelia ribes is prepared as decoction and given twice a day which cures kunmam.
### Scientific validation

<table>
<thead>
<tr>
<th>s.no</th>
<th>Tamil name</th>
<th>Botanical name</th>
<th>Taste</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aamanakku</td>
<td>Ricinus communis</td>
<td>Kaipu</td>
<td>May reduce pain and inflammation</td>
</tr>
<tr>
<td>2.</td>
<td>Inji</td>
<td>Zingiber officinale</td>
<td>Karpu</td>
<td>Gastroprotective and anti oxidant</td>
</tr>
<tr>
<td>3.</td>
<td>Ilavangapattai</td>
<td>Cinnamomum verum</td>
<td>Karpu inipu</td>
<td>Antioxidant, anti gastric, anti ulcer</td>
</tr>
<tr>
<td>4.</td>
<td>Sitrelam</td>
<td>Elettaria regins</td>
<td>Karpu</td>
<td>Carminative</td>
</tr>
<tr>
<td>5.</td>
<td>Ealilaipalai</td>
<td>Alstonia scholaris</td>
<td>Kaipu</td>
<td>Anti oxidant, carminative, anti ulcer</td>
</tr>
<tr>
<td>6.</td>
<td>Kadukai</td>
<td>Termenalia chebula</td>
<td>Thuvarpu</td>
<td>Hydroalcoholic effect that evalvulate anti ulcer effect.</td>
</tr>
<tr>
<td>7.</td>
<td>Kattukodi</td>
<td>Cocculus hirsutus</td>
<td>Thuvarpu, Kaipu</td>
<td>Anti oxidant and gastroprotective</td>
</tr>
<tr>
<td>8.</td>
<td>Kathoori manjal</td>
<td>Curcuma aromatica</td>
<td>Kaipu</td>
<td>Carminative</td>
</tr>
<tr>
<td>9.</td>
<td>Kalyana murukku</td>
<td>Erythrina variegata</td>
<td>Kaipu, kaipu</td>
<td>Anti-acid, anti ulcer</td>
</tr>
<tr>
<td>10.</td>
<td>Kalarchi kodhi</td>
<td>Caesalpinia bonduc</td>
<td>Kaipu</td>
<td>Anti - ulcer, anti oxidant, neuro protective</td>
</tr>
<tr>
<td>11.</td>
<td>Sathurakalli</td>
<td>Euphorbia antiquorum</td>
<td>Kaarpu</td>
<td>Anti- ulcer, anti oxidant</td>
</tr>
<tr>
<td>12.</td>
<td>Kaatu karuvapattai</td>
<td>Cinnamom iners</td>
<td>Kaarpu</td>
<td>Carminative, anti oxidant</td>
</tr>
<tr>
<td>13.</td>
<td>Puliyarai</td>
<td>Oxalis corniculata</td>
<td>Pulippu</td>
<td>Anti oxidant</td>
</tr>
<tr>
<td>14.</td>
<td>Senkeelanelli</td>
<td>Phyllanthus urinaria</td>
<td>Thuvarpu, kaipu, inippu, pulipu</td>
<td>Anti oxidant</td>
</tr>
<tr>
<td>15.</td>
<td>Kodi veli</td>
<td>Plumbagap capensis</td>
<td>Kaarpu</td>
<td>Carminative</td>
</tr>
<tr>
<td>16.</td>
<td>Kolumji</td>
<td>Tephrosia purpura</td>
<td>Kaarpu</td>
<td>Anti secretory, cyto protective,anti oxidant</td>
</tr>
<tr>
<td>17.</td>
<td>Shanbagam</td>
<td>Michalia champaca</td>
<td>Kaipu</td>
<td>Carminative</td>
</tr>
<tr>
<td>18.</td>
<td>Sathi saranai</td>
<td>Trianthema decandra</td>
<td>Kaipu</td>
<td>Anti-ulcer, anti secretory</td>
</tr>
<tr>
<td>19.</td>
<td>Karun sitwathai</td>
<td>Operculina turpethum</td>
<td>Kaipu, kaarpu</td>
<td>Ulcer preventive and protective</td>
</tr>
<tr>
<td>20.</td>
<td>Seeragam</td>
<td>Cuminum cyminum</td>
<td>Kaarpu, inipu, pulipu</td>
<td>Anti oxidant, carminative</td>
</tr>
<tr>
<td>21.</td>
<td>Naayuruvi</td>
<td>Achyranthes aspera</td>
<td>Kaipu, Thuvarpu, kaarpu</td>
<td>Anti oxidant, anti ulcerative</td>
</tr>
<tr>
<td>22.</td>
<td>Nuna</td>
<td>Morinda tinctoria</td>
<td>Kaarpu</td>
<td>Anti- ulcerative</td>
</tr>
<tr>
<td>23.</td>
<td>Nelli</td>
<td>Phyllanthus emblica</td>
<td>Pulipu, Thuvarpu, inipu</td>
<td>Anti oxidant, anti ulcer</td>
</tr>
<tr>
<td>24.</td>
<td>Puli</td>
<td>Tamarindus indica</td>
<td>Thuvarpu</td>
<td>Anti ulcerogenic</td>
</tr>
<tr>
<td>25.</td>
<td>Perungayam</td>
<td>Ferula asoefoetida</td>
<td>Kaipu</td>
<td>Carminative, anti ulcerogenic</td>
</tr>
<tr>
<td>26.</td>
<td>Vengayam</td>
<td>Allium cepa</td>
<td>Kaipu</td>
<td>Carminative, anti secretory</td>
</tr>
<tr>
<td>27.</td>
<td>Vilvam</td>
<td>Aegele marmelos</td>
<td>Thuvarpu, siru kaipu</td>
<td>Anti secretory, anti ulcerogenic</td>
</tr>
<tr>
<td>28.</td>
<td>Vembu</td>
<td>Azadirachta indica</td>
<td>Kaipu</td>
<td>Anti gastric</td>
</tr>
</tbody>
</table>

**CONCLUSION**

We are concluding that bitter, sweet, acrid tasting herbal medicines can be recommended for treating of kunmam which has been taken as the evidence from Textbook of Gunapadam - Mooligai, by Murugesa Mudhaliyar. Moreover, plants which has not alkaloid property should be documented.
ACKNOWLEDGEMENT

Our sincere thanks to principal, HOD, Lecturer of RVS siddha medical college.

REFERENCE

3. Evidence based complementary and alternative medicine volume, 2011, article 1, 249487.
12. Illustrated Dravyaguna vijnana, Vol II, by Dr JLN Shastry.
14. N Mathivannan, G Surendiran of medicinal food, 2006-online.liebertpub.com


19. easyayurveda.com/2013/9/20/chitrak.


21. herbpathy.com/uses and benefits of Alstonia scholaris.

22. Medicinal properties of true cinnamon, Priyanka Ranasinghe, Shehani pigera, GA sirimal, Prem kumar, Priyadharshini Galappapathy, Godwin R Constantine, prasad katulanda.