A LITERATURE REVIEW ON MALLIKAI CHOORNAM A CLASSICAL SIDDHA FORMULATION FOR URINARY TRACT INFECTION (AZHAL NEER CHURUKKU)

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ABSTRACT
Siddha system is one the traditional system of medicine practised in south India. Saint Yougi mentioned the signs and symptoms of Azhal Neer Churukku in Yougi vaithiya chinthamani may be correlated with that of Urinary Tract Infection in Bio medicine. This paper scientifically reviews the poly herbal formulation Mallikai Choornam that have been mentioned in the ancient Siddha literature Chikicha Rathina Deepam for the treatment of Azhal Neer Churukku.

KEYWORDS: Siddha Medicine, Azhal Neer Churukku, Mallikai Chooranam, Urinary Tract Infection.

INTRODUCTION
Urinary tract infection is the second most common type of infection more common in girls than boys and men younger than 50 years of age. Recurrent infection cause considerable morbidity, if complicated it can cause severe renal disease including end stage of renal failure. UTI is usually caused by Escherichia coli, a type of bacteria commonly found in the gastro intestinal tract. However sometimes other bacteria are responsible common symptoms include a frequent urge to urinate and pain or burning when urination.

Siddha formulations are not only treat the disease but also strengthen the urinary tract and correct the deranged pitham without any undesirable side effect. The preparation of Mallikai Choornam is cost effective efficacious and easily available. The ingredients are:Paranki
chakkai(Tuber of *Smilx china.Linn*), Athimathuram(root of *Glyciriza glabra.Linn*), Karunjeeragam(seeds of *Nigella sativa.Linn*) Jeeragam(seeds of *Cumminum ciminum.Linn*), Sajara(Gum of *Shorea robusta.Gaertn*),Ealam(fruit of *Elatteria cardamomum.Marton*),Sanna lavanga pattai(stem bark of *Cinnamomum zylanicum.Presl*), Kirambu(Buds of *Syzigium aromaticum.linn*), Vithai illa thirachai(dry fruit of *Vitis vinifera.Linn*), Thaniya(seeds of *Corriandrum sativam.Linn*) are said to cure Azhal Neer Churukku as per Chikicha Rathina Deepam text[1].

**MATERIALS AND METHOD**

**MALLIKAI CHOORNAM (Ref: Chickicha Rathina Deepam)**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thaniya(Coriandrum sativam.Linn)</td>
<td>315grams (9palam)</td>
</tr>
<tr>
<td>Paranki chakkai(<em>Smilax china.linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Athimathuram(<em>Glyciriza glabra.Linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Karunjeeragam(<em>Nigella sativa.Linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Jeeragam(<em>Cumminum ciminum.Linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Sajara(<em>Shorae robusta.Gaertn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Ealam(<em>Eletteria cardamomum.Marton</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Sannalavanga pattai(<em>Cinnamomum zylanicum.Presl</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Kirambu(<em>Syzygium aromaticum.Linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
<tr>
<td>Vithai illa thirachai(<em>Vitis vinifera.Linn</em>)</td>
<td>35grams (1palam)</td>
</tr>
</tbody>
</table>

**PURIFICATION OF RAW DRUGS**

- Paranki chakkai-Powered and steamed with cow’s milk and then dried.
- Athimathuram-washed with clean water, skin pealed and made into small pieces.
- Karunjeegam-Cleaned and kept in sunlight then fry it to golden colour.
- Sajara – Boil with tender coconut
- Jeeragam, Ealam, Sanna lavanga pattai, Krambu, Vithai illa thiratchi – Clean and kept in sunlight.
- Thaniya – Tie coriantrum sativum seeds using a cloth and boil it by dipping in lemon juice, then dry in sunlight.[4]
METHOD OF PREPARATION
Coriander seeds are dried in sunlight, the remaining raw drug are fried to till they reach golden colour and powdered. Mix all the powder. The prepared drug will be stored in a clean and dry tight glass container.

DOSE & DURATION
6 grams (½ thola) twice a day, before food with palm sugar powder.15 days.

PATHIYAM: Itcha pathiyam[1]

**PHYTOCHEMICAL AND PHARMACOLOGICAL ACTIVITY OF MALLIKAI CHOORANAM**

<table>
<thead>
<tr>
<th>S. N</th>
<th>NAME OF THE INGREDIENT</th>
<th>PARTS USED</th>
<th>PHYTOCHEMICAL</th>
<th>PHARMACOLOGICAL ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.</td>
<td>Sannalavanga</td>
<td>Stem</td>
<td>Volatile oil,cinnamic</td>
<td>Antioxidant,antimicrobial,</td>
</tr>
</tbody>
</table>
CONCLUSION

Traditional knowledge about the use of Mallikai Choornam helps us in the treatment of the urinary tract infection and prevents the possibilities of renal failure. The scientific review concludes the presence of the wide range antioxidants and detailed the antimicrobial (antibacterial, antifungal), anti-inflammatory, analgesic activities of Mallikai Choornam made it a drug of choice in the treatment of Azhal Neer Churukku. The scientific research committee has to support the medicine for urinary tract infection.

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