

Herbals Used for Thookaminmai (Insomnia) in Siddha System of Medicine – A Literature Review

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Abstract: Insomnia is the complaint of difficulty starting or maintaining sleep or of nonrestorative sleep (not feeling well after sleep). Sleep problems are also common in association with any medical illness that causes significant pain or discomfort or associated with metabolic disturbances. Literature review was conducted with the descriptive method from library of Government Siddha Medical College, Palayamkottai. In Siddha System of Medicine, Insomnia is called as Thookaminmai or Nithiraipankam. T.V. Sambasivam Pillai Dictionary has explained Thookaminmai as want of sleep or morbid sleeplessness. Sleep is said as one of the 14 reflexes in siddha text, which further states voluntary intact of sleep leads to hearing loss, heaviness in the head and altered speech. Siddha System of Medicine uses drugs from plants, animals, minerals and metals origin. Some herbals used in Siddha System of Medicine is used for treating Insomnia. It has to be documented so that it would be useful to everyone.

Keywords: insomnia, siddha medicine, herbals for insomnia.

1. Introduction

Insomnia is an emerging problem nowadays affecting people of all age. Lifestyle changes is one of the main cause for Insomnia. Stress related to big life events, noise around the

sleeping room may cause primary insomnia. Hyperthyroidism, Mental health issues, caffeine, tobacco or alcohol use, pregnancy, menopause may cause Secondary insomnia. Grumpiness, Fatigue, problem concentrating and many other problems may happen due to insomnia. In siddha text Padartha Guna Sinthamani, it is explained that Nithiraipankam (Insomnia) causes tiredness of the senses, fear, indigestion and many other problems. Herbals are the main source of ingredients in Siddha System of Medicine. Various kind of diseases are treated using herbals in Siddha System. There are some herbals and herbal formulations used in Siddha System of Medicine to treat Insomnia.

This present study is based on Analysis of Herbal and Herbal Preparations used for Insomnia in Siddha System of Medicine.

2. Review of Literature

Herbs for Insomnia given in Siddha Texts

1. Ammukkurak-Kizhangu (Withania somnifera)
2. Abini (Papaver somniferum)
3. Azhavanam (Lawsonia inermis)
4. Uralaik-Kizhangu (Solanum tuberosum)
5. Kurosani Omam (Hyoscyamus niger)

Table 1
Tabulation of Herbs

Tamil Name	English Name	Botanical Name	Part Used for Treating Insomnia	Form – Internal/ External
Ammukurak-Kizhangu	Winter cherry	Withania somnifera	Tuber	Internal
Abini	Opium	Papaver somniferum	Latex	Internal
Azhavanam	Henna Plant	Lawsonia inermis	Flower	External
Uralaik-Kizhangu	Potato	Solanum tuberosum	Leaf	Internal
Kurosani Omam	Henbane Seeds	Hyoscyamus niger	Seed	Internal
Kasa-Kasa	Opium poppy	Papaver somniferum	Seed	Internal and External
Ganjah	Hemp	Cannabis sativa	Whole plant	Internal
Kaththari	Egg plant	Solanum melongena	Leaf	Internal
Katrzhai	Indian Aloes	Aloe barbadensis	Gum	External
Keerip-pundu	The mangos plant	Ophiorrhiza mungos	Rootbark	Internal
Kodip-pasalai-kkirai	White basil	Basella alba	Leaf	External
Puthina	The Marsh mint	Mentha arvensis	Leaf	Internal
Kottam	Costus root	Costus speciosus	Root	External
Sadamanjil	Valerina root	Nardostachys jatamansi	Root	Internal
Sarpangandha	Indian snakeroot	Rauwolfia serpentina	Root	Internal
Brahmi	Waterhyssop	Bacopa monnieri	Whole plant	Internal
Sathikkai	Nut Meg	Myristica fragrans	Aril	Internal
Korai	Nut grass	Cyperus rotundus	Mat from nut grass	External
Devadaru	Himalayan Cedar	Cedrus deodara	Stem	External
Madanakamappu	Sago Palm	Cycas circinalis	Flower	Internal

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Table 2
Herbal preparations for insomnia

Preparation Name	Main Ingredient	Dosage	Reference
Amukkura kizhangu Chooranam	Amukkura (Winter Cheery)	3 g to 6 g, twice a day	Siddha Pharmacopoeia of India, Part 1, Volume 1
Sadamanjil Chooranam	Sadamanjil (Valerina root)	500 mg to 1 g, twice a day	Siddha Pharmacopoeia of India, Part 1, Volume 1
Sagala noi Chooranam	Madanakamappu (Sago Palm)	2 to 4 g, twice a day	Brahmamuni Karukkidaik Nikandu
Aruvatha Chooranam	Sathappu (Common rue)	3 g, twice a day	Chikicha Ratna Deepam part 2 vaithiya sinthamani
Arogya Chooranam	Sathakuppai (Dill seeds)	2 g, twice a day	Vaithya Kalangiyam
Kamirojappra	Ganjah (Hemp)	650 mg	Bhaisaja Kalpam
Nithirakkari Legium	Ganjah (Hemp)	650 mg	Bhaisaja Kalpam
Kasakasa Nei	Kasakasa (Opium Poppy)	Applied in Sole, head and hands	Bhaisaja Kalpam
Chiru Chandanathi Thailam	Chandana kattai (Sandal wood)	Used as bathing oil	Pharmacopoeia of Siddha Medicine

6. Kasa-Kasa (*Papaver somniferum*)
7. Ganjah (*Cannabis sativa*)
8. Kaththari (*Solanum melongena*)
9. Katrazhai (*Aloe barbadensis*)
10. Keerip-pundu (*Ophiorrhiza mungos*)
11. Kodip-pasalai-kkirai (*Basella alba*)
12. Puthina (*Mentha arvensis*)
13. Kottam (*Costus speciosus*)
14. Sadamanjil (*Nardostachys jatamansi*)
15. Sarpangandha (*Rauwolfia serpentina*)
16. Brahmi (*Bacopa monnieri*)
17. Sathikkai (*Myristica fragrans*)
18. Korai (*Cyperus rotundus*)
19. Devadaru (*Cedrus deodara*)
20. Madanakamappu (*Cycas circinalis*)

Insomnia is less. We need to document so that it could be useful to everyone.

4. Conclusion

In this study we explore different herbals and herbal formulations used for treating Insomnia in Siddha System of Medicine. Some herbals mentioned in this study may not be suitable for some persons. So before taking a herb or herbal preparation it should be consulted with the expert in Siddha Medicine to avoid any adverse effects. Herbals are of great use in treating Insomnia.

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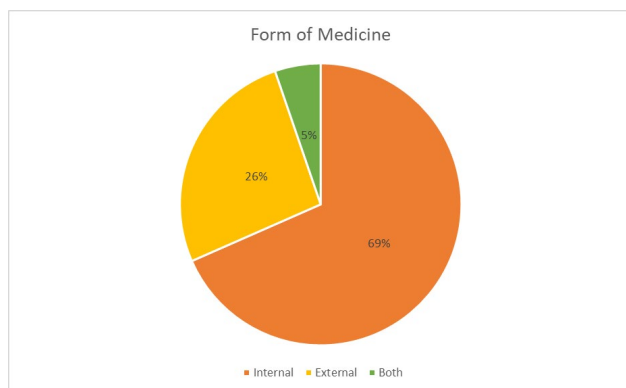


Fig. 1. Forms of medicine

3. Discussion

In Siddha System of Medicine there are many herbal medicines used for Insomnia and some in literatures are not in use now. Some herbals which are given as having sleep inducing properties are banned in many countries, which could not be used now. The documentation about herbals for