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## Evaluation of safety of few Serankottai (*Semecarpus anacardium*) Based siddha medicines

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### Abstract

Utilization of poisonous plants in preparation of Siddha medicines has a long historical background; especially Siddha medicines prepared from Serankottai (*Semecarpus*) are used in the treatment of chronic ailments and life threatening ailments like cancer and neurological disorders etc. Scientific validation of traditional medicines is need of the hour, we need to prove that the Serankottai (*Semecarpus*) based Siddha medicines, are safe for anyone by preparing under proper SOPs and prescribing medicines with proper protocols of dosage and adjuvant, diet etc. With specific period. This paper is about Evaluation of the safety profile of few Serankottai (*Semecarpus*) based Siddha preparations in patients under treatment in our SKM Chikitchaalaya.

**Keywords:** Siddha medicine, Serankottai (*Semecarpus*), SOPs, toxicity

### 1. Introduction

Treatment for cancer and Vatha- neuralgic disorders have become the biggest challenges to the scientific community and despite the development of drugs and other modalities for treatment of these ailments, however there are complexities at every level of treatment. Taking allopathy medicine for a long period is associated with many side effects such as nausea, loss of taste, lethargy, loss of hair, immunosuppression. Thus, there is need to find out relatively safe, effective, and economical way out for these ailments. The scientific community is looking at traditional system of medicines for treatment of chronic ailments.

Siddha system of medicine mentioned about utilization herbal, Herbo-mineral and animal origin of raw drugs in preparations. Under the herbals category, lot of poisonous plants also used in medicinal preparations. Among them Serankottai (*Semecarpus*) has more importance in Siddha as like mercury. Even though poisonous in nature, it has wonderful therapeutic effects in lesser dose while process under the proper purification methods. Now a day has increased awareness about Siddha system among the peoples. We are in need to prove our Siddha medicines are safe to take for chronic diseases.

Modern science has now revealed that this process of purification in preparing Siddha drugs, converts the toxic ingredients like alkaloids and other ingredients into safe and efficacious particles which explains the usefulness of Serankottai (*Semecarpus*) based drugs as effective medicines for cancer as prophylactic, palliative, curative, and supportive medicaments. In the present study the safety and toxicity of some Serankottai (*Semecarpus*) based Siddha medicines were checked in patients who came to our OPD, SKM Chikitchaalaya, ERODE. The primary objective of this study is to prove the safety profile of Serankottai (*Semecarpus*) based Siddha medicines.

### 2. Material and Methods

#### 2.1 Serankottai based Siddha medicines

The drugs used in the present study were NMVL and NM, which are Serankottai based Siddha medicines prepared by SKM Siddha and Ayurveda Company India limited its own manufacturing unit exactly as per the instructions elaborated in ancient Siddha literature. Accordingly Neeradi Muthu Vallathy Legiyam and Nandhi Mezhugu preparation made from Serankottai (*Semecarpus*) and some poisonous herbs, different types of inorganic minerals such as Mercury. These drugs are purified by individual techniques as per literature. These herbs and Herbo- mineral drugs were standardized by the use of physiochemical properties and SKM In-house standards.

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## 2.2 Safety Profile of Neeradi Muthu Vallathy Legiyam and Nandhi Mezhu in 4 Patients

The SKM Chikitchaalaya Hospital has been treating Cancer and Vatha diseases – Neurologic disorders with Neeradi Muthu Vallathy Legiyam and Nandhi Mezhu for the last several years. In the present study blood from 4 patients who have taken the treatment in our OPD, was taken for haematological and biochemical (hepatic and renal) toxicity and heavy metal toxicity of Neeradi Muthu Vallathy Legiyam and Nandhi Mezhu preparation.

## 3. Results

### 3.1 Toxicity parameters

#### 3.1.1 Hematological and Biochemical Parameter

There was no significant change of WBC count, hemoglobin content, and differential counts. There was no significant alteration in hepatic and renal function parameters. Sub chronic administration of these drugs did not produce any alteration in sodium, potassium, chloride, and bicarbonate levels. There were no contamination of Hg, Pb, As and Cd in the blood.

## 4. Discussion

Siddha is the one of the traditional medical system used by the majority of people of South India. It is time tested and trusted through thousands of years of usage. Literature evidence in Siddha for utilization of poisonous herbs, especially serankottai is dated back to days of Agathiyar and Thirumoolar era. Agathiyar Vallathy 600 is a book was written by Agathiyar, which mentioned medicines prepared from Serankottai as the main ingredient. Apart from this, all Siddhars has mentioned about Serankottai based Siddha medicines in their books. Thus Serankottai have more importance in Siddha. Since these were very effective, quick in action, even in smaller dosage, the use of poisonous herbals especially serankottai became the exclusivity of Siddha therapeutics.

Our present study demonstrates not only the efficacy of some Serankottai based Siddha medicines. But also the safety of medicines on variety of hematological and biochemical parameters. Neeradi Muthu Vallathy Legiyam and Nandhi Mezhu dosage formulation equipped by as per the instructions described in our ancient Siddha literature by SKM Siddha and Ayurveda Company India limited, ERODE. In view of the efficacy and safety of these medicines, some Serankottai based standardized preparations; their extensive clinical study is warranted in a variety of chronic ailments.

## 5. Conclusion

The novel Serankottai based preparations, Neeradi Muthu Vallathy Legiyam and Nandhi Mezhu, prepared absolutely as per the instruction given in the ancient siddha literature has been found to be devoid of toxicity in human subjects, which we may conclude that chronic utilization of Serankottai based preparations is being safety. In view of our encouraging results, further studies had been planned to evaluate the safety of these medicines.

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