

A Siddha polyherbal formulation *Neerkovai Mathirai*: a review

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Abstract

The role of Siddha medicine is crucial due to its increasing acceptance by scientific medical community. This change in trend is owing to the surge in complementary and alternative medical research for obvious reasons of cost effectiveness, less side effects and easy availability. Among the ancient Siddha formulations, *Neerkovai Mathirai* is one of the most famous medicine for *Peenisam* (Sinusitis), *Mooku Neerpaithal* (Rhinitis) and headache due to cold, which is mentioned in the ancient Siddha text, *Vaidyathirattu*. That is comprised of ten components such as rhizome of *Curcuma longa*, *Curcuma aromaticus* and *Zingiber officinale*, resin of *Styrax tonkinensis*, seeds of *Piper nigrum*, *Trachyspermum copticum* and *Myristica fragrans*, bud of *Syzygium aromaticum*, exudate of *Cinnamomum camphora*, dehydrated borax and juice of *Citrus reticulata*. It pacifies the aggravated *Pittam* and *Kapham* in the sinuses. Along with Siddha texts, the published journals and articles on pharmacognasy, phytochemical and clinical studies on *Neerkovai Mathirai* were analyzed for this review to explore the pharmacological potential of *Neerkovai Mathirai*. *Neerkovai Mathirai* have anti-inflammatory and analgesic action and each ingredient in the formulation has different pharmacological actions such as anti-septic, anti-bacterial, anti-fungal, anti-microbial, anti-parasitic, anti-tumor and anti-oxidant. For this pharmacological action, most of the ingredients of this medicine contain chemical substances like Essential oil, Terpinen, Eugenol and Cymene. Some of them possess Camphene, Myristicin, Boreanol, Linalool and Cinamic acid. According to Siddha pharmacology, all the ingredients of *Neerkovai Mathirai* have *Kaippu*, *Karpu Suvai*, *Veppa Veeriyam* and *Karpu Vipakam*. These organoleptic characters contribute to pacify the aggravated *Pittam* and *Kapham*. Hence *Neerkovai Mathirai* is a potential drug for *Peenisam*, *Mooku Neerpaithal* and headache.

Keywords: *Neerkovai Mathirai*, *Peenisam*, *Mooku Neerpaithal*

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