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## Review Article



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## A review on metal and mineral drugs in siddha medicine for the management of Kunmam (Peptic Ulcer)

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### Abstract

Siddha system of medicine is one of the precious system in the world. It is believed that the siddhars laid the foundation for the system. They gave herbs, minerals, metals and non- metals medicinal preparation as a remedy for various acute and chronic diseases. They classified diseases as 4448, kunmam is one of the disease. In worldwide, it is called as peptic ulcer. Peptic ulcers are present in around 10% of population. Peptic ulcer is defined as breaking in the lining of stomach which is produce epigastric pain, burning sensation of abdomen, vomiting, indigestion, regurgitation and abdominal discomfort. So siddha system has various type of medicinal preparation which prognoses or cure the peptic ulcer disease. So, this paper reveals the review for the metal and mineral drugs and it uses for peptic ulcer.

**Keywords:** Kunmam, peptic ulcer, helicobacter pylori, minerals, siddha.

### Introduction

Peptic ulcer is a broad term which includes ulcer of digestive tract in the stomach or duodenum. Peptic ulcer is present in around 10% of population. The first description of perforated peptic ulcer was in 1670 in Prince Henrietta of England. Earlier it was believed occur due to stress and spicy food. But recent research shows that it is caused by infection of *Helicobacter pylori* bacteria and also by certain medicines like non- steroidal anti-inflammatory drugs.

*Helicobacter pylori* was first identified as causing peptic ulcer by Barry Marshall and Robin warren in the last 20<sup>th</sup> century, a discovery for which they received the Nobel prize in 2005. The symptom of peptic ulcer includes stomach pain, loss of appetite, vomiting, bloating of abdomen, regurgitation, indigestion and constipation. Peptic ulcer classified into two type which is gastric ulcer and duodenal ulcer.

In siddha system peptic ulcer was called as kunmam. It is defined as, due to indigestion, vomiting, pain and burning sensation of stomach which produce loss of weight that may leads to produce depression on mind and soul, death may also occur. In siddha kunmam is caused by derangement of vadham accompanied with piththam. In siddha system kunmam is classified into eight types by saint yugi muni which is vadham, piththam, kabam, mukkutram, vali, eri, vaanthi, vayu.

According to siddha system both herbals, metal & mineral drugs were used for some of acute and chronic diseases. Some metals are used for peptic

ulcer in siddha. This paper is a collection work of metal & mineral preparations in the management of kunmam from classical siddha literature.

## Materials and Methods

**Research type:** Literature review

**Data collected from:** "Siddha meteriamedica", a translation of Tamil siddha text Gunapadamthathu & Jeevamvaguppu written by Dr.R.Thiyagarajan, Published by: Department of Indian medicine & Homeopathy, Chennai 600106, 1<sup>st</sup> edition:1952, reprinted year :2016.

## Results

### Metals and minerals for the management of peptic ulcer

S. No	Tamil name	English name	Chemical name
1	Iyam	Iron	Ferrum
2	Eggu	Steel	-
3	Karuvangam	Lead	Plumbum
4	Kaantham	Magnet	Magnetic oxide of iron
5	Chembu	Copper	Cuprum
6	Naagam	Zinc	Zincum
7	Mandooram	Iron rust	Ferric oxide
8	Velvangam	Tin	Tin oxide
9	Velli	Silver	Argentum
10	Rasam	Mercury	Hydrargyrum
11	Lingam	Cinnabar	Red sulphide of mercury
12	Ganthagam	Sulphur	-
13	Kalluppu	Rock salt	Sodium chloride
14	Kariuppu	Table salt	Sodium chloride
15	Navachcharam	White crystal salt	Ammonium chloride
16	Pavazham	Coral	-
17	Muthu	Pearl	-

**Metals and minerals for the management of peptic ulcer**

S. No	Tamil name	English name	Type of preparation	Dosage	Adjuvent
1	Iyam	Iron	Parpam	Arisialavu (64 mg)	Palm wine
2	Eggu	Steel	Parpam	Kadalaialavu	Sesame soak water
3	Karuvangam	Lead	1.Parpam 2.Chendhooram	1.Thuvarai -	1.Hot water, 2.Sandal water
4	Kaantham	Magnatic oxide of iron	Parpam	Kundrimani (130 mg)	Honey
5	Chembu	Copper	Parpam	Kadugu, thenai, samai,kol	Kayam flower juice
6	Naagam	Zinc	1.Parpam 2.chendooram	1.Avarai 2.panavedai (488mg)	1.Butter milk 2.mother milk
7	Mandooram	Iron rust	Chendooram	Puliyankottai	Butter milk and hot water
8	Velvangam	Tin	Chendooram	-	Pampoo tree leaf juice
9	Velli	Siver	1.Parpam 2.Chendooram	1.kakkai mookinnuniilthangi yaalavu 2.-	1.Cow milk 2.Hot water & Alcohol
10	Rasam	Mercury	Chendooram	-	Lotus leaf juice
11	Lingam	Cinnabar	Parpam	Panavedai	Palm jaggery
12	Ganthagam	Sulphur	1.Chendooram 2.Thylam	1. – 2. Aria panavedai (144 mg)	1.Jaggery
13	Kalluppu	Rock salt	Chendooram	Panavedai	Honey
14	Kariuppu	Table salt	Parpam	1 to 2 Kundrialavu	Honey
15	Navachcharam	White crystal salt	Chendooram	Panavedai	-
16	Pavazham	Coral	Chendooram	-	Oinion juice
17	Muthu	Pearl	Parpam	Thuvarai	Cold water

**Other metals and minerals for peptic ulcer**

S. No	Tamil name
1	Thandavalam
2	Thara
3	Piththalai
4	Thalagam
5	Inthuppu
6	Pooneeru
7	Vengaram
8	Vediuppu

 <p><b>Iron</b></p>	 <p><b>Lead</b></p>	 <p><b>Magnetic oxide</b></p>
 <p><b>Copper</b></p>	 <p><b>Zinc</b></p>	 <p><b>Tin</b></p>
 <p><b>Red sulphide of mercury</b></p>	 <p><b>Sulphur</b></p>	 <p><b>Rock salt</b></p>
 <p><b>White crystal salt</b></p>	 <p><b>Coral</b></p>	 <p><b>Pearl</b></p>

## Discussion

Nowadays increasing to use of metals and minerals drugs for practice is increasing. Hence they are good to treat the peptic ulcer. It is easily available and less contra indication to treat the disease. This paper metal and mineral drugs for the management of peptic ulcer disease (kunmam) better discussed along with metals and minerals type of preparation dosage and adjuvants.

## Conclusion

The metal and mineral drugs a nowadays easily available. Hence this paper will used for therapeutic approach of peptic ulcer. Further research will be needed to prove efficacy of these metals & minerals for peptic ulcer.

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