

Potency of Puliyaarai Nei, A Herbal Siddha Drug in the Management of Ratha Moolam (Bleeding Piles): A Drug Review

Dr. S. Priyadarshini^{1*}, Dr. H. Vetha Merlin Kumari², Dr. S. Mohan³ and Dr. N. J. Muthukumar⁴

¹P.G. Scholar, Department of Maruthuvam, National Institute of Siddha, Chennai - Trichy Hwy, near Government Hospital, Tambaram Sanatoruim, Chennai, Tamil Nadu 600047, India

²Associate professor, Department of Maruthuvam, National Institute of Siddha, Chennai - Trichy Hwy, near Government Hospital, Tambaram Sanatoruim, Chennai, Tamil Nadu 600047, India

³Professor, Head of the Department, Department of Maruthuvam, National Institute of Siddha, Chennai - Trichy Hwy, near Government Hospital, Tambaram Sanatoruim, Chennai, Tamil Nadu 600047, India

⁴Professor, The Director i/c, National Institute of Siddha, Chennai - Trichy Hwy, near Government Hospital, Tambaram Sanatoruim, Chennai, Tamil Nadu 600047, India

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*Corresponding author: Dr. S. Priyadarshini

Abstract

Original Research Article

Siddha is one of the Indian system of medicine which is widely practiced in Tamil Nadu, India. Siddha insists to lead a healthy life both physically and mentally. Siddhars have classified 4448 disease, based on the three humoral pathologies. Among them *Ratha Moolam* (Bleeding piles) is classified under *Eruvai mulai noi*. It is believed that symptomatic hemorrhoids affect at least 50% of the population at some time during their lives and around 5% of the population is affected at any given time. Both sexes experience approximately the same incidence of the condition with rates peaking between 25 and 65 years. The diet and deeds which influence the *vatham* and *pitham* humors is said to be major causative factors of this disease. Many formulations are indicated for *Ratha moolam* (Bleeding piles) in siddha literature, *puliyaarai nei* is one among them a herbal formulation indicated for *Ratha moolam*. It is learnt that each one the seven ingredients of *puliyaarai nei* is said to possess anti- haemorrhoidal property. Hence this article gives an insight on the efficacy of the drug *puliyaarai nei* bleeding piles (Internal haemorrhoids, Grade-1) based on review of various literatures and scientific studies.

Keywords: Herbal Siddha, humoral pathologies, Bleeding piles.

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INTRODUCTION

Saint Agasthiyar identified 4448 diseases and one among them is *Eruvai Mulai noi*. Saint Yugi classified *moola noi* into 21 types. The signs and symptoms of *Ratha Moolam* such as pain around the umbilicus, splashing of blood during defecation, weakness in the limbs, giddiness can be correlated with Bleeding Haemorrhoids mentioned in Modern science. Siddha system of medicine paves a way in the treatment of *moolam* at its early and later stages as well. If the early stage is not being taken care of it may lead to complications and need to be corrected with surgery. "*Anila pitha thondhamalathu moolam varaathu*" (*Anilam-vaatham, pitha-pitham*) As per saint theraiyar derangement of *vatham* and *pitha* humor due to lifestyle changes diet and deeds resulting *moolam*. The main *vatha* humor and *pitha* humor get affected cause in *moola noi* (Haemorrhoids). In *moola noi*, increased *keelvaikanal* stimulates *vatha humor* these

totally stimulate *pitha humor*, constipation develops due to effects of *keelvaikanal*. So the symptoms like loss of appetite, emaciation, mental depression, decreased body fluids and blood volume are developed in treatment aspect in order to suppress *vatha humor*, cooling agents were prescribed to suppress *keelvaikanal* [1].

In India approximately 40,723,288 people are reported to have hemorrhoids. 1 million new cases are reported annually, it is estimated that 50-85% of people around the world have hemorrhoids and in India 75% of the population is estimated. Current statistics suggest that almost half of people in their fifties have piles. Age is not the only factor though, and hemorrhoids can affect people of any age group or gender [2]. There are various factors responsible for hemorrhoids like constipation, sedentary life style, pregnancy, low fiber diet, obesity, and so forth. Usually, hemorrhoids develop due to increase in pressure on the veins of the pelvic and rectal region, which causes abnormal dilatation and distortion of the vascular channel, leading

to the extravasation of blood around the perianal and anal vein, which results in rectal bleeding [3].

In the text, Anuboga vaithiya navaneetham–*pakka soolai, alkul putru, vippuruthi, powthiram, kandamaalai, Moolam, pilavai, 21 megangal, pun, kirandhi, mega soolai, megaranam, naabi pun, araiyappu, mega vayu, thimir vaatham, nadukku vaatham*.,page no :1248,1249. A siddha formulation “PULIYAARAI NEI” has been specifically indicated for Moola noi. The most of the ingredients of these formulation possess *Styptic, Anti-inflammatory, Anthelmintic* and *Laxative activities*.

MATERIALS AND MINERALS [4]

THE INGREDIENTS OF PULIYAARAI NEI:

1. Puliyaarai ilai (*Oxalis corniculata.linn*) - 20 Palam (700gms)
2. Thanneervittan Kizhangu (*Asparagus racemosus.linn*) - 30palam (1050gms)
3. Ponmusuttai Ver (*Sida acuta.linn*) - 30palam (1050gms)
4. Nannari Ver (*Hemidescus indicus.linn*) - 30palam (1050gms)
5. Kariveppilai (*Murraya koenigii.linn*) - 30palam (1050gms)
6. Koraiyizhangu (*Cyprus rotundus.linn*) - 30palam (1050gms)
7. Vilamitcham Ver (*Plectranthus vittiveroides.linn*) - 30palam (1050gms)
8. Vilwa Ver (*Aegle marmelos.linn*) - 30palam (1050gms)
9. Cow's Ghee - 1 Padi (1.34lts)
10. Thalisa-Paththiri (*Abies spectabilis.linn*) - 1palam (35gm)
11. Thippili (*Piper longum.linn*) - 1palam (35gm)
12. Chiru-Nagappu (*Mesua nagassarium.linn*) - 1palam (35gm)
13. Chukku (*Zingiber officinale.linn*) - 1palam (35gm)
14. Vetpalai Arisi (*Wrightia tinctoria.linn*) - ½ Palam (18gm)
15. Karkadaka Singi (*Rhus succedanea.linn*) - ½ Palam (18gm)
16. Seeragam (*Cuminum cyminum.linn*) - ½ Palam (18gm)
17. Sanna Lavangapattai(*Cinnamomum verum.linn*) - ½ Palam (18gm)
18. Narukku Moolam (*Root of Piper longum.linn*) - ½ Palam (18gm)
19. Lavangapathiri (*Cinnamomum tamala.linn*) - ½ Palam (18gm)
20. Elam (*Elettaria cardamomum.linn*) - ½ Palam (18gm)
21. Karunjeeragam (*Nigella sativa.linn*) - ½ Palam (18gm)
22. Sathikkai (*Myristica fragrans.linn*) - 1 Varagan (4gm)
23. Chathi-Pathiri(*Leaf of Myristica fragrans.linn*) - 1varagan(4gm)
24. Kirambu (*Syzygium aromaticum.linn*) - 1varagan (4gm)
25. Athimathuram (*Glyzorrhiza glabra.linn*) - 1palam (35gm)
26. Naatu sarkarai - 5 Palam (175gm)
27. kargandu - 5 palam(175gm)

PURIFICATION OF INGREDIENTS OF TRIAL DRUG:

(Ref: Sigicha rathna deepam - pg no:28 to 33)

- Puliyaarai ilai – clean with white cloth
- Thanneervittan kizhangu – clean with water and outer peel and center stalk is to be removed.
- Ponmusuttai ver – cut into small pieces then dry under shadow.
- Nannari ver – cut into small pieces then dry under shadow.
- Kariveppilai & earku – clean with white cloth.
- Koraiyizhangu - clean with water and outer peel and center stalk is to be removed.
- Vilamitcham ver - cut into small pieces then dry under shadow.
- Vilwa ver - cut into small pieces then dry under shadow.
- Thalisa pathiri – clean and dry under shadow.
- Tthippili – soak in lemon juice for 3 hours and dry it.
- Chiru-nagappu -- clean and dry under shadow
- Chukku - soak in limestone water for 3 hours & outer layer will be removed.
- Vetpalai arisi - clean and dry under shadow
- Karkadaka singi - fry with almond oil.
- Seeragam - dry it under shadow & fry till it reaches golden yellow colour.
- Sanna lavangapattai - clean dry under shadow.
- Narukku moolam - remove nodes then dry under shadow.
- Lavangapathiri - clean & dry under shadow.
- Elam - clean & dry under shadow
- Karunjeeragam - dry it in sunlight & fry till it reaches golden yellow colour.
- Sathikkai - outer peel is to be removed & cut into small pieces then dry it under shadow.
- Chathi-pathiri -- clean & dry under shadow.
- Kirambu - clean & dry under shadow
- Athimathuram - wash outer peel is to be removed and cut into small pieces then dry under shadow.

METHOD OF PREPARATION

- Step 1: Above drugs no 1-8 are coarsely powdered and taken in a wide mouth vessel.
- Step 2: 2 padi (2.6lit) of water is added to the above mixture and decoction is prepared by boiling the content till reduced to 1/8th of its quantity.
- Step 3: To the prepared decoction add cow's ghee 1 padi (1.3lit).
- Step 4: Drugs no 10-13 each 1 palam (35gm), drugs no 14-21 each ½ palam (17.5gm), drugs no

22 – 24 each 1 varagan (4.2gm), are finely powdered and mixed with the decoction and boiled to a thick consistency.

- Step 5: Finally drugs 25 & 26 each 5 palam (175gms), drug no 27 1palam (35gm) is finely powdered and added.

TREATMENT

DRUG: PULIYAARAI NEI

DOSE: 4ml twice daily (After food)

ADJUVANT: Milk

DURATION: 45 days

NOOL AASIRIYAR: Kandhasamy mudhaliyar

REFERENCE: Aathma ratchamirtham ennum vaithiya saarasangiragam (siddha vaithiyathin aathinool).

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Potency of the ingredients of Puliyaarai nei in the management of Ratha Moolam (Bleeding Piles)

S. No	DRUG	PARTS USED	ACTION
1	Puliyaarai ilai (<i>Oxalis corniculata.linn</i>)	Leaf	Stomachic Refrigerant Astringent
2	Thanneervittan Kizhangu (<i>Asparagus racemosus.linn</i>)	Tuber	Nutritive Demulcent Galactagogue Aphrodisiac Anti spasmodic
3	Ponmusuttai Ver (<i>Sida acuta.linn</i>)	Root	Stomachic Diaphoretic Alterative Tonic
4.	Nannari Ver (<i>Hemidescus indicus.linn</i>)	Root	Alterative Tonic Demulcent Diaphoretic
5	Kariveppilai (<i>Murraya koenigii.linn</i>)	Whole plant	Stomachic Febrifuge Stomachic Astringent
6	Koraikizhangu (<i>Cyprus rotundus.linn</i>)	Tuber	Astringent Stimulant Vermifuge Demulcent
7	Vilamitcham Ver (<i>Plectranthus vettiveroides.linn</i>)	Root	Refrigerant Anti pitha
8	Vilwa Ver (<i>Aegle marmelos.linn</i>)	Root	Stomachic Laxative Astringent Laxative
9	Thalisa-Paththiri (<i>Abies spectabilis.linn</i>)	Aril	Stomachic Carminative Expectorant
10	Thippili (<i>Piper longum.linn</i>)	Fruit	Acrid Stomachic Carminative Aphrodisiac Expectorant Digestive Emollient Antiseptic.
11	Chiru-Nagappu (<i>Mesua nagassarium.linn</i>)	Flower	Astringent Carminative,Purgative
12	Chukku (<i>Zingiber officinale.linn</i>)	Root tuber	Stimulant Carminative Stomachic
13	Vetpalai Arisi (<i>Wrightia tinctoria.linn</i>)	Seed	Astringent Aphrodisiac Tonic
14	Karkadaka Singi (<i>Rhus succedanea.linn</i>)	Gall	Astringent Stimulant Cholagogue Digestive
15	Seeragam (<i>Cuminum cyminum.linn</i>)	Seed	Carminative Stimulant Astringent Stomachic
16	Sanna Lavangapattai(<i>Cinnamomum verum.linn</i>)	Bark	Carminative Aphrodisiac

17	Narukku Moolam (Root of <i>Piper longum.linn</i>)	Root	Stomachic
18	Lavangapathiri (<i>Cinnamomum tamala.linn</i>)	Aril	Stimulant Carminative Stomachic
19	Elam (<i>Elettaria cardamomum.linn</i>)	Fruit	Stimulant Carminative Stomachic
20	Karunjeeragam (<i>Nigella sativa.linn</i>)	Seed	Carminative Anthelmintic Parasiticide Emollient Stomachic
21	Sathikkai (<i>Myristica fragrans.linn</i>)	Fruit	Stimulant Carminative Narcotic Aromatic Tonic
22	Chathi-Pathiri(Leaf of <i>Myristica fragrans.linn</i>)	Leaf	Carminative Hypnotic Stimulant
23	Kirambu (<i>Syzygium aromaticum.linn</i>)	Bud	Anti spasmodic Carminative Stomachic
24	Athimathuram (<i>Glyzorrhiza glabra.linn</i>)	Root	Emollient Demulcent Laxative

S. No	DRUG	PHARMACOLOGICAL ACTIVITY	PHYTOCHEMICALS
1	Puliyaarai ilai (<i>Oxalis corniculata.linn</i>)	Wound Healing Activity, Anti-implantation and Abortifacient Activity, Anti-diabetic activity, Anti-nociceptive Activity, Anti-diarrhoeal activity, Anxiolytic activity, Steroidogenic activity, Hypolipidemic activity	β -sitosterol, betulin, 4-hydroxybenzoic acid, ethyl gallate, 5-hydroxy-7,8-dimethoxyflavone, 5-hydroxy-3', 4', 6, 7, 8-pentamethoxyflavone, 7, 5'-dimethoxy-3, 5, 2'-trihydroxyflavone, 5-hydroxy-3, 6, 7, 4'-tetramethoxyflavone, 4', 5-hydroxy-3, 6, 7-trimethoxyflavone, 5-hydroxy-3, 6, 7, 4'-tetramethoxyflavone, apigenin 7-O- β -D-glucoside and 3, 3', 5, 7-trihydroxy-4'-methoxyflavone 7-O- β -D-glucopyranoside,
2	Thanneervittan Kizhangu (<i>Asparagus racemosus.linn</i>)	Antitussive effect, Adaptogenic activity, Antibacterial activity, antiulcer, antioxidant, and antidiarrhoeal, antidiabetic and immunomodulatory activities. Galactogogue effect	Oligospirostanoside, Polycyclic alkaloid-Aspargamine A, a cage type pyrrolizidine alkaloid, Isoflavones-8-methoxy-5, 6, 4-trihydroxy isoflavone-7-O-beta-D-glucopyranoside, Cyclic hydrocarbon-racemosol, dihydrophenantherene, Furan compound-Racemofuran, Carbohydrates-Polysaccharides, mucilage, Steroidal saponins, known as shatvarins. Shatvarin I to VI are present. Shatvarin I is the major glycoside with 3-glucose and rhamnose moieties attached to sarsapogenin.
3	Ponmusuttai Ver (<i>Sida acuta.linn</i>)	Water soluble part of alcoholic extract of s.acuta showed acetylcholine spasmodic action on smooth muscles.	Ecdysterone, heraclenol, beta - sitosterol, acanthoside B, daucoglycoside.
4	Nannari Ver (<i>Hemidescus indicus.linn</i>)	The root extract has potent anti inflammatory, anti- pyretic, anti oxidant properties, the ethano extract significantly prevented rifampicin and isoniazid induced hepatotoxicity in rats, the chloroform & ethanol extracts were reported to possess good antifungal activity against <i>aspergillus niger</i> . Anti ulcer activity.	4-hydroxy 3-methoxy benzaldehyde, lupeol, dehydrolupanyl-3-acetate, 3-hydroxy- 4- methoxy benzaldehyde, hexadecenoic acid, hexatriacontane, lupeol octacosanoate, sitosterol, hemidesmin 1&2, alpha-amyrin.
5	Kariveppilai (<i>Murraya koenigii.linn</i>)	Anti helminthic activity, analgesic activity, anti diarrheal, anti dysenteric, anti microbial, antinociceptive, blood purifier.	Fresh leaves contains alpha-pinene (51.7%), sabinene(10.5%), beta-pinene, betacaryophyllene(5.5%), gamma-terpinene (1.2%). Root contains bis -2-hydroxy-3-methyl carbazole, bismahanine, from the benzene extract of roots contains mukolidine and mukoline. Alcoholic extract of stem bark shows presence of koenigine-quinone a & b.
6	Koraikizhangu (<i>Cyprus rotundus.linn</i>)	Petroleum ether extract of the tubers shows anti-inflammatory activity and analgesic activity, anti diarrhoeal activity, cytoprotective activity, anti bacterial, antioxidant activity, hypolipidaemic activity & antidiabetic activity.	4alpha,5alpha,oxidoeudesm-11-en-3alpha-ol, cyprene-1 and 2, beta-selinene, cyperenone, and alpha-cyperone, linoleic acid, myristic acid.
7	Vilamitcham Ver (<i>Plectranthus vettiveroides.linn</i>)	Hydro alcoholic extract of the root showed in vitro anti-cancer and anti oxidant activity. Anthelmintic activity.	Phenolic abietanoids, only 2flavonoids were identified 4,7-dimethoxy-5,6- dihydroxyflavone and chrysofenetin,
8	Vilwa Ver (<i>Aegle marmelos.linn</i>)	The methanolic extract of the stem bark showed antiviral activity against human coxsackie virusB1-	Γ -fagarine, marmesin, marmin, umbelliferone, skimmianine, lupenone, aegelinol, sitosterol, stigmasterol,

		B6, Ethanolic extract showed antiproliferative effect on human tumour cell lines.	1,5-dihydroxy-6-methoxy-2-methyl anthraquinone.
9	Thalisa-Paththiri (<i>Abies spectabilis</i> .linn)	Hypoglycaemic and hypotensive activity, CNS depressant activity.	Abiesin, alpha and beta – pinene, betuloside, methyl betuloside, beta-sitosterol, n- triacontanol.
10	Thippili (<i>Piper longum</i> .linn)	Insecticidal activity, acaricidal activity, anti fungal activity, anti – amoebic activity, anti oxidant activity, anti inflammatory, immunomodulatory, anti cancer activity [6]	Piperine (3-5%), piperlongumine, piperettine, asarinine, pellitorine, trimethoxy cinnamoyl-piperidine, iperonaline.
11	Chiru-Nagappu (<i>Mesua nagassarium</i> .linn)	Anthelmintic activity, anti bacterial activity, crude extract of <i>meusea ferra</i> shows cytotoxic activity, bronchodilator activity, anti inflammatory activity.	Mesuaferrol, mesuanic acid, beta-amyrin, beta-sitosterol, mesuaferone A & B, alpha amyryn.
12	Chukku (<i>Zingiber officinale</i> .linn)	Anti inflammatory, antipyretic activity, hypouricaemic activity,anti hyperlipidaemic activity, antiemetic activity.	6-shogaol, 6-gingerol, beta-phellandrene, alpha-zingiberene, ar- curcumene, beta-bisabolene, genaniol glycosides, camphene, 6- gingesulfonic acid, gingerglycolipids A,B&C, hexahydrocurcumin, isogingerenone.
13	Vetpalai Arisi (<i>Wrightia tinctoria</i> .linn)	Anti bacterial, anti fungal, anti microbial activity, anti malarial activity, antinociceptive activity.	Beta- sitosterol, beta-amyrin, lupeol, alpha-amyryn acetate.
14	Karkadaka Singi (<i>Rhus succedanea</i> .linn)(9)	Anti bacterial ,anti oxidant, anti fungal, hypolipidemic activities, butein compound exhibited a significant anti- breast cancer activity.	Gallic acid, methyl gallate, kaempferol, myricetrin, quercetin, p-benzoic acid, protocatechuic acid, kaempferol 3-galactoside,
15	Seeragam (<i>Cuminum cyminum</i> .linn)	Anti convulsant, antioxidant activity, anti bacterial activity, anti viral activity, anti hyperglycaemic activity, estrogenic activity, anti fertility effects, hypocholesterolaemic activity, anti oxidant activity.	Cuminosides a and b, cumic acid, cuminaldehyde, luteolin, luteolin-7- glucuronosylglucoside, luteolin-7- glucoside , carvacrol, beta-phellandrene., limonene, alpha-terpineol, beta-farnesene, estragole, carvacrol.
16	Sanna Lavangapattai (<i>Cinnamomum verum</i> .linn)	Anti pyretic, anti fungal, analgesic nematocidal activity, insecticidal and anti diabetic activity.	Cinnamaldehyde, eugenol, cinnamyl alcohol, cinnamyl acetate, benzyl benzoate.
17	Narukku Moolam (Root of <i>Piper longum</i> .linn)	Insecticidal activity, acaricidal activity, anti fungal activity, anti – amoebic activity, anti oxidant activity.	caryophyllene and pentadecane (both about 17.8%) and bisabolene (11%). Others include thujine, terpinoline, zingiberine, pcymentene, p-methoxy acetophenone and dihydrocarveol19, 20, 22, 28, 30-32. Long pepper contains less essential oil than its relatives (about 1%), which consists of sesquiterpene hydrocarbons and ethers (bisabolene, β -caryophyllene, β caryophyllene oxide, each 10 to 20%; α -zingiberene, 5%), and saturated aliphatic hydrocarbons such as 18% pentadecane, 7% tridecane, 6% heptadecane 33.
18	Lavangapathiri (<i>Cinnamomum tamala</i> .linn)	Anti bacterial activity, anti oxidant activity, hypolipidemic activity, immunomodulatory activity, cytotoprotective activity, antigenotoxic activity, anti inflammatory activity, anti diabetic activity, molluscicidal activity, gastroprotective activity.	Eugenol, cinnamaldehyde, beta- caryophyllene, linalool, trans-sabinene hydrate, beta-ocimene. Cinnamomum leaf contains quercetin, kaempferol and quercetrin which are responsible for its antioxidant activity.
19	Elam (<i>Elettaria cardamomum</i> .linn)	Anti inflammatory activity, analgesic activity, and anti spasmodic activity, the essential oil showed anti bacterial and antifungal activities. The ethyl acetate-soluble shows antioxidant property.	Essential oil – 1,8-cineole and alpha -terpinyl acetate, limonene, sabinene, alpha-terpineol, alpha-pinene, linalool,two unusual hydrocarbons 4,8-dimethyl-1,2,7,11-tridecatetraene and 4,8,12 trimethyl-1,2,7-nonatriene.
20	Karunjeeragam (<i>Nigella sativa</i> .linn)	Anti-inflammatory, hypoglycemic activity, anti hypertensive activity, anti parasitic, anti-oxidant , anti cancer activity, anti convulsant activity, the ethanolic extract of <i>N.sativa</i> exhibited antitumor activity [13]	Nigellone, crystalline, volatile oil (0.5to1.6%), fatty oil(35.6to41.6%) , oleic acid(3.4to6.3%), volatile oil contains carvone , thymoquinone, thymol, cymene.
21	Sathikkai (<i>Myristica fragrans</i> .linn)	The ethanolic extract of the seed exhibited hypocholesteremic, anti-atherosclerotic and platelet anti-aggregatory activities. The petroleum ether extract showed activities similar to non-steroidal anti inflammatory drugs and anti-diarrhoeal activity. The 2 resorcinols malabaricon B&C exhibited strong anti bacterial and anti fungal activities, anti depressant activity.	The major constituents of the essential oil are eugenol, isoeugenol, methyl eugenol, myristicin and trimyristicin, elemicin, dehydrodiisoeugenol and safrol, phellandrene.
22	Chathi-Pathiri(Leaf of <i>Myristica fragrans</i> .linn)	Anti bacterial and anti fungal activities, anti depressant activity.	eugenol, isoeugenol, methyl eugenol, myristicin and trimyristicin, elemicin, dehydrodiisoeugenol and safrol, phellandrene.
23	Kirambu (<i>Syzygium aromaticum</i> .linn)	Eugenol, alpha-humulene, alpha-humulene epoxide, beta caryophyllene, eugenyl acetate, protocatechuic acid, gentisic acid, ellagic acid, syringic acid, gallic acid, ferulic acid, cratogeolic acid, orsellinic -2-O-beta-D- glucopyranoside.	Clove aqueous extract showed insulin like activity in vitro indicating an improvement in glucose and insulin metabolism. Sulfated polysaccharides showed antithrombotic activity.
24	Athimathuram (<i>Glycyrrhiza glabra</i> .linn)	Immune modulator activity, anti cancer activity, hepato protective , antitussive and anti coagulant activity, anti oxidant [12].	Glycyrrhizin, glycyrrhizic acid, glabranins A & B, glabrol, 24-hydroxyglycyrrhetic, liquorice acid, semilicoisoflavone B.

CONCLUSION

Each ingredients of this drug *puliyaarai nei* shows a good activity related to bleeding piles. By various literature shows that the drug possess Styptic, Carminative, Anti inflammatory, Anthelmintic, Refrigerant, Demulcent, Astringent and Laxative activities So it can be concluded that the formulation will be helpful in the management of *Ratha moolam* (Bleeding piles).

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