



## Review article on some of the medicinal plants in kabasura kudineer ingredients

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### Abstract

The present study was explained about siddha medicinal system used in recovery and control of the COVID-19 pandemic situation. The COVID-19 is one of the viral infections spread throughout the world causing death and severe effects of illness. Certain medicines are used to prevent and control this pandemic condition. Apart from the allopathic medicine, traditional medicinal system also performs important role in this disease management. Traditional medicinal systems are up growing terms now a days. Moreover traditional system like siddha, Ayurveda, Unani, Homeopathy having less or no side effects so people move for the traditional system. At Tamilnadu Siddha system of medicine consumed for long time. One of the siddha medicines consumed for best immunity building properties, which is Kabasura kudineer, it plays an important role in corona virus disease as representing siddha medicines. Kabasura kudineer means "water that balances kapha". Siddha and Ayurveda medicinal system based on the tridosas-Vata (air), Pitta (bile), Kapha (secretion of mucus). Kabasura kudineer having 15 medicinal herbs itself, which are having best disease management activities. Combining all of these ingredients provides good result in COVID-19. People suggested for take Kabasura kudineer along with CORONA medicines, for better recovery and disease prevention.

**Keywords:** kabasura kudineer ingredients review article

### Introduction

Indian Frameworks of Pharmaceutical (ISM) is characterized as the drugs which are considered as Indian root or the pharmaceutical framework which has appropriate in to Indian culture. India has elective framework of medication within the frame of Ayurveda, Yoga and Naturopathy, Unani, Siddha, Homeopathy, recognized by the Government of India. In this COVID-19 widespread circumstance, conventional restorative framework emphatically accepting in gives best result. COVID-19 is the one of the deadliest viral illness spread all through the world. It causes lung disease result in now and then passing. Siddha medications are having imperative part in this widespread condition in an India. Individuals proposed taking one of the Siddha details together urge with COVID drugs to superior recuperation and avoidance of this illness. The definition named as kabasura kudineer <sup>[1]</sup>.

Siddha pharmaceutical is an old framework of pharmaceutical that begun in south India. It is basically concerned with conventional sorts of mending utilizing all nearby herbs <sup>[2]</sup>.

Siddha Framework of solutions follows their heredity from the people of yore Siddhas (Enchanted Sages) of Tamil Nadu. Indeed amid the prior Nipha Episode in Southern India, Nilavembu kudineer from the Siddha Framework played a major part in its prevention. kabasura kudineer could be a conventional definition utilized by Siddha professionals to remedy fever, dry and damp hack, cold, flu and other common respiratory afflictions.

Kabasura kudineer has solid ant-inflammatory, pain relieving, anti-viral, anti-bacterial, anti-fungal, anti-oxidant, liver-protective, anti-pyretic, anti-asthmatic and

immunomodulatory properties. Subsequently it can offer assistance decrease swelling in discuss entries and remedy fever and dry hack. Verbal Depth Kabasura kudineer actually implies 'Water that equalizations Kapha', this is often managed to illnesses which happen due to the irritation of Kapha. Like Ayurveda, Siddha framework Moreover classifies the maladies based on Tridosas-Vata, Pitta and Kapha. The three can be freely related but not constrained to Circulation of the discuss (Vata), the working of the bile (Pitta) and emission of bodily fluid (Kapha)<sup>3</sup>. Lopsidedness of 'Kabam' by and large relates with respiratory tract afflictions. 'Sura' or 'Suram' means fever. 'Kudineer' speaks to a restorative formula within the shape of decoction. The anti-viral properties of Siddha conventional details are supported with solid logical confirmations. In 2015, the kabasura kudineer found to be compelling in swine flu flu episodes <sup>[1]</sup>.

At show, the foundation of treatment for treating patients with COVID-19 remains steady care. Past these medicines, adjunctive treatments such as corticosteroids, anti-cytokine or immune modulatory specialists, and immunoglobulin treatment too play an vital part. Consequently, boosting up our insusceptibility plays a crucial part in treating this novel coronavirus. Within the case of Siddha medication, herbs such as Amukkara and Nilavembu are immune-modulators and have the capacity to hinder the infection by improving and reestablishing the resistance of humans. The kabasura kudineer increments the insusceptibility and might act as an immune modulator as this infection is antagonistically influencing the safe reaction by changing the signaling pathway of TNF generation as later discoveries appears The detailing chosen is pointed at expanding insusceptibility

conjointly to remove out the Kapham and restore respiratory wellbeing. Drugs in these definitions majorly have biting taste or sharp taste. These drugs on post digestive change get changed over to hot strength, which increments and normalizes pitham and removes out intemperate Kapham

out of lungs, which is the method of reasoning behind selecting these definitions [4].

### Kabasura kudineer ingredients

Table 1

S. no	Botanical name	Local-common name	Part to be used	Wt as %
01	<i>Zingiberofficinale</i> . Rz	Shunti, ginger	Rhizome	5.55%
02	<i>Piper longum</i> , Fr	Pippalli, long pepper	Fruit	5.55%
03	<i>Syzygiumaromaticum</i> . St. B	Lavangam, lavanga, clove	Flowering bud	5.55%
04	<i>Tragia involucrate</i> . Rt	Chirukancori ver, dusparsha	Root	5.55%
05	<i>Anacyclus pyrethrum</i> . Rt	akkirakaramver, akarakarabha	Root	5.55%
06	<i>Hygrophilliaauriculata</i> . Rt	Mulli ver, kokilaksha	Root	5.55%
07	<i>Terminaliachebula</i> . Fr. R	Kadukkaithol, haritaki	Fruit	5.55%
08	<i>Adathodavastica</i> . Lf.	Aduthodaielai, vasa, malabar nut	Leaf	5.55%
09	<i>Coleus ambionicus</i> .	KarpooravalliElai, karpooravalli	Leaf	5.55%
10	<i>Saussurealappa</i> . Rt.	Kostam, kusta	Root	5.55%
11	<i>Tinosporacordifolia</i> . St.	Senthilthandu, guduchi, guloy	Stem	5.55%
12	<i>Clerodendrum serratum</i> . Rt.	Siruthekku, bharangi	Root	5.55%
13	<i>Andrograhispaniculata</i> . Pl.	NilavembuSamoolam, kalamegha	Plant	5.55%
14	<i>Cissampelospaireira</i> . Rt.	Vattathiruppiver, raja pata	Root	5.55%
15	<i>Cyperusrotundus</i> . Rz.	KoraiKizhangu,musta	Rhizome	5.55%

### Ingredients benefits

- Shunti-Moves forward taste and stomach related quality, successfully treats constant respiratory disorders.
- Pippalli-Commonplace zest like qualities like being valuable in acid reflux, asthma, hack etc,
- Lavangam-As an astringent, makes a difference in lessening over the top mucous formation.
- Dusparsha-utilized within the treatment of asthma, hack, tuberculosis, respiratory diseases. Akarakarabha-In illnesses of verbal depth, swelling of mucous film, sore throat, cough.
- Kokilaksha-reats common debility, stomach distention, swelling, trouble in urination.
- Haritaki-Bolsters mending of sore throat, coryza, successful in all Vatadoshas like torment, in flammation. Vasa-Effective in treating cold, hack, unremitting bronchitis and asthma.
- Karpooravalli-Treats cold, hack, fever, hiccups, mouth ulcers, colic asthma. It is broadly utilized fortreating chest blockage in both Newborn children and babies.
- Kusta-viable in respiratory disarranges, gout, skin diseases. Guduchi-amazing anti-pyretic and immunomodulatory effects
- Bharangi-Effective Ayurvedic Herb-Treats unfavorably susceptible rhinitis, asthma, fever, incendiary conditions.
- Kalamegha-Viably treats infections of Liver, need of craving, fever and decontamination of blood. Raja Pata-Ayurvedic Herb-treats fever, intestinal worms and non-healing wounds
- Musta-Soothes fever, burning sensation, over the top thirst [5].

### Kabasura kudineer benefits

- Anti oxidant and immune modulator
- Controls body temperature amid viral disease Neutralizes the harms insider facts interior the body
- during viral infection Protects & upgrades the working of the vital organs of the body

- Improves stomach related capacity & Increments the blood platelets
- Addresses the apprehensive disorders
- Medicine for disease in lungs, liver and kidney
- Liquefies the sputum/ flum within the respiratory

Kabasura Kudineer actually implies a herbal formulation (Kudineer could be a decoction) for adjusting the amassing of Kapha (Kaba) Dosha (vitality vital of soil and water) which regularly impacts the respiratory tract. It has anti-inflammatory, pain relieving, anti-viral, anti-bacterial, anti-fungal, decongestion, antioxidant, hepato-protective, anti-pyretic, anti-asthmatic and immunomodulatory properties [6].

### *Cyperus Rotundus*. L

*Cyperus Rotundus* L, moreover known as purple nutsedge or nutgrass or java grass. It is the third biggest family of monocotyledonous plants. It may be a colonial, lasting herb, 7-40 cm tall with sinewy roots and replicates generally by rhizome and tubers. Rhizomes may develop in any heading within the soil. Those developing upward produces shoot and roots. The rhizomes that are developing downwards or evenly frame person tubers or chains of tubers. Develop person tubers are dull reddish-brown, almost 12 mm thick and shift from 10 to 35 mm long. The takes off are dim green, glossy, contract and grass like extending in estimate from 5 to 12 mm wide to 50 cm long.

The upright culms or stems back a much-branched inflorescence with promiscuous blooms with three stamens and a pistil bearing three marks of shame. Nutlets are seldom created.

It may be a broadly utilized plant in conventional pharmaceutical around the world for treatment of different infections<sup>7</sup>. It is said to have antidiarrheal, anti-inflammatory and antipyretic exercises. The tubers are utilized in Ayurvedic medication and have been said in antiquated writings for different sicknesses. A few ponders have detailed antidiarrheal movement of *C. rotundus*. Antidiarrheal activity in castor oil-induced the runs and in



## Chemical constituents

### Terpenoids

Tinosporide, Furanolactone diterpene, Furanolactone clerodane diterpene, furanoid diterpene, Tinosporaside, ecdysterone makisterone and a few glucosides disconnected as poly acetic acid derivation, phenylpropene disaccharides cordifolioside A, B and C, cordifolioside D and E, Tinocordioside, cordioside, palmatosides C and F, Sesquiterpene glucoside tinocordifolioside, Sesquiterpene tinocordifolin.

### Alkaloids

Tinosporine, (S), Magnoflorine, (S), Berberine, (S), Choline, (S), Jatrorrhizine, (S), 1,2-Substituted pyrrolidine (S), Alkaloids, viz. jatrorrhizine, palmatine, beberine, tembeterine, choline.

### Lignans

3(a,4-dihydroxy-3-methoxybenzyl)-4-(4-hydroxy-3-methoxybenzyl).

### Steroids

Giloinsterol, (S),  $\beta$ -Sitosterol, (S), 20a-Hydroxyecdysone.

### Others

Giloin, Tinosporan acetic acid derivation, Tinosporal acetic acid derivation, Tinosporidine, Heptacosanol, Octacosanol, sinapic corrosive, Tinosponone, two phytoecdysones, an immunologically dynamic arabinogalactan [13].



Fig 3: *Tinospora Cordifolia* (Willd.) hook. f & thoms.



Fig 4: *Tinospora Cordifolia* (Willd.) hook. f & thoms stem.

### Therapeutic uses

Pharmacological considers have demonstrated *in vivo* antidiabetic potential of different extricates of *T. cordifolia*. It has been detailed to intercede its anti-diabetic potential through bunch of organically dynamic phyto constituents disconnected from distinctive parts of plant. *Tinospora cordifolia* appears anti-cancer action, this action is generally appeared in creature models. The palmatine alkaloid appears the anticancer potential. *Tinospora cordifolia* having best immunomodulatory reaction. It contains 11 hydroxymustakone, N-methyl-2-pyrrolidone, N formylannonain, cordifolioside A, magnoflorine, tinocordioside and syringin has been detailed to have potential immunomodulatory and cytotoxic effects. The *Tinospora cordifolia* has potential application in nourishment frameworks as an antioxidant and likely in natural frameworks as a nutraceutical. Methanolic, ethanolic

and water extricates of *Tinospora cordifolia* appeared noteworthy antioxidan potential compared to other solvents conjointly have metal chelation and decreasing control activity. The antibacterial movement of *Tinospora cordifolia* extricates has been tested against *Escherichia coli*, *Staphylococcus aureus*, *Klebsiella pneumoniae*, *Proteusvulgari*, *Salmonella typhi*, *Shigella flexneri*, *Salmonella paratyphi*, *Salmonella typhimurium*, *Pseudomonas aeruginosa*, *Enterobacter aerogene*, and *Serratiamarcescens* (Gram-positive bacteria).

The treatment with *Tinospora cordifolia* rough powder might diminish the toxicities of L-DOPA treatment for Parkinson's infection. *Tinospora cordifolia* alkaloids such as choline, tinosporine, isocolumbin, palmatine, tetrahydropalmatine and magnoflorine appeared security against aflatoxin actuated nephrotoxicity [14].

### *Cissampelos pareira* linn

*Cissampelos pareira* Linn. Has a place to the family Menispermaceae could be a sub-erect or climbing herb, known as ambastha or laghupatha in Indian conventional medication. There are 37 plant species summarized beneath this botanical title. All these species are found in all over the world but as it were one species happen in India. The plant is common in plantations, supports, parks and gardens on sodden soils conveyed all through tropical and subtropical India, climbing up to an elevation of 2000 m, either creeping or twining around other plants. It is additionally common on the sloping tracts along waterways. It is additionally found in Asia, East Africa and America. The plant may be a climbing bush, 2-5m tall with a thickened root.

### Taxonomical classification

**Kingdom:** Plantae  
**Subkingdom:** Tracheobionta  
**Super division:** Spermatophyta  
**Division:** Magnoliophyta  
**Class:** Magnoliopsida  
**Subclass:** Asteridae  
**Order:** Solanales  
**Family:** Convolvulaceae  
**Genus:** *Convolvulus*  
**Species:** *arvensis* [15]

### Chemical constituents

Alkaloids, viz. hayatine ( $\pm$ curine), hayatinine, hayatidine and other bisbenzylisoquinoline alkaloids, a few non nitrogenous components, e.g., quercitol and sterol (root); cyclanoline chlorides, a non-phenolic tertiary alkaloid (tetra hydroisoquinoline chromophone), alkaloids viz., seepierine, berberine, cissampeline, pelosine (or berberine), hayatin, hayatinin, l-curine and d-isochondrodendrine at the side a saponin, quaternary ammonium bases, d-quercetol and sterol, a base with a dihydroisoquinoline core, cycleamine, hayatinin (4"-O-methyl berberine ) and hayatidin (++)-4"-methyl berberine ), three water dissolvable bases viz., menismin iodine, cissamin chloride and pareirin, cissamine chloride, cissampareine, five unidentified tertiary alkaloids, (++)-4"-O-methyl curine, tetrandrine (an alkaloid), dehydrodicentrine, dicentrine and insularine, bis (benzylisoquinoline), alkaloids viz., tetrandrinemono-N-Z'-oxide, isochondodendrine and chondocurine and an alkaloids DL-curinedimethiodide (dajjison) (root and root

bark); cycleanine, 1-berberine, hayatidin, hayatinin, hayatin and d-quercitol (clears out); tropoloisoquinoline alkaloids [16].



Fig 5: *Cissampelos pareira* linn.



Fig 6: *Cissampelos pareira* linn, root.

### Therapeutic uses

- *C. pareira* extract and its polyherbal definition in combination with *Pongamiapinnala* (L) Pierre and *Vitexnegundo* L., displayed *in vitro* anti-inflammatory movement at a dosage of 600 mg/kg on carrageenan-induced rear paw oedema by 0.16 ml, ethanolic extract of the airborne parts of *C. pareira* at a measurements of 100 mg/kg, appeared anti-inflammatory and pain relieving action in mice and rodent
- The hydro-alcoholic root respectively. extract from *C. pareira* appeared resistance against mechanical torment in analgesimeter-induced torment in mice. The extract too appeared defensive impacts against to Freund's adjuvant-induced joint pain by 71.52% at comparative dosage.
- The extract of *Cissampelos sympodialis* clears out appeared an immunomodulatory impact on B lymphocyte work. It has been detailed that the methanolic root extract of *C. pareira* at a dosage of 200-800 mg/kg has an immune modulatory movement
- *C. pareira* in combination with *Anethum graveolens* in mice. appeared security against age related cognitive disability in rats at dosages of 10 and 50 mg/kg. It detailed that this extract can be utilized as a nourishment supplement for assurance in mellow cognitive impedance and Alzheimer's disease.
- The fluid leaf extract of *C. pareira* has appeared to neutralize the proteolytic and haemorrhagic impact of the poison of venomous pit snake (*Bothrops asper*).
- Hydroalcoholic extract of *C. pareira* at 400mg/kg essentially progressed learning and memory of mice and impressively switched amnesia, initiated by scopolamine at a dosage of 0.4 mg/kg. (p.o). This extract moreover brought down entire brain acetylcholinesterase action when compared to piracetam at a dosage
- The hydroalcoholic leaf of 200 mg/kg. extract of *C. pareira* appears antidiabetic action

- The ethanolic root on streptozotocin-induced diabetic rats. extract of *C. pareira* (containing polyphenols) shown anti-oxidant movement within the 2, 2-Diphenyl-1-Picrylhydrazyl (DPPH) test at dosages extending between 50 and 300 µg/kg *in-vitro* [17].

### Conclusion

Conventional framework of solutions plays an critical part in each infection related circumstance. The therapeutic frameworks are Siddha, Ayurveda, Unani, Homeopathy and etc. Tamilnadu is the root of the Siddha restorative framework it portrayed numerous nature detailing which is viable in malady administration. Kabasura kudineer is the one of the critical item in Siddha drugs. This accepts best immunizing operator in this widespread circumstance. The detailing contains *Zingiber officinale*, *Flute player longum*, *Syzygium aromaticum*, *Tragia involucrate*, *Anacyclus pyrethru*, *Hygrophillia auriculata*, *Terminalia chebula*, *Adathodavasic*, *Coleus ambionicus*, *Saussurea alappa*, *Tinosporacordifolia*, *Clerodendrum serratum*, *Andrographis paniculata*, *Cissampelos pareira*, *Cyperus rotundus*. The over herbs are having crucial part in Kabasura kudineer definition, combining of all these fixings progresses best resistance work and gives the most excellent result in COVID-19 recuperation.

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