EUROPEAN JOURNAL OF BIOMEDICAL AND PHARMACEUTICAL SCIENCES
http://www.ejbps.com

ISSN 2349-8870
Coden USA: EJBPBO
Volume: 13
Issue: 6
Year: 2026

DIFFERENT MEDICINAL HERBS FOR PAANDU NOI (ANAEMIA) PRESCRIBED IN SELECTED CLASSICAL SIDDHA LITERATURE- A REVIEW

Dr. M. Dhanalakshmi*[1], Dr. G. Essakky Pandian[2]

[1]PG Scholar, Department of PG Gunapadam, GSMC, Palayamkottai.
[2]H.O.D & Professor, Department of PG Gunapadam, GSMC, Palayamkottai.

***Corresponding Author: Dr. M. Dhanalakshmi**

PG Scholar, Department of PG Gunapadam, GSMC, Palayamkottai.

DOI: https://doi.org/10.5281/zenodo.20442532

How to cite this Article: Dr. M. Dhanalakshmi*[1], Dr. G. Essakky Pandian[2] (2026). Different Medicinal Herbs For Paandu Noi (Anaemia) Prescribed In Selected Classical Siddha Literature- A Review. European Journal of Biomedical and Pharmaceutical Sciences, 13(6), 093–098.

This work is licensed under Creative Commons Attribution 4.0 International license.

Article Received on 29/04/2026 **Article Revised on 19/05/2026** **Article Published on 01/06/2026**

ABSTRACT

Paandu noi, comparable to anaemia in modern medicine, is a clinical condition characterized by pallor and systemic weakness due to derangement of Pitha kutram. The present study aims to systematically review medicinal plants indicated for Paandu noi in classical Siddha literature and analyze them based on taste (Suvai), potency (Veeriyam), division (Pirivu), plant parts used, and botanical family. A total of 123 plants were compiled from authenticated Siddha texts through a descriptive literature review. The findings indicate a predominance of bitter, pungent, and sweet tastes, along with hot potency and pungent division. Roots and leaves were the most frequently utilized plant parts, while major plant families included Fabaceae, Lamiaceae, and Apiaceae. The presence of bioactive phytoconstituents such as flavonoids, alkaloids, and iron-rich compounds supports their therapeutic relevance. This study provides a structured understanding of Siddha pharmacological principles and highlights the scientific basis for traditional plant-based interventions in anaemia management.

KEYWORDS: Siddha Medicine, Paandu Noi, Anaemia Medicinal Plants.

INTRODUCTION

Anaemia is a significant global public health problem, affecting about 40% of children, 37% of pregnant women, and nearly one-third of women of reproductive age. In India, the prevalence remains high, particularly among women and children, leading to impaired cognitive development, reduced work capacity, and adverse pregnancy outcomes. In the Siddha system, anaemia is described as *Paandu Noi*, characterized by pallor due to derangement of the three vital humours, predominantly *Pitham*. Classical texts attribute its causation to improper diet, lifestyle factors, and impaired nutrient assimilation. Siddha literature offers a vast repository of plant-based formulations for its management, emphasizing the role of Suvai (taste), Veeriyam (potency), and Pirivu (functional classification) in drug selection. Despite the extensive documentation of medicinal plants, a systematic analysis integrating these pharmacological parameters remains limited. This review aims to document and analyze medicinal plants described in Siddha literature for the management of anaemia, highlighting their therapeutic significance and research potential.

SELECTION OF MEDICINES FOR TREATMENT

Taste plays a vital role in the principal of treatment. Every taste is constituted by the combination of two basic elements. Three vital factors are also formed by five elements in different combination. selection of drugs for the treatment of disease is also based on the taste.

MATERIALS AND METHODS

S.NO	COMMON NAME	BOTANICAL NAME	TASTE	POTENCY	DIVISION
1	Ponnakanni	Alternanthera sessilis	Sweet	Cold	Sweet
2	Nayuruvi	Achyranthes aspera	Bitter, astringent, pungent	Hot	Pungent
3	Veliparuthi	Pergularia daemia	Bitter	Hot	Pungent
4	Kaiyanthagarai	Eclipta prostrate	Bitter	Hot	Pungent
5	Sangan	Azima tetracantha	Bitter	Hot	Pungent
6	Chukku	Zingiber officinale	Pungent	Hot	Pungent
7	Milagu	Piper nigrum	Bitter, Pungent	Hot	Pungent
8	Tippuli	Piper longum	Pungent	Hot	Sweet
9	Mutthakkasu	Cyperus rotundus			
10	Chevviyam	Pipper nigrum	Pungent, Bitter	Hot	Pungent
11	Elam	Elettaria cardamomum	Pungent	Hot	Pungent
12	Tippuli moolam	Piper longum	Pungent	Hot	Pungent
13	Seeragam	Cuminum cyminum	Pungent, Sweet	Cold	Sweet
14	Omam	Tachyspermum ammi	Pungent	Hot	Pungent
15	Perungayam	Ferula asafoetida	Bitter	Hot	Pungent
16	Venthayam	Trigonella foenum graecum	Bitter	Cold	Pungent
17	Karunjeeragam	Nigella sativum	Bitter	Hot	Pungent
18	Ulli	Allium sativum	Pungent	Hot	Pungent
19	Poovarasu	Thespesia populnea	Bitter, Astringent	Hot	Pungent
20	Kizhkkai nelli	Phyllanthus amarus	Astringent, Bitter, Sweet, Sore	Cold	Sweet
21	Sangankuppi	Clerodendrum inerme	Bitter	Hot	Pungent
22	Vallarai	Centalla asiatica	Sweet, Astringent, Bitter	Cold	Sweet
23	Kanduparangi	Clerodendrum serratum	Bitter, Astringent	Hot	Pungent
24	Lavangam	Syzygium aromaticum	Pungent	Hot	Pungent
25	Adhimaduram	Glycyrrhiza glabra	Sweet	Cold	Sweet
26	Costum	Costus specioses	Bitter	Hot	Pungent
27	Akkarakaram	Anacyclus pyrethrum	Pungent	Hot	Pungent
28	Lavangapattai	Chinnamomum verum	Sweet, Pungent	Cold	Sweet
29	Kalyanapoosani	Benincasa hispida	Sweet	Cold	Sweet
30	Karumbu	Saccharum officinarum	Sweet	Cold	Sweet
31	Kathali	Musa paradisiaca	Sweet	Hot	Sweet
32	Vizhuthi	Cadaba trifoliata	Bitter	Hot	Pungent
33	Kumari	Aloe barbadensis	Bitter	Cold	Sweet
34	Elumicchai	Citrus limonia	Sore, Pungent	Hot	Pungent
35	Avarai	Cassia auriculata	Astringent	Cold	Sweet
36	Seenthil	Tinospora cordifolia	Bitter	Hot	Pungent
37	Chitramutti	Pavonia zeylanica	Astringent	Cold	Sweet
38	Vettiver	Vetiveria zizanoides	Sweet	Cold	Sweet
39	Vilvam	Aegle marmelos	Astringent, Bitter	Cold	Pungent
40	Nelli	Phyllanthus emblica	Sweet, Astringent	Cold	Sweet
41	Aswaganda	Withania somnifera	Bitter	Hot	Pungent
42	Nerunjil	Tribulus terrestris	Sweet, Astringent	Cold	Sweet
43	Nermulli	Hygrophila auriculata	Sweet, Little bitter	Cold	Sweet
44	Sirupeelai	Aerva lanata	Bitter	Hot	Pungent
45	Vaivilangam	Embelia ribes	Bitter	Hot	Pungent
46	Malaithangi	Sida acuta	Bitter	Hot	Pungent
47	Kovai	Coccinia grandis	Sweet	Cold	Sweet
48	Munnai	Premna corymbosa	Astringent, Bitter	Hot	Pungent
49	Brami	Bacopa monnieri	Astringent, Bitter	Hot	Pungent
50	Tekku	Tectona grandis			
51	Peyatthi	Ficus hispida	Astringent, Bitter	Hot	Pungent
52	Suriyagandhi	Helianthus annus	Astringent, Bitter	Hot	Pungent
53	Chennayuruvi	Achyranthus aspera	Bitter, Astringent, Pungent	Hot	Pungent
54	Pidangu nari	Premna tomentosa	Pungent	Hot	Pungent
55	Pirappankizhangu	Calamus rotung	Pungent	Hot	Pungent
56	Milagu thakkali	Solanum nigrum	Sweet	Cold	Sweet

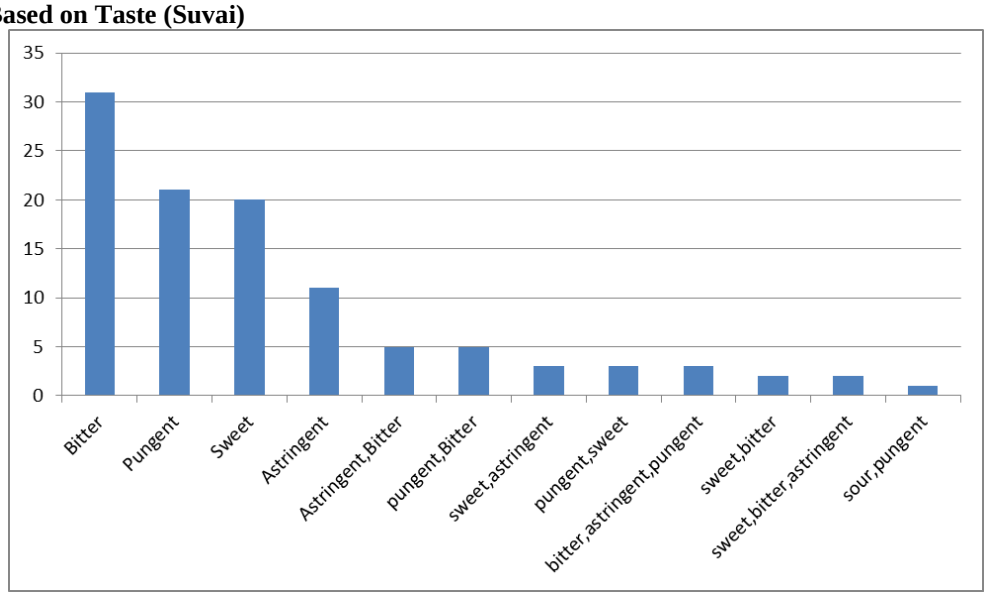
57	Kadukkai	Terminalia chebula	Astringent, Sweet, Bittert Sore, Pungent	Hot	Sweet
58	Thandrikkai	Terminalia bellirica	Astringent	Hot	Sweet
59	Thakkolam		Astringent	Hot	Pungent
60	Nilakumil	Gmelina asiatica	Astringent, Bitter,	Cold	Sweet
61	Lavangapathiri	Chiannamomum tamala	Pungent	Hot	Pungent
62	Krosani omam	Hyoscyamus niger	Pungent, Little bitter	Hot	Pungent
63	Kadugurogini	Picrorhiza scrophulariflora	Bitter, Pungent	Hot	Pungent
64	Venmilagu	Piper nigrum	Pungent	Hot	Pungent
65	Modi	Piper longum	Pungent	Hot	Pungent
66	Sirunagappu	Mesua nagassarium	Bitter, Astringent	Cold	Pungent
67	Pericchu	Phoenix sylvestris	Sweet	Cold	Pungent
68	Adathodai	Justicia beddomei	Bitter	Hot	Pungent
69	Santhanam	Santalum album	Bitter, Astringent	Hot, Cold	Sweet
70	Adhividayam	Aconitum heterophyllum	Bitter	Hot	Pungent
71	Dhaniya	Coriandrum sativum	Pungent	Hot, Cold	Pungent
72	Nannari	Hemidesmus indicus	Sweet, Bitter	Cold	Sweet
73	Thutthi	Abutilon indicum	Sweet	Cold	Sweet
74	Nilapanagkizhangu	Curculigo orchioides	Sweet	Cold	Sweet
75	Agasakarudankizhangu	Corallocarpus epigaeus	Bitter	Hot	Pungent
76	Vengayam	Allium cepa	Bitter	Hot	Pungent
77	Naval	Syzygium cumini	Astringent	Cold	Pungent
78	Sirukeerai	Amaranthus tricolor	Sweet	Cold	Sweet
79	Nilavagai	Cassia senna	Bitter	Hot	Pungent
80	Sombu	Pimpinella anisum	Pungent, Sweet	Hot	Pungent
81	Kalarchiparuppu	Caesalpinia bonduc	Bitter	Hot	Pungent
82	Thannirvittankizhangu	Asparagus racemosus	Sweet	Cold	Sweet
83	Revalchinni	Rheum emodi	Astringent, Bitter	Hot	Pungent
84	Asamoda omam	Trachyspermum roxburghianum	Pungent	Hot	Pungent
85	Kalipakku	Areca catechu	Astringent	Hot	Pungent
86	Surai	Lagenaria siceraria	Bitter	Cold	Sweet
87	Sirukurinjan	Gymnema sylvestre	Bitter	Hot	Pungent
88	Usilai	Albizia odorattissima	Astringent	Cold	Pungent
89	Potralaikarippan	Wedelia chinensis	Bitter	Hot	Pungent
90	Karunkali	Acacia catechu	Astringent	Cold	Bitter
91	Manjal	Curcuma longa	Pungent, Bitter	Hot	Pungent
92	Milagaranai	Toddalia asiatica	Astringent	Cold	Pungent
93	Avuri	Indigofera tinctoria	Bitter	Hot	Pungent
94	Chitramutti	Pavonia zeylanica	Astringent	Cold	Sweet
95	Vilamicchu	Plectranthus vettiveroides	Bitter	Cold	Sweet
96	Poduthalai	Phyla nodiflora	Astringent, Bitter	Hot	Pungent
97	Sirupulladi	Desmodium triflorum	Pungent, Bitter	Hot	Pungent
98	Karkadagasingi	Rhus succeddanea	Astringent	Hot	Pungent
99	Valmilagu	Piper cubeba	Pungent	Hot	Pungent
100	Karuvappattai	Chinnamomum iners	Pungent	Hot	Pungent
101	Musumusukkai	Mukia maderaspatana	Astringent, Pungent	Hot	Pungent
103	Munthiri	Anacardium occidentale	Sweet	Cold	Sweet
104	Maramanjal	Coscinium fenestratum	Bitter	Hot	Pungent
105	Nerpori	Oryza sativa	Sweet	Cold	Sweet
106	Vembu	Azadirachita indica	Bitter	Hot	Pungent
107	Thamarai	Nelumbo nucifera	Sweet, Astringent	Cold	Sweet
108	Pirandai	Cissus quadrangularis	Pungent	Hot	Pungent
109	Nocchi	Vitex negundo	Bitter, Pungent, Astringent	Hot	Pungent
110	Thennai	Cocos nucifera	Sweet	Cold	Sweet
111	Pungu	Pongamia pinnata	Bitter, Astringent	Hot	Pungent
112	Maruthampattai	Terminalia arjuna	Astringent	Cold	Pungent
113	Kodiveli	Plumbago indica	Pungent	Hot	Pungent

114	Agasagarudan	Corallocarpus epigaeus	Bitter	Hot	Pungent
115	Echuramuli	Aristolochia indica	Bitter	Hot	Pungent
116	Elikathilai	Merremia emerginata	Sweet	Cold	Sweet
117	Karimulli	Solanum anguivi	Pungent	Hot	Pungent
118	Kudiyotti pundu	Argemone mexicane	Bitter	Hot	Pungent
119	Chengodiveli	Plumbago rosea	Pungent	Hot	Pungent
120	Sarakkondrai	Cassia fistula	Astringent, Little Bitter	Hot	Pungent
121	Peyavarai	Cassia occidentalis	Astringent, Bitter	Hot	Pungent
122	Thalai	Pandanus odoratissimus	Astringent	Cold	Sweet
123	Thetran	Strychnos potatorum	Bitter	Hot	Pungent

DISCUSSION

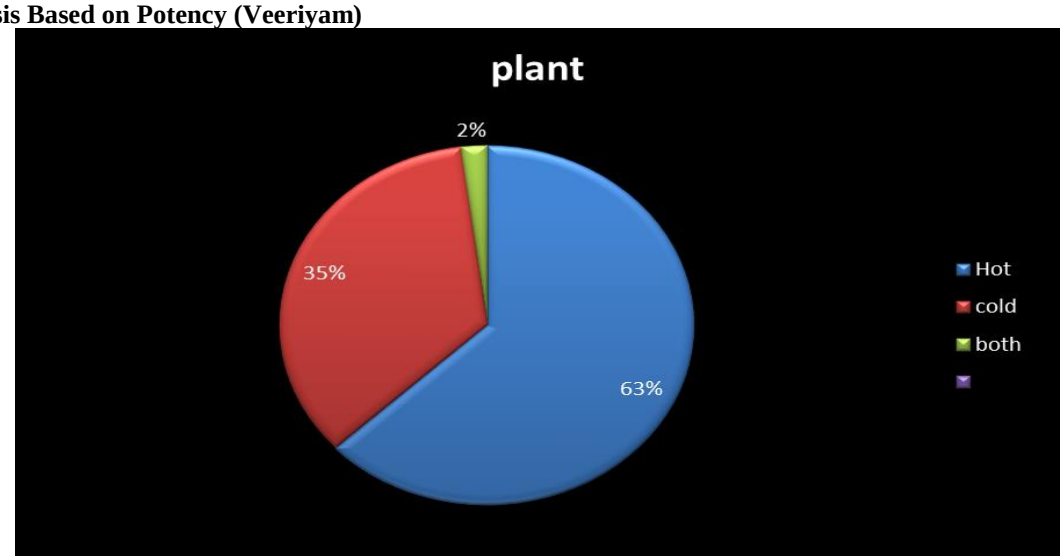
A total of 123 medicinal plants used in the management of Paandu noi were identified and analyzed based on taste (Suvai), potency (Veeriyam), division (Pirivu), plant parts used, and botanical family.

1. Analysis Based on Taste (Suvai)

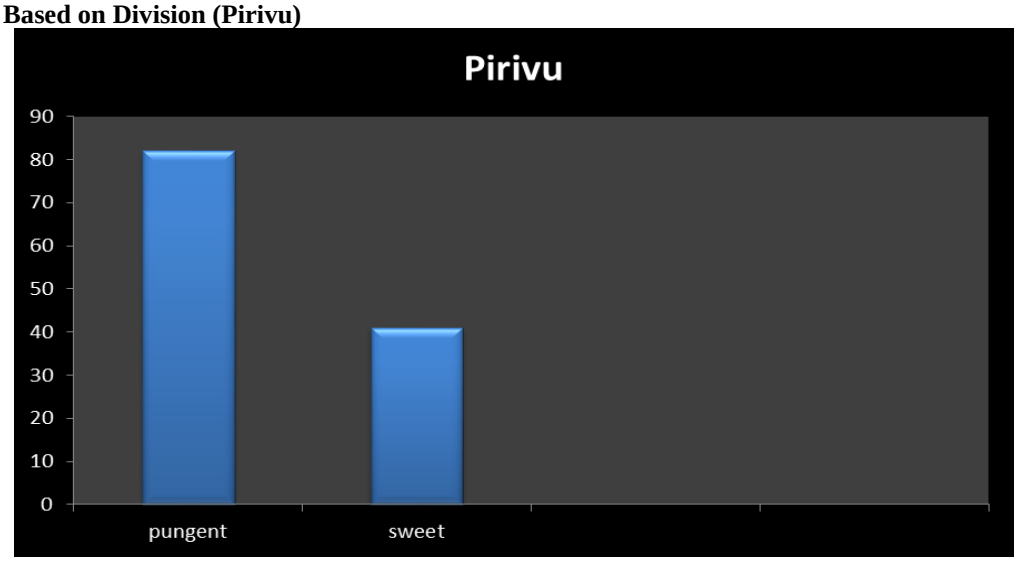


The predominance of bitter taste suggests its significant role in correcting Pitha kutram, which is primarily involved in Paandu noi. Bitter drugs are known for their detoxifying, appetite-stimulating, and blood-purifying actions. Sweet and astringent tastes help in nourishing body tissues and improving blood quality, while pungent taste enhances digestion and metabolism. Thus, the combination of these tastes contributes to effective management of anaemia.

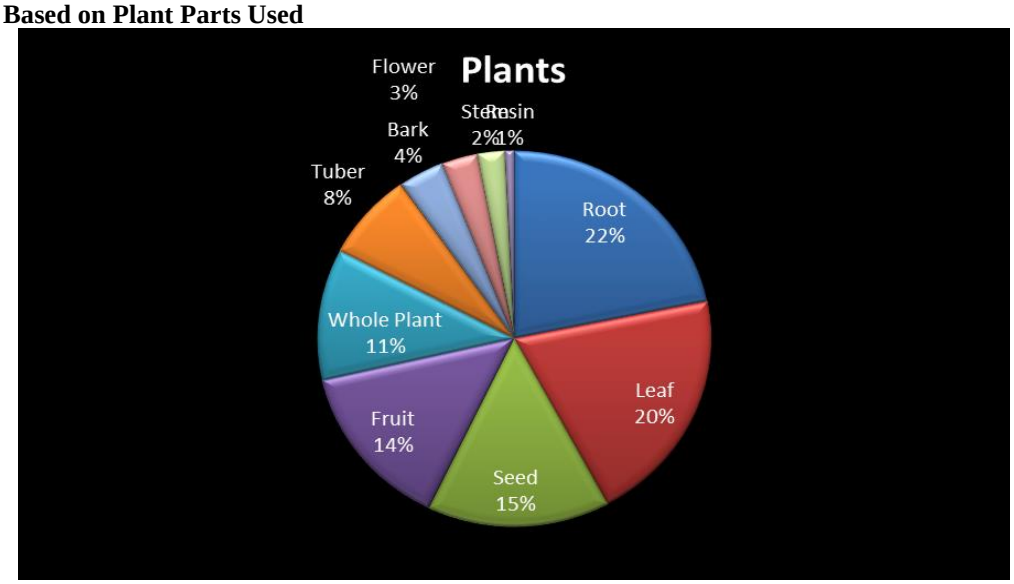
2. Analysis Based on Potency (Veeriyam)



3. Analysis Based on Division (Pirivu)



4. Analysis Based on Plant Parts Used



5. Analysis Based on Botanical Family

Fabaceae, Lamiaceae, Apiaceae, Piperaceae, Cucurbitaceae these families are well known for their rich phytochemical content, including flavonoids, alkaloids, and tannins. Their pharmacological activities such as haematinic, antioxidant, and anti-inflammatory properties support their use in the treatment of anaemia. The presence of essential phytochemicals and minerals such as iron validates the traditional use of these plants in improving haemoglobin levels and treating anaemia. These findings strongly align with Siddha principles and provide a scientific basis for their clinical application.

CONCLUSION

The present review systematically documents medicinal plants indicated for Paandu noi and interprets them through core Siddha pharmacological principles. The observed dominance of specific tastes, potency patterns, and functional divisions reflects a targeted approach toward correcting underlying humoral imbalance and enhancing physiological functions. The frequent utilization of nutrient-rich plant parts and the presence of diverse phytoconstituents further reinforce their therapeutic potential. This study bridges traditional knowledge with scientific understanding, offering a rational basis for the use of these plants in managing anaemia. It also provides a foundation for future pharmacological and clinical investigations to validate efficacy and safety.

REFERENCES

1. Dr. Murugesa muthaliyar, Siddha meteria medica (Mooligai vaguppu) Volume -1, Indian Medicine and Homeopathy Department, Chennai-600106.
2. Dr. Kuppusamy mudhaliyar, pothu marutthuvam, Indian Medicine & Homeopathy Department, Chennai- 600106.
3. Dr. S. Prema MD(s), Agastthiyar Vaithya Sindhamani Venba 4000, Thamarai Library, Chennai, Second Part.
4. S. Ramachandiran, Patharthaguna Sindhamani, Thamarai Library, Chennai.

5. Vedhagiri muthaliyar, Raja Vaithya Podhini, First Part, Thamarai Library, Chennai.
6. Dr. Anaivari ananthan Ph, D, Mooligai Vilakkam, 2008.
7. **C.** Kannusami Pillai, Pathartha Guna Vilakkam, 1990.
8. Hakkim, P. M. Abdullah Sayupu, Agasthiyar Vaithya Sadhagam.
9. **C.** Kannusami pillai, Kannusami Paramparai Vaithyam.
10. DR. V. G. Santhiran**,** Sarabendira Vaithya Muraigal, Paandu, Kamalai sigicchai, Saraswathi mahal Library, Thanjavur, 1990.
11. Kanthasami, Athmarakcha amirtham Vaithya Sarasangiragam.
12. S. Soundara pandiyan, Vaithya satthiram.
13. S. Subramani, Pulipani marunthugal, Thamarai Library, Chennai.
14. Therayar Vagadam.
15. Gunapadam kaiyedu.
16. https:\\www.who.int
17. The Siddha Pharmacopoea of India, Publication by Ministry of health & family welfare department of ayush vol-1.