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MOOLIGAI INCENSE IS MAGIC FOR HEALTHY HOME – A LITERATURE REVIEW

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ABSTRACT

Incense is aromatic biotic material that releases fragrant smoke when burned. Incense is used for aesthetic reasons, and in therapy, meditation and ceremony. In siddha incense mentioned in the names of Thoobam, Pukai. For this preparation there are some particular herbs mentioned in the siddha text. This review reveals identify the incense against to the Flies, Rodents, Insects and also bad odour agents such as Antharathamara (Pistia stratiotes), Illuppai (Madhuca longifolia), Karumbu (Saccharum officinarum), Kattu iruppai (Madhuca indica), Kunkiliyam (Shorea robusta), Sathakuppai (Anethum graveolens), Santhanam (Santalum album), Sambirani (Styrax benzoin), Maa (Mangifera indica), Vembu (Azadiracta indica), Vida moonkil (Crinum asiaticum). In this research recorded as 11 raw materials exclusively plant origin were used. 01 type of mooligai used raw material and 10 type of mooligai parts are used pukai. In plant raw materials most commonly occupied family sapotaceae (2) among 10 families. Then the leaf (illai) which is most commonly occupied. Therefore 05 mooligai is noted for against bad odour, 03 mooligai for against insecticide, 02 mooligai noted for mosquito and 01 mooligai was noted for against cimex, Termite and Rat. Finally concluded siddha system role is not only limited with in medicine, it extend up to the healthy home remedies. This review reveals magical mooligai incense for healthy home. This is very useful for current modern homes. Therefore this research should undergone scientific methodology.

KEYWORDS

Mooligai Incense, Healthy home, Siddha system and Artificial incense.

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INTRODUCTION¹⁻¹⁰

Siddha system is a spiritual medicine in this modern world. Siddhars make the world to fragrance and healthy used by the mooligai. Incense is aromatic biotic material that releases fragrant smoke when burned. Incense is used for aesthetic reasons, and in therapy, meditation and ceremony. Incense is composed of aromatic plant materials, often combined with essential oils. In siddha

incense mentioned in the names of Thoobam, Pukai. Siddhars already mentioned about this aromatic herbs against to rodents, insecticides and bad odour. The author Vaidya Rathnam K. S. Murugesu Muthalitar mentioned about the incense mooligai in the book of "Siddha materia medica". Now a days with the use of artificial incense against this rodents courses such as Nosebleeds, Bleeding gums, hematuria, dyspnea, fatigue, seizures, respiratory distress, heart attack, internal bleeding, liver failure, shock, coma, and sudden death. This chemicals compositions used as the homicidal and suicidal materials and it can affect the human health. Therefore can replace the artificial incense by this healthy herbal incense.

AIM

- To enumerate the number of plants used in management of healthy home in ancient siddha medical system.

OBJECTIVE

- To list out the number of plants which are used to management of healthy home in Siddha Medicine.
- To make the solution against the household poisons.
- To take awareness of throwing the household poisons.
- To ensure the relationship between the healthy home and our siddha system.

MATERIAL AND METHOD:

Research type – Literature Review

Data collected from – "Siddha materia medica", - a translation of Tamil siddha text gunapadam mooligai written by Vaidya Rathnam K. S. Murugesu Muthalitar, Edited by: Dr. Anaivaari R. Anandan, published by: Department of Indian Medicine and Homeopathy, Chennai 600 106, 1st edition - 1936, reprinted Year – 2013.

Analysis

- Data analysis by MS excel.
- Descriptive simple Statistical way.
- Adverse reaction (signs and symptoms) of current available artificial incense overcome by the herbal incense through the siddha system.

RESULTS AND DISCUSSIONS

According to the results of this review recording mooligai incense against to the rodents and insects show numerous healthy remedies

Incense instead of Rat killers

- Most rat poison uses a common blood thinner used by heart attack and stroke patients called warfarin. Another type of rat poison uses thallium sulfate as the active ingredient. In addition, there are second-generation anticoagulant rodenticides that are far more toxic. These include bromadiolone, brodifacoum, and difenacoum.

Ingested one or both types of rat poison, including:

- Nosebleeds not caused by trauma to the nose
- Bleeding gums not caused by trauma to the mouth
- Blood in the urine (hematuria)
- Bloody diarrhoea (hematochezia)
- Shortness of breath (dyspnea)
- Extreme fatigue, a late and very dangerous sign of poisoning

If left untreated, rodenticide poisoning can lead to seizures, respiratory distress, heart attack, internal bleeding, liver failure, shock, coma, and sudden death.

- **So can use the safety mooligai incense of Illupparai (*Madhuca longifolia*) instead of Rat killers.**

Incense instead of cimex killers

- The use of naphthalene mothballs in homes to control odors and insects is common in some areas of the country. The major component of mothballs is naphthalene. Inhalation of naphthalene may cause skin and eye irritation; gastrointestinal symptoms, such as nausea, vomiting, abdominal cramps, and diarrhea; neurologic symptoms, such as confusion, excitement, and convulsions; renal problems.

- **So can use the safety mooligai raw material of Antharathammarai (*Pistia stratiotes*) instead of cimex killers.**

Incense instead of Mosquito killers

- Mosquito spray and liquid vaporisers contain chemicals like pyrethrin and diethyl toluimide (DEET) which cause breathing difficulty, respiratory problems, dizziness, stomach irritation, nausea, vomiting, skin infections and so on. After using chemical based mosquito repellents, 11.8%

people complained of various health issues like breathing problems, headache, irritation in the eyes, bronchial irritation, cough, cold, running nose and skin infections. A couple of them also developed asthma after using these repellents mosquito coil contains particulate matter (2.5) which is equally produced by the smoke of 75-137 cigarettes and release of formaldehyde from burning of one mosquito coil is equal to same mas produced by burning 51 cigarettes.

- **So can use the safety mooligai incense of vidamoonkil (*Crinum asiaticum*), Maa (*Mangifera indica*) instead of Mosquito killers.**

Incense instead of Air fresheners

- Air fresheners are highly flammable, highly irritating to eyes, skin, and throat, solid air fresheners usually cause death if ingested by pets or people. Most of the ingredients used in air fresheners are highly toxic. **Ethyl/isopropyl alcohol** can be extremely dangerous if absorbed through the skin, inhaled, or ingested. Symptoms include nausea, vomiting, depression, headache, dizziness, anesthesia and possible coma. **Formaldehyde**, if inhaled, can cause difficulty breathing, trigger an asthma attack, cause throat irritation and induce headache. It is also an irritant to mucous membranes. **P-dichlorobenzene** can cause headaches, dizziness, and liver damage. Some propellants, such as **butane**, can cause drowsiness, narcosis, asphyxia, and cardiac arrhythmia. **Limonene** an irritant is toxic to marine life with acute exposure to limonene.

- **So can use the safety mooligai incense of karumbu (*Saccharum officinarum*), kunkiliyam (*Shorea robusta*), sathakuppai (*Anethum graveolens*), santhanam (*santalum album*), Sambirani (*Styrax benzoin*) instead of Air fresheners.**

Incense instead of insecticides killers

- Most bug repellents contain DEET (N,N-diethyl-meta-toluamide) as their active ingredient. DEET is one of the few insect sprays that works to repel bugs. It is recommended for preventing diseases that mosquitos spread. Some of these are malaria, dengue fever, and West Nile virus. Other less

effective bug sprays contain pyrethrins. Pyrethrins are a pesticide made from the chrysanthemum flower. It is generally considered nonpoisonous, but it can cause breathing problems if you breathe in large amounts. Breathing difficulty, Coughing, Loss of alertness (stupor), from the blood oxygen level being out of balance, Tremors (if a large amount is swallowed), Seizures (if a large amount is swallowed, Upset stomach, Vomiting, Temporary burning and redness.

- **So can use the safety mooligai incense of Illuppai (*Madhuca longifolia*), kattu irruppai (*Madhuca indica*), Vembu (*Azadiracta indica*) instead of insecticide killers.**

Incense instead of Termite killers

- Termite eradication because of the use of the toxic gas- Sulfuryl Fluoride. It is 3.52 times heavier than air common symptoms upon reentry are- “burning eyes, eye and throat irritation, nausea and difficulty breathing.” Improperly aerated structures show the symptoms of “nausea, headache, vomiting, dizziness and chest pains.”
- **So can use the safety mooligai incense of Vembu (*Azadiracta indica*) instead of Termite killers**

Test microorganisms and methods:

Antibacterial activity study report:

Name of the organisms used for the study:

- *Bacillus subtilis* - Gram positive
- *Klebsiella pneumonia* - Gram negative

Method:

The antibacterial activity of test sample was carried out by disc diffusion method. The target microorganism were cultured in Nutrient broth and incubated for 24 hrs. The Petri dishes containing Nutrient agar (NA) medium were cultured with diluted bacterial strain. The prepared discs were placed on the culture medium. Test sample (100, 150, 200, 250, 300, 350 µg) was injected to the sterile disc. Standard drug Streptomycin (20µg) was used as a positive reference standard to determine the sensitivity of microbial species tested. Then the inoculated plates were incubated at 37°C for 24 h. The diameter of the clear zone around the disc was measured and expressed in millimetres as its antibacterial activity.

RESULTS

| S.No | Mooligai | Botanical name | Family | Type of plant | Part Used | Formulation of plant |
|------|------------------|------------------------------|------------------|---------------|-----------|----------------------|
| 1 | Anthara thamarai | <i>Pistia stratiotes</i> | Araceae | Aquatic plant | Poondu | Raw Plant |
| 2 | Illuppai | <i>Madhuca longifolia</i> | Sapotaceae | Tree | Pinnakku | Pukai |
| 3 | Karumbu | <i>Saccharum officinarum</i> | Poaceae | Grass | Juice | Pukai |
| 4 | Kattu iruppai | <i>Madhuca indica</i> | Sapotaceae | Tree | Pinnakku | Pukai |
| 5 | Kunkiliyam | <i>Shorea robusta</i> | Dipterocarpaceae | Tree | Pisin | Pukai |
| 6 | Sathakkuppai | <i>Anethum graveolens</i> | Apiaceae | Herb | Illai | Pukai |
| 7 | Santhanam | <i>Santalum album</i> | Santalaceae | Tree | Kattai | Pukai |
| 8 | Sambiranai | <i>Styrax benzoin</i> | Styracaceae | Tree | Pisin | Pukai |
| 9 | Maa | <i>Mangifera indica</i> | Anacardiaceae | Tree | Poo | Pukai |
| 10 | Vembu | <i>Azadiracta indica</i> | Meliaceae | Tree | Illai | Pukai |
| 11 | Vida moonkil | <i>Crinum asiaticum</i> | Amaryllidoideae | Herb | Illai | Pukai |

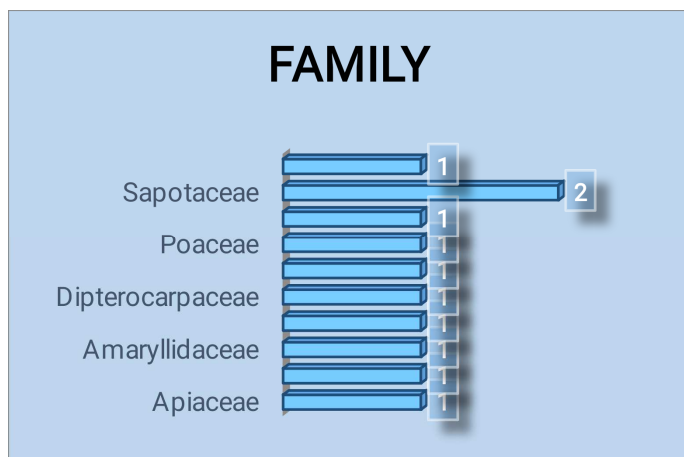


Figure No.1: Family

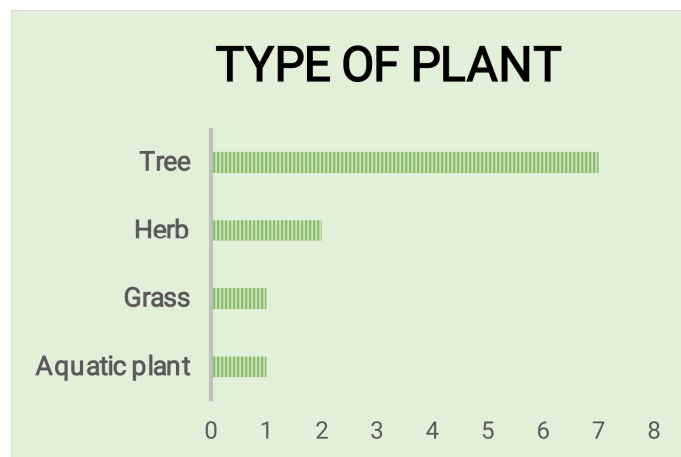


Figure No.3: Type of Plant

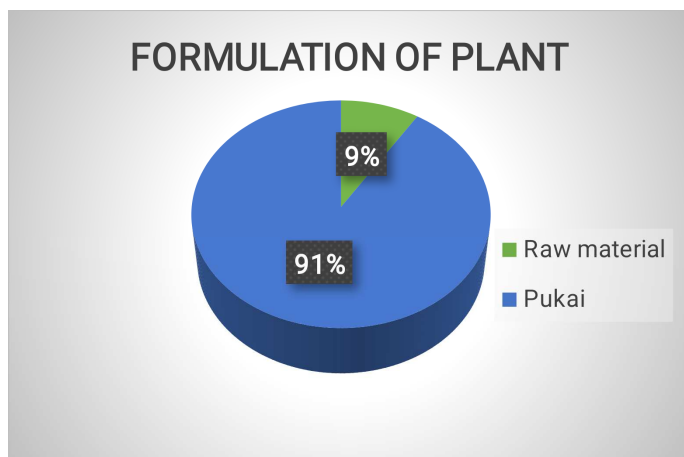


Figure No.2: Formulation of Plant

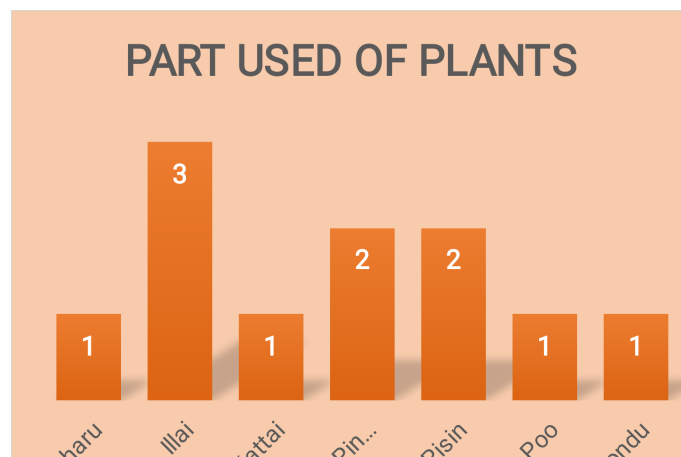


Figure No.4: Part used of Plants

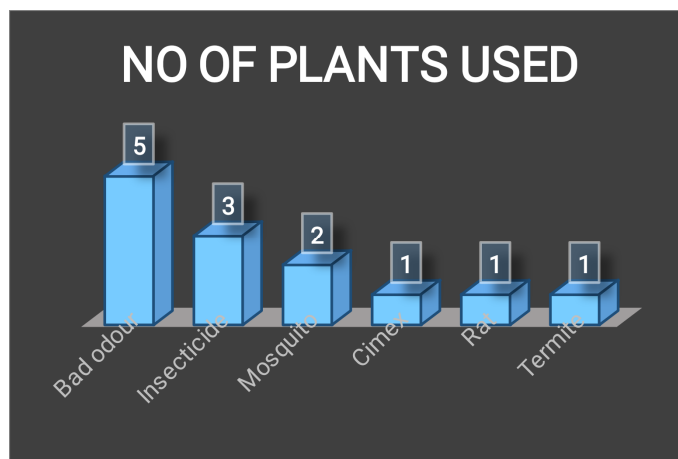


Figure No.5: No of Plants used

CONCLUSION

Insert to the chemical (or) synthetic home remedy there are numerous herbal remedies mentioned in the siddha literature. According to the results instead of rat poison noted illuppai (*Madhuca longifolia*). Instead of insecticide noted 3 mooligai illuppai (*Madhuca longifolia*), kattu iruppai (*Madhuca indica*), Vembu (*Azadiracta indica*). 5 mooligai noted instead of bad odour like karumbu (*Saccharum officinarum*), kunkiliyam (*Shorea robusta*), sathakuppai (*Anethum graveolens*), santhanam (*santalum album*), Sambirani (*Styrax benzoin*). Instead of Termite killers noted Vembu (*Azadiracta indica*). 2 mooligai recorded instead of mosquito killers like vidamoonkil (*Crinum asiaticum*), Maa (*Mangifera indica*). Instead of cimex killers noted Antharathamaraai (*Pistia stratiotes*).

Finally concluded siddha system role is not only limited with in medicine, it extend upto the healthy home remedies. This review reveals magical mooligai incense for healthy home. This is very useful for current modern homes. Therefore this research should undergone scientific methodology.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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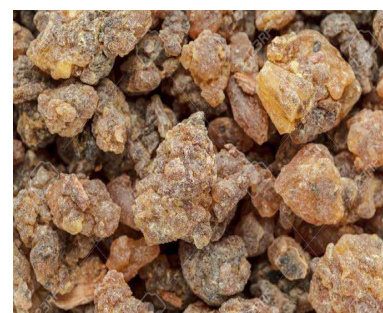
Appendices



Pistia stratiotes



Anethum graveolens



Styrax benzoid



Shoerea robusta



Azhadirachta indica



Crinum asiaticum



Madhuca longifolia

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