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## Review Article

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## An Efficacy of Siddha Medicine Annabethi Chenduram against Iron Deficiency Anaemia – A Review

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### Abstract

Iron deficiency anaemia is one of the most common types of nutritional anaemia in the worldwide. It is widespread in individuals at any stage of life, although Pregnant – reproductive women, young children are most susceptible which may increase the risk of impaired cognitive and physical development and increased mortality and morbidity. Annabethi chenduram contains iron in ferrous and ferric form. Annabethi chenduram is one such medicine which is in red powder form but has no mercury sulfur content. This medicine is hematinic and cures deficiency of iron. So here we focus on Annabethi chenduram for the treatment of iron deficiency anaemia are reviewed.

**Keywords:** Annabethi chenduram, Herbo- Mineral drug, Siddha formulation

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### Introduction

Siddha system is one of the oldest systems of medicine in india. The term siddha means achievements and siddhars were saintly persons who achieved results in medicine. The siddha system is largely therapeutic in nature. Siddha science has placed anaemia not as a

state (or) condition but a disease. In siddha, the term pandu may be used instead of anaemia. Pandu is otherwise called veluppunoi. There are six types of Pandu. Classification Pandu :Vatha, Pitha, Kapha, Mukkutram, Nanjupandu and Pica ( most commonly seen in pregnant ladies and children).

### Ingredients of Annabethi chenduram:

Purified Annabedhi (Ferrous sulphate)

Lemon juice (*Citrus limonum*)

The principle ingredient of this medicine is Annabethi. Chemically, it is ferrous sulphate ( $\text{FeSO}_4 \cdot 7\text{H}_2\text{O}$ ) also known as green vitriol. Annabethi reacts with air and becomes white in colour. Therapeutically, it act as a nutrient, astringent, emmenagogue, deodorant, antihelminthic and antiperiodic.

Citrus limon phytochemicals such as flavonoids, carotenoids, vitamins and minerals have reported to be present in this plant. The plant also exhibits several pharmacological properties such as antioxidant, anticancer, antiviral, anti tumour, anti inflammatory activities and efforts on capillary fragility as well as an ability to inhibit platelet aggregation.

### Discussion

The FTIR spectra indicates the presence of Fe-O and  $\text{SO}_4$  vibrations. The intensity of Fe-o peaks was more in Annabethi chenduram compared with raw annabethi. XRD analysis of annabethi chenduram presences of  $\text{FeS}_2$ , the peak indicates presences of alpha  $\text{Fe}_2\text{O}_3$ , and absence of beta  $\text{Fe}_2\text{O}_3$ . SEM analysis of annabethi chenduram showed the presence of particles less than 100nm. XRF analysis of annabethi chenduram presences of so many elements apart from the iron and sulphate. Level of oxide form of iron ( $\text{Fe}_2\text{O}_3$ ) was found to be higher (93.58%) in annabethi chenduram when compared to elemental form (66.46%)

### Conclusion

Annabethi chenduram has combination of iron and vitamin c which helps in better absorption of iron. Iron plays an important role for maintaining the haemoglobin percentage in blood. Vitamin C supplements like citrus should be given during medication for better absorption of iron.

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