

Vetpalai Thailam –A Review

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Abstract- In Siddha system of medicine is a oldest medicinal system in South india.Vetpalaithailam is one of the effective medicine in Psoriasis and other skin disorder. It is also called in 777 oil.777 oil prepared out of the fresh leaves of the plant has been assigned to analgesic, anti-inflammatory, and anti-pyretic activities and to be effective in the treatment of psoriasis. The plant is reported to contain presence of Flavanoid, Glycoflavones-iso-orientin, and phenolic acids. The various chemical constituents isolated from various parts of the plant are reported as 3,4-Seco-lup-20 (29)-en-3-oic acid, lupeol, stigmasterol and campesterol, Indigotin, indirubin, tryptanthrin, isatin, anthranillate and rutinTriacontanol, Wrightial, cycloartenone, cycloeucalenol, β -amyrin, Alpha-Amyrin, and β -sitosterol, 14 α -methylzymosterol. Four uncommon sterols, desmosterol, clerosterol, 24-methylene-25-methylcholesterol, and 24-dehydropollinastanol, were isolated and identified in addition to several more common Phytosterols.So in this article to addition, numerous additional therapeutic uses described both in the siddha literature are being validated scientifically.

Keywords- Siddha medicine,Vetpalai thailam,777 oil

I. INTRODUCTION

In the siddha system of medicine had 32 types of internal medicine and 32 types of external medicine .It refer the text book of *Gunapadam*.Vetpalaithailam is the Internal &External medicine.*Internaly*1 tablespoon (morning ,evening)2 times with milk as well as *externaly*also apply in Psoriatic Scaly patches. *Vetpalai (Wrightiatinctoria)* it is an *Apocynaceae* tree growing through outIndia.Its flower white are *fragrant*.The leaves are the source of blue dye called *Mysore palaindigo*,Analysis of the leaves from Tamilnadu showed that the *leaves* possess proteolytic properties and contain indigo yielding glucosides^(1,2).*Vetpalai*actions *Bark*,Antipyrtic anti diarrhoeal,seed are Aphrodisiac,Leaves are anti microbial.The drug was found to be microbiologically active against gram positive organism-*Staphylococcus aureus*, *S.albus*,*S.Citreus*.^(3,4)*Psoriasis* is a chronic skin disease characterized by red ,itchy scaly patches.It cause cells to build up rapidly on the surface of the skin.The extra skin cells from thick,Silvery scales and itchy,dry ,red patches that are sometimes painful.*VetpalaiThailam*is a Siddha medicine that is used in the treatment of Psoriasis. It is medicated oil prepared from *Vetpalai (Wrightiatinctoria)* and *coconut oil*.It

is a *Violet red colour*.Vetpalai or Wrightiatinctoria plant leaves contain flavonoids, glycoflavones-iso-orientin and phenolic acids and is very effective in the treatment of Psoriasis and many other skin diseases⁽⁵⁻⁷⁾.*Vetpalaithailam* is also used in Hair oil use for Dandruff, Hair loss &whity patches of Head.It is a many *pharmacological activity* in Anti pyretic,Anti inflammatory ,Anti psoriatic, Anti fungal,Anti bacterial,Anti diabetic,Anti ulcer ,etc⁸..*Vetpalai thailam* also safe for *Pregnancy and lactation* Women and this oil also safe to use regularly for all ages.Reducesstress,arrest the keratinization of skin⁽⁹⁻¹¹⁾.Plant are pacifies vitiated *tridoshas*,skin diseases especially psoriasis and non specificdermatitis.It has *anti inflammatory* and *anti dandruff* properties¹².

Ingredients of Vetpalaithailam;

¹³*Vetpalai(Wrightiatinctoria)*-50%-It helps the detoxify blood and used in skin diseases.

Thenkaiennai(coconut oil)-50%-Promote the hair growth.



¹⁴Preparation of 777 oil;

- The leaves are cleaned well made into small pieces.
- It is then soaked in *coconut oil* in a wide mouthed vessel.
- This vessel is exposed to sunlight daily. It is called *Surya pudam*.
- When the desired consistency achieved, it is filtered and stored in a dry container.
- Then this oil is taken for various treatmets.



¹⁵Indications;

Internally&externally-

Psoriasis (Venparusethilnoi, Kalanjagapadai), Eczema, Various dermatological disease of the scalp.

Externally-*Podugu* (Dndruff), other use in mosquito bite scar, sun tan, sensitive skin.

Bark powder is used in treatment of *diarrhoea*. It also reduces fever.

Baked seeds are remedy for improving libido.

¹⁶This is suitable for internal and external use. *One teaspoonful* (5ml) of oil is given in *morning* and *evening*. It is applied externally on the affected skin areas. The skin part is allowed to be drenched in oil for more than *two hours* and then wash with *green gram powder*.

Side effects;

There are no recorded side effects with this medicine¹⁷.

¹⁸Medicinal usage for *Vetpalai*thailam;

- Psoriasis
- Abdominal pain, skin diseases and wounds,
- Anti-pyretic, anti-dysenteric, anti-diarrheal- and anti-hemorrhagic agents,
- Antidote for snake poison.
- Seeds of this plant are also used as an aphrodisiac.

- Increased risk of endometrial hyperplasia and carcinoma,
- Breast cancer,
- Thromboembolic diseases.
- A large number of natural products showing promising *anti-fertility* activity, estrogen-agonistic activity.

¹⁹Others;

- The leaves are applied as a poultice for mumps and herpes. Sometimes, they are also munched to relieve toothache.
- The dried and powdered roots of *Wrightia* along with *Phyllanthusamarus* (keezhanelli) and *Vitexnegundo* (nochi) are mixed with milk and orally administered to women for improving fertility.
- The bark and seeds are effective against psoriasis and non-specific dermatitis.
- It has *anti-inflammatory* and *anti-dandruff* properties and hence is used in hair oil preparations.

During pregnancy and lactation;

- If you are using the oil before *pregnancy*, without any allergic reaction, you continue this oil even during pregnancy. It had skin allergy in some rare cases.
- And this oil also safe to use during *lactation*²⁰.

²¹Pharmacological Actions;

- Anti-Fungal activity
- Anti-Inflammatory activity
- Anti diabetic activity
- Anti microbial activity
- Cytotoxic activity
- *Anti psoriatic activity*
- Anti-ulcer activity
- Free radical scavenging activity
- Anti bacterial activity
- Wound healing activity
- Anti-pyretic
- Analgesic

Chemical constituents;

The various *chemical constituents* isolated from various parts of the plant are reported as 3,4-Seco-lup-20 (29)-en-3-oic acid, lupeol, stigmasterol and campesterol, Indigotin, indirubin, tryptanthrin, isatin, anthranillate and

rutin, Triacontanol, Wrightial, cycloartenone, cycloeucalenol, β -amyrin, Alpha-Amyrin, and β -sitosterol, 14 α -methylzymosterol. Four uncommon sterols, desmosterol, clerosterol, 24-methylene-25-methylcholesterol, and 24-dehydropollinastanol, were isolated and identified in addition to several more common phytosterols. The Triterpenoids components of the leaves and pods of *Wrightiatinctoria* also isolated²².

II. CONCLUSION

This review shows that *Vetpalai* (*Wrightiatinctoria*) is an important medicinal plant with diverse pharmacological spectrum. Few novel chemical constituent isolated from the *Vetpalai* (*Wrightiatinctoria*) showed anti-cancer, anti-HIV, and anti-diabetic (type 2 diabetic) *Anti psoriatic* activity etc.. Further evaluation need to be carried out on *Wrightiatinctoria* in order to explore concealed areas and their practical clinical applications. *Vetpalai* is a most effective medicine in Psoriasis. Not only the psoriasis all type of skin diseases. And also used in Hair oil. They are internally & externally used this medicine. Therapeutic usage of Phytochemical and pharmacological activity present in This oil. It is a wonderful medicine in clinical practioner. So This article are very useful to further clinical study and research purpose of *Vetpalai*

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