

## A LITERATURE REVIEW OF GUM OF *FERULA ASAFOETIDA* L AND TENDER LEAF OF *RICINUS COMMUNIS* L PASTE FOR VARICOSE VEIN IN SIDDHA MEDICINE

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**Abstract** - The paste of *Ferula asafoetida* dried latex powder mixed with tender leaves of *Ricinus communis* and apply as *patru* to varicose vein is a treatment procedure use in *Kappalthurai* Ayurvedic Hospital as well as Siddha treatments. Effectiveness of Siddha Medicines will be conformed to proper research procedure is an important for develop as a well-prooved system of medicine in the modern world.

The Varicose vein condition known as *Narambu kiranthi*, *Narambu silanthi*, and *Surul sirai narambu* in Siddha system of Medicine. Balance the *vatha dosha* is an important step to regularise the *narambu kiranthi*.

*Vatha dosha* have the characters of dryness, lightness, coldness and motility. In this varicosity is deranged *vatha dosha* causes dryness in veins and loss the elasticity of veins. *Kapha dhosa* responsible for *amam* which block the blood flow in *naalam*. The *Ammanaku* tender leaves and *Perunkayam* dry latex have vibagam of *Karppu*. *Karppu suvai* has the combination of *Theyu* and *Vayu*. The *Kapha dosha* reduce by *Karppu*, *Kasappu*, and *Thuvarppu suvai* and *Ushna veeriyam* helps to remove the *amam*. When *amam* was removed, regular blood flow established. External applications like *Patru*, absorbs through sweat pores and hair follicles by passive diffusion process. Through these mechanisms, varicose vein condition will control and symptoms will reduce.

Therefore, this literature research concluded as; This simple remedy delivered good response to varicose vein treatment and cost effective without any surgery managements.

**Keywords:** *Ferula asafoetida*, *Ricinus communis*, *Narambu kiranthi*, *Varicose*