



Kabasura Kudineer,

Keywords kabasura kudineer, immune

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Kabasura Kudineer

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Kabasura Kudineer: Benefits, Ingredients and Side Effects Of This Wonder Herbal Formulation

Kabasura Kudineer Chooranam is a traditional formulation used by Siddha practitioners for effectively managing common respiratory ailments such as the flu and cold. Siddha practitioners vouch by this herbal concoction in relieving symptoms associated with respiratory health including severe phlegm, dry and wet cough and fever.

Kabasura kudineer or choornam possesses strong anti-inflammatory, analgesic, anti-viral, anti-bacterial, anti-fungal, antioxidant, hepato-protective, anti-pyretic, anti-asthmatic and immunomodulatory properties. Several studies have

disclosed that kabasura kudineer due to its anti-inflammatory properties aids in reducing swelling in the air passages while antibacterial and antipyretic properties ease fever.

Kabasura Kudineer is a well known Siddha medicine that consists of a whopping 15 herbal ingredients, each of them having unique characteristic features of its own. But this Churnam is extensively aimed for boosting the lungs, improving respiratory mechanism and treating infectious conditions like cough, cold, fever and other respiratory infections. This Churnam became quite well-known during the times of flu owing to its therapeutic and curative qualities.

The Churnam though in powdered form is generally consumed after infusing it in water and making a decoction or kadha like consistency.

Ingredients

Ginger (Chukku)
Piper longum (pippali)
Clove (lavangam)
Dusparsha (cirukancori ver)
Akarakarabha
Kokilaksha(mulli ver)
Haritaki (kadukkaithol)
Malabar nut (adathodai elai)
Ajwain (Karpooravalli)
Kusta (kostam)
Guduchi (seenthil thandu)
Bharangi (Siruthekku)
Kalamegha (siruthekku)
Raja pata (Vattathiruppi)
Musta (korai kizhangu)
Neer (Water)

Method:

Dry and grind the herbs into a coarse powder
Dry them under direct sunlight to remove the presence of any moisture particles.
Add water to the dried churnam and heat till the water reduces to $\frac{1}{4}$ to $\frac{1}{8}$ of its initial volume.
Filter the aqueous decoction using a muslin cloth to remove the residue.
The filtrate liquid is stored and consumed within 3 hours owing to its shelf life.

Benefits Of Ingredients:

This chooranam contains the following ingredients combined in equal proportions of 6.66% of each compound to make the formulation.

Ginger (Chukku) - It is known to promote digestion and is beneficial in treating asthma and other chronic respiratory ailments.

Piper longum (pippali) – It has the potential to treat indigestion, asthma and cough.

Clove (lavangam) – It has the power to kill the bacteria and promote liver health.

Dusparsha (cirukancori ver) - It is used to treat haemorrhoids.

Akarakarabha - It is used for healing mouth ulcers, sore throat, cough and ailments caused due to the worsening of vata dosha.

Kokilaksha(mulli ver) - A plant highly valued in ayurvedic medicine for treating jaundice, abdominal distention and urinary infections.

Haritaki (kadukkaithol) – Imbued with strong antioxidant and anti-inflammatory properties it facilitates to treat sore throat and allergies.

Malabar nut (adathodai elai) - It is used for treating upper respiratory infections and asthma.

Ajwain (Karpooravalli) – It helps in relieving common cold and cough.

Kusta (kostam) - A popular herb used in treating gout and respiratory ailment.

Guduchi (seenthil thandu) - It possesses antipyretic and immunomodulatory effects.

Bharangi (Siruthekku) - A strong herb used widely for treating allergic rhinitis, asthma and other inflammatory conditions.

Kalamegha (siruthekku) – It is used for cleansing and purifying the blood and liver.

Raja pata (Vattathiruppi) - A potent herb used for curing fever and intestinal worms.

Musta (korai kizhangu) - This herb eases fever and burning sensation.

Indications:

"Kaba suram Kudineer" in Siddha means fever due to excess accumulation of Kapha, this choornam is effective in balancing the kapha dosha which is known to infect the respiratory system. The formulation is particularly significant in lessening the symptoms associated with respiratory ailments such as fever, cough, and cold, breathing difficulty and treating flu.

Kaba denotes Kapha dosha

Asura denotes the herb which aid in alleviating the ailments associated with Kapha disorder.

Kudineer denotes concoction.

This formulation is generally made as a concoction and then administered. It is given for a period of 6-12 weeks based on the advice given by the physician.

Dosage:

25-50ml of concoction twice daily or as directed by the physician.

Add 5-10 grams of choornam in 200ml water and boil it in low flame till the concoction is reduced to 50ml.

Side Effects

There are no side effects upon taking this choornam, however, it is always best to seek the advice of an ayurvedic physician before taking it. This formulation is safe when taken together with homeopathic medicine. It also does not show any adverse effects when taken along with multivitamin and mineral supplements.

National Institute of Siddha, Tambaram, here and SRM Medical College Hospital and Research Centre on the herbal

concoction revealed that 99 per cent COVID-19 cases turned negative within five days.

Kabasura kudineer is a herbal concoction, comprising dry ingredients of ginger, pippali, clove, cirukancori root, muli root, kadukkai, ajwain and many other herbs.

Siddha medicine classifies disease and disorders into 4,448 types and has remedies for more than 64 types of fevers.

In a paper published in the Asian Journal of Pharmaceutical Research and Health Care in January this year, K. Pitchiah Kumar, State Licensing Authority, Directorate of Indian Medicine, Government of Tamil Nadu, K. Meenakshi Sundaram, Sanjeev Biomedical Research Centre and M.S. Ramasamy, through their study, demonstrated kabasura kudineer could be a potential Siddha medicine for COVID-19, provided further preclinical and clinical confirmatory studies were conducted.

Kabasura kudineer contained more active phyto constituents, the higher activity than in Thontha sura kudineer was observed, in the study on silico evidence for Corona Viral Drug.

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