



## Literature Review on *Pal Podi* (Tooth Powder) for *Pal Noigal* (Dental Diseases)-Siddha System of Medicine

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### KEYWORDS

Pal podi, Tooth powder, Pal vali, Pura Marunthu, Siddha.

### ABSTRACT:

The Siddha system of medicine, one of the oldest traditional medical systems in Southern Asia, offers a holistic approach to health by emphasizing the balance of the physical and subtle bodies through various therapeutic practices. In India, dental diseases are highly prevalent, with over 95% of adults affected by dental caries. *Pal podi* (tooth powder) is one of the external medicines for dental diseases that is traditionally used. There are a lot of tooth powder formulations in Siddha literature, so this review was done to gather different tooth powder formulations. Literature collection was done from the library of the National Institute of Siddha. The review highlights the preparation methods, ingredients, and applications of these formulations, with a focus on dental conditions. These compiled formulations represent a valuable resource for clinical practice, academia, and future research.

### INTRODUCTION:

The Siddha system of medicine is one of the oldest traditional medical systems in Southern Asia, particularly prominent in the Indian subcontinent. This ancient practice emphasizes strengthening both the physical and subtle body through a well-established framework of therapeutic procedures and medications<sup>[1]</sup>. The Siddha treatment is categorized into 32 types of *Pura marunthugal* (external medicines) and *aga marunthugal* (internal medicines), with the external medicines detailed by the revered Sage *Theraiyar*.

Dental diseases represent a significant public health challenge, particularly in adults. These conditions often result in discomfort, difficulty in chewing, and secondary symptoms such as headaches or earaches. The prevalence and severity of dental issues are closely tied to oral hygiene practices. According to the World Health Organization (WHO), over 95% of adults in India are affected by dental caries. Beyond physical discomfort,

dental pain adversely impacts sleep quality, school or work productivity, and overall well-being, often necessitating dental consultations. Oral health, according to the World Dental Federation (FDI), is a "multi-faceted" aspect of health that includes the capacity to confidently express emotions without experiencing pain or illness that affects the craniofacial complex, as well as the ability to speak, smile, chew, taste, touch, and swallow<sup>[2]</sup>.

The traditional Siddha texts, particularly *Siddhar Aruvai Maruthuvam*, provide detailed accounts of ten types of tooth diseases and thirteen types of gum diseases<sup>[3]</sup>. *Podi* [powder] is one of the 32 type of external medicines. Tooth powders are prepared in a pouch of dry powder, which is used to brush teeth and cure tooth diseases.

Despite these rich descriptions, there is no consolidated collection of external medicines specifically for dental diseases. This review aims to bridge the gap by compiling various *pal podi* [tooth powder] mentioned in



Siddha literature for addressing *Pal noigal* (dental diseases).

## MATERIALS AND METHODS

**Study design:** Literature-based review

**Source of data:** primary data were collected from authoritative Siddha literature

## FORMULATIONS:

**Study Period:** 6 months

**Analysis:** the collected data on tooth powder for dental diseases were reviewed and categorized based on their preparation name, ingredients and special dental condition they address.

**Table1: Formulations of *Pal Podi*(tooth powder) for dental diseases**

| S.No | Name of the preparation | Ingredients  | Indication                   | Reference                                       |
|------|-------------------------|--|------------------------------|---|
| 1.   | <i>Palluku podi</i>     | 1. <i>Senkottai</i> ( <i>Semecarpus anacardium</i> )<br>2. <i>Kottai paaku</i> –( <i>Areca catechu</i> )<br>3. <i>Kalipaaku</i> ( <i>Areca</i> )<br>4. <i>Durusu</i> ( <i>CuSo4</i> )<br>5. <i>Elupai</i> ( <i>Madhuca longifolia</i> )<br>6. <i>Uppu</i> (salt)<br>7. <i>Uppu potta pazha maankottai</i> ( <i>Mangifera indica</i> )<br>8. <i>Erukkam paluppu</i> ( <i>Calotropis gingantea</i> )<br>9. <i>Kaachu katti</i> ( <i>catechu</i> )  | <i>Palvali</i> (toothache)   | <i>Anubava vaythiya thirattu</i> <sup>[4]</sup> |
| 2.   | <i>Pal valikku podi</i> | 1. <i>Karuvclam pattai</i> ( <i>Prosopis juliflora</i> )<br>2. <i>Kiluvai pattai</i> ( <i>Commiphora caudate</i> )<br>3. <i>Thaneer</i> (water)<br>4. <i>Senkottai</i> ( <i>Semecarpus anacardium</i> )<br>5. <i>Erukkam pal</i> ( <i>Calotropis jijantea</i> )<br>6. <i>Elumitchai</i> ( <i>Citrus limon</i> )<br>7. <i>Alagu paaku</i> ( <i>Catechu</i> )<br>8. <i>Kasu katti</i> ( <i>Acacia catechu</i> )<br>9. <i>Thuttham</i> ( <i>ZnSo4</i> )<br>10. <i>Thurisu</i> ( <i>CuSo4</i> )<br>11. <i>Kadukkai</i> ( <i>Terminalia chebula</i> )<br>12. <i>Saathikai</i> ( <i>Myristica officinalis</i> )<br>13. <i>Pachai karpooram</i> ( <i>Borneo camphor</i> ) | <i>Pal vali</i> (tooth ache) | <i>Anubava vaythiya thirattu</i> <sup>[4]</sup> |



|    |                                  |  |   |  |
|----|----------------------------------|--|---|--|
|    |                                  | 14. <i>Kaiyanthakarai chaaru(Eclipta alba)</i>   |   |  |
| 3  | <i>Karuvapattai podi</i>         | 1. <i>Thurusu (CuSo4)</i><br>2. <i>Kaasukatti (Areca catechu)</i><br>3. <i>Karuvapattai (Cinnamomum verum)</i>   | <i>Thantha soolai</i> (tooth ache)  | <i>Anubava vaythiya thirattu</i> <sup>[4]</sup>        |
| 4  | <i>Veppam poo podi</i>           | 1. <i>Seeragam(Cuminum cyminum)</i><br>2. <i>Veppam poo (Azadirachta indica)</i><br>3. <i>Inthuppu</i> (rock salt)   | <i>Pal vali</i> (tooth ache)  | <i>Sarabenthirar vaythiya muraigal</i> <sup>[5]</sup>  |
| 5. | <i>Pal podi</i>                  | 1. <i>Pasumpaal(milk)</i><br>2. <i>Uppu(salt)</i><br>3. <i>Thurusu(CuSo4)</i>  | <i>Pal ketti aahum</i> (teeth strengthening)  | <i>Sarabenthirar vaythiya muraigal</i> <sup>[5]</sup>  |
| 6. | <i>Pal nokku podi</i>            | 1. <i>Irumbu podi (Iron)</i><br>2. <i>Thantri kai(Terminalia bellerica)</i><br>3. <i>Masikai(Quercus infectorius)</i><br>4. <i>Cheenakaaram (Alum)</i><br>5. <i>Korukkappuli (Pithecellobium dulce)</i><br>6. <i>Thurusu (CuSo4)</i><br>7. <i>Kasukatti (Areca catechu)</i><br>8. <i>Elumitchai charu(lemon juice)</i> | <i>Pal noigal</i> (tooth disorder)  | <i>Pulipani marunthugal</i> <sup>[6]</sup>             |
| 7. | <i>Pal podi</i>                  | 1. <i>Arakku (Coccus lacca)</i><br>2. <i>Cheenakaaram(Alum)</i><br>3. <i>Thurusu (CuSo4)</i><br>4. <i>Kadukkai(Terminalia chebula)</i><br>5. <i>Masikai(Quercus infectorius)</i><br>6. <i>Thandri kai(Terminalia bellerica)</i><br>7. <i>Elumitchai charu(lemon juice)</i>   | 1. <i>Palpuzhu</i> (tooth decay)<br>2. <i>Paleeru veekam</i> (gingivitis )<br>3. <i>Palasaivu</i> (shaky tooth) | <i>Pulipani marunthugal</i> <sup>[6]</sup>             |
| 8. | <i>Pallil ratham viluthaluku</i> | 1. <i>Kadukkai(Terminalia chebula)</i><br>2. <i>Chukku(Zingiber officinarum)</i><br>3. <i>Kachukatti (catechu)</i><br>4. <i>Inthuppu</i> (Rock salt)   | <i>Pallil ratham vizhal</i> (gingivitis)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup> |



|     |                                       |  |  |   |
|-----|---------------------------------------|--|--|---|
| 9.  | <i>Pal podi</i>                       | 1. <i>Uppu</i> (salt)<br>2. <i>Erukam pal</i><br>( <i>Calotropis gigantea</i> )  | <i>Pal noi</i> (tooth disorder)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 10. | <i>Pal valiviruku satharana podi</i>  | <i>Ponnankottai uppu</i> ( <i>Sapindus emarginatus</i> )   | 1. <i>Pal aatam</i> (shaky tooth)<br>2. <i>Pal noi</i> (tooth disorder)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 11. | <i>Pal noikku theikka marunthu</i>    | 1. <i>Chukku</i> ( <i>Zingiber officinarum</i> )<br>2. <i>Kadukkai</i> ( <i>Terminalia chebula</i> )<br>3. <i>Naayuruvi verpattai</i> ( <i>Achyranthus aspera</i> )  | 1. <i>Pal noi</i> (tooth disorder)<br>2. <i>Pal asaivu</i> (shaky tooth)<br>3. <i>Pal uruthi</i> (teeth strengthening) | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 12. | <i>Chukku podi</i>                    | 1. <i>Induppu</i> (Rock salt)<br>2. <i>Chukku</i> ( <i>Zingiber officinarum</i> )  | <i>Pal noi</i> (tooth disorder)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 13. | <i>Thalisapathiri podi</i>            | <i>Thalisapathiri podi</i> (powder of <i>Abies webbiana</i> )  | <i>Pal vali</i> (tooth ache)   | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 14. | <i>Kottai paaku podi</i>              | 1. <i>Padigaram</i> (Alum)<br>2. <i>Kottai paaku</i> ( <i>Areca catechu</i> )  | <i>Pal vali</i> (tooth ache)   | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 15. | <i>Chenkottai podi</i>                | 1. <i>Chenkottai</i> ( <i>Semicarpous anacordium</i> )<br>2. <i>Kariuppu</i> (Salt)  | <i>Pal noi</i> (tooth disorder)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 16. | <i>Kal naar parpam</i>                | <i>Kalnaar</i> (Asbestos)  | <i>Pal irugum</i> (tooth strengthening)  | <i>Anuboga vaythiya brama ragasiyam</i> <sup>[7]</sup>  |
| 17. | <i>Parkalin rogathirkana choornam</i> | 1. <i>Myilthutham</i> ( <i>ZnSo4</i> )<br>2. <i>Chenkottai</i> ( <i>Semicarpous anacordium</i> )<br>3. <i>Kadukkai</i> ( <i>Terminalia chebula</i> )<br>4. <i>Kalipakku</i> ( <i>Arecae catechu</i> )<br>5. <i>Poritha cheenakaram</i> (Alum)<br>6. <i>Kachukatti</i> ( <i>Catechu</i> )<br>7. <i>Elam</i> ( <i>Elettaria cardamomum</i> )<br>8. <i>Milagu</i> ( <i>Piper nigrum</i> )<br>9. <i>Korailangu</i> ( <i>Cyperus rotandus</i> ) | <i>Pal vali</i> (tooth ache)   | <i>Sarabenthira vaythiya rathinavali</i> <sup>[8]</sup> |



|     |                              |   |  |  |
|-----|------------------------------|---|--|--|
| 18. | <i>Thakshina pal podi</i>    | <ol style="list-style-type: none"> <li>1. <i>Irumbu arapodi</i> (Iron)</li> <li>2. <i>Masikai</i>(<i>Quercus infectoria</i>)</li> <li>3. <i>Thurusu</i> (<i>CuSo4</i>)</li> <li>4. <i>Kadukkai thol</i> (<i>Terminalia chebula</i>)</li> <li>5. <i>Padikaram</i>(Alum)</li> <li>6. <i>Chenkottai</i> (<i>Semecarpous anacordium</i>)</li> <li>7. <i>Elumitchai</i>(lemon)</li> </ol>  | <i>Pal vali</i> (tooth ache)   | <i>Sarabenthira vaythiya rathinaval</i> <sup>[8]</sup> |
| 19. | <i>Choli choornam</i>        | <ol style="list-style-type: none"> <li>1. <i>Choli</i> (Shell)</li> <li>2. <i>Naayuruvi charu</i> (<i>Achyranthus aspera</i>)</li> </ol>  | <i>Pal asaivu</i> (shaky tooth)  | <i>Sarabenthira vaythiya rathinaval</i> <sup>[8]</sup> |
| 20. | <i>Pal valikku podi</i>      | <ol style="list-style-type: none"> <li>1. <i>Kachukatti</i>(<i>Catechu</i>)</li> <li>2. <i>Kadukkai</i> (<i>Terminalia chebula</i>)</li> <li>3. <i>Inthuppu</i>(Rock salt)</li> <li>4. <i>Masikkai</i> [<i>Quercus infectoria</i>]</li> <li>5. <i>Padikaram</i>(Alum)</li> </ol>  | <ol style="list-style-type: none"> <li>1. <i>Pal vali</i> (tooth ache)</li> <li>2. <i>Pal balam</i> (tooth strengthening)</li> </ol> | <i>Theraiyar kudineer</i> <sup>[9]</sup>               |
| 21  | <i>Akkarakara podi</i>       | <ol style="list-style-type: none"> <li>1. <i>Arapodi</i> (Iron)</li> <li>2. <i>Akkarakaram</i>(<i>Anacyclus pyrethrum</i>)</li> <li>3. <i>Padikaram</i> (Alum)</li> <li>4. <i>Miruthar sinki</i>(<i>Galena sulphide</i>)</li> <li>5. <i>Elavanka pattai</i>(<i>Cinnamomum verum</i>)</li> <li>6. <i>Kaachukatti</i>(<i>Catechu</i>)</li> <li>7. <i>Thurusu</i> (<i>CuSo4</i>)</li> <li>8. <i>Elumitchai charu</i>(lemon juice)</li> </ol> | <i>Pal noigal</i> (tooth disorder)   | <i>Thanvanthiri vaythiyam 1000</i> <sup>[10]</sup>     |
| 22. | <i>Pancha pooshitha podi</i> | <ol style="list-style-type: none"> <li>1. <i>Thandri kai</i>(<i>Terminalia bellerica</i>)</li> <li>2. <i>Kadukai</i>(<i>Terminalia chebula</i>)</li> <li>3. <i>Masikai</i>(<i>Quercus infectoria</i>)</li> <li>4. <i>Kachukatti</i>(<i>Catechu</i>)</li> <li>5. <i>Elumitchai</i>(lemon juice)</li> </ol>   | <i>Pal noigal</i> (tooth disorder)   | <i>Theraiyar vaythiya kaaviyam</i> <sup>[11]</sup>     |



|     |                          |   |  |  |
|-----|--------------------------|---|--|--|
| 23. | <i>Penkal pal podi</i>   | <ol style="list-style-type: none"> <li>1. <i>Naattu kalnaar</i>(raw asbestos)</li> <li>2. <i>Vellai Kunkiliya Thool</i>(<i>Vateria indica</i>)</li> <li>3. <i>Maasikkai Thool</i>(<i>Quercus infectoria</i>)</li> <li>4. <i>Kichili Kizhanku Thool</i>(<i>Cyperus rotandus</i>)</li> <li>5. <i>Sampirani Thool</i>(gum benzoin)</li> <li>6. <i>Elarisi Thol</i>(<i>Elettaria cardamomum</i>)</li> <li>7. <i>Chukku Thol</i>(<i>Zingiber officinarum</i>)</li> </ol>   | <ol style="list-style-type: none"> <li>1. <i>Pal asaivu</i> (shaky tooth)</li> <li>2. <i>Eeru veekam</i> (gingivitis)</li> </ol> | <i>Sugantha parimala sasthanam</i> <sup>[12]</sup> |
| 24. | <i>Pal noiku podi</i>    | <ol style="list-style-type: none"> <li>1. <i>Fried to a nice white Annapethi Thool</i>(Iron sulphate)</li> <li>2. <i>Fried to a nice white Mayilthutha thool</i>(ZnSo<sub>4</sub>)</li> <li>3. <i>Kaichukatti Thool</i>(catechu)</li> <li>4. <i>Akkarakaaram</i>(<i>Anacyclus pyrethrum</i>)</li> <li>5. <i>Milaku Thool</i>(<i>Piper nigrum</i>)</li> </ol>  | <i>Pal asaivu</i> (shaky tooth)  | <i>Sugantha parimala sasthanam</i> <sup>[12]</sup> |
| 25. | <i>Ayurvedha palpodu</i> | <ol style="list-style-type: none"> <li>1. <i>Vidhai neekki varuthiditha Kadukkai Thol</i>(<i>Terminalia chebula</i>)</li> <li>2. <i>Vidhai neekki varuthiditha Pungkang Kottai Thol</i>(<i>Pongamia glabra</i>)</li> <li>3. <i>Vidhai neekki varuthiditha Shikakai Thol</i>(<i>Acacia concinna</i>)</li> <li>4. <i>Varuthiditha Milaku Thol</i>(<i>Piper nigrum</i>)</li> <li>5. <i>Chukku Thol</i>(<i>Zingiber officinarum</i>)</li> <li>6. <i>Lavanka Thol</i>(<i>Syzygium aromaticum</i>)</li> <li>7. <i>Ealarisi Thol</i>(<i>Elettaria cardamomum</i>)</li> <li>8. <i>Akkarakaara Thol</i>(<i>Anacyclus pyrethrum</i>)</li> <li>9. <i>Vellai Kunkiliya Thol</i>(<i>Vateria indica</i>)</li> <li>10. <i>Inthuppu</i>(rock salt)</li> <li>11. <i>vipoothi pol varutha Sottuppu Thool</i>(salt)</li> </ol> | <i>Pal noigal</i> (tooth disorder)   | <i>Sugantha parimala sasthanam</i> <sup>[12]</sup> |
| 26. | <i>Pal noiku</i>         | <ol style="list-style-type: none"> <li>1. <i>Padikaaram</i>(Alum)</li> <li>2. <i>Kottai Paaku</i>(<i>Areca catechu</i>)</li> </ol>  | <i>Pal noi</i> (tooth disorder)  | <i>Mooligai marmam</i> <sup>[13]</sup>             |



|     |                             |  |                                 |   |
|-----|-----------------------------|--|---------------------------------|---|
| 27. | <i>Pal noiku</i>            | 1. <i>Kottai paakku(Areca catechu)</i><br>2. <i>Karpooram(camphor)</i>   | <i>Pal noi</i> (tooth disorder) | <i>Mooligai marmam</i> <sup>[13]</sup>                        |
| 28. | <i>Kandankathiri podi</i>   | <i>Kandankathiri(Solanum virginianum)</i>  | <i>Pal noi</i> (tooth disorder) | <i>Mooligai marmam</i> <sup>[13]</sup>                        |
| 29. | <i>Thantharoga marunthu</i> | 1. <i>Panthar Pugaiyilai(Digitalis purpurea)</i><br>2. <i>Akkarakaram (Anacyclus pyrethrum)</i><br>3. <i>Lavankapattai(Syzhizium aromaticum)</i><br>4. <i>Kadukkaithol(Terminal chebula)</i><br>5. <i>Maasakkai(Quercus infectorius)</i><br>6. <i>Thantrikkai(Terminalia bellerica)</i><br>7. <i>Chukku(Zingiber officinarum)</i><br>8. <i>Kaareeyam(lead)</i><br>9. <i>Thurusu (CuSo4)</i><br>10. <i>Erukkan ver(Calotropis gigantia)</i> | <i>Pal noi</i> (tooth disorder) | <i>Vaythiya anugula jeeva ratchasan</i> <sup>[14]</sup>       |
| 30. | <i>Pal noi podi</i>         | 1. <i>Uppu[salt]</i><br>2. <i>Serankottai[Semecarpous anacordium]</i><br>3. <i>Sarkkarai[sugar]</i>  | <i>Pal noi</i> (tooth disorder) | <i>Anubava vaythiya nool</i> <sup>[15]</sup>                  |
| 31. | <i>Patham kottai podi</i>   | 1. <i>Karuvelan pattai(Prosopis juliflora)</i><br>2. <i>Pathamkottai thol(Terminalia catappa)</i><br>3. <i>Uppu(salt)</i>  | <i>Pal vali</i> (tooth ache)    | <i>Anubava vaythiya nool</i> <sup>[15]</sup>                  |
| 32. | <i>Kachukatti thool</i>     | <i>Kachukatti thool (catechu)</i>  | <i>Pal vali</i> (tooth ache)    | <i>Anubava vaythiya nool</i> <sup>[15]</sup>                  |
| 33. | <i>Penkal pal podi</i>      | 1. <i>Anna Pethi(ferric sulphate)</i><br>2. <i>Vellai kasu katti (white catechu)</i><br>3. <i>Thurusu(CuSo4)</i><br>4. <i>Khurosani(Hyosyamus niger)</i><br>5. <i>Vasambu(Acoraus calamus)</i><br>6. <i>AmukkanamVer(Withania sominifera)</i><br>7. <i>Kalmalyennum Rasaparpam(mercury)</i>  | <i>Pal noi</i> (tooth disorder) | <i>Piniyatra vaalvu ennum noiyilla vaalvu</i> <sup>[16]</sup> |



|     |                        |  |                                   |  |
|-----|------------------------|--|-----------------------------------|--|
|     |                        | 8. <i>Padikaaram</i> (Alum)<br>9. <i>Masikkai</i> ( <i>Quercus infectorius</i> )<br>10. <i>Veppam verin pattai</i> ( <i>Azarditica indica</i> )<br>11. <i>Kottaipaakku</i> ( <i>Areca catechu</i> )<br>12. <i>Thandavalapodi</i> (seasoned iron)   |                                   |  |
| 34. | <i>Pal valikku</i>     | 1. <i>Seenakkaram</i> (Alum)<br>2. <i>Arakku</i> ( <i>Coccus lacca</i> )<br>3. <i>Thutham</i> (ZnSo4)<br>4. <i>Thandrikkai</i> ( <i>Terminalia bellerica</i> )<br>5. <i>Kadukkai</i> ( <i>Terminalia chebula</i> )<br>6. <i>Masikkai</i> [ <i>Quercus infectorius</i> ]  | <i>Pal vali</i> (tooth ache)      | <i>Theraiyar vaagadam</i> <sup>[17]</sup>    |
| 35. | <i>Pal vali</i>        | 1. <i>Kadukkai</i> [ <i>Terminalia chebula</i> ]<br>2. <i>Thantrikkai</i> [ <i>Terminalia bellerica</i> ]<br>3. <i>Maasikkai</i> [ <i>Quercus infectorius</i> ]<br>4. <i>Cheenikkaram</i> (Alum)<br>5. <i>Kodukkaipuli</i> [ <i>Pithecellobium dulce</i> ]<br>6. <i>Thurusu</i> [copper sulphate]<br>7. <i>Kachikatti</i> ( <i>Catechu</i> )   | <i>Pal vali</i> (tooth ache)      | <i>Theraiyar vaagadam</i> <sup>[17]</sup>    |
| 36. | <i>Marukkarai podi</i> | 1. <i>Marukkarai</i> ( <i>Randia dumetorum</i> )<br>2. <i>Velvel</i> ( <i>Prosopis juliflorae</i> )<br>3. <i>Karunkaali</i> ( <i>Diospyros ebenum</i> )<br>4. <i>Erukku</i> ( <i>Calotropis gigantean</i> )<br>5. <i>Vembu</i> ( <i>Azarditica indica</i> )<br>6. <i>Chathikkai</i> ( <i>Myristica fragrans</i> )<br>7. <i>Ealam</i> ( <i>Cardamomum elatchi</i> )<br>8. <i>Karpooram</i> (camphor)<br>9. <i>Kaasukatti</i> ( <i>Catechu</i> ) | <i>Pal noi</i> (tooth disorder)   | <i>Aathmarachas amirtham</i> <sup>[18]</sup> |
| 37. | <i>Pal noiku</i>       | 1. <i>Senkottai</i> ( <i>Semecarpous anacordium</i> )  | <i>Thantha vaayu</i> (tooth ache) | <i>Aathmarachas Amirtham</i> <sup>[18]</sup> |



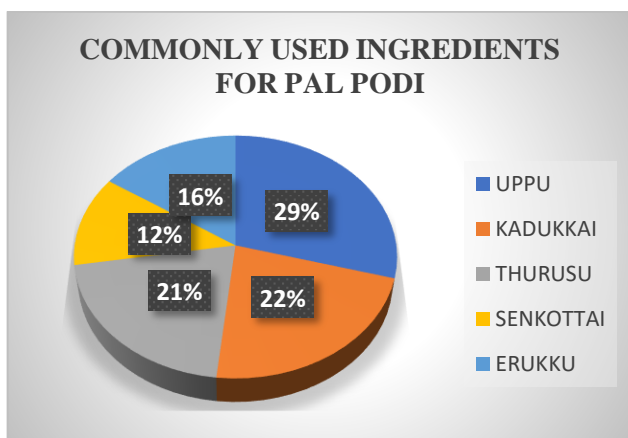
|     |                                     |   |  |  |
|-----|-------------------------------------|---|--|--|
|     |                                     | 2. <i>Kari uppu</i> (salt)<br>3. <i>Erukkampaal</i> ( <i>Calotropis gigantea</i> )  |  |  |
| 38. | <i>Thantha rogam</i>                | 1. <i>Cheenakkaram</i> (Alum)<br>2. <i>Kalluppu</i> (Salt)<br>3. <i>Vediuppu</i> ( <i>Pottasium nitrate</i> )<br>4. <i>Thurusu</i> (CuSo4)<br>5. <i>Kaayam</i> ( <i>Ferulia asafetida</i> )   | <i>Pal vali</i> (tooth ache)                       | <i>Siro rathina vaythiya pooshanam</i> <sup>[19]</sup>     |
| 39. | <i>chithramoola podi</i>            | 1. <i>Chenkottai</i> ( <i>Semecarpous anacordium</i> )<br>2. <i>Chithramoola Ver pattai</i> ( <i>Plumbago zeylanica</i> )<br>3. <i>Kariuppu</i> (salt)<br>4. <i>Vellerukkan charu</i> ( <i>Calotropis gigantean</i> )   | <i>Pal vali</i> (tooth ache)                       | <i>Siro rathina vaythiya pooshanam</i> <sup>[19]</sup>     |
| 40. | <i>Thantha rogam</i>                | 1. <i>Sotru uppu</i> (salt)<br>2. <i>Senkottai</i> ( <i>Semecarpous anacordium</i> )<br>3. <i>Padikaaram</i> (Alum)<br>4. <i>Vellerukkan Pazhuppu</i> ( <i>Calotropis gigantean</i> )   | <i>Thantha vaayu</i> (tooth ache)                  | <i>Siro rathina vaythiya pooshanam</i> <sup>[19]</sup>     |
| 41. | <i>Kaateerumuttai podi</i>          | 1. <i>Kaaterumuttai</i> (Egg)<br>2. <i>Erukkam paal</i> ( <i>Calotropis gigantean</i> )<br>3. <i>Karkadaga chinki</i> (gall of <i>Quercus infectoria</i> )<br>4. <i>Inthuppu</i> (rock salt)<br>5. <i>Milagu</i> ( <i>Piper nigrum</i> )  | <i>Pal koocham</i> (tooth sensitivity)             | <i>Noyum marnthum</i> <sup>[20]</sup>                      |
| 42. | <i>Pallil uthiram kottuvatharku</i> | 1. <i>Soorathu kadukkai</i> ( <i>Terminalia chebula</i> )<br>2. <i>Uppu podi</i> (salt)   | <i>Pallil uthiram viluthal nirkum</i> (gingivitis) | <i>Siddhar aruliya puezhiya maruthuvam</i> <sup>[21]</sup> |
| 43. | <i>Pal valikku podi</i>             | 1. <i>Poritha padikaram</i> (Alum)<br>2. <i>Thurusu</i> (CuSo4)<br>3. <i>Madhulai thol</i> ( <i>Punica grantum</i> )<br>4. <i>Kadal nurai</i> (salt)<br>5. <i>Vellai kaachukatt</i> (white catechu)<br>6. <i>Vaal milagu</i> ( <i>Piper longum</i> )<br>7. <i>Annabethi</i> (Iron sulphate)<br>8. <i>Ponnimilai</i><br>9. <i>Manchisti</i> ( <i>Rubia cardifolia</i> )<br>10. <i>Ven Santhanam</i> ( <i>Santalum album</i> )<br>11. <i>Sadamanchi</i> ( <i>Nardostachys jatamansi</i> ) | <i>Pal vali</i> (tooth ache)                       | <i>Anuboga vaythiya chinthamani</i> <sup>[22]</sup>        |



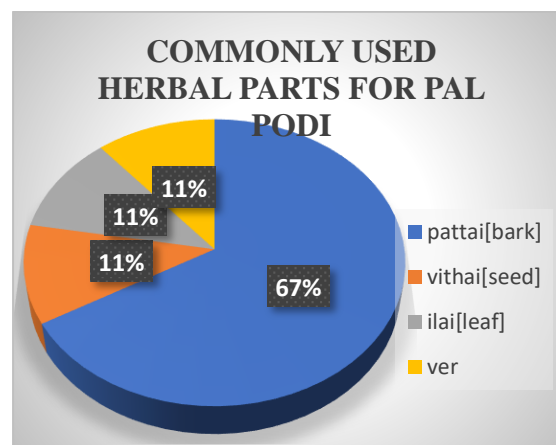
|     |                            |  |  |  |
|-----|----------------------------|--|--|--|
|     |                            | 12. <i>Masikai(Quercus infectoria)</i>       |  |  |
| 44. | <i>Nuna kai podi</i>       | <i>Nuna kaai (Morinda citrifolia)</i>        | 1. <i>Pal chothai</i> (tooth decay)<br>2. <i>Pal aranai</i> (gingivitis) | <i>Gunapaadam Mooligai</i> <sup>[23]</sup> |
| 45. | <i>Puzhi thol podi</i>     | <i>Puzhi thol (Tamarindus indica)</i>        | <i>Pal irugum</i> (tooth strengthening)                                  | <i>Gunapaadam Mooligai</i> <sup>[23]</sup> |
| 46. | <i>Mahilam vithai podi</i> | <i>Mahilam vithai (Mimusops elengi)</i>      | <i>Pal noi</i> (tooth disorder)  | <i>Gunapaadam Mooligai</i> <sup>[23]</sup> |
| 47. | <i>Velam pattai podi</i>   | <i>Karuvulam pattai (Prosopis juliflora)</i> | <i>Pal aatam</i> (shaky tooth)   | <i>Gunapaadam Mooligai</i> <sup>[23]</sup> |

**OBSERVATION:**

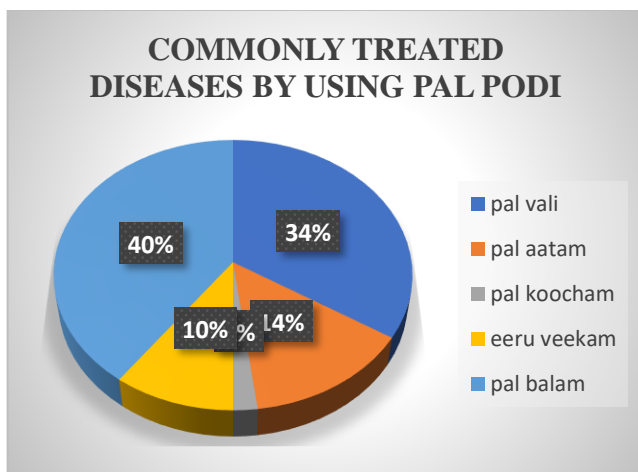
**Graph 1:**



**Graph 3:**



**Graph 2:**



**RESULTS & DISCUSSION:**

This literature review on *Pal podi* [tooth powder] examined over 310 siddha texts, with 20 of those texts providing in-depth references to *Pal podi* [tooth powder] for dental issues. From these sources, 47 distinct formulations were identified. This review focuses on the preparation and applications for dental diseases. The majority of the tooth powder formulations for dental conditions are credited to Sage Agathiyar and Theraiyar. It is believed that tooth powder has its origins dating back thousands of years. Ancient siddhars possessed the knowledge to develop treatments for dental ailments using *pal podi* (tooth powder). The ingredients are readily accessible and easily produced. Patients can conveniently use it themselves, enhancing its



acceptability. Siddha literature describes a variety of preparations, including not just herbs but also metals, minerals, and substances of animal origin. Most of the formulations are composed of herbo-minerals and commonly used herbal part is *Pattai* (bark). Among the 47 tooth powder formulations, 29% consists of *Kariuppu* (salt), 13% of *kadukkai* (*Terminalia chebula*), 12% of *thurusu* (copper sulfate), 7% of *Senkottai* (*semecarpous anacardium*), and 9% of *Erukku* (*Calotropis gigantea*). Additionally, 34% of these tooth powder formulations address *pal vali* (toothache), 14% target *pal aatam* (shaky tooth), 2% for *pal koocham* (tooth sensitivity), 10% are *eeru veekam* (gingivitis) and 40% relate to strengthening the teeth.

#### CONCLUSION:

These compiled external medicine preparations represent a valuable resource for clinical practice, academic study and future research. This comprehensive collection highlights the therapeutic potential of Siddha medicine in managing the dental diseases and provides foundation for adapting traditional knowledge into practice.

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