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A Review on the Role of Minsara Thylam in the Supportive Management of Dyspnea

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***Abstract*—Background:**
Dyspnea, commonly known as breathlessness, is a sensation of breathing discomfort associated with various respiratory and cardiovascular disorders. In Siddha medicine, respiratory disorders are understood in relation to the derangement of Mukkutram, particularly Vatham and Kabam. Minsara Thylam is one such formulation that warrants scientific evaluation for its possible supportive role in respiratory health.
To review the traditional significance, pharmacological properties and potential therapeutic role of Minsara Thylam in the supportive management of dyspnea.
Materials and Methods:
A narrative literature review was undertaken to explore the traditional indications, ingredients, reported pharmacological properties and available scientific evidence related to Minsara Thylam and its potential relevance in respiratory symptom management.
Discussion:
The pharmacological properties of medicinal ingredients present in traditional formulations may provide a basis for investigating their potential respiratory benefits. However, the specific pharmacological mechanisms and clinical effectiveness of Minsara Thylam in relieving dyspnea have not been adequately established. Further scientific investigation is necessary to understand its potential role in respiratory symptom management.
Conclusion:
Minsara Thylam represents a traditional Siddha formulation that deserves further pharmacological and clinical evaluation for its potential supportive role in dyspnea management. Systematic studies are required to establish its safety, efficacy and therapeutic relevance.

***Index Terms*—Minsara Thylam, Dyspnea, Breathlessness, Siddha Medicine, Pharmacological Properties.**

I. INTRODUCTION

Dyspnea is the subjective sensation of uncomfortable or difficult breathing. It is commonly associated with respiratory diseases such as bronchial asthma, chronic obstructive pulmonary disease (COPD), pneumonia and interstitial lung diseases, as well as cardiovascular disorders.

Breathlessness may result from increased respiratory effort, impaired pulmonary mechanics and altered sensory perception of breathing. It can also produce anxiety, fear and reduced exercise tolerance.

Siddha medicine has various traditional formulations and therapeutic approaches used to support physiological balance and relieve symptoms. Minsara Thylam is one such formulation containing aromatic ingredients with potential sensory and pharmacological activities.

The present review discusses the pharmacological properties of the ingredients present in Minsara Thylam in supportive dyspnea management.

II. COMPOSITION OF MINSARA THYLAM

The formulation under consideration contains four principal ingredients.

1.Menthol
2.Thymol
3.camphor
4.Borenol

Changes the interpretation of formulation.

Direct mixing of menthol, thymol, camphor, borneol, a clear liquid phase was observed following the mixing of the four organic components.The formation of the liquid phase may be associated with intermolecular interactions and possible eutectic behaviour among the terpenoid components.[1]

Pharmacological Review of Individual Ingredients:

Menthol

Chemical name: 2-Isopropyl-5-methylcyclohexanol

Molecular formula: $C_{10}H_{20}O$

Menthol is a naturally occurring cyclic monoterpene alcohol commonly obtained from peppermint and other Mentha species.

Pharmacological properties:

Cooling sensation.
Sensory receptor activation.
Potential modulation of respiratory discomfort.
Mild local analgesic properties.

Mechanism of action:

Menthol exerts its effects primarily through activation of transient receptor potential melastatin 8 (TRPM8) channels. This channel found in sensory nerve fibres of upper airway and tongue, their stimulation by menthol produces cooling sensation and cognitive illusion of increased airflow [2]

This sensory effect is thought to modulate the perception of respiratory effort and air hunger. Menthol is the most directly supported ingredient in this formulation regarding the sensory perception of breathlessness

Thymol
Chemical name: 2-Isopropyl-5-methylphenol
Molecular formula: $C_{10}H_{14}O$
Thymol is a phenolic monoterpenoid predominantly found in thyme and other aromatic plants.
Pharmacological properties:
Antimicrobial activity.
Antioxidant potential.
Anti-inflammatory activity.
Thymol inhibited lung inflammation in experimental model of asthma.
Thymol increased antioxidant capacity and decreased molecular oxidative damage.
Thymol was able to partially restore the defective trace element levels in asthma.
Targeting of free radical with thymol significantly reduced inflammation in asthma.
Thymol may be used for alternative / complementary therapy in dyspnea.[3][4]
Karpooram (Camphor)
Chemical name: Camphor
Molecular formula: $C_{10}H_{16}O$
The camphor tree (Cinnamomum camphora (L.) J. Presl) and its derivatives, such as camphor oil, have been used for centuries [5]
Camphor is a bicyclic monoterpene ketone obtained traditionally from Cinnamomum camphora.
Counterirritant action.
Local sensory stimulation.
Analgesic potential.
Antimicrobial activity in experimental studies.
Mechanism of action
Camphor activates *TRPM8 and TRPA1* receptors on trigeminal nerve endings in the nose, skin, and upper airway The brain receives a "cool air flowing" signal
- Nasal patency sensation increases breathlessness decreases
Camphor causes mild irritation of cutaneous nerve endings Reduces the sensation of chest heaviness in congestion
Reduces anxiety associated with breathlessness.
Pachakarpooram
Chemical name Borneol
Chemical formula: $C_{10}H_{18}O$
Borneol is a bicyclic monoterpene alcohol found in certain aromatic medicinal plants.
Pharmacological properties:
Anti-inflammatory potential.

Analgesic activity in experimental models.
Antioxidant properties.
Potential effects on biological membrane permeability.
Borneol may influence inflammatory signalling and sensory pathways.[6]
The four ingredients possess different pharmacological properties that may complement one another. The combination may provide a distinct aromatic sensory experience. It is important to distinguish between sensory relief and actual improvement in respiratory function. A cooling or aromatic sensation does not necessarily indicate bronchodilation, improved oxygenation or increased lung capacity.

Safety Considerations
It should not be applied to damaged skin or near the eyes and mucous membranes without appropriate safety evidence.
Safety depends on concentration, purity, route of administration and duration of exposure. Patients with severe or acute breathlessness must receive immediate medical assessment. Minsara Thylam must not replace oxygen therapy, prescribed inhalers or other indicated medical treatment.

III. DISCUSSION

The present review explores the possible relevance of Minsara Thylam in supportive dyspnea management through the pharmacological properties of its individual constituents.
menthol has the most directly relevant scientific evidence concerning the perception of breathlessness Camphor may contribute through its counter-irritant and sensory effects, whereas thymol has demonstrated antimicrobial and anti-inflammatory activities in experimental research.

IV. CONCLUSION

Minsara Thylam is a combination of four aromatic compounds: menthol, thymol, camphor and borneol. Each ingredient possesses distinct pharmacological properties, including sensory receptor stimulation, antimicrobial activity, anti-inflammatory potential and counterirritant effects. Therefore, Minsara Thylam may be considered a candidate for further investigation as a supportive aromatic formulation for respiratory comfort.

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