



KANA THAILAM / ENNAI

Ref: The Siddha Formulary of India Part – II



Ingredients:

- *Ricinus communis* (seed oil)
- *Solanum nigrum* (Extract)
- *Allium sepa* (Extract)
- *Trigonella foenum* (seed)
- *Aegle marmelos* (leaf Extract)

Action:

Kana Thailam/Ennai acts on the bones and improves the bone density of Kids.

Indications:

Kana Thailam / Ennai can be prescribed for the following conditions

- Osteoporosis by birth
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Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No. of days
5 ml	-	-	Palm jaggery	5 g	Y	Y	-	Y	30

Direction :- Take 5ml of Kana Thailam/Ennai and eat 5g palm jaggery consume 30 minutes after food.

Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

Side Effects:

Kana Thailam/Ennai is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

Note: The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.