



Role of herbal medicine in the management of Menorrhagia in Siddha Perspective – A Review

Arul Jothi P^{1*}, Dhineshraman G¹, Mohana Prabha G¹, Suguna M¹, Muthukumaran M²

^{1*} PG Scholars, Department of Noi Naadal, Government Siddha Medical College and Hospital, Palayamkottai.

²Lecturer, Department of Noi Naadal, Government Siddha Medical College and Hospital, Palayamkottai.

ABSTRACT

Siddha system is the first system to emphasize health as the ideal perfect state of the physical, psychological, social and spiritual components of a human being. *Siddhars* found a close relationship between the external world and the internal system of man. According to our ancient *siddha* science health of an individual can be defined according to the harmonious and balanced function of five fundamental elements and the three *dhosas*. The three *dhosas* are the bio-regulating forces of the human body. Any disturbance in the equilibrium of these three *dhosas* cause disease of human body. *Siddha* medical system acts as a bedrock of all medicines. Our *siddhars* reveals remedies for most of the present day problems.

Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding. It affects 30% of women in reproductive age, and causes anaemia in two thirds of women with objective menorrhagia (loss of 80ml per cycle). Prostaglandin disorders may be associated with idiopathic menorrhagia and with heavy bleeding due to fibroids, adenomyosis or use of IUDS. Fibroids have been found in 10% of women with menorrhagia overall, and in 40% of women with severe menorrhagia.

Our *siddhars* formulated numerous remedies for solving menorrhagia some medicinal plants formulations from the treasure of *siddha* literatures have reviewed in this paper and it may provide an effective impact in treatment of menorrhagia, which is alternative to surgery.

Keywords:

Menorrhagia, *Perumpaadu*, Single herb therapy, *Yega mooligai prayogam*.

Address for correspondence:

Arul Jothi P

PG Scholar,

Department of Noi Naaal

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INTRODUCTION

Siddha system is the first system to emphasize health as the ideal perfect state of the physical, psychological, social and spiritual components of a human being. *Siddhars* found a close relationship between the external world and the internal system of man. According to our ancient *siddha* science health of an individual can be defined according to the harmonious and balanced function of five fundamental elements and the three *dhasas*. The three *dhasas* are the bio-regulating forces of the human body. Any disturbance in the equilibrium of these three *dhasas* cause disease of human body. *Siddha* medical system acts as a bedrock of all medicines. Our *siddhars* reveals remedies for most of the present day problems.

Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding. It affects 30% of women in reproductive age, and causes anaemia in two thirds of women with objective menorrhagia (loss of 80ml per cycle). Prostaglandin disorders may be associated with idiopathic menorrhagia and with heavy bleeding due to fibroids, adenomyosis or use of IUDs. Fibroids have been found in 10% of women with menorrhagia overall, and in 40% of women with severe menorrhagia.

MENORRHAGIA-SIDDHA PERSPECTIVE:

Perumpaadu is a disease condition described in *siddha* medicine as Excessive vaginal bleeding with prolonged duration.

CAUSES:

- Exposure to heat
- Excessive intercourse
- Irritation of the external genitalia
- Excessive anger
- Tumours in the uterus
- Abortion
- indigestion

According to the text of *yugi vaithya sinthaamani* *Perumpaadu* is classified into *vatha*, *pitha*, *kaba* & *thontham*. Bleeding per vagina with different colour is present in all four types of *perumpadu* they are,

Vatha perumpadu

Distended abdomen with reddish black menstrual bleeding, pelvic and abdominal pain, head ache and back ache.

Pitha perumpadu

Burning sensation of the body, and burning pain in the vagina,

Kaba perumpadu

Foul smell, pale body, palpitation, dyspnea on exertion, and fainting.

Thontha perumpadu

Methods of using herbs in the management of menorrhagia:

1. *Kothumai Noi Kanju*- It gives good strength for Menorrhagia patients.
2. *Keezhanelli*- Make it as a paste with kaluneer can be given internally.
3. *Sengkeeraithandu*- cures Menorrhagia.
4. *Pannaikerai*- Flower decoction can be given internally.
5. *Kasa*- Decoction of Kasa root can be given internally twice or thrice a day.
6. *Kavilthumbai*- Leaves of this plant is first fried with honey and make it as a decoction can be given internally.
7. *Karungali*- Resin can be used internally.
8. *Kadarpaasi*- cures Perumpaadu.
9. *Othimaram* - Decoction of rootbark can be given internally.
10. *Ithi*- Tender fruit (Pinju) of Ithi make it as decoction(or) paste can be given internally.
11. *Athi*- Bark is make it as a juice with Cow's butter milk, can be given internally twice (or) thrice a day.
12. *Ashoku*- Bark juice (1/4-1 uchikarandi) can be given internally.
13. *Thengu*- (a) Decoction of root can be given internally.
14. (b) Flowers also used to treat it.
15. *Sembarathai*- (a) Decoction of flower can be given internally (b) Flower is soaked with water overnight and can be given internally.
16. *Valuzhuvai* - seed powder(1-2 gram) can be given internally twice(or) thrice a day.
17. *Manthaarai*- Decoction of flower can be given internally.
18. *Jaathikai*- Powder of *Jaathikai*(3-6 *kundri*) can be given internally.

DISCUSSION

Perumpaadu is a common gynaecological problem in the world. *Siddha* System emphasis wonderful single herbs to treat many disease. The herbs having astringent taste is mostly used to treat menorrhagia. The herbs having astringent, styptic, tonic, demulcent, nutritive action are discussed in this review article to treat menorrhagia.

CONCLUSION

Herbal medicine aims to return the body to a state of natural balance so that it can heal itself. In this article, the informations regarding single drug herbal therapy for menorrhagia are collected in one bunch. This paper will be better used during therapeutic approach of menorrhagia. Further research articles will be needed to prove the efficacy of these herbs towards menorrhagia.

Table 1. Herbs in the management of Menorrhagia

TAMIL NAME	ENGLISH NAME	BOTANICAL NAME	FAMILY
<i>Keelanelli</i>	Indian phyllanthus	<i>Phyllanthus amarus</i>	Phyllanthaceae
<i>Kavizh thumbai</i>	Stooping toombay flower	<i>Trichodesma indicum</i>	Boraginaceae
<i>karunkaali</i>	Black catechu, cutch tree	<i>Acacia catechu</i>	Fabaceae
<i>Kadarpaasi</i>	Ceylon moss, edible moss, sea weeds	<i>Gracilaria lichenoids</i>	Gracilariaceae
<i>Othimaram(or) uthimaram</i>	Rhus olina, wodier, Jhingam	<i>Lannae coromendalica</i>	Anacardiaceae
<i>Ithi</i>	Rhomboid leaves fig	<i>Ficus microcarpa</i>	Moraceae
<i>Athi</i>	Country fig, cluster fig, gular fig.	<i>Ficus racemosa</i>	Moraceae
<i>Ashoku</i>	Ashoka tree	<i>Saraca asoca</i>	Fabaceae
<i>vaaluluvai</i>	Climbing staff plant	<i>Celastrus paniculatus</i>	Celastraceae
<i>Mantharai</i>	Kancanar,	<i>Bauhinia purpurea</i>	Caesalpinaceae
<i>Kattu malli</i>	Deva kanchanamu Bodanta-chettu	<i>Hibiscus rosa sinensis</i>	Malvaceae
<i>Thengumaram</i>	Coconut palm,	<i>Cocos nucifera</i>	Areaceae
<i>Jathikai</i>	Coconut tree	<i>Myristica fragrans</i>	Myristicaceae
<i>Pannimonthan kizhangu</i>	Nut meg	<i>Trapa natans</i>	Lythraceae
<i>Nettilingam</i>	Water chestnut (Indian) catrops	<i>Polyalthia longifolia</i>	Annonaceae
<i>Nilappusini</i>	Singhara nut	<i>Ipomoea mauritiana</i>	Convolvulaceae
<i>Naval</i>	False ashoka	<i>Syzygium cumini</i>	Myrtaceae
<i>Kothumai</i>	giant potato	<i>Triticum aestivum</i>	Poaceae
<i>Sengkirathandu</i>	Jambul	<i>Amaranthus gangeticus</i>	Amaranthaceae
<i>Pannai keerai</i>	Common wheat, Bread wheat	<i>Celosia argentea</i>	Amaranthaceae
	Red amaranthus		
	Cock's combgreens		

Table 2. Characters of the herbs used in the treatment of menorrhagia

S.N	HERBS	PARTS USED	POTHU SEIGAI (Actions)
1	<i>Keelanelli</i>	Whole plant	Deobstruent, diuretic, astringent, cooling
2	<i>Kavizh thumbai</i>	Whole plant	
3	<i>Karungali</i>	-	-
4	<i>Kadarpasi</i>	Paachai	Restorative, emollient, demulcent
5	<i>Othimaram</i>	Leaves, Bark,	Astringent, tonic, styptic
6	<i>Ithi</i>	Tender fruit	Astringent
7	<i>Athi</i>	Tender fruit,	Astringent
8	<i>Asoku</i>	Flower, bark	Astringent, uterine sedative, uterine tonic
9	<i>Valuzhuvai</i>	Leaves, seed, ghee	Alternative, Nervine tonic
10	<i>Mantharai</i>	Flower, bark, root	Alternative, tonic, astringent
11	<i>Sembarathai</i>	Leaves, flower, root	Demulcent, refrigerant, emollient
12	<i>Thengumaram</i>	Leaves,	Diuretic
13	<i>Jathikai</i>	Unripened fruit,	Tonic, narcotic, carminative
14	<i>Pannimothan kizhaku</i>	Seed	Refrigerant, nutrient, tonic
15	<i>Nettilingam</i>	Bark	Tonic, astringent
16	<i>Nilappusani</i>	Tuber	Tonic, galactagogue
17	<i>Naval</i>	Whole plant	Astringent, stomachic, diuretic, tonic
18	<i>Kothumai</i>	Arisi(seed)	Nutritive, demulcent
19	<i>Sengkirathandu</i>	Stem, Keerai, root,	Diuretic, refrigerant
20	<i>Pannaikkirai</i>	Leaves, flower, seed	Astringent, demulcent

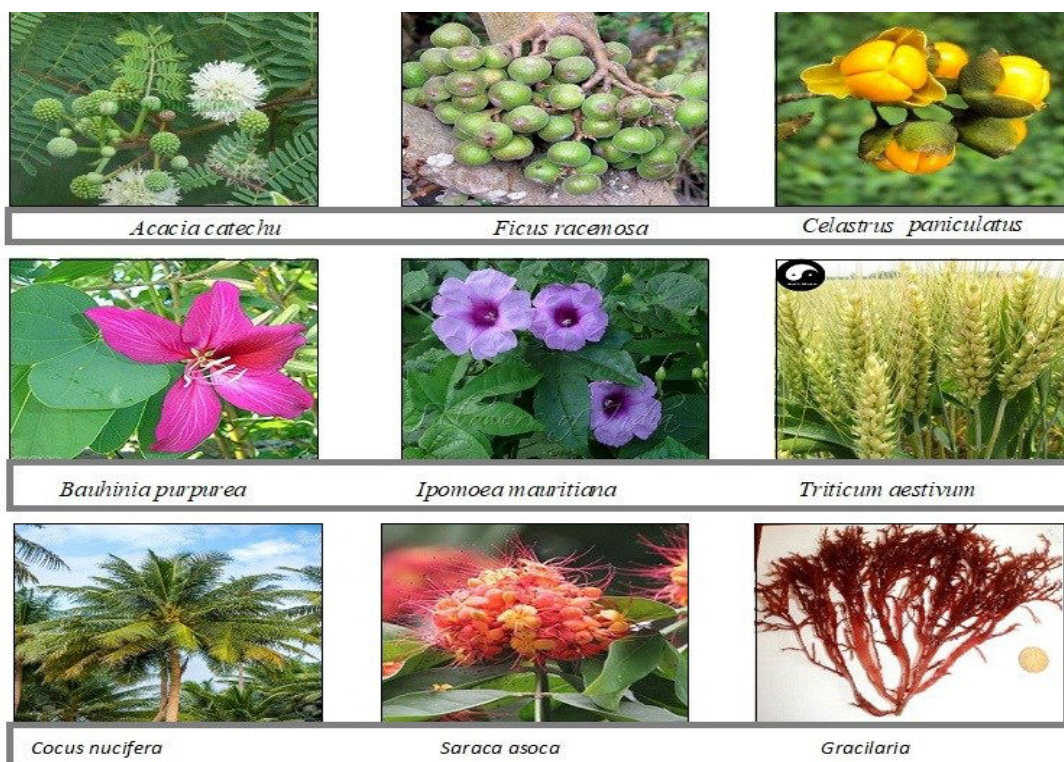
Figure 1. Plants used in the treatment of menorrhagia

Table 3. Suvai, Thanmai, Pirivu Of Herbs

S.NO	HERBS	SUVAI (Taste)	THANMAI	PIRIVU
1	<i>Keelanelli</i>	Astringent, Bitter,Sour Sweet	<i>Seetham</i> (coolant)	Sweet
2	<i>Kavilthumbai</i>	Astringent	----	Pungent
3	<i>Karungali</i>	Astringent	<i>Seetham</i> (Coolant)	Pungent
4	<i>Kadarpaasi</i>	Astringent	Coolant	Sweet
5	<i>Othimaram</i>	Astringent	<i>Veppam</i>	Pungent
6	<i>Ithi</i>	Astringent	<i>Seetham</i> (Coolant)	Sweet
7	<i>Athi</i>	Astringent	<i>Seetham</i> (coolant)	Sweet
8	<i>Ashoku</i>	Astringent	<i>Seetham</i> (coolant)	Pungent
9	<i>Valuzhuvai</i>	Bitter	<i>Veppam</i> (Heat)	Pungent
10	<i>Mantharai</i>	Astringent	<i>Thatpam</i>	Sweet
11	<i>Sembarathai</i>	Sweet	<i>Thatpam</i>	Sweet
12	<i>Thengumaram</i>	Thengampaalai-root,(Astringent),	<i>Thatpam</i> (Heat)	Pungent
13	<i>Jathikaai</i>	Kaai -astringent,pungent	<i>Thatpam</i>	Sweet
14	<i>Pannimothan kizhangu</i>	Sweet	<i>Veppam</i>	Pungent
15	<i>Nettilingam</i>	Astringent	<i>Thatpam</i>	Sweet
16	<i>Nilappusini</i>	Sweet	<i>Thatpam</i>	Pungent
17	<i>Naval</i>	Astringent	<i>Thatpam</i>	Sweet
18	<i>Kothumai</i>	Sweet	<i>Thatpam</i>	Pungent
19	<i>Sengkarathandu</i>	Sweet	<i>Thatpam</i>	Sweet
20	<i>Pannaikerai</i>	Astringent ,Sweet	<i>Thatpam</i>	Sweet

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CONFLICTS OF INTEREST

None declared.

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