



## **Siddha Herbal Drugs on Treating Menstrual Disorders – A Review**

**Dr. S. P. Kopperundevi<sup>1\*</sup>, Dr. K. Arunachalam<sup>2</sup>**

<sup>1</sup>Lecturer JSA Siddha Medical College, Ulundurpet, Tamilnadu, India

<sup>2</sup>Research Associate (Siddha) Siddha Clinical Research Unit, Tirupati, Andhra Pradesh, India

\*Corresponding Author: **Dr. S.P. Kopperundevi**

Lecturer JSA Siddha Medical College, Ulundurpet, Tamilnadu, India

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### **Abstract**

Siddha medicine is the excellent one to treat all challenging diseases especially gynaecological problems. Herbal plays an important role in the gynaecological problems widely. Disorders of menstruation in adolescents may present as abnormal uterine bleeding. It includes absences of bleeding, irregular bleeding, abnormally heavy bleeding in between periods etc. The prevalence of menstrual disorders in adolescents is high in the developing countries. On the frequency of menstrual disorders and their impact on women's health status, quality of life and social integration suggest that evaluation and treatment of menstrual complaints should be given a higher priority. These disorders are not only likely to affect the quality of life and future productivity of women but may also be indicators of underlying problems that can become serious in the future. The menstrual cycle is regulated by hormones like leutenizing hormone, follicle stimulating hormone estrogen and progesterone. This article is useful to create awareness of menstrual problems and promote personal hygienic. From anciently many herbals are effectively used to treat menstrual disorders. While using herbals it has very effective.

**Keywords:** Menstrual disorder, Siddha drugs, herbal drugs, karunjeeragam, sathakuppai

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### **Introduction**

Menstrual disorder is the most important problem in women's life in India. Menstrual cycle is defined as cyclic events that take place in recurrent manner during the reproductive period of a woman's life. With each menstruation the endometrium formulates itself to promote a fetus. If reproduction doesn't occur, the body sheds the endometrium during the monthly cycle. In some cases, an irregularity can occur in this cycle.

Menstrual symptoms are the unpleasant symptoms with discomfort which appear in many women during menstruation. Uterine changes during menstrual cycle are influenced by estrogen and progesterone. Some Siddha herbal drugs are used to treat irregular menstruation.

#### **Asoku (*Saraca asoka*):**

The bark boiled with cow's milk and bark dried in sunshade and its powder combine with milk given for menorrhagia during 4<sup>th</sup> day of menstrual cycle.

It is used to regularize hormones and menstrual cycles. Dried bark as well as the flower are given as a tonic to women in the case of uterine disorders. *Saraca asoka* stem bark is also used to treat all disorders associated with the menstrual cycle. *Saraca asoka* bark is used as a uterine sedative. *Saraca asoka* dried bark is used as an astringent in menorrhagia to stop excessive uterine bleeding, and is also used as a refrigent and demulcent for uterine disorders, regular menstrual pain in abdomen, and for uterine problems. The drug is reported to stimulate the uterus, making the contraction more frequent and prolonged. The crystalline glycoside substance is also reported to stimulate uterine contraction.

### **Sathakuppai (*Anethum graveolens*)**

It is used to relieve menstrual pain. Fruit also help to increase the flow of milk in nursing mothers. Sathakuppai can reduction the severity of dysmenorrhea due to having tannin. The flavonoids in the essential oil of sathakuppai are stimulating and emmenagogic in nature, which means that they stimulate the secretion of certain hormones that help maintain proper menstrual cycles in women. Arginine is the one of the essential amino acid present in the sathakuppai. Healthy menstrual flows are maintained by proper blood circulation to the uterus. Since L-arginine helps increase production of nitric oxide, which is an important agent in the female reproductive processes, such as ovulation and implantation, it can increase circulation and menstrual flow. L-arginine rises uterine blood flow, some women who have a thin uterine lining and menstrual disorders, such as amenorrhea, may consider taking these sathakuppai to improve blood circulation. L-arginine is known to thicken the endometrium, as well as increase blood circulation, leading to a healthier menstrual flow.

### **Karunjeeragam (*Nigella sativa*)**

It is used to increase the flow of milk in nursing mothers and they can also be used to treat intestinal worms especially in children just after delivery is given to stimulate the uterus to contract and to increase the secretion of the milk. It contains many chemical constituents including

thymohydroquinonenigellicine, nigellimine, dithymoquinone, nigellidine and alphahederin, carvacrol thymoquinone, thymol.

### **Aththi (*Ficus racemosa*)**

The bark is astringent. An infusion of bark is employed as mouth wash in spongy gums, dysentery, menorrhea, hemoptysis and diabetes. The observed analgesic effect was attributed to the presence of friedlin, behanate, bergenin, lupeol and lupeol acetate.

### **Adathodai (*Justicia adhatoda*)**

Vasaka has been used to control both internal and external bleeding such as peptic ulcers, piles and bleeding gums. Persons suffering from bleeding piles or diarrhoea accompanied by bleeding or women suffering from menorrhagia can take the juice of vasaka 2 to 3 times a day to great advantage. Vasicine was found to have uterotonic activity in different species including human beings. It was shown that the effect was influenced by the primary degree of the uterus by estrogens. Vasicine initiated rhythmic contractions of human myometrial strips from both non pregnant and pregnant uteri with the effect which was comparable with that of oxytocin and mathegin.

### **Venthayam (*Trigonella foenum*)**

Fenugreek has long been used for pain relief in traditional systems of medicine. The compounds of alkaloids in the herb help block sensory receptors that allow the brain to perceive pain. Studies have shown that fenugreek use was associated with increases in milk production of as much as 900 percent.

## **Discussion**

The excess of estrogen can cause breast, endometrial, ovarian, and prostate cancer and its deficiency can result in menopausal symptoms. The current review study shows that the siddha herbal drugs shows literally and pharmacologically very useful in the management of Menstrual disorder. Therefore, it is concluded

that, the siddha herbal drug has potent significant activity in menstrual disorder and its related complications.

## Conclusion

This article is useful to create awareness of menstrual problems and promote personal hygienic. From anciently many herbals are effectively used to treat menstrual disorders. While using herbals it has very effective.

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