

Overview on Siddha herbal medicine in the management of Dysmenorrhea (Soothagavali)

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Abstract

Siddha system focus on treating disease by nature gifted herbal preparation based on intensity and duration of the disease. This paper is a collection work of easily available herbal preparation in the management of dysmenorrheal from classical siddha literatures. According to siddha literature dysmenorrheal has been classified at two major types Dysmenorrhea is the medical term for pain with menstruation. There are two types of dysmenorrhea: “primary” and “secondary”. Primary dysmenorrhea is common menstrual cramps that are recurrent and are not due to other diseases. Common menstrual cramps usually become less painful as women ages and may stop entirely if the women have a baby. Secondary dysmenorrheal is pain that is caused by a disorder in the woman’s reproductive organs, such as endometriosis, adenomyosis, uterine fibroids, or infection. Pain from in the menstrual cycle and lasts longer than common menstrual cramps. The pain is not typically accompanied by nausea, vomiting, fatigue, or diarrhea. Siddha system focus on treating disease by nature gifted herbal preparation based on intensity and duration of the disease. This paper is a collection work of easily available herbal preparation in the management of dysmenorrhea from classical siddha literatures.

Keywords: Siddha, Dysmenorrhea, Adenomyosis, Uterine fibroids

Introduction

Dysmenorrhea refers to painful menstrual cramps in the lower abdominal region during menstruation in the absence of any way discernible macroscopic pelvic pathology. It frequently involves other symptoms, including sweating, headache, nausea, vomiting, diarrhea and tremulousness before or during menstruation. It is estimated prevalence varies between 45% and 95% of all women of reproductive age⁽¹⁾.

Dysmenorrheal pain is the primary cause of recurrent short-term school or work absenteeism among young women of child bearing age⁽²⁾. Women with this condition report that menstruation has an immediate negative impact on their Quality of life. Pelvic pain may also cause depression which can amplify the severity of pain despite its negative effects and the availability of treatment at minimal cost, few

patients visit medical clinics and members of this population are frequently under treated with Non steroid anti-inflammatory drugs(NSAIDS) are considered the primary treatment for dysmenorrhea. But they commonly cause adverse effects (AEs) including indigestion, Headache and drowsiness⁽³⁾. Typically hormone contraceptive are used to only for women who are not planning to become pregnant. There –fore, many women also seek alternative therapies such as,

- * Herbal Therapy
- * Exercise
- * Heating Therapy
- * Dietry

To manage their menstrual discomfort⁽⁴⁾

Types of dysmenorrhea :

- * Primary
- * Secondary

Primary dysmenorrhea:

Primary dysmenorrhea is common menstrual cramps that are recurrent (come back) and due to other diseases. Pain usually beings 1 or 2 days before or when menstrual bleeding starts and is felt in the lower abdomen back or thighs, pain can range from mild to severe, can typically last 12-72 hours. Common Menstrual pain from secondary dysmenorrhea is caused by a disease in the woman’s reproductive organs⁽⁵⁾.

Secondary dysmenorrhea:

- Adenomyosis - a condition where the lining of the uterus grows into of muscle of the uterus.
- Pelvic inflammatory disease –an infection caused by bacteria that starts in the uterus and can spread to other reproductive organs.
- Cervical stenosis – narrowing of the opening of the uterus.
- Fibroid (benign tumour) Growths on the inner wall of the uterus⁽⁵⁾.

Causes⁽³⁾:

Menstrual cramps are caused by contractions (tightening) in the uterus [which is a muscle] by a chemical called prostaglandin. The uterus where, a baby grows, contracts throughout woman’s menstrual cycle. During menstruation the uterus contracts too strongly. It can press against nearby blood vessels, cutting off the supply of oxygen to the muscle tissue of the uterus. Menstrual cramps usually become less painful as the women ages and may stop entirely if the women has baby. Pain results when part of the muscle briefly loses its supply of oxygen.

Symptoms⁽³⁾:

- * Aching pain in the abdomen (pain may be severe at times)
- * Feeling of pressure in the abdomen
- * pain in the hips, lower back, and inner thighs
- * Cramping in the lower abdomen
- * Pain in the lower abdomen and / or lower back
- * Pain radiating down the legs
- * Nausea, vomiting and / or diarrhea
- * Weakness
- * Fainting
- * Headaches

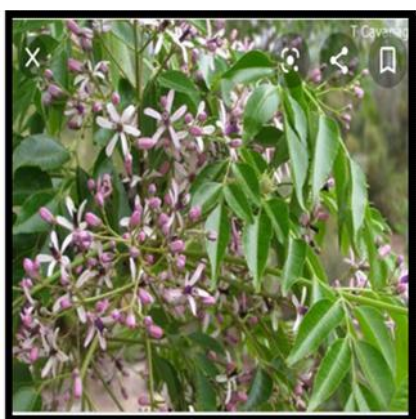
Plants used treatment in Dysmenorrhea⁽⁶⁾

No	Tamil name	English name	Botanical name	Family
1	Ell	sesame	<i>Sesamum indicum</i>	Pedaliaceae
2	Annaship pazham	Pine- apple	<i>Ananas comosus</i>	Apiaceae
3	Karunjchirakam	Black cumin Small fennel	<i>Nigella sativa</i>	Ranunculaceae
4	Katrzhai	Indian aloes	<i>Aloe barbadensis</i>	Asphodelaceae
5	Chathakuppai	dill	<i>Anethem graveolens</i>	Apiaceae
6	Perungayam	asafoetida	<i>Ferula asafoetida</i>	Apiaceae
7	Pappali	papaya	<i>Carica papaya</i>	Caricaceae
8	Malai- vembu	Bead tree	<i>Melia azedarach</i>	Meliaceae
9	kariabolam	Small aloe, later of Indian aives	<i>Aloe littoralis</i>	Asphodelaceae
10	Kaliyana muruku	Indiaincoral tree	<i>Erythrina variegata</i>	Fabaceae
11	Kunkumappu	Saffron	<i>Crocus sativus</i>	Iridaceae
12	Cemparattai	Shoe flower plant	<i>Hibiscus rosa sinensis</i>	Malvaceae
13	Vengayam	onion	<i>Allium cepa</i>	Amaryllidaceae
14	Kazharchikodi	Moloceccabean physicnut	<i>Caesalpinia bounducella</i>	fabaceae
15	Kattu mullangi	Zycchini raddish	<i>Blumea lacera</i>	Asteraceae

Action of the herbs used in the treatment of Dysmenorrhoea

No	Herbs	Parts of used	Action
1	Ell	Seed	Emmenagogue, galactogouetonic, laxative, diuretic stimulant
2	Anaship pazaham	Fruit	Emmenagogue ,Styptic, gremicide
3	Karunjchirakam	seed	Carminative, diuretic, Emmenagogue, galactagogue, anthelmintic, emollient
4	Katrazhai	Hole plant	Tonic, alterative ,purgative, Emmenagogue.
5	Chathakuppai	Leaf, flower, seed	Carminative, deobstruent, Emmenagogue Stimulant, stomachic antispasmodic
6	Perungayam	pisin	Stimulant, carminative, antispasmodic, Expectorant, laxative, diuretic, anthelmintic
7	Pappali	Unripped fruit	Emmenagogue, anthelmintic
8	Malaivembu	Leaf and flower	Anthelmintic, cathartic, emmenagogue
9	Kariabolam	Dried milk	Tonic, stimulants, cathartic, emmenagogue
10	Kumkumappu	Flower	Stimulant, stomachic emmenagogue, antispasmodic
11	Kaliyana murukku	leaf	Diuretic, laxative, emmenagogue, galactagogue
12	Chemparattai	leaf, flowers, root	laxative, emollient, refrigerent
13	Vengayam	whole plant	stimulant, diuretic, expectorant, emmenagogue, deobstruent
14	Kattu Mullangi	leaf	Astringent, Stomachic, emmenagogue, antispasmodic

Plants used in Dysmonorrhoea





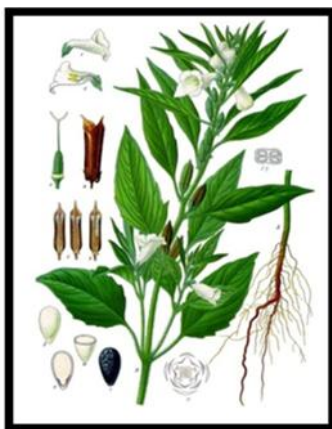
Aloe barbadensis



Hibiscus rosa sinensis



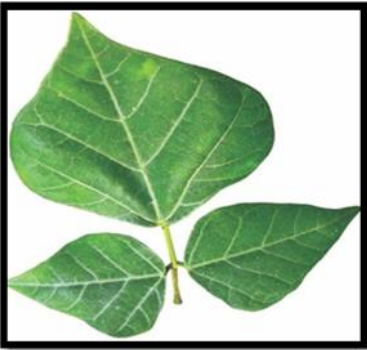
Ferula asafoetida



Sesamum indicum



Carica papaya



Erythrina variegata



Ceasalpinia bounducella



Ananas comosus



Blumea lacera



Crocus sativus



Allium cepa



Nigella sativa



Anethem graveolens

Dietary regimen(7):

Generally a diet geared toward decreasing menstrual pain should be high in minimally processed foods.

To take:

- Papaya is rich in vitamins
- Brown rice contains vitamins B-6 which may reduce bloating.
- Walnuts, almonds, and pumpkin seeds are rich in manganese, which eases cramps
- Olive oil and broccoli contain vitamin E
- Ginger tea, mint tea, lemon tea
- Chicken [country] fish and leafy green vegetables contain iron, which is lost during menstruation.

Avoiding foods:

During menstruation, it's a good idea to avoid foods that cause bloating and water retention. Some of the biggest culprits include:

- Fatty acid
- Alcohol
- Carbonated beverages
- Caffeine
- Salty foods
- Chicken [broiler] Reducing or cutting out these foods can help decrease the dysmenorrhea

Heat Therapy: Applying heat to the abdomen and lower backs may relieve pain. Hot water bottles or bags are used in this therapy. Heat therapy works by relaxing the muscles of the uterus, increasing blood flow, and easing pain. If a build-up of blood

in the pelvis is causing cramps. Deep heat products can provide pain relief, and heat causes the blood vessels to dilate, bringing more blood to an area, which brings oxygen, proteins, and nutrients. Helping muscles become flexible and free.

Exercise: Regular exercise can increase relaxation in the mind and body. Exercise that improves the flow of blood and increases mental and physical relaxation are one of the reasons for the effect of exercise on dysmenorrhea.

Conclusion

Herbal medicine aims to return the body to a state of natural balance. So that it can heal itself. In this article, the information regarding herbal therapy for dysmenorrhea in the Siddha system of medicine is collected in one bunch. This review paper will be better used during therapeutic approaches for dysmenorrhea.

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