

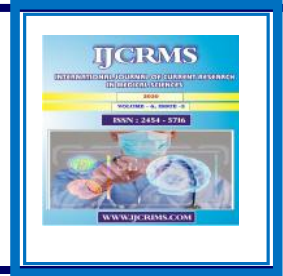


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A Review on single herb therapy followed in Siddha medicine for Gynaecological disorders especially used as uterine tonic

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Abstract

Siddha medicine helps in healing body ailments in a safe and traditional way. Gynaecological disorders are nowadays a major problem which is causing more adverse impact in reproductive health. Siddha medicine contributes more of medicinally useful plants in treating diseases. This article is the collective information about the single herbs used as uterine tonic. About 9 plants were listed out from the Siddha medical text book referred as "Siddha Materia medica". Among 9 plants referred as uterine tonic 5 plants belongs to Moraceae family and 8 plants has astringent property and bark has more medicinal property in the treatment of menorrhagia thus regulating uterine problems and strengthening uterine activity. Several studies prove the efficacy of these herbs in treating gynaecological problems.

Keywords: Siddha medicine, Gynaecological disorders, uterine tonic.

Introduction

Siddha is a unique and traditional way of medicine treating physical and mental illness from ancient times which is predominantly followed in South India. Siddha medicine has variety of treatment procedures mainly classified as internal and external medicine. Uterine disorder is increasing day by day which is mainly due to altered lifestyle and diet leading to severe reproductive health issues. Siddha medicine widely uses medicinal plants in treating and preventing diseases. Medicine for primary healthcare as plant and plant based medication is

the base of many of the today's pharmaceutical drugs used for various ailments¹.

A study reveals 55% of Indian rural women has gynaecological problems and 44% were symptom free². 24.4% of women has one or more gynaecological problems³. This article is a review of single herbs used as uterine tonic and is helpful in the management of gynecological problems.

Materials and Methods

Research type – Literature Review

Data collected from – “Siddha materiamedica”, - a translation of Tamil siddha text gunapadamooligai written by Vaidya Rathnam

K. S. Murugesu Muthalitar, Edited by: Dr. Anaivaari R. Anandan, published by: Department of Indian Medicine & Homeopathy, Chennai 600 106, 1st edition - 1936, reprinted Year – 2013.

Results

Details of plants which are used as uterine tonic,

Table 1

S.No	English name	Tamil name	Botanical name	Family name
1	Asoka	Asogu	<i>Saraca asoca</i>	Fabaceae
2	Lodhra	Vellilothram	<i>Symplocos racemosa</i>	Symplocaceae
3	Indian Ash Tree	Odi/Udimaram	<i>Lannea coromandelica</i>	Anacardiaceae
4	Indian Mulberry	Nuna	<i>Morinda tinctoria</i>	Rubiaceae
5	Indian Banyan	Alamaram	<i>Ficus benghalensis</i>	Moraceae
6	Sacred Fig	Arasu	<i>Ficus religiosa</i>	Moraceae
7	Indian Fig	Atti	<i>Ficus racemosa</i>	Moraceae
8	Indian Laurel	Itti	<i>Ficus microcarpa</i>	Moraceae
9	Java Plum	Naval	<i>Syzygium cumini</i>	Myrtaceae

Table 2

S.No	Plant name	Type of plant	Part used	Other actions
1	Asogu	Tree	Flower Bark	Astringent Uterine Sedative
2	Vellilothram	Small Tree	Bark Wood	Mild Astringent Refringent Antidote
3	Odi/Udimaram	Tree	Leaves Bark Resin	Astringent Tonic Disinfectant Styptic
4	Nuna	Tree	Leaves Fruit Unripe Fruit Bark Root	Deobstruent Emmenagogue Tonic Febrifuge Stimulant
5	Alamaram	Tree	Leaves Fruit Flower Aerial Root Latex	Astringent Tonic Aphrodisiac

6	Arasu	Tree	Leaves Bark Root Seed	Laxative Cooling Astringent
7	Atti	Tree	Unripe Fruit Fruit Latex Bark	Astringent Cordial Laxative
8	Itti	Tree	Unripe Fruit Bark	Astringent
9	Naval	Tree	Bark Fruit Root Seed Tender leaf	Astringent Stomachic Diuretic Tonic

Description

1. Asogu – Barkjuice used to treat menorrhagia. Smashed bark with cow's milk made as kudineer used to treat abnormal uterine bleeding also cures altered humor (kuttram) and thus strengthens uterus.

2. Vellilothram –Bark alone or made as kudineer used to treat menorrhagia and amenorrhea.

3. Odi/Udimaram –Bark kudineer used to cure menorrhagia and leucorrhoea.

4. Nuna –Fruit and leaf together made as kudineer helps in regulating irregular menstruation.

5. Alamaram– Root bark kudineer used to cure leucorrhoea. Fruit strengthens uterine activity.

6. Arasu –Tender leaves cures uterine disorders and helps to conceive.

7. Atti – Bark grinded with butter milk and the extract taken twice or thrice cures menorrhagia.

8. Itti– Bark kudineer cures menorrhagia.

9. Naval – Bark juice given for menorrhagia.

Some of the earlier researches,

1. Bark of Asogu acts directly on muscular fibers of uterus and has stimulating effect on the endometrium and ovarian tissue, and is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding⁴.

2. Vellilothram has anti- androgenic property and has significant. Effects in treating Polycystic Ovarian Syndrome (PCOS) and restoration of ovarian tissue. Also stimulates follicular stimulating hormone and luteinizing hormone which are mainly important in normal uterine activity⁵.

3. Alamaram has significant reproductive effect⁶.

4. Bark and fruit of Atti is useful in the treatment of threatened abortion, menorrhagia and leucorrhoea respectively⁷.

5. Naval has medicinal properties in curing leucorrhoea and menorrhagia⁸.

Discussion

Among 9 herbs mentioned, 5 of the plants belong to Moraceae family and 8herbs have astringent activity and bark of these herbs plays major role in the treatment of menorrhagia. Siddha medicine helps to cure gynaecological disorders using single herbal remedies thus giving better reproductive health.

Conclusion

Single herb therapy is easy, convenient and affordable. Hence this article helps in effective therapeutic approach of gynaecological problems.

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