

## **Peechu (Douching) for Vellai Noi (Leucorrhoea) among women of reproductive age group in Gunapadam (Materia medica) – A siddha literature review**

**Sneha M<sup>1</sup>, Ramadass V<sup>2</sup>, Sekar G<sup>3</sup>, Kannan M<sup>4</sup>.**

<sup>1</sup>PG Scholar, Department of Pura Maruthuvam, Govt. Siddha Medical College, Chennai-106.

<sup>2</sup>PG Scholar, Department of Pura Maruthuvam, Govt. Siddha Medical College, Chennai-106.

<sup>3</sup>Professor and Head of the Department, Department of Pura Maruthuvam,  
Govt. Siddha Medical College, Chennai-106.

<sup>4</sup>Lecturer, Department of Pura Maruthuvam, Govt. Siddha Medical College, Chennai-106.

### **Abstract**

Leucorrhoea is one of the major problems among the reproductive age group women. Approximately, 75% of women experiencing leucorrhoea throughout their lives. Because, besides being a source of constant distress to the female, it may sometimes be the earliest manifestation of some of the major gynecological diseases<sup>1</sup>. In Siddha system of medicine, External therapeutic procedures are as important as the internal medicines in the management of health and disease. It is also classified into 32 categories. Peechu is one of the external therapeutic procedures. Peechu is known as douching. Vaginal douching is given to treat leucorrhoea. It is one of the effective treatments among 32 external medicines. The purpose of this study is to collect and to document the list of medicinal preparations used as Peechu for Vellai noi among women according to classical Siddha textbook - GUNAPADAM. This review will be an initiative for further studies on Peechu<sup>2</sup>.

**Keywords:** Peechu, Vaginal douching, Leucorrhoea, Pura Maruthuvam.

### **Introduction**

Siddha system of Indian medicine is classified into AGA MARUTHUVAM (internal medicine) and PURA MARUTHUVAM (external medicine). External medicine is classified into 32 therapeutic procedures. According to the mode of application, it includes certain forms of medicine (such as mai, kalimbu, neer, podi) and also certain

applications (such as patru, kattu, seelai), and also certain procedures (such as attai vidal, kuruthi vaangal, peechu, aruvai). In several instances, external therapy without any internal medicine is sufficient and these procedures are already systematized. Most of these therapies are aimed at maintaining a healthy balance of *Mukkuttram* (Vali, Azhal and Iyam) and also the seven tissue types of the body (*Udal kattukkal*).

Materia Medica is a siddha textbook Gunapadam written by K.S. Murugesu Mudhaliyar consists of wide range of the collection of information about organic, inorganic and bio-products from various siddha literatures. This book is classified into 3 parts which are Gunapadam mooligai vaguppu, thaadhu and seeva vaguppu.

“PEECHU” is known as douching. The word “douche” means to soak or to wash. It is also known as liquid suppository. Peechu is one of the therapeutic procedures among 32 External therapies in Siddha system of Medicine. It is a method of introducing saline water or other mixture of medicated fluids into the openings of the body cavity. Peechu is given to remove toxicity from the body. Peechu on various route of administration of medicine treats various diseases. It is also used for removal of morbid humors from the body, bestows rejuvenation and longevity.

There can be many reproductive health issues which a woman has to deal with. Leucorrhoea is one among them. Hence, this review is about vaginal douching for leucorrhoea among reproductive age group women.

### Aim & objective:

To comprehend and to document the various medicinal preparations, instruments used in peechu procedure for Vellai noi (leucorrhoea) among reproductive age group women that are mentioned in Gunapadam textbook of 3 parts.

Research design: Literature information about PEECHU is collected from classical siddha textbooks especially Gunapadam and about vaginal douching, leucorrhoea are collected from research articles by standard search engines. The libraries explored are as follows: Ambedkar Library, GSMC, CCRS library, Chennai.

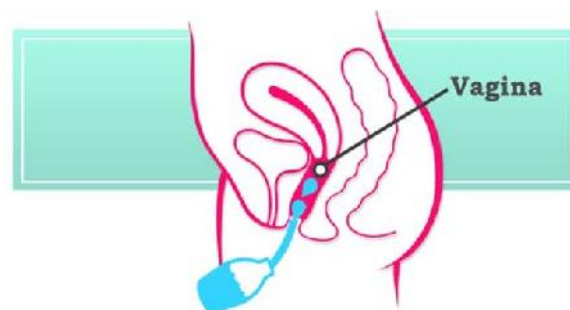
### Vaginal douching:

It is the process of intra-vaginal cleansing with multiple drug formulation made into liquid /oil or saline. It involves filling of douche bulb or 100ml glycerine syringe with medicated fluids and squirting the content upward into the vagina. It is used for personal hygiene or to treat an infection

or to prevent pregnancy. The operative procedure is similar to that of anal douching. While on medically legal abortion, combination of glucose and saline is introduced into vagina to evacuate fetus.

Mucosal layer is most superficial which comes in contact with Peechu method. The drugs administered through the openings may be absorbed through minute capillaries which can bypass the second part of metabolism. Hence, drug may deliver to the target tissues. It eliminates impurities completely out of the body and thereby preventing the recurrence of the disease.

Therapeutic source is from leaf juices, salts, honey, fatty oil, ghee and medicated fluid that will not irritate the mucous lining. The drugs which are indicated both orally and applied externally can be used for administration. Clyster was a type of instrument used on the ancient period for douching.



Reusable douche bulb

### Standard Operative Procedure:

Patient is allowed to pass the stool before treatment. Relax the abdominal and gluteal muscles by massaging gently. Ask the patient to lie in left lateral position and should keep his

body straight and comfortable. Ask her to flex the right leg and keep the left leg fully extended. The syringe is filled with medication and the nozzle is lubricated by any lubricant such as gel/oil/ghee, also apply the lubricant around the vaginal orifice. Insert the lubricated nozzle into the orifice and wait for few seconds. Then gently squeeze the medicine into the opening without interruption. After giving peechu, ask the patient to lie in supine position. Ask them to stay in bed for atleast 30 minutes. The medicine administered through the vaginal canal stays for certain period of time in uterus that produces the coating over mucous lining and resulting into beneficial effect.

**Duration:** 15-20 minutes.

**Indication:** Leucorrhoea, cervicitis, infertility, pelvic inflammatory diseases, after sexual intercourse, etc. Complications of repeated intra-vaginal douching used to prevent pregnancy leads to ectopic pregnancy, abortion, bacterial vaginosis, recurrent vulvo-vaginal candidiasis, etc.

### **Leucorrhoea:**

The term leucorrhoea denotes a thick, whitish vaginal discharge containing mucus and pus cells that may occur at any age and affects most women. It causes lot of discomfort, stress, weakness, tiredness, exhaustion, multiple aches, multiple somatic complaints and affect the sexual preferences.

### **Literature review:**

#### **1. Azhavanam (*Lawsonia inermis*)<sup>7</sup>**

English name: Henna  
Family: Lythraceae  
Part used: Leaves

Method of administration: Leaves of Azhavanam is soaked into vinegar for a whole night and this solution is administered through vaginal canal to treat leucorrhoea.

#### **2. Kamugu (*Areca catechu*)<sup>7</sup>**

English name: Betal-nut-palm, areca palm  
Family: Arecaceae

Part used: Seeds

Method of administration: Seeds of Kamugu is referred as 'Paakku'. Decoction of this paakku is administered through vaginal canal to treat leucorrhoea.

#### **3. Thumbai (*Leucas aspera*)<sup>7</sup>**

English name: Thumba  
Family: Lamiaceae  
Part used: Fruit

Method of administration: Fruit of Thumbai is soaked into boiled water or made into decoction and used as peechu.

#### **4. Mangusthan (*Garcinia mangostana*)<sup>7</sup>**

English name: Mangosteen  
Family: Clusiaceae  
Part used: Barks

Method of administration: Barks of Mangusthan is made into decoction and administered vaginally to treat leucorrhoea.

#### **5. Kaadikaaram (Nitrate of Silver)<sup>8</sup>**

Method of administration: Kaadikaaram is mixed with water and this solution is administered as peechu.

#### **6. Thuttha naagam (Zinc sulphate)<sup>8</sup>**

Method of administration: Thuttha naagam is mixed with water and made into a solution to administer vaginally.

#### **7. Vengaaram (Sodium baborate)<sup>8</sup>**

Common name: Borax

Method of administration: Vengaaram is mixed with water made into a solution and used as peechu.

### **Factors that should be considered before Peechu therapy**

- The age, strength and vitals of the patient
- The 'Yakkai Ilakkanam' (temperament) of the person
- The disease condition and vitiated kuttram
- The affected Udal thadhu (among 7 body tissue types)
- The Nilam and Kaalam (land and season)
- Envagai Thervu to assess the virulence of the disease

- among Envagai thervu, NAADI is the most important factor to be taken into consideration.

By considering these factors, the physician should select the treatment course for the patient. Medicines for any co-morbid condition need not be stopped during the course of peechu therapy.

## Result and discussion:

Peechu is an unique form of treatment modality in Siddha system of medicine. Douches are done for about 15 to 20 minutes. Peechu can be given through various routes. Thus, Peechu is potent in curing many disease conditions. Vaginal douching is considered as one of the suitable treatment for leucorrhoea to fight against vaginal infections. The review of literatures and articles concluded the following points,

In modern aspect, vaginal douching is mainly given to rinse the vagina after mensuration or sexual intercourse as per through vaginal opening. Saline water is used to rinse out the vagina.

In *Unani* system of medicine, vaginal douching is mostly performed to prevent pregnancy.

As in our system, 'Review on Siddha External Medicine - "PEECHU" method of application (Rectal/Anal route of drug administration)' – the study reveals that peechu therapy act as a medicine in curing the diseases which is less effective on taking internal medicines and external application of medicines.

Vaginal douching is also useful in female to treat acute PID, STDs and infertility other than leucorrhoea. There is a need to educate the women about causes, prevention and management of leucorrhoea so as to improve their knowledge and personal hygiene to decrease the rate of infections among them. Proper vaginal care and hygiene plays a major role in leucorrhoea. So, as to do that many awareness programs and events should be conducted at the rural areas among women of reproductive age group.

There is no compiled clear cut evidence on resources of Peechu in Siddha system of medicine. So, I hereby gathered literary evidence on vaginal douching as much as I could. The present review can be beneficial to know about medicines used for vaginal douching which will be informative for upcoming researchers and practitioners.

## Conclusion

The review of the Gunapadam textbook and previous studies helped in concluding that *Peechu* is given to treat leucorrhoea among women in Siddha external therapeutic procedures. There are several external therapy procedures that are yet to be disclosed and established. This study will be an initiative for future studies on peechu and will be evaluated for academic purpose in clinical research programs about organic and inorganic products used as fluid for vaginal douching to treat leucorrhoea among women of reproductive age group. Being so, we can utilize these interventions and knowledge to implement this technique on clinic practices.

## References

1. Kulkarni RN, Durge PM. A study of leucorrhoea in reproductive age group women of Nagpur City. *Indian J Public Health*. 2005 Oct 1;49(4):238-9.
2. Senthilvel G., Jeyavenkatesh J., A complete manual on siddha external therapies, Shanlax Publications, 2017;1<sup>st</sup> edition.
3. Gussone F, Nancy LaChance BS. What is douching, and is it safe?.
4. Cottrell BH. Vaginal douching. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*. 2003 Jan;32(1):12-8.
5. Martino JL, Vermund SH. Vaginal douching: evidence for risks or benefits to women's health. *Epidemiologic reviews*. 2002 Dec 1;24(2):109-24.
6. Choudhary M. Knowledge regarding Leucorrhoea among women residing in selected urban community of Ludhiana City. *Journal of Health and Allied Sciences NU*. 2016 Jun;6(02):014-6.

7. Murugesu mudhaliyar KS, Gunapadam part-1(mooligai vaguppu), 9<sup>th</sup> edition ISM and Homeopathy publication.
8. Murugesu mudhaliyar KS, Gunapadam part-2&3(thadhu-seeva vaguppu), 9<sup>th</sup> edition ISM and Homeopathy publication.

Access this Article in Online	
	Website: <a href="http://www.ijcrims.com">www.ijcrims.com</a>
	Subject: <a href="#">Siddha Medicine</a>
Quick Response Code	

How to cite this article:

Sneha M, Ramadass V, Sekar G, Kannan M. (2023). Peechu (Douching) for Vellai Noi (Leucorrhoea) among women of reproductive age group in Gunapadam (Materia medica) – A siddha literature review. Int. J. Curr. Res. Med. Sci. 9(8): 14-18.

DOI: <http://dx.doi.org/10.22192/ijcrms.2023.09.08.003>