



## RESEARCH ARTICLE

### EVIDENCE BASED SIDDHA THERAPEUTICS IN TREATING FEMALE INFERTILITY

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#### ABSTRACT

With the tremendous advancement in modern day life style and technological development, sophistication of human life is at peak nowadays. Even then, certain things and achievements are still in their own way to attain. Health care industry is marching forward in optimizing the life expectancy against the hilarious challenges put forth. But nature has its own decision in shaping the modern man in this world. Infertile couples are standing as an example for this. Siddhars of Indian continent were on their methods to go in harmony with nature. Hence, they were successful in designing the line of treatment for infertility particularly for females with the treasures of Siddha principles. As a testimonial to this, the following review throws some light towards the approach.

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#### INTRODUCTION

Infertility is a common clinical problem and is defined as inability of a couple to conceive naturally after one year of regular unprotected sexual intercourse (Fritz Marc, 2011). It remains a major clinical and social problem, affecting perhaps one couple in six (Zargar et al., 1997). According to the WHO report about 2-10% of couples worldwide are unable to conceive primarily and about 60-80% couples in the world are infertile (WHO, 1992; Cates et al., 1985). It is estimated that 10% of normally fertile couples fail to conceive within their first year of attempt. Among these couples, causative factors are found about 30-40% in females and 10-30% in males. It is a social stigma where the female partner is blamed leading to marital disharmony (Shubhashree, 2012; Whitman-Elia, 2001; World Health Organization, 1983). Although the prevalence of infertility is believed to have remained relatively stable during past 40 years, there is no doubt that the demand of infertility evaluation and treatment has increased considerably. Genetic factors, changed lifestyle, increased stress and environmental pollution are identified as factors contributing to the rise of infertility (Shubhashree, 2012). Today, many patients do not receive the recommended medical care that based on the best available evidence.

In Siddha System of Medicine, Female Infertility is generally called as Karpa Rogam (i.e diseases which prevents pregnancy) or Pen Maladu. The meaning of penmaladu as given by T.V.Sambasivam Pillai in his dictionary is the sterility or barrenness in woman due to several causes such as irregularities in menses of defective menstruation in which the discharge assumes several colours forming sometimes clots (Sambasivam Pillai, 1931).

#### Causes of Infertility

Siddhar Agathiyar in his text "AGATHIYAR KARBA KOL" has mentioned the causes for female infertility.

“எதனாலே மலடான சேதி கேளு  
அசைந்திருக்கும் பேயாலும் பித்தத்தாலும்  
அடிவயிறு நொந்துவரும் வாயுவாலும்  
பிசைந்த கர்ப்பப் புழுவாலும் கிரகத்தாலும்  
பிணியாலும் மேகி வைசூரியாலும்  
துசங்கெட்ட கலவியினால் துலங்காமல்  
பிள்ளையில்லை சொல்லக்கேளே”

– அகத்தியர் கர்ப்பக் கோள்

The verse lists out the causes for infertility in female. They are

- Stressful life events of modern society
- Imbalance in hormonal disorders
- Irregular Menstrual disorders

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- Infections of the female reproductive organs
- Venereal diseases of the females
- Irregular sexual practices
- Metabolic disorders etc., (Thyroid dysfunction and DM etc.,)

Sage Thiruvalluvar in his medical treatise “Gnanavettiyan-1500” has described about the problems of pregnancy in female and its aetiology as

“மாதர்கருக் குழியில் செனித் திடுநோய் துலை  
வகையாரு விதமதுவு மணங்கு காலைப்  
பதராகுங் கருக்குழியில் சதைதான் மூடிப்  
பாயாது விந்ததுவும் பாழாய்ப் போகும்  
விதுரமாங் கருக்குழியில் கிருமி துழந்தால்  
விந்ததனை யுண்டுவெறும் பாழாய் பூமி  
போதரவாய்க் கருக்குழியில் பூநீர் காரம்  
பூர்க்குமந்தப் பூமியைப்போல் பூத்தாலாண்டே...”

—ஞானவெட்டியான் -1500

The aetiology listed out in this verse are

- Endometriosis or Fibroids
- Scar tissue or adhesions
- Pelvic Inflammatory Diseases
- Abnormal cervical mucous
- Congenital abnormalities such as septate uterus

In the Siddha text “Pathinen Siddhar Aruliya Aathmaraatcha mirtham” page no:32-33, the main symptoms of female infertility are

- Lower abdominal pain during menstruation.
- The discharge p/v is looks like meat washed water.
- Discharge of water during coitus.

### Pen maladu

The Main symptoms of pen maladu is described as

- Bleeding during the each menstrual cycle should be noted, the symptoms are
- yellowish black
- Passing clots
- Bleeding looks like pus, urine, motion.

### Classification of Female Infertility

Female Infertility or Pen Maladu is classified into five types in Siddha system of medicine (Venugopal, 2008). They are

- Kaga maladu
- Kathali maladu
- Kanma maladu
- Pen maladu
- Niranthara maladu

### Kagamaladu:

- It is defined as there are no issues after two deliveries.

### Kathali maladu

- It is defined as there is no issues after one baby.

### Kanma maladu

- It is defined as repeated abortions due to Kanmam and there are no issues.

### Niranthara maladu:

“YUGI MUNI” also stated that obesity is one of the main cause for infertility. The main symptoms are

- Excessive body weight especially in centripetal type. (Venugopal, 2008)

### Mukkturaviyal: (Pathophysiology)

Azhal Kutram is vitiated because of the food and activities which in turn affects the Vali or Iyam or Valiyam. The vitiated humours alter the seven body constituents and the symptoms are presented accordingly. In females the possible changes may be found in Paravukaal, Keelnokukaal, Vannaerialanal, Uyirkaal, Aatralanki, Senneer, Oon,Kozhuppu, Machai, and Suronitham. These may lead to the presentation of the following female factors like,

- Irregular of short menstrual cycle.
- Dyspareunia, dysmenorrhoea
- Menstrual blood flow may be deep red, yellowish black or bluish coloured with small clots.(9)

### Treatment

The patients were treated according to everyone’s complaints and conditions. The common basic treatment includes

- Bringing Thrithodam (Three Humours) in to it’s equilibrium state which may include Emesis, Purgation, Oil bath and other procedures.
- Administration of Internal medicines with suitable Anupanam (Vehicle)
- VARMAM therapy and yogam therapy.
- Rejuvenation with karpa marunthu and karpa yogam may be advised.
- Pathiyam – diet restrictions to normalize the vitiated humours and maintain good drug action.( National Institute of Siddha, 2014)

### Line of Treatment based on altered Uyir/Udal Thathukal

Neutralisation of altered Azhal and Vali Thathu (Thirunarayanan, 2016)

- **Kalingathy Thylam** – 8- 16 ml. with 10 ml of rice cold water at early morning
- **Agathiyar Kuzhambu** – 130 mg with 5gm of tender leave paste of Arasu and milk (50 ml) at early morning.
- **Sithaathi ennai** - 5 ml at early morning.

### Internal Medicines

- **Asoka Pattai Kudineer** - 60 ml twice a day
- **Kumatty Kuzhambu** - 8 gms at early morning with palm jaggery (5g)
- **Karpa sanjeevi ennai** - 10 gm at early morning with luke warm water (50 ml)

- Karpakiranthi ennai - 16 ml at early morning with luke warm water (50 ml)
- Venpoosani Nei - 10 – 15 ml at early morning
- Thaneervittan Nei - 10 – 15 ml at early morning
- Nilakadambu chooranam - 2 g twice a day with hot water (50 ml)
- Amukkara chooranam - 1 – 2 g twice a day with milk (50 ml)
- Kumari Ilagam - 5 – 10 g twice a day
- Idivallathy Ilagam - 3 g twice a day
- Gandhaga Rasayanam - 1.3 – 2 g twice a day
- Maadhulai manappagu - 10 – 15 ml twice a day with hot water (50ml)
- Nandi mezhugu - 100 – 500 mg twice a day with palm jaggery (5 g)
- Rasagandhi mezhugu - 300 mg twice a day with palm jaggery (5 g)
- Vaan mezhugu - 50 – 100 mg twice a day with palm jaggery (5 g)
- Vedi annabedhi chendooram- 100 mg twice a day with hot water (50 ml)
- Arumuga chendooram - 65 – 130 mg twice a day with honey (5 ml)
- Sangu parpam - 100 – 300 mg twice a day with water (50 ml)

#### External medicines

Oil bath may be advised twice a week with any of the following medicated oils

- Keezhanelli thylam
- Asai thylam
- Karisalai thylam

#### Pathiyam

Rice, Tender vegetables like vendai, atthi, katthari, avarai, peerku, pudalai, vellari, kovai, greens like karisalai, pasalai, sirukeerai, puliyaarai, kovai, murungai, fruits like mathulai, koyya, maa, naval, thiratchai, kichilipazham, nelli, annasi, pappali, thakkali, nuts like dry grapes, kolla maa, nonvegetarian diets like velladu, kadai, kavuthari, ullan, ayirai meen, vaazhai meen etc., are advised to add in the diet. Hot and sour tastes, areca nut, mustard seeds, fast foods, sarkarai valli kizhangu, seppankizhangu, kothavarai, kollu etc. are to be avoided.

#### Rejuvenation (Thiyagarajan, 1986)

Pothu karpam  
Sirappu karpam  
Karpa yogam  
Sarvaangaasanam  
Yogamuthirai  
Pranayamam

#### Advice

#### Education

1. Fertile period
2. Sexual counseling
3. Coital position

#### Avoid

1. Tobacco
2. Drug abuse
3. Alcoholic beverages

Take nutritious and balanced diet

Maintain personal hygiene (National Institute of Siddha, 2014)  
Siddha system of medicine provides a complete and trusted line of treatment for female infertility.

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