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RESEARCH ARTICLE

SIDDHA MANAGEMENT OF PEN MALADU (FEMALE INFERTILITY): CLINICAL CASE STUDY

K. Sulosana

Medical Officer In Charge, Special Unit-Indigenous Medical Complex, Kappalthurai Trincomalee.

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Abstract

Infertility affects 10 -15% of couples worldwide. Female infertility is the major disorder that has altered mankind for lack of conception and reproducibility, a stressful world causes great personal suffering and distress. Most of this agony and misery is hidden from the public gaze. Infertility affects approximately 90% of couples in the Sri Lanka female related problems account for 30 %. This case study aims to manage infertility by Siddha management which given by 1g of Kalatchichooranam orally twice a day after meal from Day 1 to Day 7, then Day 8 to day 10 given full body Vethu externally, 25mg of Virechanapoopathy tablet given on Day 11 to eliminate the vitiated dosham, on day 12 advised for taken rest and on day 13 to day 15 instructed to perform yoga named "Maanpayitchi". The patient was advised to consume nutritive and organic foods after this treatment procedure, patient who came with 5 years history of infertility conceived after 14 days treatment and 30 days of Yoga exercise. The VeppuSigitchai (vedhu) and Yoga helps to improve the mental health. And also Pathiyathiyam helped in maintained good digestive power and prevent from formation of the aama. It can be concluded that Siddha treatment can be successfully applied in Pen Maladu (Female infertility).

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Introduction:-

Infertility is a common clinical problem and according to WHO, infertility is defined as a disease of the reproductive system in which pregnancy does not occur after one year of continued intercourse [14]. It remains a major clinical and social problem, affecting perhaps one couple in six [11]. 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, it is estimated that 10% of normally fertile couples fail to conceive within their first year of attempt [1],[5]. Among these couples, causative factors 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 [4], [5]. Although the prevalence of infertility is believed to have remained relative past 40 years, there is no doubt that the demand of infertility evaluation and treatment has increased considerably.

Siddha system is one of the most conservative medical system in the world. Three kingdoms based on siddha medicine that are plants, animals and minerals play a vital role in Siddha medicinal preparations. In Siddha system of medicine, the diagnostic methodology is based mainly on the Mukutram(3 Humors) namely Vaatham, PiththamandKabham. On the other hand, EnvakaiThervukal(The Eight Methods of Examination) and the fusion of

Corresponding Author:- K. Sulosana

Address:- Medical Officer In Charge, Special Unit-Indigenous Medical Complex,
Kappalthurai Trincomalee.

Astrology of Tamil Mythology combination is used to determine diagnosis were incorporated some magical techniques in Siddhas' formulation of medicines. The formulated Siddha medicines depends upon the factors of Iymbootham (5 Elements of nature) and Arusuvaikal (6 Sense of taste).

In addition to this, medications such as Aga marunthugal (Internal medicines), Pura marunthugal (External medicines), Paththiyam (Restriction regarding food habits and routine day to day life Style), Sirappu Maruthuvam (special feature of Siddha), Pranayamam and Yoga are practiced in the Siddha system.

In Siddha System of Medicine, Female Infertility is generally called as Karpa Rogam (Diseases that prevents pregnancy) or Penmaladu. The meaning of Penmaladuas given by T.V. Sambasivam Pillai, 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 [6].

“Agathiyar Karba Kol” has mentioned the causes for female infertility which was written by Siddhar Agathiyar.

“vjdhNykylhdNrjpnfs
mire;jpUf;Fk; NgahYk; gpj;jj;jhYk;
mbtapWnehe;JtUk; thAthYk;
gpire;jgrjffHg;gg;GothYk; fpufj;jhY
gpzpahYk; Nkfpit#upahYk;
Jrq;nfl;lfytpapdhy;Jyq;fhky;
gps;isapy;iynrhy;yf;NfNs”
`mfj;jpaHfHg;gf;Nfhs;

“Ethanaalemaladaanaseithikelu
Asainthirukumpeyaalumpithaththaalum
Adivayirunonthuvarumvaayuvaalum
Pisainthapasathakarapuluvaalumkirakaththaalum
Piniyaalummegivaisooriyaalum
Thusangkettakalaviyinaalthulangaamal
Pilayilaisollakele”

AGATHTHIYAR KARPAKKOL

Aboveverse list out causes of female infertility. There are due to derangement of Vaayu and Piththam (Hormonal imbalance), Lower abdominal pain during menstruation (Dysmenorrhea), Karupai Alarchi and Puzhukkul (PID), Horoscope state of the couple (Natchathiram, Yoni and Virutcham), Pini (Other disorders of female like PCOS and Fibroids, unhealthy mental and physical state), Vaisoori (STD) and Thusanketa Kalavi (Improper Sexual activity).

The Main symptoms of Pen-Maladu (Female Infertility) are described as bleeding during the each menstrual cycle should be noted, yellowish black colour of clots, Bleeding looks like pus.

Female Infertility or Pen Maladu is classified into four types in Siddha system of medicine [12]. They are Kaga Maladu which is defined if there is no possibilities of fertility after two deliveries, Kathali Maladu which is defined if there is no possibilities of fertility after one baby, Kanma Maladu due to Karma and if there is no fertility at all is Niranthara Maladu [12].

Azhal Kutramis highly raised by means of the food and activities and this vitiated humors alter the seven body constituents and the symptoms are presented accordingly Vali, Azhal and Aiyyam. In female, the possible changes may be found in Paravukaal, Keelnokukaal, Uyirkaal, Senneer, Oon, Kozhuppu, Machai and Suronitham. These may lead to the presentation of irregular or short menstrual cycle, Dyspareunia, Dysmenorrhea and Menstrual blood flow may be deep red, yellowish black or bluish coloured with small clots. Siddha texts mentioned varieties of medicines to treat the Maladu. This study aims to elicit effective Siddha Management of pen Maladu (Female Infertility) through a clinical case study.

Case History

On 6th October 2018, thirty-four years old female patient from Trincomalee, Sri Lanka who came to OPD, Special treatment unit of Indigenous Medical Complex, Kappalthurai of Eastern Province with a complaint of unable to conceive for 5 years who was married in 2013. She also had irregular menstruation history since her menarche and release of excess white sticky discharge from vagina with foul smell and itching. Further, she complained severe burning sensation in vagina while in coitus. Due to that, she wasn't interested in coitus.

Her menarche was at the age of 14 years from that she had irregular menstruation cycle which kept on delaying from 2 months up to even 6 months. She had to use medicines often in order to onset her menstruation. Color of menstrual blood was initially red and ended up in dark brown. She had severe abdominal pain as squeezing and on the second day, she used to vomit a lot and menstruation normally lasted for 7 days. On average, she had to use 1-3 pads on her first day, 5-7 pads on her second day and 5 pads on her third day as she mentioned. In the year of 2013, April she was married. From the first time of coitus she felt severe burning pain in vagina. She used to involve in coitus 3 times a month which satisfied her nearly less than 5 minutes as she had continuous burning sensation in the vagina and she was afraid.

Years after marriage she had to consult a VOG, In February 2016, As VOG prescribed she took Ovidrel injection. She took the injection alternatively from her 3rd day of menstruation and an Injection for fertility growth on her 12th day. She also has done an Intrauterine Insemination (IUI) in order to facilitate fertility on the 13th day. The goal of IUI-Intrauterine Insemination is to increase the number of sperm that reach the fallopian tubes and subsequently increase the chance of fertilization. But it was not successful and the treatment ended up in failure and didn't show any positive results nor improvements.

On March 2016, again she did the IUI- Intrauterine Insemination and it was success making her conceived for the first time. Even though she got conceived, but it ended up in miscarriage after 2.5 months. It shows western medicine didn't work for her when she tried both times. She was advised by the doctor to use Metformin thereafter and she used it for up to 6 months. There is no relevant family history was observed.

On the Semen analysis of her husband the morphology of sperm was normal. In that, Liquefaction time was less than 30 minutes, consistency was 1/3 and the volume was 4ml. In addition, he had no complaints of erectile dysfunction etc. On the Examination, her Pulse rate and blood pressure was 75 beats/min and 120/70 mm/Hg

Respectively. Her Investigation Report showed an ovulatory PCO, both ovaries are polycystic and the Antral Follicle count (AFC) was right 28 on right & 18 on left.

Table 1:- Decided Siddha Treatment Plan with duration.

1	Internal Treatment- KalatchiChooranam	45 days
2	External Treatment -Heat Therapy- VeppuSigitchai	3 days
3	Purgative - Pethi	3 da 1 day (Early Morning)
4	SirappuMaruthuvam -Female deer Yoga Exercise- MaanPayirchi	90 days

Table 2:- Given Siddha Treatment.

1	Internal Treatment- KalatchiChooranam	1 st – 7 th day
2	External Treatment -Heat Therapy- VeppuSigitchai	8 th - 10 th days
3	Purgative - Pethi	3 da 11 th day (Early Morning)
4	Rest	12 th - 12 th day
4	SirappuMaruthuvam -Female deer Yoga Exercise- MaanPayirchi	13 th - 15 th day

According to the thirukural mentioned in quote number 948 that Let the physician enquire into the (nature of the) disease, its cause and its method of cure and treat it faithfully according to (medical rule)

“Neha;ehbNeha;Kjy; ehbmJjzpf;Fk; tha;ehbtha;g;gr; nray;”

“noainaatinoaimudhalnaatiadhudhaNikkum
vaainhaatavaippachcheyal”

As the case study of the patient says she was suffering with Soothagavaayu, therefore KalarchiChooranam was chosen as the Internal Treatment initially. By giving her this internal medicine, her body was able to balance itself with the normal Mukutram which are Vaatham, Piththam and Kabham. In the words of Siddha, this is elimination which denotes the meaning of facilitating the body to clear the toxic waste out from the body. And this process stops the symptoms given as complaint from the patient initially (i.e. release of excess white sticky discharge from vagina with foul smell and itching). When taking this medicine she has to avoid eating spicy food and bitter gourd in order to balance her Mukutram and to prevent from decreasing the potential of the medicine (Paththiyam).

For the preparation of KalarchiChooranam, KalarchiParuppu (Caesalpinia bonduca) - 1 part, Milagu (Piper nigrum) - 1/4 part was taken then finely powdered and stored in airtight container. It is used for Andavaayu, Soothagavaayu, Yaanaikkaal [1].

Moreover on the report of the mentioned patient, Vedhu was done with the Prioritizing deep abdominal massages using Thripala oil. For the steam, Notchi - Vitex Negundo, Muttaamanakku - Ricinus Communis and Pavatta - Pavetta Indica was boiled in water [5].

Pethi (Purgative) is the process to eliminate the wastages and toxins out of the body. Veppu Sigitchai (Vedhu) [2] and Pethiare the methodology of Siddha medicine which is named as Kazhithal which denotes the term of detaching the factors which are the objective of the symptom of the patient. The pill given to her is named “Virechana Pooopathi” for the process of Pethi which were made out of the following herbs and elements. These pills were consumed by the patient at early morning in her empty stomach (Paththiyam). Patient took 3 pills. 1 pill – 3 arisedai (3 × 25mg)

Table 3:- Ingredients for Virechana Pooopathi.

Mercury (Hg)	Hydrargentum	1 part
Dry Ginger	Zingiber officinale	1 part
Borax	Sodium tetraborate decahydrate	1 part
Sulphur	Sulfur	1 part
NERVAALAM	Croton Tigilium L.	4 part

Cleared out the mucous out from the body after that patient has to drink Salt porridge (Paththiyam) this is to balance the Mukutram of the body (Maintain the electrolyte imbalance). After her appetite got stimulated, Araiththa Curry was made with Coriander, Cumin seeds, Garlic, Pepper, Ginger, Turmeric, Brinjal tender/ Drumstick/ Plantain tender with over boiled rice. And the patient was restricted from consuming non-vegetarian foods for three consecutive days and was advised to consume more easy digestible foods.

MaanPayirchi was planned to be done for 90 days. This female deer exercise should be done in order to generate energy in the sexual glands. This is also added to the special Siddha system named Thetral which means regaining of body's energy until the notion of the treatment arrives. There are two stages regarding this exercise. First stage was carried out for this treatment.

Methodology of MaanPayirchi (Yogani, October 9, 2012)

Advised to sit as that press the heel of right foot against the opening of the vagina with steady and fairly firm pressure against the clitoris. If it is not possible to place your foot in this position, then place fairly hard, round object, such as one of the steel balls commonly sold in boxed sets in Chinese shops, against the vaginal opening. Hands were rubbed together vigorously. It produced heat in palm by bringing the energy from body into palms and fingers. Placed the hands on breasts to that feel the heat from hands enter into the skin. Breasts were rubbed slowly in outward, circular motions. Right hand was turned counterclockwise; left hand was rubbed in a clockwise. Rub in this circular manner for a minimum of thirty-six times or a maximum of 360 times up to two times a day.

Paththiyam(Diet and regiment)

According to the thirukural mentioned in quote number 954 that, there will be no disaster to one's life if one eats with moderation, food that is not disagreeable.

“khWghL ,y;yhjcz;bkWj;Jz;zpd; CWghL ,y;iycapu;f;F”
 “maaruPaaduillaadhaundimaruththunninoorupaatuillaiuyirkku”

Table 1:- Foods to be consumed before menstruation cycle.

Foods to be consumed- Before Menstruation(uterine tonic)			
	Rice	Oryza sativa	
	Odiiyal	Borassusflabellifer	
Tender Vegetables	Vendai	Abelmoschusesculentus	
	Atthi	Ficusrecemosa	
	Katthari	Solanum melongena	
	Avarai	Senna auriculata	
	Peerku	Luffa	
	Pudalai	Trichosanthescucumerina	
	Vellari	Cucumissativus	
	Kovvai	Cocciniagrandis	
Green Leaves	Karisalai	Ecliptaprostrata	
	Pasalai	Basella alba	
	Sathavari	Asparagus racemosus,	
	Vidaththal	Dichrostachyscinerea	
	Musuddai	Riveahypocrateriformis	
	Mudakkoththan	Cardiospermumhalicacabum	
	Mulaikkerai	Amaranthusdubius	
	Murungai	Moringaoleifera	
		Mathulai	Punicagranatum
		Koyya	Psidiumguajava
Fruits	Maa	Mangiferaindica	
	Naval	Syzygiumcumini	
	Thiratchai	Vitisvinifera	
	Nelli	Phyllanthusemblica	
	Annasi	Ananascomosus	
	Pappali	Carica papaya	
	Thakkali	Solanum lycopersicum	
		KollaMaa	Macrotylomauniflorum
		Ellu	Sesamumindicum
	Non- Veg Items	Neththali	Engraulidae

(Jayaveera,1982)

During the Menstruation**Table 4:-** Foods to be avoided after menstruation.

During Menstruation	
1 st Day: add Manjalcontaining food preparation – To clean the uterus	Curcuma longa
2 nd Day: add Vidaththalleave into meal – For the production of healthy ovum	Dichrostachyscinera
3 rd Day:addUlunduinto the meal preparation – To make the ovum healthier	Vigna mungo

(Jayaveera,1982)

Foods to avoid(These foods restrict the Embryo growth)	
Kaduku	Brassica nigra
Venthayam	Trigonellafoenum-graecum
Ulli	Allium sativum
Annasi	Ananascomosus

Pappasi	Carica papaya
Palmera Products	
Ellu Products	Sesamumindicum

Table 5:- Foods to be avoided after coitus.
(Jayaveera,1982)

After coitus

I advised her to take proper nutritious and balanced diet, maintain personal hygiene. With her past history miscarriage, in order to maintain her hormonal balance I advised to continue the yoga until her delivery and she carried out my words.

Treatment Results and Discussion:-

Within 14 days of treatment her menstruation cycle came to normal, After 45 days, the result was a huge success saying she was conceived with an HCG Hormone positive. A healthy female baby was born on 6th August 2019 by normal delivery. In the present case considering all laboratory and clinical findings, female partner had PCOS, an ovulatory cycle. Burning sensation of vagina was stopped after 3 days of administration of KalatchiChooranam (Caesalpinia bonduca and Piper nigrum) which was stated by Dr. Ramanathan in Siddha pharmacopeia. Further, discharge from vagina completely stopped at 3rd day of MaanPayirchi she got started her menstruation. After the menstruation, burning sensation during coitus was totally disappeared and she felt maximum satisfaction during intercourse. And advised to maintain good coital relationship on fertile days (i.e. 14th to 18th days of menstruation). After that urine pregnancy test was done which showed positive result, later on pregnancy was confirmed by Ultrasonography. The yoga helped to regulate the hormonal level, strengthen the uterus, improved blood circulation for all over the body, Regulate the Abanan (Keelnookkukaal), Pranana (Paravukaal) ratio (Pranahave to be higher than Abanan) and maintenance of mental and physical well-being [13].

Conclusion:-

According to the Siddha concept Azhal Kutram is vitiated because of the food and activities which in turn affects the Vali or Iyamor 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, Uyrkaal, 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, dysmenorrhea, menstrual blood flow may be deep red, yellowish black or bluish colored with small clots. The Veppu Sigitchai (vedhu) and Yoga helps to improve the mental health also develop their relationship stronger. Pathiyapathiyam helped in maintaining good digestive power and prevent from formation of the aama. It can be concluded that Siddha treatment can be successfully applied in Pen Maladu (Female infertility) in today's era for better outcome.

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