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**Review Article**



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**An overview of treating Kadaipooppu Kolaru in Siddha  
System of Medicine**

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**Abstract**

Siddha system is the unique system of medicine, that plays the vital role in gynaecological disorder. Menopause is defined as the time when there have been no menstrual periods for 12 consecutive months and no other biological or physiological cause can be identified. It is the end of fertility the end of the childbearing years. There have been a lot of speculations about the symptoms that appear before during and after the onset of menopause. These symptoms constitute the post menopausal syndrome.

**Keywords:** Menopause, post menopausal syndrome.

**Introduction**

Menopause is the permanent cessation of menstruation resulting in the loss of ovarian follicle development. Premature ovarian failure is defined as menopause before the age of 40 years. It may be idiopathic or associated with toxic exposure, chromosomal abnormality or autoimmune disorder. Although menopause is associated with changes in the hypothalamic and pituitary hormones that regulate the menstrual cycle, menopause is not a central event, but rather a primary ovarian failure.

**Symptoms and signs:**

- Absence of menstruation.
- Regularly timed, scanty bleeding.
- Infrequent, irregularly timed episodes of bleeding.
- Frequent, regularly timed episodes of bleeding.
- Irregularly timed episodes of bleeding superimposed on normal cyclical bleeding.
- Menstruation accompanied by Uterine cramping pain, nausea, vomiting, back ache, diarrhoea, Giddiness, syncope and fainting.

**General common signs and symptoms of disease:**

**1. Irregular periods:**

This is usually the first symptom; menstrual pattern changes. Some women may experience a period every 2-3 weeks, while others will not have one for months at a time.

**2. Lower fertility:**

During the perimenopausal stage of a woman's life, her estrogen levels will drop significantly, lowering her chances of becoming pregnant.

**3. Vaginal dryness:**

This may be accompanied by itching and/or discomfort. It tends to happen during the perimenopause. Some women may experience dyspareunia (pain during sex). The term "vaginal atrophy" refers to an inflammation of the vagina as a result of the thinning and shrinking of the tissues, as well as decreased lubrication, caused by a lack of estrogen.

#### 4. Hot flashes:

A sudden feeling of heat in the upper body. It may start in the face, neck, or chest, it then spreads upwards or downwards (depending on where it started). The skin may redden and become patchy, and the woman typically starts to sweat. The heart rate may suddenly increase (tachycardia), or it might become irregular or stronger than usual (palpitations). Hot flashes generally occur during the first year after a woman's final period.

#### 5. Night sweats:

If the hot flashes happen in bed, they are called night sweats. Most women say their hot flashes do not last more than a few minutes.

#### 6. Disturbed sleep:

Sleeping problems are generally caused by night sweats, but not always. Sleep disturbance may be caused by insomnia or anxiety. Difficulty falling asleep and staying asleep increase as women go through menopause.

#### 7. Urinary problems

Women tend to be more susceptible to urinary tract infections, such as cystitis. Urinary frequency may increase as well.

#### 8. Moodiness:

Moodiness often goes hand-in-hand with sleep disturbance. Experts say that most mood changes are triggered by poor sleep.

#### 9. Problems focusing and learning

Some women may also have short-term memory problems, as well as finding it hard to concentrate on something for long.

#### 10. Other symptoms of menopause can include:

More fat building up in the abdomen  
Hair loss (thinning hair)  
Loss of breast size

If left untreated, all of the symptoms mentioned will usually taper off gradually over a period of 2-5 years. However, symptoms can persist for much longer. In some cases, vaginal dryness, itching, and discomfort can become chronic, and eventually get worse if left untreated.

11. The menopause can also increase your risk of developing certain other problems, such as weak bones (osteoporosis).

#### Treatment:

#### Step-1: Normalization of altered Uyirthathukal:

#### Kazhichal Maruthuvam (Bowel cleansing method) Purgation:

Agathiyarkuzhambu - 130mg. with 20ml. Naaval pattaisaaru (bark juice of (*Syzygium cumini*) at early morning.

Sithathiennai - 3-5ml. with 50ml. previous day rice preserving water at early morning.

Vaanthi and Kazhical Maruthuvam (For altered Azhal and Vali Thathu):

Agathiyarkuzhambu - 130 mg. With 10 ml. bark juice of Naval (*Syzygium cumini*) and goat's milk (50 ml.)

Karudankizhanguthylam - 15 ml. with 50 ml. Luke warm water at early morning

Sithathiennai - 3 - 5 ml. with 50 ml. cold rice water

Meganaathathylam - 8 - 16 ml. with 50 ml. Luke warm water at early morning

#### Step -2: Internal Medicines

#### Level 1

#### Kudineer:

- Asokampattaikudineer- 80 - 100 ml. twice a day Chooranam:
- Thiratchathychooranam - 1 - 2 g. twice a day with honey (5 ml)
- Nilakadambuchooranam - 1 - 2 g. twice a day with hot water (50 ml)
- Parangipattaichooranam - 1 - 2 g. twice a day with milk (50 ml)
- Injichooranam - 1 - 2 g. twice a day with water (50 ml)
- Amukkarachooranam - 1 - 2 g. twice a day with ghee (50 ml)
- Seenthilchooranam - 1 - 2 g. twice a day with hot water (50 ml)
- Karisaalaichooranam - 1 - 2g. twice / thrice a day with honey (5 ml)
- Asoka pattaichooranam - 1 - 2g. twice / thrice a day with hot water (50 ml)

#### Nei:

- Biraminei - 10 -15 ml. at early morning
- Senkottainei- 15 ml. twice a day
- Venpoosaninei- 15 ml. twice a day
- Thanneervittannei- 10 ml. twice a day

### Manapagu:

- Thurunchimanapagu - 10 - 20 ml. twice a day with Luke warm 1water (50 ml.).
- Madhulaimanapagu - 10 - 15 ml. twice a day with hot water (50 ml.)

### Ilagam:

- Vilvathyllagam - 5 - 10 g. twice a day
- Venpoosanillagam - 5 - 10 g. twice a day
- Nellikaaillagam - 5 - 10 g. twice a day
- Impoorallagam - 5 g. twice a day
- Karisalaillagam - 5 g. twice a day
- Kumarillagam - 5 - 10 g. twice a day
- Thaneervitaanllagam - 5 - 10 g. twice a day

### Mezhugu:

- Gunma kudorimezhugu - 500 - 1000 mg. twice a day

### Parpam:

- Kungiliyaparpam - 100 - 300 g. twice a day with ghee (5 ml.)

### Level - 2:

#### Rasayanam:

- Gandhagarasayanam - 1.3 - 2 g. twice a day 1

#### Maathirai:

- Mahavasanthakusumaahara- 1 - 2 twice a day with 10ml. leaf juice of Maathirai (100 mg.) Kaiyan (Eclipta Prostrata)1

#### Parpam:

- Muthu parpam - 30 - 60 mg. twice a day with ghee (5 ml.).
- Muthuchippiparpam - 200 - 400 mg. twice a day withghee (5 ml.)
- Palagaraiparpam - 65 - 130 mg. twice a day with milk (50 ml.)
- Sanguparpam - 30 - 60 mg. twice a day with ghee (5 ml.)

#### Chendooram:

- Vediannabedhichendooram - 100 mg. twice a day with hot water (50 ml.)
- Kallupuchendooram - 488 mg. twice a day with honey (5 ml.)
- Aarumugachendooram - 65 - 130 mg. twice a day with 1 - 2 g. Thirikaduguchooranam and honey (5 ml.).

- Ayakanthachendooram - 65 - 130 mg. twice a day with honey (5 ml.)
- Pattukaruppu - 65 - 130 mg. twice a day with honey (5 ml.)
- Gowrichinthamanichendooram - 65 - 130 mg. twice a day mixed with 1 - 2 g. of Thirikaduguchooranam and honey (5 ml.).
- Ayachendooram - 65 - 130 mg. twice a day with honey (5 ml.)

#### Thylam:

- Kalingathythylam - 280 g. with 50 ml. cold rice water from the first day of menstruation.
- Chitra muttythylam- 5 - 10 ml. twice a day.

#### Kuzhambu:

- Kumattykuzhambu - 130 mg. with 5 g. palm jaggery for 3 days from the first day of menstruation.

#### Level - 3:

- Thamirachendooram - 30 - 45 mg. with 10 ml. fruit juice of pala (*Artocarpus heterophyllus*)
- Kalameganarayanachendooram - 30 - 100 mg. twice a day with 10 ml. leave juice of Nilavagai (*Cassia senna*).
- Thalagachendooram - 30 - 65 mg. twice a day with 50 ml. milk
- Sambiraani poo kuligai - 1 - 2 twice a day with 5 g. palm jaggery
- Rasagandhimezhugu - 300 mg. twice a day with 5 g. palm jaggery.
- Vaanmezhugu - 50 - 100 mg. twice a day with 5 g. palm jaggery.
- Gandhi mezhugu - 100 - 200 mg. twice a day with 1. milk.
- Rasa mezhugu - 100 - 200 mg. twice a day with 5 g. palm jaggery.
- Nandhimezhugu - 100 - 500 mg. twice a day with 5 g. palm jaggery.
- Idivathimezhugu - 300 mg. twice a day with 5 g. palm jaggery.

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