

# A Literature Review Of Soothaga Thadai

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**Abstract:** Soothaga thadai in siddha system of medicine that means by absence of menstrual cycle as amenorrhea in modern aspect of medicine. Menstrual patterns can be indicator of overall health and self perception of wellbeing. The abnormal of cessation of menses in a female reproductive periods which the term refers to amenorrhea. The absence of periods that aren't due to underlying disease. Example include Menopause, Pregnancy, use of birth controls, medication side effect, delayed puberty and stress. An amenorrhea divides into physiological & pathological amenorrhea. Pathological amenorrhea treated by one of the ancient medical system of indian siddha maruthuvam via the Herbals, Jeevam (animal), Metals & Minerals. Presence of Amenorrhea leads to an ovulation it causes delayed conception or in failure to conception. In modern medicine of treatment only giving a withdrawal bleeding it doesn't assurance for ovulatory menstrual cycle but in the siddha system of medicine treatment induce the ovulation and regulate the normal menstrual cycle to the women.

## Introduction:

Menstrual cycle is defined as cyclic events that take place in rhythmic fashion during the reproductive period of women's life. Menstrual cycle starts at the age of 12 to 15 years which make the onset of puberty. The menstrual cycle is complex and controlled by many different glands and hormones [1]. Amenorrhea is the absence or abnormal cessation of the menses. Control of menstrual cycle is Hypothalamus – Pituitary-ovarian axis. Amenorrhea is commonest complaint in young girls due to dietary and lifestyle changes and stress. Presence of Amenorrhea leads to an ovulation it causes delayed conception or in failure to conception, lead to diminished in population. So Author decided to collect the literature review of Amenorrhea for treating this disease via ancient siddha system of medicine and create the awareness about the siddha medicine treatment in soothaga thadai.

## CLASSIFICATION OF AMENORRHEA :

Physiological & Pathological:

### Physiological amenorrhea

- Pre-puberty
- Pregnancy related
- Lactational period
- menopause

### Pathological amenorrhea

- Primary
- Secondary

### Primary amenorrhea

A patient diagnosed with primary amenorrhea if she is has not reached menarche by age 16 with normal secondary sexual characteristics or by the age of 14 where there is failure to develop secondary sexual characteristics. Complete absence of menstruation.

Etiology ;

- Chromosomal mutation
  - Androgen insensitivity
  - (Testicular feminization-45xy chromosome with female appearance)
  - Turner syndrome (45xo )
  - Gonadal dysgenesis
  - Hypothalamic failure
  - (Kallman's syndrome-Hypogonadotropic hypogonadism)
- Absent of uterus
- Absent of vagina
- Imperforate hymen

### Secondary amenorrhea

Secondary amenorrhea if established menses have ceased for longer than 6 month without any any physiological reasons (in between absence).

#### ▪ Etiology

Polycystic ovarian syndrome (PCOS)

#### Hypothalamic dysfunction

- As a result of stress, weight loss, eating disorder it may be due to tumour, infraction

#### Endocrine causes

- Thyroid disorder and Cushing's disease interfere with normal functioning of the hypothalamic – ovarian axis and present with amenorrhea. High level of thyroxine inhibit FSH release.
- Androgen – secreting tumours of the ovaries causes secondary amenorrhea.

#### Anatomical causes

- Usually due to previous surgery.
- Hysterectomy, endocrine ablation, Asherman's syndrome (damage to the endometrium with adhesion formation), stenosis of the cervix following cone biopsy

**Premature ovarian failure.**

- Chemotherapy and radiation, autoimmune disease following viral infection

**Drug causing hyper prolactinemia**

- Prolactin inhibits GnRH release from the hypothalamus
- Drug that may cause hyper prolactinemia
- Phenothiazine
- Methyl dopa
- Cimetidine
- Butyrophenones
- Anti histamines

Primary amenorrhea	secondary amenorrhea
Gonadal failure 43%	Chronic anovulation 39%
Congenital absence of uterus & vagina 15%	Hypothyroidism/hyperprolactinemia 20%
Constitutional delay 14%	Weight loss/ anorexia 16% [2]

**Medicines:****Metals & Minerals, Jeevam (animals):**

MEDICINES	DOSE	ADJUVANT
Elavana parpam[3]	Kunri(130mg)	1 <sup>st</sup> 7 days –honey Next 7 days –ginger juice
Thasalavana thiravagam[3]	5-10 drops	Water
Panchalavana thiravagam[3]	7 drops	Water
Boojana sanjeevi leghium[3]	Sundai alavu	Water
Sathilinga parpam[4]	½ panavedai(244 mg)	Palm jaggery
Uppu chenduram[4]	Kundri	Butter milk
Thambira chenduram[4]	½-1 kundri	Thirikadugu chooranam
Nava uppu mezhugu[4]	Milagalavu	Palm jaggery
Kowsigar kuzhambu[4]	Kundriyalavu	Dry ginger and cumin decoction
Van mezhugu[4]	Ulundhalavu	Palm jaggery
Karung kuzhambu[5]	½ panaivedai	Jaggery
Thalaga chenduram[5]	Panavedai	Milk
Kalluppu chenduram[5]	Panavedai	Honey
Narasimma elagam[6]	5g	Milk
Pattu karuppu[4]	100 mg	Ginger juice
Karpakiranthen ennai[7]	2-3 Varaganedai	Boiled egg
Veppennai[9]	5ml	Hot water
Erathina karppa ennai[9]	5ml	H.w
Kandagkathiri vadagam[9]	5-10 gm	As such
Vizhuthi ennai[10]	5-10 ml	Rice water
Mavilangap pattai kudineer[6]	60 ml	As such
Kollu kudineer[6]	60 ml	As such
Kowsai bethi nei[11]	5-10 ml	Hot water
Milagu elagam[11]	5-10 ml	Milk
Veppam poo elagam[12]	5-10 ml	Milk
Poorana chandrothayam[4]	130mg	Thirikadugu chooranam+Honey

**Herbals[8]**

TAMIL NAME	BOTANICAL NAME	PARTS USED
Aruvatha	Ruta angustiofolia	illai: saru, chooranam, kiyalam
Aaduthinda paalai	Aristalichia braoteata	Parts: vidai Dose: 1 varagan Adjuvant: sitramanakku ennai
Ellu	Sesamum indicum	Parts : vidai Dose: oru pidi
Kaduku rogin	Helleborus Niger	Chooranam Adjuvant: mor
Kalyana murungai	Erythrina indica	Illaiyai thengai ennaiyil Samaithu unnavum
Kariyapolam	Aloe litoralis	Kaya moosambara mathirai Dose: 5-10 ulunthu alavu

kattumullangi	Blunea aurita	Samula kiyalam Dose:1/4 alaku
kunguma poo	Crocus sativus	Parts: poo Adjuvant:paal
Sanapu	Crotalaria juncea	Parts: illai kiyalam Dose:1/8-14 alaku
Sathakuppai	Anetheam graveolens	Illai saru
perungayam	Ferula asafoetida	Perungaya chooranam
Vaalenthirapolam	Balsamodondrom myrrhea	Ayathudan kudukavum
venthaiya keera	Trigonella foenum greacum	Elagam

**Pathiyam[6]**

Mango,Pomogranate,Garlic,Gried Ginger, Pepper, Long pepper, Ginger, Goose berry.

**Apathiyam[6]**

Milk, Sweets,Curd, Avoid day sleep & Over weight, Smoking, Over exposure to heat, Hot &Spicy food.

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