A Review article on medicinal herbs in Siddha medicine for Gynaecological disorder

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Abstract

Plants are nature’s gift to human society to make disease free healthy life. More than thousand herbs are recognized in our country. All parts of the plants are used as medicine. Plants produce variety of chemical substance. These substances act on human body. Nowadays gynaecological disorder is most common in women. In Siddha system, gynaecological disorder is compared to soodhaga noigal. In this article, the herbs which are helpful in treating gynecological disease(soothaga noigal) is reviewed.

Keywords: herbs, siddha, soothaga noi, gynaecology.

Introduction

The siddha science is a traditional treatment system generated from Dravidian culture. The incidence of gynecological problem is very common in world. The uterine problem is very ancient and these problem are found in all parts of the reproductive system. The main gynecological problem amenorrhea, ovarian cyst and polycystic ovarian disease. Following herbs were used for emmenagogue action.

Literature Review

Kariabolam:

English Name: Small Aloe
Botanical Name: Aloe littoralis
Family Name: Asphodelaceae

Other Names: Moosambaram, Sannisayagam, Raththa bolam

Action*: Emmenagogue, Tonic, Stimulant, Stomachic, Cathartic.

Chemical constituents**: Aloin, resin 30 to 50 p.c volatile oil and ash 1 p.c also aloetic and chrysamic acids. Aloin is a neutral active principle obtained by digesting aloes in alcohol, boiling, filtering and crystallizing.

Uses: Decoction of this roots regulates mensus.
Kunkumappu:

**English Name**: Saffron

**Botanical Name**: Crocus sativus

**Family Name**: Iridaceae

**Other Names**: Nallalpu, kasmeram, kunkumappu

**Action**: Emmenagogue, Stimulant, Stomachic, Anodyne, Anti spasmodic.

Chemical constituents**: Three crystalline colouring matters a – crocetin constitutes 0.7% of saffron. B- crocetin constitutes 0.7% Saffron and y – crocetin constitutes 0.3%. A Volatile fatty oil, 8 to 13.4%, crocin-a glucoside soluble slightly in water, freely in alkaline solution and alcohol, and forming 65% of polycroit which is the colouring matter, picrocrocein, wax, proteids, fixed essential 1-37 p.c oil, mucilage, sugar, ash 5 P.C and moisture 12 p.c.

**Uses**: Kunkumappu cures ammenorrhoea when taken along with betal leaf.
Karunjeerakam:

Tamil Name: Karunjeerakam

Botanical Name: Nigella sativa

Family Name: Ranunculaceae

Others Name: Aranam, upakungikai


Chemical constituents**: Seeds contain a yellowish volatile oil 1.5 pc and a fixed oil 37.5 pc, essential oil, albumen, sugar mucilage, organic acids, metarbin, toxic glucosides, melanthin, resembling helleborin, ash 5 p.c moisture and Arabic acid volatile oil is the active constituent. It consists of 1. Carvone 45 to 60 p.c an unsaturated ketone 2. Terpene or dlimonene also called carvene and 3. Cymene.

Uses: 1-3 gram of its powder cures ammenorrhoea.

Perungayam:

English Name: Asafoetida

Botanical Name: Ferula asafetida

Family Name: Umbellifers

Other Names: Aththyagiragam, ingu, ranam, ramadam, ganthi, kayam, santhunasam, puthanasam, valligam


Chemical constituents**: Organic sulphur compound volatile oil 5 P.C containing essential oil of garlic – allyl, allyl persulphide and two turpenes: a resin 65 p.c, a ferulic acid ester of asaresion – tannol: free ferulic acid gum 25 p.c and ash 4 p.c also malic, acetic, formic and valerainic acids. Resin on dry distillation yields umbelliferon which is not found in the Indian variety. When fused with potash it yields resorcin and pyrocatachuric acid.

Uses: Ammenorrhoea can be treated when perungayam is taken along with the valendrabolam and pepper.
Valendrabolam:

**English Name:** Myrrh

**Botanical Name:** Commiphora myrrha

**Family Name:** Burseraceae

**Other Names:** Kungumathepam, kunthuru, vellaipollam, vellathipollam, meeru

**Action***: Emmenagogue, Stimulant, Expectorant, Stomachic, Carminative.

**Chemical constituents**: A volatile essential oil called myrrhol, an oxygenated ethereal essential oil 5 to 10%, resin – myrrh in 27 to 50% which by fusion becomes converted into myrrhic acid, gum 30 to 60% bitter principle - a glucoside salts as calcium phosphate and carbonate etc. The essential oil contains cumin aldehyde, eugenol, and meta-cresol, pinene, di-pentene and limonene.

**Uses**: ½ -1 gram of the powder cures ammenorrhoea
**Malai vembu:**

**English Name:** Common bead tree

**Botanical Name:** Melia azedarach

**Family Name:** Meliaceae

**Action**: Emmenagogue, Anthelmintic, Cathartic, Antilithic, Diuretic, Emetic.

**Chemical constituents**: Active principle is a light yellow non-crystalline, bitter, resinous substance without alkaloidal properties. Sugar is present and tannin occurs in the outer portion of bark. Activity resides in the liber or inner bark.

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**Aruvada:**

**English Name:** Garden rue

**Botanical Name:** Ruta chalepensis

**Family Name:** Rutaceae

**Others Name:** Arvatha, chathppu

**Action**: Emmenagogue, Antispasmodic, Carminative, Stimulant, Antihelmintic, Rubefacient, Tonic.

**Chemical constituents**: Glucoside, rutin, essential oil.
Aadutheenda paalai:

**English Name:** Worm-killer

**Botanical Name:** Aristolochia bracteolate

**Family Name:** Aristolochiaceae

**Other Names:** Aaduthinnapaalai, aduthodapaalai, pangampaalai

**Action:** Emmenagogue, Antihelmintic, Stimulant, Tonic, Purgative, Alterative, Antiperiodic.

**Chemical constituents:** A nauseous volatile substance; an alkaloid and salts, especially potassium chloride.

Kaliyana murukku:

**English Name:** Indian coral tree

**Botanical Name:** Erythrina variegate

**Family Name:** Fabaceae

**Other Names:** Mullmurruku, kinjugam

**Action:** Emmenagogue, Antibilious, Expectorant, Febrifuge, Anthelmintic, Laxative, Diuretic, Galactagogue.

**Chemical constituents:** Bark contains two resins and a bitter poisonous alkaloid erytherine which exists in the leaves also.
Kunthirikkam:

**English Name:** Resin of olibanum  
**Botanical Name:** Boswellia serrata  
**Family Name:** Burseraceae  

**Other Names:** Kunthurukkam, kunthiligam, kumaijan, narumpesin, parankisampirani  
**Action:** Emmenagogue, Stomachic, Diaphoretic, Astringent, Refrigerant, Diuretic, Expectorant  
**Chemical constituents:** Essential oil.

Chanappu:

**English Name:** Bengal hemp  
**Botanical Name:** Crotalaria juncea  
**Family Name:** Fabaceae  
**Other Names:** Cannal  

**Action:** Emmenagogue, Purgative, Emetic.  
**Chemical constituents:** Leaves contain an abundance of mucilage a little solid fat, and a resin soluble in ether  
**Uses:** Properly prepared decoction of its leaves cures ammenorrhoea.  
Dose – 1/8 – ¼ aazhackku bid.
**Chathakuppai:**

**English Name:** The dill, gardendill  
**Botanical Name:** Anethum graveolens  
**Family Name:** Apiaceae  
**Other Names:** Choeigeerai vithai, mathurigai

**Action**: Emmenagogue, Carminative, Deobstruent, Diuretic, Stimulant, Stomachic, Antispasmodic.

**Chemical constituents**: Dried ripple dill fruit contains a volatile oil 3 to 5 C and fixed oil. The volatile oil is composed of anethine phellandrene, and dlimonene, and apiol termed dill apiol, also carvol and another hydrocarbon.

**Uses**: Leaves can be used to treat ammenorrhoea.

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**Conclusion**

There is a vast array of information available on traditionally used herbs to treat gynaecological problem. The focus of this review is emmenagogue plants, which is used in gynaecological disorder.

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