

Review Article

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Literary Reviews of Drugs meant for Sinaipakatti – Ovarian cyst in Siddha.

***A.Vanitha *RM.Pushparani *Suvetha.C *G.Seethalakshmi**

*Siddha Experts.

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Abstract

Siddha medicine has its own unique ways of treating many challenging diseases out of 4448 diseases mentioned in the Siddha literature. Gynaecological conditions have been specially focused in Siddha literatures. The ovaries are part of the female reproductive system. They are located in the lower abdomen on both sides of the uterus. Women have two ovaries that produce eggs as well as the hormones estrogen and progesterone. Sometimes a fluid filled sac called a cyst will develop on one of the ovaries. Many women will develop at least one cyst during their lifetime. In most cases, cysts are painless and cause no symptoms.

Introduction

Sinaipakatti is a normal part of the tissue, it has a separate membrane. The outer section of a cyst is called the cyst wall. Cyst size can range widely from being as small as a pea to larger than an orange. They are usually benign (harmless). Most women of reproductive age develop small cysts each month large cysts that cause problems occur in about 8% of women before menopause ovarian cysts are in about 16% of women after menopause and if present are more likely to be cancer.

Premonitory Symptoms and signs:

Abdominal bloating or swelling.
Painful bowel movements.
Pelvic pain before or during the menstrual cycle.
Painful intercourse.
Pain in the lower back or thighs.
Breast tenderness.
Nausea and vomiting.

General common signs and symptoms of disease:

1. Irregular menstruation - periods may also become painful, heavier or lighter than normal.
2. A pain in the pelvis - This may be persistent pain or an intermittent dull ache that may spread to the lower back and thighs. Pelvic pain may appear just before menstruation begins. Pelvic pain may occur just before menstruation ends. Bloating, swelling, or heaviness in the abdomen.
3. Dyspareunia - pelvic pain during sexual intercourse. Some women may experience pain and discomfort in the abdomen after sex.
4. Bowel symptoms - Pain when passing a stool. Pressure on the bowels. Pressure on the rectum or bladder - the patient may have to go to the toilet more often, either to urinate or pass a stool.
5. Some pregnancy symptoms, including breast tenderness and nausea.
6. Problems fully emptying the bladder.
7. Hormonal abnormalities - in some rare cases the body produces abnormal amounts of hormones, resulting in changes in the way the breasts and body hair grow.

Signs:

1. Peripheral oedema
2. Pleural effusion

Treatment:

Purgation:

1. Agasthiyar kuzhambu – 100 – 200mg with 10ml bark juice of Naval and goat's milk
2. Kowsikar kuzhambu – 100 – 200mg with daemia juice
3. Karudan kizhangu thylam – 15ml with 50ml luke warm at early morning
4. Sithathi thylam – 3 – 5ml with 50ml luke warm water at early morning.
5. Meganatha thylam – 8 – 16ml with 50ml luke warm water at early morning.
6. Rasa thylam – ¼ balam with luke warm water at early morning. Salt and sour food restricted.
7. Kumatti thylam – 8 – 16ml with luke warm water at early morning.
8. Kazharchi thylam – 8 – 16ml with luke warm water at early morning.

Emesis:

Marukarai kudineer – 40 – 80ml at early morning .

Emesis procedure should be given according to the patient's health condition.

Internal Medicine:

Level 1:

Kudineer:

Nilavembu kudineer – 30 – 60ml twice a day

Chooranam:

Amukkara chooranam – 1 – 2g twice a day with ghee
Seenthil chooranam – 1 – 2g twice a day hot water
Karisalai chooranam – 1 – 2g twice a day with honey
Thiriphala chooranam – 1 – 2g twice a day with hot water.
Thirikaduku chooranam – 1 – 2g twice a day with honey
Parangipattai chooranam – 1 – 2g twice a day with ghee
Nilakadambu chooranam – 1 – 2g twice a day with hot water

Nei:

Venpoosani nei – 15ml twice a day
Senkottai nei – 15ml twice a day
Thanneervittan nei – 10ml twice a day

Manapagu:

Madhulai manapagu – 10 – 15ml twice a day with hot water

Adathodai manapagu - 10 – 15ml twice a day with hot water

Ilagam:

Venpoosani ilagam – 5 – 10g twice a day
Mahavallathi ilagam - 5 – 10g twice a day
Kumari ilagam – 5 – 10g twice a day
Thaneervittan ilagam – 5 – 10g twice a day
Karisalai ilagam – 5 – 10g twice a day
Impooral ilagam - 5 – 10g twice a day

Kuzhambu:

Navachaara kuzhambu - 130mg with palm jiggery twice a day

Mezhugu:

Rasaganthi mezhugu – 500 – 1000mg with palm jaggery twice a day
Gunma kudori mezhugu - 500 – 1000mg with palm jaggery twice a day
Nava uppu mezhugu – 100 – 200mg with palm jaggery twice a day. Only milk rice.
Idivallathi mezhugu – 200 – 1000mg with palm jaggery for 40days.

Take unsalted food. Avoid sex, avoid fish also. Use fried salt, curd, butter milk, ghee, sabe bean, green gram, aria keerai, ponnakanni keerai etc. Apply castor oil to the head and bath.

Nandhi mezhugu – 250 – 500mg with palm jaggery twice daily depending upon the ailment. It should be taken for 12, 25, 45 days. No restriction in food. Can bath in cold water. While taking the medicine apply kumari, sandanaathi, nellikkai, shenbagam thylam to the head and bath to avoid heat.

Level 2:

Parpam:

1. Rasa parpam – 65mg(size of rice) with thirikadugu chooranam twice a day for 3 – 5days. Milk rice only. If needed medicine given after 10days for 3 – 5days.
2. Karuvanga parpam - 65mg(size of rice) with thirikadugu chooranam twice a day for 3 – 5days. Milk rice only. If needed medicine given after 10days for 3 – 5days.
3. Thanga parpam – 30 - 65mg twice a day with honey.
4. Pavala parpam – 100 – 200mg twice a day with honey.
5. Sangu parpam – 100 – 300mg with milk twice a day
6. Kungiliya parpam – 100 – 300mg with milk twice a day.
7. Muthu parpam – 30 – 130mg with milk twice a day.

Chenduram:

1. Arumuga chenduram – 100 – 200mg twice a day with honey or thirikadugu chooranam 1 – 2g.
2. Aya chenduram – 60 – 130mg twice a day with honey.
3. Ayakaantha chenduram – 65 – 130mg with honey twice a day.
4. Gowri chinthamani chenduram – 65 – 130mg twice a day with honey or thirikadugu chooranam 1 – 2g.
5. Ayamanikalaba chenduram – 100 – 200mg twice a day with honey.

6. Thanga ooram – 130 260mg twice daily with 1 – 2g Amukkara chooranam and honey.

Conclusion

It is concluded that, most sinaippai katti do not require treatment unless they are causing symptoms. After menopause katti shrink and it is unusual for them to cause problems. Symptomatic Sinaippai katti can be treated by using siddha herbal formulation drugs.

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