

Review Article

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An overview of classical drug “Sanga Thiravagam” for treating polycystic ovarian syndrome.

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Abstract

Keywords

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holistic approach,
pcos.

Siddha is one of the Ancient Traditional Medical Systems of India. The specialty of siddha system of medicine offers Holistic approach towards a healthier Life style in harmony with the nature. One among the well versed speciality of the siddhars are “Thiravagam”. In this way, the authors of this paper would like to highlight Sanga Thiravagam from the siddha literature ”Sikitcha Ratna Deepam Ennum Vaidhya Nool “which is especially indicated for soothagavayu. This review paper gives the complete insight of the SangaThiravagam in treating Polycystic ovarian syndrome.

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Introduction

Polycystic ovarian syndrome is the most common endocrine disorder among women of reproductive age. Estimates suggests that polycystic ovary syndrome (PCOS) affects between 8% and 20% of reproductive age women world wide.

According to siddha system of medicine, the importance of “Thiravagam” in medicine is well known to any siddha practioners. It plays a vital role in chronic diseases. Thiravagam always has its own notable place. Hence the authors of this review paper would shows the significant role of SangaThiravagamin treating polycystic ovarian syndrome.

Ingredients of Sanga Thiravagam :

- Annabethi (ferrous sulfate)
- Vediuppu (potassium nitrate)
- Padikaram (alumen)
- Indhuppu (rock salt)
- Kariuppu (sodium chloride)
- Mayilthutham (cupric sulphate)
- Navaacharam (ammonichloridum)
- Vengaram (sodium baborate)
- Poonirru (fullers earth)

Standard operative procedure

Source of raw drugs:

The required raw drugs are procured from a well reputed indigenous raw drug shop. The mineral drugs taken for study will be authenticated by the Pharmacognosist of Siddha Central Research Institute, Chennai.

Purification of mineral drugs:

Mineral drugs are purified as mentioned in Gunapaadam part-2 Thathujeevavaguppu.

Preparation:

The purified mineral drugs are made in to powder and distilled by using distillation apparatus.

Dosage

10 Drops (0.5 ml) – OD after food.

Adjuvant

Water (30 ml)

Duration

60 days

Properties of trial drugs

Annabethi

Chemical name: Iron sulphate, Green vitriol

Actions:

- ♣ Iron sulphate help to regulate the menstrual cycle.
- ♣ Emmenagogue,
- ♣ Tonic.

Properties:

- ♣ Soothagapandu,
- ♣ Soothagakattu.

Vediuppu

Chemical name: Potassium nitrate

Actions:

- ♣ Diuretic,
- ♣ Refrigerant.

Properties:

“சூதகவாபு உவாபுசொலலாதததாஸவாதமு
ம்போம்
வாதவஸகுஸயயஸவயாயுங்காஸ”

- ♣ Soothagavaayu
- ♣ Gunmam

Vengaram

Chemical name: Sodium baborate, Borax.

Actions:

- ♣ Emmenagogue,
- ♣ Diuretic.

Properties:

- ♣ Soothagapandu,
- ♣ Soothagasoolai,
- ♣ Soothagakattu.

Navaacharam

Chemical name: Ammonichloridum

Actions:

- ♣ Diuretic.

Properties:

- ♣ Soothagakattu,
- ♣ Karuppaiyinali,
- ♣ Karuppaiyinveekam.

Padikaram

Chemical name: Alumen, Alum.

Actions:

- ♣ Astringent,
- ♣ Haemostatic.

Properties: perumpaadu.

Indhuppu

Chemical name: Sodium chloride impura, Rock salt.

Actions

- ♣ Diuretic
- ♣ Laxative.

Kariuppu

Chemical name: Sodium chloride

Actions: Laxative.

Properties:

- ♣ Anti-obesity,
- ♣ Prevent glandular enlargement.

Mayilthutham

Chemical name: Cupric sulphate.

Actions:

- ♣ Tonic ,
- ♣ Astringent.

Conclusion

Diet and Lifestyle plays a vital role to influence susceptibility to many diseases. The current review paper shows that the Thiravagam is very useful in management of one of the lifestyle disorder like Pcos. Hence, it is concluded that the SangaThiravagam containing ingredients has the sufficient effect in polycystic ovarian syndrome and its related complications.

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