A PREAMBLE OF PERUMPAADU (AUB) IN YUGI'S PERSPECTIVE AND ITS TREATMENT

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Abstract: Siddha medicine is the India’s traditional system of medicine, which is the oldest healthcare system in the world with its roots more than 5000 years in the Vedic era. The Siddha System of medicine also deals with the problems affecting the women’s health and a lot of formulations are available in the Siddha classics which can counter the problems for a better living. Menorrhagia rate fluctuates between 10-30% globally. The term Menorrhagia replaced by Perumpaadu in siddha system. ”. Yugimuni explained Perumpaadu in 15th century. He explained the causes, types and management in ancient times in Siddha literature mostly in Tamil language. Treatment for Perumpaadu is carried out with herbal and herbomineral preparations also.

Keywords: Perumpaadu, Siddha, Yugimuni, Herbal, Traditional medicine, Abnormal Uterine Bleeding.

INTRODUCTION:
Menorrhagia is the one of the commonest disorder of menstruation. It denotes regularly timed episodes of bleeding that are excessive in amount more than 80 mL or duration of the flow is more than 5 days. The normal length of menstrual cycle is 24 to 38 days. The normal menstrual period last up to 8 days. The new term for Menorrhagia is abnormal uterine bleeding (AUB) or Heavy menstrual bleeding (HMB) (1). AUB is reported to occur in 9 to 14% women between menarche and menopause (2). The prevalence varies in each country. In India, the reported prevalence of AUB is around 17.9 % (3). Every women have the abnormal uterine bleeding at least once in their lifetime. That interferes Women’s mental, physical and quality of their life. Sometimes menorrhagia is of sufficient magnitude so as to incapacitate day-to-day activities. Most of the time Menorrhagia leads to anaemia to the women. In Siddha system Women related diseases are elaborated in the Textbook of “Magalir Maruthuvam”. The term Menorrhagia is replaced in Siddha system as “Perumpaadu”(4). Yugimuni, the author of Yugi Vaidhya Chinthamani, a classical Siddha literature of the 15th century has described Perumpaadu(5).Siddha is the only system that treat the disease and the state of the patient also. So I would like to bring out the awareness of traditional system in Magalir Maruthuvam and their treatment for the women and improve the quality of life.

Menorrhagia:
Definition:

Menorrhagia is defined as abnormally heavy uterine bleeding during a menstrual period or increased duration at regular cycles.

Aetiology (6):
The causes can be divided into following
i) General diseases
ii) Pelvic causes
iii) Endocrine disorders
iv) Contraceptives
v) Iatrogenic

I. GENERAL DISEASES:
a) Blood dyscrasia:
Leukaemia, severe anaemia, thrombocytopenia purpura, coagulation disorders are seen in 20% of adolescents.
b) Thyroid dysfunction:
• Hypothyroidism
• Hyperthyroidism
II. LOCAL PELVIC CAUSES:

a) Uterine causes:
Uterine fibroids, fibroid polyp, adenomyosis, endometrial hyperplasia.

b) Ovarian causes:
Chocolate cyst, Polycystic ovarian disease (PCOD), Endometriosis.

c) Tubo-ovarian causes:
Pelvic inflammatory disease (PID), Salpingo-oophoritis, genital TB, varicose veins in the pelvis.

d) Arteriovenous malformation:
Uterine arteriovenous fistula and varicosity of vessels.

III. INTRAUTERINE CONTRACEPTIVE DEVICE:

a) IUCD
b) Post tubal sterilization
c) Progestogen-only pills

IV. HORMONAL

a) Ovulatory: Irregular ripening or irregular shedding
b) Anovulatory: Resting endometrium - 80%

V. IATROGENIC

a) Estrogen prescribed for the relief of non-gynecological conditions.
b) Both estrogen and progesterone administration.
c) Intrauterine contraceptive devices (IUCD) 10-20% of women wearing the device suffer from menorrhagia in the first few months.

Symptoms:
- Bleeding for longer than a week
- Anemia
- Tiredness
- Fatigue
- Restricting daily activities due to heavy menstrual flow
- Pain present in lower abdomen
- Low back pain

Neha; top

(Aetiology):
General aetiology for Perumpaadu, as summarized by YUGIMUNI are as follows:

"அருகியிற்கார் என்றால் மோதியேற்ற காரணங்கள் வண்டியும்
அருகியிற்கார் வல்லுனர்களைக் குறிப்பிட்டு விளக்கம்
முன்னேற்றால் வண்டியேற்ற தெளிவாக சூட்டினார். விளக்கம்
பரியாளியுடையனர் புரோட்டேச்சர் குறிப்பிட்டு
தொன்றியில் புரோட்டேச்சர் குறிப்பிட்டு குறிப்பிட்டு
நோக்காளியுடையனர் குறிப்பிட்டு குறிப்பிட்டு
அருகியிற் புரோட்டேச்சர் குறிப்பிட்டு குறிப்பிட்டு
தொன்றியில் சூட்டினார் குறிப்பிட்டு குறிப்பிட்டு
நோக்காளியுடையனர் குறிப்பிட்டு குறிப்பிட்டு
குறிப்பிட்டு
நோக்காளி
வண்டியேற்ற
c
லும்பூர்: 718, மறைமாடம்: 280
-புரோட்டேச்சார் ந௎ங்கள் குறிப்பிட்டு 800(5)

"வருவதோம் குறிமரங்கள் போர்த்தாக பெருந்து
ொளியாளர்கள் ஏற்படுகின்றனர் வண்டியேற்ற ஆரம்பம்
வருவதோம் போர்த்தாக பெருந்து ஆரம்பம்
-புரோட்டேச்சார் ந௎ங்கள் குறிப்பிட்டு 800(5)"
Those who abuse or show severe cruel activity to her husband
• Voiding of urine and faeces in the direction of Sun
• Abusing the poor people and disrespecting the Sages
• Having sexual intercourse during menstrual period
• Indulging in excessive intercourse
• Overconsumption of spicy food
• Vigorous anger
• Taking Non vegetarian food
• Disturbance in sleep
• Intake of food without appetite
• Lifting heavy weights
• Daytime sleep
• Sleep in discomfort position

YUGIMUNI has classified Perumpaadu into 4 types
1) Vatha Perumpaadu
2) Pitha Perumpaadu
3) Kabha Perumpaadu
4) Thontha Perumpaadu

Clinical features listed out in the verse are
• Head ache,
• Low Back Pain,
• Body complexion is changed into black,
• Pain in lower abdomen,
• Menstrual bleeding is reddish black colour.
2. Clinical Features:

"Mnkd;w td;ij, wq;nfhl; lhJ mOfp kQ;rs;epwk; Nghy; Cw;Wk; Ntnkd;w NahdpapNy Ntf;fhLz;lhk; NkdpANk ntSj;J kpLf;F NghFk; fhnkd;w fhy;ifA kow;w yhFk; fUfyha; fl;bNghY jpuk; tPOk; Njnkd;w rpWfLg;gh kq;fnky;yhk; rPwpaNjhh; gpj;jj;jpd; rpuht khNk 800(5)

Clinical features listed out in the verse are
- Loss of appetite,
- Menstrual bleeding in rotten yellow colour,
- Soreness of vagina
- Pallor of the body
- General weakness of limbs,
- Sometimes menstrual bleeding is black colored with blood clots,
- Body pain.

3. Clinical Features:

"MFnk nts;isepw khf Cw;Wk; mypahd ewh;w;jhd;kpf Tz;lhFk; NtFNk clk;ngq;Fk; tpG+jp G+h;f;Fk; nte;joyha; Alk;ngq;Fk; vhpr;ryhFk; ghFNk glglg;G %r;R Kz;lhk; ghukhq; NfhionahL, UkyhFk; NjFNk abf;fbf;F kaf;f khFk; Nrl;Lkj;jpd; rpuhtnkd;Nw nrg;g yhNk 800(5)

Clinical features listed out in the verse are
- Palpitation,
- Breathing Difficulty,
- Cough,
- Increased frequency of dizziness,
- Body complexion turn into ash colour,
- Increased foul smell,
- Menstrual bleeding is white in colour.

4. Clinical Features:

"MFnk nts;isepw khf Cw;Wk; mypahd ewh;w;jhd;kpf Tz;lhFk; NtFNk clk;ngq;Fk; tpG+jp G+h;f;Fk; nte;joyha; Alk;ngq;Fk; vhpr;ryhFk; ghFNk glglg;G %r;R Kz;lhk; ghukhq; NfhionahL, UkyhFk; NjFNk abf;fbf;F kaf;f khFk; Nrl;Lkj;jpd; rpuhtnkd;Nw nrg;g yhNk 800(5)

Clinical features listed out in the verse are
- Abdominal distension,
- Excessive salivation,
- Tremors of head,
- Menstrual bleeding is red with black colour blood clots,
- Foul smell.
The differentiation between types of dysfunctional uterine bleeding (குண்ணாய்வு) in siddha:

<table>
<thead>
<tr>
<th>S.No</th>
<th>Types</th>
<th>Vatha permbadu</th>
<th>Pitha permbadu</th>
<th>Kaba permbadu</th>
<th>Thontha permbadu</th>
</tr>
</thead>
</table>
| 1    | Menstrual bleeding colour    | Reddish black colour | a) Rotten yellow colour  
b) Sometimes black colour | White colour       | Red colour with black colour |
| 2    | Clots                        | -                  | Present         | -                   | Present          |
| 3    | Odour                        | -                  | -               | Excessive odour     | Present          |
| 4    | Body complexion              | Black              | Pallor          | Ash                 | -                |

**Menstruation-physiology of Siddha:**
- Vaatham is responsible for the maturation and movement of follicle, rupture and release of ovum in ovarian cycle.
- Pitham is the energy of transformation which expresses the nature of hormones assists in the rupture of the follicle.
- Kapham the heavy and cool qualities nourishes the tissues of the uterus (endometrium) and entire reproductive system.
- In Perumpaadu Vaatham (Vali) is altered and it also affect Pitham (Azal) and Kapham (Iyam) one by one.

**தொழிங்கு (Treatment):**
- First we have to bring three humors to equilibrium. So initially we have to give bowel cleansing method for altered Vaatham (Vali).
- Administrate the suitable internal medicine.
- Pathiyam for getting the best result from medicine

**Line of treatment:**
To regulate the Vaatham (Vali) humour:

**Kazhichal Maruthuvam (Bowel cleansing method)**
- Agathiyar kuzhambu
- Sithathi ennai

**Internal medicine for Perumpaadu:**
**Kudineer**: Marutham pattai kudineer  
Asoham pattai Kudineer
**Chooranam:**
- Thiripala Chooranam
- Kaavikkal Chooranam
- Thiratchathy Chooranam
- Seenthil Chooranam
- Elathy Chooranam

**Vadagan**: Impooral vadagam  
Vaazhai poo vadagam

**Ilagan:**
- Karisalai ilagan
- Kumari ilagan
- Venpoosani ilagan

**Nei:**
- Thanner vitaan nei
- Venpoosani nei

**Chendrum:**
- Padigalinga chendrum
- Annabedi chendrum
- Aarumuga chendrum

**Parpam:**
- Muthuchippi parpam
- Sangu parpam

**Diet:**
- Impooral vadagam
- Vaazhai poo vadagam

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DO’S
- Advice to take plenty of fibre rich foods like fruits, greens, nuts and leafy vegetables.
- Advice to take Iron enriched greens, vegetables and cereals. Iron containing vegetables and fruit to prevents anaemia.
- Vitamin ‘C’ enriched diet which ensures Iron absorption and Capillary constriction.
- Daily consumption of dates supports the therapy.
- Salt restricted diet.
- Reducing Caffeine, Sugar and alcohol intake may be beneficial.
- Reduce stress.
- Hip bath – Hot water hip bath as routine practice should be taken for 10 minutes at temperature of 50°C – 60°C.
- Gentle exercises such as deep breathing exercises, progressive muscle relaxation, range-of-motion exercises to keep the joints mobile and slow relaxed walking promotes good oxygenation and circulation and can even help to increase energy.

References:
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