

Management of Leucorrhoea (*Vellai Saithal*) in Siddha Teaching Hospital, Kaithady - The Observational Study

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Gynecology is the medical practice which deals with the female reproductive system. Leucorrhoea is the most complained condition of women in their reproductive age. It is correlated to *Vellaisaithal*, *Vellai*, *Ventheettu*, *Piramyam* and *Pramegam* in Siddha texts. Every woman experiences at least a short amount of white discharge in their life time. But leucorrhoea is defined as the excessive amount of white discharge more than the normal level. Siddha say that this is primarily due to alteration in the equilibrium of *pittha kutram*. The observational study was done on management of *Vellaisaithal* in 3 selected OPD patients between the age group of 35 to 45 years, who were given “informed consent” for research publication. The drugs chosen for internal medications are *Venpoosani legiya m*(5-10g/bd/pc with cow milk), *Asokampattai chooranam*(1-2g/bd/pc with honey) *Sathikkai chooranam* (1-2g/bd/pc with honey) and *Santhana asawa* (15ml/bd/ac), and *Panjathuvarpi kasayam* is applied externally for vulval wash which is used in Gynecological clinic in Siddha Teaching Hospital, Kaithady. Further the author analyzed the organoleptic character and pharmacological actions related to cure Leucorrhoea among the ingredients of mentioned drugs. The diagnosis was carried out on the basis of detailed history and results were assessed on the basis of symptomatic relief after treatment. As observed before the treatment (based on history) among those 3 patients, they complained 100% of excessive white discharge and associated symptoms such as, 75% vulval itching, 50% burning micturition, 100% odour, 25% lower abdominal pain, 75% backache and 75% body heat. After 7 days of treatment progress was recorded. In continuous follow up, on 14th day, those 3 patients got 100% relief of excessive white discharge and above given clinical symptoms, except body heat which reduced only 50% after the treatment. Patients were advised to attend the OPD after one month for post treatment follow up. The ingredients of the above mentioned internal medications have actions which will neutralize the deranged *pittha kutram*, control the excessive white

discharge, cure the body weakness and strengthen the uterus and vagina. The above mentioned external application's ingredients cure vaginal itching. From the above study it is clear that those drugs can be used as a safe and effective therapeutic agent in the management of *vellai saithal*.

Key Words: Leucorrhoea, *Vellai saithal*, *Venpoosani legiyam*, *Asokampattai chooranam*, *Sathikkai chooranam*, *Panjathuvarpi kasayam*