

A Review on Siddha Aspect in The management of Pen Maladu (Female Infertility)

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Health care is marching forward in optimizing the life expectancy against the challenges put forth. With the tremendous advancement in modern day life style and technological development, sophistication of human life is at peak nowadays. But nature has its own decision in shaping the modern man in this world. Infertile couples are standing as an example for this. Siddhars of continent were on their methods to go in harmony with nature. Hence, they were successful in designing the identification and management for infertility particularly for females with the treasures of Siddha principles. As a testimonial to this, the following review throws some light towards the approach. . In this review causes, symptoms, and types are describe according the literatures. Female infertility is the major disorder which has altered the mankind for lack of conception and reproducibility, stressful world, excess radiation, lack of biologtronic discharge have resulted the female infertility. Infertility/ childlessness cause great personal suffering &ditress. Most of this agony & misery is hidden from the public gaze. Infertility is in approximately male related problems account for about 30%, female related problem account for another 30 %,in next 30% both are responsible. Almost all the people are having a strong desire to conceive a child at some point during their reproductive lifetime. Understanding what defines normal fertility is crucial to help a person or couple to know when it is time to seek help. These factors like advanced maternal age, weight, diet, smoking, other medical conditions, ovulation disorders, hormonal disturbances, psychological factors, environmental pollutants, medications that hamper the ovulation, positive family history and infections also might have an effect on conception in couples. Infertility can arise from either of the partners. But inadequate knowledge regarding fertility, misconceptions, myths have sometimes cause fatal incidences. In maximum cases of infertility the female partner is being always accused for the case. But practically both partners are equally responsible. Discussing the Siddha concepts and practices that are followed in case of infertility in females Pathiyam is important to regulate

ovulation and enhances fertilization. Foods to nourish all seven dhatus and enhance the reproductive tissue. Some remedies help to create the synergistic hormonal balance between the Follicle Stimulating Hormone (FSH) and the Luteinizing Hormone (LH). Internal cleansing and detoxification also one of the good way to conceive.

Key Words: Siddha Medicine, Female Infertility, Maladu, Karparogam.