

The Management of “*Perumpadu*” (Menorrhagia) in Siddha Teaching Hospital, Kaithady Observational Study

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Siddha Medicine is an ancient medicine and a comprehensive system that places equal emphasis on body, mind and spirit. *Perumpadu* is one of the gynecological diseases which is more common in women of reproductive age. This is defined as the Excessive loss of menstrual bleeding more than 80ml. In modern aspect it can be correlated with Menorrhagia. The world health organization reports that 18 Million women, aged 30 to 50 years perceive their menstrual bleeding to be exorbitant. The observational study was done in Siddha Teaching Hospital, Kaithady. Three (3) patients were selected from the outpatient department (OPD) aged between 35 to 45 years, and obtained their consent. Out of 3 patients, one patient came with complaints of excessive bleeding during menstruation, backache, abdominal pain and 2 patients with complaints of passing clots. These patients have not any other disease which aggravates menorrhagia. These patients were treated with internal medicines *Asoka arista* (15ml / bd/ac), *Pushyanuka chooranam* (1g/bd/pc with honey) and *Saathikkai chooranam* (1g/tds/pc with honey) seven days. The progress of sign and symptoms were observed. At the end of the 7th day all patients were completely cured (100%) from abdominal pain and passing clots, and 2 patients (66.66%) were cured from Excessive bleeding and Backache. The ingredients in these drugs have the pharmacological actions such as astringent, tonic and alterative. Astringent action controlled the excessive bleeding, and alterative, tonic actions reduced the body's weakness and strengthened the uterus. So these drugs are more effective and the best solution for the *Perumpadu*.

Key Words: *Perumpadu, Asoka arista, Pushyanuka chooranam, Saathikkai chooranam*