

# INTERNATIONAL JOURNAL OF CURRENT RESEARCH IN BIOLOGY AND MEDICINE

ISSN: 2455-944X

www.darshanpublishers.com

Volume 4, Issue 6 - 2019

## Review Article

DOI: <http://dx.doi.org/10.22192/ijcrbm.2019.04.06.003>

## Review of Medicinal Plants for Menorrhagia in traditional siddha medicine

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### Abstract

Menorrhagia is also a frequent side effect of intrauterine contraceptive devices. Menorrhagia is defined as menstrual blood loss of more than 80ml per menstruation from a normal secretory endometrium after a normal ovulation. Menorrhagia with treated medicinal plants such as *Saraca asoca* (Ashokam), *Glycyrrhiza glabra* (Athimathuram), *Cynodon dactylon* (Arugampul), *Symplocos racemosa* (Vellilothiram). This review paper deals with the medicinal plants treated the menorrhagia.

**Keywords:** Menorrhagia, *Saraca asoca*, *Glycyrrhiza glabra*, *Cynodon dactylon*, *Symplocos racemosa*, Siddha formulation.

### Introduction

The Siddhars did extensive research on plants and devised methods by which plants could be harnessed medicinally. They also described the poisonous nature of some and antidotes for them and classified plants based on the way they affected body. According to the theories of humoral pathology, all diseases are caused by the discordant mixture of Vatha, Pitha and Kapha. Vatha occupies regions related to the pelvis and the rectum, Pitha occupies regions related to the stomach and viscera, Kapha occupies regions related to the breath, the throat and the head. Menorrhagia treated with medicinal plants such as *Saraca asoca* (Ashokam), *Glycyrrhiza glabra* (Athimathuram), *Cynodon dactylon* (Arugampul), *Symplocos racemosa* (Vellilothiram).

### Medicinal plants:

***Saraca asoca*: (Ashokam)**

#### Classification:

|                        |                        |
|------------------------|------------------------|
| <b>Kingdom</b>         | : Plantae              |
| <b>Division</b>        | : Magnoliophyta        |
| <b>Class</b>           | : Magnoliopsida        |
| <b>Order</b>           | : Fabales              |
| <b>Family</b>          | : Leguminosae          |
| <b>Sub-Family</b>      | : Caesalpinaceae       |
| <b>Genus</b>           | : <i>Saraca</i>        |
| <b>Species</b>         | : <i>Asoca</i>         |
| <b>Bontanical name</b> | : <i>Saraca asoca</i>  |
| <b>Synonyum</b>        | : <i>Saraca indica</i> |

**Pharmacological activity:**

The plant also exhibits several pharmacological properties such as Anti-microbial activity, Anti-cancer activity, Anti-oxytocic activity, antidiabetic activity, CNS depressant activity, Anti-ulcer activity, Analgesic activity, Anti haemorrhagic activity, Larvicidal activity, Uterine tonic activity, Analgesic activity.

***Symplocos racemosa*: (Vellilothiram)****Classification:**

|                    |                    |
|--------------------|--------------------|
| <b>Kingdom</b>     | : Plantae          |
| <b>Division</b>    | : Magnoliophyta    |
| <b>Subdivision</b> | : Spermatophyte    |
| <b>Class</b>       | : Magnoliopsida    |
| <b>Sub class</b>   | : Dilleniidae      |
| <b>Order</b>       | : Ebenales         |
| <b>Family</b>      | : Symplocaceae     |
| <b>Genus</b>       | : <i>Symplocos</i> |
| <b>Species</b>     | : <i>racemosa</i>  |

**Chemical composition****Alkaloids**

Loturine – 0.25%  
Colloturine – 0.02%  
Loturidine – 0.06%  
along with them it contains glycosides.

**Pharmacological activity**

Anti-acne effect, Analgesic and Anti-inflammatory activity, Anti-oxidant activity, Anti-helminthic activity, Anti-angiogenic activity, Anti-bacterial activity, Anti-cancer activity, Female reproductive disorder, Lipoxygenase and Urase inhibitory activity, Hepato-protective activity, Phosphodiesterase, Thymidine phosphorylase and Butyryl cholinesterase inhibitory activity.

***Glycyrrhiza glabra*: (Athimathuram)****Classification**

|                       |                 |
|-----------------------|-----------------|
| <b>Kingdom</b>        | : Plantae       |
| <b>Sub kingdom</b>    | : Tracheobionta |
| <b>Super division</b> | : Spermatophyta |
| <b>Division</b>       | : Magnoliophyta |
| <b>Class</b>          | : Magnoliopsida |
| <b>Sub class</b>      | : Rosidae       |

|                |                      |
|----------------|----------------------|
| <b>Order</b>   | : Fabales            |
| <b>Family</b>  | : Fabaceae           |
| <b>Genus</b>   | : <i>Glycyrrhiza</i> |
| <b>Species</b> | : <i>glabra</i>      |

**Chemical composition**

The presence of many volatile components such as Pentanol, Hexanol, Linalool oxide A and B, Tetra methyl pyrazine, Terpinen-4-ol, -terpineol, Geraniol and others in the roots are also reported.

**Pharmacological activity:**

Anti-bacterial activity, Antithrombotic activity, Anti-oxidant activity, Enzyme inhibitor activity, Anti-fungal activity, Anti-viral and Immunostimulatory effects, Anti-malarial activity, Spasmolytic activity, Expectorant activity, Anti-allergic activity, Anti-ulcer activity, Anti-inflammatory activity, Hepato protective effects, Anti-convulsant, Anti-carcinogenic activity.

***Cynodon dactylon* (Arugampul)****Classification**

|                       |                   |
|-----------------------|-------------------|
| <b>Kingdom</b>        | : Plantae         |
| <b>Sub kingdom</b>    | : Tracheobionta   |
| <b>Super division</b> | : Spermatophyta   |
| <b>Division</b>       | : Magneliophyta   |
| <b>Class</b>          | : Liliopsida      |
| <b>Sub class</b>      | : Commelinidae    |
| <b>Order</b>          | : Cyperales       |
| <b>Family</b>         | : Poaceae         |
| <b>Genus</b>          | : <i>Cynodon</i>  |
| <b>Species</b>        | : <i>dactylon</i> |

**Chemical composition**

Flavanoids, Alkaloids, Glycosides, Terpenoids, Triterpenoids, Steroids, Saponins, Tannins, Resins, Phytosterols, Reducing sugars, Carbohydrates, Proteins, Volatile oils and Fixed oils.

**Pharmacological activity**

Pharmacological effect on central nervous effect, Antidiabetic effect, Anti-microbial effect, Anti-parasitic, insecticidal and Gastrointestinal effect, Anti-oxidant effect, Cardiovascular effect, Immunological and anti-allergic effect, anti-inflammatory, anti-pyretic and Analgesic effect, Anti-cancer effect, Protective effect, Diuretic effect, Dermatological effect, Bronchodilatory effect.

## Discussion

*Saraca indica* (ashokam) has oxytocic action which strengthens the endometrium of uterus and also useful to cure the disease related to uterus. It reacts on the ovarian tissue and also its action resembles as estrogen & stimulates the normal functionality of uterus thus it arrests bleeding. Naturally oxytocin present *Saraca asoca* it works by increasing the concentration of calcium inside muscle cells that control contraction of the uterus.

*Symplocos racemose* (Vellilothiram) has estrogen activity. Naturally mild astringent action also present. It coagulates the blood so that it cures menorrhagia. It amazingly involves in the vasoconstriction of capillaries which helps to controls the increased flow of bleeding and also acts as the deobstruent.

*Glycyrrhiza glabra* (Athimathuram) strengthens the uterus as it has phytoestrogen constituent. *Glycyrrhiza glabra* contains isoflavones (phytoestrogen).

*Cynodon dactylon* (Arugampul) can be used for all menstrual problems. The leaf juice of this plant is taken orally during menstruation to prevent excessive bleeding. Naturally *Cyandon dactylon* - presences of styptic action.

## Conclusion

Menorrhagia treated with medicinal plants such as *Saraca asoca* (Ashokam), *Glycyrrhiza glabra* (Athimathuram), *Cynodon dactylon* (Arugampul), *Symplocos racemosa* (Vellilothiram).

## Acknowledgments

The authors wish to thanks The Vice Chancellor, The Tamilnadu Dr. MGR Medical University, Gunidy, Chennai and to Indian Medicine And Homeopathy Department Arumbakkam, Chennai and specially thank to principal, Government Siddha Medical College, Palayamkottai.

My special thanks to my friend P.Suganciya B.E. Finally, I would like to thank my parents (Late) Dr.A.M.Raj H.M.P, R.Jeyamary.

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Aruljothi R, Thiruthani M. (2019). Review of Medicinal Plants for Menorrhagia in traditional siddha medicine. Int. J. Curr. Res. Biol. Med. 4(6): 11-13.

DOI: <http://dx.doi.org/10.22192/ijcrbm.2019.04.06.003>