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Review Article

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The Literature Review of Irregular periods in Siddha system of medicine.

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Abstract

Long and irregular menstrual cycles, a hallmark of polycystic ovary syndrome (PCOS), have been associated with higher androgen and lower sex hormone binding globulin levels and this altered hormonal environment may increase the risk of specific histologic subtypes of ovarian cancer. We investigated whether menstrual cycle characteristics and self reported PCOS were associated with ovarian cancer risk among 2,041 women with epithelial ovarian cancer and 2,100 controls in the New England Case Control Study (1992–2008). Menstrual cycle irregularity, menstrual cycle length, and PCOS were collected through in person interview.

However, we observed significant differences in the association with menstrual cycle irregularity and risk of ovarian cancer. Most notable, menstrual cycle irregularity was associated with a decreased risk of high grade serous tumors but an increased risk of serious borderline tumors among women who were overweight. Hence forth to decrease the risk of ovarian cancer a new methodology by using healthy eating and healthy living with a small effort of siddha medicine is demonstrated.

Keywords: siddha medicine, Menstrual cycle, PCOS, ovarian cancer.

Introduction

The menstrual cycle is a naturally occurring function in women of reproductive age. The average length of the cycle is 28 days and is comprised of four phases: menstruation, the follicular phase, ovulation, and the luteal phase.

During the menstrual cycle, woman body undergoes many physiological and hormonal changes. The process begins with your brain triggering certain hormones to stimulate egg growth. Once the egg matures it will release from the ovary and travel through the fallopian tube into the uterus. If the egg is not fertilized by sperm, it will disintegrate and be absorbed. When the egg goes unfertilized, hormone levels will drop causing the lining of the uterus to shed

and bleed resulting in a discharge through the vagina. Bleeding (also known as your menstruation or your “period”) generally lasts around five days, but that varies from woman to woman. Irregular periods may occur in some women.

The menstrual cycle has a limited life span. It begins around 11 to 14 years of age (or at the onset of puberty) and lasts until around 50 (or at the onset of menopause).The duration of the menstrual cycle can vary. It can last from 24 to 42 days when counting from the first day of bleeding in one cycle to the first day of bleeding in the next cycle.

Some factors that might cause and abnormal period includes the use of birth control pills, low or high body fat, weight gain or loss, stress, extreme exercise, and pregnancy.

Irregular periods

A period, or menstruation, is the part of the menstrual cycle in which the endometrium, which is the lining of the uterus, is shed. This appears as bleeding from the womb that is released through the vagina. Periods usually start during puberty, between the ages of 10 and 16 years, and they continue until menopause, when a woman is 45- to 55-years old.

Irregular periods is also called oligomenorrhea, can occur if there is a change in contraception method, a hormone imbalance, hormonal changes around the time of the menopause, and endurance exercises.

Causes Of Irregular Periods

A number of factors increase the chance of irregular menstruation. Most relate to hormone production. The two hormones that impact menstruation are estrogen and progesterone. Due to the deficiency of these hormones irregular periods are caused. The other main causes are

- PCOD
- Thyroid variations.
- Obesity.
- Dropped hemoglobin
- Stress
- Anxiety
- Lack of physical work.
- Extreme weight loss
- Eating disorders, such as anorexia or bulimia

Healthy Eating

Irregular periods can be cured by managing our day to day habits and eating habits. Eating habits makes a large changes. The foods we take plays a major role in hormone balancing and managing weight. Healthy eating includes fruits, greens and vegetables. Millets plays a vital role in regular periods. Due to its high fibre content and reduced carbohydrates it enhances weight management also.

Top 10 foods for irregular periods

1. Papaya
2. Parsley
3. Turmeric
4. Ginger

5. Oily fish
6. Carrots
7. Flaxseeds
8. Aloe vera
9. Almonds
10. Eggs

Healthy life style

Healthy lifestyle is a way of living a life in combination with nature. Focusing on a healthy lifestyle not only improves your quality of life, but it may add years as well. Being mindful of your diet, physical activity and stress levels allows you to effectively balance all aspects of your life and might increase your life span. Maintaining regular physical examinations aids with early detection and treatment of medical conditions. In addition, your doctor can recommend lifestyle habits that contribute to a longer and healthier life. Adding a 30 minutes of yoga or physical activity will improve the regularity of periods. Some of the important yogasanas can be used to cure irregular periods are

- Vajrasana
- Baddhakonasana
- Dhanurasana
- Bhujangasana
- Paschimottanasana
- Suryanamaskar
- Bhujangasana

Treatment for irregular periods

In Siddha medicine system use of metals, minerals and chemical products is predominant. The use of metals started from the period of Vagbhata (6th Centaury AD). For irregular periods varies medicines have been used among them Kalarchi churanam, Rasagendhi melugu, Zigrrhoea capsule, Sowbhagya sundi leghyam and Ashokarishtam are the most effective drugs.

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