

**PHASES OF MENSTRUATION – SIDDHA CONCEPT WITH SCIENTIFIC EVIDENCE****Dr. K. Rajeswari<sup>1\*</sup> and Dr. N. Sabari Girija<sup>2]</sup>**<sup>1</sup>Emergency Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai.<sup>2</sup>Residential Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai.**\*Corresponding Author: Dr. K. Rajeswari**

Emergency Medical Officer, National Institute of Siddha, Tambaram Sanatorium, Chennai.

Article Received on 27/08/2022

Article Revised on 17/09/2022

Article Accepted on 07/10/2022

**ABSTRACT**

The menstrual blood which is partly blood and partly tissue from the inside of the uterus flows from the uterus through the cervix and out of the body through the vagina. The average cycle is 28 days long; however, a cycle can range in length from 21 days to about 35 days. The Panchekaranam theory (Theory of Five Fold Combination) of Siddha science explains the origin and formation of these basic elements as well as the role of these five elements in the formation of every substance in the universe including human beings. The whole universe including man is believed to be constituted of five primordial elements or Panchabhootham viz. Earth, Water, Fire, Air and Space. This article is mainly based upon the correlation between phases of menstruation and siddha basic concepts.

**KEYWORDS:** Phases of menstruation, Panjaboodham, Mukkutram, Siddha concept.**INTRODUCTION**

In the Siddha system of medicine, man is viewed as a microcosm and the universe as a macrocosm. In other words, man is a miniature universe in himself. What exists in the Universe exists in man. The whole universe including man is believed to be constituted of five primordial elements or Panchabhootham viz. Earth, Water, Fire, Air and Space.

The Panchekaranam theory (Theory of Five Fold Combination) of Siddha science explains the origin and formation of these basic elements as well as the role of these five elements in the formation of every substance in the universe including human beings. This article is mainly based upon the correlation between phases of menstruation and siddha basic concepts.

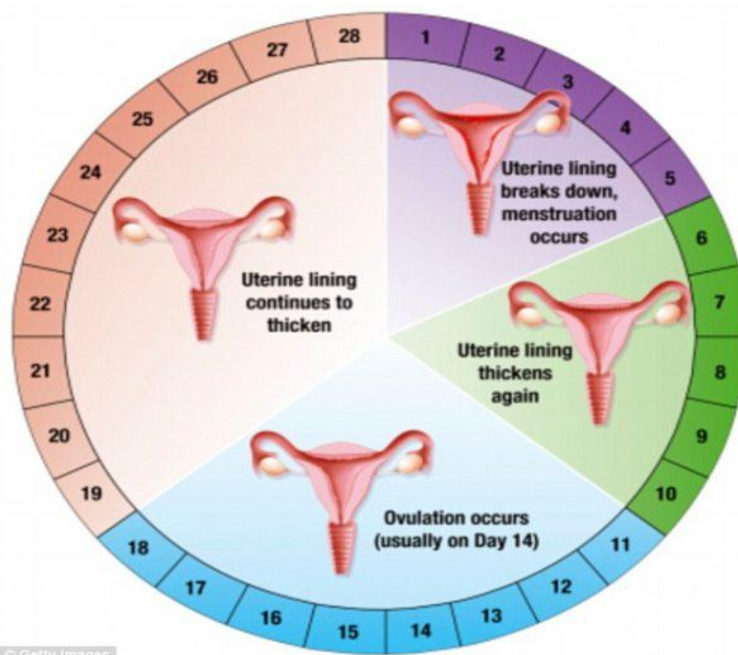
**Menstruation**

- Menstruation is the monthly shedding of the lining of a woman's uterus.
- Menstruation is also known by the terms menses, menstrual period, cycle or period.
- The menstrual blood which is partly blood and partly tissue from the inside of the uterus flows from the uterus through the cervix and out of the body through the vagina.<sup>[1]</sup>

- The average cycle is 28 days long; however, a cycle can range in length from 21 days to about 35 days.

**Phases of menstrual cycle<sup>[2]</sup>**

- There are four phases of menstrual cycle.
  - Menstrual phase (Day 1 to 5)  
Lining of uterus sheds. Hormones are low.
  - Follicular phase (Day 1 to 13)  
Uterine lining builds; Follicle stimulating hormone (FSH) and oestrogen rises.
  - Ovulation phase (Day 14)  
Egg is released; oestrogen and luteinising hormone (LH) reaches its peak.
  - Luteal phase (Day 15 to 28)  
Uterine lining continuous to build, mature and stabilise. If the egg is not fertilised, hormones drop near the end of luteal phase and begins the next menstrual phase. Oestrogen drops and progesterone rises.



**Siddha concept in menstruation**

Physiologically, the menstrual phases are compared with siddha basic concept-Mukkutram and Panjaboodham.

Phases of menstruation	predominant kuttram	characteristic of panchaboodham	action
Menstrual phase	Increases the vadham (air + space) and decreases pitham (fire).	Vaayu (air) - udal vaattam (physical weakness), mana kavalai (anxiety), thalarchi (slack and flexible) Agayam (space) – thelivu (transparency).	Shedding of endometrium from the uterus.
Follicular phase	Increases the Kabam (earth + water)	Prithvi (Earth) – valarchi (growth), perugi odadha thanmai (static). Appu (Water) - thalarndhu perugal (flexible and spreading)	It stimulates the follicles and endometrium growth.
Ovulation	Increases the Pitham (fire) and Vadham (air + agayam)	Theyu (Fire) – sookumam (minuteness) Vaayu (air) – thalarchi (flexible), ooru (sensation), udal vaattam (physical weakness) Agayam (space) – nutpam (subtility)	The ovum released by vadham and it moves to the uterus through fallopian tube.
Luteal phase	Vadham (air + agayam) Pitham (fire)	Vaayu (air) - mana kavalai (anxiety) Agayam (space) - thulai udaiya bagangalai adaithal (plugging the passage), nutpam (subtility). Theyu (Fire) – veppam (warmth)	The follicle transforms into a structure known as corpus luteum. This structure starts releasing progesterone along with small amount of oestrogen.

**CONCLUSION**

Siddha system of medicine always played an important role in meeting the global health care needs. It is very difficult to understand the fundamentals of siddha system for other system of medicine. Hence, the speciality of siddha medicine and its philosophy should be compared scientifically to understand easily for other system of medicine. By this article the basic concept of siddha (Panjaboodham and Mukkutram) in phases of menstruation was explained.

**REFERENCES**

1. DC Dutta’s Textbook of gynaecology including contraception, 6<sup>th</sup> EDITION, 2013; 80-94.
2. K. Sembulingam, Prema Sembulingam, Essentials of Medical Physiology, 4<sup>th</sup> EDITION, 2008; P442-451.
3. Dr.Shanmugavelu, Noinaadal Part 1, Edition 3, 2003; p16,17,20,21.