



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
(மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம், ஆயுஷ் அமைச்சகம், இந்திய அரசு)

सिद्ध केंद्रीय अनुसंधान संस्थान

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VELLAI NOI - LEUCORRHOEA

Definition

Leucorrhoea is a condition, which is characterized by the white discharge from the female genitals. Usually the normal secretions are slimy and slightly sticky like that of nasal secretions. The vaginal secretions vary throughout the menstrual cycle peaking at ovulation and also increasing when under emotional stress.

Causes

- Nunpuzhukkal (Bacterial / Viral infection)
- Koobaga Thabitha Noi (Pelvic inflammatory disease)
- Karuppai Kazhundhu Thabitham (Cervicitis)
- Vankazhalai (Malignant tumors pertaining to female reproductive organs)

Preventive measures

- Avoid exposure to unhygienic water like drowning in the rivers and ponds.
- Avoid worry and mental stress.
- Avoid intercourse during treatment
- Avoid intercourse with infected persons

Health promoting tips

- Personal hygiene
- Adequate intake of water and fruit juice.
- Soak 2 to 3 tsp fenugreek seeds in a glass of water or buttermilk overnight.
Take it early morning in empty stomach.
- Take plenty of fresh, raw ladys fingers (*Hibiscus esculanthus*).

Curative herbs

- Kattrazhai - *Aloe vera*
- Venpoosani Kaai - *Benincasa hispida*
- Venthayam - *Trigonella foenum –gracum*
- Vellilodhra Pattai - *Symplocos racemosa*
- Vellarugu - *Enicostemma axillare*
- Nellikkai - *Emblica officinalis*
- Atthi Pattai - *Ficus glomerata*
- Thaneervittan Kizhangu - *Asparagus racemosus*
- Asogu - *Saraca asoca*

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