



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

सिद्ध केंद्रीय अनुसंधान संस्थान

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PERUMBADU - MENORRHAGIA

Definition

Perumbadu (Menorrhagia) is defined as menstruation at regular cycle intervals but with excessive flow and duration and is one of the most common gynecologic complaints in the fertile period of the women. Menorrhagia is an abnormally heavy and prolonged menstrual period with excessive menstrual bleeding lasting longer than 7 days or blood loss exceeding 80 ml caused by abnormal blood clotting, disruption of normal hormonal regulation of periods, or disorders of the endometrial lining of the uterus.

Causes

- Manovigaram (Stress)
- Kazhalai / Kattigal (Tumours)
- Sinaipathai / Sinaippai Thabitham (Salphingitis / Oopheritis)
- Surapigalin kolarugal (Hormone imbalance)
- Vitamin K deficiency
- Velluppu (Anemia)
- Poopu Mudivu Kaalam (Perimenopause)

Preventive Measures

- Bed rest
- Avoid over exertion
- No vigorous exercise
- Cold showers
- Avoid anxiety and tension

Health Promoting Tips

- Some fruits like pomegranate, grapes, Indian gooseberry, and banana consumption are highly recommended to prevent and treat excessive bleeding as well as the chance of infliction of anemia.
- The unripe papaya helps the contractions of the muscle fibers of the uterus and is thus beneficial in securing a proper menstrual flow.
- The use of banana flower is one of the most effective home remedies in the treatment of menorrhagia or excessive menstruation.
- Sesame seeds are valuable in menstrual problems.
- The use of ginger is another effective home remedy for menstrual disorders, especially in cases of painful menstruation and stoppage of menstrual flow.
- As Asoka is known to be having haemostatic activity, its decoction is useful.
- Cinnamon is known for the treatment of various menstrual disorders, including heavy menstruation.

Curative Herbs

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|-----------------|-------------|------------------------------|
| • Asoku | Ashoka | <i>Saraca indica</i> |
| • Banana Flower | Plantain | <i>Musa paradisiaca</i> |
| • Madhulai | Pomegranate | <i>Punica granatum</i> |
| • Masikkai | Nut gall | <i>Quercus infectoria</i> |
| • Naaval | Jamun | <i>Syzygium cumini</i> |
| • Ellu | Sesame seed | <i>Sesamum indicum</i> |
| • Imbooral | Dye root | <i>Oldenlandia umbellata</i> |
| • Atthi | Common Fig | <i>Ficus racemosa</i> |