



சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்
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सिद्ध केंद्रीय अनुसंधान संस्थान

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Elumbu uluthal noi (Osteoporosis) management in Siddha

Definition

Elumbu uluthal (Osteoporosis) is caused due to deranged Vatham in where the Enbu thathu(Bone Mass) is affected. It literally means increase porosity of Bones. It is described as a systemic skeletal disease characterized by low bone mass and micro architectural deterioration of bone tissues with a consequent in-crease in bone fragility and susceptibility to fracture.

Causes

- Genetic.
- Personal life style factors like
- smoking,
- alcoholism
- lower intake of calcium,
- non exposure to sun light and
- Certain diseases predis-pose this disease.
- Those who do not do exercise regularly.
- Family history.

Prevention measures

- Regular exercise
- Regular exposure to the evening sunlight to trigger Vitamin D the pro Harmon of cal-cium synthesis.
- Regular use of immuno modulators

Health promoting tips

- Consume liberally the soya products which con-tain Phytoestrogen and cal-cium rich food items.
- Consume the uterine tonics like Ashoku (*Saraca indica*), Velli Lothra Pattai. Thanneervittan kilangu (*Asparagus racemosus*).
- Consume liberally the leafy vegetables and greens
- Eat liberaly Pomegranets, carrot, fennel walnut, fish oils like cord liver oil and honey.

Curative herbs

- Amukku-ra (*Withania somnifera*),
- Seenthil (*Tinospora cardifolia*)
- Thanneer-vittan kilangu (*Asparagus race-mosus*),
- Pirandai (*Cissus quardan-gularis*)
- Nathaisoori (*Borreria hispida*).