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Siddha Solutions for Health: Maternal and Pediatric Care

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ABSTRACT:

This paper provides a comprehensive overview of Siddha medicine and its approach to maternal and pediatric care. It examines the historical context, fundamental principles and practical applications of Siddha remedies for various health concerns common during pregnancy and childhood. The paper explores the use of herbal formulations, dietary recommendations and therapeutic procedures within the Siddha system, highlighting potential benefits such as promoting healthy pregnancies, managing complications and supporting the growth and development of children .The potential advantages and limitations of utilizing Siddha medicine in these crucial life stages are discussed, along with its implications for modern healthcare systems.

Keywords: Siddha medicine, maternal health, pediatric health, herbal remedies, pregnancy, childhood, holistic care.

INTRODUCTION

The Siddha system of medicine, one of the oldest traditional healing modalities originating from South India, offers a holistic approach to health and wellness. With a rich repository of herbal formulations, therapeutic procedures, and preventive strategies. Siddha medicine emphasizes restoring balance within the body to promote overall well-being. This conspectus explores the efficacy and principles of Siddha solutions specifically tailored for maternal and pediatric care, highlighting their potential to enhance health outcomes, reduce reliance on synthetic drugs and support natural healing processes during critical stages of life. Understanding these Siddha traditional remedies can pave the way for integrating time-tested Siddha therapies into contemporary healthcare practices for mothers and children.

The Internal Female Genital Organs: A Journey Through Maternal Health

The internal genital organs in females are located within the pelvis. The female reproductive system encompasses both external and internal genital organs. The process of parturition is a miraculous event, often only fully appreciated after witnessing the intense and transformative journey of childbirth. The love and affection that a mother bestows upon her child during upbringing is both immeasurable and profound. This is why it is often said, “Since God could not be everywhere, He created Mothers.” Indeed, we thrive in this world thanks to these angelic figures who nurture us.

According to the wisdom of Thiruvalluvar, the first step in medical diagnosis lies in recognizing the symptoms as conveyed by the patient and observed by the physician. Following this, the root cause of the ailment must be explored, and appropriate medicines selected for treatment. It is essential to confirm the diagnosis and understand the pathology of the disease before proceeding with medical prescriptions, as these are crucial factors in accurate disease diagnosis.

Pregnancy and Growth of the Foetus

The journey of pregnancy marks one of the most extraordinary phases in a woman's life, characterized by profound physiological and emotional changes. At the core of this remarkable process is the conception, which can be compared metaphorically to the alchemical transformation where elements combine to create something new.

As the old adage suggests, “By the combination of water and lime, all supernatural powers will come to hand.” Similarly, when the male and female gametes unite, they initiate the complex process of creating life—a miracle in itself. This union, akin to the mystical combination of substances such as slaked lime and fuller's earth (vazhalai uppu), sets in motion the intricate dance of development that leads to the birth of a child.

The Process of Conception

When a man and woman copulate, the sperm fertilizes the egg, resulting in the formation of a zygote. This momentous event marks the beginning of a new life. As the zygote travels through the fallopian tube toward the uterus, it undergoes a series of mitotic divisions, eventually forming a blastocyst that will implant itself in the uterine lining.

Embryonic Development

Once implanted, the embryo undergoes rapid growth and development, entering distinct stages:

1. Germinal Stage (Weeks 1-2): This initial phase encompasses fertilization and implantation.
2. Embryonic Stage (Weeks 3-8): The groundwork for all major organs and structures is laid down during this critical phase. The heart begins to beat, limbs start to form, and the basic body plan is established.
3. Fetal Stage (Weeks 9-40): The embryo is now referred to as a fetus. This stage is characterized by growth and maturation of the organs, culminating in the preparation for birth.

Maternal Changes

Pregnancy brings about significant changes in a mother's body to support the growing fetus, including hormonal shifts, cardiovascular adaptations, and musculoskeletal adjustments. These transformations are vital for fostering a safe and nurturing environment, ensuring proper nutrient supply and oxygen delivery to the developing baby.

Pregnancy According To Vallathi Naadi

The Maturation of the Uterus and the Growth of the Foetus

As a girl matures into womanhood, her body undergoes transformative changes, particularly within the reproductive system. The uterus, often poetically likened to a blooming lotus with sixteen petals, represents the readiness for potential new life. For approximately sixteen days during the menstrual cycle, this "lotus" flourishes, only for its petals to gradually close day by day, symbolizing the delicate balance of fertility and the menstrual cycle.

Antenatal Care and Remedies for Pregnant Women

Antenatal care is crucial for ensuring the health and well-being of both the mother and the developing fetus throughout pregnancy. The following guidelines and herbal remedies can support pregnant women during each month of their pregnancy, addressing common discomforts and health concerns.

Antenatal Care Practices

1. Pavana Panchagula Thylam:
 - Dosage: 2 to 5 ml internally.
 - Purpose: This formulation may help boost overall health during pregnancy.
2. Decoction of Lotus Flowers:
 - Usage: Consume daily up to six months.
 - Benefits: Lotus flowers are traditionally believed to support reproductive health.
3. Ulunthu Thylam:
 - Application: Used externally.
 - Purpose: This herbal oil may help alleviate muscle pain and discomfort.
4. Ayabringa Raja Karpam:
 - Dosage: 1-2 gm daily with 5 gm of Satavari Lehiyam, taken twice a day.
 - Benefits: This combination supports hormonal balance and overall maternal health.
5. Mathulai Manappagu:
 - Dosage: 10 ml, taken twice daily.
 - Purpose: It is intended to help alleviate nausea and vomiting.

Month-by-Month Remedies

First Month

- Condition: Uterine pain.
- Remedy: Equal parts of lotus (Thamarai Poo), Santalum album (Santhanam), and Vilamichai root (Plectranthus vettiveroides), triturated with water and administered with milk.

Second Month

- Condition: Uterine pain.
- Remedy: Equal quantities of Thakkolam (Wild Betel) and Thamarai Poo (Lotus), triturated with water and administered with milk.

Third Month

- Condition: Twisting and gripping stomach pain.
- Remedy: Equal parts of white lotus (Ven Thamarai Malar) and Chengazhuneer root (Nymphaea odorata), triturated with water and administered with milk.

Fourth Month

- Condition: Pain and bleeding from the uterus.
- Remedy: Equal amounts of Neithal Kizhangu (Nymphaea pubescens) and Nochi root (Vitex negundo), triturated with water and administered with milk.

Fifth Month

- Condition: Stomach pain.
- Remedy: Equal parts of Aambal (Water Lily) flower and Vilamicham root (Plectranthus vettiveroides), triturated with water and administered with milk.

Sixth Month

- Condition: Inflammatory whirling pain in the uterus with urine retention.

- Remedy: Equal parts of Thippili (Piper longum), cashew nut (Munthiri Pazham), and Neithal Kizhangu (Nymphaea pubescens), triturated with water and administered with milk.

Seventh Month

- Condition: Stomach pain.
- Remedy: Equal parts of Vilamicham Ver (root of Plectranthus vettiveroides), Santalum album (Santhanum), and Thakkolam (Wild Betel), triturated with water and administered with milk.

Eighth Month

- Condition: Weakness in extremities and loss of appetite.
- Remedy: Equal parts of lotus (Thamarai Poo) and Neithal Kizhangu (Nymphaea pubescens), triturated with water and administered with milk.

Ninth Month

- Condition: Uterine pain.
- Remedy: Equal quantities of the bark of Arasu (Ficus religiosa) and Marutham (Terminalia arjuna), triturated with water and administered with milk.

Tenth Month

- Condition: Gripping stomach pain.
- Remedy: Equal parts of sugar and Illuppai Poo (flower of Madhuca longifolia), triturated with water and administered with milk.

Siddha Herbals

Botanical Name: Nelumbium Speciosum.

Family Name: Nymphaeaceae.

Overview of Lotus (Nelumbo nucifera) and Its Health Benefits

Lotus, scientifically known as Nelumbo nucifera, has been revered in traditional medicine for its diverse health benefits. This remarkable plant has various parts—roots, seeds, leaves, and flowers—that contribute to its medicinal properties. Below is a comprehensive summary of the benefits, research findings, and role of lotus in promoting health, particularly during pregnancy.

Health Benefits of Lotus

1. **Digestive Health:**
 - Rich in fiber, lotus roots stimulate peristalsis, helping to relieve constipation.
 - Effective for improving appetite and alleviating diarrhea.
2. **Detoxification:**
 - Helps in the detoxification of nicotine and various poisons from the body.
3. **Energy Boost:**
 - Used as a macrobiotic remedy to enhance energy and neutralize toxins, particularly helpful in combating chronic fatigue.
4. **Nervous System Support:**
 - May help alleviate symptoms of nervous instability and insomnia.
5. **Cardiovascular Health:**
 - Lotus root juice can help regulate high blood pressure, while also being beneficial for heart diseases.
6. **Skin Health:**
 - Drinking tea made from lotus roots and leaves can cleanse and refresh the skin.
7. **Respiratory Health:**
 - Effective in treating lung diseases, anemia, and other ailments related to the respiratory system.
8. **Anti-inflammatory and Antiseptic Properties:**
 - Lotus is believed to help in stopping various types of bleeding, especially due to heat-related conditions in the lungs or stomach.
9. **Nutritional Content:**
 - Contains ample iron, vitamin B, and vitamin C, contributing to overall health and wellness.
10. **Sinus Relief:**
 - Application of a plaster compress made from lotus can relieve sinus congestion and inflammation.

Research Findings on Lotus

1. **Antioxidant Activity:**
 - Studies have identified alkaloids, saponins, phenolics, and flavonoids in lotus, contributing to its significant antioxidant properties.
2. **Cognitive Benefits:**
 - Research in rats suggests that N. nucifera rhizome extract improves learning and memory, possibly through enhancement of neurogenesis.
3. **Diabetes Management:**
 - Lotus extracts have shown aldose reductase inhibition, indicating potential benefits in diabetes management.
4. **Antipyretic Effects:**
 - Ethanol extracts demonstrate a dose-dependent antipyretic effect comparable to standard medications like paracetamol.
5. **Diuretic Properties:**
 - Methanol extracts of lotus rhizomes exhibit significant diuretic activity.
6. **Hypoglycemic Effects:**
 - Oral administration of lotus extracts resulted in marked reductions in blood glucose and cholesterol levels, suggesting its potential in diabetes management.
7. **Anti-obesity Potential:**
 - Lotus leaf extracts have been shown to impair lipid digestion and absorption, promoting weight management.

8. **Anti-inflammatory Effects:**

- Lotus Plumule supplementation significantly inhibits the production of pro-inflammatory cytokines.

9. **Neuropharmacological Effects:**

- Methanolic extracts have been linked to reductions in spontaneous activity and muscle relaxant effects.

10. **Cytoprotective Properties:**

- The plant exhibits protective qualities against oxidative stress from heavy metals.

11. **Antimicrobial Activity:**

- Essential oils from lotus pollen have demonstrated inhibitory effects on pathogenic bacteria.

12. **Toxicology:**

- Oral toxicity studies indicate high safety margins for lotus extracts, with no adverse effects at certain doses.

Role of Lotus in Antenatal Care

Lotus flowers and carpels have been studied for their folic acid content, an essential nutrient during pregnancy that prevents neural tube defects and anemia. Folic acid plays a crucial role in ensuring a healthy antenatal period by supporting fetal development.

Drugs And Nutritional Support For Eradication Of Anemia In Pregnancy

Anemia during pregnancy is a common concern that can lead to serious complications for both the mother and the baby. Addressing anemia effectively involves both medicinal interventions and nutritional support. Below are traditionally used preparations and enhancements for managing anemia in pregnant women.

Medicinal Drugs For Anemia

1. Ayabringarajakarpam:

- Dosage: 200 mg twice daily for 90 days.
- Purpose: A Siddha formulation believed to improve blood health, particularly in terms of enhancing hemoglobin levels.

2. Annabedhi Chenduram:

- Dosage: 200 mg for 30 days.
- Purpose: Another Siddha medicine aimed at treating anemia and improving overall nutrient absorption.

3. Muthuchippi Parpam:

- Dosage: 200 mg for calcium supplementation.
- Purpose: Provides essential calcium to support maternal health during pregnancy.

4. Nellikai Lehiyam:

- Purpose: Contains vitamin C, which enhances iron absorption and overall nutrient utilization.

Common Nutrition Package

In addition to medicinal treatments, nutritional support is a critical component of anemia management during pregnancy. Below are some foods traditionally included in dietary recommendations for improving overall health and addressing anemia:

1. Ulunthu Kali:

- A nutritious porridge made from black gram, rich in protein and iron.

2. Athipalam:

- A food rich in various nutrients that are essential for pregnant women.

3. Panchamutti Kanchi (Porridge):

- A traditionally prepared porridge that provides balanced nutrition.

4. Peanut Urundai:

- Made from ground peanuts, which are rich in iron and protein, beneficial for combating anemia.

5. Ellu Urundai:

- A sweet made from sesame seeds, another good source of iron and calcium.

Research on Siddha Herbs – Antenatal Care

Pirandai (Cissus quadrangularis)

- Botanical Name: *Cissus quadrangularis*
- Parts Used: Stem

Research Overview:

- Study Context: The ethanol extract of *Cissus quadrangularis* was evaluated for anti-osteoporotic activity using an ovariectomized rat model of osteoporosis.
- Dosage: Tested at two levels, 500 mg/kg and 750 mg/kg per day.
- Findings: The extract demonstrated a significant anti-osteoporotic effect based on biochemical and histopathological evaluation.

Reference:

Annie Shirwaikar, Saleemulla Khan, S. Malini, Anti-osteoporotic effect of ethanol extract of *Cissus quadrangularis* Linn. on ovariectomized rats*, Journal of Ethnopharmacology, Volume 89, Issues 2-3, December 2003, Pages 245–250, ISSN 0378-8741.

Postnatal Care

Postnatal care is crucial for the health and recovery of the mother after childbirth. Lack of adequate care during this period can lead to serious health consequences for both the mother and the newborn. Here are some traditional remedies and practices recommended for postnatal care:

1. Sowbakya Chundi:
 - Dosage: 10 grams daily from the second day of delivery.
 - Purpose: Helps in restoring the uterus to its normal state post-delivery.
2. Thanneer Vittan Kilangu Nei:
 - Purpose: A fat preparation traditionally used to promote lactation for nursing mothers.
3. Thiripala Chooranam:
 - Usage: Recommended for douching in cases of excess lochia discharge.
 - Purpose: Aims to improve hygiene and facilitate healing during the postpartum period.

Research-Siddha Herbs-Post Natal Care

Rose Coloured Lead Wort-Parturifacient

Botanical name- *Plumbago indica*

Parts used- Root

The root of *Plumbago zeylanica* (commonly known as leadwort) has been extensively studied for its medicinal properties, particularly in traditional medicine systems such as Siddha and Ayurveda. Here are the key research findings related to this plant:

Overview of *Plumbago zeylanica*

Parts Used:

- The root of *Plumbago zeylanica*.

Traditional Uses:

- Digestive Aid: Traditionally used to stimulate digestion.
- Blood Purification: Believed to have properties that purify the blood.
- Menstrual Regulation: Used to promote menstrual flow and potentially alleviate menstrual disorders.
- Abortifacient Properties: Used in some traditional practices to induce abortion.

Active Component: *Plumbagin*

Plumbagin is a bioactive compound obtained from the root of *Plumbago zeylanica*. Its therapeutic effects have been the subject of various pharmacological investigations.

Pharmacological Activities:

1. Anti-implantation Effects:
 - Research suggests that Plumbagin can inhibit implantation of the fertilized ovum in the uterine lining, potentially functioning as a contraceptive agent.
2. Abortifacient Activity:
 - Plumbagin has demonstrated abortifacient effects in animal models, suggesting that it can induce abortion when used in appropriate dosages.

Karisalankanni - Potent Restorative Activity

Botanical name- *Eclipta prostrata*

Parts used – Whole plant

The study on *Eclipta prostrata*, commonly known as Karisalankanni or false daisy, highlights its potential use as a restorative agent for liver health, particularly in the context of damage caused by carbon tetrachloride (CCl₄), a well-established model for inducing hepatotoxicity in experimental animals. Here's a comprehensive overview of the research findings regarding the hepatoprotective effects of *Eclipta prostrata*.

Overview of *Eclipta prostrata*

Botanical Information:

- Botanical name: *Eclipta prostrata*
- Common names: Karisalankanni, false daisy
- Parts Used: Whole plant, particularly the leaves.

Traditional Uses:

- Used in traditional medicine for a variety of ailments, primarily liver disorders, skin diseases, and as a general restorative.

Research Findings**Induction of Hepatotoxicity:**

- Experimental Model: The study used male albino rats that were subjected to CCl₄-induced hepatic injury. Carbon tetrachloride is known to cause oxidative stress and liver damage, mimicking conditions such as chemical-induced liver injury in humans.

Assessment Method:

- Biochemical Parameters: The study monitored various biochemical markers in the serum to assess liver function and damage, including:
 - Liver enzymes (e.g., alanine aminotransferase [ALT], aspartate aminotransferase [AST])
 - Bilirubin levels
 - Other relevant liver function tests.

Findings:

- The aqueous leaf extract of *Eclipta prostrata* showed significant hepatoprotective effects, indicating its potential to restore liver function after damage caused by CCl₄.
- The extract helped to lower elevated enzyme levels associated with liver damage, suggesting a mitigating effect on hepatotoxicity.
- The study provided evidence that the administration of the leaf extract could restore normal biochemical parameters disrupted by liver injury.

Mechanism of Action:

While the exact mechanisms were not detailed in the context provided, common mechanisms by which *Eclipta prostrata* exerts its hepatoprotective effects may include:

- Antioxidant Activity: Reduction of oxidative stress by scavenging free radicals.
- Anti-inflammatory Effects: Modulating inflammatory pathways that are activated during liver injury.
- Enhancing Regenerative Capacity* Promoting the recovery of hepatocytes (liver cells) and improving liver function.

Implications of Research:

- Therapeutic Potential: These findings suggest that *Eclipta prostrata* could be explored further as a natural remedy for liver diseases and conditions characterized by hepatic injury.
- Alternative Medicine: The results support its traditional use in herbal medicine and indicate further possibilities for integration into modern therapeutic strategies for liver health.

Conclusion:

The aqueous leaf extract of *Eclipta prostrata* demonstrates significant restorative effects against CCl₄-induced hepatotoxicity in rats, highlighting its potential as a hepatoprotective agent. Continued research can elucidate the precise mechanisms of action and pave the way for future clinical applications in liver health management.

Ginger- Potent Energy Restorative Activity

Botanical name-Zingiber officinale Rosc.

Action-Carminative, stomachic, stimulant, digestive.

Parts Used-Rhizome

Research

The ethanol extract of *Zingiber officinale* showed protective effect against paracetamol induced hepatotoxicity at dose levels of 200 mg/kg nad 300 mg/kg and the protective effect was better at the higher dose.

Cherangkottai- Potent Energy Restorative Activity

Botanical name-Semecarpus anacardium

Parts used- Fruit-purified, milk extract

Research

Semecarpus anacardium significantly reversed the changes seen in the levels of the lipid peroxides, the glycolytic enzymes, the gluconeogenic enzymes and the mitochondrial enzymes.

Reference: Sugapriya D, Shanthi P, Sachdanandam P. Restoration of energy metabolism in leukemic mice treated by a siddha drug: *Semecarpus anacardium* Linn. nut milk extract. *Chem BIOL INTERACT.* 2008;173:43-58.

Jiraka -Contraceptive Activity

Botanical name-Cuminum cyminum L

Parts used- Seed

Research

Cuminum cyminum methanol extract (CcMtE) at dose levels of 100 and 200 mg/rat/day was orally administered to male rats for 60 days. The effect of the treatment on reproductive organs and fertility was investigated. Cuminum cyminum treatment resulted in the inhibition of spermatogenesis and fertility without producing apparent toxic effects.

Karunseeragam- For Post Menopause Women

Botanical name- *Nigella sativa*

Parts used- Seed

Research

The study demonstrated that *Nigella sativa* exert estrogenic effect were exhibited through uterotrophic assay and vaginal cell cornification as well as blood estrogen level. Furthermore, low dose *N. sativa*, methanol extract and linoleic acid had prominent estrogenic like effects which were significantly different from those of control group ($p < 0.05$) in different experiments. The finding indicated the probable beneficial role for *N. sativa* in the treatment of postmenopausal symptoms and possibility of using *N. sativa* as an alternative to hormone replacement therapy (HRT) for post menopause in human.

Siddha Formulations - Gynaecological Disorders**Gandhaka Parpam (Sulphur Calx)**

Siru chinni (*Acalypha fruticosa*) must be ground well to a paste. Shape the paste to the size of a lime into a crucible. This is dried in the sun. Keep a piece of Sulphur in it, seal it with paste and drug. Now it is placed in fire and treated with Kukkuda putam.

A pinch of Gandhaka parpam if taken with honey can cure menstrual disorders, anaemia.

Porikara Parpam

Grind Conch calx with water and make a hollow container out of it. Keep Borax (Sodium baborate) in it, seal it with clay and cloth, treat it in the kukkuda putam to get the porikara parpam. When taken with honey it cures female urethritis.

Chara Neeru

Take the ash from the burnt Puli (*Tamarindus indicus*) and extract salt from it by boiling. Make a paste of it by grinding it with the help of Kuppaimeni juice (*Acalypha indica*) and keep ammonium chloride in it. Keep this between two clay tiles and seal it. Treat it in the fire through Kukkuda putam method. Thus the Chaara neeru will be formed. This powder can nullify the effect of poison in the body. If consumed with honey, it cures uterus problems.

Thanga Parpam

Keep the powdered bark of Arasu (*Ficus religiosa*) and a piece of copper pyrite between two clay tiles and seal it with clay and cloth. Treat it through gaja putam and the thanga parpam will be formed. When Thanga parpam taken with cow's milk or honey, it cures cervical adenitis, cancer. An easy way of making Thanga parpam (Gold calx) is given below. Grind Naththaichoori (*Spermocoe hispida*) with saliva through gaja putam. Thus, the Thanga parpam will be formed.

Pagal Ilaith Thailam

- Paagal ilia (*Mormordica charantia*),
- Kommatti (*Citrullus colocynthis*),
- Veppilai (*Azadirachta indica*),
- Erukkan (*Calotropis gigantea*)
- Vizhudhi ilia (*Cadaba fruticosa*)

Take 1.34 litres of juice of each and add 1.34 litres, each of Aamanakku nei (Castor oil) and Vepaennai (Neem oil).

Boil it till it becomes thick.

By taking 488 mg. of this oil, worms in the uterus (womb) will be destroyed.

Karpam Azhikka Marunthu - Medical Termination Of Pregnancy (Mtp)

- Powder 335 grams of Aloe and add 1.34 kg of Fuller's earth and 1.34 litres of water and administer for two days for inducing abortion.
- If there is excessive uterine bleeding, crush neem bark with butter milk and give six times a day.
- This is to be done before six months of pregnancy.

To Avoid Pregnancy

Coitus should happen in the first half of the month after menstruation. This is told only for knowledge.

Perumpaattukkuch Chaaru

- Extract the juice from the bark of Jammu (*Syzygium cumini*) by crushing it along with buffalo butter milk
- Add 20.8 gram of sandal (*Santalum album*) powder to the juice so obtained and administer for three days to arrest excessive menstrual bleeding. No dietary restriction is essential.

RASAGANTHI MEZHUGU (A Medicated Wax)

- Dose is equivalent to the size of Solanam torvum for forty days.
- Diet during treatment is **rice** with buttermilk.
- The medicine is indicated in all types of colic, tumour, lymph node enlargement due to infection in the cervix, cancer of female genital organs, venereal diseases including sores etc..

Soottukku Neer

Give 335 ml of this herbal water along with 30.8 ml of Aloe vera juice, twice a day during dawn and dusk to treat female urethritis.

Lavana Chenthooram

- Triturate 166.4 grams of common salt along with 41.6 grams of sublime mercury by adding the juice of Aegle marmelos for two hours and keep it in a calcinations capsule and seal the periphery with mud smeared ribbon.
- Moderately heat the calcinations capsule in a pit. Cool and collect the molten material and triturate it with the juice of *Pistia stratiotes* for 12 hours and calcine it with five cow dung cakes.
- This chenthooram is indicated for pain due to uterine diseases, in dose of 488 mg twice a day.

Naaval Pattai Kudineer

Take 50 grams of Naaval pattai (bark of *Syzygium jambolanum*) crush it well, add 200 ml of water and prepare decoction, reducing to one

fourth.Dose is 30 to 50 ml,two times a day for menorrhagia.

Aththi Pattai Kudineer

Take bark of *Ficus racemosa*, crush it add cow's butter milk, boil and filter it. Dose is 45 to 90 ml, twice a day for menorrhagia

Thaazhai Vizhuthu Charu

Take Thaazhai vizhuthu charu (aerial root juice of *Pandanus odoratissimus*) and sugar to taste. Dose: 20 ml two times a day.

CONCLUSION:

In conclusion, Siddha solutions provide valuable, natural approaches to maternal and pediatric healthcare, emphasizing safety, nourishment, and holistic well-being. Their emphasis on personalized treatment, dietary regulations, and herbal remedies aligns with the growing global interest in alternative and complementary medicine. While further scientific validation and clinical studies are essential, the traditional wisdom embedded in Siddha medicine holds significant promise for supporting mothers and children through various health challenges. Embracing and integrating these age-old solutions can contribute to more comprehensive, culturally sensitive, and sustainable healthcare systems.

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