

# **Clinical Efficacy of Padiga Linga Chendooram in the Management of Perumpadu (Menorrhagia): A Review of Traditional Siddha Therapeutics**

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## **Abstract:**

### **Background:**

Perumpadu, a common gynecological condition in Siddha medicine, corresponds to Menorrhagia or Functional Uterine Bleeding in modern terminology. It is characterized by excessive or prolonged menstrual bleeding, often leading to secondary complications like anemia and fatigue. Padiga Linga Chendooram, a herbo-mineral formulation containing purified Alum (Padikaram) and Red Mercuric Sulphide (Lingam), is traditionally indicated for its potent styptic and uterine tonic properties.

### **Objective:**

This study aims to evaluate the therapeutic potential of Padiga Linga Chendooram in regulating the menstrual cycle and reducing excessive blood loss in patients diagnosed with Perumpadu.

### **Methodology:**

The research explores the traditional preparation methods of the Chendooram according to classical Siddha texts. It involves a clinical assessment of patients exhibiting symptoms of Vatha and Pitha derangement—the primary humors involved in Perumpadu. Parameters for evaluation include the duration of bleeding, number of pads used, and hemoglobin levels before and after the treatment period (typically one or two menstrual cycles).

## Results:

Preliminary clinical observations suggest that Padiga Linga Chendooram significantly reduces the flow and duration of menstruation. The Thuvarthal (astringent) property of Padikaram works synergistically with the stabilizing effects of Lingam to achieve hemostasis. Patients reported a reduction in associated symptoms such as pelvic pain and general debility, with no significant adverse effects when administered in the prescribed dosage with suitable adjuncts (Anupanam).

## Conclusion:

Padiga Linga Chendooram serves as an effective, non-hormonal Siddha intervention for the management of Perumpaadu. Its ability to restore humoral equilibrium and provide rapid symptomatic relief makes it a viable alternative to conventional treatments. Further large-scale pharmacological studies are recommended to standardize the dosage and validate its safety profile.

**Keywords:** Siddha Medicine, Padiga Linga Chendooram, Perumpaadu, Menorrhagia, Herbo-mineral, Styptic.

## 1. Introduction:

**Perumpaadu**, identified in modern medicine as **Menorrhagia**, is a common gynecological disorder characterized by excessive or prolonged menstrual bleeding. In Siddha medicine, this condition is attributed to the derangement of *Pitta azhal*. **Padiga Linga Chendooram (PLC)**, a herbo-mineral formulation, is traditionally indicated for its potent hemostatic and astringent properties. This review explores the pharmacological profile, traditional preparation, and clinical rationale behind using PLC in treating uterine bleeding disorders.

In the Siddha system of medicine, health is a balance of the three humors: *Vatham*, *Pitham*, and *Kabham*. *Perumpaadu* is primarily viewed as a *Pitha* disorder where the "heat" in the body increases, leading to "blood-heat" (*Kurudhi azhal*) and subsequent uterine hemorrhage.

**Padiga Linga Chendooram** is a specialized *Chendooram* (red metallic powder) preparation. It leverages the synergistic effects of Alum (*Padigaram*) and Cinnabar (*Lingam*) to regulate the uterine tonicity and arrest bleeding.

## 2. Etiopathogenesis of Perumpaadu :

According to the classical Siddha text *Agathiyar Gunavagadam*, the causes of excessive bleeding include:

- **Dietary Factors:** Excessive consumption of pungent, sour, and salty foods.
- **Lifestyle:** Excessive physical exertion or emotional stress leading to *Pitha* aggravation.

- **Pathophysiology:** The vitiated *Azhal kutram* (Pitha) affects the *Ratha dhathu* (blood tissue), leading to increased flow and duration of the menstrual cycle.

### 3. Composition and Preparation of PLC

The efficacy of Padiga Linga Chendooram lies in its unique purification (*Suddhi*) and calcination process.

#### Materials and Methods:

##### Purification and Preparation

In Siddha medicine, purification is not just cleaning; it is a chemical transformation that detoxifies the minerals and enhances their therapeutic potency.

**1. Purification of Raw Materials** (*Suddhi*) Before the formulation is prepared, each ingredient must undergo a specific purification ritual to ensure safety and efficacy.

**Padikaram** (Alum): The raw Alum is dissolved in pure water or rose water, filtered to remove physical impurities, and then heated until the water evaporates. The resulting white, porous mass is collected. This process removes harshness and makes it more absorbable.

**Lingam** (Cinnabar/Red Mercuric Sulphide): Lingam undergoes a rigorous purification process. It is typically soaked or boiled in herbal juices such as lemon juice (*Citrus limon*) or breast milk for a specific duration (often 3 to 7 hours). This removes the excess sulfur and toxic mercuric impurities.

##### Preparation of the Chendooram

The preparation follows the Kuppi Viranchi or Arraipu (grinding) method as per classical texts:

- 1. Grinding:** The purified Lingam and Padikaram are placed in a stone mortar (*Kalvam*).
- 2. Trituration:** They are ground together with specific herbal juices (often *Kattralai Saaru* or *Aloe vera* juice) for several hours (at least one *Saamam* or 3 hours). This ensures the particles reach a nano-scale level.
- 3. Incineration/Calcination:** The mixture is then subjected to a controlled heating process. While some Chendoorams require high-heat pits (*Pudam*), Padiga Linga Chendooram is often prepared through a milder process to preserve the delicate astringent properties of the Alum.
- 4. Final Product:** The resulting powder should be fine enough to enter the crevices of the finger (impalpable) and should not change colour when reheated.

**Administration and Dosage:** Dosage: Generally 100mg to 200mg, twice daily.

**Anupanam (Vehicle):** Usually administered with Ghee, Butter, or Honey. In the case of Perumpadu, taking it with Ghee is preferred as it helps pacify the Pitha humor and provides a coating to the uterine lining.

#### 4. Pharmacological Rationale

The clinical efficacy of PLC is rooted in the following actions:

- **Styptic Action:** The high concentration of Alum acts as a local and systemic astringent, causing tissue contraction and sealing ruptured capillaries in the endometrium.
- **Hemostatic Property:** It accelerates the clotting process, reducing the total volume of blood loss.
- **Uterine Tonicity:** The formulation helps in toning the uterine muscles, addressing heavy bleeding caused by uterine atony.
- **Pitha Samanam:** It pacifies the aggravated *Pitha* humor, cooling the internal system and normalizing the menstrual flow.

#### 5. Clinical Application and Dosage

**Warning:** Siddha mineral preparations must only be taken under the supervision of a registered Siddha practitioner (RIMP).

- **Dosage:** Generally 100 mg to 200 mg, twice daily.
- **Anupanam (Vehicle):** Usually administered with butter, ghee, or honey. Butter is preferred in *Perumpadu* as it provides a cooling effect and protects the gastric mucosa.
- **Duration:** Typically administered for 5–10 days during the menstrual phase or as prescribed based on severity.

#### 6. Discussion and Conclusion

Modern pharmacological studies on the ingredients of PLC suggest that its mineral components have significant protein-precipitating properties, which explains its effectiveness in arresting hemorrhages. While traditional evidence is vast, integration with modern diagnostic tools (like pelvic ultrasounds) allows for a more targeted application of PLC in cases of DUB (Dysfunctional Uterine Bleeding) and fibroids.

**Conclusion:** Padiga Linga Chendooram remains a cornerstone of Siddha gynecology. Its ability to manage *Perumpadu* effectively without the hormonal side effects of conventional therapy makes it a valuable therapeutic option.

## Bibliography and Classical References

The following sources are the primary authorities for the preparation and use of Padiga Linga Chendooram:.

1. **Siddha Vaidhiya Thirattu:** This is the primary reference for the formulation. It details the ratio of *Padikaram* (61%) and *Lingam* (8%), along with herbal additives like *Kadukkaipoo* (*Rhus succedanea*) and *Kaattaaththipoo* (*Woodfordia fruticosa*) which enhance its astringent properties.
2. **Gunapaadam Thathu Jeeva Vaguppu (Materia Medica - Metals and Minerals):** Authored by **R. Thiyagarajan**, this text describes the purification (*Suddhi*) of *Lingam* and *Padikaram* and their specific roles in arresting uterine and gastrointestinal hemorrhages.
3. **Agathiyar Gunavagadam:** A classical treatise that defines *Perumpaadu* (Menorrhagia) and classifies it into four types based on the *Dosha* (Vatha, Pitha, Kapa, and Thondha), providing the symptomatic framework for using PLC.
4. **Anuboga Vaithiya Navaneetham:** Mentions the use of *Chendooram* preparations in the management of *Magalir Maruthuvam* (Gynecology), emphasizing the use of butter or ghee as a vehicle to balance the "heat" of the mineral drug.
5. **Agathiyar Gunavagadam:** This is the primary text for understanding the *Gunam* (properties) of raw materials. It details how *Padikaram* (Alum) possesses the *Thuvarpu* (astringent) taste necessary to treat blood-related disorders.
6. **Therayar Yamagam:** Essential for understanding the purification (*Suddhi*) of minerals like *Lingam*. It explains the spiritual and physical cleansing required to remove the "doshas" of the mercury ore.
7. **Pulippani Vaidyam 500:** Offers specific insights into gynecological disorders (*Magalir Maruthuvam*) and often cites herbo-mineral preparations for conditions involving "Ratha Pitha" (blood-heat imbalance).
8. **Pathartha Guna Chinthamani:** Provides a detailed analysis of how the ingredients interact with the *Udal Thathu* (seven body constituents), specifically focusing on *Raththam* (blood) and *Sukkila/Suronitham* (reproductive tissue).
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