

An insight into the Siddha aspects of *Karupai Kazhunthu Puttru Noi* (Cervical Cancer)

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Abstract

Siddha medicine has its own unique ways of treating many chronic and challenging diseases. Out of the 4448 diseases mentioned in the Siddha literatures, Siddhars have dealt with many life-threatening diseases, which have more prevalence nowadays. Gynecological conditions have been specially focused in Siddhars' literatures. *Karupai Kazhunthu puttru Noi* (Cervical Cancer) is the second most common life threatening cancer among women worldwide. It has its high prevalence in the developing countries due to low socio-economic status of the People. Human Papilloma Virus (HPV) infection is considered to be the common causative organism of the cervical cancer. Apart from HPV infection, many other known factors are also responsible for cervical cancer induction. In this review, the authors have documented the signs and symptoms of Cervical cancer as found in both Siddha and Modern medicines. Apart from this, a comparison has been tabulated between both systems. Based upon the findings, a criteria for the diagnosis of *Karupai Kazhunthu Puttru Noi* (KKPN) has been formed. This will be a curtain riser in initiating further work on Siddha pathology and diagnostic criterias of KKPN. More works are to be done to find the proper treatment for cervical cancer in Siddha system of medicine. It is our responsibility to eradicate Cervical cancer from the whole World and to make people immunized against these life-threatening diseases.

Keywords

Siddha Medicine, *Putru*, Cervical Cancer, Gynecological cancer, AYUSH.

Introduction

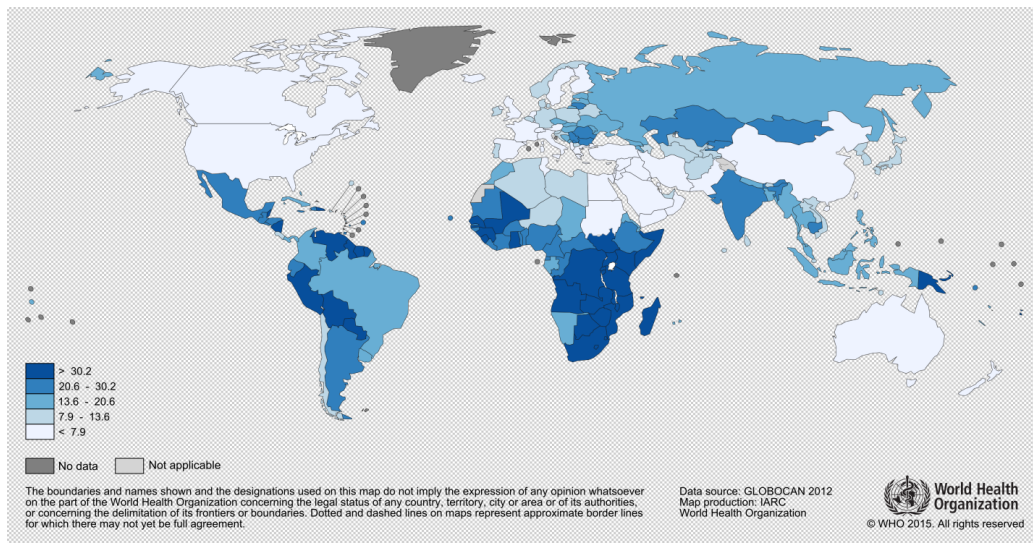
Cervical Cancer is one among the most life-threatening diseases affecting Women all over the world. It has its high prevalence in the developing countries with the people having low socio-economic status. This is mostly caused by HPV infection with the formation of genital warts that are self-limiting, rarely these genital warts may develop into cervical cancer. According to 2012 survey of WHO, about 5, 28, 000 new cases were recorded. There are vaccines to prevent the cervical cancer caused by HPV, but no appropriate solution has been found yet. Hence this paper remains as an initiation for further studies on cervical cancer with siddhars' perspective.

Etiology

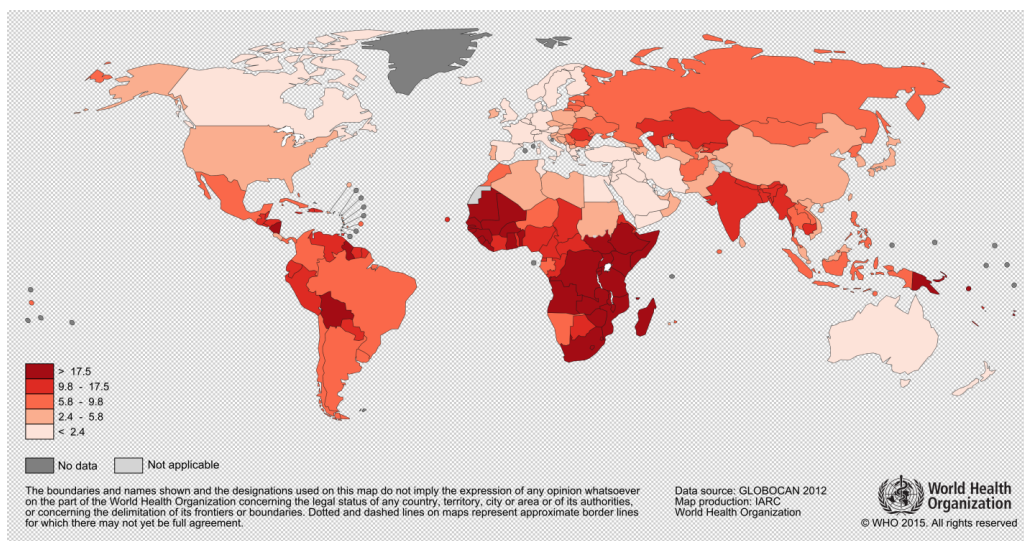
Epidemiological and clinical data demonstrate that Human papilloma virus especially HPV - 16 and HPV - 18 causes 90% of cervical cancer, but not all HPV infected persons are prone to cervical cancer. The remaining 10% of cancer may be due to the factors like smoking. As observed in other malignant tumors in animals and man linked to viral infections, the infection may not be sufficient for human induction. Additional changes, mutations and other factors may be required to promote the outgrowth of malignant cell.

Prevalence

Estimated cervical cancer incidence in 2012 by World Health Organisation



Estimated cervical cancer mortality in 2012 by World Health Organisation



Development

Cervical cancer typically develops from precancerous changes over 10 - 20 years. About 90% of cervical cancer cases are squamous cell carcinomas, 10% are adenocarcinomas and small number of other types.

Risk factors

Having a single risk factor, or even several, does not mean that the person will get the disease. It helps to focus on those that can be changed or avoided rather than those that cannot be changed.

- Human papilloma virus (HPV) infection
- Smoking
- Unjustified use of Oral contraceptives
- Multiple pregnancy
- HIV infection
- Chlamydia infection
- Irrational Diet
- Low Socio-economic status
- Family history of Cervical cancer
- Having many sexual partners.

Signs and Symptoms

The early stage of cervical cancer may be completely free of symptoms.

- Vaginal bleeding
- Contact bleeding
- A vaginal mass may be seen in PV examination
- Moderate pain during sexual intercourse
- vaginal discharge

The symptoms of advanced cervical cancer may include:

- Loss of appetite
- Weight loss
- Fatigue
- Pelvic pain
- Back pain
- Leg pain
- Swollen legs

- Heavy vaginal bleeding
- Bone fractures
- Bleeding after douching or after a pelvic examination is a common symptom
- In very advanced cases, metastases may be present in the abdomen, lungs or elsewhere.
- Very rarely, leakage of urine or feces from the vagina occurs
- Genital warts which is a form of benign tumor of epithelial cells, are also a symptom of having HPV infection.

Clinical appearance

Three categories of gross lesions described are:

1. Exophytic growth:

They arise on ectocervix and grow to form friable, polypoid mass that can bleed profusely. They arise in the endocervical canal and distinct the cervix and endocervical cancer creating barrel shaped lesion.

2. Infiltrating growth:

The infiltrating tumor tends to form a stone hard cervix that regret slowly with radiation therapy.

3. Ulcerative growth:

This erodes a portion of the cervix, often replacing cervix and a portion of the upper vaginal vault associated with local infection and seropurulent discharge.

Siddha Concepts

***Mukkuṭra thathuvam* (State of Humors)**

In cancer, production of new cells occurs rapidly for that we can take it as *vaadhā* on the basis of *Padaithal* (Creating factor). In cancer, a vaginal mass is present and the body becomes cold for that we can take it as *Kabha*.

Katti Pilavai or Vippuruthi katti

A round or oval painful tumor appears cutaneously or subcutaneously. It may spread by metastasis to adjacent parts.

Garpa Suronidham

- *Kuriyilirundhu Ratham kasidhal* (Vaginal Bleeding)
- *Moola mulai pola thenpadal* (Vaginal mass)
- *Kandhathudan udal verthal* (Osmidrosis)
- *Kaal Udal Nadungal* (Tremors present all over the body especially on leg)
- *Thegam ilaithal* (Loss of weight)
- *Vaandhi eduthal* (Vomiting)

Nidhamba Soolai

- *Vayitril neerum vaayuvum seral* (Flatulence and Ascites)
- *Thengaai pol veekam erpadum* (Occurrence of Coconut like Swelling)
- *Savvu mutri irugum* (Spasm in the gastric mucosa)
- *Kuriyil neer posiyum* (Vaginal discharge)
- *Salam pogaamal adaipadal* (Urinary obstruction)

Yoni Soolai

- *Maladhuvaarathilirundhu Yoni Ulthodaiku vali paraval* (Pain radiating from Anus to Vagina and Inner Thigh)
- *Kaduthu Siru neer irangal* (Dysuria)
- *Nadakumbodhu sorvu undaadhal* (Tiredness during walking)

Bogini Vaadham

- *Malavaasalil Ulaichal* (Anal pain and spasm)
- *Yoniyil Neer migundhu sadhai ezhumbal* (Hydrocolpos)
- *Neer kaduthe vizhal* (Dysuria)
- *Bogathil valiyural* (Dyspareunia)
- *Dhegam melindhu varalal* (Loss of Weight and dryness)
- *Pun pola yoni valithal* (Ulcerative pain in the vagina)

Garpa vippuruthi

- *Vayitril soodhagankatti valiyundaadhal* (Amenorrhea with endometrial thickening)
- *Thalai Valithal* (Head ache)
- *Veetirku vilakamaagumbodhu vali neengudhal* (Cessation of pain during menstruation)
- *Thudai ulaichal* (Thigh pain and spasm)
- *Malam irugal* (Constipation)
- *Karpam thariyaadhu* (Sterility)
- *Udal melidhal* (Loss of weight)
- *Udal sorvu* (Fatigue)

Garpa soorai

- *Ratham veezhdhal* (Vaginal bleeding)
- *Valithal* (Vaginal Pain)
- *Saapaatil veruppezhum* (Aversion to food)
- *Udal varandu vaandhi ezhundhu vayitril valithal* (Vomiting and dehydration leading to abdominal pain)
- *Udal melidhal* (Loss of weight)

Yoni vaadham

- *Sandhukalilum thodayin ullaagavum iduppilum vedhanai* (Pain in joints and pelvis)
- *Udhal vedhumbum* (Pyrexia)
- *Unavil viruppaminmai* (Aversion to food)
- *Valiyil alaral* (Screaming out of pain)

Raththa soolai

- *Raththam adhigamaaga vizhundhu pin uraidhal* (Vaginal bleeding followed by Clotting)
- *Thodaigal irandum ulaiyum* (Pain and spasm in the thighs)

- *Malachikal undaagum* (Constipation)
- *Pasi mandhikum* (Reduced appetite)

Thaamarikaai Yoni Noi

- *Pen uruppil vaayvu thangum* (Retained Pain in the vagina)
- *Ratham thaamarikaai pol ganathu kaanudhal* (Changes in the blood consistency)

Comparison of Signs and Symptoms of KKP

Cervical Cancer	Weight Loss	GIT related symptoms (Like loss of appetite)	Fatigue	Pain (In Pelvic, Lower limb etc.,)	Abnormal vaginal discharges	Unwanted genital growths (Like <u>warts</u>)	Other related symptoms (Like Metastases, Bone fractures)
<i>Katti Pilavai</i>				✓		✓	✓
<i>Karpa Suronidham</i>	✓		✓		✓	✓*	✓
<i>Nidhamba Soolai</i>		✓		✓	✓		
<i>Yoni Soolai</i>			✓	✓			✓
<i>Bogini Vaadham</i>	✓			✓		✓#	✓
<i>Karpa Vippurudhi</i>	✓	✓	✓	✓	✓		✓
<i>Karpa Soorai</i>	✓	✓		✓	✓		
<i>Yoni vaadham</i>		✓		✓			
<i>Raththa Soolai</i>		✓		✓	✓		
<i>Thaamarai kaai yoni</i>				✓		✓	

*moola mulai pol

#yoniyil neer mikunthu sadhai ezhumbal

Karuppai Kazhundhu Putru Noi

Recent Siddha text books suggest some Siddha formulations that are effective against KKPN.

They are:

- *Thaambira parpam* - a herbomineral preparation with Copper.
- *Karuvanga parpam* - a herbomineral preparation with Lead.
- *Kaavikal chooranam* - A drug with Red Ochre
- *Seraankottai serntha marundhugal* - Drugs with *Semecarpus anacardium*
- *Nathai serntha marundhugal* - Drugs with Fresh Water Snail.
- *Chippi serntha marundhugal* - Drugs with Pearl Oyster Shell.
- *Silaasathu serntha marundhugal* - Drugs with Asphaltum.
- *Kodiveli serntha marundhugal* - Drugs with *Plumbago zeylanica*
- *Arugan* oil externally - Oil made from *Cynodon dactylon*.

Suggestions for the diagnosis of Cervical cancer:

Though KKPN in its earlier stage is symptomless, it may show some specific clinical features for the diagnosis, from which we formulated a criteria for the diagnosis of the KKPN by including some Siddha diagnostics.

More specific symptoms are:

- Intermittent vaginal bleeding with/without other discharges
- Contact bleeding
- Pain during intercourse

Lesser specific symptoms are:

- Loss of appetite
- Loss of weight
- Pain (In Pelvis, Joints, etc.,)

Examinations to diagnose KKPN:

- Presence of vaginal mass during PV examination
- Naadi could be found as Vaadha Kabham or Pitham adangudhal (Pitha humour is suppressed)
- In Neerkuri, Neikuri test, Ozhungattra Salladai kan pondru Sidharal (Presence of non-uniform droplets resembling a Sieve plate)
- Paps smear test for the confirmation of KKPN.

Conclusion

We have compared the gynecological diseases mentioned with relevant symptoms in both traditional Siddha and allopathy systems of medicine. With increasing prevalence of KKPN nowadays, it becomes the need of the hour to identify and scientifically explore Siddha Preparations having literary evidences. Hence further extensive works and researches should be put into effect, in order to overcome this disease. Our work is going on in this area and it will be published shortly.

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