



## Antenatal Care - The Traditional Siddha Way

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### ABSTRACT

Pregnancy is the happiest moment for every woman in her life. She accepts the difficulties of pregnancy with happiness. *Pararasa Sekaram's* antenatal medicine is the best siddha medicine to reduce discomfort of pregnancy, to avoid abortion and to give strength for a woman during antenatal period and to make delivery normal.

In Siddha Hygiene and Preventive Measures *Pararasa Sekaram's* antenatal medicine is specially indicated for a healthy women during pregnancy. This review paper deals in detail about the medicines given during antenatal period, the nutrients present in each herb and their nutritional values with special reference. The probable nutrients of *Thamarai* (*Nelumbo nucifera*), *Santhanam* (*Santalum album*), *Inji* (*Zingiber officinale*), *Thagaram* (*Cassia tora*), *Charanai kizhangu* (*Trianthema portulacastrum*), *Iluppai poo* (*Madhuca longifolia*), *Ell* (*Sesamum indicum*), *Amanakku* (*Ricinus communis*), *Vilampinchu* (*Limonia acidissima*), *Tharkshi* (*Vitis vinifera*) are discussed. So this is the right time to do more research on Siddha Antenatal medicine and scientifically explore the feasibility of using Siddha Medicine during Antenatal Period.

### Key Words

*Thaai sei nalam*, Siddha Medicine, Antenatal Medicines, Pregnancy care.

## INTRODUCTION:

Siddha system of medicine is one of the ancient systems of medicine in the world which is being followed by the people of Southern India. In ancient days mostly normal delivery is happened. But now a days because of Life style, food habits, there are some problem such as antepartum haemorrhage, premature delivery, are happening. On intake of Pararasa sekaram's antenatal medicine this problems are treated and there is a chance of normal delivery for a woman. In Modern Medicine Iron, Folic acid, Calcium are given for pregnant woman during antenatal period. In Siddha system intake of Pararasa Sekaram's Antenatal Medicine also have the Iron, Calcium and Folic acid in it. Now we can see below the herbal drugs and their nutritional value of Pararasa Sekaram's antenatal medicine.

## FIRST TRIMESTER

During first trimester of pregnancy, symptoms of Amenorrhea, Morning sickness, Hyper Emesis Gravidarum, Salivation and disposition changes, Bladder irritability, Fatigue are seen for a woman.

### Medicines for Antenatal Period:

**Table 1.1. Medicine for First Trimester:**

Seenthil thandu kizhangu	Tinospora cordifolia Tinospora pubescens	Stem Tuber	Root
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**Table.1.2. Nutritional values**

HERBS NAME	VITAMINS	TRACE ELEMENTS	PHYTO- CONSTITUENTS
Thamarai	Thiamine B1, RiboflavinB2, NiacinB3 , Pantothenic acid B5, Vitamin B6, Folate B9	Calcium, Iron, Magnesium, Phosporus, Sodium, Zinc.	Miguelianin (quercetin 3-0-glucouronide), Nuciferine, aporphine.
Santhanam	Pantothenic acid B5	Phosphorus, Potassium, Calcium, Magnesium,	Alpha & beta santalol

		Sodium, Chlorine, Sulphur, Copper, Iron, Zinc, Manganese	
Neithar Kizhangu	Vitamin C, B1, B2	Sodium, Potassium, Calcium, Magnesium, Phosphorus, Zinc, Manganese, Iron, Copper.	Elagic acid, Phenols, Tannins
Muthakasu	Vitamin C	Sodium, Calcium, Iron, Potassium, Zinc, Magnesium, Manganese, Phosphorus.	a-cyperone b-selinene cyperene kobeurone
Ganjah	Vitamin A,C,E,K	Sodium, Magnesium, Iron, Zinc.	Cannabidiol(CBD) a-pinene mycrene, Beta carotene.
Athimathuram	Vitamin A, Vitamin B1, Vitamin B2, Vitamin B5, VitaminB6, Vitamin B9.	Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Chromium, Cobalt, Selenium, Silicon, Zinc.	Isoflavene glabrene Isoflavane glabridin Phytoestrogens
Inji	Thiamine B1, Riboflavin B2, Niacin B3, Pantothenic acid B5, Vitamin B6, Folate B9, Vitamin C, Vitamin E.	Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc.	Gingerol B-sitosterol palmitate Isovanillin
Thagaram	Vitamin A, C, E	Calcium, Iron, Magnesium, Sodium, Copper, Zinc.	Cinnamaldehyde coumains

Kottam	Vitain A, C, E	Calcium, Magnesium, Phosphorus, Nitrogen, Sodium, Potassium.	Tannine Stilbenes coumarins
Alli	Vitamin E	Calcium, Phosphorus, Sodium, Potassium.	Rhamnopycanoside
Seenthil thandu	Vitamin C, B12	Calcium, Manganese, Phosphorus, Copper, Zinc, Iron.	Ephedrine, Vasicinone and Hypaphorine

### **SECOND TRIMESTER:**

During this period, some of the signs and symptoms present in the First Trimester of pregnancy gradually disappear and other signs and symptoms become apparent. Morning sickness, increased salivation and frequency of micturition generally disappear by this time.

**Table .2.1. Medicine for Second Trimester:**

SECOND TRIMESTER				
Month	Tamil Name	Botanical Name	Parts Used	Anubanam
Fourth Month	Neithar Kizhangu	Nymphaea pubscens	Tuber	Milk
	Seenthil thandu	Tinospora cordifolia	Stem	
	Nilapanai Kizhangu	Curculigo orchioides	Tuber	
	Nerunjil ver	Tribulus terrestris	Root	
Fifth Month	sathicharanai Kizhangu	Trianthema portulacastrum	Tuber	Milk
	Iluppai poo	Madhuca longifolia	Flower	
	Azhingil	Alangium salvifolium	Seed	
	Thagaram	Cassia tora	Leaf,Root	
	Ellu	Sesamum indicum	Seed	
	Neithar kizhangu	Nymphaea pubescens	Tuber	
Sixth Month	Rabbit	Oryctolagus cuniculus	Bile	Bile

**Table.2.2. Nutritional values**

HERBS NAME	VITAMINS	TRACE ELEMENTS	PHYTO-CONSTITUENTS
Nillapanai kizhangu	Vitamin C, E	Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc, Copper.	Anacardoside ,Orcinol Glucoside

Sathicharanai kizhangu	Vitamin B3, C, E	Calcium, Iron, Magnesium, Manganese, Phosphorus, Copper, Zinc.	Tertpenoids
Iluppai poo	Vitamins A, Vitamins C.	Calcium, Iron, Phosphorus.	sapogenins triterpenoids, saponins, steroids
Azhingil	Vitamin C	Sodium, Iron, Potassium.	Alangine A and B, Alangicine, Malkindine, Lamarckinine, Emetine.
Ellu	Vitamin C	Calcium, Iron, Magnesium, Phosphorus, Potassium,Sodium, Zinc.	Myristin, Stearin, Palmitin.

### THIRD TRIMESTER:

During this period of pregnancy, the painless uterine contractions persist, the fetal movements are more easily felt and seen, ballottement is generally not obtainable, the fetal parts are easily palpable, and the fetal heart is heard clearly if the fetus is alive. The uterus enlarges progressively till, at term, it fills almost the entire abdomen.

**Table 3.1. Medicine for Third Trimester:**

#### THIRD TRIMESTER

Month	Tamil Name	Botanical Name	Parts Used	Anubanam
Seventh Month	Kacholam	Kaempferia galanga	Rhizome	Honey

Eighth Month	Amanaku	<i>Ricinus communis</i>	Root	Water
	Neithar kizhangu	<i>Nymphaea pubescens</i>	Tuber	Honey
	Athimathuram	<i>Glycyrrhiza glabra</i>	Tuber	Milk
	Thamarai	<i>Nelumbo nucifera</i>	Seed	
	Muthakasu	<i>Cyperus rotundus</i>	Tuber	
	Vilam pinchu	<i>Limonia acidissima</i>	Unripened fruit	
	Yanai thippili	<i>Piper longum</i>	Seed, Rice	
Ninth Month	Neithar kizhangu	<i>Nymphaea pubescens</i>	Tuber	
	Vattu vithai		Seed	Honey
Tenth Month	Muthakasu	<i>Cyperus rotundus</i>	Tuber	Honey
	Thratchai	<i>Vitis vinifera</i>	Fruit	
	Neithar thandu	<i>Nymphaea pubescens</i>	Stem	
	Sugar	<i>Saccharum officinarum</i>	Stalk	

**Table.3.2. Nutritional values**

HERBS NAME	VITAMINS	TRACE ELEMENTS	NUTRIENTS
Katcholam	-	Calcium, Iron, Zinc, Magnesium, Sodium, Phosphorus, Potassium, Chromium, Manganese, Nickel, Copper	Carvone, Eucalyptol, Pentadecane, Cineol, Kaempferol
Amanaku	Vitamin E	Calcium Phosphorus	Ricinolein Ricin Undecylenic acid

			Tocopherol
Vilam pinchu	Riboflavin(B2) Niacin(B3) Vitamin C	Calcium 4mg Phosphorus 9mg	p-hydroxy benzaldehyde
Thratchai	Thiamine(B1), Riboflavin(B2), Niacin(B3), Pantothenic acid(B5), Vitamin B6, Folate B9, Choline, Vitamin C, E & K.	Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Zinc	Anthocyanins, Cyaniding 3-o glucoside, Malvidine 3-6 acetyl glucose, Delphinidine, Resveratrol
Sugar	Thiamine(B1) Riboflavin(B2) Niacin(B3) Vitamin B6, Folate	Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc	Energy 1576kJ(377k cal) Carbohydrates 97.33g Sugars 96.21g

## DISCUSSION & CONCLUSION

From the details above the medicines and nutrients of herbs and their values, it is clearly known that good Antenatal medicine. The individual drug may act upon pregnancy to make delivery normal and can be used as an antenatal drug in Siddha. The Scientific Research Committee has to elucidate the above *pararasa sekaram* as antenatal medicine. Further studies are to be done and the effect of Antenatal Medicine has to be proved scientifically. *Pavana Panchankula Thailam* is also the best siddha medicine given during pregnancy for a pregnant woman to make delivery normal.

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