



Review Article

A REVIEW ON PARARASASEKARAM SYMPTOMATOLOGY ABOUT KARPAVIPPURUTHI WITH MODERN SYMPTOMATOLOGY

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ABSTRACT

The Siddha System of medicine, which had its presence in the historic Tamil lands one the most of all different clinical structures in the world. Around 4448 illnesses are described through Siddhars of their books and literatures, which might be subdivided into *Vatha noi*, *Pitha noi*, *Kabha noi*, *Kasanoi*, *Soolai*, *Karapan*, *Kiraani*, *Vippuruthi* etc. In *Vippuruthi noikal Karpavippuruthi* is one of the regularly encountered gynaecological illnesses, which turned into cited within the posted literature Pararasasekaram Irandavathu Karparoga Nithanam. The signs and symptoms of *Karpavippuruthi* cited in the Siddha literature can be correlated with uterine cancer and uterine fibroid in the modern disease of classificatory. The comparative research of Siddha system of medication convey to mild excessive stage of clinical expertise the Siddhars had. The research was focused at evolve a set of absolute Siddha diagnostic strategies for *Karpavippuruthi* and to correlate the signs and symptoms of *Karpavippuruthi* with that of carefully akin to situation in modern medical literature. By pertaining to the historic Siddha literature with current day, there could be each augmentation of the expertise of diagnosis and its remedy. This chapter was aimed in delving extensive into the clinical features cited under highly occurring disease "*Karpavippuruthi*" through Sage Pararasasekaram which in addition ends in shape the Siddha diagnosis and prognostic device of *Karpavippuruthi*.

INTRODUCTION

Siddha system of medicine is an incorporated a part of Indian system of medicine which may be very dynamic and solitary in its very own proper, through offering healing of the body, mind and soul. Three humors are principles of functional constitution of the body. They are *Vatha*, *Pitha* and *Kabha*. If any derangement or imbalance in those constituents illnesses can be caused. Around 4448 illnesses are described through Siddhars of their books and literatures, which might be subdivided into *Vathanoi*, *Pithanoi*, *Kabhanoi*, *Kasanoi*, *Soolai*, *Karapan*, *Kiraani*, *Vippuruthi* etc [1]. In *Vippuruthi noikal Karpavirpuruthi* is one of the regularly encountered gynaecological illnesses, which turned into cited within the posted

literature *Pararasasekaram irandavathu Karparoga Nithanam*. It is a medical situation characterized by abdominal enlargement, pelvic pain and pressure, abnormal uterine bleeding, abdominal pain, white discharge, loss of appetite and excessive thirst. The medical signs and symptoms of *Karpavirpuruthi* more or less correlate with the modern concepts of uterine cancer and uterine fibroid. Tumour is described as a swelling of a part of the body, normally without inflammation, caused by an abnormal tissue, whether benign or malignant. Uterine fibroids are the most common type of benign tumour in women. These are more common in nulliparous or in those having one baby infertility. The incidence is maximum between 35 and 45 years. Possible elements initiating development of fibroid tumors consist of intrinsic myometrial abnormalities, accelerated oestrogen receptors in the myometrium, hormonal changes and ischaemic injury. Fibroids are classified into interstitial fibroids (75%), subperitoneal (15%), submucous (5%) and cervical fibroid (1%-2%). Clinically, it is characterized by menstrual abnormality, dysmenorrhoea, dyspareunia, infertility, pressure symptoms (constipation, dysuria), recurrent pregnancy loss, lower abdominal or pelvic

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pain and abdominal enlargement. Complications of fibroids are degeneration, necrosis, infection, sarcomatous change, torsion of subserous pedunculated fibroid, hemorrhage and polycythemia. Endometrial cancer is most common after the reproductive years between the ages of 60-70. It is the sixth most common cancer in women worldwide. Persistent stimulation of endometrium with unopposed oestrogen is the single most important factor for the development of endometrial cancer. Then age, parity, late menopause, corpus cancer syndrome, tamoxifen, family history, fibroid, and endometrial hyperplasia are found to be associated with carcinoma body of uterus. Endometrial cancers are classified into two types; (1) type I (80%) - estrogen dependent endometrial cancer and (2) type II (20%) - nonestrogen dependent endometrial cancer. It is characterized by Postmenopausal bleeding (75%), in premenopausal women, may be irregular and excessive bleeding, watery and offensive discharge due to pyometra, pain may be colicky due to uterine contractions in an attempt to expel the polypoidal growth. Endometrial cancer suggests that the highest incidence of diagnosis is in the seventh decade of life. The Cancer Society estimated that about 65,950 new cases of uterine cancer were diagnosed in 2022 [15].

Detailed look at the ailment *Karpavippuruthi* via the symptomatology cited in the Siddha literature will allow the physicians to pick suitable remedy from the extensive variety of drug treatments observed scattered in the literature with indicators of uterine most cancers and uterine fibroid with unique symptomatology groups. Medicines indicated for one organization of symptomatology of the same ailment might not be observed to be a mainstay of remedy to every other. Hence emphasis at the look at of symptomatology may be very important for the organization of proper type of remedy.

METHODOLOGY

The literature referred to right here turned into basically extracted from the *Pararasasekaram Irandavathu Karparoga Nithanam*. For the expertise and validation of the gathered information, reputed journals and databases have been referred. After the methodological series of the above information, it turned into as compared with the present day situation and parallels have been drawn main to a selected conclusion. Then a concise, however complete evaluate turned into made.

OBSERVATIONS

The song of *Karpavippuruthi* cited *Pararasasekaram irandavathu karpa roga nithanam* poet is as follows.

*"Adivayi rathaithu vimmi yazhunthidum punpo novaam
Thadaipada viraththa ninru satrusat raaga veezhum*

*Idarura valikkum maatha vidaiyinaa liraththa millai
Midaipadung guname karpa virpuruthi yennalaame
Vayitrai valikkum vellechcha madhupor pidavai
thanirpadumaam
Uyirpai sirantha udalurukkum muvanthan naththi
naadaathu
Veyirkat poraathu thaagamumaa migave meni
thalarchchiyundaam
Kuzhisor payilung kodiyaideer kurikkum virpuru
thigunam". [2]*

According to the literature of *Pararasasekaram*, the symptoms of *Karpavippuruthi* are abdominal enlargement, pelvic pain & pressure symptoms, abnormal bleeding or inter menstrual bleeding, abdominal pain, white discharge, emaciation of the body, loss of appetite and excessive thirst.

Analogy between the Symptomatology of *Karpavippuruthi* in *Pararasasekaram Irandavathu Karparoga Nithanam* and Modern Text Abdominal Enlargement

In the primary line of poetry about *Karpavippuruthi* Sage *Pararasasekarar* explains about the abdominal enlargement. As they develop fibroids may cause weight gain and an unexplained stomach bulge. An enlarged abdomen due to fibroids can cause women to appear to be as many as 5- months pregnant. Cancer can sometimes cause swelling of the abdomen due to a buildup of fluid symptoms; this turned into succinctly poetized through Sage *Pararasasekarar* in his first line of the chosen literature. Serous tumors tend to have patterns of spread much more reminiscent of ovarian cancer with many patients presenting with disseminated peritoneal disease and sometimes ascites.[4] An enlarged myoma or myomas often produce pressure symptoms similar to those of an enlarging pregnant uterus. Sometimes a woman will notice that her abdominal girth is increasing without appreciable change in weight.[5] The cavity of the uterus is often distorted and enlarged.[6] Uterine enlargement most frequently reflects pregnancy or leiomyomas.[7] Advanced epithelial ovarian cancer that include pelvic pain or pressure, bloating, early satiety, and increasing abdominal girth.[7] The uterus is enlarged; the shape is distorted by multiple nodular growth of varying sizes. Occasionally, there may be uniform enlargement of the uterus by a single fibroid.[8] The tumor may not be sufficiently enlarged to be felt per abdomen. But if enlarged to 14 weeks or more, the following features are noted.[8] The uterus is either atrophic, normal or may be enlarged due to spread of the tumor, associated fibroid or pyometra.[8] The patient may have a sense of heaviness in lower abdomen.[8]

Pelvic Pain and Pressure

Here Sage Pararasasekarar refers about the pelvic pain and pressure, generally women may experience pain in their pelvic region, often for no apparent reason. Some feel pain in their back, particularly in the lower back. This may be a sharp pain or pressure and be located anywhere around the lower abdomen, below the belly button. Pelvic pain can very well be an indication that there might be a problem with one of the reproductive organs in the pelvic area. It is consequently presumed with self assurance that, Sage Pararasasekarar has talked his heart out about pelvic pain and pressure in condition of Karpavippuruthi. Some women presenting with uterine sarcomas will present with pelvic pain.^[4] Presentations that include pelvic or sacral pain suggest lateral extension of the tumor into pelvic nerve plexus.^[4] One of three women with myomas experiences pelvic pain or pressure.^[5] Mild pelvic discomfort is described as pelvic heaviness or a dull, aching sensation that may be secondary to edematous swelling in the myoma.^[5] A woman may feel a lump in the lower abdomen.^[6] Most women complain of heaviness in the lower abdomen.^[6] Pain and lumps appear late in advanced stages. ^[6] Affected women may complain for bleeding, pain, pressure, or infertility.^[7] In more advanced disease, pelvic pressure and pain.^[7] Pain may be due to some complications of the tumor or due to associated pelvic pathology.^[8]

Abnormal Bleeding or Intermenstrual Bleeding

Here Sage Pararasasekarar refers to about the abnormal bleeding is coming from vagina. About 90% of women with endometrial cancer have abnormal vaginal bleeding, ranging from pink and watery to thick, brown, and foul smelling. This turned into without a doubt defined through Sage Pararasasekarar with authority in his traditional literature without fail. The majority of women with tumors of the uterine corpus present postmenopausal vaginal bleeding due to shedding of the malignant endometrial lining. Premenopausal women often will present with atypical bleeding between typical menstrual cycles.^[4] Invasive carcinomas often have symptoms or signs including postcoital spotting or intermenstrual cycle bleeding or menometrorrhagia. Foul-smelling or persistent yellow discharge may also be seen.^[4] Postmenopausal bleeding and abnormal premenopausal and perimenopausal bleeding are the primary symptoms of endometrial carcinoma.^[5] The most common symptoms related to myomas are pressure from an enlarging pelvic mass, pain including dysmenorrhea, and abnormal uterine bleeding.^[5] Progressive menorrhagia seen in intramural and submucous myoma is due to increased vascularity, endometrial hyperplasia and enlarged uterine cavity.^[6] The patient presents with the complaints of irregular menses,

menometrorrhagia, continuous bleeding, post-coital bleeding, leucorrhoea and blood-stained or offensive discharge.^[6] It manifests as menorrhagia or irregular periods in perimenopausal women. A menopausal woman presents with postmenopausal bleeding.^[6] Bleeding is common, especially heavy menstrual bleeding (HMB), and dilated endometrial venules are implicated.^[7] History of prolonged, heavy menstruation or intermenstrual spotting.^[7] Postmenopausal bleeding (75%) which may be slight, irregular or continuous. The bleeding at times may be excessive. In premenopausal women, there may be irregular and excessive bleeding.^[8] The menstrual loss is progressively increased with successive cycles. It is conspicuous in submucous or interstitial fibroids.^[8]

Abdominal Pain

Here Sage Pararasasekarar explains about abdominal pain. It occurs mostly in the lower abdomen area. The pain is probably steady, or it would come and go. It can be a sharp and stabbing pain in a specific spot, or a dull pain that is spread out. This happens when the cancer has spread to other organs. This is justified through excerpts from the text. The most common symptoms related to myomas are pressure from an enlarging pelvic mass, pain including dysmenorrhea. Acquired dysmenorrhea is one of the most frequent complaints.^[5] A submucous fibroid often causes spasmodic dysmenorrhoea.^[6] Patient may also note dysmenorrhea, dyspareunia, or noncyclical pelvic pain.^[7] Spasmodic type is associated with extrusion of polyp and its expulsion from the uterine cavity.^[8]

White Discharge

In this paragraph, Sage Pararasasekarar explains about white discharge. Normally healthy individuals have a vaginal discharge that is clear, milky or slightly yellowish in color. However in cancer changes occurs in color, consistency and odor of its nature. Discharge in cancer may look red-tinged from small amounts of blood. Women should have red-tinged discharge before or after the normal menstrual cycle and an increase in the amount of discharge. Vaginal discharge is a rare symptom.^[6] Leucorrhoea and blood-stained or offensive discharge.^[6] Abnormal vaginal discharge may be another symptom in older women.^[7] At times, there is watery and offensive discharge due to pyometra purulent offensive discharge escapes out of the external os.^[8] Thin white or clear discharge after menopause.^[14]

Emaciation of Body and Loss of Appetite

In this paragraph, Sage Pararasasekarar explains about emaciation of body and loss of appetite. Emaciation means abnormal thinness caused by lack of nutrition or by disease. About half of all cancer patients experience a wasting syndrome called cachexia in which the tumor induces metabolic changes in the host. Cachexia is a syndrome characterized by

unintentional weight loss, progressive muscle wasting, and a loss of appetite, and is thought to be directly responsible for 20% of cancer deaths in the United States.^[13] Although the loss of body weight, anorexia, and anemia, leading to asthenia, characterizes the morbidity status of cancer cachexia, the main cause of death is due to respiratory failure.^[14] There may also be generalized symptoms like fatigue, loss of appetite and unintended weight loss.^[16]

Excessive Thirst

In the closing paragraph, he explains about excessive thirst. Under normal condition we feel thirsty after eating spicy foods or performing strenuous exercise, especially when it is hot. However in some pathological condition, thirst is stronger than usual and continues after they drink and also experience blurred vision and fatigue.^[17] These are symptoms of excessive thirst. Frequent urination usually accompanies excessive thirst. Alternatively, an anterior myoma pressing on the bladder may produce urinary frequency and urgency.^[5] A cervical fibroid exerts pressure on the bladder, ureter and in rare cases on the rectum.^[6] Anterior and posterior fibroids lodged in the pouch of Douglas cause increase in frequency and retention of urine.^[6] Enlarged uterus can cause chronic pressure, urinary frequency.^[7] In conclusion, sensation of thirst is a frequent symptom in terminally ill cancer patients and is associated with dehydration, hyperosmolality, poor general conditions, stomatitis, oral breathing, and opioids.^[12] Other frequent symptoms are urinary frequency or pain, changes in bowel habit.^[16] Therefore, on reading the entire poem of *Karpavippuruthi*, it's far obvious that Sage Pararasasekarar has without a doubt described symptoms of both uterine fibroid and uterine cancer. i.e., uterine mass

DISCUSSION

The study of *Karpavippuruthi* could be useful to standardize the diagnosis of *Karpavippuruthi* via Sage Pararasasekarar symptomatology description, to be able to assist clinicians to comply with a standard line of remedy and undertake right preventive measures. Detailed study of the disease *Karpavippuruthi* via the symptomatology cited in the Siddha literature will allow the physicians to pick suitable remedy from the extensive variety of drug treatments observed scattered in the literature with indicators of uterine cancer with unique symptomatology groups. Medicines indicated for one category of symptomatology of the identical disease might not be observed to be a mainstay of remedy to every other. Hence emphasis on the study of symptomatology may be very important for the proper type of remedy. The signs and symptoms cited in Sage Pararasasekarar literature are in near conformity with both uterine cancer and uterine fibroid cited in the modern medical literature.

CONCLUSION

This chapter concludes through throwing lighting fixtures at the validation of symptomatology of *Karpavippuruthi* through Sage Pararasasekarar and can be correlated with both uterine fibroid and uterine cancer, in order that a clinician can arrive at right remedy processes through rightly diagnosing the ailment. By pertaining to the historic Siddha literature with current day, there could be each augmentation of the expertise of diagnosis and its remedy.

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