

## **MODULE: 4 SOOL AND MAGALIR MARUTHUVAM**

### **I. Anatomy and applied anatomy at reproductive system at women**

- Describe the structure of external female genitalia
- Describe the structure of internal female genitalia
- Describe the ligaments at internal genitalia
- Describe pelvis at true and false pelvis.
- Describe the menstruation at pelvis.
- Describe about ovum and its developments.

### **II. Physiology**

- Describe the menstrual cycle
- Describe the influence at three stages on poopu

### **III. Paruvangal of women**

- Describe the different paruvangal at women.

### **IV. Poopu**

- What is mudhal poopu (Menarche)
- What are the reasons for delayed poopu
- What are the different phases at menstrual cycle
- What is menopause.

### **V. Discussion and understand Discussion and understanding of menstrual disorders**

- Describe the causes for amenorrhea and its treatment
- Describe perumbadu and types treatment
- What is dysmenorrhea elicit causes, treatment

### **VI. Female Infertility**

- Describe maladu (female infertility) according to Siddha and its management.
- Describe the latest techniques and diagnosis type and its management.

### **Part II**

#### **1. How to prevent complication during pregnancy?**

Care should be taken in the following areas such as maternal weight, maternal haemoglobin.

## **2. What is the role of maternal weight in the prevention of complication during pregnancy?**

Underweight in the mother is associated with low birth weight, whereas maternal overweight is associated with increased risks of gestational hypertension, diabetes and toxemia, macrosomia, fetopelvic disproportion and attendant complication of labor and delivery.

## **3. What is the role of maternal hemoglobin in the prevention of complication during pregnancy?**

- Iron deficiency. A is the more common due to nutritional causes.
- Women with iron deficiency anemia during pregnancy require increased intake to replenish bone marrow stores and still provide metabolic needs of the fetus.
- Daily iron intake between 120 and 150mg required in this situation.
- Iron supplementation should continue postpartum, both to provide iron for breast milk and to replenish losses due to bleeding at delivery.

## **4. What is the role of folate in the prevention of complication during pregnancy?**

- Supplementation with approximately 400mg of folic acid per day beginning before conception markedly reduces the risk of neural tube defects including anencephaly and spina bifida
- Ingestion of more than 1 mg per day of folate is generally not recommended.
- In women with prior pregnancies leading to neural tube defects, the ingestion of up to 4 mg per day of folate may confer additional benefit.

## **5. What is the role of calcium in preventing the complication in pregnancy?**

- Calcium supplementation may reduce the risk of pregnancy induced hypertension and preterm delivery.

## **1. What is the role of Magnesium in pregnancy?**

- The magnesium supplementation may prevent preclampsia
- Alternative medicine sources recommend supplement doses of about 500 mg/day which appears to be safe.

## **7. What is the role of selenium in pregnancy?**

- Selenium deficiency is closely associated with sudden infant death syndrome as well as low birth weight.
- Selenium supplementation of 200mg /day is advocated in the complementary and alternative medicine literature.
- Selenium in breast milk is very responsive to maternal intake.

#### **8. What is the role of Zinc in pregnancy?**

- Zinc supplementation may directly contribute to normal birth weight through its effects on protein metabolism (or) the influence may be indirect as a result of extended gestation
- Low dietary zinc intake during the 3<sup>rd</sup> trimester predicts relatively low levels in breast milk.

#### **9. What is the impact of consumption of alcohol during pregnancy?**

- Heavy alcohol ingestion during pregnancy is associated with the fetal alcohol syndrome, a condition of fetal development delay and cognitive deficits.

#### **10. Write down the role of n-3 fatty acids in pregnancy?**

1. There is evidence that n-3 fatty acids are important in the normal development of eye and brain function
2. The n-3 content of breast milk is mediated by maternal intake.
3. Low maternal fish consumption may elevate risk of cerebral palsy.

#### **11. State the role of vitamin B6 in pregnancy?**

1. It plays an important role in metabolism.
2. Supplementation of B6 is recommended for treatment of Pregnancy induced nausea.
3. Dose-50-100mg / day.

#### **12. State the use of ginger root during pregnancy?**

1. Ground gingerroot, at a dose of 250mg 4 times daily, has been shown effective in the treatment of hyperemesis gravidarum.
2. The combination of ginger and vitamin B6 may be more effective than either used above.

#### **13. Role of vitamin C in pregnancy?**

1. Vitamin C supplementation of about 500mg/day may play a role in the prevention of pre eclampsia and premature rupture of membranes.

**14. Why diabetes during pregnancy should be controlled?**

- Diabetes during pregnancy should be controlled so that blood sugar is consistently in the normal range to prevent macrosomia and sacral agenesis.

**15. What is the importance of phenylketonuria in pregnancy?**

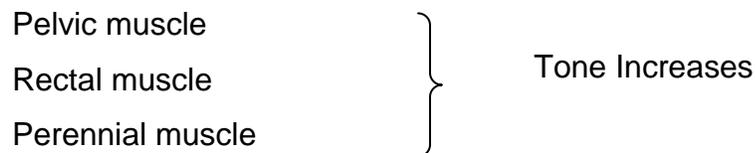
- a. A history of phenylketonuria in the mother requires a return to a tyrosine restricted diet during pregnancy to prevent related complication in the foetus.

**16. What is the role of VarmaM in the prevention of complication of pregnancy**

1. **BALA VARMAM:** ( 1 finger below kannadu kalam)  
Prevent constipation since it stimulates the Abanavayu.
2. **PATCHI NERMA VARMA :** (5 finger above Thilarthakalam). It also stimulates the abanavayu. It relieves constipation. Both varmas are indicated for normal delivery/

**17. Role of Asana's in helping delivery?**

- Modified Pavana Muthasana - Strengthening pelvic floor muscle
- Perennial muscle.
- Modified Sethu Banthasana – To reduce paedal oedema
- Leg flap exercise – Relieves constipation



There by normal delivery is possible

**18. Role of breathing exercises?**

- Alternative breathing exercises helps in easy delivery

**19. What are all the stress relievers in our Siddha system?**

- Meditation and savasana help as stress relievers. Helps in normal delivery.