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Review Article

CONCEPT AND MANAGEMENT OF DYSMENORRHEA IN UNANI SYSTEM OF MEDICINE

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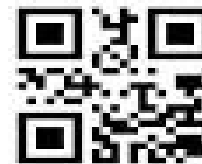
Abstract: *Dysmenorrhea is the most common of gynecologic complaints. It affects half of all female adolescents today and represents the leading cause of periodic college/school absenteeism among that population. To evaluate the menstrual problem specially dysmenorrhea and its severity in female medical students and its effect on their regular activities. They affect 80% of women at some time in their lives; usually they are not assigning of a serious underlying problems. It is a condition where there will be painful menstruation associated with abdominal cramps, backache, nausea and vomiting, stiffness in thighs, cramps in calf muscles. Pain usually last for 2 or 3 days and tends to happen in the first few days of the period. Up to 15% of women have period pains, severe enough to interfere with their daily activities. This can lead to missing days at work or diseased participation in social or sporting activities. Dysmenorrhea is of two type namely primary and secondary dysmenorrhoea. Primary dysmenorrhoea is used to describe normal period pain experienced by many women during the time of their period and there is no underlying medical problem. Secondary dysmenorrhoea is used to describe pain results of an underlying gynecological problem. There are number of measures like sitz bath, simple morning walk and dietotherapy. There are number of herbal drugs mentioned in Unani literature which are useful in tackling this problem. The review highlights about dysmenorrhoea and some of those herbal drugs which are used in Unani System of medicine.*

Keywords: *Dysmenorrhoea, herbal drugs, Unani system of medicine, Back ache, Usre tams*

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INTRODUCTION

Unani system of medicine originated from Greek and Arabs system they were first to classify disease on the basis of anatomical and physiological symptoms of the body. Arab physicians introduced Unani pathy in India which took firm root in the soil soon. Unani pathy had its days in India during 13th and 17th century's. Soon it spread all over the country and remained popular among the masses, even after the downfall of Mughal Empire. It got a set back during British rule but still remained in practice as it enjoyed the faith of masses.

Unani medicine, as is well known, based on the Hippocratic humoral theory. This theory supposes the presence of four humours in the body viz: blood, phlegm, yellow bile and black bile. The mizaj of individuals are expressed by word damawi (sanguine), balghami (phlegmatic), safrawi (choleric) and saudawi (melancholic). According to the dominancy of the humour every person is supposed to have a unique humoral constitution which represents his healthy state and any change in this state causes illness of the said person. The severity of the disease depends directly upon the change in equilibrium from mizaj.

In Unani system of medicine dysmenorrhea is known as Usre Tams, which means painful menstruation. Views of different Eminent Unani physician are as follows

Hippocrates mentioned that the usre tams occurs due to stagnation of menstrual blood secondary to cervical obstruction and causes painful menstrual period [1].

According to Sheikhur Rayees Abu Ali Husain bin Abdullaha bin Sina Usre Tams occur because of snag in the menstrual blood flow. He also mentioned that if the menstrual blood is motadil (balanced) in quality and quantity, the cycle is regular. If the menstruation is irregular and abnormal, it may cause many diseases like amenorrhea and oligomenorrhoea [2].

According to Ismaeel Jurjani Back ache is also present in Usr-e-Tams. Along with the pain of uterus, pain occurs in the abdomen, head. After a long time, the pain gets lodged in the hips [3].

According to Maseehul Mulk Hafiz Hakeem Ajmal khan in Usre Tams stopping of menses occurs either from the beginning or ceases after sometimes of normal menstruation or comes in decreased amount than normal or occurs in a little amount with gap associated with pain [4].

Hassan Qurashi mentioned Usre Tams is characterized by difficulty & pain at the time of menstruation which is often exaggerated. Patient is

left uneasy. Sometimes initially pain is at the peak & reduces with the passage of days on the contrary, some times pain is minute in the beginning, but gets intensified as the days progresses [5].

Akber Arzani mentioned that in Usre Tams backache occur before and during the menstruation [6].

Causes of dysmenorrhea (Usre Tams) in Unani system of medicine

Zofe Rehm (Weakness of uterus)

Sartane Rehm. (carcinoma of uterus)

Warne Rehm (Metritis)

Ahtebase tams (Amenorrhea)

Qilate Tams (Hypomenorrhea)

Complete closure of external Os.

Surgical operations of internal reproductive organs.

Muscular diseases of uterus such as uterine atrophy.

Accumulation of fat in uterus.

Displacement of uterus.

Excessive use of cold products.

Exposure to cold.

Cold bath.

Wearing wet clothes for long time.

Anemia.

Increased viscosity of blood.

Severe hemorrhage.

Excessive intercourse

Depression.

Excessive use of phlegm concentrated things can cause increased bile & phlegm in blood & increases the concentration of blood due to which blood cannot flow from the narrow vessels & bleeding ceases [3,4,7,8,9,10].

Types of Usre Tams

1. Nazlawi or warmi Usre Tams: that occurs due to phlegmatic swelling in uterus or cervix or due to pooling of blood. This condition is usually seen after the delivery when the uterus does not return back to its anatomical position. Mostly obese women experience this type of UsreTams.

2. Spasmodic or Tashanuji Usre Tams: that occurs due to uterine spasm. It is often called as neurological dysmenorrhea. It usually occurs in unmarried girls. The patient complaint of severe pain in before two days of menstruation. The pain radiate towards the thigh, suprapubic and inguinal region.

3. Obstructive or Suddi Usre Tam: - This condition occurs due to small size of uterus or obstruction of cervical opening. Cervical obstruction occurs due *warne fame rehm* and rasooli.

4. Usre Tams Ibtedayee:- When the adolescent girls experience the menstruation for the first time, the

blood flow in the uterus, ovaries and internal genital organ increase and causes congestion. Due to congestion the girl experience pain in lower abdomen, backache and pain in thighs etc. [11]

Clinical Features of Usre Tams

Hakim Ajmal Khan stated that Patient may become unconscious or faint due to severity of pain, restlessness. Patient

feels heaviness in the pelvic area & pain in thighs, hips and in back.

Back ache

Heaviness in lower abdomen

Pain occur before menstruation

Nausea

Vomiting

Diagnosis of Usre Tams

1. *Warmi Usre Tams* shows continuous & pin pricking pain which is directed towards umbilicus, spinal cord & upto calf muscles. This initiates 2-3 days prior to bleeding & persists till last. It is very intense & patient complains of heaviness in pelvis, headache, nausea, mild fever & hypersensitivity.

2. *Suddi Usre Tam* :In case of Obstructive dysmenorrhea, pain is intermittent & spasmodic but it is too severe that patient is left unconscious along with this vertigo, nausea, vomiting, and delirium along with nasal, oral, anal & vesicular bleedings are common.

3. *Tashanuji Usre Tams*: In this case, the pain is nerogenic & intense. It starts from flanks & radiates to umbilicus abdomen, back, buttocks & thighs; often it is accompanied with headache[6,7]

Management of Usr –e- Tams

1. Identify & eliminate the real cause.

2. If the pain is warm, then mubarridat should be given to drink. *Aab kasni* (extract of *Cichorium intybus*), *ma-ul-sha-eer*, *shorba* & *enema* should be done with mucilaginous materials.

3. If the pain is due to coldness then the humour should be expelled & after that enema with honey water & *muhallil* (anti-inflammatory) pessaries like , *Saffron*, *Hilteet* (*Ferula asafoetida*)

4. If pain occurs during menstruation, then diuretics should be given, for example *Tukhme kharpaza* (*Cucumis melo* seed) should be grinded & same weight sugar should be taken before the episode of the pain for three days (six grams).

Tukhm karafs (*Apium graveolens*) & *Hulba* (*Trigonella foenium*) decoction of these should be given.

5. If there is burning sensation in uterus & if its reason is hot humour its expulsion and neutralization should be done. *Camphor+ rose= pessary*

6. If the pain is due to sexual intercourse then, before sexual intercourse; *Kasus* (*Cuscuta reflexa*) should be finely grinded & used as pessary.

7. If phlegmatic dominance; obesity, cold exposure are the main causes, then use purgatives 2-4 days prior to expected date of menses. This should be accompanied with sitz bath of mustard seeds (20gm).

8. In case of intense pain, boil *post-e-khashkhash* (12gm) in two liters of water of water. Wet towel in it & use it as

9. *Hajamat bila sharat* chapter that *hijamat bila sharat* (dry cupping) over the umbilicus relieves the dragging and colic pain of gaseous distension and relieves the menstrual pain

10. In case of uterine displacement eliminate the actual cause. Constipation should be avoided at every cost.

11. After recovery, for uterine strengthening; *kushta marwareed* (20mg) & *supari pak* (12gm) or *majoon hamal ambary alvikhani* (5gm) should be used.

12. According to *Abdoos* use of decoction of *Baranjasif* as *natool* is effective in dysmenorrhea

13. According to *Jalinoos Roghen Mastagi* is effective in all kinds of *wajaur Reham*.

14. *Abzan* (Sitz bath): With decoction of several drugs individually like, *Baranjasaf* (*Artemisia vulgaris*) and *Babuna* (*Matricaria chamomilla*), *Murmuki* (*Commiphora myrrh*), *Saleekha* (*Cinnamomum cassia*), *Marzanjosh* (*Oliganum vulgare* Linn.), *Podina* (*Mentha arvensis*), *Izkhar* (*Andropogon jawarancusa*), *Qust* (*Saussurea lappa*), *Akleelul Mulk* (*Trigonella uncinata*) [12,13,14,15].

Some herbal drugs, which are effective in spasmodic dysmenorrhea

1. *Balcharea* (*Nardostachys jatamansi*)

2. *Saunf* (*Foeniculum vulgare*)

3. *Lehsun* (*Allium sativum*)

4. *Qust* (*Saussurea lappa*)

5. *Hilteet* (*Ferula asafoetida*)

6. *Izkhar* (*Andropogon jawarancusa*)

7. *Asrol* (*Rauwolfia serpentine*)

8. *Siyah mirch* (*Piper nigrum*)

Some herbal drugs, which are effective in congestive dysmenorrhoea

1. *Babuna* (*Matricaria chamomilla*)

2. *Kasus* (*Cuscuta reflexa*)

3. *Podina* (*Mentha arvensis*)

4. *Dalchini* (*Cinnamomum zeylanicum*)

5. *Tarmas* (*Lupinus albus*)

6. *Hasha* (*Thymus serpyllum*)

7. *Abhal* (*Juniperus communis*)

Compound formulations used in Unani medicine

1. Habbe Mudire Haiz
2. Safoof-e-Mudire Haiz
3. Dawa Mudire Haiz
4. Dawae Ussuruttam
5. Tiryaqe farooq
6. Dawae Mudir

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