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An overview of Unani - medicine for sexually transmitted diseases (STDs): Review article

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Abstract

Background: Prevention of STIs is a major concern worldwide. It is a major public health problems & these are rising alarming till now but this Disease is not possible prevent & Control exclusive with allopathic medicine due to antibiotic resistant. So, enrich with natural based Unani Medicine & other interventions role to treatment, prevent & control STD & its complication.

Objectives: In this review studies I will wanted to explore the causal factor of STDs and to explore which & Unani Medicinal Plants & formulated Unani Medicine & other interventions are to use prevent & control STIs.

Methods: I searched Unani Pharmacopeia of India, Publication of National Herbarium Bangladesh, ND Health facts & PubMed, internet data from inception to 18 November 2017 observational data relating to Unani Medicine and STDs to treatment, prevention.

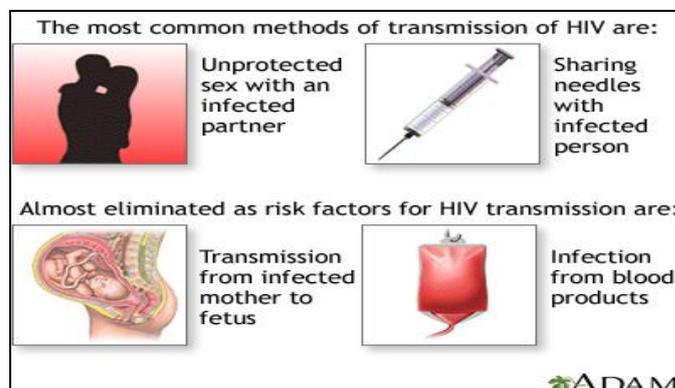
Results: Evidence suggests that various listed Unani Medicinal Plants & formulated Unani Medicine used to cure STDs.

Conclusions: Somewhat this information should help our knowledge to enrich regarding how & which Unani Medicinal Plants & formulated Unani Medicine & interventions are to use treat the STD & promoting our Heath care but some traditional practice approaches further should be tested with RCT for authenticity.

Keywords: Unani Medicine, RCT (Randomized Control Trial), STD (Sexually transmitted diseases)

Introduction

Sexually transmitted diseases (STDs) are infectious diseases that are spread through sexual contact. STDs are among the most common infectious diseases in the world today. There are more than 20 types, affecting more than 13 million men and women in the United States each year. Some of the most common STDs include chlamydia infection, genital herpes, genital warts, gonorrhea, syphilis, and HIV (human immunodeficiency virus).



Alamat/ Signs and Symptoms

STDs may not produce any symptoms, especially in women. However, when symptoms do occur, they may include the following:

Itching

Discharge from the penis or vagina

Pus-containing blisters

Genital sores including ulcers, blisters, rashes, and warts

Abdominal pain

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Rectal infection and inflammation of the rectum

Fever

Muscle pain

Painful urination

Painful sex

Bleeding between menstrual cycles

Repeated urinary tract infections

Swollen lymph glands in the groin

Asbab/ Causal Factor

STDs are caused by viruses, bacteria, and parasites spread most often (but not always) through sexual contact. Some STDs can be passed from a mother to her baby during delivery and through breast-feeding while infected. Others may be passed by sharing infected needles. Common STDs include:

Sexually transmitted bacterial infections include

Atishak/ Syphilis (*Treponema pallidum*)

Suzak/ Gonorrhoeae (*Neisseria gonorrhoeae*)

Chlamydia (*Chlamydia trachomatis*)

Chancroid (*Haemophilus ducreyi*)

Sexually transmitted protozoal infections

Trichomoniasis, *Trichomonas*

Sexually transmitted viral infections

AIDS, HIV

Viral Hepatitis, Hepatitis B, Hepatitis C

Genital wart, Human Papilloma Virus

Genital Herpes, (Herpes Simplex)

Risk Factor

These conditions or characteristics put you at risk for developing STDs

- Sexually active adults ages 18 to 28. Teens are at highest risk for acquiring an STD for the first time.
- Having a sexual partner with an STD. In many cases, the infected person may not have symptoms.
- Having many sexual partners, or a partner who has many sexual partners
- Having sex without a condom or other protection
- Having one STD increases the chance of getting another
- Living under stress from poverty, poor nutrition, or lack of health care
- Having anal intercourse increases risk for HIV, gonorrhea, and syphilis
- Having a weakened immune system
- Using IV drugs and sharing needles

Tashkhis/ Diagnostic Testing

Your doctor will do an examination and check for physical signs of disease. Swab test from Urethra, Cervix, Vagina Anus or Throat, Blood & Urine tests tests can help find what is causing the infection so you can get the right treatment.

The method used is based on the specific bacteria, protozoa, viruses, candida suspected

Usule-Alaz/ Method of Management

1. Medications according to the Underlying causes.
2. Dawa-e Qatele Zarasim should be given orally

3. Topical medication used according to cause.

Alaz/ Medication

Medicinal plants have a long history of use and their use is widespread in both developing and developed countries. Unani & Ethno-medicines provide rational means for the treatment of many diseases that are determined and incurable in other systems of medicine. STDs are generally treated with antibiotic and antiviral medicines. But some microorganisms may become resistant to the antibiotics & antiviral drugs. These complications have necessitated the search for new antimicrobial substances from medicinal plant enrich Unani & Ethno medicine source. For these reasons, you should take medicinal plant enrich Unani & Ethno medicine with care, under the supervision of a health care provider.

Dawaul Mufrada (Single Medication)

1. Medicinal plants reported to possess anti-Herpetic activity: Aloe (*Aloe vera*), 0.5% cream. Early evidence suggests that aloe gel used topically may improve the symptoms of genital herpes in men. In two studies, men who used the aloe vera cream saw lesions heal faster than those who used a placebo cream. Garlic has antiviral, antibacterial, and antifungal properties that fight viral infections. Crush a garlic clove and apply it on the affected area. Cover it with a bandage. Leave it on for about 20 minutes and then wash the area thoroughly. Repeat this treatment twice daily for about a week. The caustic effect of the garlic will cause the wart to blister and fall off. Larger warts may take longer to heal. If you do not like the smell of garlic, you can take garlic capsules three times a day for a week. There has been a scientific study at Johns Hopkins University in 1997 where researchers tested the effect of Neem against the Herpes simplex virus-2 & founded significant protection
2. Medicinal plants reported to possess anti- syphilitic: A powder is made with the dried roots of Bhui Kumra plant. It is taken with water twice (05 gm amount each time) a day for 05 days or until the disease is cured.(Ethnomedicine)
3. Medicinal plants reported to possess anti- Gonorrheal: A fresh juice is extracted from whole plant of *Phyllanthus nuri*, rhizomes of Halud & leaves of Neem. The juice is taken twice a day (10 ml) for 45 days (Ethno-medicine).
4. Medicinal plant (*Phyllanthus amarus*) reported to for HBV, *Phyllanthus amarus* is Asian herb with a long history of use in liver disorder. A preliminary report in 1988 demonstrated that 50% of patients with hepatitis B had lost the Hepatitis B antigen when test 15 to 20 days after treatment with a preparation of *P. amarus* (200mg of dried powder, sterilized plants in capsule 03 times a day. Algae Red mushroom has strong activity against HBV.

Dawae Murakkaba (Prepared Unani Medicine): (Any of the following one or two unani medicine may be taken orally):

1. Evidence suggested anti syphilitic activity, Majoon Oshba, Doses: 5-6gm/1 teaspoonful given orally twice daily. & Tablet Jaowheri, 2 tablet twice daily one

- month, Etrifal Shahtara: 5-6gm/1 teaspoonful given orally twice daily.
- Evidence suggested anti-Gonorrheal activity: Tab Suzern, 1-2 tablet with water twice daily, Syrup Alkuli: 4-5 teaspoonful given orally twice daily mix with 01 glass water.
 - Possess to anti- valvo-vaginitis activity: Majoon Supari Pak 10g at bed time, Syrup: Masturin, 5-6 1 teaspoonful given orally twice daily.
 - Possess anti- Hepatitis B virus activity: Cap. Livec, (87mg) 01 capsule 3 times daily, for best result 150 - 300 mg 03 times daily.

Nutrition & Supplements

- B-complex vitamins & Vitamin D c, to boost your immune system, particularly if you have HPV.

Prevention: Sexual mode of transmission is the most common cause of occurrence of STDs, vaginal and rectal, oral approaches are becoming significant for prevention of their transmission.

You can reduce your risk of getting an STD by:

- Delaying first sexual experience
- Having a mutually married sexual relationship with an uninfected partner
- Always using a male or female condom for every act of intercourse
- Using clean needles if injecting IV drugs
- Preventing and controlling other STDs
- Having regular checkups for STDs even if you have no symptoms, Learning the common symptoms of STDs and seeking medical help immediately if you develop any symptoms
- Taking medications to suppress the virus if you have HPV or HSV
- If you are a girl or boy age 9 to 26, getting vaccinated for HPV

Prognosis/Possible Complications

Many STDs can be treated effectively when they are diagnosed early. STDs increases the risk for becoming infected with HIV. Some bacteria may become resistant to the antibiotics used to treat some STDs.

Conflicts of Interest

The authors declare no conflict of interests.

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