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Mana-E-Hamal in Unani medicine: A review literature of single and compound medicine and traditional method for contraception

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Abstract

Contraception is a process or technique for preventing the pregnancy. Promotion of family planning is central to the World Health Organization work on improving maternal health & is core to achieve the Millennium Development Goal. It is estimated that 90% abortion related and 20% of pregnancy related morbidity and mortality, could be prevented by the use of contraceptives. Unani physician had mentioned the various medicines & techniques of contraceptives. Hippocrates described coitus interruption and using finger to wipe out vagina, for contraception. He had also mentioned the used of Wild carrot as an oral contraceptive. Pomegranate was the first hormonal contraceptives widely used by Greek women. Local application of oil of cedar, ointment of lead etc. which formed a barrier or spermicidal effect. Herbal contraceptive drugs like, *Azadirachta indica* (Neem), *Juniperus communis* (Abhal), *Punica granatum* (Anar), *piper longum* (*Filfil daraz*), *Mentha arvensis* (*pudina*), *Ruta graveolans* (*suddab*), *Alium cepa* (*piyaz*), *Daucus carota* (wild carrot) etc. the aim of this literature is to review the ancient contraception in Unani system of medicine [1-3, 42].

Keywords: Unani contraceptive, Mana-E- Hamal, medicinal plant herbal drugs

Introduction

Contraceptives are a method or that are allows intercourse and yet prevents conception. They include all temporary and permanent measures to prevent pregnancy from coitus [1]. Rapid population growth is a critical issue worldwide. Family planning methods save women's lives preventing unintended pregnancies. Slower population growth conserves resources improve health and living standards. Ideal contraceptive methods should be highly (100%) effective, acceptable, safe, reversible cheap, having non-contraceptive benefits, simple to use and requiring minimal motivation, maintenance and supervision [4]. contraception is nearly a universal healthcare need among those who can become pregnant [5]. India is one of the most populous countries of the world. At present India's population is second to that of China. Each contraceptive methods have its unique advantage and disadvantages. Success of any contraceptive method depends not only on its effectiveness in preventing pregnancy but on the rate of continuation of its proper use. Main problem with these present contraceptives is the adverse effects associated with long term use such as liver disorder, cardiovascular effects and carcinogenesis and disrupt the endocrine system causing serious side effects such as a PCOS, endometriosis, infertility, developmental issues, and birth defects [6, 7]. This has led to growing global, interest in natural, safe contraceptive alternative, driving research into new methods and products for reproductive health [8]. Unani system of medicine can help in this as an alternative. Various drugs and method are mentioned in classical Unani text book, used thousands of years ago for contraception. Today many of drugs are proven also, in the light of pharmacology and can used for further study for contraceptive development. Single drugs like *Azadirachta indica* A. Juss. (Neem), *Juniperus communis* L. (Abhal), *Punica granatum* L. (Anar), *Piper longum* L. (Filfil daraz), *Mentha arvensis* L. (pudina), *Ruta graveolans* L. (suddab), *Alium cepa* L. (piyaz), *Daucus carota* L. (wild carrot).

Methods

In Unani contraceptive medicine and method are available in Unani text book, in the form of mane Hamal. Medicine was searched. Literature was also searched Pub Med/Google scholar with the key word.

Modern Contraceptives

Today hundreds of contraceptives methods are available broadly grouped as Barrier methods (condoms, diaphragms vaginal sponges). Chemical methods (foams, creams, jellies), intrauterine devices (Lippes's loop, Cu-T, Nova T, multiload, progestaserte), hormonal contraceptives (oral pills, injectable, subcutaneous implants, vaginal rings) etc. Each has its own advantages and disadvantages. Contraceptive methods are grouped according to their effectiveness ^[9].

1. Top tier: most effective

- Intrauterine devices:
- 52-mg LNG-IUS
- T380A copper
- Etonogestrel implant
- Female sterilization
- Male sterilization

2. Second tier: very effective

- Combination pill
- Vaginal ring
- Patch
- DMPA
- Progestin only pill

3. Third tier: effective

- Condom Male, Female
- Diaphragm with spermicides

4. Fourth tier: least effective

- Spermicides
- Sponge (multiparas, nulliparas) ^[8]

Most common being the side effects/complications. The commonest with modern contraceptives in female are headache, bleeding disorders, nausea, metabolic disturbances, pain, adverse effects on liver, lactation, breast, pelvic infection, uterine perforation, pregnancy, ectopic changes, cancer, teratogenesis, cardiovascular effect etc. Male are limited to male condom, sterilization (vasectomy). ^[9]. Contraceptive benefits are improved quality of life, better health, physical and emotional stress of life, better education, job, and economic opportunities. Benefits are enjoyed by the couple, the children, other family members, the community and the country ^[10].

Unani Litratue

The *Kahun papyrus* (1850 BC), probably the first textbook on gynecology, and the *Ebers papyrus* (1550 BC). In this papyrus to mention the various contraceptive methods to prevent pregnancy. Like vaginal application. Honey, acacia leaves. Vegetable seed, plugs of grass, crushed roots, empty halves of pomegranate, squeezed half of lemon, rock salts they block the cervix and- absorb semen ^[9, 11].

The next documented reference of contraceptive method mentioned in Bible; the books of genesis was coitus

interruptus. Dioscorides several other drugs for contraception. His book, *De Material Medica*, was a standard resource for contraceptive information until 16 centuries ^[9].

Hippocrates (460-377BC) in his book (HIPPOCRATE'S WOMEN) described barrier contraceptive such as a sponge soak in vinegar or oil, or cedar resin applied to the mouth of uterus, which could be have acted as a spermicide, while also taking herbs and jumping up and down after intercourse, while his partner was wearing an ivory tube round his left ankle. (Hopkins 1956:139) ^[12].

Philosopher Aristotle described the family planning and prescribed several remedies local application of oil of cedar, ointment of lead etc. formed or had spermicidal effect.

Ismail Jurjani (110D) in his book *Zakheera Khwarazm shahi* was described the method of wrapping the penis with a soft cloth before coitus to avoid pregnancy, which led to think of Morden day condom. He described the coitus interruption, and also mentioned the single and compound drugs like, Roghan kunjod (sesame oil) apply the externally in men. Yellow scale of pomegranate (Anar)and Alum mixed and make pessary, used before and after coitus. They prevent the conception. *Mirch Siya* (*piper nigrum*) and peppermint (*Na`na*) used after coitus as a contraceptive ^[13].

Ibne Sina (980-1037) in his book 'AL Qanoon Fit Tib, described various contraceptive method and drugs and pessaries, suppositories, ointment, pastes and oral medicine. Like Shaham-e- Hanzal (*Citrullus colocynths*), Khabs -al-Hadeed (*Iron rust*). Pessary of Filfil siyah (*piper nigrum*) after coitus. maghz Anaar (pomegranate). Pessary of Qitraan. Balsam oil (Roghan Balsan) ^[14].

Hakeem Mohammad kabiruddin in the book *AL Aqseer* he described the method of coitus interruption. Pessary of salt before coitus they protect the conception ^[15]. According to *Galen Suddab* (*Ruta graveolans*) have spermicidal activity. Its use as a pessary and locally.

According to *Dioscorides* in the book'' *De Materia medica*'' he described contraceptive medicine like walnut leaf (*Juglans regia*) use as a pessary, before coitus. Pudina (*Mentha arvensis*) use as pessary during coitus ^[16].

Ibne Masaway, he described the contraceptive, after coitus filfil Siya (*Piper nigrum*). Pudina Nehri/Pepper Mint (*Mentha arvensis*).

Ali Ibn Abbas Al Majoosi, he described the contraceptive medicine also pessary and emergency contraceptive. Coitus interruption. Rock salt used as a contraceptive for both men and women. In women it uses as a pessary and in men is should be apply locally on penis before coitus. Qatran (*Pinus sylvestris*) use as a pessary before coitus. Tukhm Karnab (*Seed of brassica oleracea*), Shagufa e Karnab (*bud of brassica oleracea*) and extract of sudda (*Rue*) use before and after coitus. Warq e Gharab (*Salix babylonica*) use as a contraceptive ^[17].

Zakariya Razi in his book *Kitab AL Hawi* he described contraceptive medicine. Single drugs like, *Mirch e Siya* (*black pepper*) use as a pessary. Leaves and fruit of Garab (*Salix babylonica*). Applying Onion extract (*Allium cepa*) locally around the glans penis before intercourse act as contraception. Drinking paneer mai ya (*Rennet*), prevent the conception. *Tukham e qaami* (seed found in field of wheat) fine powder mixed with Honey use in the form of pessary. Leaves of Akhrot [*Juglans regia*] mixed with vinegar can be used post menstruation, in the form of pessary. They prevent the conception. Karanab seed (*Brassica oleracea*) and bud

also used as a contraction medicine. Compound form: - combine the equal amount of Saqmoonia (*convolvulus scammony*), shahm e Hanzal (*Citrullus colocynthis*), Hazarjashan (*bryonia alba*), Khabs al hadeed (*iron rust*) and Tukham e Karnab (*Brassica oleracea*), grind them make a fine powder and mixed with Qatran. Used as a pessary. Wild carrot used as a pessary ^[18].

Allahma Hakeem Mohummad Kabirruddin in his book *AL AQSEER JILD DUWA*, he described the coitus interruption. pudina (*Mentha arvensis*), Suddab (*Ruta graveolans*) used as a pessary before coitus. they prevent the conception. Luk (laccifer lacca) 4.5 gm make a fine powder used with any diet they prevent the conception. Maazu (*Quercus infectoria*) use as a pessary. Namak e Taam (*salt*) use in form of pessary and Haleela also use in the form of pessary. Tukham Karnab and Shagoofa karnab used as pessary before coitus. Saqmonia (*Convolvulus scammon*) mixed with honey or vinegar, apply locally glans penis, before coitus, they prevent the conception. Anar (pomegranate) and Alum (*Aluminum hydroxide*) use as s pessary. Locally apply suhaga, Roghan e balsan. Juice of Badrooj (*sweet Basil*) use as orally they prevent the conception ^[19].

Hakeem Azam khan in his book, *Qarabadeen e Aazam*, he described the contraceptive medicine, *Habb-e- mana hamal kali zeera*, *Tukham e haleela kabli*, *Nagisar*, *narkachu*, *dana e kaifal*, all single medicine combines each other and make tablets, take a tablet during menstruation ^[20].

Hakeem Akbar Arzani in his book, *Tib e Akbar* he described, how to prevent the pregnancy, He suggested the male should withdraw quickly. (Coitus interruption) Sesame oil (*Roghan kunjad*) applies the glans penis before coitus it prevents the conception. Also, he suggested that men cover the glans penis with a fine, thin cloth before coitus as it acts as a physical barrier. Yellow scales of pomegranate (*Anar*) and alum (*phitakri*) mixed it, uses as pessary they prevent the conception ^[21].

Zakriya Razi in his book *Kitab AL Mansoori*, he described the contraceptive drugs Qatran (*pinus sylvestris*), can used in form of pessary in female and locally applied in men. Fil fil siya (*black paper*) and extract of Suddab (*Ruta graveolens*), it used after coitus they prevent the conception ^[22].

Hakim Ghulam Imam in his book *Ilaj -ul- Guraba* he described the contraceptive medicine. *Aspand* used as a contraceptive drug. *Haldi powder* use as a contraceptive, during menstruation and after menstruation the act as a contraceptive. Pessary of Mirch Siya (*piper nigrum*), it used after intercourse. Babchi (*Psoralea corylifolia*) fine powder mixed with sweet oil, and used as a suppository, they prevent the pregnancy. Farash ki chhal (*bark of tamarix*) mixed with jaggery boil it make decoction, prevents the conception.

Kali Zeeri, bitter cumin (*Centratherum anthelminticum L.*), *Haleela zard* (*Terminalia chebula*), *Nag kesar* (*Mesua ferrea*), *narkchoor* (*curcuma zedoaria*), *kalonji* (*nigella sativa*), *kaifal* (*Myrica sapieda*). Mixed the all-medicine grind and make fine powder, and make table consuming the one table during menstruation, they prevent the conception ^[23].

Single drugs for conception

Neem (*Azadirachta indica*)

Neem plant used as a spermicide; it's first use found as spermicide in 1850 BC documented in Kahun Papyrus.

Neem plant is used in different form as oil, pessaries and creams. In various preclinical and clinical studies stated that it shows contraceptive effects and protective effect in pregnancy. A preclinical study had done on SD rats with alcoholic extract of neem flowers which disrupts the oestrus cycle and cause partial block in ovulation and shows antifertility effects ^[24, 25]. Fig no 1.



Fig 1: Neem (Neem) (*Azadirachta indica*)



Fig 2: Gossypol herbaceum (cotton plant)

Gossypol used as male contraceptive. A periclinical study had done on rabbit. They reduced the level of serum Testosterone and luteinizing hormone. it acts on directly on testes and induce azoospermia or oligospermia. They inhibit sperm mortality ^[26] a periclinical study had done in female Wistar rats, gossypol reduced the normal ovarian follicles and increased the number of atretic follicles, they effect the female gametogenesis and act as a female contraceptive ^[27]. Fig no 2.

Abhal/Common juniper (*Juniperus communis*)

Abhal used as a contraceptive drug. Abhal have abortifacient and contraceptive properties. [28] In Unani literature Ancient Attiba mentioned the *Abhal* properties and used as a contraceptive medicine [20]. A preclinical study had done in Swiss albino female rats. It acts as a anti implantation and abortifacient activities. [29] Fig no 3.



Fig 3: (Common juniper) *Juniperus communis*



Fig 5: *Piper longum* (Black pepper)



Fig 4: *Carica papaya* L. (Raw papaya)

***Carica papaya* L. (Family -caricaceae)**

The aqueous extract of *Carica papaya* seeds caused antifertility, anti-implantation, by a reduction in progesterone level, disruption of oestrus pattern and histological alteration of utero-ovarian tissue [30]. A preclinical study had done in langur monkey, The extract of carica papaya, decreased the sperm concentration and inhibited sperm motility, decrease the sperm viability and increase the sperm abnormality. They create Azoospermia, they effect the morphology of sperm and also shrunk the testicular tubules and acts as a spermicides [31]. Fig no 4.

Fulfil-e-daraz (Black pepper) (*Piper longum*)

According to the Zakheera Khwarazam shahi and Al Hawi & Ghana Mana. It used as an emergency contraceptive, in form of pessary. A periclinal study had done in female rats. The benzene extract of *P. longum* plant, it acts as a female contraceptive. An *in vitro* study had done, the hexane extract of *P.longum*, it reduced sperm mortality.it acts as a male contraceptive [32, 33]. Fig no 5.



Fig 6: *Punica granatum* (Anar)

Anar (*Punica granatum*)

Ali Ibn Abas Majoosi in his book Kamil Us Sana mentioned the use of *p. granatum* as a contraceptive. A preclinical study had done in female rats, *p. granatum* used in the form of pessary before coitus prevent conception. 50% of ethanol extract of it showed anti-implantation activity in rats [34]. Another preclinical study had done on rabbits, the *p. granatum* rind it inhibits sperm motility and it acts as antifertility effect on rabbits [35]. Fig no6.

Onion (*Allium cepa*)

The juice of onion used as a contraceptive. Some study had done in Extract of *Allium cepa* is to be used as ointment on the penis in male and in the form of pessary in female. Ethanolic extract of *Allium cepa* showed anti-implantation activity at the dose of 300 mg/kg in mice. The extract has shown antifertility activity, they effect the ovulation, progesterone level. It showed anti ovulatory and spermicidal properties it has Quercetin and Allicin, Quercetin, a flavonoid potential anti-inflammatory and antioxidant properties [36, 37]. Fig no 7.



Fig 7: *Allium cepa* (Onion)

Allium Sativum Family (*Amaryllidaceae*)

A preclinical study had done on Swiss albino male mice. Spermicidal and it decreased the mortality of spermatozoa. *Allium sativum* showed the antifertility effect. Used as a male contraceptive [38, 39]. Fig no 8.



Fig 8: *Allium Sativum* (Garlic)



Fig 9: *Ruta graveolens* (Suddab, Garden rue)

Suddab, Garden rue (*Ruta graveolens*)

Preclinical study A had done on male rats. It showed the spermicidal effect. It decreased the sperm mortality. Also, it effects the sperm morphology. Immobilized the sperm [40] fig no.9

(Gul e Gudhal) *Hibiscus rosa-sinensis*

A preclinical study had done in albino male mice, hibiscus showed the spermicidal effect and decreased the sperm mortality and viability of sperm, also reduced the weight of testis [41]. Fig no 10



Fig 10: Gul e Gudhal (*Hibiscus*) *rosa-sinensis*

Conclusion

Contraceptives are improving reproductive health and reducing the unwanted pregnancies, also prevent the STIs. In modern medicine number of birth control medicine, locally application and device /IUCD Cup-t hormonal device are mention. But they have many side effects. They increase the risk of life. In Unani medicine ancient physicians had described many single and compound drugs in his old book. Also mentioned the coitus interruptus method. Yet there is a need of further Animals and Clinical studies.

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