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Oligomenorrhea and its management in Unani system of medicine: Review literature

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Abstract

Infrequent and scanty menstruation is a common problem in women belonging to reproductive age group. Oligomenorrhea can only be defined arbitrarily as one in which the cycle lasts longer than 35 days. Menses may be both infrequent and irregular or regularly infrequent. Oligomenorrhea affects 6-18% of reproductive age group and oligomenorrhea is managed by hormonal replacement therapy but hormonal replacement therapy can cause its own side effects. In adolescents a lesser flow of menstruation is normal specially it is regular in occurrence and is not associated with any other problems. Ancient physician AVICENNA [980-1037] AD in his famous book CANON OF MEDICINE describes oligomenorrhea under the title of Ihtibas e tamth. Normal menstruation is an indicator of healthy and normal reproductive system. The cause of decrease in menstrual flow becomes a problem, either because it is blocked by disease of uterus or by disease in the body. In classical unani text oligomenorrhea is mentioned under the heading of ihtibas e tamth, Ibn e sina mentions cause of qillat e tams is due to impairment of quwat e dafia, sue mizaj barid and sue mizaj yabis. Anaemia is one of the causes for Oligomenorrhea. In line of treatment atibba said first treat the cause. Management provides a comprehensive approach to treatment and prevention. Unani system of medicine practices prioritize Ilaj bil Ghiza (Dietary regulation), Ilaj bil Dawa (Pharmaco therapy), Ilaj bil Tadbeer (Regimenal therapy) along with life style modification and hormonal regulation.

Keywords: Oligomenorrhea, qillat-e- hayad, sui mizaj barid

Introduction

In classical unani text oligomenorrhea is mentioned under the heading of ihtibas e tams or qillate tams ^[1, 2].

Hakim kabeer Uddin in his book Al-Akseer, Hakeem Ajmal Khan in his book Moalijat e amraz e niswan describes qillat e tams as the quantity of menstrual blood is less and duration of flow is less than normal menstruation ^[3, 4].

According to saheb e kamil the minimum age of menarch is 10 years and maximum age is 14 years and also added that minimum age of menopause is 36 years and maximum age is 60 years. Duration of flow considered minimum when lasts for 1-2 days maximum when last for 7 days if the duration of between two cycles is more than 2 months then it is known as qillat I tamth or ihtibas I tams ^[1, 5, 6].

Hippocrate state that variations in the colour of menstrual blood, along with irregularities in its consistency and timing, indicates that the body requires attention. [tanqia badan] ^[3].

In modern medicine oligomenorrhea in some women the pattern of menstrual cycle is extends to cycle length exceeding 35 days without any impairment of their fertility. This is compatible with normal reproductive capacity within the limits of its own infrequent ovulation ^[7]. Menstrual irregularities are one of the most common gynaecological complaint which can effect the several aspects of women health in which oligomenorrhea is one of the most common type of menstrual bleeding disorder ^[8]. The amount of bleeding is varies from one female to another female even lesser menstruation is normal especially if it is regular in occurrence and is not associated with any other gynaecological problems ^[9].

Etiopathology

Unani system of medicine is deeply rooted in the humoral theory. If the humors are imbalanced they cause disease where restoration of humors causes health ^[1, 10].

- According to ibn sina health is preserved and the body is prevented by disease if the

mutadil in both quality and quantity and the cycles are regular. qillat I tamth is caused by disease of other organs of the body, or by uterine related causes ^[10].

- Ibn e rushd described qillat I tamth is caused by sudda [which is formed by ghilzath and lazojat of balgham] as one of the cause of zoaf e quwwat e dafia ^[11].
- Ibn sina in Al qanoon fit tib the cause of impairment of menstruation is vascular obstruction [sudda] ^[10].
- Majoosi stated that if a women's disposition turns barid as in farbahi it results in zoaf e jigar, which means the liver cannot turn chyme into blood instead it turns into balgham e galeez. all the organs that get the balghami khoon become moist and cold. which is inappropriate for its typical functions. [Sue mizaj umoomi] ^[12].
- Excessive hot and dry temperament of the body ^[13].
- Excessive fat deposition of in the body may leads to low volume of blood in the body ^[13].

Faculties of Uterus

Uterus have 4 types of quwwah to prefer proper physiological functions to prevent disease.

1. Quwwat I jadhiba [absorptive faculty]
2. Quwwat I hafiza [recalling faculty]
3. Quwwat I masika [retentive faculty]
4. Quwwat I dafia [expulsive faculty]

Among the four quwwa, quwwat I dafia is mainly concerned with expulsion of fuzla [in the form of menstrual blood] any abnormal functioning of this quwwa is mainly responsible for qillat e tamth ^[14].

Symptoms

1. General Symptoms
 - GIT disturbance like indigestion, constipation, flatulence.
 - Disturbance in functioning of liver and GIT which often cause constipation, poor bowel movements and frequent flatulence ^[15].
 - Due to menstrual retention, on the one hand toxic wastes remain mixed in the blood on the other hand due to the defect of the liver function the blood become m worsen and nutrition is not suitable for the body due to all this the body swells up although it seems the healthy but her strength becomes very weak ^[15].
 - Loss of appetite ^[1].
 - Heavyness in lower abdomen, groin pain ^[16, 17].
 - Excessive sleep and tiredness ^[1, 2, 10].
 - Headache, dizziness, palpitation ^[15].

2. Specific symptoms

- Obesity ^[15]
- Obstruction; menses stops gradually ^[2].
- Abdominal distention due to flatulence ^[2].
- Changes in skin colours ^[2].

3. Anaemia ^[15]

- Exersion in hardwork along with lethargy. malaise and icterus ^[18]
- When the blood in the body decrease and its symptoms are that the body becomes thin, weak, lethargy and the colour of the skin become pale this is preceded by excessive exertion or starvation ^[15].
- The blood becomes thick and viscous due to excessive

cold and mixing of toxic fluids in the blood, and its symptoms are lethargy and paleness in the body, polyurea, mucus in the stool ^[19].

4. Bad temperament (Sui mizaj)

4.1. Hotness (Hararat): In case of excessive hotness sign of waram along with this dryness of rahem will be present ^[19].

4.2. Coldness (Barudat): Excessive coldness leads to deep sleep, pallor, perspiration, indigestion, polyurea, ishal e balghami, and nabd e mutafawit. ^[19, 20].

4.3. Yabusat (Dryness): dominance of yabusat causes malaise, lethargy, veins in conspicuous together with other features of yabusat ^[10, 18, 20].

5. Dominancy of humors

5.1. Dominancy of phlegm: Female is fatty and obese but her strength is weak, puffy ness all over the body, indigestion, flatulence, excessivethirst, headache, vertigo and drowsyness ^[15].

5.2. Dominance of black bile: Skin of the patient is dark and thin skinned and in some cases it is said that the pulse is bati o mutafawit, loss of appetite, burps and vomitings, she sleeps very little (insomnia), she often states fear and the error, the menstrual blood is blackand iscus ^[15].

6. Liver disorder: (Zoaf e jigar), poor appetite, right hypochondric pain specially after meals, lethargy, pallor and oedematous face, blood stained stool, viscous urine ^[21].

Diagnosis

The diagnosis of the disease is based on the complaints of the patients clinical presentation, history, physical appearance, and investigations.

Line of treatment

1. First treat the cause of the disease.
2. Use of mudir I hayad drugs to idrar I hayad.
3. Use of munjiz wa mushilat e balgham advia for tadil e mizaj ^[5, 19].

Treatment

In unani system of medicine treatment divided into four types.

1. Ilaj bil-tadbeer (Regimenal therapies)
2. Ilaj bil-ghida (Dieto therapy)
3. Ilaj bil- dawa (Pharmacotherapy)
4. Ilaj bil-yad (Surgical treatment) ^[22].

1. Regimenal therapy

1. **Riyadat (Excercise):** Riyadat qawi to reduce body weight, Muhallil warzish and counselling should be considered together ^[1].
2. **Dalak (Massage):** Dalak with *natrum* followed by hammam can reduce accumulated fat ^[24].
3. **Hammam i yabis:** Hammam is advice for obese patient, it should be done before meals and after the procedure advice to patient for sleep and then take a little quantity of food ^[12, 20].
4. **Takmeed (fomentation):** Takmeed at lower abdomen with har advia mainly advia I muhammira as it

stimulate blood flow towards the uterus ^[17].

5. **Abzan (sitz bath):** Powder of qardal (rai) mixed in hot water in a tub and then patient is asked to sit in this for 10-15 minuts daily ^[17].
6. **Farzija:** According to jalinoos sufoof e kutki siyah along with indiraen doughed in water use as farzija ^[24].
7. **Hijama bil'shart (wet cupping):** Application of hijama over the Calf muscles is more beneficial to induce menses.obese women having narrow uterine vessles venesection fails to evacuate the significant amount of blood but the cupping does.as it purifies the blood ^[14].

Principles of cupping:hijama works on the principles of tanqia e mawad and imala e mawad.it removes the toxic blood from the body thus it detoxify the body ^[14].

Common sites

1. **Calves:** 2 medium size cups are applied over the calf muscles and 8-10 incisions upto a depth of 2-3mm are given with sterile blade (no 11) and time required for the procedure is 5-10 minutes.
2. **Other sites:** Ankle, pelvis, adjacent organs.

Time of application: 2-3 days before the expected date of menses, on first day apply the cup on one calf and on next day apply the cup on another calf ^[14].

Benefits

Cupping of calf muscles is similar to venesection of saphenous vein.as it eliminates more blood because the calf muscles are the lower dependent part and mawad in normal condition has tendency for follow forward the lower part the

body and the same can be suck out with cupping ^[25].

2. Dietotherapy

Treatment of the disease condition is rectifying the asbab e sitt e zarooria and ghair zarooria together with balancing of quality of food ^[22]. it may be withheld, reduced or given in moderate quantity.diet change may be qualitative or quantitative or both ^[10].

3. Pharmacotherapy

The principle of treatment of unani system of medicine is ilaj bilzid.

Compound Drugs

1. Joshanda e muddir I hayyad

Afsanteen, darmana turki, turmus, sudab, tukhm e karafs each 5 mashe, badiyan 7masha, anjeer vilayati 5 adad, gulqand 3 tola boil in water and make joshanda and drink it for 3 days give 3 days gap and repeat the same joshanda for 3 days ^[26].

2. Razi said that in his book Al havi take joshanda of hing and murr along with filfil ^[23].

3. Safoof e mudir I hayyad

TukhmeKasni, maghaz e tukhm e qayareen, tukhm e qarpaza each 10 mashe, kulthi, tukhm e guazr, abhal each 5 mashe, darchini suatarfarsi, each 3 mashe and add misri make a fine powder and take orally ^[16].

4. Habb e muddir I tams

Sibr saqootri 2 mashe heerakasees, zafran, each 1 masha make a habb and give 3 tablets per day for 5-10 days with butter milk ^[16].

Single Drugs

Unani name	Botanical name	Part of plant	Temparment	Functions
1. Abhal	Juneperrussabins	fruit	Garam wa khushk 2 D	Muddir I hayyad, isqat e hamal ^[27] .
2. Asaroon	Asarum ewropacum linn	roots	Garam wa khushk 2D	Mudir I boul wa hayyad, sciatica, mohallil ^[27] .
3. Parsiyaoshan	Adiantum capillusvereris linn	Whole booti	Moatadil	Muhallil, mudir I hayyad.muffateh, munzij e balgham ^[27, 28] .
4. Aaqarqarha	Anacyclus pyrethrum	Roots	Garam wa khushk 3 D	Mudir e boul wa hayyad, munafis e balgham, mussakin, muffateh suda ^[29] .
5. Darchini	Cinnamomum zeyanicumblume	Bark	Gram wa khushk 2 D	Muddir I boul wa hayyad, Muhallil, muffateh, jazib, hazim ^[27] .



Fig 1: Juneperrus Sabin (Abhal) Asarum Ewro Pacum(Asaroon)



Fig 2: *Adiantum capillus verris* linn *anacletuspyrethrum* (parsiaoshan) (akharkharha)



Fig 3: *Cinamon Zeylanicum* (Darchini)

Complications

1. Obesity ^[15].
2. Polycystic ovarian disease ^[30].
3. Infertility ^[19, 12].
4. Hirsutism ^[1, 6, 31].

Conclusion

Oligomenorrhea or Infrequent menstrual periods, can be effectively managed and treated through the unani system of medicine, By addressing the underlying causes such as high viscosity of blood, humoral imbalance, stress, life disorder, and unhealthy diet habits. Unani medicines can help to regulate menstrual cycle and improve over all reproductive health, Dietary modifications, 1 regimenal therapies, herbal remedies and life style changes such as regular excersise, can also beneficial in Oligomenorrhea, By adopting a holistic approach, women can experience improved menstrual health and overall well-being. Further studied are essential to clarify or simplify the relationship between Oligomenorrhea and associated comrbodities.

Conflict of Interest

Not available

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