

# Therapeutic Potential of Unani Drugs in the Management of Ustr-e-Tams: An overview

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## ABSTRACT:

One of the most prevalent gynecologic problems is dysmenorrhea. It is the primary cause of absenteeism from school or college for half of all adolescent females in the current environment. is therefore most prevalent in the 20–24 age range. NSAIDs and COX-2 inhibitors are the main stays of therapy. But the patient's comfort from the treatment is just momentary. The Unani ancient literature states that painful menstruation is caused by the stagnation of menstrual blood as a result of cervical blockage. Various therapeutic methods are employed to alleviate menstrual discomfort, such as the application of Ilaj Bil Dawa, Ilaj Bil Ghiza, and Ilaj Bil Tadbeer, among others. are available in Unani scriptures.

Dysmenorrhoea 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 morningwalk and dietotherapy. There are number of herbal drugs mentioned in Unani literature which are useful intackling menstrual conditions . The review highlights about dysmenorrhoea and some of those herbal drugs which are used in Unani System of medicine.

**Keywords:** Women, NSAIDs, Ustr-e-Tams, Dysmenorrhea., Reproductive health

## Introduction:

The most typical adolescent presentation is that of menstrual problems. Seventy-five percent of teenage girls have some menstrual-related issues. <sup>1</sup> Dysmenorrhea is among the most prevalent problems. Just before the menstrual period begins, the patient has excruciatingly painful lower abdominal cramps that are accompanied by perspiration, nausea, vomiting, and diarrhea. Women who are affected describe the pain as acute, sporadic spasms that start in the suprapubic area and can spread to the lower back or the backs of the legs. Pain typically starts a few hours after the menstrual period begins and peaks during the first day or two of the cycle when the flow becomes the heaviest <sup>2</sup>. Within the Unani medical system, , Usre tams, sometimes also referred to as dard-e-rahem or aujaur rahem<sup>3</sup>, is the phrase used to describe dysmenorrhea or painful menstruation. <sup>3</sup>

Hippocrates, the Greek philosopher, claimed that dysmenorrhea is caused by cervical blockage secondary to the halt of monthly blood flow, which results in painful menstruation . Another idea that is addressed in the classical Unani writings is that the blood becomes sticky due to an excessive buildup of

humors (balgham and sauda). This makes it harder for blood to perfuse tiny arteries, which leads to dysmenorrhea.<sup>4</sup>

Shaikhur Rayees Abu Ali Husain bin Abdullah bin Sina states that usre tams is caused by a blockage in the menstrual blood flow. Additionally, he explained that a regular cycle results from a balance between the quantity and quality of menstrual blood. Abnormal and irregular menstruation can lead to a number of disorders, including oligomenorrhoea and amenorrhea.<sup>5</sup>

Prominent Unani physician Zakaria Razi described dysmenorrhea as aujaur rehm and talked about zaufe rehm, sartane rehm, and ehtebase rehm as its causes<sup>6</sup>.

NSAIDS such as mefenamic acid, ibuprofen, tiaprofenic acid, etc. are the available treatments despite the widespread occurrence of the condition. Among these, mefenamic acid is frequently used to treat dysmenorrhea pain since it also helps with irregularities associated to menstruation (heavy menstrual bleeding).<sup>7</sup>

These medications work by inhibiting the prostaglandin receptor in the uterus and reducing the amount of prostaglandin produced by cyclooxygenase enzymes.<sup>8</sup> Even though the medications are very effective, patients frequently complain of headaches, sleepiness, and dyspepsia. Such a circumstance calls for the implementation of an alternate dysmenorrhea treatment plan.

Treatment methods in the Unani medical system are divided into four categories: ilaj bit tadbeer, ilaj bit Ghiza, ilaj bit dawa, and ilaj bit yad. As a result, the diet, clinical signs, and patient's mizaj are taken into consideration when planning the course of treatment. Since most females who appear with dysmenorrhea have an excessive accumulation of sauda and Khilte Balgham, ilaj biz zid is used as a therapy.<sup>9</sup>

Numerous medications, including Baboona, Nakhoona, rewandchini, Abhal, hildeet, soya, kalonji, Hulba, Gule surkh, saunf, etc., are suggested for the treatment of dysmenorrhea in the unani literature.<sup>11</sup> These medications include muhallile auram, dafae tashannuj (antispasmodic), mudire bol, mudire haiz (emmenagogue), and musakkin, among other clinical qualities.<sup>10</sup>

## LIST OF SINGLE DRUGS USED IN USR-E-TAMS

UNANI NAME	SCIENTIFIC NAME	FAMILY	FUNCTION
ABHAL	<i>Juniperus communis</i>	CUPRESSACEAE	Mudire baul (Diuretics), Mudirri-Haiz Emmenogauge ((,Muhallil,Musakeen alam <sup>11</sup> Analgesic
Rewand chini	<i>Chinese rhubarb</i>	Polygonaceae	Musakin Alam ,Mudire –e-haiz,Mudire baul <sup>12</sup>
Sudaab	<i>Ruta graveolans</i>	Rutaceae	Mudirre baul wa haiz (Diuretic and Emmenagogue) <sup>13</sup>
Baboona	<i>Matricaria Chamomilla</i>	Asteraceae	Muhallil (Resolvent) Musakkin-e-Alam (Analgesic), Mudirr-i-

			Bawl (Diuretic) Mudirr- <sup>14</sup> i- Haiz(Emmenagogue)
Badyan	<i>Feoniculum vulgare</i>	Umbelliferae	Mudirr-i-Haiz (Emmenagogue, Mudirr-i-Bawl (Diurectic),Mohallil- e-warm (Antiinflammatory) <sup>15</sup>
Gaozaban	<i>Onosma bracteata</i>	Boraginaceae	Diuretic (Mudirre- Baul, Tonic (Muqawwi) <sup>16</sup>
Amaltas	<i>Cassia fistula</i>	Leguminosae	Mudirr-i-Hayz (Emmenagogue, Mudirr-i-Baul (Diurectic),Mohallil- e-warm (Antiinflammatory) <sup>17</sup>
GUL-E- Tesu	<i>Butea monosperma</i>	Fabaceae	antiinflammatory, antitumor, diuretic [Kirtikar and Basu, 1935.
Baobarang	<i>Embelia ribes</i>	<u>Primulaceae.</u>	Diuretic, Daaf-e-dard (Analgesic, (Emmenagogue, Mudirr-i-Baul. <sup>18</sup>
Ginger	<i>Zingiber officinale</i>	Zingiberaceae.	Mudirr-i-Haiz (Emmenagogue, Mudirr-i-Bawl (Diurectic),Mohallil- e-warm (Antiinflammatory) <sup>19</sup>
Jund Bedastar	<i>Castor canadensis</i>	Castoridae	Mudirr-i-Baul (diuretic), Mudirr-i-Haiz (emmenagogue), Musakkin Awja' (analgesic) [10], Mufattih Sudad (deobstruent), Muqawwī-i-Rahim (uterine tonic), Musleh Rahim

			(corrective of uterus
Pipperment	<i>Mentha piperita</i>	Lamiaceae	,Antispasmodic, carminative, anti-inflammatory, analgesic anti-inflammatory
Zafran	<i>Crocus sativus</i>	Iridaceae	emmenagogue, diuretic, antispasmodic, <sup>20</sup>
Tukhme karafs	<i>Apium graveolens</i>	Apiaceae	Mudirr-i-Baul (Diuretic), Mufattit-i-Hasāh (Lithotriptic), Dafi'-i-Tashannuj (Antispasmodic) and Kāsir-i-Riyāh (Carminative) <sup>21</sup>
Aneeson	<i>Pimpinella anisum</i>	Umbelliferae	Muddir-e-Bol, diuretic, and diaphoretic
Murmaki	<i>Commiphora myrrha</i>	Burseraceae	Mudirr-i-haiz (emmenagogue), Ushr-i-tams (dysmenorrhea), <sup>22</sup>
Hilteet	<i>Ferula asafetida</i>	Apiacea	Mudirr-i-haiz (emmenagogue), Ushr-i-tams (dysmenorrhea.
Muqil	<i>Commiphora mukul</i>	Burseraceae	diuretic (Mudirr-i-Baul), lithotriptic (Mufattat-i-Hasāh), aphrodisiac (Muqawwī-i-Bāh), emmenagogue (Mudirr-i-Haiz ), lactagogue (Mudirr-i-Laban), abortifacient (Māni'al-Haml) <sup>23</sup>
Kalonji	<i>Nigella sativa</i>	Ranunculaceae	(Mudir-e-Baul wa Haiz) (Yarqaan)

			Mukhrij-e-Janeen. <sup>24</sup>
Afiyun	Papaver somniferum	Papaveracea	Musakkin alam (Antianalgesic) Mudir (Diuretic) Habis (Stringent) Musakkin alam (Antianalgesic)
Turbud	<i>Operculina turpethum</i>	Convolvulaceae	Mudir-e-bol, Daf-e-wajaulmafasil [Munaqqi-e-Dimagh] , Mushil, <sup>25</sup>
SOYA	<i>Anethum graviolans</i>	Apiaceae	Musakkin alam (Antianalgesic) Mudir (Diuretic) Habis (Stringent) Musakkin alam (Antianalgesic)
Irsa	Iris ensata	Iridacea	Emmenagogue, anti-inflammatory, abortifacient <sup>26</sup>
Ashwagandha	<i>Withania somnifera</i>	<u>Solanaceae</u>	diuretic, anthelmintic and stimulant
Gule surkh	<i>Rosa damascene</i>	Rosaceae	Analgesic, anti-inflammatory, antioxidant <sup>27</sup>

## List of compounds drugs used in Ushr-e-Tams:

Compound drug	Composition	functions
<b>Habb-e- Hildeet</b>	Heeng,zanjabeel,namak lahari ,Namak siyah ,Qaranfal,kholanjan,filfil siyah ,Filfil draz, kabab chini,Mastagi ,Filfil moya,Nankhwah, Post Baleela ,Post Haleela ,Amla khusk ,shoneez, Aab-e-Gheekwar ,Aab-e lemu,Aab-e- Adrak	Antiinflammatory, Antispasmodic, Emenagogue
<b>Habb-e- mudir</b>	Sibr ,zafran,Heerakasis	Emmenagogue ,Antiinflammatory, Antispasmodic
<b>Jawarish qurtum</b>	Maghze qurtum ,Aneeson, Bisfaiz,Maghaze Badam sheerein,Mastagi, Roghan zard,shakr safed .	Antispasmodic, Antiinflammatory, Emmenagogue

<b>Jawarish Zanjabeel</b>	Zanjabeel, Heerkhurd, samag arbi, Nishasta Gundum, Darcheeni, zaifal, zafran, arke Gojaba, shaker safed,	Antispasmodic, Antiinflammatory, Emmenagogue
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## Pre-clinical And Clinical Studies:

**Ferula assafoetida (Hilteet)** is currently scientifically and pharmacologically proven for its analgesic, antinociceptive, anti-inflammatory, and antispasmodic activity in animal models and are therefore helpful in reduction of menstrual pain.<sup>29</sup>

**(Hulba) fenugreek.** In a double-blind, randomized, placebo-controlled study, Younesy et al. assessed how fenugreek seeds affected students' primary dysmenorrhea symptoms. They proposed that fenugreek seed powder taken during the menstrual cycle could lessen dysmenorrhea's severity. The authors talked about how fenugreek's diuretic quality lowers pelvic hyperemia and its antispasmodic effect on the gastrointestinal tract has been documented.<sup>30</sup>

Fenugreek leaf extracts have demonstrated anti-inflammatory, antipyretic, and anti-anxiety properties in animal models. The main constituents of fenugreek extracts are phenols, glycosides, and alkaloids, according to phytochemical investigations.

**(Baboona), or Matricaria chamomilla.** Karimian et al. examined the effects of Matricaria chamomilla and mefenamic acid on primary dysmenorrhea in ninety female students in a triple-blind, randomized clinical trial research. They discovered that Matricaria chamomilla worked well to lessen bleeding and the intensity of primary dysmenorrhea. Matricaria chamomilla tea was discovered by Modares et al. to be beneficial in decreasing primary dysmenorrhea.<sup>31</sup>

**Citrus morinda (Noni).** Because of its anti-inflammatory qualities, Fletcher et al. reported that Morinda citri-folia (Noni) was useful in lowering discomfort during menstruation in primary dysmenorrhea. The study was a randomized, double-blind, placebo-controlled trial.<sup>32</sup>

**Chaturbeeja.** The combination of four plant seeds (Trigonella foenum-graecum, Lepidium sativum, Nigella sativa, and Trachyspermum ammi) known as chaturbeeja has been used in traditional medicine for a number of purposes, including the treatment of dysmenorrhea, which is the most common gynecological symptom that women report. In 25 patients with primary dysmenorrhea (Kashtartava), a single-blind, prospective observational clinical trial assessed the effectiveness of Chaturbeeja powder (3 g single dosage with hot water) for 10 days (7 days before menstruation and 3 days during period). 12 patients showed significant improvement, 8 showed moderate improvement, and showed weak improvement.<sup>33</sup>

## Zingibeel, or Zingiber officinale

Awed et al.'s quasi-experimental study design assessed the impact of ginger herbs on female participants' pain relief from primary dysmenorrhea in Shagra, Kingdom of Saudi Arabia. They discovered that giving females with primary dysmenorrhea fresh ginger three days prior to and throughout the first two days of their menstrual cycle was an excellent way to relieve menstrual pain. The traditional medicine ginger, which is derived from the rhizome of Zingiber officinale, has anti-inflammatory and anticarcinogenic properties.<sup>34</sup>

**Foeniculum vulgare** has agents that act as a nethole and an antispasmodic. In Iran, fennel seeds were considered a safe natural remedy for primary dysmenorrhea. In Iranian culture, fennel is a recognized herbal remedy for the treatment of dysmenorrhea.<sup>35</sup>

DRUGS	RCT
Cinnamon (Cinnamomum zeylanicum)	Jaafarpour et al. 2015 <sup>36</sup>
Damask rose (Rosa damascena)	. Bani et al 2014 <sup>37</sup>
Rhubarb ( <i>Rheum emodi</i> )	Rehman et al 2015 <sup>38</sup>
Fennel ( <i>Foeniculum vulgare</i> )	. Bokaie et al.2013 <sup>39</sup>
Fenugreek ( <i>Trigonella foenum-graecum</i> )	Inandmar et al 2012 <sup>40</sup>
Ginger ( <i>Zingiber officinale</i> )	Jenabi et al 2013 <sup>41</sup>
Dill ( <i>Anethum graveolens</i> )	Heidarifar et al.2014 <sup>42</sup>
Peppermint ( <i>Mentha piperita</i> )	Heshmati et al 2016 <sup>43</sup>
Valerian ( <i>Valeriana officinalis</i> )	Mirabi et al 2011 <sup>44</sup>

## Discussion and conclusion:

Despite the widespread occurrence of diseases, there is currently no permanent cure for dysmenorrhea; therefore, the options for treating the condition in the existing medical system are somewhat limited and also have adverse effects. Eminent Unani Scholar described various Unani formulations in the authentic books for the treatment of dysmenorrhea. Even though disorders are common, Dysmenorrhea presently has no known permanent cure; as a result, the alternatives available to treat the ailment within the current medical system are fairly restricted. Perhaps some have negative impacts as well. Dysmenorrhoea is a health problem that affects the daily activities and quality of life of many women the information found in Unani manuscripts about menstruation, pelvic pain, uterine pain, dysmenorrhea, and how to treat these conditions with diet therapy, dry cupping, takmeed (hot fomentation), nutool therapy, and medicinal herbs like ginger, rose, fenugreek, cumin, and others is abundant. These plants have recently been shown to have analgesic, anti-inflammatory, and antispasmodic properties through pharmacological research. Therefore, the validation and preservation of traditional knowledge is essential as a precondition for future study and is important for application in the contemporary day.

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