INTRODUCTION

Health of women is one of society's most critical issues because women must be physically, mentally and emotionally well before they can devote themselves to serve their families and to consider other important social issues. There are many Gynaecological disorders found in women that needs to be timely diagnosed and cured to avoid major health problems.

Common gynaecological disorders most of the females suffer are
- Usr-e-tams wa Ehtabas-e-tams (Dysmenorrhoea and Amenorrhoea)
- Kasrat-e-Haiz (Menorrhagia)
- Sailan-e-reham (Leucorrhoea)
- Hikkat-ul-Farj (Pruritis vulvae)
- Warm-e-Farj wa Mehal (Vulvitis and Vaginitis)
- Warm-e-Reham (Metritis)
- PCOD (Polycystic ovarian disease)
- Uqr-Banjhan (Sterility).

Usr-e-tams wa Ehtabas-e-tams (Dysmenorrhoea and Amenorrhoea)
Dysmenorrhoea means Painful menstruation of sufficient magnitude so as to incapacitate day-to-day activities. Amenorrhoea literally means absence of menstruation.

According to unani concept the volume of blood in usr-e-tams is less, consistency is thick with painful and difficult bleeding. Ehtabas-e-tams means absence of menstruation with or without pain. Both the conditions are symptom not the disease. According to saheb-kamil normal menstruation starts between 10-14 years of age and cease between 36-60 years. The minimum duration of normal menstruation is 2 days and maximum is 7 days, if more than that it is abnormal.

Types of Usr-e-Tams (Dysmenorrhoea)
- Usr-e-tams Nazlawi/warmi - occurs due to nazlawi warm and accumulation of blood in the uterus and vagina.
- Usr-e-tams Tashannuji/Asbi - due to spasm (Tashannuji) of the uterus.
- Usr-e-tams suddi - due to formation of thrombus (Sudda) in the uterine vessels.
- Usr-e-tams due to defect in the inner layer (endothrium) of the uterus.
- Usr-e-tams mubayyazi due to defect in the function of ovaries.

Types of Ehtabas-e-Tams (Amenorrhoea)
- Ehtabas-e-tams khalqi/ibtedai - due to congenital defects in the uterus, ovaries, cervical and vaginal atresia.
Menorrhagia is defined as cyclic bleeding at normal interval, the bleeding is either excessive in amount (>80ml) or duration >7 days) or both.¹

Unani definition—Bleeding in excess (>than normal) with or without pain due to excess blood or defect in the uterus. Excessive cyclic bleeding is termed as kasrat-e-haiz and if bleeding occurs beside menstrual days (acibical/abnormal uterine bleeding) it is termed as Istehaza Treatment for both is same.³

Asbāb-Kasrat-e-Haiz

Imtala-e-khoo̱n (Menorrhagia)

- Excessive production of blood causing dilatation and rupture of vessels

Amraz-e-uterus-accumulation of blood in the uterus, sozish-e-reham (Burnning sensation in Uterus), reham ka gir jana, reham ka tal jana (displacement of uterus), reham ka phat jana (rupture of uterus), tumors, cancer.

Huzale kuliya ,Huzale kabid, Tuberculosis, damvi mizaj excessive coitus, rikkat-e-khoo̱n (thinning of blood), excessive use of hot and spicy food.⁶

Alamat Kasrat-e-Haiz

Weakness, Rapid pulse, tachycardia, Increase thirst, Pallor, Orange red colour urine (Zard basurkhi mela), Features of weakness of Aza-e-raeesa (heart, brain, liver) Excessive menstruation.

Usool-e-ilaj Kasrat-e-Haiz

Rest in supine position. No movements. Vaginal douche with hot water 3-4 times and treatment according to the underlying cause.

Ilaj Kasrat-e-Haiz

Give powder of geru and sangjarahat 1gm each followed by loab-e-behdana, shira habb-ul-aas ,shira tukhm-e-khurfa siya, shira beekh anjabar 3gm each, made in arq gaozaban 100ml,arq beed-e-mushk 50ml and advise to drink with sharbat-e-aran shireen 25ml.

Give powder of Tabasheer, sangjarahat, dana ilaihae safed, shak safed.5gm BD.³

If kasrat-e-tams is causing ghahsi(syncope)- Hab -e-marwareed 2 tab, khaemeera marwareed 5gm with arq ambar 100ml gives immediate relief.

If weakness of uterus-kushta khabuls hadeed 20mg, kusha marjan 20mg with majoonein mochras 7gm BD.³

Kasrat-e-Haiz ke mujarrebat⁶

Hab-e-habisuddam 2tab with sharbat-anjabar 2 tola,arq gaozaban 12 tola BD

Safâo-e-Habis-5gm BD-make powder of Mazoo-e-sabz,sangjarahat,maeen khurd,kath safed each in equal quantity.³

Safûo-e-kishneez- 7gm BD

Zimad: Mazoo sabz Aqaqiyya, gulnar, kundur, surma, busud, shibbe Yamani each in equal quantity, prepare a paste of the mentioned medicine in water and use as Zimad over suprapubic region.

Sailan-e-Reham (Leucorrhoea)

Sailn-e-reham is defined as whitish pale (safaed zardi mael) discharge from the vagina.⁷There is weakness of aza-e-raeesa(Heart, Brain, Liver) as well as the women suffer from failure of conception.Sometime it is present in pregnancy also.Common in newly married and young girls.

Aqṣam e Sailan Reham (Leucorrhoea)

According to discharge there are 5 types

Sailan-e-farji
Sailan-e-mehbali
Sailan-e-Unqi
Sailan-e-rehmi
Sailan-e-mubayyazi
Ashab Sailan-e-Reham(Leucorrhea)
Sailan farji-the discharge is shiny mucusy white (laisdar safaid aur chokamakar)
Sailan meh-bali-safradi mael tursh
Sailan rehmi—the discharge is like egg white but sometime orangish pale (ande ki safaid ki tarah magar kabhi zard)
Sailan unqi- transparent (shafat khari ande ki safaidi ki tarah)

Alamat Sailan-e-Reham (Leucorrhea)
Backache, Pain in suprapubic region, Frequency of urine, Malaise, Weakness, Loss of appetite, Difficult and Painful menstruation, Itching in vagina, Failure of conception.3

Usool e ilaj Sailan-e-Reham (Leucorrhea)
Treatment according to the underlying cause
Advise health tonics.
Maintain local hygiene
If the cause is akhlat-e-faseda(excrementious humours)- The dominant khilt should be eliminated with the use of munzij wa mushil
Advise douche of salt or Shib wa mushil

Ilaj Sailan-e-Reham (Leucorrhea)
Kushta musal las 2 chawal with majoonee- mochars 1 tola
Safoof-e-sailan 5 masha daily with milk
Majoonee-suparipak 7 gm or Halwa supari pak 2 tola
Kushta safad 2 chawal
Kushta marwareed 2 chawal
For general weakness:Kushta faulad 2 chawal with dawa-ul-misk moatadil jawaherwali
Sharbat-e-fualad 10 ml after food.

Ilaj-e-Reham ke mujarrebat
Safoof-e-sailan reham- 10 gm BD
Tiryaq-e- reham-2 masha with arq-e-badiyan 12 tola
Hab-e-marwareed- 1 tab BD with arq-e-ambar 7 tola
Majoonee-manee sailan- 1 tola daily
Halwa suparipak- 2 tola with 250 ml cow milk

Hikkat-ul- Farj (Pruritis vulvae)
Akhlit ki tezi or other factors are also responsible for vulval itching due to which the patient become restless. There are two types of Hikkat-ul-faaj
Sazaj: Itching without inflammation and boils
Warni: Itching with inflammation and boils

Ashab Hikkat-ul- Farj (Pruritis vulvae)
Sailan-e-reham(leucorrhea), General Weakness, Local irritation (Sozish), Menstrual problems, Urinary incontinence, Difficult labour, Diabetes, Gonorrhea, Constipation, Worms infection, Unhygienic conditions.

Alamat Hikkat-ul- Farj(Pruritis vulvae)Severe vulval itching which sometime causes local lesion due to scratching, The itching is more at night, Painful urination, the affected part become red and swollen.

Usool-e-ilaj Hikkat-ul- Farj(Pruritis vulvae)
Eradicate local cause
Advise medicine for both internal and external use
Wash the vagina with warm water and apply appropriate medicine

Ilaj Hikkat-ul- Farj (Pruritis vulvae)
For external use
Marham-e-kafoor-kafoor 1 masha,kath safaid 3 masha,gle armani 1 masha, make fine powder of the medicines and mix with Rogan-e-gul or rogan-e-banafsha 1 tola. use for local application.
For internal use
Arq-e- kasni, Arq-e-mako,Arq-e-gaozaban, 4 tola each with sharbat-e Nilofer or sharbat-e- bazoori Moatadil 20 ml BD

Uqr-Banjhan (Sterility)
Inability to conceive due to diseases of genital tract or general disorders of the body Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus.1
Hkm. Waseem Ahmed Azmi use the term usr-e-hamal for infertility.2
Ancient unani physicians have described four type of uqr.
Khalqi(Congenital)
Marzi(Diseased)
Faaali(Functional)
Sanwi(Secondary)

Ashab Uqr-Banjhan( Sterility)
Causes are related to either male or female or both.
Su-e-mizaj of female mani or male mani eg barudat, ratubat,yabusat, and hararat causing inability to conceive. Domination of any one type of temperament which is due to simple imbalance of temperament (sue mizaj sada) or imbalance of temperament due to change in matter (sue Mizaj maddi).10
Defect of uterus due to su-e-mizaj or weakness of its quwat masika wa jaziba(Retentive power and power of ingestion), tumours,cervical incompetency(insedad) after healing of wound. Weakness of genital organ, Weakness of aza-e-raeesa wa shareefa. Psychological problems

Uqr khalqi-Congenital: Defects of genital organ eg developmental defects and poor development of uterus and ovaries, vaginal atresia, imperforate hymene, cervical atresia, vaginal tumors.

Uqr marzi -Adhesion of vaginal wall after lesions over vagina, diseases of uterus eg displacement of uterus, carcinoma of uterus, uterine ulcers (Qurooh), tumors of uterus, uterine polyp, leucorrhea, hydrometra, diseases of ovaries.

Uqr faaali-Excessive coitus, old age, temperamental incompatibility of couple, obesity, anemia, general weakness, use of alcohol, aifun or cocaine.
Uqr sanwi-Defects after abortion and labour.

Alamat Uqr-Banjhan (Sterility)3
Inability to conceive for years in a young and healthy woman.
Useool-Ilaj Uqr-Banjhpna (Sterility)
Examine the mani of both the partner separately in water.
In this situation give the medicine to male partner only as mentioned in the treatment of kasrat-e- ehtalam, suraat wa zoaf bah.
Treat Gonorrhea and Syphilis
Give proper treatment for menstrual irregularities, amenorrhea, leucorrhea and metritis etc.
The condition remains untreatable if the cause is related to the congenital defect of genital tract.

Ilaj Uqr-Banjhpna (Sterility)
Ibn-e- sahul has written that if a woman uses humul of methi or rogan –e-bulba immediately after cessation from menses helps in early conception.
Afer clearance from menstruation use of hab-e-hamal 1with majoon-e-mochras 1tola in the morning and hab-e-marwared 2 tab with arq amber 3tola, arq gaozaban 7tola and misri 2tola in the evening helps in conception.
Afer conception constant use of majoon-e-Halami ambari alvi khani wali 5gm or majoon-e-Nashara ajwali 5gm is good for health of mother and foetus and also protects foetus.

Uqr (Sterility) ke Mujarrebat6
Majoon-e-Hamal Ambari Alvi khani-5gm with arq gaozaban in the morning.
Hab-e-Hamal-After clearance from menstruation use 1tab daily for 3 days.
Majoon-e- moayyan-e-hamal-After clearance from menstruation 9gm daily.

Polycystic ovarian disease (PCOD)
Polycystic ovarian syndrome (PCOS) was originally described in 1935 by Stein and Leventhal described in 1935 by stein and leventhal

Clinical features of PCOD
Increasing obesity, Menstrual abnormalities (70%) in the form of oligomenorrhea, amenorrhea or DUB and infertility, Presence of hirsutism and acne are the important features (70%) and Virilism is rare.

Unani concept of PCOD
In unani literature Khussiyat-ul-reham par kazib jhilli(ghair tabai jhilli) ka paida hona are the terms used for PCOD.13 Ancient physicians were also aware of PCOD. Eventhough the exact term for PCOD is not mentioned, but the clinical features of the disease were described by them in their respective books.
Razi (865-925 A.D) has discussed a case mentioned in Abizaemia in his book: A multiparous women had long period of amenorrhea after the sudden death of her husband, during this period of cessation her body had developed male features, abnormal hair growth occur all over the body, there is development of beard also, deepening of voice similar to that of males.14All these features are clinical features of PCOD, suggesting that ancient physicians are aware of this disease.

Hippocrates (460-377 B.C.) described association between fatness and infertility. The girl get amazingly flabby and podgy. The womb is unable to receive the semen and they menstruate infrequently and little.
According to Hkm Mobd.Kabiruddin one of the causes of infertility is defects in reproductive organs. He included diseases of ovaries such as formation of abnormal layer on the ovaries (Khussiyat-ul-reham par ghair tabai jhilli ka paida hona), defect in the structure of ovaries as causes of infertility.

Ilaj of PCOD
Boil the following medicine Bikh-e-kasni,unbus saalab khusk, bikh-e-biddyani,aslus-sus muqashar, gaozaban 5gm each tukhm-e-kasoos basra basta3gm,shahtra 5gm, in half liter water till it remains ¼ ; Make a polti of afteemoon 3gm and put it in the above made water. stop heating. filter after one hour and advise to drink with sharbat-e-deenar.
Zimad-Balchad,barg-e- suddab,tukh-e- huba,sandal surkh ,akiliul- malik 6gm each anjeer khusk, make fine powder of it,ushk,muqil 5gm each dissolve in sirka sharab and filter.add the above powdermedicine in it and dissolve melted mom zard and rogn-e-gul in it.use as zimad with aab-e-makah and sirkh khali at the site of tumour.

Ibn-e-sina(980-1037 A.D) in canon stated that cupping over the calves purifies the blood and help to induce menstruation.Venesection of internal sephanous vein induces menstruation.14

Conclusion
The Unani System of Medicine which is holistic in nature deals with these issues in a systematic manner as evident from classification of diseases available in ancient Unani literature and the number of plant drugs and its combinations thereby available for the treatment. These herbal medicines have greater significance in the treatment and management of various Gynaecological disorders and can be used safely and effectively.

References

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