A LITERARY STUDY OF SAILAN-UR-REHAM (LEUCORRHoea) – A REVIEW

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INTRODUCTION
Women and children are our nation’s greatest assets. Health of the women is the basis for the better health for family as well as of the nation. Women have the stake in the reproduction due to their unique biology, so as women suffer more diseases, out of these gynaecological diseases sailan-ur-reham (leucorrhoea) is one of the commonest diseases. With which the women suffer. Sailan-ur-reham may be compared with leucorrhoea in modern medicine.

Leucorrhoea is strictly defined as an excessive normal vaginal discharge. It is non-purulent and non-offensive. It is non-irritant and never causes pruritus. Vaginal discharge is physiological which is non-infective and it may be infective in neoplastic and due to foreign body. It is very common complaint in clinical practice. Almost 20% of the patients attending gynaecological clinics complain of vaginal discharge indicating some form of infection. In 90% of cases the inflammation is usually relatively mild and the remaining

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10% are more serious. Married women are at greater risk to suffer from leucorrhoea as these women are exposed to sexual activity and frequent child bearing which may lead to vaginal infections like – cervicitis, cervical erosion and pelvic inflammatory disease causing leucorrhoea. In literature of Unani Medicine discharge from uterus, cervix and vagina other than blood are described under the heading of sailan-ur-reham. Hence sailan-ur-reham may be compared to leucorrhoea in modern system of medicine. This is condition in which mucus membrane of uterus is effect causing chronic inflammation of uterus and weakness of its qwat-e-ghaziya (nutritive faculty) as described by Nurul-Hasan Nayyar. In “Nural-Lugat” meaning of “Sailan” is flow of water or blood.

In Unani system of medicine, the basic causes of disease are related with the concept of Akhlat (humour) as described by Bugrat, (Hippocrates 360-470 B.C.). According to the theory of akhlat vaginal discharge can be Damvi (Sanguine), Balghami (Phlagmatic), Saudawi (Malencholic) and Safrawi (choleric) depending upon the dominance of akhlat.

RATIONAL OF STUDY
In recent years in spite of availability of various group of modern medicine, the prevalence of sailan-ur-reham(leucorrhoea) is high, also if these medicines taken for longer period shows some side effects.

The Unani system of medicine mostly offers the treatment of a disease from its root and with no or minimum side effects. In sailan-ur-reham (leucorrhoea) disease various unani medicines are used. Murmaki is also used in safoof (powder) form in the dose of “Paune do (2) Masha (1.750 gm.)” with half boiled egg. It is used for three days at morning time before meal at empty stomach.

Unani medicines are easily available, non-controversial and cost-effective and available throughout INDIA.

AIM AND OBJECTIVE
AIM
To study sailan-ur-reham (leucorrhoea) disease in detail from authentic unani as well as modern textbooks.

OBJECTIVES
To study present day food habits, personal hygiene and life style as a causative factor in sailan-ur-reham (leucorrhoea) disease.

To study sailan-ur-reham (leucorrhoea) disease in detail from authentic unani as well as modern textbooks.

REVIEVE OF SAILAN-UR-REHAM
References regarding sailan-ur-reham (leucorrhoea) disease are collected from Authentic unani text book, Modern text book, internet media and pervious work done.

ETYMOLOGY
Sailan-ur-rehamis composed of two words “sailan + reham”.

The word sailan denotes the flow and the reham denotes the uterine material. That’s why the meaning of sailan-ur-reham is flow of uterine material.

DEFINITION
In literature of Unani Medicine, discharge from uterus, cervix and vagina other than blood are described under the heading of sailan-ur-reham.

CLASSIFICATION OF SAILAN-UR-REHAM
According to the theory of akhlat vaginal discharge can be Damvi (Sanguine), Balghami (Phlagmatic), Saudawi (Malencholic) and Safrawi (choleric) depending upon the dominance of akhlat.

The classification is based upon vaginal discharge and humours.

It was demonstrated by Hukama by asking patient to keep tampons /cloths inside the vagina and then a day after that it was dried and observed for colour. If the tampon is having blackish red colour, then sanguinic humour is there, orange rad for bilious (choleric) wastes, milky white for Phlagmatic and black colour indicate melancholic humours.

CAUSES OF SAILAN-UR-REHAM
Emotional disturbances, unhygienic conditions, chronic illness, fatigue, improper diet, constipation, chronic retroverted uterus are responsible for leucorrhoea. the most common cause of excessive secretion is physiological condition-

- A high estrogenic level during puberty, menstruation cycle, pregnancy and sexual excitement.
- Cervical causes- vaginal infections due to bacteria’s, viruses, fungiland parasites.
- Other causes- atrophic vaginitis, cervicitis, foreign body.
- Infections- trichomonas vaginalis and candida are most common. These are treatable although most of bacterial infections are asymptomatic.

SIGN & SYMPTOMS OF SAILAN-UR-REHAM
1) Kamar Dard (Backache)
2) Pedu me Dard aur Bochh (Pain and Sense of Heaviness in Lower Abdomen)
3) Pindliyon me Jalan (Pain in Calf Muscle)
4) Haiz Takleef se aata hai (Dysmenorrhea)
5) Susti aur Kahili (Malaise and Lethargy)
6) Haath aur Pairon me Jalan (Burning Sensation of Hands and Feet)
7) *Qabz* (Constipation)
8) *Saans lene me Takleef* (Dyspnoea)
9) *Ikhtilaj-e-Qalb* (Palpitation)
10) *Safaid zardi mayal tatoobat* (Whitish yellow vaginal discharge).
11) *Aam kamzori* (Generalized weakness)
12) *Andanmihani me kharish* (vaginal itching)

**GENERAL TREATMENT (USOOL-E-ILAJ) OF SAILAN-UR-REHAM**

According to unani reference books basic *Usool Ilaj*, if the disease appears due to the dominance of any humour, it has to be evacuated the dominant morbid humour from the body. The evacuation should be done by *munzij wa munshil* course. Although *habisat* and *qabissat* are required to use, after that *farjazat* (suppositories) which are used in treatment of *menorrhagia*, should be given. The treatment method of *leucorrhoea* is same as menorrhagia.

If *waram-e-reham* (metritis) is cause of leucorrhoea then the same treatment should be prescribed as the treatment of *warm-e-reham*.

If anaemia is there, the iron compound should be prescribed. In the presence of general weakness, the *muqawwiyat* must be given. If leucorrhoea is caused by local vaginal infection the *mawadda* should be given to evacuate the morbid humour from the stomach and liver. In the treatment of the disease, digestion should be maintained and constipation in patient should be removed. Maintain and give strength to all vital organ of the body to improve the general health of the body. If the disease is due to the weakness of *qwat-e-ghaziya* (nutritive power), then bahi, apple, and *sharbat* of lemon or *sandal* should be given. *Mufarrihatlatif* (easily digestive food) and sewerages increase the *quwat-e-ghaziya* (nutritive power) of uterus. Unani scholar Abu Bark Zakaya Razi have also preferred this line of treatment.

The following unani formulations are used in the management of *sailan-ur-reham*-
- *Majoon Supari Pak*
- *Majoon Mochras*
- *Majoon Muqawwi Rahem*
- *Majoon Suhaq Sonth*
- *Sufoof-e-Sailan*
- *Qurs-e-Sailan*
- *Habb-e-Marwareed*
- *Qurs-e-Kusta-Khabs-al-Hadeed*
- *Qusta Qalai*
- *Qusta Baiza-e-Murgh*
- *Qusta Musallas*

Compound unani drugs *Quastas* should be mixed with one *Majoorn*.

*Muraki* is also used in *safoof* (powder) form in the dose of *Paune-Do-Masha* means 1.750 grams for three days along with half boiled egg, empty stomach at the morning time for treating the disease *sailan-ur-reham* (leucorrhoea).

Tab. Doxycycline is an anti-microbial agent of tetracycline group. It is the 1st choice of drug for nonspecific endocervicitis and leucorrhoea may be there in cervicitis.

And many other medicines are described in various unani and modern text for *Sailan-ur-reham* (Leucorrhoea).

*Sailan-ur-reham* can also be cured by putting vaginal pack of herbomineral powder formulation in vagina. One of the formula is here- the formulation contain *saqqaqiya*, *gulnaar*, *mazoo*, *sak*, each 2 gm, *balchar*, *phitkari biryan* each 1 gm.

**DISCUSSION**

*Sailan-ur-reham* (Leucorrhoea)is a disease of life style disorder; therefore, change in life style and diet pattern also helps to prevent and to treat the *Sailan-ur-reham* (Leucorrhoea). The treatment mentioned above are effective in the management of *Sailan-ur-reham* (Leucorrhoea).

**CONCLUSION**

*Sailan-ur-reham* is a universal problem of all age group women. It affects upto 75% women's atleast once in their life time. It is very common problem in clinical practice. Almost 20% of patient attending gynaecological clinic complains of vaginal discharge indicating some form of infection. Unani drugs and its compound formulations can be used as a good alternative for the management of *sailan-ur-reham*.

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