



## CONCEPT AND MANAGEMENT OF MENOPAUSE IN UNANI MEDICINE: AN EVIDENCE BASED APPROACH

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### ABSTRACT

Menopause or climacteric is a phase of transition in a woman's life. During this phase there can be recognisable physiological alteration of structures and functions that eventually lead to the beginning of old age and devolution. Unani medicine has got a clear concept of different temperamental, humoral and power changes in different phases of life and that's also known *Asnān Arba'a / A'mār Arba'a* (four stages of life). Menopause is related to *Sinn-i-Kuhūlat / Sinn-i-Inhitāt* (age of decline) and extends to *Sinn-i-Shaykhūkhat* (age of elderly / geriatric age). The temperament of this phase of life is either cold and dry or cold and dry with dominance of abnormal moistness. Apart from this one of the most distinguishing features of the menopaustic uterus is atrophy of the endometrium. This can be correlated with the concept of *Amrād Sū'al-Tarkīb* (structural diseases) of Unani medicine. Under this heading *Nuqsān-i-Miqdār Maqāmī* (localized decrease in size) is compatible with the uterine atrophy. Further in terms of Humoral theory, the persons of this age group are *Sawdāwī al-Mizāj* (melancholic temperament). It is commonly seen that these women suffer mostly from irritability, hot flushes, mood swings, sleeplessness, forgetfulness, hysteria, skin problems e.g. pruritus etc. as per Unani Medicine these are more or less *Sawdāwī* (melancholic) disorders. To manage these disorders or symptoms, there are many drugs that are included in the classical texts. Some of these drugs have been researched and have proven to be effective on these symptoms. This paper highlights not only the concept of menopause but also the drugs that can be used in this phase to achieve a better quality of life. This paper will prove beneficial for the herbal drug industry to explore and research on these drugs for providing an opportunity to the women to have a graceful and healthy old age.

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Menopause is acknowledged as the permanent cessation of menstrual cycle for 1 year and is physiologically correlated with the decline in oestrogen secretion resulting from the loss of follicular function. It is the transition phase of female which affects reproductive and sexual life. Most commonly females attained menopause after the age of 40 years or more, as it is due to hormonal changes occurring in the body that makes them vulnerable to deal with many consequences physiological and sometime pathological too. The age at menopause attained is crucial and keep the public health and clinical interest as it may reveal health and aging. Menopause and climacteric are peculiar to the human race, but in lower animals ovulation and fertility continues up to old age. The global population of postmenopausal women is growing. In 2021, women aged 50 and over accounted for 26% of all women and girls globally. This was up from 22% 10 years earlier. Additionally, women are living longer. Globally, a woman aged 60 years in 2019 could expect to live on average another 21 years.<sup>1</sup>

### 1.1 Concept of menopause in Unani Medicine

In Unani medicine, there is no exact description of menopause but it can be correlated with *Ihtibās al-amth* (amenorrhoea) linked with *Sinn-i-Kuhlat / Sinn-i-Inhitat* (age of decline) which is the transition from reproductive to non-reproductive state usually achieved at the age of 50 years, sometimes at the age of 40 years too. Temperament of this age group is inclined more towards *Bārid Yābis* (cold dry). Alteration of temperament of body is one of the fundamental factors which make body to stop physiological cyclical bleeding process accompanied with stressful symptoms. Due to dominance of cold temperament, viscosity of blood increases thereby causing obstruction in the vessels leading to accumulation of viscous humours in the vicinity of uterus or its vessels. The predominance of dryness in uterus results in emptiness of vessels that eventually lead to predominance of coldness in uterus and weakness of body. In terms of *Akhlat* (humours), cold dry temperament is a quality of *Sawda'* (Black bile). As this age favours cold and dry qualities, there is predominance of black bile in body resulting in less production of innate heat. As per the concept of *Quwa* (faculties) is concerned, it is due to weakness of *Quwwat Dafi'a* (expulsive faculty) of the body which alter the normal cycle and ultimately stops the cycle. Due to the predominance of black bile there is decrease in overall powers or faculties of the body.

### 1.2 Symptoms of Menopause

Cessation of menstruation in old age has three stages: Premenopausal stage, Menopausal stage and Postmenopausal stage. The symptoms that appear in these stages are different and they are managed differently.

Premenopausal refers to the time during which the body makes the natural transition to menopause, marking the end of the reproductive years. The menopausal transition, or Premenopausal, is associated with profound reproductive and hormonal changes. Poor sleep becomes more common in Premenopausal women not only in association with the menopausal transition but also in relation to aging. Depressed mood and increased anxiety also increase during the transition. As women enter the later stages of the transition, vaginal dryness and dyspareunia also become more likely, affecting about 1/3 of the population.<sup>2</sup>

As per the Unani concept in Premenopausal stage there is often a gradual decrease in the amount and frequency of blood loss during several months or years. Due to retention of bad humours in uterus i.e. menstrual blood there can be inflammation of uterus, uterine polyps, pain of uterus, Hysteria and infertility.

The classic symptom of menopause is the hot flash, which is experienced by most women, and is moderately to severely problematic for about 1/3 of women. Hot flushes refer to a sudden feeling of heat in the face, neck and chest, often accompanied by flushing of the skin, perspiration (sweating), palpitations, and acute feelings of physical discomfort which can last several minutes; While most women will have an experience of hot flashes limited to just a year or two, others will experience them for a decade or more, and a small proportion of women will never be free of them. These common symptoms often interact with one another such that depressed women tend to experience worse hot flashes along with worse sleep. Menopause can also result in the weakening of the pelvic support structures, increasing the risk of pelvic organ prolapse. Loss of bone density at menopause is a significant contributor to higher rates of osteoporosis and fractures.

As per the Unani literature disorders related to Gastro intestinal system appear in menopause e.g. gastric debility, nausea, flatulence, excessive thirst. In the next stage skin disorders appear e.g ringworm, urticarial, eruptions etc. In Post-menopausal stage nervous disorders e.g Melancholia, spasm, paralysis, depression, nervousness, palpitations, headache, insomnia, lack of energy, difficulty in concentration, dizzy spells, anxiety, depression, memory loss etc.

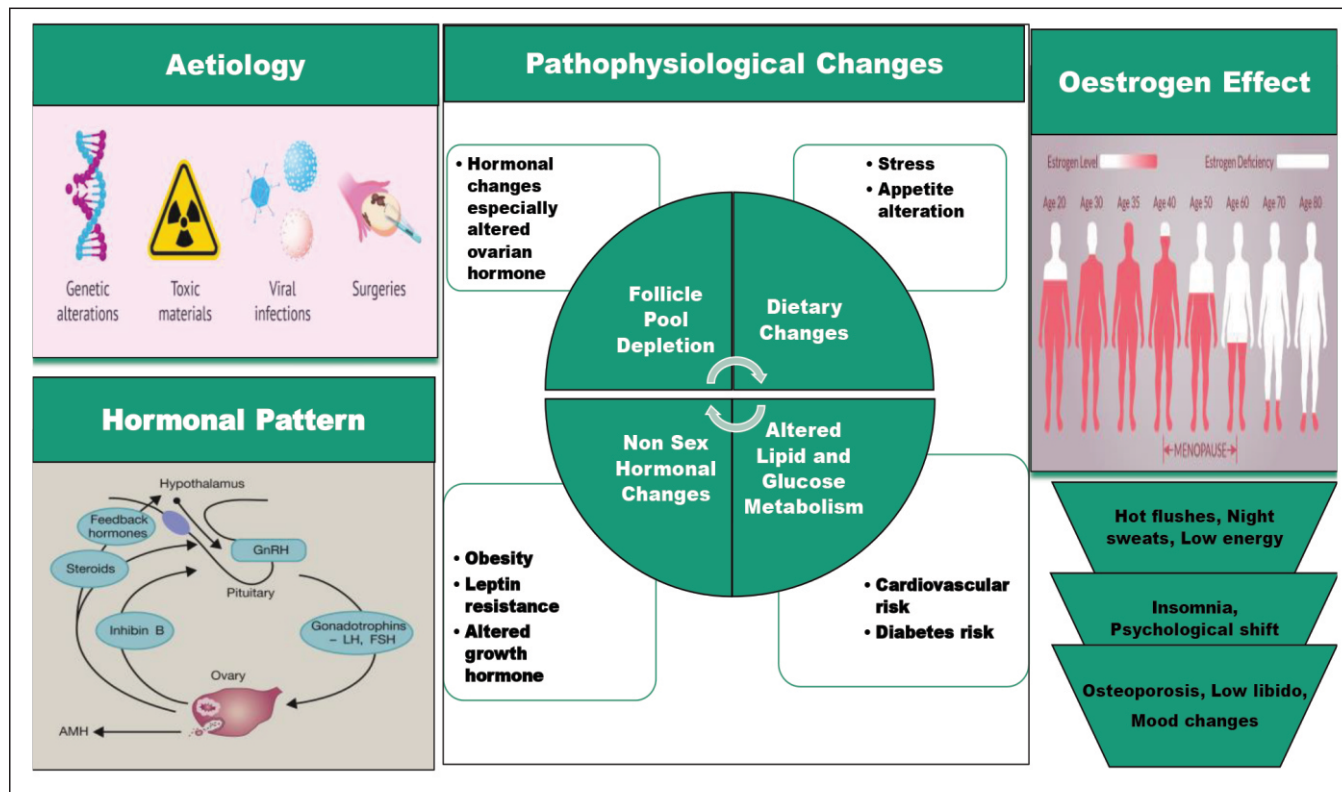


Figure 1: Schematic illustration of possible etiopathogenesis, symptoms and related complications in menopausal women.

**1.3 Principles of Management of Menopause in Unani Medicine**

Every human being has been furnished with a specific temperament through which organs and systems of an individual perform functions properly. Internal and external factors influence the human body leading to altered/pathological temperament (Su' Mizaj) that ultimately inflicts the whole body or a specific organ in the form of disease. The Unani principle of management of disease includes:

**Ta'dil-i-Su'-i-Mizaj** (moderation of abnormal temperament).

**Taskhin-i-Rahim** (Producing heat in the uterus)

**Tartib /Tartib-i-Badan** (moistening of body or part of body) especially uterus.

**Istifragh** (Evacuation) of morbid and excessive black bile from uterus. For this purpose, Mundij-i-Sawda' (concoctive of black bile) and Mushil-i-Sawda'(purgative of Black bile) drugs are used.

**Taqwiyat-i-Rahim** (toning up of uterus) through drugs and regimen to restore the different Quwa (faculties) of uterus.

**Dietary Management in Unani Medicine**

In Menopause temperament is abnormal cold and dry so to correct this abnormal temperament, foods having hot and moist temperament are recommended. For this purpose dry fruits like Almond, coconut, cashew nut, pistachio and raisins are used. Dates, fig, carrot, milk, butter, half boiled egg, and jaggery should also be used. The digestive faculty of menopausal women is weak and physical work is also minimal, so they should take less amount of food. Heavy and difficult to digest diets e.g. dry meat, fermented bread, lentil etc. are better to be avoided. The food items which produce flatulence should be avoided e.g. cauliflower, brinjal, etc.

**Management in premenopausal phase**

In this phase there are irregularities in menstrual bleeding and most of the time it is scanty. There is gradual reduction in the amount of blood loss and frequency of cycles. There is retention of bad humours that leads to inflammation of uterus, uterine polyps, pain of uterus and infertility.

To manage these several formulations are prescribed in Unani classics which are as under:

- Local administration of Filfil Siyh (*Piper nigrum* L.) and Farfiyn (*Euphorbia resinifera* A. Berger) is powdered and used as Firzaja (pessary) in vagina to start menstruation.<sup>3</sup>
- Oral administration of decoction of Tukhm-i-Qurtum (Seed of *Carthamus tinctorius* L.), Tukhm-i-Kharpaza (Seed of *Cucumis melo* L.), Post Kharpaza (Peel of *Cucumis melo* L.) 7 gm each, Parsiaoshn (*Adiantum capillaris-veneris* L.), Gaozabn (*Onosma bracteatum*) 10 gms each in water mixed with Sharbat BuzrīMu'tadil 24 gm to start menstruation.<sup>3</sup>
- Oral administration of Kunjad (*Sesamum indicum* L.).<sup>4</sup>
- Bakhar (Incense) of Hanzal (*Citrullus colocynthis* L. Schrad.).<sup>4</sup>
- Local administration of Ghfis (*Gentiana dahurica* Fisch.) in the form of hamul (tampon) in vagina.<sup>4</sup>
- Abzan (Sitz bath) in the decoction of Shibbit (*Anethum sowa* Roxb. ex Flem.).<sup>4</sup>
- Hot fomentation of lower part of abdomen with decoction of half crushed Sumbulutīb (*Nardostachys jatamansi* (D. Don) DC.), Dārchīni (*Cinnamomum zeylanicum* Blume), Bisbāsa (*Myristica fragrans* Houtt.), Elāichī Khurd (*Elettaria cardamomum* L.) Maton), Qust (*Saussurea hypoleuca* Spreng.).<sup>4</sup>

## 2. MATERIAL AND METHODS

Unani classical literature was searched thoroughly available in different libraries. More emphasis was given to classical literature on pharmacology in Unani Medicine. For pharmacological actions and clinical trials carried out to improve the quality of life during menopause, properties of different drugs, computerized databases such as Medline, PubMed, Google scholar and Science-direct were searched. All the information of plants pertaining to their effect during menopause, available in Urdu, Arabic and Persian text of Unani Medicine were included in this paper.

## 3. RESULTS AND DISCUSSION

After going through different Classical text of Unani Medicine, it is observed that menopause and its related problems are diverse and need broader focussed discussion. The important point that has come up during this discussion is that since this is an age related problem, many problems can be managed in accordance with the regimen of the elderly. Further this is phase that is clearly related to impaired temperament and predominance of black bile. There are drugs, diet and regimen that can be used to manage the problem of this phase. Some of this drugs are listed below that can be used for managing different problems associated with menopause. Some of the drugs have been tested clinically for their action and there is need to evaluate other drugs.

**Table 1. List of single drugs that can be used to regulate menstrual cycle in premenopausal phase as per Unani classics.**

S. No.	Unani Drug	Botanical Name	Actions	Indications and usage	Reference
1.	Abhal	Juniperus Sabina L.	Mudirr-i-Ḥayḍ (emmenagogue)	Iḥtibās al-Ṭamth (amenorrhoea, 'Ushr al-Ṭamth (dysmenorrhoea)	5
2.	Asārūn	Asarum europium L.	Mudirr-i-Ḥayḍ (emmenagogue)	Iḥtibās al-Ṭamth (amenorrhoea) Used 3 gm twice a day orally with milk or water in the form of powder	5
3.	Asgand	Withania somnifera Dun	Mudirr-i-Ḥayḍ (emmenagogue), Muqawwi-i-Raḥim (uterine tonic)	Ḍu'f-i- Raḥim (weakness of uterus) Used in the form of powder orally.	5
4.	Amaltās	Cassia fistula L.	Mudirr-i-Ḥayḍ (emmenagogue)	Iḥtibās al-Ṭamth (amenorrhoea, 'Ushr al-Ṭamth (dysmenorrhoea)	5



5.	Bābūna	Matricaria chamomilla L.	Mudirr-i-Ḥayḍ (emmenagogue)	Iḥtibās al-Ṭamth (amenorrhoea)	5
6.	Bārtang	Plantago major L.	Qābiḍ (Astringent), Ḥābis-i-Dam (Haemostyptic drug)	Or vaginal douching of the decoction. Kathrat-i-Ḥayḍ (Polymenorrhoea). Decoction of leaves is taken orally.	5
7.	BidāriKund	Pueraria tuberosa	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). Oral administration of powder of root of this plant heated along with sugar and butter and taken daily.	5
8.	Baranjāsif	Artemisia vulgaris L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). Oral administration of decoction of whole plant	5
9.	Parsiaoshān	Adiantum capillus-venerisL.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). Oral administration of decoction of whole plant	5
10.	Pakhān Bed	Saxitraga lingulata Wall.)	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). Oral administration of powder of its root	5
11.	Piyāz	Allium cepa L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of decoction	5
12.	Juntiāna	Gentiana lutea L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of powder with honey	5
13.	Habburrashād (Hālūn)	Lepidium sativum L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea).	5
14.	KhārKhasak	Tribulus terresteris L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of decoction	5
15.	Kharbūza (Bittikh)	Cucumis melo L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of Shira (milky emulsified product)	5
16.	Khayārain	Cucumis sativa L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of Shira (milky emulsified product)	5
17.	Doqū	Pensedeneum grand C.B. clark	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of powder of its seeds in the dose of 6gm.	5
18.	Gul-i-Tesu	Butea frondosa L.	Mudirr-i-Ḥayḍ (emmenagogue),	Iḥtibās al-Ṭamth (amenorrhoea). In the form of powder of its flower in the dose of 6gm.	5

19.	Zarāwand	Aristolochia (spp)	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea). In the form of powder of its flower in the dose of 6gm.	5
20.	Zīrasiyāh	Carum carvi L.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea). In the form of powder of its seed in the dose of 1gm with water.	5
21.	Sudāb	Ruta graveolens L.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea). In the form of powder of its leaf in the dose of 3gm with water.	5
22.	Sumbuluttīb	Valeriana officinalis L.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea).	5
23.	Soyā	Anethumsowakutz.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea). In the form of decoction of its seed.	5
24.	Fuwwāh (Majīth)	Rubia cordifolia L.	Mudirr-i-Ḥayḍ (emmenagogue), ‘Uṣr al-Ṭamth (dysmenorrhoea),	Ḥtibās al-Ṭamth (amenorrhoea). In the form of decoction	5
25.	Kalonjī	Nigella sativa L.	Mudirr-i-Ḥayḍ (emmenagogue), ‘Uṣr al-Ṭamth (dysmenorrhoea),	Ḥtibās al-Ṭamth (amenorrhoea). In semi crushed form with water	5
26.	Gazar	Draucus carota	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea), ‘Uṣr al-Ṭamth (dysmenorrhoea). Oral administration of 1gm of its seed or its powder with water.	5
27.	Mushktarāmashih	Mentha pulcerium L.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea), Oral administration of decoction of 10 gm of this drug is taken orally.	5
28.	Nāgarmotha	Cyperus longus	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea), Oral administration of decoction of root of this drug is taken orally.	5
29.	Halyūn	Asparagus officinalis L.	Mudirr-i-Ḥayḍ (emmenagogue),	Ḥtibās al-Ṭamth (amenorrhoea), Oral administration of powder of seeds is taken orally in the dose of 5 gm.	5

**Table 2: List of drugs that can be used as for the management of disorders in menopausal and Post-menopausal phase as per Unani classics.**

S. No	Unani Drug	Botanical Name	Actions	Indications in Unani Classic	Reference
1.	Shāhatra	Fumeria officinallis	Muṣaffī-i-Dam (Blood purifier), Dāfi'-i-Ta'affun/Māni'-i-'Ufūnat/Dāfi'-i-'Ufūnat (antiseptic),	Mujaffif (drying agent), Mufattiḥ (deobstruent), Munaqqī (cleanser), Jālī (detergent), Ghassāl (abluent), Muqawwī (tonic), Mushil-i-Sawdā' (purgative of black bile)	8
2.	Bādranjboya	Mellisa officinalis	Muqawwī-i-Qalb (Cardiotonic), Mufarriḥ (exhilarant), Musakhkhin-e-badan, Muqawwī-i-Dimāgh (brain tonic), Muqawwī-i-Ḥāfiẓa (memory enhancer), Mulaṭṭif (attenuant).	Phlegmatic and melancholic disorders especially urticaria due to predominance of black bile, insomnia, herpes, eczema, phlegmatic nightmare, Melancholic nightmare, palpitation, insomnia	6
3.	Bādiyān	Foeniculum vulgare	Mudirr-i-Ḥayḍ (emmenagogue)	amenorrhoea	6,
4.	Sapistān	Cordia latifolia	Mugharrī (Glueing drug), Mulaṭṭif (attenuant), Munaffith-i-Balgham (expectorant), Musakkin-i-'Aṭash (thirst quencher), Mushil-i-Sawdā' (purgative of black bile).	Burning micturition, vesicular ulcers	8
5.	Asl as sūs	Glycyrrhiza-glabra	Mulaṭṭif (attenuant), Munaffith-i-Balgham (expectorant), Musakkin-i-'Aṭash (thirst quencher)	Pain of nerves, brain and nerve disorders.	6
6.	Shahmhanzal	Citrullus	Mushil-i-Sawdā' (purgative of black bile), Muḥallil (resolvent), Qāṭi'-i-Mawād / Muqattī' (remover of viscous humour).	Nervine pain, joint pain, paralysis, spasms, Amnesia	9
7.	Kharbaqsiyāh	Hellebores niger	Muḥallil (resolvent), Mulaṭṭif (attenuant), Jālī (detergent), Mushil-i-Sawdā' (purgative of black bile).	Paralysis, facial palsy, insanity, Melancholia, epilepsy,	9
8.	Ghāriqūn	Agaricus albus	Mushil-i-Sawdā' (purgative of black bile), Muḥallil (resolvent), Mulaṭṭif (attenuant), Mufattiḥ (deobstruent), Qāṭi'-i-Mawād / Muqattī' (remover of viscous humour), Mudirr-i-Ḥayḍ (emmenagogue).	Joint pain, nervine pain, chronic fevers, Hysteria, uterine ulcers	8
9.	Panwār	Cassia tora	Jālī (detergent), Muṣaffī-i-Dam (Blood purifier), Mufarriḥ (exhilarant),	paralysis, joint pain due to predominance of coldness, skin disorders e.g. scabies, ring worm, Pityriasis alba	6
10.	Filfilsiyāh	Piper nigrum	Munaffith-i-Balgham (expectorant), Muqawwī-i-'Aṣāb (nervine tonic), Musakkin-i-Alam (analgesic), Musakhkhin-i-'Aṣāb (heat production in nerves), Muqawwī-i-Ḥāfiẓa (memory enhancer), Mudirr-i-Ḥayḍ (emmenagogue).	Amenorrhoea, nerve disorders	3,8

11.	Farfiyūn	Euphorbia resinifera A. Berg	Mulaṭṭif (attenuant), Jālī (detergent), Muḥarriq (dissipating drug, Musakkhin (heat producing).	Paralysis, flaccidity, facial palsy, nightmare, headache due predominance of cold, arthralgia, pain of hip joint, amenorrhoea.	3,8
12.	Tukhm-i-qurtum	Indigofera tinctoria L.	Mushil-i-Akhlāt Muḥtariqa. (purgative of burnt humours)	Melancholia, insanity, Palpitation, Melancholic disorders.	8
13.	Tukhm-i-Kharpaza	Cucumis melo L.	Jālī (detergent), Mulaṭṭif (attenuant), Muraṭṭib (moistness-producing causes / moistening agents / humectants / humectives) of whole body and brain.	Vitiligo, Pityriasis alba, bilious fever	9
14.	Parsiaoshān	Adiantum capillus-veneris L.	Mulaṭṭif (attenuant), Munaffith-i-Balgham (expectorant), Dāfi'-i-Hummā (antipyretic), Mudirr-i-Ḥayḍ (emmenagogue), Muqawwī-i-Sha'r(hair tonic)	Amenorrhoea, Nervine pain, Joint pain, Paralysis, Spasms, Amnesia	
15.	Bāobadang	Embelia ribes Burm f.	Qātil-i-Didān-i-Am'ā' (antihelmentic), Hāḍim (digestive), Kāsir-i-Riyāḥ (carminative).	Joint pain	6
16.	Behrozakhusk	Pinus longifolia Roxb.	Dāfi'-i-Ta'affun (antiseptic), Mujaffif-i-Qurūḥ(drying agent for wounds)		
17.	Balādur	Semicarpus anacardium	Muqawwī-i-Dimāgh (brain tonic), Muqawwī-i-A'ṣāb (nervine tonic), Muqawwī-i-Ḥāfiẓa (memory enhancer)	Predominance of coldness on nerves, facial palsy, flaccidity of nerves, Melancholia	6

**Table 3: Evidence based researches.**

S. No	Unani Drug	Botanical Name	Actions	Indications in Unani Classic	Mechanism of action	References
1.	Kalonji	Nigella sativa	Muqawwī-i-A'ṣāb (nervine tonic), Mudirr-i-Ḥayḍ (emmenagogue), Muqawwī-i-Dimāgh (brain tonic)	Amenorrhoea, Nervine pain, Paralysis, Spasms, Amnesia, Tremors	Induces menstruation cycle, stimulates uterine contractility; fixed oil stimulates the uterus; volatile oil inhibits uterine contractility; the fixed oils stimulate oxytocin-induced contractions	5,10,11,12,13,14
2.	Haldi	Curcuma longa	Muḥallil (resolvent), Mudirr-i-Ḥayḍ (emmenagogue)	Amenorrhoea, Paralysis, Facial palsy, Pain of uterus	Blocks estrogenic receptors Emmenagogue and uterine stimulant	15, 16, 29
3.	Uqhuwān	Tanacetum parthenium	Muqawwī-i-A'ṣāb (nervine tonic), Mushil-i-Sawdā' (purgative of black bile), Muḥallil (resolvent), Mudirr-i-Ḥayḍ (emmenagogue), Muqawwī-i-Dimāgh (brain tonic), Qāṭi'-i-Mawād / Muqāṭi' (remover of viscous humour)	Amenorrhoea	Emmenagogue effects	6,17,18
4.	Habb al Ghār	Laurus nobilis	Mudirr-i-Ḥayḍ (emmenagogue)	Amenorrhoea	Induces menstruation cycle	9,19



5.	Ajmod/Karafs	Apium graveolens	Mudirr-i-Ḥayḍ (emmenagogue)	Amenorrhoea	Stimulates uterus, induces menstruation	20, 21, 29
6.	Mushktar-amashih	Wild mint	Mudirr-i-Ḥayḍ (emmenagogue)	Amenorrhoea, Relieves irritability, Giddiness, Pain of uterus,	Stimulates uterus, emmenagogue	22, 23, 24, 25, 26, 29
7.	Hurmul	Peganumharmala	Mudirr-i-Ḥayḍ (emmenagogue), Mulaṭṭif(attenuant), Qāṭi'-i-Mawād / Muqāṭṭi'(remover of viscous humour	Amenorrhoea, Paralysis, Epilepsy, Amnesia, Disorders due to predominance of black bile	Oxytotic effect	9,27
8.	Dārchīni	Cinna-momuminers	Mudirr-i-Ḥayḍ (emmenagogue), Mulaṭṭif (attenuant), Mufarriḥ (exhilarant), Muqawwī-i-A'ṣāb (nervine tonic	Amenorrhoea, Tremors, Amnesia, Disorders due to predominance of black bile,	Stimulates the menstruation cycle	9, 28
9.	Aftimūn	Cuscuta reflexa	Munḍij-i-Sawdā' (Concoctive of black bile), Munaqqī-i-Sawdā' (Cleanser of black bile).	Melancholia, very effective for those who have Melancholic temperament or cold temperament	Anxiolytic and anti convulsant effect	6, 30,31
10.	Bisfāyej	Polypodium vulgare	Mushil-i-Sawdā' (purgative of black bile), Muḥallil (resolvent), Muṣaffi-i-Dam(Blood purifier).	Melancholic disorders, joint pain	Anti-inflammatory, Antipyretic	6, 32, 33
11.	Gāozabān	Borage officinalis	Mulaṭṭif (attenuant), Muqawwī (tonic), MunaqqīJawhar-i-Rūḥ (cleanser of essence of pneuma), Muqawwī-i-Qalb (Cardiotonic), Mufarriḥ (exhilarant), Muqawwī-i-A'ḍā' Ra'īsa (tonic for vital organs), Muḥarrik-i-Ḥarārat Gharīzī / Muqawwī-i-ḤarāratGharīzī (innate heat stimulant)	Melancholic disorders, insanity, Melancholia,	anxiety, depression, nerve restlessness, Parkinson's disease, melancholia, fear, nerve calming, psychosis and convulsion and other disorders	7, 34

#### 4. CONCLUSION

Ageing is an irreversible process and a reality of human existence on earth which nobody can escape and reverse. From the beginning of civilization, there is a necessity of human to have a young and healthy life resulting in exploring the secrets of ageing and desire to increase life expectancy. Menopause is midlife stage that is an unspoken, unattended, reality of life, the cause of which is still not known completely by man. This phase of life is covered with lots of myths and taboos. Demand for prioritization of menopausal health in Indian scenario is due to increase in life expectancy and growing population of menopausal women. India is one of the countries that is practicing Unani medicine at a vast level. There are various single and compound Unani drugs that can be used to manage the stage of menopause and different

ailments related to it. Some of these have been researched and provided evidence for it. There is a need to research more of these drugs for better women's health.

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