



SCOPE OF ILAJ BIL TADBEER IN MATERNAL HEALTH

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ABSTRACT

During pregnancy there are progressive anatomical and physiological changes not only confined to the genital organ but also to all systems of the body. This is principally a phenomenon of maternal adaptation to the increasing demands of the growing fetus. Pregnant women are advised to take minimum and safe drugs for minor ailments of pregnancy as most of the drug can cross the placental barrier and have teratogenic effect.

Ilaj-bit-Tadbeer is the best way to relieve pregnancy related discomfort. Ilaj-Bit-Tadbeer (Regimenal therapy) is one of the four methods of treatment in the Unani system of medicine. The other three methods are Ilaj-Bil-Ghiza (Dietotherapy), Ilaj-bil-Dawa (Pharmacotherapy) and Ilaj-bil-Yad (Surgery). Literally Tadbeer is an Arabic word meaning Regimen (Systemic plan) whereas Ilaj means therapy or treatment. So Ilaj-Bil-Tadbeer means treatment through regimen with the help of certain procedures, tools and equipments.

Various methods of Ilaj-bit-Tadbeer like Riyazat (Exercise), Dalak (Massage), Abzan (Sitz bath), Garam Takmeed (Hot Fomentation), Dhooni (Fumigation) and Nutool (Douch) are safe and effective during pregnancy and can be recommended for maintaining maternal health.

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Introduction

During pregnancy there are progressive anatomical and physiological changes not only confined to the genital organ but also to all systems of the body. This is principally a phenomenon of maternal adaptation to the increasing demands of the growing fetus ^[1]. Pregnant women are advised to take minimum and safe drugs for minor ailments of pregnancy as most of the drug can cross the placental barrier and have teratogenic effect. Hence alternative method in which medicines are not used internally would be beneficial for expecting mothers. Ilaj-bit-Tadbeer is the best way to relieve pregnancy related discomfort.

Ilaj-Bit-Tadbeer (Regimenal therapy) is unique and is one of the four methods of treatment in the Unani system of medicine. The other three methods are Ilaj-Bil-Ghiza (Dietotherapy) Ilaj-bil-Dawa (Pharmacotherapy) and Ilaj-bil-Yad (Surgery) ^[2]. Literally Tadbeer is an Arabic word meaning Regimen (Systemic plan) whereas Ilaj means therapy or treatment. So Ilaj-Bil-Tadbeer means treatment through regimen with the help of certain procedures, tools and equipments.

Minor ailments of pregnancy ^[1]

- Backache

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- Ankle Oedema
- Leg cramps
- Acidity
- Varicose vein
- Haemorrhoids
- Insomnia

Pregnant women are advised to take minimum and safe drugs for minor ailments of pregnancy as most of the drug can cross the placental barrier and have teratogenic effect.

Ilaj-bit-Tadbeer is the best way to relieve pregnancy related discomfort. Various methods of Ilaj-bit-Tadbeer are safe and effective during pregnancy and can be recommended for maintaining maternal health.

Different methods of Ilaj-Bit-Tadbeer used in pregnancy and after delivery^[3]

- Riyazat (Exercise)
- Dalak (Massage)
- Abzan (Sitz bath)
- Garm Takmeed (Hot Fomentation)
- Dhooni (Fumigation)
- Nutool (Douch)
- Zimaad wa Tila (paste and Liniment)
- Shiyaf (Suppository)
- Humul (Pessary)
- Fateela (Bougie)

Methods Contraindicated in pregnancy^[3]

- Hijama (Cupping)
- Fasd (Venesection)
- Taleeq (Leeching)
- Idrar-e-baul (Diuresis)
- Ishaal (Purgation)
- Qai (Emesis)
- Huqna (Enema)

1-Exercise

Riyazat (Exercise) is one of the method of Ilaj-Bil-Tadbeer (Regimenal therapy) and found to be very safe and effective during pregnancy and post partum period. Riyazat (Exercise) is a series of voluntary movements which produce deep and rapid respiration

^[4]. These movements of different parts of body are needed for maintaining health. In recent years, the need for exercise has been recognized in pregnancy and also in post partum period. A daily exercise programme is an important part of healthy pregnancy. Studies have proved that prenatal and postnatal exercises can prevent pregnancy related discomfort ^[5,6].

Recommended Exercise in pregnancy^[7]

- Fitness walking
- Jogging
- Swimming
- Aquanatal classes
- Low-impact aerobics
- Pilates
- Yoga and stretching

These Exercises are recommended during pregnancy and post partum period for relieving pregnancy related problems and also for maintaining better maternal health.

2-Abzan

A type of bath in which the patient is made to sit in joshanda of medicines (medicated sitz bath or water)^[8].

Abzan (Sitz bath) is used to specially help treat problems in the pelvic and genital areas. The hip region is immersed in water in a tub. Abzan (Sitz bath) activates the internal organs of the abdomen and pelvis by increasing blood circulation to the surface, and reduces congestion of abdominal organs and inflammation. Hot sitz bath helps to reduce cramps and lower back pain.

Delivering in water has recently become popular, and more hospitals now offer water births. However, water birth is still considered an alternative birthing method. Water birth refers to childbirth, usually human, that occurs in water. It is the process of giving birth in a tub of warm water. Water temperature in the tub is maintained at or around body temperature (98° F- 100° F). Warm water is soothing, comforting and relaxing. It also soothe tired and aching muscles and ligaments – helping with further relaxation of the mother^[9]

Benefits for Mother^[10]:

Warm water is soothing, comforting and relaxing.

In the later stages of labour, the water has been shown to increase the woman's energy.

The effect of buoyancy lessens a mother's body weight, allowing free movement and new positioning.

Buoyancy promotes more efficient uterine contractions and improved blood circulation resulting in better oxygenation of the uterine muscles, less pain for the mother, and more oxygen for the baby.

Immersion in water often helps lower high blood pressure caused by anxiety.

Water causes the perineum to become more elastic and relaxed, reducing the incidence and severity of tearing and the need for an episiotomy and stitches.

As the labouring women relaxes physically, she is able to relax mentally with greater ability to focus on the birth process. Since the water provides a greater sense of privacy, it can reduce inhibitions, anxiety, and fears.

Benefits for Baby ^[10]:

Provides an environment similar to the amniotic sac.

Eases the stress of the birth thus increasing reassurance and sense of security.

Concept of Water-Birth (Hydrotherapy) can be correlated with Abzan Har (Hot Sitz Bath) for delivery.

Hkm Ibn-e-Sina has mentioned in his book *Alqanoon-Fil-tib* that if the female is having difficult labour (Usr-e-wiladat) make her sit in a tub of warm water.^[11]

Hkm. Zakaria Razi has also mentioned in his book *Al-Hawi* that medicated hot sitz bath (Joshanda of babuna or marzanjosh or methi or pudina or mashkatramashee or zarawand) is helpful in difficult labour(usr-e- wiladat).^[12]

Hkm. Abu Al- Hasan Ali Ibn-e-Abbas describes in his book *Kamil-us- sana* that when the time of delivery is near or the female is in labour pain make her sit in wam water(Abzan –hot sitz bath).^[13]

Hkm Mohd Kabiruddin has described in his book *Al Akseer* that if pregnant women is suffering from difficult labour make her sit in warm water or joshanda of baboon, shabit, marzanjosh and aqleel.^[14]

Hkm mohd Azam khan says in his book *Ramooz-e- Azam* that when the women is in labour or having

Usr-e- wiladat Nutool of warm water or medicated Abzan of joshanda of agar, hulba, tukhm-e-katan wa khubbazi can be used.^[15]

Hkm Akbar Arzani has also mentioned in his book *Tibb-e-Akbar* the use of Abzan (made up from joshanda of baboon, shabit, marzanjosh and aqleel) for usr-e- wiladat.^[16]

In post partum period daily use of hot sitz bath gives relief from pain and promotes quick healing of episiotomy wound.

Sitz bath of Joshanda Khatmi is useful for tanqiye Nafaas.

Eminent Unani physicians have described use of dhooni (Fumigation), pessary and Suppository in expulsion of foetus and placenta.

Fumigation of Muqil eases delivery (Labour), dilates cervical os and expell out foetus.

Fumigation of Lazan and Lehsan (Garlic) is beneficial in expulsion of both foetus and placenta.

Suppository of Irsa mixed with honey is advised in termination of live foetus.

Pessary of Rogan-e-Balsan is useful in expulsion of foetus and placenta.

3-Dhooni(Fumigation), Shiyaf (Suppository), Humul (Pessary) ^[12]

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4-Har Takmeed (Hot Fomentation) ^[12]

Takmeed is the process, which keeps the body or part of the body warm.

Hot fomentation is extremely safe and helpful in relieving back pain during pregnancy.

Pregnant women can do hot fomentation with the help of a hot water bag, hot water bottle, a healing pad or by soaking a towel in hot water and streaming the area.

Do any of this treatment for 20 minutes daily.

5-Dalak (Massage) ^[12,17,18]

Dalak is a systematic manipulation of body tissues with the hands. Several varieties of Dalak have been recommended in Unani system of Medicine e.g. Dalak e sulb (hard), Dalak e layyan (soft), etc.

Soft massage is sedative and relaxes the body. Moderate massage develops the body as well as improves and maintains blood circulation.

Females who were given massage therapy during labour have less agitation, faster delivery and less post partum psychosis.

It gives relief from symptoms of anxiety, tension, depression, insomnia and stress as well as back pain, headache, muscles pain and some form of chronic pain.

Unani Oils (Tila- liniment)for massage ^[12,17]

Pain relief oil: Rogan-e-Farfun, Surkh oil etc.

Rogan-e-Gul and Rogan-e-Chambeli for Mastlagia (Darde Pistan).

For insomnia in pregnancy and purperium: Head massage of Rogan-e-Kaddu, Kahu, Luboob saba.

The application of warm sesame oil is soothing and nourishing for the skin (and it is great to prevent stretch marks), as well as for the joints and muscles and keeps them supple. It is very helpful in relieving lower back pain and swelling and all other pregnancy related discomforts.

6-Nutool(Doush) ^[12,17,18]

Nutool (Pouring of medicated water) is a procedure in which the affected part is washed by a stream of water or medicated decoction from a height.

During pregnancy Nutool (Doush) of Joshanda Barge Neem or Joshanda Barge Hina is used for Hikkatul Farj (Pruritus Vulva).

CONCLUSION

Various methods of Ilaj-Bit-Tadbeer are safe and effective during pregnancy and can be recommended for maintaining better maternal health.

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