

Iltehab-e-Mahbal (Vaginitis) and its Unani Concept. "A Review"

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ABSTRACT

Iltehab-e-Mahbal is an Arabic term which means inflammation of vagina. The literature review of unani medicine the term Sailan-ur-Rehm is used for the problem of discharge pervaginum. It is wide term which is used for all types of discharges coming from genital tract other than blood. The most pronounced Unani Physician mention the following causes of Sailan-ur-Rehm.

- 1) Zoaf-e-quwat-e-Ghazia of Rehm .
- 2) Accumulation of excessive waste product in the body.
- 3) Predominance of any one Akhlat-e-arba.

The Clinical symptoms are very much coincides with the symptoms of vaginitis.

Therefore the unani concept of Iltehab-e-Mahbal (Sailan-ur-Rehm) is very important thus in this paper the unani concept discuss in detail.

Key words: Iltehab-e-Mahbal, Sailan-ur-Rehm, Quwat-e-Ghazia, Akhlat-e-Arba.

INTRODUCTION

Is Arabic term which means inflammation of vagina (*Iltehab* means Inflammation, Mahbal - Vagina).^[23]

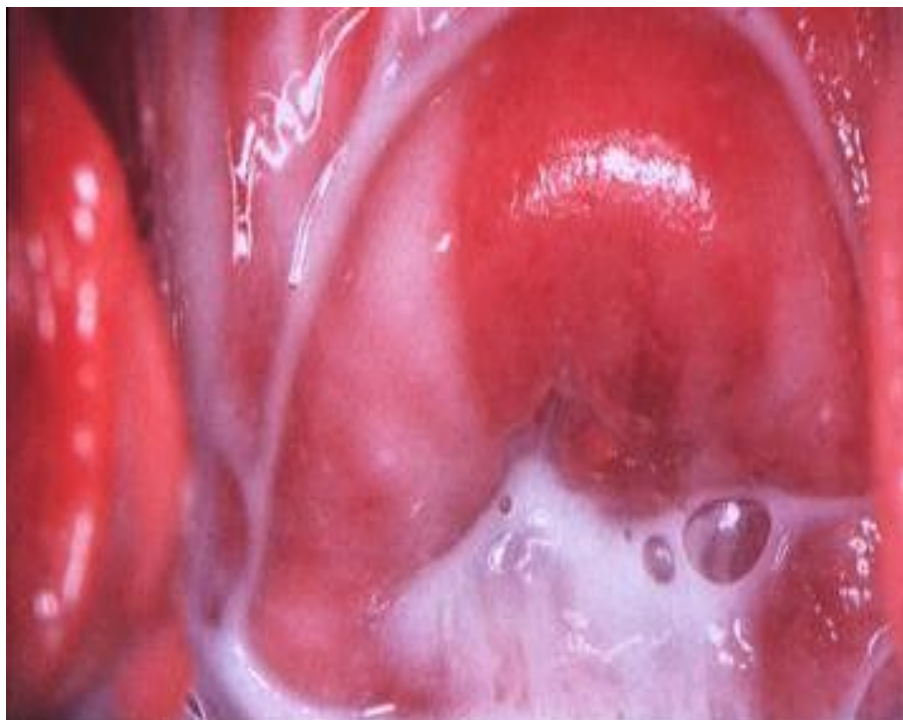


Fig:1 Veginitis with white vaginal discharge

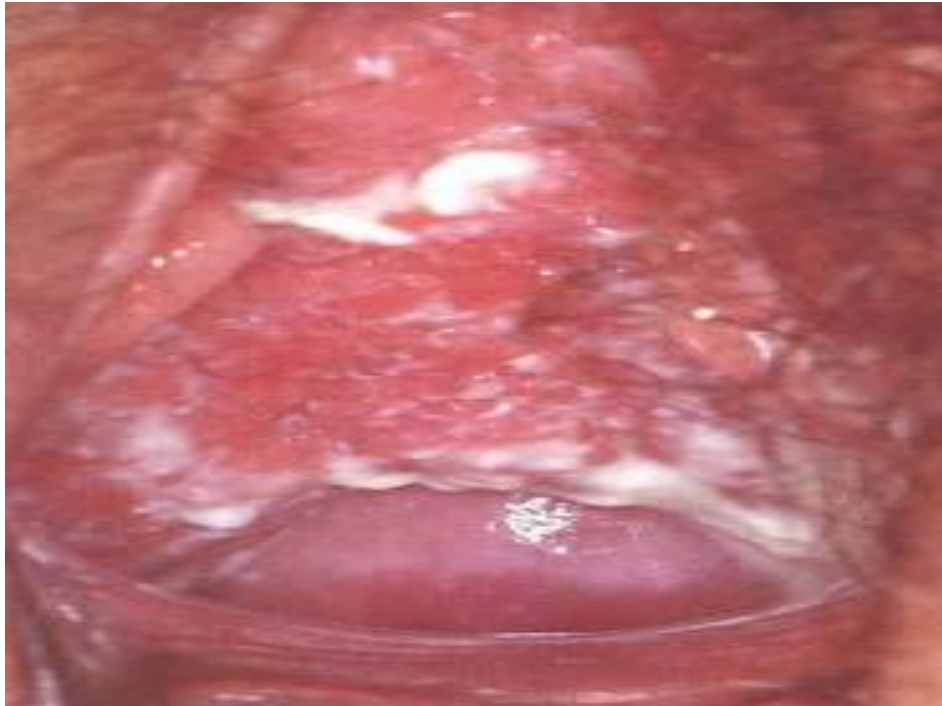


Fig: 2 Veginitis with thick discharge

Literature review of the ancient time reveals that, the ancient Greeks also addressed the problem of discharge per vaginam. They used the term *Sailan-ur-Rehm*. It means excessive uterine discharge. All the discharges coming from the genital tract other than the blood come under the head of the *Sailan-ur-Rehm*. It includes the discharge from *Rehm*(uterus), *Unq-ur-Rehm* (cervix) and *Mahbal* (Vagina).

There are various synonyms used for *Sailan-ur-Rehm* –

Sailan-e-abyaz, white discharge, Leukorrhoea, flour albus, catarrh of uterus^[9, 20]. The disease *Iltehab-e-Mahbal* described in the context of *Sailan-ur-Rehm* was known to the medical faculty from the time of Hippocrates who referred it as flowing away of the seeds of women.^[17]

DEFINITIONS

According to Al-Razi

There will be foul smelling discharge in case of infections of uterus as the fluid accumulated in body leads to infection and the predominant humour (Khilt) can be assessed by its color^[2].

According to Akbar Arzani (1721 AD) and Azam Khan (1794 - 1902).

Sailan-ur-Rehm is a continuous discharge from uterus that could be balghami, safravi or Saudavi depending upon the dominant humour^[3,15].

According to Ismail Jurjani

Sailan-ur-Rehm is ratubat-e-ufunawhich flows out and it may lead to infertility(10)

According to Ali Bin Abbas Majoosi.

Sailan-ur-Rehm is the flowing out of uterus due to (defective faculty in assimilation power of uterus) *Zoaf-e-Quwat-e-Jazeba* of *Rehm* or waste of the body are diverted towards the uterus to be excreted out by *Istefragh*(16). It is the cleaning of the body, the type of waste can be determined on the basis of its colour.

Classification and Causes of *Sailan-ur-Rehm*

I. According to Age:

- *Sailan-ur-Rehm* in small girls: Due to worm infection, highly acidic urine etc.
- *Sailan-ur-Rehm* in Adolescent girls: Commonly occur before the onset of menstruation.

- Sailan-ur-Rehm in parous women: Due to cervical laceration or chronic gonorrhoea.
- Sailan-ur-Rehm in newly married women: Commonly occur due to inflammation of uterus.
- Sailan-ur-Rehm in Menopausal women: It occurs due to chronic inflammation of uterus, cervical and uterine carcinoma.

II. According to Predominance of Humor(3,13,15)

- Sailan-ur-RehmDamvi
- Sailan-ur-RehmBalghami
- Sailan-ur-RehmSafravi
- Sailan-ur-RehmSaudavi

III. According to Site :(3,160)

- Sailan-e-Farji: Discharges from the outer part of vagina.
- Sailan-ur-Mahbali: Discharges from the inner part of the vagina.
- Sailan-e-Unqi: Discharges from the cervix.
- Sailan-e-Rehmi: Discharges from the uterus.

Asbab (Causes):

According to Ibn-e-Sina: Accumulation of excessive fuzlat (waste product) in Rehm (uterus) becomes infected and unfunat in the Rehm leads to Zoaf (weakness) in the quwat-e-hazma (digestive faculty) of uterine vessels resulting in Sailan-ur-Rehm and predominance of humour are also responsible for it(8).

According to Azam Khan, Ismail Jurani, Akbar Arzani, Kabeeruddin and Ibn-e-Hubl: Sailan-ur-Rehm is caused by the following_

- Zoaf-e-quwat-e-Ghazia of Rehm (defect in Nutritive faculty of uterus).
- Ghalba-e-Akhlat-e-arba (Predominance of humour)
- Accumulation of Fuzlat (Waste product) in the body[3,4,10,13,15]

According to Ali Bin Abbas Majoosi:

- Accumulation of excessive waste product in the body.
- Predominance of Humour^[16]

According to ZakariyaRazi:

- Foul smelling vaginal discharge occurrence due to difficult labor.
- Due to purulent abscess of impure blood.

Jalinoos (130-200 AD) stated that Sailain-ur-Rehm give rise to Suzak.

Other causes are:^[1,6,9,14,21]

- Suzak (Gonorrhoea)
- Ateshak (Syphilis)
- Diq (Tuberculosis)
- Ehtebas-e-Haiz (Amenorrhoea)
- Kirm-e-Shikam (Worm Infection)
- Waja-ul-Mafasil (Arthritis)
- Niqras (Gout)
- Warm-e-Rehm (Metritis)
- Nakhs-e-Taghzia (Malnutrition)
- SooulQuina (Anaemia)
- Nutoo-ur-Rehm (Uterine Prolapse)
- Hamal-e-Ibtadai (Early Pregnancy)
- Tanao (Stress)
- Poor Socio-Economic status
- Excessive intake of Cold and Wet foods.
- Any irritation and burning to vagina

Pathophysiology of Vaginal Discharge

All the disease in Unani system of medicine is caused by three major Causes:

- Sue Mizaj
- Sue Tarkeeb
- TafarruqeIttesal

Sue mizaj is the cause of disease, when Sue mizaj afflicts the organ; it leads to certain changes to be happen in the structure of that organ. These aberrant changes in the structure of organ due to Sue mizaj lead to derangement in the normal functioning of inherent faculties which manifest in the emergence of disease.

Uterus is an organ which consists of preponderance of nerve and other fibers. As it contains more fluids as compared to solid tissue in their structure so it comes in azaeratabah. Uterus has also been endowed with Quwat-e-ghazia (nutritive faculty) and more remarkably the quwat-e-tanasuliyah (reproductive faculty) with the help of these powers uterus serves two functions.

1. Eliminations of waste products of organovascular digestion in the form of menstrual blood.
2. Development, protection and delivery of fetus.

Pathogenesis of Sailan-ur-Rehm

As mentioned earlier that, sue mizaj is the cause of this disease. Sue mizaj afflicts the uterus to throw the Quwate Ghazia (nutritive faculty) of the uterus out of the control. Quwat-e-masika which remains at the receiving end becomes unable to hold back the nutriments in the uterus for the sufficient time till the quwat-e-hazma act upon these nutrients to convert them into a matter suitable for assimilation and incorporation. This half backed material subjugates HararateGharizia. In relative deficiency of HararateGharizia, HararateGharibia over powers the uterus and changes accumulated uterine waste into infected material. This infected material may be deviated from normal either in colour, consistency or odour. This harmful and toxic material is irritative in nature and to be eliminated out by the excretory power. When it flows out of genitals it causes burning, irritation and if accumulated causes ulceration (erosion) especially in the cervix of uterus. This discharge flowing out of the genital tract is known as Sailan-ur-Rehm.

As leucorrhoea fluid is the prospective nutritive material for the uterus flowing in the form of waste material, the uterus suffers lack of nutrition. To compensate this loss, nutrients are directed towards the uterus from the other parts of the body resulting in generalized nutritional deficiency and loss of weight. ^[7,12,16,19]

Clinical Features:

- In Sailan-ur-Rehm the physical and mental status of women gets deprived and complexion gets affected.
- Vaginal discharge, thick yellowish or white in color. The character of discharge is balghami, viscous, sometimes water.
- Backache.
- Heaviness or pain in lower abdomen.
- Increased frequency of micturition.
- Dysmenorrhoea.
- itching Vulvae
- Anorexia
- Palpitation
- Poor appetite
- Constipation
- Headache
- There may be swelling of eyes with or without pain.
- If discharge presents with pregnancy it is very irritating. ^[3,4,5,9,10,13,21]

Awarizat (Complications)

- Isqat (Abortion)
- Excessive vaginal discharge causes infertility ^[5,6,21]

Tashkhees (Diagnosis)

Diagnosis is made by swab method. This method rules out by predominance of humour. Ask the patients to put a sterile swab in the vagina overnight and then allow it to dry in the shade. Reddish coloured swab with associated predominance of heat, red turbid urine indicates predominance of Khilte Dam. White discharge with other sign and symptoms of Ghalbaebalgham indicates predominance of Khiltebalgham. Yellowish coloured swab with foul smell and excessive thirst indicates predominance of KhilteSafra. Blackish discharge and turbidity and dryness and weakness of body indicate predominance of KhilteSauda. [3,8, 10,11,15,16,22]

Tashkhees-e-Fariqa(Differential Diagnosis).(1,5,18,21)

- Sailan-e-Mani: Discharge will be yellowish thick non-infective with peculiar odour.
- Basoor-e-Rehm: Reddish or yellowish scanty discharge along with burning and irritation.
- Sartan-e-Rehm: Foul smelling meat water like discharge or black in color.
- Bawaseer-e-Rehm: Reddish or blackish discharge along with other associated symptoms.
- Qurooh-e-Rehm: Pus like discharge.

Usool-e-Ilaj: (Principles of Treatment)

Sailan-ur-Rehm is a chronic disease and its treatment should be started with: [2, 8, 10]

- TanquiyaeBadan (Removal of harmful material from the body) through venesectionfas'd.
- If required purgatives can be given.
- Astringent drugs used orally and locally as uterine enema preparation (douche).
- Al-Razi mentioned Qaat-e-Sailan and Mushil-e-Aab drugs, having purgative properties for the excretion of waste products.
- In case of infection of uterus he advised enema of astringent drugs.
- Muqavvi-e-Rehm drugs are advice.
- Easily digestible foods are advised.
- Badi, Saeel and phlegm producing foods.
- Excessive hot foods.
- Use of excessive oil and jaggery, sour and bitter food, red chilies etc.
- Strenuous exercise, heavy weight lifting etc. [1,13,14]

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