



## MODERN CONCEPT OF DYSMENORRHEA(USR-TAMS ) AND UNANI PERCEPTION OF USR – TAMS ( DYSMENORRHEA )

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**ABSTRACT** Dysmenorrhea one of the commonest disorder that affects the woman folk and affects the quality of life and sometimes results in activity restriction. It is also found as the leading cause of periodic college / school absentinism of adolescent girls. Almost 80% of women at sometimes in their lives suffer from the ailment or discomfort during menstruation . It refers to the pain associated with menstruation . It has got two main types primary and secondary .Primary dysmenorrhea is used to describe normal period pain experienced by many women during the time of their periods and there is no underlying pathology . Secondary dysmenorrhea is used to describe pain resulting from an underlying gynaecologicalproblem . There are various measures mentioned inUnani literature which are useful in tackling this problem like sitz bath, cupping , dietotherapy and also number of herbal drugs. The review highlightens concept of dysmenorrhea both Modern and Unani and its related treatments therapies and drugs .

**KEYWORDS :** Gynaecology, period, menstruation, usr – tams - primary and secondary etc.

### INTRODUCTION

Dysmenorrhea (Usr – tams) refers to the pain or discomfort associated with menstruation . Although not a serious problem the term describes a woman or adolescent girl with menstrual symptoms ( pain ) severe enough to keep her away from functioning for a day or two each month.

Depending upon its etiology it is of two types (1) primary and (2) secondary

- (1) Primary dysmenorrhea : is used to describe normal period pain experienced by many women during the time of their period and there is no underlying medical problem. Primary dysmenorrhea is more common type of dysmenorrhea and is caused due to the production of prostaglandin and vasopressin which are natural substances made by cells of inner lining of uterus and other parts of body which allows uterine muscles to contract and the time of periods to let the endometrium shed and blood oozing out from capillaries of endometrium as an outcome of menstrual cycle. In addition to these there may be other factors related to primary desmenorrhea like genetic factor, stress and also different body types as how a body response to the factors related. It appears however that the level of prostaglandin has nothing to do with how strong a womans cramps. As in other words some women have high levels of prostaglandins and no cramps while as others wonder with low levels of severe cramps. The first yr. or two of a girls periods are not usually painful, however once ovulation begins, the level of prostaglandin rises leading to strong contractions during menstruation 6,7,8 .
- (2) Secondary dysmenorrhea :is defined as menstrual pain due to pelvic pathology 2. This condition usually occurs after a woman has had normal menstrual period for sometime after attaining menarche. It diferes from primary dysmenorrhea in that the pain is caused by an abnormality or disease of uterus, fallopian tubes or ovaries 6.The commonest causes are (a)PID (b) fibroid (c) IUCD (d) endometriosis 18,38s (e) inflammation and scaring ( adhesions) (f) functional ovarian cysts (g) benign or malignant tumors of ovary,bowel or bladder or other sites in pelvic region.(h) IBS 6,7,3,4

### Circumstances to indicate secondary dysmenorrhea

- (a) Dysmenorrhea beginning after 25yrs.of age.
- (b) Late onset of dysmenorrhea possibly caused by complication of pregnancy, ectopic, threatned ,spontaneous abortion all these referring pelvic abnormalities infertility associated heavy menstruation, dyspareunia .
- (c) No response to therapy with NSAIDs and contraceptives or both. 3,4.

### Unani concept

Usr –tams ( dysmenorrhea ) is usually pain of lower abdomen and lower back associated with menstruation 1. And is based on humoraltherapy . Though different eminent physicians have thrown views upon this topic .

Hippocrate mentioned that usr- tams occurs due to stagnation of menstrual blood secondary to cervical obstruction 23. Which causes distension and congestion hence causing painful menstruation 1.

Sheikh – ur – Rayees Abu Ali Hussain Bin Abdullah Bin Sine usr – tams occurs because of snag of menstrual flow .

An other renowned physician of old times Ismail Jarjani backache is also present along with pain in abdomen , head and if it persists it is refered to hips and thighs 3.

Massee - ul –MulkhakeemAjmal Khan pain associated usr – tams comes from decreased amount of menstrual flow then normal or occurs in little amount with gap associated with pain 13.

Hassan Qureshi mentionedusr – tams as difficulty and pain at the time of menstruation which is often exaggerated . Patient is left uneasy , sometimes initially pain is at peak and reduces with the passage of day on the contrary. Sometimes pain is less in the beginning but gets intensified as the days progress 14.

Akbar Azmi mentioned that in usr – tams backache occurs before and during the menstruation 15.

Causes of usr –tams in terms of diseases and conditions of uterus  
13,15,17,23,24,25

Zufe – reham(weakness of uterus )  
sartan – e – reham ( ca of uterus )  
Warm – e – reham (metritis )  
Ahtebas – e – reham (hypomenorrhea )  
Qilat – e – tams (hypomenorrhea )  
Complete closure of external os  
Surgical operation of internal reproductive organs  
Muscular diseases of uterus such as uterine atrophy  
Accumulation of fat in uterus  
Displacement of uterus  
Excessive use of cold products  
Exposure to cold products  
Wearing wet clothes for long time  
Anemia  
Increased viscosity of blood  
Severe haemorrhage

### Depression

Excessive use of phlegm concentrated things can cause increased bile and phlegm in blood and increases the concentration of blood due to which blood can not flow from the narrow vessels and bleeding ceases 11,13,16

Types of usr –tams 14,15,16,17,23,24,26

- (1) Usr – tams ibtidayee : When the adolescent girls experience the menstruation for the first time the blood flow in uterus , ovaries and in the internal genital organs increase and causes congestion .

Due to the congestion adolescent feels pain in lower abdomen , backache and pain in thighs 15.

- (2) Ustr-tams warmi / nazlawwi : This type of pain during menstruation is felt due to phlegmatic swelling in the uterus or cervix or due to the pooling of blood usually experienced after delivery when the uterus does not return back to its anatomical position . Mostly obese women experience this type of ustr – tams 13,14,23.
- (3) Ustr – tams suddi / obrutive : This condition occurs due to the small size of uterus or obstruction of cervical opening . Cervical obstruction occurs due to the endometritis( warme fame rehm) or rasooli (tumors) .

#### Clinical features :

- (a) Faintness may occur due to the severity of pain .
- (b) Restlessness , heaviness in pelvic area and pain in thighs , hips and back .
- (c) Backache .
- (d) Heaviness in abdomen .
- (e) Pain may be experienced before menstruation .
- (f) Nausea .
- (g) Vomiting . (14)

#### Diagnosis : 1,5,6,7,8,12,16,17

- (1) Pin pricking pain which is directed towards umbilicus , spinal cord and upto calf muscles . This type of pain is felt usually before 2 – 3 days of periods and persists till last . It is very intense and patient complains of heaviness in pelvis , headache ,nausea , mild fever and hypersensitivity . These type of symptoms are usually in warmiusr – tams .
- (2) When pain is intermittent and spasmodic but it is too severe that patient is left unconscious with vertigo , nausea , vomiting and delirium along with nasal, oral, anal and vesicular bleeding are common. These types of features are of suddi or ustr – tams 23.
- (3) In case of tashanujusr –tams : which is caused by any sort of condition leading to congestion in the uterine cavity like : Fibroids , hypoplasia or weakness of musculature of uterus pain is neurogenic and intense starting from flanks and radiates to umbilicus, Abdomen , back, buttocks and thighs often accompanied with headach (Hakeem Ajmal Khan).

#### Management : (12,13,14,15,26,27)

Compound drugs or formulations in unani medicine  
Hab.mudir – haiz  
Dave – ussurultams  
Dawae – mudir – haiz  
Tiryaqefarooq

#### Therapy and drugs :26,27,29,31,32,

1. Dietotherapy: Adequate light and nutritious diet and avoid constipation. Diet such as cabbage, beet root 15 and meat soup are beneficial . To relieve sudda or obstruction musk melon , fenugreek , barley water, vinegar with khihr and aabemukhood are useful. Ghaleezkhitt is converted into lateef by fresh garlic, onion and raddish. Razi advised beet root and karnab for relief of dysmenorrhea .
2. Cupping : Hijamabilashart .Hijamabilashart (dry cupping )below umbilicus or around the umbilicus for pain relief 23,27,30
3. Nutool or takmeed ( fomentation with fasd) . Pain with nafk herahm , fasd ( venesection ) is advised followed by nutool of roghansudab. at the time of painjoshandaebirjansif is also useful for uterine pain 23.
4. Abzan( sitz bath ) : Any one of them .Abzan with warm water .Joshanda ( decoction baranjasif 23,26 or irsa or soya orghaar leaves  
\* Abzan of methi and khubazi or joshandawaj ordaroonj
5. Dalk : Massage with oilseg.gul or suran or nargis or seer or zabq 23,37
6. Tila( lotion ) Lotion of fine powder of ushq,Baboona, muqilbahroza , 24,36
7. Hamul( pessary)37Warm al –rahm Afyunkhalishamul for severe pain 23.
8. Zamad :Zamad of fresh bottle gaurd .
9. Huqna (suppository)
- \* Huqna of milk and usra, bartang or fresh butter 23.
- \*Joshandaekhabazi or turbud also relieves uterine pain 25
- 10 .Firzaja of ushq ,muqil, bahroza, mayaisayila in equal quantities 25
11. Oral drugs :

Halteet 500mg.and Qandsiyah 68 gm. at morning 5 - 7 days 26  
Habimudir 1 tab.BD 24  
JawarishQurtum 7 gm. at BT 13  
Barshasha 3 gm. at the time of pain 13

Honey: pure honey consumption in woman who suffer from primary dysmenorrhea reduces significantly the severity of pain and amount of bleeding as pure honey decreases the level of prostaglandin level in the blood 28

Feniculumvulgere( Badiyan ) : is comparable to the efficacy of common NSAIDs such as mefenamic acid and has anti spasmodic action 29,34,35

Fish oil : is believed to cause production of prostaglandins which brings about reduction in the contraction of arteries and in the contraction of vessels of the uterus which intum decreases ischemia and reduces the intensity of dysmenorrhea 30. Combination of fish oil and vitamin B12 has been proved more efficient or stable 21,22,30,31,32,33

Modern treatment :5,6,8,18,19,20,21,22.

- a. Women wearing IUCD should be treated with NSADs as they may suffer from dysmenorrhea and menorrhagia .
- b. Patients having surgery has to be opted in the treatment of most forms of secondary dysmenorrhea and is usually more definitive .
- c. NSADs drugs may be given only as a temporary measure to obtain some relief while waiting for surgery. In endometriosis patient specific hormonal therapy i.e, Danozal, GnRH agonist, Progesterone and oral contraceptive could also be used to obtain adequate relief.

#### CONCLUSION :

Dysmenorrhea refers to painful menstruation and the painful cramps in the lower abdomen and is associated with one or more symptoms like sweating , lower backache, fatigue, diarrhea, nausea,headache, vomiting, dizziness and in severe cases syncope etc.. Pain is often not completely relieved by conventional medicines and the modern medicine has also its own adverse effects . On the human body therefore it is need of time to understand the traditionally documented therapeutic option which has no adverse effect on the human body.Unani physicians have described the various causes and management of dysmenorrhea under the heading of Wajerahm/dardrahm/usretams in the unani literature. They have also mentioned some herbal drugs and unani compound formulations . In unani classical literature of treatment of usretams( dysmenorrhea ) . This revieve article focuses on the unanicconcept of dysmenorrhea, its diagnosis and management in unani system of medicine. It also highlightens some of the herbal drugs and unani compound formulations used in the management of dysmenorrhea.

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