

VULVOVAGINAL CANDIDIASIS (SAILANUR RAHAM) AND UNANI PERSPECTIVES

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Abstract: Sailan-ur-Rahem (Vaginal discharge) is the most common gynecological complaint and requires medical intervention. This disease is most often associated with serious illness, discomfort, regular watery vaginal discharge and painful sexual intercourse. On the other hand, it has never been seen as a life threatening condition. This problem affects 75% of women once in their lifetime. In Unani System of Medicine, Sailan-ur-Rahem is a wide term that refers to an illness related to all vaginal infections like candidiasis, trichomoniasis, bacterial vaginosis, moniliasis or gonococcal cervicitis etc. Approximately 20 % of patient attending gynecological clinics, complains of vaginal discharge indicating some form of infection. Unani medicine and its compound drugs can be used as good alternative for treatment of the Sailan-ur-Rahem. Unani medicine have been used in the treatment of vaginal discharge for prolonged period of time, due to less side effects.

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INTRODUCTION

According to the Unani medicine perspective, disease is caused by the imbalance of humor (Akhlāt) in the body. The imbalance of humors alters the human personality. Transformation is known as mal temperament or so-e- Mizaj.

There are four humors:

- Blood (Dam)
- Bile (Safra)
- Phlegm (Balgham)
- Black Bile (Sauda)

According to the principle of Unani system of medicine, every person has a temperament, which is formed by the unique composition of akhlāt. All four humors are present in the body, but one of the humors is dominant over the other and this dominant humor represents the temperament of the body. On the basis of these four humors there are four types of temperament.

The imbalances in humor are major cause of the disease. In the Unani system, a medical diagnosis is made on the basis of imbalance in the temperament of the patient. Quwwat-e-mudabbira-e-badan is the natural defense mechanism of the body, which protect it from harmful effect of the environment that also maintains the normal equilibrium of the body. If this natural power weakens then this leads to qualitative and quantitative derangement of humors in the body.

Humors are involved in the formation and development of body tissues and organ and maintain their function. The imbalance in humors will cause pathological changes in the body resulting in disease (1). Principle of treatment i.e., Usoole ilaj is recommended after the diagnosis and etiological factors causing disease (2).

In Unani System of Medicine, Sailan-ur-Rahem is a broad term representing a diseased condition, which is related to all vaginal infections like candidiasis, bacterial vaginosis, trichomoniasis, moniliasis or

gonococcal cervicitis etc (3). In Sailan-ur-Rahem, the excess morbid matters are accumulated in uterus due to Zoefe-quwat-e-dafea (4), and then uterine waste is extracted in the manner of Sailanur Rahem (5). The disease results from imbalance of Akhlat (humors). The mucous like discharge from vagina indicating Balghami khilt (6). The disease appears due to qualitative & quantitative alteration of phlegmatic humor phlegm. Sailan-ur-Rahem also occurs due to the malnutrition (Zoef-e-quwat-e-ghazia of rahem) or if there is too much waste or morbid matter in body or the absorption capacity (Quwat-e-jazba) of the uterus decreases. Usually, this superfluous waste matter is eliminated from uterus or vagina act as an Istefragh (evacuation) (7). Any discharge from the vagina that contains pus and contains red cells should be due to a specific infection of the vagina (8).

PREDISPOSING FACTORS

Predisposing factors of Sailan-ur-Rahem according to Unani System of Medicine includes weakness of absorptive power, bad personal hygiene, low socio-economic condition, hardworking, frequent abortion, phlegmatic collection, frequent intercourse, chronic constipation, metritis, Warm-mahbal, use of unhygienic tampons during menses, Mana-e-aalat-e-hamal (contraceptive devices), far-ud-dam (anaemia) that suppress the immune power of the body and hence increases the chance of ufoonat (infection) (9).

ASBAB (ETIOLOGY) ACCORDING TO THE UNANI SYSTEM OF MEDICINE

Ibn-e-Sina described the decreased digestive capacity (Quwat-e-Hazema) of the uterus (urooq-e-haiz) and alteration in the proportion of four humours caused due to infection (ufoonat) in the uterus led to Sailan-ur-Rahem. Ali Ibn Majoosi described Sailan-ur-Rahem as a weakening of absorptive power (Quwat-e-Jaziba) of uterus which causes excess accumulation

of waste in the the uterus while some Unani physicians described it, to be caused by weakening of nutritive faculty (Zeof-e-Quwat-e-Ghazia) of uterus along with predominance of one of the four humor's and waste material in the body (7).

DIAGNOSIS OF KHILT

In the old Unani System of Medicine, to examine the predominance of humor a fresh sterile cotton swab is place in the vagina for overnight. Then allow the swab to dry in the shade and test the main jokes for its color. Reddish color shows the dominance of Khilt-e Dam. White color shows the predominance of Khilt-e-Balgham. Yellowish, foul smelling discharge indicates the predominance of Khilt-e-Safra. Dark and brown discharge with thirst and weakness is an indication of the size of the Khilt-e-Sauda (10).

USOOLE ILAJ (LINE OF TREATMENT)

- To remove the exact cause.
- To avoid excess coitus.
- In case of dominant khilt (humour), munzij&mus-hil therapy (concoctive and purgative) of the relevant khilt should be given and thereafter suppositories should be placed.
- In case of weak nutritive power of uterus, nutritive dietotherapy is advised considering unaniconcept of diet, by taking Ghiza-e- latif, Apple, Bahi (*Cydonia vulgaris*), and Lemon syrup (citrus lemon), Maul-Jun, Arq-maul lahem, Maul fawakhsh etc. These foods will increase the nutritional value (quwat-e-ghazia) of the uterus. Maintain the general health of patients.
- Anxiety factor should be minimized.
- Unsuitable underwear should be used to keep the area airtight
- Maintain cleanliness particularly local hygienic of the affected area.

ILAJ BIL DAWA (DRUG THERAPY)

Use of drug that is consider to be Mukhrij-e-balgham phlegm (Expectorant), Mus-

hil(purgative), Habis and Qabiz (Astringent) Muqawwi (Tonic), Mudir (diuretics), Musakkin (Analgesic), Mullayin (mildlaxative) are practiced in Unani system of Medicine (7). The Unani physicians select these drugs according to predominance of humour (11,12).

DIETOTHERAPY (ILAJ BIL GHIZA)

Ghiza-e-latif (easily digestible foods) and Juices should be recommended including, green vegetables, *Maul leham*, pomegranates fruit as they increase

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nutritive power of uterus. Iron-containing supplements and foods. Hot, spicy and fast food should be avoided (11,12).

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CONFLICTS OF INTEREST

Authors have no conflict of interest.

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Table 4: The Classification of Sailan-ur-Rahem

According to Humor	According to site
Sailan-ur- RahemDamvi - It is due to the excessive khilte dam and the color of the discharge is reddish-brown.	Sailan-e-Farji (Vulvar ejection): Dislocation arises from the outer part of the vagina.
Sailan-ur- RahemSafravi- is due to the excess of khiltesafra and the color of the extract is yellow	Sailan-e-Mehbali (Genital Mutilation): Dislocation comes from the inner part of the woman.
Sailan-ur- RahemBalghami- is due to Balgham's extreme humor and white color	Sailan-e-Unqui Discharge (Uterine Removal) from the cervix.
Sailan-ur- RahemSaudavi – it is caused by the excess of sauda and the color of the extract is dark. [14-18]	Sailan-e-Rahemi (Uterine Discharge): Discharge comes from mucous membrane of the uterus. It is white and thick egg white ref. [14–18].

Table 2: Herbs used in SailanurRahem

Unani Name	Botanical Name	Unani Name	Botanical Name
Mazu	<i>Quercus infectoria</i>	Gul e dhawa	<i>Woodfordiafruticosa</i>
Gule Supari	<i>Acecia catechu</i>	Samag-e-Arbi	<i>Acacia arabica</i>
Gule Surkh	<i>Rosa domestica</i>	Shibeyamani	Alum
Gulnar	<i>Punica granatum</i>	MaghazTukhum Tamar hindhi	<i>Tamarindus indica</i>