

# Concept of Dysmenorrhoea (Usre Tams) In Unani System of Medicine

Dr. Khursheed Alam\*, Dr. Abdul Aziz\*\*, Professor Qamar Akhtar Kazmi\*\*\*, Professor K. Tabassum. \*

Associate Prof. Dptt. of Niswan Wa Qabalat, Eram Unani Medical College & Hospital, Lucknow, U.P. India

\*Assistant Prof. Dptt of Moalejat, Eram Unani Medical College Lucknow U.P. India

\*\*\* Ex. Chairman, and Dean Ajmal Khan Tibbiya College, AMU, Aligarh, India

\*\*\*\* Ex HOD Dept of Niswan wa Qabalat, NIUM, Bengaluru, India.

[dr.khursheedmd@gmail.com](mailto:dr.khursheedmd@gmail.com)

## ABSTRACT

Dysmenorrhoea is common problem, seen worldwide especially in developed countries. Although it can be observed at any stage of life but it is most commonly complained in teen age group of females. In Unani literature the term “Usre Tams” was mentioned to describe all features related to dysmenorrhea including etiology, pathogenesis, clinical presentation, diagnosis and management. Usually, this condition becomes normal after marriage but in some patient it may persist. In Allopathic treatment usually hormonal pills are advised, whereas a lot of single as well as compound drugs are mentioned in Unani system of medicine which are proved much more beneficial for dysmenorrhea. However, In this paper I will discuss about Unani concept of dysmenorrhea covering etiology, pathogenesis, clinical presentation and classifications.

**Key Words:** Unani System, Usre Tams, Dysmenorrhoea

Dysmenorrhea is a very common problem affecting teen age group of female and before marriage however it can be encountered in any age with varying causative factors. This gynaecological problem is found worldwide with some differences of atmospheric, dietary, social, psychological factors. The term for Spasmodic dysmenorrhea in Unani literature is Usre Tams Tashannuji which literally means painful menstruation. Various Unani Physician described it with short or detail in their books covering its definition, etiopathogenesis, clinical presentation, methods of diagnosis and management. In this

endeavor I will discuss pathophysiology and classification of dysmenorrhoea with reference of classical Unani literature.

In the fifth century B.C. **Hippocrates** proposed that the obstruction and stagnation of blood in the cervix are main causes for dysmenorrhea.<sup>1</sup>

**Abu Bakar bin Mohammed Zakaria Razi** (865 –925 A.D.) coined a umbrella term “Aujaure Reham” which covers various gynecological problems. He mentioned many causes of “Aujaure Reham” like Warne Reham, Sartane Reham, Insedade fame Reham, Ahtebase Tams, Qillatut Tams, Zofe Reham etc. In this regard, He also referred the views of various ancient Attibba (Unani Physicians) about “Wajaure Reham”, some views are as follow:

- a) According to **Khauz**: “In Wajae Reham, there is no drug which is more lucrative than Junde Bedaster”.
- b) According to **Abdoos**: “Use of decoction of Baranjasif in the form of natool is effective in Wajae Reham”.
- c) According to **Jalinoos**: “Roghane Mastagi is effective in all kinds of Wajaure Reham”.<sup>2</sup>

**Shaikhur Rayees Abu Ali Husain bin Abdullah bin Sina** (980 – 1037 A.D.) described: “If the menstrual blood is motadil (balanced) in quality and quantity and the cycles are regular, it preserves health and prevents from diseases. If the menstruation is irregular and abnormal, it may cause many diseases like AhtebaseTams (Amenorrhoea), Qillate Tams (Oligomenorrhoea) etc. These conditions create imtela (congestion) in the body, which causes many diseases like swelling, headache, body ache, blurred vision, fainting and various types of fever. He further added by describing.

فى الاحكام الطمث: يعرض لها الاسروالتقطير لتسديدالمواد؛-

“If there is any insedad (obstruction) in the menstrual flow, it causes pain and dribbling in menstrual flow”. Most of the ancient physicians have described Usre Tams under “Aujaure Reham”. Shaikhur Rayees has also described various causes of Usre Tams under “Aujaure Reham” which are reyahe momaddeda, auram, sartan and qurooh etc. Shaikhur Rayees again mentions, “Due to Wajae Reham sometimes adenexa also get affected which cause pain in back, inguinal region, hip joint, suprapubic and epigastric regions.”<sup>3</sup>

In his renowned book “Alqanoon Fit Tib” in the chapter of “Hajamat bila Shurt” Ibne Seena says that it (dry cupping) over the umbilicus relieves the dragging and colicky pain of gaseous distention and relieves the menstrual pain (dysmenorrhoea) specially in young girls.<sup>4</sup>

**Shareef Sharfuddin Ismaeel Jurjani** (died in 1140 A.D.) “Sometime backache is also present in Usre Tams”, he also mentions, “If the pain is caused by involvement and

congestion of badi rag, the pain occurs in whole back accompanied with hararat and zarban” owing to Reehe Ghaleez or Balghame.<sup>5,6,7</sup>

**Mohammed Aazam Khan** (1813 – 1902 A.D.) describes that “Usre Tams” is caused by sudda in the uterus formed due to khilte ghaleez that results in painful spasmodic menstruation. He also added that some time the Suddah (obstruction) is encountered by Samne Mufrit (obesity). If the suddah (Obstruction) caused by the obesity then it is characterized by backache, suprapubic pain, heaviness in the body and painful menstruation.<sup>8,9,10</sup>

**Maseehul Mulk Hafiz Hakeem Ajmal Khan** (1864 – 1927 A.D.) explaining Usre Tams says “in Usre Tams menstrual blood flow is always scanty with severe pain while blood is always viscid”. He has mentioned Warne Reham, Warne Khusyatur Reham, cold environment during menstruation, getting wet in the rain, excessive coitus, stress and sometime chronic diseases, general weakness, trauma, obesity etc for the causes of Usre Tams<sup>11</sup>. In his other book after mentioning the various causes of Usre Tams, Hakeem Ajmal Khan has written that the excessive use of ghaleez aghzia (Thick diets) leads formation of Sauda and Balgham in excess quantity. Excessive quantity of Sauda and Balgham results in viscosity of blood and viscous blood does not pass from small vessels with fluency, so, during menstruation either blood does not expel out in adequate quantity or expel out in a very small quantity with pain. Hakeem Ajmal Khan describing the symptoms of Usre Tams says that during menstruation patient experiences restlessness, heaviness in supra pubic region, backache and pain in thighs and hip joint. Sometime due to severe pain patient gets fainted. In this case the cause of the disease is qillatuddum (anemia), characterized by lethargy, weakness, paleness of body.<sup>11</sup>

**Mohammad Abdullah** states that Usre Tams (Dysmenorrhea) is that condition in which menstrual flow occurs for a short duration, or blood flow is scanty and painful. He attributes the Usre Tams to cold environment, excessive coitus and use of ghaleez aghzia during menstrual period.<sup>12</sup>

**Professor Mohammed Mazharuddin Ajmali** describes that “in this disease menstruation is scanty and painful. Usually, pain occurs in pubic and lower back region, 2-3 days before the menstruation and persists during the menstruation. Sometimes pain is so severe and the patient faints.”

## Classification of Usre Tamas:

1. **Usre Tams Ibtedayee : (Primary Dysmenorrhea)** When painful menstruation is experienced by the adolescent girls, it is known as Usre Tamas Ibtedayee (Primary Dysmenorrhea) or she experiences painful menstruation for the first time. This is because of blood flow in the uterus, ovaries and in the internal genital organs increased causing congestion. Due to congestion in the blood vessels of uterus, young girls feel severe pain in pubic region, back, thighs and calf muscles. But when the menstrual flow becomes regular after 4 – 5 cycles, this condition gradually improves. But in some girls this condition persists till marriage and in very few cases this can be found all over the life.

2. **Usre Tams Suddi (Obstructive Dysmenorrhoea)** This condition occurs due to small size of the uterus or obstruction in the cervical region. Cervical obstruction may be due to warme Fame Reham, Rasooli, and healed wounds of the cervix and Sometimes due to Inqelabe Reham (Prolapse of the Uterus). The patient may have headache, giddiness, nausea and vomiting and sometimes these all associated with moderate to severe pain.

3. **Usre Tams Tashannuji ( Spasmodic Dysmenorrhea) :** This condition occurs in those females who are unmarried, hypersensitive and lavish life style. Usually patients experience severe pain and cramps two days before the menstruation. The pain radiates towards the thighs, inguinal and supra pubic regions. The Os becomes narrowed due to spasmodic condition of the uterus and patient feels agonizing pain. Initially bleeding is scanty but later on very profuse bleeding occurs, that associated with severe spasmodic pain which cause patient to get faint.

4. **Usre Tams Warmi (Inflammatory Dysmenorrhoea):** In this type, painful menstruation occurs due to inflammation of the uterus or accumulation of the blood in the uterus. This condition is usually seen after delivery when the uterus does not return in its normal position or due to warme reham, inqelabe reham etc. Mostly obese women experience this type of Usre Tams. Patient feels heaviness in suprapubic region and pain in lower back region accompanied with nausea, vomiting, headache, mild fever etc. These all are observed 5 -7 days prior to onset of menstruation. There is inflammation in the uterus and Balghame ghleez adherent in the cervix, In this condition profuse bleeding is observed that remains same through the cycle.

5. **Usre Tams Gheshayee (Membranous Dysmenorrhea):** In this condition, there is shedding of endometrial bits or casts along with the blood clots. Patient



feels pain on expulsion of every big piece of disintegrated endometrium. Sometimes patient experiences labour like pain when endometrial bits or casts are expelled out with large amount of blood. It is confused with abortion. Patient does not conceive till the disease remains. In Usre Tams Gheshayee, the pain is colicky in nature. It commences before and during menstruation. Bleeding is profuse for 24 – 36 hours and then it decreases while pain is increased. Once the membrane is expelled out the pain subsides. Along with these, the treatment has been prescribed according to the types.<sup>13,14,</sup>

**Conclusion:** This paper is only about the detailed path physiological Unani concepts of dysmenorrhea (Usre Tams), further descriptions about clinical evaluation, diagnosis, methods of work up and treatment will be discussed in next paper.

## **References**

- 1.Larry JC. Text Book of Gynecology. 2nd edition. WB Saunders Company.2000, 513 – 519.
- 2.Razi Zakaria. Kitabul Havi. Vol. IX. New Delhi: CCRUM. 2001; 20, 30
- 3.Ibne Sina. Al Qanoon fit Tib. Vol. 3rd. New Delhi: Institute of History of Medicine and Medical Research. 1981; 868,869,877,908.
- 4.Ibne Sina. Al Qanoon Fit Tib. Vol. 1st. New Delhi: Institute of History of Medicine and Medical Research. 1981; 323.
5. Jurjani SS. Zakheera Khawarazam Shahi. Vol. 2nd. Lucknow: Matba Navil Kishore. YNM: 654, 635.
6. Arzani Akber. Qarabadene Qadri. New Delhi: Aijaj Publishing House. 1998,364 – 367.
- 7.Arzani Akber. Tibbe Akber. Dewband: Faisal Publications. 1903;590 –591,617
- 8.Aazam MK. Ramooze Azam wa Akmal. Vol. 2nd. Delhi: Delhi Printing.YNM: 247 – 256.
9. Aazam MK. Akseere Azam wa Akmal. New Delhi: Aijaj Publishing House. YNM: 302 – 302.
10. Khan Ajmal. Bayaze Ajmal. New Delhi: Aijaj Publishing House. 1995,137 138.
11. Khan Ajmal. Hazique. New Delhi: Jaseem Book Depo. 1983, 467 – 471.
12. Abdullah Mohammad. Kanzul Mujarreat. Delhi: Jaseem Book Depo. 1930, 302 – 303.
13. Mazharuddin MA. Zanana Amraz Ka Ilaj. Delhi: Dafter Maseehul Mulk.1948, 180 – 185.
14. Kabeeruddin Mohd,Sharah Asbaab Wo Alamat (Urdu Translation). New Delhi: Aijaj Publishing House. 2003,1325 – 1327, 1425