

Role of various treatment methods of Ilaj Bit Tadabeer (Regimental therapy) in the management of PCOS

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Uqr (sub fertility) due to obesity is one of the major grave problems in females, which is disastrous to a happy and peaceful marital life and also to a sexual health among the young couples of present day society. In the society of female, they encounter most of the problems related to sub fertility since their marriage rather than the male. Sub fertility is generally defined as that state in which a couple cannot conceive after 12 months of unprotected intercourse. As per WHO reports sub fertility affected 15% of couples that prevails over one in seven couples. Moreover WHO report shows an approximately 50% of infertile couples have female factors involvement. This group is typically split in to 30% who have strictly due to female factors and 27% of the cases are due to both male and female factors (WHO1992). According to some recent reports this prevails drastically grow up, when the ages of the couples are over 35 years this measure extends to one in five.

Female sub fertility is a multifactor disease process with a number of potential contributing causes. Considering the majority of female sub fertility cases are due to anovulatory cycles. Among the anovulatory cycles 75% of the female are associated with Polycystic Ovarian Syndrome (PCOS) (Adams.J. *et al.*1986). It is a very heterogeneous syndrome both in its clinical presentation and laboratory manifestations. The majority of the women with anovulation due to PCOS have menstrual irregularities, such as Oligomenorrhoea (*Qillat e Tams*) or Amenorrhoea (*Ihtibas e Tams*) associated with obesity and clinical or / and bio – chemical evidence of hyperandrogenism. Women with PCOS often have elevated LH level are at higher risk for developing infertility, endometrial carcinoma and a number of metabolic disorders, including insulin resistance, diabetes, hypertension and cardiovascular diseases (Dahgren E.1991).

In PCOS, multiple small cysts which are actually tiny follicles develop inside the ovary. These cysts are not the same as active follicles but instead have been arrested in their development, never growing to full size follicle and releasing healthy / mature eggs. The cysts and the connective tissue surrounding them (the stroma) produce male hormones called androgens. These androgens block follicular development and cause the follicle degeneration.

Ancient physicians didn't mention about the PCOS in directly but they described the ovary termed as *Khussiya / Baiza*, it is covered with a membrane. Further Ali Ibn Sina mentioned the main causative factor infertility in female is inability to rupture the membrane of *Mani* due to *Farbahi* (Obesity) (Ibn sina 1973).

According to Unani physicians' viz. Hippocrates (412.BC) the father of medicine and later physicians stated that, the main cause of the disease is impairment of Humors (*Akhlat*). *Ihtibaz e Tams* is caused by the domination of *Qilt e balgham* which increase the viscosity. Meantime Ibn e sina and Majusi stated one of the causes of *Ihtibaz e Tmas* is Obesity (due to obesity narrowing of the lumen of blood vessels develops and reduces blood circulation and changes or increased the viscosity of the humours) (Ali Ibn Sina. 1993) .

Treatments for anovulatory cycle (Female sub fertility) have evolved from a plethora of largely unsubstantiated diagnostic test and empirical treatment into advanced set of clinical diagnostic tests, allowing identification of subset of sub fertility and their treatments. Last three, four decades, various therapies (oral contraceptives to regulate the menstrual cycle, hormonal therapy for induce withdrawal bleeding in amenorrhoea, Metformin to moderate insulin resistance, surgical ovarian wedge resection and ovarian drilling) have been proposed to regulate the menstrual cycle parameters in cases of female factor sub fertility

At present treatment modes available for PCOS are numerous based mainly on ovarian stimulation with FSH, a reduction in insulin concentration and decrease in LH level. The

side effects of the FSH/LH treatments are ovarian enlargement, hyperstimulation, multiple gestation, and hot flashes. Clomiphene Citrate is the first line of treatment and if unsuccessful is usually followed by direct FSH stimulation (Roy Homburg.2003). The side effect of the Clomiphene Citrate are ovarian enlargement (13 -14%) and multiple pregnancies.

Although large numbers of research have been carried out on female sub fertility, still modern science is struggling to find a satisfactory treatment. More than that whole people can't get benefits from assisted reproductive technology because of cost effective. The failures of modern medical science to answer this problem have compiled the majority of couples, who seeks baby, to resort for alternative with great hope.

As a result our gynecology clinics of Ayurveda hospital are over flowing with the couples with no children. Therefore as Unani physicians we are indebted to re introduce the excellent Unani treatments mentioned in the classical Unani texts for the successful treatment of this condition and uplift their marital life.

Tibb-e-Unani is the oldest system of medicine that prevails till dates with its effective remedies derived from plants, animals and mineral sources. Earlier empirically crude single drugs were used for the treatment purposes; with evolution and gradual development man was molded to develop systematic rational system of medicine. There are various drugs in Unani system of medicine to cure different disorders of the human body.

The physicians of Unani system of medicine described various diseases in this category, such as *Qillat e Tams*, *Ihtibaz e Tams*, *Uqr*. The causes, clinical features of above conditions are almost same. The causes of *Uqr* in female due to obesity and PCOS as described by modern medicine are very much similar to the causes and features of *Uqr*. But the cellular and hormonal concept in relation to this disorder is recent. Therefore it is commonly believed that the understanding the approach of management of Unani system

of medicine towards Uqr due to obesity and PCOS in female is fundamentally different from the Modern science.

The ancient Unani physicians treated the condition successfully with various medicines as well as various methods. In Unani system of medicine for these chronic conditions provides the most comprehensive set of natural recommendations available today to address the true causes of *Uqr*.

The treatment methodology of the Unani system of medicine is called *Ilaj bil Zid*. It means, the medicine which has the opposite *Mizaj* (Temperament) of the affected akhlat is chosen and the patient treated with it. In our hospital usually we practiced modified *Ilaj bil Tadabeer* (Regimental therapy- such as *Munzij*, *Mushilalt*, *Nutool*, *Inhibab*, *Riyasat*) for overcome this problem.

Keeping above principles to correct involved *Ghir e tabayee mada* (Abnormal humours) such as *Ghir e tabayee Balgham vo Sawda*, give following *Unani Joshanda*(Decoction) which have the action of *Munzij e balgham* for *Ghir e Tabayee Balgham* and the *Munzij e Sawda* for *Ghir e Tabayee Sawda* should prescribed in the dose of half a cup morning and the evening for 12 to 14 days .But if the *Ghir e Tabayee Sawda* is *Ghaleez* in *Khiwam* then we should be give the *munzij* in recurrently. In this condition selection of *dawa* should also have the action of *Mudir – e Haiz*(Emmenagogue) and *Muqawwi e A'za e Rayeesa* (General tonic for vital organs)(Ar Razi .1961).

Munzij e Balgham:

Badiyan, Asal e soos, Usthakhudoos, Izkhar, Kibr, Perciaushan, Zeer e Siya.

Munzij e Sawda:

Badaraj boya, Usthakhudoos, Badiyan, Unanb, Thuranjabeen, Shahathira

After maturation / coctives of *Ghair e tabayee Mada*, the maturation *mada* has to be expelled by giving *Mushilat* (Purgatives). If the involved *Mada* is *Ghair e Tabayee Balgham* give following *Joshanda* for 3 Days,

Mushil e Balgham:

Sheham e Hanzal, Bisfaij, Thurbud, Sibr, Sena makki, Amalthas.

Mean time, involved *Mada* is *Ghir e Tabayee Sawda* gives following *joshanda* for 3 days,

Mushil e Sawda:

Haleel e Siya, Jamal gota, Sheham e Hanzal, Afthimoon, Sena makki.

As a local stimulation *Nutool* (Pouring oil / decoction) by *Garam joshanda* of *Qust* or *Panchankhust* or *Roghan e Qust* or *Garam Milk* given to lower abdominal area in the period of *Munzij* for 15 – 30 minutes per a day. Moreover, *Inhibab* also gave in every morning with *Joshand e Panchankust and Barg e Adosa*. After 15 days treatment patients were discharged by reduction of body weight with the feeling of comfortable. Medicines were prescribed to regulate the menstrual cycle (*Mudir e Haiz*), uterine tonic (*Muqawwe Reham*) and strengthen the vital organs (*Muqawwe A'za e Ra'eeza*) for next 7 days. Moreover, some lifestyle modification including diet and physical activities also advised to maintain properly.

Muqawwe Reham:

Majoon e Falasifa

Majoon e Supari Pak

Habb e Hamal

Majoon e Muqawwe Reham

Dawa ul Kurkum

Safoof e Thabashir

Dawa ul Misk

One of the most important factors for maintaining healthy functioning is to have a lifestyle that does not disturb natural bodily rhythms. Therefore, regularity in daily routine work and *Riyasat* (Exercise) *should* also be extremely very effective in reducing physiological imbalance due to life style problem such as PCOS.

- All Physical activities counts
- Walk instead of taking the car / three wheeler / bus: 30 minutes brisk walking will burn 144 calories.
- Switch off the television and go for a walk
- Take the stairs instead of the lift
- Improve the home garden

Even moderately active gardening will expend 50 K. cal more than watching television.

A diet for weight loss and weight management is high in fiber and low in fat. The bulk of the diet advised to come from cereals, fruits and vegetable groups and that at least some of the servings are high in non starch fiber.

These therapies are not only effective at removing the imbalances at the basis of chronic disorders but also have no significant side effects. The goal of this Unani approach is to enliven the body's natural healing, uplift the *Tabeya't* and self – repair ability not only to help cure anovulatory cycle but also prevent disorders and create the highest state of health and well- being.

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