

Waram-e-Rahem (Metritis)- An Overview

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ABSTRACT

Unani System of medicine or Unani tibb is a traditional system of medicine practiced in India. *Waram-e-rahem* (Metritis) is the inflammation of uterus affecting its different parts. Its aetio-pathogenesis is based on the predominance of any of the four *akhlat* (mainly *dam*). The other causes include amenorrhoea, suppressed post partum haemorrhage, uterine injury and mishandling during labour. *Waram-e-rahem* should be suspected in patients who complain pelvic or lower abdominal pain with unknown etiology as well as who have cervical motion, uterine, or adnexal tenderness. The treatment of *waram-e-rahem* as per Unani classical literature is based on four (4) principles: *Taskin-e-alam* (analgesia), *Tanqiya-e-mawad* (evacuation of morbid material), *Tahlil-e-waram* (resolution of inflammation) and *Taqlil-e-ghiza* (dietary control) in initial stage. In this review article, Unani concept of *waram-e-rahem* with treatment is elaborated as mentioned in different Unani classical literature.

Keywords: *Waram-e-Rahem*, Metritis, Unani classical literature, Unani drugs.

INTRODUCTION

Waram-e-rahem (Metritis) is the inflammation of uterus, affecting its different parts. Its aetio-pathogenesis is based on the predominance of any of the four *akhlat* (mainly *dam*). It can be caused by conditions like amenorrhoea, suppressed post partum haemorrhage, uterine injury, mishandling during labour, excessive coitus and perforation of hymen due to intercourse etc. It is characterized by foul smelling discharge, fever with chills, nausea, shooting pain in lower back and pubic region, dysuria, painful defecation and specific features of causative humour. ^[1]

In the celebrated first book on the subject of *Ilmul Qablawa Niswan* titled '*Taleemul qabla*' by Abul Razzaq, *waram-e-rahem* has been mentioned as metritis. It

is the *waram* (inflammation) of *tabqay-e-azliya* (muscular coat). This *waram* is limited to the *azlati parat* (muscular layer). But sometimes it spreads to the inner membrane of the *tabqay-e-mukhatiya* (mucous coat). In a very exceptional case, this *waram* extends to the *tabqay-e-masliya* (serous coat) means its *bairooni parat* (external layer) which is a part of the *safaq-ul-batan* (peritoneum). In this situation, the condition of the patient appears to be very serious. ^[2]

Waram-e-rahem extends to the *fam-e-rahem* (cervix) and resulting in *waram-e-fam-e-rahem* (cervicitis). Sometimes it causes *dubela* (abscess) of *rahem* or *salabat-e-rahem* (hardness of uterus) and lastly it turns into the *sartan-e-rahem* (uterine carcinoma). ^[3] *Waram* is developed

within *rahem* (uterus), or its mouth, one side or its superior part. *Waram-e-har* (acute inflammation) is *safrawi* (choleric) or *damvi* (sanguine) which affects body of *rahem*. *Waram-e-barid kham* (chronic inflammation) is *balghami* (phlegmatic), *bad*, *mutaffun* (putrefied) and is developed by *sartani saudawi ma'da*. Commonly, *auram-e-har* (acute inflammation) become hard especially those *waram* having *ghaliz ma'da* (morbid material). Sometimes, external causative factor like injury during delivery of child may cause *waram* (inflammation).^[4]

CAUSES (ASBAB)

Predisposing causative factors of this disease generally are *Ehtabas-e-haiz* (amenorrhea), *Kasarat-e-majamiyat* (excessive coitus), *Kharaj* (abscess), *Zarb wa Sadma* (injury and shock), *Isqat-e-hamal* (abortion) or due to *takleef/discomfort of waza hamal* (difficulty in labour) and *waram-e-andam-e-nahani* (inflammation of vagina) as per Unani classical literature.

According to Unani classical literature, *waram-e-rahem* is classified into two (2) types as follows^[3-9]:

Waram-e-rahem har (Acute inflammation): it includes two (2) sub-types:

a) *Waram-e-damvi*: its cause is *dam* (blood) as mentioned.

b) *Waram-e-safrawi*. It is having *sadeed awariz* (severe complications) and *sakht takleef* (discomfort). It is said to be very dangerous condition. In medical terminology, it is called as "acute".

Waram-e-rahem barid (Chronic inflammation): it includes *waram-e-balghami* (phlegmatic inflammation) and *waram-e-saudawi* (melanotic inflammation). It is having *khafeef awariz* (mild complications) and, it is said to be less dangerous condition.

SIGNS & SYMPTOMS:

The signs & symptoms of *waram-e-rahem* are abnormal swelling with itching and pain at the pelvic site, patient feels urges of urine

and stool continuously, and micturition and defecation takes place with mild pain. Body temperature of the patient increases beyond normal and feels feverish at all the time with increased severity in third day of *waram-e-safrawi*. Patient feels spasmodic pain, walks with difficulty, and cannot sit for the long time in the *rahem* (uterus). If pain occur backside of the *rahem*, then pain takes place more towards back and difficulty in defecation. If pain feels front side to the *rahem*, then it refers more towards pelvic site and difficulty in micturition. Other symptoms are fever, headache, severe dyspepsia, loss of appetite, indigestion, nausea, vomiting, *Humma hadda* (acute fever) and black tongue with various complications.^[3-9]

TREATMENTS AS PER UNANI SYSTEM OF MEDICINE^[3-9]:

In Unani system of medicine, the treatment of *waram-e-rahem* is based on the four (4) principles: (i) *Taskin-e-alam* (analgesia), (ii) *Tanqiya-e-mawad* (evacuation of morbid material), (iii) *Tahlil-e-waram* (resolution of inflammation), (iv) *Taqlil-e-ghiza* (dietary control) in initial stage.

When *waram-e-rahem* is treated with *dawa* (Unani drugs) is known as *Ilaj bil dawa* which includes *Ilaj bil mufradat* (single drugs) and *Ilaj bil murakkabat* (compound formulations):

Oral administration of *mufradat* (single drugs) and *murakkabat* (compound formulations):

Oral administration of decoction of *Amaltas* (*Cassia fistula*, Linn.) and mixture of *Arq-e Mako*, *Arq-e Kasni* mixed with *Maghz-e Falus Khyar shambar* (Pulp of pod of *Cassia fistula*, Linn.), *Roghan-e Badam*.^[1]

Oral administration of *Joshanda-e Aftimun*, when the cause is *Sawda* (Black bile)^[1], *Joshanda-e Fawakih*, in case of *Waram Har* (Acute inflammation).^[1] Compound formulations are used such as *Majun-e Dabid ul-Ward* 7gm in quantity is taken orally in the morning^[11], *Safuf-e Lajward*, *Majun-e Najah* in 5-10gm quantity in case

of *Waram Sulb*^[1] and use *Qurs-e Kaknaj* in 5gm.^[1,10]

Local application of *mufradat* (single drugs) and *murakkabat* (compound formulations):

Local application of the paste made up of single drugs, over pelvic region namely, *Roghan-e Gul*, *Khashkhash* (Seed of *Papaver somniferum*, Linn.)^[3], Local use of pessary consists of *Shiyaf Abyaz* mixed with *Afyun* (Dried latex of *Papaver somniferum*, Linn.)^[3], application of paste of the single drugs namely, *Babuna* (*Matricaria chamomilla*, Linn.), *Nakhuna* (Pod of *Trigonella uncata*, Boiss.), *Ard-e-Jaw* (Flour of *Hordeum vulgare*, Linn.), *Hulba* (*Trigonella foenum-graecum*, Linn.), *Alsi* (*Linum usitatissimum*, Linn.), *Anjir* (*Ficus carica*, Linn.)^[3] and use of compound formulation namely, *Marham Dakhilyun*^[3,4], *Marham-e Basliqun*^[3] and *Marham-e Ushaq*^[1] over the pelvic region.

Ilaj-bit-tadbeer (Regimenal therapy):

Regimenal therapies are used to treat *waram-e-rahem* (Metritis) such as *Fasd basliq* (bloodletting through basilic vein)^[4], *Fasd safin* (bloodletting through saphenous vein)^[4], *Qay* (emesis)^[3,4], *Is'hal* (purgation)^{[3-5],[7]}, *Takmid Har* (hot fermentation)^[4], *Aabzan* (Sitz bath)^[3] and *Nutool* (Irrigation).

Ilaj bil ghiza (Dietotherapy)

It is one of the therapies in which various kinds of diet are used to treat the disease of *waram-e-rahem*. Highly digestible diet^[7,12] such as *Ma'ul-shair* (barley water)^[1] and *Ma'ul jubn*^[1] should be taken in regular diet. *Muwallid-e-sauda aghziya*, spices and condiments should be restricted from diet.^[7,12]

In the context of *Tahaffuz* (Prevention/precaution), principles of hygiene should be adopted as a precaution and preventive measure in *waram-e-rahem*.^[3,7]

CONCLUSION

Unani system of medicine has gained tremendous popularity among the

society. Unani medicines have been used as a safe, effective and economical alternative to drugs presently approved for symptomatic treatment of *waram-e-rahem*. It is one of the most common causes of mortality and morbidity in women of reproductive age groups. In conventional medicine, *waram-e-rahem* is managed by multiple broad spectrum antibiotic regimens for the proper coverage of the involved pathogens. However, its clinical cure rates are very less and recurrence is very common. On the other hand, Unani System of Medicine involves a number of drugs of plant and mineral origin drugs against urogenital infections. As per Unani System of Medicine *waram-e-rahem* is based on the four (4) principles: *Taskin-e-alam* (analgesia), *Tanqiya-e-mawad* (evacuation of morbid material), *Tahlil-e-waram* (resolution of inflammation) and *Taqlil-e-ghiza* (dietary control). Unani drugs are found to be more effective and safe for the treatment of *waram-e-rahem*.

Conflict of Interest: There is no conflict of Interest.

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How to cite this article: Anju , Javed G. *Waram-e-Rahem* (metritis)- an overview. Int J Health Sci Res. 2019; 9(3):257-260
