



## LEUCORRHOEA (SAILANI REHAM) A REVIEW WITH UNANI CONCEPT

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**ABSTRACT** Leucorrhoea(SAILANI REHAM) means 'a running of white substance', i.e. excessive amount of the normal vaginal discharge. It consists mainly of cervical component. It is white or cream when fresh but leaves a brownish yellow stain on clothing when dries off.

Microscopically it contains mucus, epithelial debris, organisms of various kinds some, leucocyte's and occasional pus cells. It can cause excoriation and soreness of vulva (1A).

According to Unani concept Leucorrhoea (Sailani Reham) is a chronic type of inflammation which affects the mucus membrane(Gishai Mukhati) of vagina. (3)

In such patients there will be no excess of leucocyte's present when the discharges is examined under the microscope and the discharge is macroscopic-ally and microscopically non purulent (2)

**KEYWORDS :** Sailani reham, excessive Normal discharge, quwati gazia, Humours.

### INTRODUCTION

Leucorrhoea (Sailani Reham) is defined as an excessive normal vaginal discharge.(1) Actually it is the whitish discharge that usually starts before menarche and may continue for several years with the establishment of more regular cycles were adolescent may notice a cycle variation in vaginal secretions along with copious watery discharge.(2)

According to Unani concept Leucorrhoea(Sailani Reham) is a chronic type of inflammation which affects the mucus membrane (Gishai Mukhati) of vagine. (3) in such patients there will be no excess of leucocyte,s present when the discharge is macroscopic-ally and microscopically non purulent (2)

**According to the humeral theory leucorrhoea is classified into four types :- (3)**

- Sailani Reham Damwi
- Sailani Reham Safrawi.
- Sailani Reham Belgami.
- Sailani Reham Sodawi.

- Sailani Reham Damwi:-** it is caused by the excess of Khilat Dam (Blood) and the colour of the discharge is reddish .(4)
- Sailani Reham Safrawi :-** it is caused by excess of khilat Safra ( yellowish bile) and the colour of the discharge is yellowish. .(4)
- Sailani Reham Belgami:-** it is caused by excess of khilat belgham (phelgm) and the colour of the discharge is whitish. .(4)
- Sailani Reham Sodawi:-** it is caused by excess of khilat Sowda (black bile) and the colour of the discharge is blackish.(4)

### Excessive Cervical Secretion(Cervical Leucorrhoea)

Mucous discharger from the endocervical glands increases in such conditions as chronic cervicitis, cervical erosions, mucous polyps etc., when the mucous secretion of the cervix is produced in excess it under goes little change in the vagina and appears as mucoid discharge at the vulva.(5)

### Excessive Vaginal Secretion(Non Pathogenic Vaginal Leucorrhoea)

Almost all lactic acid of the healthy vagina is formed from the glycogen contained in the keratinized cells of the vaginal mucosa and the vaginal portion of the cervix. This type of discharge originates in the vagina itself as a transudation through the vaginal walls. These cells are constantly being desquamated when there glycogen liberated is fermented by doderlein's bacilli, which produces lactic acid. This process is under the control of estrogen, the level of which determines the PH of the vagina

Local congestive states of the pelvic organs such as pregnancy, acquired retroversion and prolapsed congested ovaries, chronic pelvic inflammatory disease(PiD) and even chronic constipation associated with a sedentary occupation are all reasonable causes of an increased vaginal secretion.

Leucorrhoea must be distinguished from specific vaginitis by bacteriological examination and care must be taken to differentiate between the cervical discharge of chronic cervicitis and excessive vaginal secretion.(5)

### PATHO PHYSIOLOGY

The normal vaginal ecology depends on the fine balance of hormones and bacterial flora\'. Almost all lactic acid of the healthy vagina is formed from the glycogen contained in the keratinized cells of the vaginal mucosa and the vaginal portion of the cervix. (6)

### ETIOLOGY(ASBAAB)

**I). In unani system of medicine the etiology of Sailian-ur-Reham, has been described by most of the Unani scholars:-**

- Ibne-e-sina in Al-Qanoon-fit-tib described the cause of Sailani Reham and is due to weakening of digestive faculty of Urooq-e-Haiz and domoinance of four humours (Akhlata-e-Arba) due to Ufoonat (Infection) in the Uterus leads to Sailian-ur-Reham.(8)
- Ali-bin- Abbas Majoosi described that the causative factors of Sailian-ur-Reham is Zoef-e-Quwat-e-Jazeba. Which causes excess waste in the body and dominance of Akhlata-Arba.(9)

**II). At birth:-** Mucoid discharge of first 1-10 days due to stimulation of the uterus and vagina of female fetus by human placental estrogen. It is self controlled no treatment is needed.

**Puberty :-** In young girls during the few years before and after menarche. It is a temporary phenomenon which corrects itself.

### Reproductive age:-

- Erosion:-** An increase in the glandular elements in the cervix occurs. Ectocervical epithelium is replaced by endocervical glandular layer therefore more secretions are released.
- Vaginal adenosis.**
- Estrogen:-** Progesterone oral contraceptives (POCS).
- Pelvic organ congestion:-** Active or passive congestion, especially the cervix.
- Chronic illness:-** Increased secretory activity by the glands during prolonged ill health, anxiety states and neurosis, sedentary, occupation, standing for long periods, prolapse and unsatisfied sex urge.
- Regular douching:-** Washing away of natural secretions encourages the cervix to secrete more, Particularly if irritating antiseptic solutions are used.(7)

### III).Some other etiological factors are enlisted as :- (10)

- Any sort of infection like fungal or parasitic.
- Inflammation of Uterus.
- Early young age pregnancy.
- Pelvic inflammatory disease.
- Contraceptive used by women.
- Sexual transmitted disease (STD).
- Unhygienic conditions especially during menstrual periods.

- h) Allergic and contact dermatitis.
- I) Typhoid.
- j) Diabetes anaemia can be one of the cause as these diseases weakened the immunity.
- k) Low diet.
- l) Arthritis.
- m) Anxiety and sexual frustration.

### CLINICAL FEATURES

- D). The clinical features or manifestation of disease depend upon the dominant humors (Akhlāt). On the basis of responsible humors the colour of the vaginal discharge may be whitish, reddish, yellowish and blackish. It may be thin or thick viscous and accompanied with foul smelling and itchy sensation around the involved part.(11)

### II). Other symptoms are:-[12,13,14,15,16,17]

- a) Breathlessness.
- b) Paleness.
- c) Polyuria.
- d) Lumbago.
- e) Indigestion.
- f) General Weakness.
- g) Pain in menstruation.
- h) Pain and heaviness in lower abdomen.
- I) Malaise.
- j) Anaemia.
- k) Constipation.
- l) Pururitis.

### TREATMENT FOR LEUCORRHOEA (SAILANI REHAM)

According to Unani concept those drugs should be used which possess the properties of expectorant

- a) Mukhrij-e-Balgham.
- b) Tonic.(Muqawwi).
- c) Habis.
- d) Qabiz.

### Single drugs (Mufradhat drug) 18,19,20,21,22,23,24

- 1. Gul-e-Supari.
- 2. Anisoon.
- 3. Sandal Safaid.
- 4. Mazu.
- 5. Shibeyamani (Alum).
- 6. Neem.
- 7. Afsanteen.
- 8. Gul-e-surkh.

### Compound Drugs (Murakabat Drugs) for the treatment of

#### Leucorrhoea. 23,24,25

- a) Majoon Suparipak.
- b) Majoon Mochiras.
- c) Majooni Muqawi Reham.
- d) Majoon Suhagsonth.
- e) Sufoof-e-Sailan.
- f) Qrs-e-Sailan.
- g) Habb-e-Marwareed.
- h) Kusta Baiza Murgh.
- I) Kusta Musallas.

### CONCLUSION

Leucorrhoea, the unusual vaginal discharge is a common problem now a days in gynecological practice.

It may be physiological but when turn into pathological condition, produce problems. Leucorrhoea has been considered as a dreaded diseases, the Unani Physicians were aware of Leucorrhoea, it is etiology and management. It is necessary to be treated with the safest drug and Unani medicine plays an important role in this. Student should be recommended for treatment and provide awareness and prevention of Leucorrhoea by maintain good hygiene, especially in the genital areas to prevent any bacterial infections, because personal hygiene is necessary which is the basic pillar for treating the symptoms. Besides this union medicine not only treats the disease but it also strengthens the vital organ.

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