

	ORIGINAL RESEARCH PAPER ROLE OF MUQAWWI-E-RAHAM (UTERINE TONICS) IN UNANI MEDICINE FOR ENHANCING FEMALE FERTILITY: A LITERATURE REVIEW	Unani KEY WORDS: Unani medicine, Muqawwi-e-Raham, uterine tonics, female fertility, Zof-e-Raham, herbal medicine, reproductive health
Yasmeen Ansari*	Research Officer (unani), RRIUM, Under CCRUM, Ministry of AYUSH, New Delhi *Corresponding Author	
Danish K Chishti	Assistant Professor, Deptt of Manaful Aza, A&U Tibbia College, Karol Bagh, New Delhi	
Izharul Hasan	Consultant Unani, Ayush Wellness Centre, President's Estate, New Delhi	
ABSTRACT	Infertility is a major public health concern affecting millions of women globally. While conventional medicine has made significant strides in diagnosing and treating female infertility, alternative systems like Unani medicine offer holistic, natural, and time-tested solutions. In Unani, the uterus is central to female fertility, and its debility—referred to as Zof-e-Raham—is often a root cause of reproductive disorders. Muqawwi-e-Raham (uterine tonics) are a specialized category of herbal and compound formulations used to restore uterine strength, regulate menstruation, and enhance conception chances. This review explores the Unani conceptual framework of fertility, identifies key Muqawwi-e-Raham formulations from classical texts, and evaluates modern pharmacological findings that support their use. The synergy between traditional knowledge and modern research suggests a potential complementary role of Unani uterine tonics in managing female infertility.	
1. INTRODUCTION Infertility is defined as the inability to conceive after one year of regular unprotected intercourse. Globally, it affects an estimated 48 million couples, with female factors accounting for nearly half of all cases (WHO, 2020). While advancements in reproductive technologies have provided hope to many, these interventions are often expensive, invasive, and inaccessible to a large portion of the population. Unani medicine, rooted in Greco-Arabic tradition, provides a natural, holistic approach to health and disease, emphasizing balance among the four humors (Akhlat): Dam (blood), Balgham (phlegm), Safra (yellow bile), and Sauda (black bile) (Hakeem Abdul Hameed, 1994). In the context of gynecology, the uterus (Raham) is regarded as the seat of procreation and must maintain a balanced temperament (Mizaj) and adequate strength to support conception and pregnancy. A critical concept in Unani reproductive health is Zof-e-Raham, or uterine debility, which can hinder the reception and retention of semen and thus cause infertility (Kabiruddin, 1936). The traditional response to this condition involves the administration of Muqawwi-e-Raham—herbal uterine tonics believed to strengthen the uterus, restore humoral balance, and enhance fertility. This review presents a synthesis of classical Unani literature and modern pharmacological findings to highlight the continued relevance of Muqawwi-e-Raham in managing female reproductive health.		
2. Unani Concepts of Fertility and Uterine Health 2.1 The Role of Mizaj and Akhlat In Unani theory, every organ—including the uterus—possesses a specific temperament (Mizaj). A healthy uterus typically has a moderate hot and moist temperament (Har Ratab Mizaj). Any deviation from this, such as excessive coldness or dryness, is thought to impair function. For example: - Cold temperament may lead to uterine inactivity. - Dry temperament may prevent adequate nourishment and reduce receptivity of the fertilized ovum (Nasir, 2006). The Akhlat must also be in proper quantity and quality. Impure or imbalanced humors—especially Balgham and Sauda—are considered contributors to uterine disorders, including Ufoonat (infection), irregular menstruation, and infertility (Ibn Sina, 1025).		
2.2 Causes of Zof-e-Raham Classical Unani scholars list several causes of uterine weakness, including: - Excessive menstrual bleeding or leucorrhea - Improper diet and lifestyle - Frequent pregnancies without recovery - Emotional disturbances (e.g., sorrow or anger) - Exposure to cold or moisture Strengthening the uterus with appropriate tonics is thus deemed essential in both treating and preventing infertility (Kabiruddin, 1936; Hakeem Hameed, 1994).		
3. Muqawwi-e-Raham: Classical Uterine Tonics in Unani Medicine Muqawwi-e-Raham formulations fall into two categories: - Single herbs (Mufrad Advia) - Compound formulations (Murakkab Advia)		
3.1 Single Herbs Asgandh (Withania somnifera) Unani Properties: Muqawwi-e-Aaza Raeesa (tonic for vital organs), Muqawwi-e-Bah (aphrodisiac) Modern Evidence: Shows adaptogenic, anti-inflammatory, and fertility-enhancing effects (Rehman et al., 2017). Satawar (Asparagus Racemosus) Unani Use: Muqawwi-e-Raham, Muallid (galactagogue) Modern Evidence: Regulates estrogen levels, promotes follicular growth, and supports ovulation (Tiwari et al., 2014). Qaranfal (Clove – Syzygium Aromaticum) Unani Properties: Warm and dry temperament; Muqawwi-e-Meda, Muqawwi-e-Jins Modern Evidence: Enhances uterine blood flow and has mild estrogenic activity (Sharma et al., 2013). Gule Surkh (Rosa Damascena) Unani Use: Tonic, astringent, used in uterine bleeding and weakness Modern Use: Anti-inflammatory, relaxant effects on uterine smooth muscles		
3.2 Compound Formulations Laboob-e-Kabeer Composition: Contains Asgandh, Jaiphal, Jund Bedastar, and other tonic herbs Action: General body tonic, strengthens reproductive organs, used in infertility, fatigue, and sexual weakness		

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- (Nasir,2006)
Majoon Supari Pak
 • **Ingredients:**Supari (Areca catechu),Satawar,Gokhru
 • **Action:** Regularizes menstruation, relieves leucorrhea, improves uterine tone
Majoon-e-Rahat-ul-Quloob
 • Known for its effect on nervous system and hormonal balance,indirectly beneficial for stress-induced infertility
Sharbat Bazuri
 • Though primarily a diuretic, it is used to correct hepatic functions and regulate menstruation in Unani practice

These compounds are typically used with Ilaj bit Tadbeer (regimental therapy) such as Hijama (cupping) or Roghan Darchini massage for improved results (CCRUM,2004).

4. Pharmacological Insights Supporting Muqawwi-e-Raham

Modern research has begun to validate some of the classical claims associated with Muqawwi-e-Raham drugs:

Herb/ Formulation	Modern Effects	References
Withania somnifera	Adaptogen, improves LH and FSH levels	Rehman et al., 2017
Asparagus racemosus	Increases estrogen, enhances folliculogenesis	Tiwari et al., 2014
Syzygium aromaticum	Enhances circulation, mild phytoestrogenic activity	Sharma et al., 2013
Rosa damascena	Uterine relaxant, antioxidant	Bihari et al., 2015

These findings indicate that Muqawwi-e-Raham drugs may help improve hormonal balance, reduce oxidative stress, and enhance endometrial receptivity—all key factors in conception.

5.DISCUSSION

The concept of Muqawwi-e-Raham embodies the Unani system's foundational belief in restoring physiological balance rather than merely alleviating isolated symptoms. Unani medicine views the human body as an integrated whole, governed by the harmony of the four humors (Akhlata-e-Arba'a), and attributes disease to disruption in this equilibrium (Ikhtilal-e-Mizaj). In this holistic context, the uterus (Raham) is not viewed as an isolated reproductive organ, but as a dynamic structure deeply influenced by systemic conditions such as nutrition, emotional well-being, humoral state, and environmental factors (Hakeem Hameed, 1994;Ibn Sina, 1025).

5.1 The Role of Mizaj in Uterine Function

In Unani thought, every organ has a natural Mizaj (temperament) which must be maintained for optimal function. The uterus is ideally hot and moist (Har Ratab Mizaj), a state believed to support conception and fetal development. When the uterine temperament becomes cold and dry—due to lifestyle factors, cold exposure, or emotional stress—it becomes less receptive to conception (Kabiruddin, 1936).

Muqawwi-e-Raham drugs are prescribed not only based on uterine dysfunction but also on the individual's overall Mizaj and general constitution. For example, a woman with a cold temperament may benefit from warming and invigorating herbs like Qaranfal (clove), while a woman with a dry constitution may require moistening agents like Satawar (Asparagus racemosus). This personalized therapy is a cornerstone of Unani gynecology.

5.2 Multi-System Synergy of Uterine Tonics

Most Muqawwi-e-Raham formulations are designed to act on multiple systems:

- **Endocrine System:** Herbs like Asgandh (Withania somnifera) have been shown to modulate thyroid and adrenal hormones, improving stress resilience and

- hormonal balance (Rehman et al.,2017).
- **Nervous System:** Many uterine tonics include nervine herbs that reduce anxiety and emotional instability, which are known to disrupt menstrual cycles and ovulation.
- **Digestive System:** According to Unani texts, poor digestion (Zof-e-Hazm) leads to poor humor production, affecting uterine health. Tonics often contain digestive stimulants like Zanjabeel (ginger).
- **Reproductive System:** Naturally, these formulations enhance uterine tone, regulate menstruation, and improve cervical and endometrial receptivity.

This multi-targeted strategy contrasts with allopathic hormone replacement therapies (HRT), which typically act on a single axis (e.g., estrogen supplementation). While HRT may yield quicker results, it is often accompanied by side effects such as bloating, mood swings, and long-term risks like thromboembolism or cancer (Sharma et al.,2013).

In contrast, Unani uterine tonics aim for gentle, long-term restoration of reproductive health, enhancing the body's own ability to heal, regenerate, and balance hormonal rhythms. The absence of significant adverse effects further strengthens the case for their safe use over extended periods.

6.CONCLUSION

Unani medicine offers a unique and holistic framework for understanding and managing female infertility. The concept of Muqawwi-e-Raham provides a targeted, herbal approach to strengthening the uterus and restoring reproductive function. Classical knowledge, supported by emerging scientific studies, reveals that these formulations possess hormone-balancing, antioxidant, and uterine-toning properties.

With further scientific validation and standardization, Muqawwi-e-Raham drugs have the potential to serve as a valuable complementary therapy in the management of female infertility—especially for those seeking natural and integrative health solutions.

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