

## SAYALAN-AL-RAHIM (LEUCORRHOEA) & ITS CURE THROUGH UNANI MEDICINE

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Leucorrhoea is excessive vaginal discharge. It is a frequent gynecological complaint that accounts for more than 1/4th of visits to a gynecologist. The vaginal discharge may be caused by excess of humors with a whitish, yellowish, reddish and blackish discharge accompanied sometimes with foul smelling and itchy sensation or pain in the infected area. If the disease is not treated in the initial stage then it may become chronic and leads to Pelvic inflammatory diseases (PID).

Leucorrhoea is physiological when associated with various phases of menstrual cycle. But, when it turns into pathological condition, it produces associated problems like low backache, itching, burning sensation of vulva, poor appetite, discomfort, general weakness and pain in the legs etc. Chronic illness, fatigue, malnutrition, emotional disturbances, unhygienic condition, improper diet, constipation and chronic retroverted uterus are responsible for leucorrhoea.

In the Unani system it is called *sayalan-al-rahim*, which is caused due to poor *quwwat-e-ghadhiya* (nutritive faculty) of the *rahim* (uterus) that results in accumulation of *fuzlaat* (waste materials). Unani physician state that health of females is affected by excessive vaginal discharge just as the health of adult male is spoiled by the spermatorrhea. General examination of the patients may reveal ill health. The patient often considers the discharge as cause of ill health but in reality the ill health is due to leucorrhoea.

The most common cause of excessive secretion is physiological excess due to certain conditions such as the estrogen levels becoming high during puberty, menstruation cycle, pregnancy and sexual excitement. And also by vaginal and cervical causes. Vaginal infections may be due to bacteria, virus, fungi and parasites. Other causes include foreign bodies, cervicitis and atrophic vaginitis. Infections of vaginal mucosa by *Trichomonas vaginalis* and *Candida* are the most common cause of leucorrhoea. These are treatable as well as preventable as both these infections are transmitted sexually, although, 25 % of both infection are asymptomatic.

The article highlights preventive measures as well as home remedies to get relief from the disease and management of leucorrhoea by Unani compound formulations, which are easily available and does not have any adverse effects.

### **PREVENTIVE MEASURES**

1. Self-medication should be avoided because some women are allergic to certain kinds of medicines and use of such medicine may cause further infections and will complicate the issue.
2. Drink plenty of water to flush out the toxins from the body.
3. Avoid all sugary foods such as sweets, pastries, custards, ice-creams and puddings if there is profuse discharge.
4. Avoid Mushrooms as they are fungi themselves.
5. Reduce intake of hot and spicy foods .
6. Avoid intake of Alcohol.
7. Fresh curds should be an integral part of the diet because it not only helps in easy digestion of food but also contain lactic acid, which can reduce the discharge.
8. Wash the genitals during every bath and do not let moisture retain in the genitals area after the bath.
9. Clean the innerwear yourself and with a good quality detergent which has anti bactericidal and fungicidal properties.
10. Immediately change the clothes including undergarments, if clothes get wet in the rain.
11. Avoid Inner wear made of Nylon material in summer as it retains sweat in the genital area.
12. Do not use any cosmetics like powders or perfumes in the genital area.
13. Walk or jog early morning control stress and increase resistance to diseases
14. Pill users should stop the pill temporarily if the symptoms are very much annoying.

#### **HOME REMEDIES TO GET RELIEF FROM LEUCORRHOEA**

1. Eat one or even two ripe bananas on a daily basis
2. Drink a glass of fresh cranberry juice, preferably without any sugar, once a day
3. Soak some coriander seeds in water overnight and drink the water, after straining it, on an empty stomach, first thing in the morning.
4. Consume lady finger vegetable, preferably in the raw form, or lightly steamed
5. Clean the vaginal area with freshly squeezed lemon juice and water.
6. Suppositories should be given.
7. Increase intake of fruits and nutritive diet to improve immunity
8. Soak one teaspoon of fenugreek seeds in water overnight. The next morning, strain the water and add one-half teaspoon of honey. Drink it on an empty stomach.
9. Alternatively, boil two teaspoons of fenugreek seeds in four cups of water for 30 minutes. Strain and allow it to cool.

## COMMON UNANI SINGLE DRUGS USED IN LEUCORRHEA

- **Alum (Phitakari):**

One of the oldest and most reliable home treatments to cure the white discharge in vagina is alum. This is a long-known natural remedy to treat any genital related problem and add to that, alum powder when mixed with water gives a soluble liquid like substance. Do not drink this. Instead, apply it gently as a vaginal douche to keep leucorrhea at bay. You can also rub a piece of alum every time when taking shower for its antibacterial and antifungal properties always helps in getting rid of the unwanted germs to breed in vagina.

- **Cranberry (Karonda / Khatti berry):**

This tangy and sour fruit is an effective natural remedy to treat white discharge or leucorrhea. Cranberry has antibacterial, antifungal and antioxidant properties which prevent any foreign substance from attaching to the wall of the vagina. Cranberry can be consumed in dried or as fresh cranberry juice.

- **Betel nuts (Supari):**

Betel nuts with crushed rose petals and a pinch of sugar are also effective .

- **Sandalwood (Sandal):**

This is yet another power packed dose of treating white discharge in the vagina. This aromatic and effective home remedy will help in preventing the bacteria to breed in the genitals. You can warm 1 tablespoon of sandalwood oil and apply it when it's lukewarm on the vagina. Repeat this at least 3-4 times a week for effective results.

- **Turmeric (Haldi):**

The antibacterial and antifungal properties of turmeric are well-known and when mixed with garlic it is most effective treatment for preventing white discharge or leucorrhoea specially when the discharge is itchy or burning

- **Coriander Seeds (Kishneez):**

Soak few tea spoons of coriander seeds in water for whole night. Strain the water in the morning and drink it on an empty stomach. This is one of the natural remedy to treat white discharge.

- **Indian gooseberry (Amla):**

Slice the gooseberry in pieces and dry it in sunlight. After few days it will become dry. Grind it and get powder out of it and take this powder 2 teaspoon and mix it with same quantity of honey. You may consume this paste two times in a day to get better results. Amla powder and honey can also be mixed in water and drunk in adequate amounts.

- **Pomegranate (Anaar Shirin):**

Pomegranate which has variety of health benefits is one of the effective home remedies to stop white discharge. You can either consume it raw with seeds or extract juice out of it. Leaves of pomegranate tree too stop discharge if it made into a paste and combined with water and consumed daily in the morning .

- **Basil (Tulsi / Rehaan):**

Make a juice out of basil leaves and add honey with it. . Alternatively you can also consume it with milk or basil juice with sugar syrup . Both are effective in curing white discharge.

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