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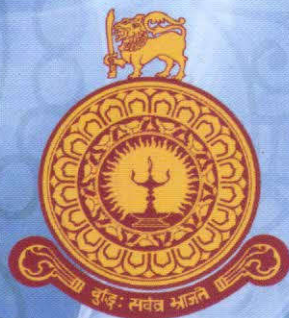


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EFFECT OF HIJAMAT BIL SHURTH (WET CUPPING) IN IHTIBAS E TAMS SANVI (SECONDARY AMENORRHOEA) -A PRELIMINARY STUDY

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Disorders of menstruation are among the most common reason that women seek medical attention. Amenorrhea (Ihtibas e tams) is a gynecological condition which adversely affects the quality life of the women. Amenorrhoea is an absence of suppression of menstruation and it may be primary or secondary. 30% of women at a large teaching hospital had menstrual disturbances like amenorrhoea and oligomenorrhoea. The consequences are obesity, hirsutism, polycystic ovarian disease and infertility. In Unani classical books the causes of amenorrhoea mentioned that dominance of quwat e masika (retentive power) over quwat e dafia'h (expulsive power) as a result sudda (obstruction) is formed. Hijamat bil shruth (wet cupping) is a classical procedure of regimenal therapy in treating the amenorrhoea. The study was to attempt to evaluate the effectiveness of wet cupping on secondary amenorrhoea. This study was conducted on 18 patients at the National Ayurvedic Teaching Hospital, Borella, Sri Lanka from February 2013 and April 2014. Both married and unmarried patients aged 15-40 years with the history of secondary amenorrhoea were incorporated in this study. During secondary amenorrhoea wet cupping was performed on both calf muscles simultaneously for 5-10 minutes on 1st and 4th day of expected day of menses for three consecutive months. The primary outcome was assessing the efficacy of hijamat bil shruth on return of normal menstruation. The results were analyzed by using appropriate statistical test. There was significant improvement in return of normal menstruation ($P < 0.05$) in secondary amenorrhoea. It can be concluded that hijamat bil shruth is a effective regimenal therapy in ihtibas e tams.

Keywords Secondary amenorrhea; Wet cupping; Ihtibas e tams; Hijamat bil shruth