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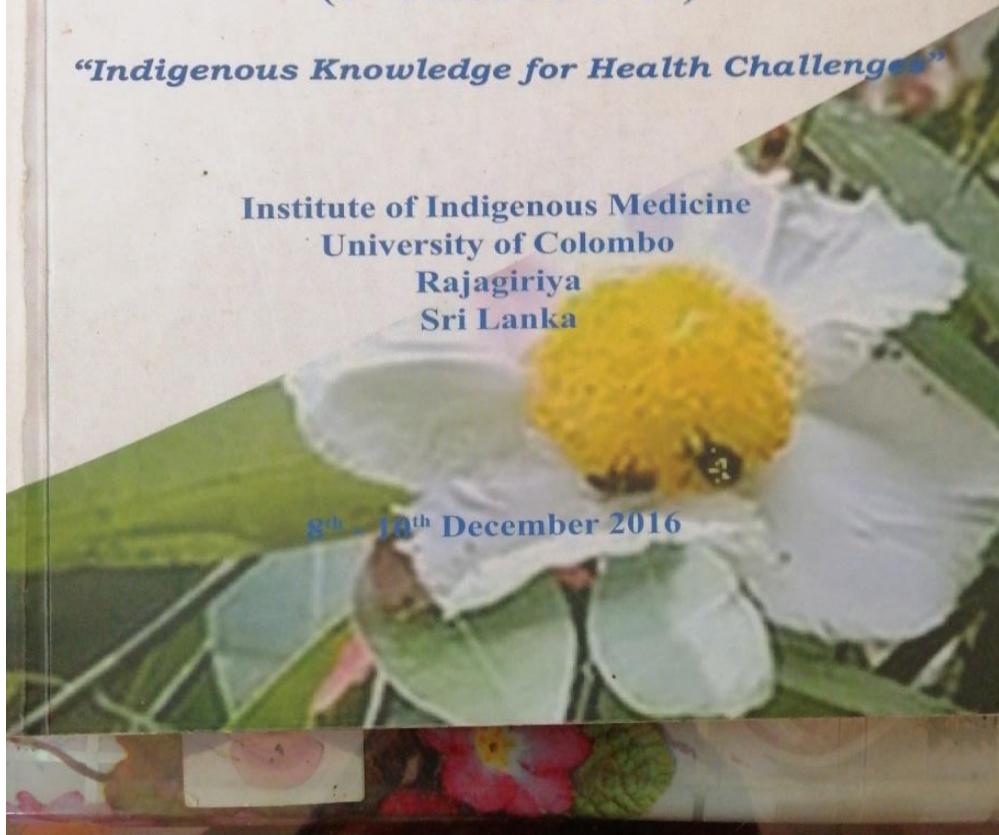
PROCEEDINGS

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EFFECT OF *POST E ANAR* AND *SAFOOF E ZAJ* IN *HIKKATHUL FARJ*: A
PRELIMINARY STUDY

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Hikkatul Farj (Pruritus vulvae) is a condition which is defined as intense itching and desire to scratch the vulva. Vaginal discharge due to *Trichomonas vaginalis* or fungal infection accounts for 80 % of all cases of pruritus vulvae. The vaginal discharge may be slight but causes extensive pruritus within the introitus as well as on the vulva and 10 % of patients attending the gynaecological clinic are with the complaint of vulval itching. Other causes of pruritus vulvae are general diseases, nutritional deficiency, generalized or local dermatitis, worm infestations, urinary diseases, venereal diseases, allergy and psychosomatic cause. Prolong scratching causes abrasion and local infection, the distressing symptom of scratching of the vulva often extending to the surrounding area, this condition may cause insomnia and also prolonged or severe pruritus can eventually lead to vulval irritation. Because of itching the patient becomes sexual frustration, feels guilt, undergoes over masturbation or other sexual practices and develops psychiatric problem like anxiety neurosis. Western medicines which have been in use in this condition have their own side effects. In Unani system of medicine, several drugs have been mentioned in the treatment of *Hikkatul Farj* which is easily available, cost effective and free from side effect. This study was conducted on 15 patients at the National Institute of Unani Medicine, Hospital Bangalore, from January 2009 and July 2009. Unmarried or married patients aged 18 - 55 year with a history of vulval itching with white discharge per vaginum were included. *Post e Anar* -7g in two divided doses with honey and *Safoof e Zaj* for *abzan* twice a day for 6 weeks were administered. The main outcome measure was to assess relief of symptoms and relief of itching by 5D itch scale. There was significant improvement in subjective parameters ($P < 0.001$). No adverse effects were reported. In this preliminary study these Unani drug formulations have been found effective in relieving *Hikkatul farj* due to vaginal discharge.

Keywords: *Hikkatul farj*, *Safoof e Zaj*, *Abzan*, Vulval itching