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# **ABSTRACTS**

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**“Healthy Women for Wealthy Nation”**



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### MUDIR-E-HAIZ (EMMENAGOGUE) DRUGS IN UNANI MEDICINE

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Menstrual irregularity is the commonest gynaecological problem encountered worldwide. In Unani literature a spectrum of gynecological conditions were treated with Mudir-e-Haiz (emmenagogue) drugs. Such drugs stimulate the flow of blood towards uterus and dilate its blood vessels, liquefy blood and removes Sudda (obstruction) and rectify the functional defect of the uterus. The aim of this study is to explore the Mudir-e-Haiz drugs mentioned in the Unani medicine and to promote the use of these drugs in day to day practice and in research actives. Data were gathered from Unani classical texts, scientific journals and databases such as MEDLINE, PubMed, and Google scholar. While searching the Unani literature, there are large number of simple drugs such as Hiltet (*Ferula asafoetida*), Kasoos (*Cuscuta reflexa*), Pudina (*Mentha arvensis*), Darchini (*Cinnamomum zeylanicum*), Tarmas (*Lupinus albus*), Hasha (*Thymus serpyllum*), Abhal (*Juniperus communis*), etc and compound formulation Habbe Mudire Haiz, Safoof-e-Mudire Haiz, Dawa Mudire Haiz, Dawae Ussuruttams and Dawae Mudir, have been mentioned in Unani classical texts. However, on the other hand, methods used as emmenagogue in other conventional medical systems are associated with lots of serious adverse effects. Therefore, Unani system of medicine play an important role as it contains many safe and effective Mudir-e-Haiz drugs recommended and prescribed by the Unani scholars to treat this disorder. Yet, there are several drugs which are to prove its Mudir-e-Haiz effect scientifically. It is very important to identify the drug correctly (authentication) to ensure its therapeutic efficacy and it is need of the hour that the efficacy of these drugs has to be tested on scientific parameters.

**Keywords:** Mudir-e-Haiz, Emmenagogue, Unani medicine