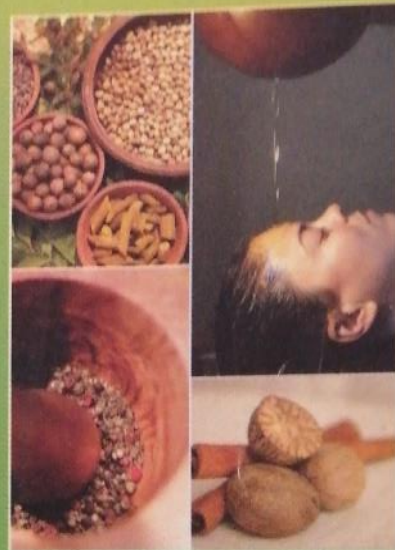


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**Effect of Unani Formulation in *Ehtebas Tams Ibtedai* (Primary Amenorrhoea) -
A Case Report
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Primary amenorrhoea is defined as absence of menses by 15 years of age. Amenorrhoea has an estimated percentage of 1.8-3% in female population of reproductive age. The incidence of *ehtebas tams ibtedai* (primary amenorrhoea) is 21-28%. The causes are endocrine, genetic, constitutional, ovarian and systemic. The consequences of amenorrhoea are *uqr* (infertility), *Farbahee* (obesity) etc. The successful treatment in conventional medicine with hormones for *ehtebas tams ibtedai* is 10%. The Unani system of medicine many herbal drugs are used empirically for *ehtebas tams* (amenorrhoea). This case report was an effort to understand the role of Unani formulations in *ehtebas tams ibtedai*. This patient did not have any major causes for *ehtebas tams ibtedai*, and she was resistant to hormonal treatment.

A 21 years old girl who not attain the menarche in July 2010. Patient was assessed by detailed history, clinical examination and routine investigation as well as hormone profile and ultra sound scan was done. She was given Unani treatment with *Joshande Mudire Haiz* 20 ml BD for 5 days, and *Majoone Supari Pak* and *Safoofe Ashussoos* each 5gr BD for one month. The main outcome measure was to observe the menarche in this patient.

The patient was attained the menarche 22 days after starting the treatment. Now she is in regular menses. These formulations might have assisted in menarche as they are considered to have uterine tonic, emenagogue, estrogenic have been helped in to attain the menarche. Though, the treatment of this disease dates back to ancient period, but none of the studies till date has validated the efficacy of these herbal medicines. Therefore, further studies by using these precise methods for *ehtebas tams ibtedai* in double blind, randomized standard controlled clinical studies involving large number of patients are recommended.

Key words: *ehtebas tams ibtedai* , amenorrhoea, *Joshande Mudire Haiz*, *Majoone Supari Pak*