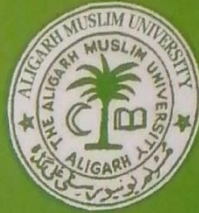


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Benign Ovarian Tumors and its Unani Perspectives- A Review

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Ovarian tumor is not a single entity, but a complex spectrum of neoplasms involving a variety of histological tissues ranging from epithelial tissues, connective tissues, specialised hormone secreting to germinal and embryonal cells. Approximately 70%-80% of the ovarian tumors are benign in nature but the continued poor prognosis of the remaining 20% malignant neoplasm is the reason for the main focus on ovarian cancers. In classical Unani literature, tumours have been described as *salae* which can arise in any glandular tissue like ovaries. *Salae* is a type of *warm* (inflammation) which develops from accumulation of *ghaleez* and *barid khilte balgham*. Unani physicians have described the normal temperament of ovaries as hot and moist. The balanced temperament gets altered due to excessive *baroodat* (coldness) which solidifies the *ratoobat* (moisture). *Salae* increases in size progressively as it obtains the nutrition from the organ itself and grows to such an extent that it destroys the ovaries completely. *Salae* is of various type depending upon the consistency of *balgham*. Management as described in Unani literature, depends on the type/size of the tumour/stage of tumour with the use of *muhallil* (anti-inflammatory), *mullayyan* (laxative), *qabiz* (astringent), *munzij* (coctive), *mushil* (purgative) and *muqawwi* (tonic) drugs as and when required according to *usoole ilaj* (Line of treatment). If *warme balghami* is not treated it gets transformed into *warme saudawi* (malignancy) which is untreatable.

Keywords: Benign Ovarian Tumors, *Warm*, Unani Medicine.