

**USR-I-TAMTH (DYSMENORRHEA) - A REVIEW PAPER****Dr. Hina Mukhtar<sup>1\*</sup>, Dr. Sajid Shahid<sup>2</sup> and Dr. Fozia Mukhtar<sup>3</sup>**<sup>1</sup>Assistant Prof, Dept. of Ilmu Qabalat Wa Amraz-e-Niswan, Sanskriti University Chatta Mathura.<sup>2</sup>Assistant Prof, Dept. of Moalejat, Utranchal Unani Medical College, Haridwar.<sup>3</sup>Assistant Prof, Dept of Ilmu Atfal Glocal University Saharanpur.**\*Corresponding Author: Dr. Hina Mukhtar**

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Humoral theory was postulated by father of medicine Hippocrates (460 B.C). he in his book Tabi'al al-Insan (human nature) has set forth his famous doctrine that: "The body contains four (major kinds) humors Dam (blood), Balgham (phlegm), Safra (yellow bile and Sauda (black bile); a right proportion, according to quality and quantity, and a mixing of which (homeostasis) constitutes health and unright proportion and irregular distribution, according to their quantity and quality constitutes disease."<sup>[1]</sup>

Unani scholars surmised that a power known as tabi 'at or al- tabi'a al-mudabbir ali'l- badan maintains human body's health. mentioned that "the healing power of, has traditionally been defined as an internal healing response designed to restore health". Imbalance in equilibrium of the body due to physical overexertion, wrong eating and poor sleeping habits, negative emotions and chronic mental stress and suppression of this power leads to diseases. In diseases, physician advises the individual to maintain balance and facilitate medicatrix naturae to restore health. This restoration is possible by using correct diet, cupping, bleeding, manipulation, massage, Unani drug treatment and surgery. Therefore, medical humanities attempt to restore the balance, to help re-humanize medicine. Personal belief systems, social principles, cultural practices, lifestyle modifications environmental changes, and technology have influenced gynecological health especially development of menstrual disorders (dysmenorrhea) and these have a major impact on health worldwide (Spears, 2005).<sup>[2]</sup>

**Physiology**

The main cause behind the origin of rehim is conception and excretion of menstrual blood.

Rehim is having four type of *Quwwa*; *quwaat-e- masika*, *quwwat-e-dafiya*, *quwat-e-jaziba* and *quwat-e-mumaiyza*. Any disturbance in the four quwwa of uterus may lead to the disease condition.<sup>[3]</sup>

The causes of amenorrhea are obstructions which is due to the any disturbance in the *quwwate- dafiya*. causes of obstruction is viscous humor because of tenacious fluid.<sup>[3]</sup>

Menstruation begins in the age of 10 years and maximum age limit is 14 years and it will be ceases in the age of 35

years, maximum age limit is 60 years.<sup>[4]</sup>

The normal duration of flow during menstruation is minimum 1 day and maximum up to 7 days. And the duration between two consecutive cycle varies from 20-30 days.<sup>[3,4]</sup>

**Definition**

Unani (Greco-Arabic) medicine, *usr-i-tamth* or *auja al-rahim* refers to pain associated with menstruation, which is analogous to dysmenorrhea.<sup>[2]</sup>

In dysmenorrhea the menstrual flow is less but it is associated with pain. Sometime the pain become severe and may lead to syncopal attack.<sup>[5]</sup> In dysmenorrhea the amount of flow is less, its consistency of blood is viscous and associated with severe pain.<sup>[6]</sup>

The pain is severe and agonizing, sometime in the starting pain is severe but with the onset of menstruation it subsides or decline, often it increases slowly. Pain started 1-2 days prior to the menses. With the normal flow within 24 hours the pain usually disappears but it is associated with other symptoms like nausea, vomiting.<sup>[7]</sup> (Uterine pain most oftenly associated with pain in inguinal area, calf muscle, suprapubic area, epigastrium, diaphragm and head particularly involving the middle part of head. After a long period of time the pain may be settled down in the gluteal area.<sup>[8]</sup> Dysmenorrhea mentioned along with amenorrhea. Menstrual blood is actually a waste product. If it is retained inside the body it may lead to many chronic diseases and also become the cause of severe pain. Absence of menses neither due to pregnancy nor lactation or irregularity in the menstrual periods may lead to anemia, acsitis, head ache, melancholia, epilepsy, shock, paralysis, and hysteria so that urgent treatment should be required. Causes are leucorrhoea, ovarian

diseases, exposure to the cold during menses or getting wet in rain, sometime excessive coitus and stress may lead to this condition.<sup>[9]</sup>

### **Asbab wa mahiyat**

#### **Causes of *usre tam***

Causes of *dard-e-rehim* mentioned in *al-qanoon-fil-tib. Sui-i-mizaj mukhtalif*, (Maltemperament), *amraz al-rehim-sabiqa* (previous diseases of uterus), *riyah-i-ghaleez* (morbid gases) and *Rutubat-e ghleeza*. sometime severe pain arises similar to intestinal colic. Sometime the causes of pain *Auarm-e-rehim* (inflammation of uterus), *sartan-al rehim* (cancer of uterus) and *Quruh-al rehim* (uterine ulcer) *suddal-rehim* (uterine obstruction).

#### **Causes of uterine obstruction are**

1. Excessive obesity
2. Morbid humors and Inflammatory condition of uterus.<sup>[10]</sup>

In *Ihtibas –tams*. menstrual blood flow decrease in amount or become thick in consistency. Menstruation associated with severe cramping pain and its causes are congenital abnormalities are the main causes of pain such as *rataq* (atresia), vaginismus, *isterkha-i-ribatat rahim* (laxity of ligaments), and imperforate hymen. While PID and oophoritis may also be the cause of dysmenorrhea. Other causes are general weakness, anemia, diseases of liver and kidney and chronic diseases.<sup>[2,8,9,10]</sup>

**Sudda** (obstruction): Consumption of *ghaleez aghdhya* (heavy diet), increases the viscosity of blood and lead to the formation of *sudda* (obstruction) hence blood cannot flow easily through minute blood vessels.<sup>[9]</sup> so that uterus undergoes forceful contraction with spasm during menses to expelled out the morbid viscous matter which result in pain.<sup>[2,10]</sup>

**Su'mizaj-i-rehm:** *Su'mizaj-i-mukhtalif* is abnormal temperament of an organ that is contrary to origin and responsible for uterine pain. The perception of such contrary temperament is pain.<sup>[2,8]</sup>

Rushd (1188 AD) also describes that usually, all types of *su' mizaj al-rahim* (distemperament of the uterus) can occur in the uterus, which leads to different types of diseases. *Su'mizaj-i-barid* (cold distemperament) interferes with *hararat-i-gharizia* as a result of this; *ghidh* that reaches the *rahim* is not digested properly and gets converted into *riyah* causing *tashannuj*.<sup>[2,3]</sup> According to Jaleenus, *Sui-mizaj-mukhtalik* causes *tafarruq-e-itteasal* that causes pain.<sup>[11]</sup>

**Reeh:** distension of hollow organ by gas (*reeh*), from inside or infiltration of organ wall as in colic it penetrates between muscle fibers and diffuses below the membrane and lead to pain.<sup>[10,12]</sup> Heaviness in the body of females just prior to the menses the commonest symptom according to Majusi, those women who have got the menses after long period of time, they always have pain

associated with menses.<sup>[12]</sup>

Majusi described that *saratan al-rahim* (cancer) with an ulcer is associated with severe pain in the suprapubic area radiating to groin and back. He also discussed that cancer can occur on surface of the cervix or whole uterus and associated with other symptoms such as anorexia, loss of weight, amenorrhea, ascites. Usually, in ulcerated *saratan al-rahim* the discharge is blackish with a foul smell and hard to feel.<sup>[2]</sup>

**Waram-al-rahim**, site of pain in pelvis varies according to the presence of *waram* (inflammation) on different parts of a uterus in mentioned in the text *Kamil al-Sana al-Tibbiyya*.<sup>[12]</sup>

In *Iksir-i-A'zam*, the causes of uterine cramps (*dard-i-rahim*) are maltemperament, uterine distension caused by gases which was produced by tenuous morbid matter other causes are, *su'mizaj*, *riyah-i-ghaleez*, *rutubat al-ghaleeza* (tenuous morbid matter), *quruh al-rahim*, *buthur al-rahim*, *saratan al-rahim*, *physiometra*, *inqilab al-rahim*, *shuqaq al-rahim* (uterine rupture), *mailan al-rahim* (displacement of uterus), uterine abscess (*basoor-e-rahim*) excessive intercourse and postpartum period uterine pain or pain occurring during menstruation.<sup>[8]</sup>

According to the Razi in his text *kitab-ul-Hawi* under the heading of *dard-i-Rahim*, the causes of *dard-i-rahim* are *waram al-rahim*, (inflammation), *saratan al-rahim*, (cancer of the uterus) *riyah-i-ghaleez*, *rataq*, (Morbid gases) *sil* (tuberculosis), *inqilab al-rahim* (inversion of uterus), *qillat-i-tamth* (oligomenorrhoea), *rataq*, *insidad fam al-rahim*, *nazf al-dam* (menorrhagia), *salayan al mani* (ovulatory discharge), *ihtibas al-tamth* (amenorrhoea), *masae* (polyp), *inzilaaq al-rahim* (uterine inversion), *buthur alrahim* (cervical erosion), displacement of uterus, and *quruh alrahim* (uterine ulcer) and *ihtibase-tams* (Amenorrhoea).<sup>[13]</sup>

Sometime the cause is psychological factor and sometime constipation is the cause of dysmenorrhea so must have added easily digestible diet, to avoid constipation.<sup>[14]</sup>

#### **Classification**

In *Makhazan al-Hikmat* and *Jameul Hikmat*, *usr*.

*i-tamth* is classified into five categories.

- *Warami*
- *Tashannuji*
- *Suddi*
- *Baize, and*
- *Gishai* (Jilani, 1996; Khan, 1995)<sup>[7,16]</sup>

1. **Warami-** The main cause for uterine pain in *usr-i-tamth* *warami* is *iltihab al-rahim* (inflammation of the uterus) or *imtila'* (pelvic congestion) (Jilani, 1996/ Quershi).

2. **Tashannuji-** Involvement of the nerves causes as per

text Kitab al-Kulliyat. Usr-i-tamth tashannuji and leads to spasmodic intermittent contraction in the uterus usually, noted in young and hypersensitive girls.

3. **Suddi** –main cause is obstruction of the uterine vessels. Unani scholars surmised that farbahi is also one of the causes of sudda. And other one said that Sudda fam al-rahim, waram or rasooli causing displacement of uterus leads to usr-i- tamth suddi according to Haziq.<sup>[9]</sup>
4. **Gishai** -Weakness of the uterus, depression, exposure to cold and excessive coitus causes usr-i-tamth ghisha-i as mentioned in Kitab al- Mukhtarat fi'l Tibb.<sup>[11]</sup>
5. **Baize** -Ovarian diseases cause usr-i-tamth baize (Jilani, 1996; Khan, 1995/Jameul Hikmat).<sup>[7]</sup>

#### Alama'at

- Lower abdominal pain during menstruation or pelvic pain is also associated with other systemic symptoms such as fatigue, headache, fever, anxiety, abdominal pain and syncope in severe pain as mentioned in Haziq.<sup>[9]</sup>
- Increase thirst, nausea, vomiting.<sup>[11]</sup>
- Occasionally severe uterine cramps cause syncopal attack.<sup>[5]</sup>
- Suprapubic pain.<sup>[8]</sup>
- Back ache- prior to menstruation is due to an involvement of uterus in and ghayr tabi'i ghalaba balgham.<sup>[14,16]</sup>
- Pain in gluteal area.<sup>[8]</sup>
- During the menstrual period there is muscular weakness.
- If the cause is anemia pallor will be there, associated with general weakness and palpitation.<sup>[9]</sup>
- In case of exposure to the cold or stress scanty menses will be there and stopped spontaneously.<sup>[14]</sup>
- Heaviness in body of female prior to the menses, those women who have got prolonged period pain associated with menses.<sup>[12]</sup>
- Those women who has got their periods regularly feel heaviness in the body at the time of menses. And those women in which there is prolonged cycle feel pain during menses.<sup>[11]</sup>
- In dysmenorrhea when the pain is severe then pulse become *ghair muntazim* and *mukhtalif*. During periods patient quite uncomfortable. Sometime blackish pigmentation may be noticed over cheek area.<sup>[7]</sup>

#### Tashkhees

- Diagnosis is based on clinical history and general physical examination.

**Warmi usre tams-** shows continuous and pricking pain which is directed towards umbilicus, spinal cord and up to calf muscles. This initiates 2-3 days prior to bleeding and persists till last. It is very intense and patient complains

of heaviness in pelvis, head ache, nausea, mild fever and hypersensitivity.

**Suddi usre tams-** in case of obstructive dysmenorrhea, pain is intermittent and spasmodic but it is too severe that patient is left unconscious along with this vertigo, nausea, vomiting and delirium.

**Tashannuji usre tasm-** in this case the pain is neurogenic and intense. It starts from flanks and radiate to umbilicus abdomen, back, buttock and thighs often it is accompanied with head ache.<sup>[7]</sup>

**Usul-i-ilaj (Principles of treatment):** According to principles of *unani* the treatment is categorized following headings.

#### *Ilaj bi'l tadbir wa bi'l taghdhiya*

(physiotherapy or dietary supplements)

#### *Ilaj bi'l dawa* (pharmacotherapy)

#### *Ilaj bi'l yad* (surgical treatment)<sup>[17]</sup>

#### *Usool e illaj*

Identify and eliminate the real cause

- The treatment for pain amelioration is treating the cause or produce analgesia according to Al-Qanun fi'l Tibb. Bed rest, avoid strenuous exercise and work.<sup>[15]</sup>
- Avoid psychological stress. Avoid stress, anxiety, excessive coitus and strenuous work such as running, jumping and quickly moving down of stairs.<sup>[9,15]</sup>
- Nutritious diet is advocated.<sup>[9]</sup>
- If obesity and cold exposure are the causes than use purgative medicines before 2 to 4 days of the expected date of menses and it should be accompanied with sitz bath in 20gm mustard seed powdered mixed with Luke warm water.<sup>[7]</sup>
- In case of sui-mizaj-rehim: like sui-mizaj
- –e- har, it should be corrected by the uses of proper diet and drugs internally, but externally moderate oil can be used for it.<sup>[18]</sup>
- In case of sui-mizaj barid- muskhin oil can be used locally like roghan-e-susan, roghan –soya. Internally Sharbat-e-post turanj with Sharbat ustekhudoos 35 ml along with usara-e-badyaan 34ml can be used daily.<sup>[18]</sup>
- Sudd-ul-rehim: If the cause is obstruction is congestion (Imtela) then evacuation of the particular khilt ghaliba should be done with fasd and purgation.<sup>[11,3]</sup>

#### *Ilaj bi'l tadbir wa bi'l taghdhiya*

Easily digestible and nutritious diet like milk, butter, pullao, moong daal, chapatti, goat meet, spinach, pumpkin, etc.<sup>[7]</sup>

Diet rich in magnesium like meat, fish, nuts and green leafy vegetables.

Light and nutritious diet is advocated in (Haziq).<sup>[9]</sup>

Diet rich in fibers to remove constipation.<sup>[7]</sup>

Dieto-therapy seeks to restore the imbalances in the body

due to errant lifestyles. Unani physicians have advised the patients of *usre-tams* to take high nutritious diets in case of general weakness; mutton ka shorba, lamb meats, murg ka shorba, diet rich in iron like carrot, green leaf vegetable; diet rich in fibre to remove constipation; diet rich in magnesium like fish, milk and fish-oil; bottle-gourd; pulses of arhar and moong and plenty of water etc.<sup>[19]</sup>

#### **Ilaaj-bil-tadbir**

**Humool (pressary):** Mur (6 gm), Suddaab (6 gm) and Raziana (6 gm) should be mixed and grinded to use the fine powder with honey as pessary before 3 days of the expected date of menstrual cycles.<sup>[20]</sup>

**Hijama (dry cupping)** around the umbilicus divert the blood and fluid from the site of inflammation to give relief from the menstrual pain.<sup>[20]</sup>

**Heat Application:** Apply heat to external genitalia or abdomen by burning of decoction of wine, fennel (a perennial plant of the genus *Feniculum*) and rose oil.

Other method for applying heat on lower abdomen includes hot compress, heating pads and hot water bottles.<sup>[20]</sup>

**Dalak (massage):** Dalak- with muhallil roghan

- Massage on lower abdomen with aromatic oil as gives relief from pain of dysmenorrhea.<sup>[20]</sup>
- **Roghan heena** is beneficial in dysmenorrhea.
- **Roghan bazrulbanj** is helpful in resolving the pain of dysmenorrhea.
- **Roghan qaesoom** helpful in resolving the inflammatory condition.<sup>[13]</sup>
- According to Dusquedoos **Lazan** is also beneficial because it is having anti-inflammatory activity along with astringent effect and resolvent properties.
- **Dalak** with *soya* oil help to prevent dysmenorrhea.
- **Dalak** with *roghan susan* reduce the inflammatory condition and helpful in dysmenorrhea.
- Massage with *roghan mastagi* used in dysmenorrhea.
- Massage with *Roghan- Badam*.

**Hijama bila shart** (dry cupping): Application of dry cupping for pain relief is useful in menstrual cramps in mentioned in (Kitab al- Hawi).<sup>[13]</sup>

cupping is very effective for relief of pain in *Usre Tams* Tashannuji.<sup>[21]</sup>

Recently a preliminary study has shown that dry cupping is useful in menstrual cramps.<sup>[2]</sup>

**Fasd** (Venesection): venesection of great saphenous vein.<sup>[7,22,23]</sup>

**Leeching-** leeching of upper part of thighs.<sup>[9]</sup>

#### **Fomentation.**

- Hot fomentation with decoction of *Birijasif* proved beneficial.

- *Dry Anjeer* mixed with floor of barley make a bread of it and used as fomentation help to resolve the inflammatory condition of uterus.

**Abzan (sitz bath)** with decoction of soya is very much beneficial in dysmenorrhea.

- Sitz bath with decoction of *Qust* is beneficial.<sup>[13]</sup>
- Sitz bath with *Qasabu-zarira* also helpful in reliving the pain of dysmenorrhea.
- Sitz bath with decoction of bay leave also helpful in dysmenorrhea.<sup>[13]</sup>
- In case of severe pain sitz bath along with decoction of *Gule-Tesu* (50gm), *Post Khashkahsh* (12 gm) in 2 litres of water.<sup>[7]</sup>

#### **Zimad**

- *khardal* (*brassica nigra*) can be used for local application.<sup>[13]</sup>
- *Qinna Barri* used as zimad in dysmenorrhea.

#### **Huqna (Enema)**

- Should be done with mucilaginous matter.
- *Roghan zaitoon* mixed with decoction of *suddab* used as enema.<sup>[20]</sup>
- Enema with decoction of *karnab shami* resolve the inflammation.<sup>[13]</sup>

**Nafseeiyati (Psychotherapy)** Prompt psychological counseling should be done for psychological care of the patient because most of the patients depressed psychologically. Patients and their relatives should be assured that dysmenorrhea is a common problem in female adolescents and is curable.<sup>[20]</sup>

#### **Ilaaj -bil-dawa**

- In case of *su' mizaj-i-muktalif* drug should be used accordingly
- If the cramps occur during menses than diuretics should be used e.g *rewand khatai* should be powdered and mixed with sugar and used in a dose of 6 gms.
- *Hulba* and *tukhm-e-karafs* in the forms of decoction can be used as diuretics.
- One part of *habbul ghar* has been powdered and mixed with sugar to form tablets and it can be used along with *maulasal* in the dose of 4-7 *masha* it acts as *mudir*.
- If the pain is warmth than *mubarrid* should be given to drink, like *aabe kasni*, *maul shaeer*.
- If the pain is due to the cold ness than the humours should be expelled and after that enema with honey water and *muhallil* pessaries like *hildeet* should be given.<sup>[8]</sup>
- If the pain occurs during menstruation, then diuretics should be given for example *tukhme kharpaza* should be grinded and some weight sugar should be taken before the episode of the pain for three days. (six days) *tukhm karafs* and *hulba* decoction of these

should be given.

- If phlegmatic dominance, cold exposure are the main causes, then use of purgatives 2-4 days prior to expected date of menses. This should be accompanied with sitz bath of mustard seeds (20gms).<sup>[7]</sup>
- Dysmenorrhea and for pre-menstrual symptoms *ajwayin*, *tukhm shibt*, *arunaas*, each drug in quantity of 2 *misqal* in the form of decoction along with sugar 60 *misqal* used for 7 days.<sup>[24]</sup>
- If menstruation pain is due to imbalances in humours then decoction of mixed ingredients Chirraita, Bekhe Badiyan and Bekhe Karafs (7 gm each) should be given with 50 ml Sharbat Bazoori Motadil to correct the imbalance in humour.<sup>[20]</sup>
- If the cause is due to uterine displacement, then constipation should be avoided. Habbe Tinkar (3 pills) with warm water should be given in night to treat the constipation.<sup>[20]</sup>
- In case intense pain boil *post e khaskash* 12gms in two liters of water and with the towel used for fomentation.<sup>[9]</sup>
- *Murr* mixed along with honey in the form of *majoon* very much effective in dysmenorrhea.<sup>[13]</sup>
- In case of anemia *kushta-e-faulad* 20mg, *Dawa-ul-misk mautadil jawahar wali*, or *khamira abreshm hakim Arshad wala* 5gm should be given to the patient.<sup>[7]</sup>
- In case of severe pain *Barshasha* 3gm can be used for dysmenorrhea.<sup>[25]</sup>

#### Muffradat (single drugs)

- Many herbs are also useful for the treatment of menstrual cramps such as fenugreek, chamomile, Cassia fistula Linn, Artemesia vulgaris, Myristica fragrans, Ferula asafetida, fennel, Zingiber officinale, Foeniculum vulgare Mill (Bokaie et al., 2013).
- Cuminum cyminium, Thymus vulgaris (Salmalian et al., 2014).
- Anethum graveolens (Heidarifar et al., 2014).
- Trigonella foenum-graecum), combination of anisoon, saunf, zafran (Nahid et al., 2009) chaturbeeja (Trigonella Foenum-graecum, Lepidiumsativum).
- Nigella sativa, and Trachyspermum ammi (Kamini and Kiran, 2013) which are proven for their efficacy in dysmenorrhoea.<sup>[20]</sup> (Najmus sehar).

#### Compound formulation

- ✓ *Habbe mudir haiz*
- ✓ *Safoof mudir haiz*.
- ✓ *Dawa e mudir haiz*.
- ✓ *Dawa e usre tams*.
- ✓ *Tiryaaq e Farooq*
- ✓ *Dawae mudir*.
- ✓ *Matbokh habe qurtum*.<sup>[7,20]</sup>
- ✓ *Safoof mudir haiz*.

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