Managing Menopause through Temperamental Approach: A Review

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Abstract: The Unani medicine is based upon the concept of Mizaj (Temperament). The temperament (mizaj) of an individual being a dynamic state varies under different physiological conditions such as age, sex, environment, etc. The entire span of life is divided into four phases; sin-al-namu (the period of growth and development extends from birth of the child up to the age of thirty years), sin-al-shububiyah or sin-al-waqs (manhood extends from thirty to forty years), sin-al-kuhulah (Aetus verelis extends from forty to sixty years) and sin-al-shaykhukhah (old age or Aetus cripta). The mizaj of sin-al-namu is hot and moist, sin-al-waqs is hot and dry, sin-al-kuhulah is cold and dry and of sin-al-shaykhukhah is also cold and dry. It has been also mentioned that during sine kuhulat production of sauda increases and its mizaj is cold and dry. According to the classification of age in Unani medicine, the menopausal age group comes under sine kuhulat so menopausal women are more prone to develop saudavi diseases like carcinoma, melancholia, depression, insanity which are common in this age. So all those methods which has been mentioned in Unani literature to correct the mizaj and prevent the ghalbae (excess) sauda will be beneficial in postmenopausal symptoms as well as in preventing the development of carcinoma.

Keywords: Mizaj, menopause, management, Unani

Introduction

The temperament (mizaj) of an individual being a dynamic state varies under different physiological conditions such as age, sex, environment, etc. The physiological conditions and requirements do not remain static throughout the entire span of life, they do vary so does the temperament.1 The entire span of life is divided into four phases; sin-al-namu (the period of growth and development extends from birth of the child up to the age of thirty years), sin-al-shububiyah or sin-al-waqs (manhood extends from thirty to forty years), sin-al-kuhulah (Aetus verelis extends from forty to sixty years) and sin-al-shaykhukhah (old age or Aetus cripta). The mizaj of sin-al-namu is haar-ratab, sin-al-waqs is haar yabis, sin-al-kuhulah is barid-yabis and of sin-al-shaykhukhah is also barid-yabis.2 During sine kuhulah the production of sauda increases.3 The temperament (mizaj) of a person is most often described in terms of the khilt (humor) in domination in the body, and therefore are named as damviul mizaj, balghamiul mizaj, safrawiul mizaj and saudawiul mizaj.1

The average age of menopause in the western world is 51 years while as in India it is 44.3 years and the normal age range for the occurrence of menopause is somewhat between the age of 45 and 55.4 Menopausal age group comes under sin-al-kuhulah. So the temperament of the menopausal age group women is barid-yabis which indicates the domination of khilt sauda in this age group. As per the classical division, fourth fluid of the body is sauda which is attributed with black colour and of cold and dry (barid yabis) temperament.1 Primarily there is two kinds of sauda; sauda-e-tabai, and sauda-e-ghyr tabai. Sauda-e-tabai is that kind of sauda which is mixed with normal blood and said to nourish certain organs and tissues
while *sauda-e-ghyr taba’i* is that kind of *sauda* which is produced when *ehtiraq* (oxidation) occurs in any kind of *khilt*, including *sauda* itself. *Ehtiraq of khilt* produces pathological conditions in the body.\(^5\) Signs and symptoms of *ghalbae sauda* include dry and dark skin, thick and dark blood, anxiety, burning in the epigastrium, false appetite, thick and turbid urine of blue, black or red colour, dark complexion, patches of pigmentation, chronic indolent ulcers, depression and anxiety without apparent cause.\(^5\)

**Etiopathogenesis of menopause in Unani**

The menopause has been described in the classical *Unani* literature as physiological cessation of menses (*ehtebase tams*) which occurs between 35 to 60 years of age. One of the causes of *ehtebase tams* is *barudat* and *yabusat*.\(^6\) According to the classification of age in Unani medicine, the menopausal age group comes under *sine kuhulat* and the *mizaj* of *sine kuhulat* is *barid yabis*.\(^2\) It has been also mentioned that during *sine kuhulat* production of *sauda* increases and its *mizaj* is also *barid yabis*.\(^3\) Sign and symptoms found during menopausal age is due to *barid yabis mizaj* and excess of *khilt sauda*. The menopausal women are more prone to develop *saudavi* diseases. *Saudavi* diseases are produced by *Sauda-e-ghair taba’i* (abnormal *sauda*) which is formed as a result of *ehteraq* (oxidation) of any kind of *khilt*, including *sauda* itself. These kind of abnormal *sauda* serves no physiological functions in the body and precipitates diseases like carcinoma, melancholia, depression, insanity which are common in this age.\(^2\)

**Management of Sine yaas**

1. Prevent the production of *Sauda-e-ghair taba’i*
2. Correction of *mizaj*
3. Removal of excess of *sauda*

1. Prevent the production of *Sauda-e-ghair taba’i*.

As discussed in the etiolopathology, the *saudavi* diseases develops due to *sauda-e-ghair taba’i* produced by *ehtiraq* (oxidation) of *khilt*. So all those herbs having an’tioxidant property prevent the production of *sauda-e-ghyr taba’i* by preventing *ehtiraq* (oxidation) and thus will prevent the cancer as well as other *saudavi* disease. Oxidative stress is an important factor in the pathophysiology of pathological conditions, including cardiovascular dysfunction, atherosclerosis, inflammation, cancer, drug toxicity, reperfusion injury and neurological disease.\(^7\) There are list of drugs mentioned in *Unani* medicine having antioxidants property (Table1).

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Unani Name</th>
<th>Botanical Name</th>
<th>Family</th>
<th>Part studied</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Aabnoos</td>
<td>Diospyros ebenum</td>
<td>Ebenaceae</td>
<td>Leaves(^8)</td>
</tr>
<tr>
<td>2</td>
<td>Abhal</td>
<td>Juniperus communis</td>
<td>Cupressaceae</td>
<td>Berries(^9)</td>
</tr>
<tr>
<td>3</td>
<td>Afiyun</td>
<td>Papaver somniferum</td>
<td>Papaveraceae</td>
<td>Seeds(^10)</td>
</tr>
<tr>
<td>4</td>
<td>Afsanteen</td>
<td>Artemesia vulgaris</td>
<td>Compositae</td>
<td>Leaves(^11)</td>
</tr>
<tr>
<td>5</td>
<td>Akhrot</td>
<td>Jugulans regia</td>
<td>Juglandaceae</td>
<td>Bark(^12)</td>
</tr>
<tr>
<td>6</td>
<td>Alsi</td>
<td>Linum usitatissimum</td>
<td>Linoceae</td>
<td>Seeds(^13)</td>
</tr>
<tr>
<td>7</td>
<td>Amla</td>
<td>Emblica officinalis</td>
<td>Euphorbiaceae</td>
<td>Fruit(^14)</td>
</tr>
<tr>
<td>8</td>
<td>Anantmol</td>
<td>Hemidesmus indicus</td>
<td>Periplocaceae</td>
<td>Leaves(^15)</td>
</tr>
</tbody>
</table>
2. Correction of mizaj

In all types of sue mizaj, barid yabis is worst. To correct the mizaj those methods should be used which causes hararat and rutubat (hot and moist) in the body. These methods include ilaj bil ghiza, ilaj bil tadbeer.

a. Ilaj bil ghiza (Dietary management): According to Unani concept haar and moist component of the body is destroyed fastly as compared to other component and the nutritional property of food is present in the haar and moist component only. As the mizaj of menopausal age women is barid yabis so foods having haar ratab mizaj will be helpful like, badam (Prunus amygdalus), narial (Coco snucifera), pista (Pistachia vera), kaju (Anacardum occidentalis), kishmish (Vitis vinefera), munaqqa (Vitis vinefera), sabz chana (Cicer arietinum), angur (Vitis vinefera), sweet aam (Mangifera indica), sweet kharbuzah (Cucumis melo), gajar (Daucus carota), injeer (Ficus carica), khajur (Phoenix dactilifera), taroi (Luffa cylindrical), palak (spinacea oleracea), cow and goat milk, sweet curd, jaggery, ghee, butter, half boiled egg. Stale, salty, astringent and spicy foods should be avoided. Spicy foods have hot mizaj but it also produce dryness and causes burning of khilt and thus produce sauda. Salty foods also cause dryness in the body.

b. Ilaj bil tadbeer: People should be kept in balanced environment neither very hot not very cold. Excess physical activity should be avoided. Proper rest and taweel neend (extra sleep) will help. Jima (Sexual intercourse) is harmful for these kind of sue mizaj because it will further increase in dryness. Riyazate muskkina and light massage will be helpful. People should apply those oils over the body having ratab (moist) quality like roghane banafshan (Viola odorata), roghane badam (Prunus amygdalus) and roghane kaddu etc. Hammam and abzan (sitz bath) is beneficial in these people.

3. Elimination of excess sauda
Elimination of excess *sauda* is done by use of *munzij wa mushil* drugs. *Munzij* drugs assembled the *akhlate raddiyah* (morbid matter) in order to evacuate easily from the affected part. Once the *akhlat-e-raddiya* (abnormal/deranged humours) are ready for elimination from the superficial and deeper structure of affected organ, then *mushilat* (purgatives) are used to facilitate the elimination of material from the body. There are four types of *muzijat* and *mushilat* specific for elimination of particular *ghalbae khilt* (excess humour). In menopausal age there is excess of *sauda*, so *munzije sauda* and *mushile sauda* drugs is used either single or in combination (Table 2).

**Table 2. List of munzije sauda and mushile sauda drug.**

<table>
<thead>
<tr>
<th>Munzije Sauda</th>
<th>Mushile Sauda</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ustukhudus (Lavendula stoechas)</td>
<td>Shahm hanzal</td>
</tr>
<tr>
<td>Aftimoon vilayati (Cuscuta epithymum)</td>
<td>Aftimoon vilayati (Cuscuta epithymum)</td>
</tr>
<tr>
<td>Gauzaban (Borage officinalis)</td>
<td>Halela siyah (Terminalia chebula)</td>
</tr>
<tr>
<td>Unnab (Zizyphus sativa)</td>
<td>Khurbuq siyah (Helleborus niger)</td>
</tr>
<tr>
<td>Shahitra (Fumaria officinalis)</td>
<td>Ghariqoon (Agaricus albus)</td>
</tr>
<tr>
<td>Badranjaboya (Mellisa officinalis)</td>
<td>Turbud (Ipomea turpthum)</td>
</tr>
<tr>
<td>Badiyan (Foeniculum vulgare)</td>
<td>Jamal gota (Croton tiglium)</td>
</tr>
<tr>
<td>Sapistan (Cordia latifolia)</td>
<td></td>
</tr>
<tr>
<td>Ashlussoos (Glycyrrhiza glabra)</td>
<td></td>
</tr>
</tbody>
</table>

**Conclusion**

The transition from active reproductive life to inactive postmenopause is not always a smooth one. Due to aging, hormonal reversal and concomitant reluctance to adopt the new norms of postmenopausal life, women invariably are stressed and react in the form of somatic, vasomotor, and psychological disturbances, that constitute menopausal syndrome. Variety of problems occurs at or after menopause which are due to oestrogen deprived or relatively oestrogen deficient status of these women. The treatment strategy of menopausal syndrome has been to replace the deficient oestrogen. This strategy of hormone replacement has got alarming physical hazards. Although HRT prevents osteoporosis and fracture at 75 years but causes carcinoma at 55 years. *Unani* system of medicine basically wants this transition to be smooth one. It wants to transit a woman from *sine shabab* to *sine yaas* in keeping up the relative *humoral* balance. This will help in reducing the morbidity of menopausal women as well as mortality rate by preventing carcinoma.

**References**


