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## Therapeutic potential of Habb e Marwareed in Amraze Niswan: A review

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### Abstract

The unani system of medicine, with its roots tracing back through the ages, offers promising avenues in the prevention and treatment of various ailments, particularly in gynaecology, known as Amraze Niswan. This system boasts a rich repository of Unani crude drugs and compound formulations targeted towards addressing common gynecological issues encountered daily by practitioners, such as leucorrhoea, chronic pelvic pain, PID, PCOD, anemia with generalized weakness, among others. Unani Pharmacopoeia reveals one prominent Unani compound formulation namely 'Habb e Marwareed', incorporating pearl as a chief ingredient and in the form of pills has shown efficacy in managing leucorrhoea and boosting the female immune system. In Unani system of medicine, Sailan-ur-Rahem is a diseased condition occurred due to irregular and disproportional distribution of Akhlat (humor) in which the excess useless matter is present in the uterus which is accumulated due to zoaf e rahem. This formulation targets excessive vaginal discharge caused especially due to zoaf e rahem or by specific and non-specific infections. Unani literature extensively discusses the role of the faculty of the uterus in producing excessive base materials, and Unani formulations have been traditionally employed to address such conditions. Despite its historical significance, scientific studies on these formulations remain limited. This paper aims to provide a scientific basis for the efficacy of the Unani compound, 'Habb e Marwareed' and its ingredients, laying the groundwork for further clinical studies on larger sample sizes to effectively manage conditions like Sailanur rahem.

**Keywords:** Unani system of medicine, habbe Marwareed, leucorrhoea, Sailanur rahem, Amraze Niswan

### Introduction

The Unani System of Medicine is indeed one of the oldest traditional systems that have evolved over the ages, focusing on the prevention and treatment of various diseases. In the field of gynecology, practitioners often encounter a range of issues such as per vaginal discharge, pelvic pain, backache, menstrual irregularities, anemia, pruritis vulva, general weakness and many life style diseases<sup>[1]</sup>.

Leucorrhoea characterized by an abnormal vaginal discharge is a prevalent complaint among the reproductive age group. It is considered that changes in the vaginal epithelium leads changes in the normal flora and PH of the vaginal secretion predisposes to leucorrhoea. In its pathological state, leucorrhoea can manifest with including foul-smelling discharge, moderate to severe discharge volume, low backache, itching, burning micturition, poor appetite, dyspareunia (Painful sexual intercourse) and general weakness<sup>[1]</sup>. Sailan ur Rahem refers to a condition in the Unani System of medicine where abnormal discharge emanates from the uterus, cervix, and vagina, excluding blood. This term encompasses various types of discharges attributed to infections within the genital tract. In modern medical terms, this could be associated with conditions such as cervicitis, vaginitis, or other reproductive tract infections. The Unani system typically attributes such conditions to an imbalance in the humors or bodily fluids. The approach may include medications that are believed to have a cooling or balancing effect on the body. The understanding of Sailan ur Rahem is characterized by excessive uterine discharge attributes the condition to the weakening of the Quwat-e-Hazema, (Digestive faculty). This weakening is specifically associated with the "urooq-e-haiz" of the uterus<sup>[2]</sup>. According to this perspective the imbalance in the Quwat-e-Hazema which is responsible for digestion is believed to influence the urooq-e-haiz, leading to excessive uterine discharge. In Unani medicine, the treatment approach for conditions like Sailan ur Rahem involves restoring the balance of bodily humors and strengthening the weakened faculties through herbal medicines, dietary modifications, and lifestyle adjustments

the causes of Sailan ur Rahem as outlined by Majoosi [2]. According to his perspective the Unani system believes that in the balance of various bodily faculties and the retentive power (Quwat-e-Jazeba) is associated with the ability to retain substances in the body. If this faculty is weakened it may contribute to conditions like Sailan ur Rahem. Unani medicine also classifies bodily humors into four categories: Dam (Blood), Balgham (Phlegm), Safra (Yellow bile), and Sauda (Black bile). The predominance or imbalance of these humors, particularly Akhlat-e-Arba (Four humors) is thought to play a role in the development of Sailan ur Rahem [2]. Tibb-e-Unani postulates that it occurs with the changes in the quality and quantity of phlegm (Balgham) in the body especially in pelvic region [3].

The description aligns with the idea that Sailan ur Rahem in the Unani System is synonymous with leucorrhoea, which is a term used in modern medicine to describe abnormal vaginal discharge. In modern medical terminology, various infections can cause this condition, such as trichomoniasis, candidiasis, moniliasis, bacterial vaginosis, and cervicitis [4]. Each of these conditions has distinct characteristics and may require specific treatments. Leucorrhoea is indeed a common complaint among patients attending gynecological clinics, and it is often an indicator of some form of infection or imbalance in the vaginal flora the prevalence of this condition is significant, affecting up to 75% of women at least once in their lifetime. Modern medical practices involve thorough diagnostic assessments to identify the specific cause of abnormal vaginal discharge and provide targeted treatments accordingly. The approach may include antifungal medications for candidiasis, antibiotics for bacterial vaginosis or cervicitis, and specific medications for other infections. In classical Unani literature, Pelvic Inflammatory Disease (PID) can be correlated with warm-e-rahem which translates to the inflammation of the uterus. The concept of warm in Unani medicine is a broad term that comprises the body's response to harmful agents which can be either external (Such as injuries) or internal (Such as deranged humors). The term rahem refers to the uterus, and it is believed to be affected by warm-e-har<sup>5</sup>. This suggests that the inflammation in the uterus, as seen in PID, is associated with the presence of excessive heat or inflammation-causing factors within the body. From a modern medical perspective PID is an infection of the female reproductive organs often caused by bacteria ascending from the vagina and cervix. It can involve the uterus, fallopian tubes, ovaries, and surrounding tissues. Symptoms of PID include pelvic pain, abnormal vaginal discharge, fever, and other signs of infection [4]. In Unani medicine the approach to treating warm-e-rahem and sailan ur rahem may involve restoring the balance of humors, using herbal remedies, many formulations consist of a blend of different plant, minerals and animal origin drugs known for their therapeutic properties and also based on their perceived medicinal value in restoring balance to the humors. The conventional treatment for leucorrhoea and pelvic inflammatory disease (PID) in modern medicine often involves antibiotics, antifungal medications, and anti-protozoal drugs. While these treatments can be effective in addressing the underlying infections, they may come with side effects such as nausea, vomiting, and gastrointestinal upset. Additionally, some patients may be sensitive or allergic to these medications. The Unani System of medicine, with its holistic approach, offers alternative treatments for conditions like Sailan ur Rahem and warm-e-rahem. Unani physicians historically described various single and compound drugs that

are considered safe and effective. Habb-e-Marwareed is one such Unani compound drug that has been utilized by renowned Unani physicians in gynecological practice for an extended period. Habb-e-Marwareed may contain a combination of herbs and minerals with properties that are believed to address issues related to the reproductive system. Unani medicine often focuses on restoring the balance of humors, improving the overall health of the individual, and addressing the root cause of the condition Habb-e-Marwareed is a compound Unani pill prepared from pearls as a chief ingredient. It is employed in the treatment of various conditions related to the female reproductive system, including Zauf-e-rahem, Sailan-ur-rahem, Warm-e-rahem, and Zauf-e-aam. These conditions in the Unani system are often associated with issues like inflammation of uterus, abnormal discharges, and general weakness in the reproductive age.

### Materials and Methods

Relevant literature regarding ingredients of habb e marwareed was retrieved from classical unani textbooks like, Khazainul Advia, Muheet-i-Azam, Makhzan-ul-Mufradat, National Formulary of Unani Medicine, Bayaz-e Kabir and databases like Web of Science, Google Scholar, Research gate, Springer, PubMed and Science Direct and some

### Methods of Preparation of Habb

This process involves grinding crude drugs into a fine powder, passing them through a 100 no. mesh sieve for size consistency and then mixing the powder with a binding agent or adhesive. The adhesive can be substances like water, honey, loabe samaghe arabi, loabe aspaghol, loabe behidana, etc. By continuously mixing the powder and adhesive, a mass or lubdi is formed. This lubdi is then shaped into sticks of the desired size and thickness, and cut into pieces with a knife. These cut pieces are further shaped by rounding them between the fingers to create huboob of the required size and weight [6].

**Table 1:** Preparation Formula of Habb-e- Marwareed according to Anonymous [14]

Mastagi (Mastich)	120 gms
Tinkar Biryani (Borax Roasted)	60 gms
Mazoo ( <i>Quercus infectoria</i> )	60 gms
Azaraq Muddabir (Strychnos Nuxvomica Detoxified Seed)	60 gms
Marwareed (Mytilus Margaritiferus Pearl)	15 gms
Amber Ashab (Ambr Grasea)	15 gms
Arq Gulab	As required

**Table 2:** Preparation Formula of Habb-e- marwareed according to Makhzanul murrakkabat [18]

Suhaga biryan	12 gms
Mazoo sokhta	12 gms
Mastagi romi	24 gms
Kuchla muddabir	12 gms
Marwareed	12 gms
Amber Ashab	12 gms
Arq Gulab	Asrequired

### Dosage and Administration [18]

1-2 Pill in morning and evening with Arq-e-Amber 60 ml  
NOTE- Should not be used during Pregnancy [14].

### Actions of Habb e Marwareed [14].


Tahleel-e-warm (Anti-inflammatory), Taqwiyat-e-aam, Taqwiyat e Rahem, Habis ratoobat-e- Rahem.

Leucorrhoea (Sailan-ur-Rahem), Weakness of uterus (zauf-e-Rahem), Inflammation of uterus (waram-e-Rahem), General weakness (zauf-e -aam).

### Therapeutics usage of Habb-e –Marwareed <sup>[14]</sup>

**Table 3:** Ingredients of habb e marwareed

SNO	Unani Name	Botanical names	Vernacular Names	Mizaj	Functions	Gynecological uses
1	Suhaga biryan	<i>Sodium baborate</i>	Arab: Buraekes-saghah English: SodiumBiborate Gujrathi: Tankan-khar, Kuddiar-khar, Hindi: Tinkal Tincal, Sohaga, Khariloon Punjabi: Sohaga Persian: Tinkar, Tankar Sanskrit: Tankana Tunkana, Rasashodhan <sup>[6]</sup>	Dry <sup>3</sup> , Hot <sup>3</sup> <sup>[7, 8]</sup>	Cleanser/Detergent, Antiseptic, Digestive, Insecticides Corrosive, Expectorant Emmenagogue, Diuretic, Carminative Antidote Absorbent <sup>[30, 31, 32, 34]</sup>	Amenorrhea, Dysmenorrhea, Menorrhagia, Puerperal convulsions PIH, Pre-eclampsia, Eclampsia, Cystitis, Leucorrhoea, Cervical erosion <sup>[34, 35, 30, 31, 32, 36]</sup>
2	Mazo	<i>Quercus infectoria</i>	Arabic: Ufas English: Oak galls, Turkey galls Unani: Iqaqualees Urdu: Mazu Persian: Mazu Sanskrit: Majuphal Hindi: Mazu, Mazuphal <sup>[10, 11, 12]</sup>	Cold <sup>1</sup> Dry <sup>2</sup> <sup>[10]</sup> Cold <sup>2</sup> Dry <sup>3</sup> <sup>[13]</sup>	Desiccant Analgesic, Antidote, Antipyretic, Antiseptic, Expectorant, Anti-Inflammatory, Astringent, Germicidal <sup>[37]</sup>	Vaginaldischarges, Leucorrhoea, Menorrhagia <sup>[38]</sup> Prolapse Of Uterus, Vaginal Laxity <sup>[63]</sup> .
3	Mastagi	<i>Pistasia Lentiscus</i>	Urdu: Mastagi Arabic: Mastakee, ilk-ur-Roomi, Mastagi Persian: Kundur Roomi English: Mastic Hindi: Rumi Mastagee Bengali: Rumi-Mastungi Gujrati: Rumi Mastagee Marathi: Rumaa Mastakee; Roomi: Mastakhi. <sup>[4, 15, 16]</sup>	Hot, dry <sup>2</sup> <sup>[10, 17, 5]</sup>	Anti-inflammatory, Appetizer, Siccative Calorific, Softening Agent, Astringent, Demulcent Detergent, Stomach Tonic, Tonic to Vital organs, Deobstruent, Exhilarant, Analgesic, Cicatrizant, Expectorant, Diuretic, Absorbant, Heamostatic Antidiarrhoeal, Anti Flatulant <sup>[39, 15, 16, 40, 30, 41, 42, 37]</sup>	Wound Ulcers, Uterine Bleeding, Leucorrhoea Menorrhagia <sup>[16, 30, 41]</sup>
4	Kuchla	<i>Strychnos nuxvomica</i>	Arabic: Khaniq al-Kalb, Habbul Ghurab, Qatil al-Kalb <sup>[18, 19]</sup> Bengali: Kuchila English: Nuxvomica or strychnine tree Quaker Button <sup>[14]</sup> Gujarati: Gajra, Hindi: Kajra, Kuchla, Persian: Fals-i-Mahi	dry <sup>2</sup> , hot <sup>3</sup> <sup>[17]</sup>	Anti-Inflammatory, Analgesic, Purgative Expellant Of Phlegmatic Matter, Aphrodisiac, Bloodpurifier, Dafi 'I-Amrad' Asbaniya (Useful In Nerve Disorders, (Nervine Tonic), Muharrik-I-A'Sab Nervine Stimulant <sup>[44]</sup> Antiseptic, Analgesic <sup>[45]</sup>  Diuretic, Emmenagogue <sup>[46]</sup>	Emmenaguage <sup>[46]</sup>
5	Marwareed	<i>Mytilus margaritiferus</i>	English: Pearl Hind: Guj, Mah, Ben Telgu: Mutiamu Arabic: Looloo Persian: Marwarded Sans: Mukta, Maracata, Muktikam <sup>[21]</sup>	Cold, dry <sup>[22, 23, 4]</sup> Cold <sup>2</sup> , dry <sup>2</sup> <sup>[25, 26]</sup>	Exhilarant, Enhances Body Faculties <sup>[7]</sup> Tonic For Vital Organs, Aphrodisiac Nutritive <sup>[1]</sup> General Tonic, Improves Eyesight Cardiac Tonic Anti-Depressant <sup>[9]</sup> Exhilarant For Brain And Heart, Antidote Antidepressant <sup>[26]</sup>	Menorrhagia, Leucorrhoea, Haemostasis
6	Amber	<i>Ambra grasea</i>	Sanskrit–ambara Hindi-amber, Bengali-sugandh Marathi-Konkani Gujarati-amber Arabic–amber Persian musk, amber <sup>[27]</sup>	Hot 2, dry1 <sup>[28]</sup>	Exhilarant, Nerve Stimulant, Tonic For Vital Organs, Aphrodisiac, Exhilarant <sup>[28]</sup>	
7	Arq gulab	Extractof Rosa demiscena		Cold1, dry2 <sup>[61]</sup>	Cardiactonic, Anti-inflammatory, Frigorific, Strengthen the vital organs. Exhilarant <sup>[61]</sup>	

S. No	Drug name	Scientific studies	Images	Part used
1	Suhaga	Antifungal <sup>[53]</sup>		Powder

			<b>Fig 1:</b>	
2	Mazo	Antibacterial <sup>[54]</sup> Antifungal <sup>[55]</sup>		Fruit
			<b>Fig 2:</b>	
3	Mastagi	Anti-inflammatory <sup>[56]</sup>		Resin
			<b>Fig 3:</b>	
4	Kuchla	Anti-inflammatory <sup>[57]</sup>		Seed
			<b>Fig 4:</b>	
5	Marwareed	Immuno modulator <sup>[58]</sup>		Pearl
			<b>Fig 5:</b>	
6	Amber	Anti-nociceptive, Anti-inflammatory Anticoagulant <sup>[59]</sup>		
			<b>Fig 6:</b>	
7	ARQ Gulab	Hepatoprotective <sup>[60]</sup> Analgesic, Antibacterial <sup>[61]</sup>		Extract of rose
			<b>Fig 7:</b>	

### Discussion

**Suhaga:** Suhaga is an important mineral origin drug used for centuries in the Unani system of medicine, that exhibits many medicinal and ethnomedicinal properties due to having different properties like Jali (Detergent), Muhallil-i-auram (Anti-inflammatory) Muhallil-i-riyah (Flatulent), Musakkin magas (Analgesic), Jazib (Absorbent), Qabid (Astringent), Mushil-e-balgham, Mukhrij-e-balgham, Qate-Akhlate ghaleeza, Muqawwi bah (Aphrodisiac), Tiryaq (Antidote), Dafa'e Sayalan-al-rahim (Internally), Dafa'e Ta'afun etc. <sup>[35]</sup>.

### Mazo

Mazo is used for infectious diseases, especially in urinary tract infections <sup>[48]</sup>. The drug Mazu (Gall of *Quercus infectoria*) is described in detail in ethnobotanical and classical Unani literature and various actions of the drug have been reported such as analgesic, antidote, anti-inflammatory, antipyretic, antiseptic, anti-stomatitis, deodorant, derivative, desiccant, expectorant, germicidal, hypnotic, hypoglycaemic, powerful astringent, sedative, styptic, tonic, tonic to teeth and gum, and wound healing <sup>[49]</sup>.



### Mastagi

The plant is both aromatic and medicinal, suggesting that it may have a pleasant fragrance along with therapeutic properties<sup>[7,8]</sup>. Muhallil-e-Auram (Anti-inflammatory), Mushtahi-e-Ta'am (Appetizer), Mujaffif-e-Rutoobat (Siccative), Musakhkhin (Calorific), Mulayyin (Softening Agent), Qabiz (Astringent), Mulattif (Demulcent), Jali (Detergent), Muqawwi-e-Aam (General tonic), Muqawwi-e-Meda (Stomach Tonic), Muqaww-e-Aza-e-Raisa (Tonic to Vital organs), Mufatteh-e-Sudad (Deobstruent), Mufarreh qalb (Exhilarant), Musakkin-e-Alam (Analgesic), Mundamil-e-Qurooh. (Cicatrizant), Munaffis-e-Balgham (Expectorant), Mudirr-e-Bau (Diuretic), Jazib-e-Rutoobat (Absorbant), Habis-e-Dam (Heamostatic), Habis-e-Ishal (Anri-diarrhoeal), Kasir-e-Riyah (Anti Flatulant)<sup>[50]</sup>.

### Kuchla

Seeds are Muhallil (Anti-inflammatory), Musakkin-i-alam (Anodyne), Mushil (Purgative), Munaffith wa Mukhrij balgham (Expellant of phlegmatic matter), Muqawwi-i-Bah (Aphrodisiac), Musaffi-i-Khoon (blood purifier), Dafi'-i-Amrad'Asbaniya (Useful in nerve disorders), Muqawwi-i-A'sab (Nervine tonic), Muharrik-i-A'sab (nervine stimulant), Dafi'-i-Ta'affun (antiseptic), Musakkin-i-alam (Analgesic). It is also used as Mudirr-i-Bawl (Diuretic), Mudirr-i-Hayd (Emmenagogue), Mufattit-i-Hasa (Lithotriptic) etc.<sup>[57]</sup>.

### Marwareed

Pearls found in General mollusks inhabiting shallow seas and sandbanks<sup>[21]</sup>. The Persian Gulf is the sources of most of the fine natural pearls found today and the center of the natural-pearl fisheries is the Island of Bahrain. It is a exhilarant, enhances body faculties and vital force<sup>[22]</sup>. Pearl consists of 92% of calcium carbonate in the form of aragonite crystals, held together by an organic substance, conchiolin about 6%, plus a small quantity of water (about 2%)<sup>[51]</sup>. It is important constituent of habb e marwareed. Pearl is used to treat heart weakness, myocardial degenerations, tuberculosis and habitual abortion<sup>[62]</sup>.

### Amber

Ambergris is formed from a secretion of the bile duct in the intestines of the sperm whale (*Physeter macrocephalus*), and can be found floating on the sea washed up on the coast<sup>[52]</sup>. Its warming properties are to strengthen the heart, liver and brain, muharrik asab, muqawi asab, muharik bah etc<sup>[64]</sup>.

### Arq Gulab

It seems like you've provided information about Arqiyat, specifically Arq Gulab, which is a liquid preparation obtained by distilling *Rosa damascena* flowers in an aqueous medium. Arq Gulab is described to have various properties such as being refrigerant, anti-inflammatory, analgesic, reducing thirst, providing relief in conjunctivitis, and acting as an exhilarant. Additionally, it is considered cardio-tonic and is used for managing anxiety, syncope, palpitation, and providing strength and cheerfulness to the heart. It is commonly prescribed when there is weakness in essential organs like the brain, heart, and liver<sup>[6]</sup>.

### Conclusions

In conclusion, the traditional Unani medicine, Habb-e-Marwareed, exhibits promising therapeutic potential in addressing various gynecological issues, as described in

ancient texts and supported by its diverse array of scientifically described properties. Its reported efficacy in treating conditions such as leucorrhoea, amenorrhoea, dysmenorrhoea, and general weakness underscores its relevance in women's health care. The ingredients used in Habb-e-Marwareed are listed with various scientifically described properties such as astringent, antispasmodic, anti-inflammatory, antioxidant, exhilarant, diuretic, emmenagogue, antiseptic, analgesic, carminative, and expectorant etc. However, it is essential to approach its use with caution, acknowledging the need for scientific validation through rigorous studies and clinical trials to ascertain its safety and effectiveness. While traditional medicines offer valuable insights, bridging the gap between traditional knowledge and contemporary scientific validation is imperative to ensure optimal healthcare outcomes for women. Further research into the pharmacological mechanisms and potential side effects of Habb-e-Marwareed is warranted to establish its role in modern medical practice.

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