

Traditional Healing in Modern Gynecology: The Role of Huqna (Enema) in Iltehab Houz-e-Ana (Pelvic Inflammatory Disease)

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Abstract: *Pelvic Inflammatory Disease (PID) is a serious infection of the female reproductive tract often caused by sexually transmitted bacteria, leading to significant complications if untreated. Unani medicine offers a holistic approach to managing PID through therapies such as Huqna (Enema), which delivers herbal formulations rectally to exert local anti-inflammatory, antimicrobial, and detoxifying effects. This paper explores the role of Huqna alongside dietary management (Ilaj bil Ghiza) and regimenal therapies (Ilaj bil Tadabeer) in treating PID. The synergistic use of medicinal plants like Neem, Chamomile, Aloe vera, and Giloy in Huqna (Enema) not only targets the infectious agents but also soothes inflammation and improves circulation in the pelvic region. Chronic PID cases, however, demand prolonged and carefully individualized treatment under the supervision of a qualified Unani physician, emphasizing the importance of considering the patient's mizaj (temperament) and overall constitution. Maintaining proper hygiene, adhering to dietary guidelines, and abstaining from sexual activity during treatment are critical to prevent recurrences and achieve optimal recovery. This integrative Unani strategy highlights the potential for traditional therapies to complement modern approaches in the effective management of PID.*

Keywords: Pelvic Inflammatory Disease, Huqna, Unani Medicine, Anti inflammatory drugs

1. Introduction

Pelvic Inflammatory Disease (PID) is an infection of the female reproductive organs i.e. uterus, fallopian tubes, and ovaries typically caused by bacterial pathogens, often sexually transmitted organisms like *Neisseria gonorrhoeae* and *Chlamydia trachomatis*.⁽¹⁾ If left untreated, PID can lead to severe complications including chronic pelvic pain, ectopic pregnancy, and infertility due to tubal damage.⁽¹⁾

Unani Medicine is a traditional healing system founded on the principles laid down by ancient Greek physicians such as Hippocrates and Galen and subsequently enriched by Arab and Persian scholars.⁽²⁾ It emphasizes holistic treatment using natural substances, diet regulation, regimenal therapies (Tadbeer), and specific techniques like Huqna (therapeutic enema).^(3,4)

Role of Huqna in the Management of PID

Huqna, in Unani practice, involves the introduction of medicated liquids into the rectum to achieve systemic and local therapeutic effects.⁽³⁾ Its application in PID is based on several theoretical and practical benefits:

Local Action

The rectal route allows direct absorption of medicinal substances near the pelvic organs. Given the anatomical proximity of the rectum to the uterus and adnexa, Huqna ensures faster and targeted therapeutic action on inflamed

reproductive structures.⁽⁴⁾ This method enhances local anti-inflammatory and antimicrobial effects, crucial in PID management.^(4,5)

Detoxification and Humor Balance

According to Unani doctrine, disease often results from the imbalance of Akhlat (humors) and accumulation of morbid matter (fasad).⁽⁵⁾ Huqna assists in expelling waste materials from the intestines, thereby decreasing systemic toxin burden and facilitating the restoration of internal harmony essential for healing.

Pain Relief

PID is frequently accompanied by severe pelvic pain. Certain Huqna formulations incorporate agents like chamomile and liquorice, known for their antispasmodic and analgesic properties, providing symptomatic relief.⁽⁹⁾




Enhancement of Circulation







By alleviating intestinal congestion and stimulating local blood flow, Huqna indirectly improves vascular supply to the pelvic organs, promoting healing and the resolution of infection.⁽¹⁰⁾

1) Ilaj bil Dawa (Pharmacotherapy)⁽¹⁴⁻¹⁶⁾

Unani treatment for PID based on the principles of Tahleel-e-Auram (resolving inflammation), Tanqiya (detoxification), and Taskeen-e-Alam (pain relief)

Use of Anti-inflammatory and Antimicrobial Herbs in Huqna for PID: (14, 15,17)

Sl No.	Unani Drug	Botanical Name	Dose	Action	Images
1	Aloevera	Aloe barbadensis Mille	5 gr	anti-inflammatory and demulcent	
2	Arq Gulab	Rosa rubiginosa	3 gr	anti-inflammatory and analgesic	
3	Baboon	Matricaria chamomilla.	5 gr	anti-inflammatory and antispasmodic	
6.	Haldi	Curcuma longa	500 mg	astringent and aids in wound healing	
7.	Mako	Solanum nigrum	5 gr	antimicrobial and detoxifier	
8.	Tukhm-e-Kasni	Cichorium intybus	5 gr	detoxification (Tanqiya)	
9.	Nakhuna	Citrullus colocynthis	6 gr	purgative and anti-inflammatory	
10.	Brinjasif	Eucalyptus globulus	5 gr	antiseptic, expectorant, and antimicrobial	

12.	Tukhm-e- kasus	Cuscuta reflexa Roxb	5 gr	inflammatory, Demulcent.	
13.	Neem	Azadirachta indica linn	5-6gr	Mild antimicrobial, Anti-inflammatory	
14.	Giloy	Tinospora cordifolia linn	6 gr	Anti-inflammatory, Analgesic.	
15.	Henna	Lawsonia inermis	5 gr	Blood purifier (Munaffis-e-Dam), mild anti-inflammatory.	
16.	Tulsi (Basil)	Ocimum tenuiflorum	6 gr	Antioxidant, anti-inflammatory, anti-bacterial, and anti-fungal	
17.	Gul-e-Tesu	Butea monosperma	5-6gr	Analgesic and Anti-inflammatory	

The synergistic action of these herbs addresses both infection and inflammation of the pelvic organs.

Unani Huqna Formula for PID

Ingredients for Decoction:

- **Barg-e-Neem (Azadirachta indica):** 10g Antibacterial, anti-inflammatory. ⁽¹¹⁾ It Controls bacterial proliferation and reduces inflammation.
- **Babuna (Chamomile):** Eases uterine spasms and provides pain relief.
- **Olive Oil and Honey:** 10ml Lubricating, mild antimicrobial. Soothe and protect mucosal surfaces, and provide mild antimicrobial effects.

- **Gul-e-Babuna (Matricaria chamomilla - Chamomile):** 5g Muscle relaxant, anti-inflammatory.

Preparation:

Boil the herbs in 250 ml of water till reduced to approximately 125 ml. Strain the decoction. Add olive oil and honey. Cool to body temperature. Administer the huqna gently using appropriate rectal equipment.

Timing:

Once daily or every alternate day, preferably in the morning on an empty stomach.

2) Ilaj bil Ghiza (Dietary Regulation) ⁽⁴⁾

Consume easily digestible foods such as barley water and light chicken broth.

- Dietary advice: Light, non-irritating diet focusing on vegetables
- Avoid spicy, fried, heavy foods to prevent aggravation of internal heat (Hararat-e-Ghariziya).
- Encourage intake of lukewarm water and the inclusion of herbs like Unnab, Seer, and Shahtara into meals.

3) Ilaj bil Tadabeer (Regimenal Therapy) ^(16,17)

- **Mild Hammam (steam bath):** With mild herbal extracts Once weekly, focusing on the lower abdomen to enhance circulation and relieve pelvic congestion.
- **Application of Roghan-e-Zaitoon (olive oil)** over the lower abdomen to relax muscles and promote healing.
- **Sitz Bath:** Using lukewarm water infused with chamomile flowers to soothe inflammation.
- **Daleel (local fomentation)** with warm decoction of Baboona and Qust.

Chronic PID:

Chronic PID cases may require longer treatment duration (4-6 weeks). Unani physician's supervision is essential for dosage adjustments based on mizaj (temperament) of the patient. If needed, blood purifiers like **Sharbat Unnab** or **Sharbat Dinar** can be added to support systemic detoxification. ^(14,15)

Precautions ^(14,15)

Maintain strict genital hygiene to prevent secondary infections. Sexual activity should be avoided during active treatment to allow healing and to prevent recurrence.

2. Conclusion

Unani medicine, through therapies like Huqna (Enema), offers a holistic and effective approach to managing Pelvic Inflammatory Disease (PID). By utilizing herbal formulations with anti-inflammatory, antimicrobial, and detoxifying properties, Huqna promotes local healing and systemic balance. Combined with dietary regulation and regimenal therapies, it supports faster recovery and reduces the risk of complications. Proper hygiene and individualized treatment based on the patient's temperament are essential for optimal outcomes. Thus, Unani principles provide a valuable adjunct to conventional PID management.

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