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Efficacy of *Qurş-ī-Shibb* in *Kathrat-i-Ṭamth* (HMB): An observational clinical study

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ABSTRACT: Heavy flow during menstruation is called Menorrhagia or Heavy Menstrual Bleeding, which is one of the most common reasons for women to be referred to gynaecologists. In reproductive age groups 30% of women affected by HMB. In the Unani system, HMB is called Kathrat-i-Ṭamth is due to Zu'f-i-qūwwat-i-māsika and Qawī qūwwat-i-dāfi'a of uterus. Several drugs and Hysterectomy is recommended for the treatment of HMB but having side-effects. Qurş-ī-Shibb mentioned for menorrhagia in classical texts, but it has not been validated scientifically till date. Hence, an attempt was made to evaluate the effect of Qurş-ī-Shibb in Kathrat-i-Ṭamth.

METHODS: This study was carried out at NIUM Hospital. Diagnosed patients (n=30), married and unmarried between 18-40 years, having regular cycles with heavy bleeding in duration or amount of flow or both were included. Test drug Qurş-ī-Shibb 3gm per day (3Qurstd) from 1st day of menses for 5 days for 2 cycles. The primary outcome was to assess the effect of the test drug on menstrual blood loss with the PBAC Scale. The secondary outcome was an improvement in QOL assessed by the SF12 scale. Results were analysed by using the Student 't' test and paired proportion test.

RESULTS: All patients of HMB improved and responded well with the test drug. The test drug reduces the PBAC score Mean±SD is 384.23±127.94, 99.66±48.47, before and after treatment respectively with P-value of 0.001**. The patients' quality of life improved with mean±SD 74.66±8.62, 105.31±5.50 respectively before and after treatment with Pvalue of 0.001** which is highly significant.

INTERPRETATION AND CONCLUSION: It is concluded that the test drug *Qurs̄-ī-Shibb* was found effective in reducing heavy menstrual bleeding in terms of duration and amount of flow. Furthermore, it was found safe and well-tolerated by the patients.

KEYWORDS: *Kathrat-i-ṭamth*; Heavy menstrual bleeding; *Qurs̄-ī-Shibb*; Quality of life; PBAC, SF12 scale.

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