

Herbal Medicines for Leucorrhea According to Iranian Traditional Medicine

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Abstract

Background: Leucorrhea or vaginal discharge is a conventional complaint. It is generally whitish, yellowish, or greenish vaginal discharge in females that might be normal or a symptom of infection. It is almost mucus discharge, which exhibit exfoliation of vaginal epithelial cells due to estrogen influence on the vaginal mucosa. It is important to identify the differences between physiologic and pathologic discharges. Leucorrhea is a well-known disease in Iranian traditional medicine (ITM). In their manuscripts, the word “Sayalan-e rahem” was used by Avicenna and some other Iranian traditional practitioners to describe this condition. Ancient practitioners believed that excessive residue (kesrate fozool) and weakness of digestion (Za’afe hazm) were the main causes of leucorrhea, for which herbal therapy was the main proposed treatment. In the present study, medicinal plants used in ITM for leucorrhea are introduced.

Methods: In this research, six Iranian traditional textbooks including Canon of Medicine (Avicenna 980-1037 AD), A-Hawi (Razes 865-925 AD), Tuhfat ul-Momineen (Mo’men tonekaboni, 17th century), Makhzan-ul-Adwiah (Aghili 18th century), Ikhtiarat Badi’i (Ansari 1329-1404 AD), and al-jāmi li-mufradāt al-adwiyawa al-aghddhiy (Ibn al-Baitar 1197 AD) were studied and searched for anti-leucorrhea medicines. Then the herbal medicines were selected and scored depending on their frequency in the above-mentioned textbooks. Additional attention was paid to provide the most suitable scientific name for each plant.

Results: This study introduced many Materia Medica with anti-leucorrhea activity and among them seven herbs including *Rubus fruticosus* L., *Rhus coriaria* L., *Phoenix dactylifera* L., *Pimpinella anisum* L., *Rumex acetosa* L., *Olea europaea* L. and *Quercus lusitanica* Lam. showed the most repetition in ITM prescriptions.

Conclusion: These herbs can be introduced as new anti-leucorrhea herbal medicines for clinical research.

Keywords • Vaginal discharge • Medicine • Traditional • Herbal medicine

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