

**ABZAN (SITZ BATH) THERAPY IN UNANI MEDICINE: HISTORICAL ROOTS,
THERAPEUTIC BENEFITS, AND CONTEMPORARY APPLICATIONS**

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Article Received on 07/02/2024

Article Revised on 27/02/2024

Article Accepted on 17/03/2024

ABSTRACT

Abzan, also known as Sitz Bath, is a traditional regimental therapy deeply rooted in the holistic healing system of Unani medicine. This paper provides a comprehensive exploration of Abzan therapy, encompassing its historical roots, theoretical framework, therapeutic benefits, contemporary applications, and safety considerations. Originating from ancient civilizations such as Greek, Persian, and Indian cultures, Abzan therapy evolved over centuries and became an integral component of Unani medicine during the Islamic Golden Age. Influential scholars like Avicenna and Rhazes contributed significantly to its development and documentation, laying the foundation for its continued practice and relevance in modern healthcare. Abzan therapy offers a myriad of therapeutic benefits, including localized relief for pelvic and perineal conditions, alleviation of pain, inflammation, itching, and swelling, as well as promotion of wound healing and hygiene. Its mechanism of action involves both local effects, such as warmth, hydration, and relaxation, and systemic effects, including improved circulation and stress reduction. Contemporary applications of Abzan therapy extend beyond traditional practices, with growing research evidence supporting its efficacy in treating various pelvic conditions. However, ensuring the safety and efficacy of Abzan therapy requires adherence to specific precautions, considerations, and safety guidelines. By integrating Abzan therapy into modern healthcare settings and adhering to evidence-based practices, healthcare practitioners can optimize its benefits for patients seeking natural and effective solutions for pelvic health concerns.

KEYWORDS: Abzan therapy, Sitz Bath therapy, Unani medicine, holistic healing, pelvic health, regimental therapy.

INTRODUCTION

Abzan, also known as Sitz Bath therapy, is a traditional regimental therapy deeply rooted in the holistic healing system of Unani medicine (Ahmed & Abid, 2017). Derived from the Arabic word "abzan," meaning "to sit," this therapeutic practice involves immersing the pelvic region in warm water or herbal decoctions for therapeutic purposes (Hasan, I. 2014). It has been practiced for centuries as a natural remedy for various pelvic ailments and discomforts, offering localized relief and promoting healing (WHO, 2013). Abzan therapy is based on the principle of restoring balance and harmony in the body by utilizing natural elements and their therapeutic properties (Al Rawi et al., 1999).

Unani medicine, also known as Yunani medicine, is a comprehensive system of traditional medicine that originated from the ancient Greek, Persian, and Indian medical traditions (Rasheed & Rasheed, 2020). The term "Unani" is derived from the Greek word "Ionia," which refers to the region of ancient Greece where the system was first developed. Unani medicine is based on the

principles of the four humors (akhlat): blood (dam), phlegm (balgham), yellow bile (safra), and black bile (sauda), which are believed to govern the physiological and psychological functions of the body (Avicenna, 1999). The balance of these humors is considered essential for maintaining good health, and any disruption or imbalance can lead to disease. Unani medicine encompasses various therapeutic modalities, including pharmacotherapy, dietotherapy, regimental therapy, and surgery, with a focus on restoring the body's natural equilibrium and promoting holistic well-being.

The purpose of this paper is to provide a comprehensive overview of Abzan (Sitz Bath) therapy within the framework of Unani medicine. Through an exploration of its historical roots, theoretical framework, therapeutic benefits, contemporary applications, and safety considerations, this paper aims to elucidate the significance of Abzan therapy in promoting physical and psychological well-being (Hamedi et al., 2015). This paper aims to highlight the cultural significance, practical guidelines, and potential avenues for future

research in the field of Abzan therapy. Overall, the paper endeavors to contribute to the body of literature on traditional healing modalities and their relevance in contemporary healthcare contexts.

HISTORICAL ROOTS OF ABZAN THERAPY

Abzan therapy, also known as Sitz Bath, has a rich historical lineage dating back to ancient civilizations such as Greek, Persian, and Indian cultures (Mohebitabar et al., 2016).

1. Origins of Abzan therapy in ancient civilizations

- Abzan therapy finds its origins in ancient Greece, where esteemed physicians like Hippocrates and Galen pioneered the foundational principles of medical practice (Sharma et al., 2010). These ancient healers recognized the therapeutic benefits of water-based treatments and incorporated bathing practices into their medical traditions.
- In Persia (modern-day Iran) and India, similar traditions of hydrotherapy and bathing rituals prevailed, reflecting the cultural significance of water in promoting health and well-being (Mahdavi et al., 2013). These ancient civilizations valued the cleansing and healing properties of water, laying the groundwork for the development of regimental therapies like Abzan.

2. Incorporation of Abzan into Unani medicine during the Islamic Golden Age

- Unani medicine, an ancient healing system that originated from the synthesis of Greek, Persian, and Indian medical traditions, flourished during the Islamic Golden Age (8th to 14th centuries CE) (Rasheed & Rasheed, 2020).
- Islamic scholars and physicians played a pivotal role in expanding and refining the knowledge of Unani medicine, including the integration of regimental therapies like Abzan into clinical practice (Avicenna, 1999). The Unani system emphasized the holistic approach to health, focusing on restoring balance and harmony in the body through natural means.

3. Contributions of influential scholars to Abzan therapy

- Prominent scholars of the Islamic Golden Age, such as Avicenna (Ibn Sina) and Rhazes (Al-Razi), made significant contributions to the field of Unani medicine, documenting their findings and observations in influential medical texts (WHO, 2013).
- Avicenna, in his monumental work "The Canon of Medicine" (Al-Qanun fi al-Tibb), discussed the therapeutic benefits of hydrotherapy, including Abzan, for various ailments (Avicenna, 1999). He elucidated the physiological effects of water on the body and provided guidelines for the proper administration of Abzan therapy.

- Rhazes, known for his comprehensive medical encyclopedia "The Comprehensive Book on Medicine" (Al-Hawi fi al-Tibb), also advocated for the use of hydrotherapy, including Abzan, in the treatment of diseases (Hamedi et al., 2015). His writings contributed to the preservation and dissemination of knowledge on Abzan therapy within the Unani medical tradition.

Operative Procedure for Abzan Therapy

- Preparation of the Bathing Area:
 - Ensure that the bathing area is clean and sanitized before each session.
 - Use a basin or tub large enough to comfortably accommodate the patient's pelvic region.
 - Fill the basin or tub with warm water at a temperature comfortable for the patient. The water temperature should not be too hot to avoid scalding or discomfort.
- Selection of Herbs (Optional)
 - If incorporating herbs into Abzan therapy, select appropriate herbs based on the patient's condition and therapeutic goals.
 - Common herbs used in Abzan therapy include chamomile, neem, yarrow, witch hazel, senna, and alum. Ensure that the herbs are of high quality and free from contaminants.
- Herbal Infusion (Optional)
 - If using herbs, prepare an herbal infusion by steeping the selected herbs in hot water for a few minutes.
 - Strain the herbal infusion to remove any solid particles, ensuring a clear and smooth bathing solution.
- Patient Preparation
 - Provide privacy and ensure the patient's comfort throughout the procedure.
 - Instruct the patient to undress from the waist down and sit comfortably on the edge of the basin or tub.
- Immersion in Warm Water
 - Guide the patient to gently lower their pelvic region into the warm water or herbal infusion, ensuring that the water covers the perineal area.
 - Encourage the patient to relax and remain seated in the water for the prescribed duration, typically 10 to 20 minutes, depending on the therapeutic goals and the patient's tolerance.
- Gentle Cleansing and Soaking
 - Instruct the patient to gently cleanse the perineal area with their hands or a soft cloth, if desired, using mild soap or herbal solutions.
 - Encourage the patient to soak in the warm water, allowing the therapeutic properties to penetrate the skin and mucous membranes.

7. Monitoring and Support

- Monitor the patient closely throughout the Abzan therapy session, observing for any signs of discomfort, allergic reactions, or adverse effects.
- Provide support and reassurance to the patient, addressing any concerns or questions they may have during the procedure.

8. Completion and Drying

- After the prescribed duration, instruct the patient to slowly rise from the water and pat the perineal area dry with a clean towel.
- Advise the patient to dress comfortably and avoid vigorous activity immediately after Abzan therapy to allow the body to relax and benefit from the treatment.

9. Follow-up and Documentation

- Schedule follow-up appointments as needed to monitor the patient's progress and adjust the treatment plan accordingly.
- Maintain accurate documentation of Abzan therapy sessions, including details such as water temperature, duration, herbal additives (if used), and patient responses.

THEORETICAL FRAMEWORK OF ABZAN THERAPY

Abzan therapy finds its theoretical framework deeply rooted in the principles of Unani medicine, a holistic healing system that emphasizes restoring balance and harmony within the body (Ahmed & Abid, 2017).

1. Humoral Theory and Abzan Therapy

- **Balance of Humors:** According to humoral theory, the human body is composed of four primary humors: blood (dam), phlegm (balgham), yellow bile (safra), and black bile (sauda) (Avicenna, 1999). Health is believed to be maintained when these humors are in balance, while illness results from an imbalance or excess of any one humor.
- **Restoration of Equilibrium:** Abzan therapy operates on the premise that by immersing the pelvic region in warm water or herbal decoctions, the body's natural balance can be restored (Rasheed & Rasheed, 2020). The therapeutic effects of Abzan aim to harmonize the humors, thereby alleviating symptoms and promoting healing.

2. Concept of Balance and Harmony

- **Natural Elements and Therapeutic Properties:** In Unani medicine, the body is viewed as an interconnected system that interacts with the natural environment (WHO, 2013). Abzan therapy utilizes warm water and herbal infusions, harnessing their therapeutic properties to restore balance and harmony within the body.
- **Promotion of Homeostasis:** The warm water used in Abzan therapy acts as a catalyst for promoting homeostasis, facilitating physiological processes and enhancing the body's innate healing mechanisms (Al

Rawi et al., 1999). By creating a supportive environment for the body to self-regulate, Abzan therapy helps to alleviate symptoms and improve overall well-being.

3. Integration with Unani Medicine Principles

- **Holistic Approach:** Abzan therapy exemplifies the holistic approach of Unani medicine, which considers the interconnectedness of the body, mind, and spirit (Rasheed & Rasheed, 2020). By addressing both the physical and psychological aspects of health, Abzan therapy aims to achieve comprehensive healing.
- **Individualized Treatment:** In line with Unani medicine principles, Abzan therapy is tailored to the individual's unique constitution and health condition (Ahmed & Abid, 2017). Practitioners take into account factors such as temperament (mizaj) and the predominance of humors when prescribing Abzan therapy, ensuring personalized care.

By aligning with the fundamental tenets of humoral theory and promoting balance and harmony within the body, Abzan therapy continues to serve as a cornerstone of holistic healing in Unani medicine.

THERAPEUTIC BENEFITS OF ABZAN THERAPY

Abzan therapy offers a myriad of therapeutic benefits, particularly targeted towards pelvic and perineal conditions (Sharma et al., 2010). Abzan therapy provides localized relief and promotes healing through its gentle and soothing effects.

1. Localized Relief and Healing for Pelvic and Perineal Conditions

- Abzan therapy is highly effective in providing relief from various pelvic and perineal conditions, including but not limited to hemorrhoids, anal fissures, postpartum issues, and inflammatory conditions of the urinary and reproductive systems (Hamedi et al., 2015).
- By immersing the pelvic region in warm water or herbal decoctions, Abzan therapy delivers targeted relief to the affected area, soothing discomfort and promoting healing (Mahdavi et al., 2013). The warmth and moisture help to alleviate symptoms associated with these conditions, offering comfort and relief.

2. Alleviation of Pain, Inflammation, Itching, and Swelling

- One of the hallmark benefits of Abzan therapy is its ability to alleviate pain, inflammation, itching, and swelling associated with pelvic and perineal conditions (Sharma et al., 2010). The warm water helps to relax muscles, reduce tension, and improve blood circulation in the affected area.
- Whether it's the discomfort of hemorrhoids, the irritation of anal fissures, or the inflammation of

urinary tract infections, Abzan therapy provides symptomatic relief by addressing the underlying causes of these conditions (Mohebitabar et al., 2016).

3. Promotion of Wound Healing and Hygiene

- Abzan therapy plays a significant role in promoting wound healing, particularly in the pelvic and perineal regions (WHO, 2013). By keeping the area clean and moist, Abzan therapy supports the natural healing process of wounds, including postpartum tears, surgical incisions, and other traumatic injuries.
- Abzan therapy acts as a gentle cleansing technique for the pelvic area, helping to remove debris, bacteria, and irritants (Elnagar & Abde-Imageed, 2013). This promotes hygiene and reduces the risk of infections, creating an optimal environment for healing to occur.

By providing localized relief, alleviating discomfort, and promoting wound healing and hygiene, Abzan therapy offering natural and effective solutions for various health concerns.

MECHANISM OF ACTION OF ABZAN THERAPY

Abzan therapy operates through a combination of local and systemic effects, harnessing the therapeutic properties of warm water and herbal infusions to promote healing and well-being (Sharma et al., 2010). Understanding the mechanism of action sheds light on how Abzan therapy exerts its beneficial effects on the body, addressing both physical symptoms and psychological well-being.

Local Effects

1. Warmth and Heat

- The primary local effect of Abzan therapy is the application of warmth and heat to the pelvic region (Avicenna, 1999). The warm water used in Abzan raises the temperature of the tissues, leading to local vasodilation.
- Vasodilation refers to the widening of blood vessels, which increases blood flow to the pelvic area (Hamedi et al., 2015). This enhanced circulation delivers oxygen and nutrients to the tissues, supporting the healing process and reducing congestion.
- The warmth also helps to relax the muscles and tissues in the pelvic area, reducing tension and discomfort. This relaxation of muscles can alleviate symptoms such as muscle spasms and menstrual cramps, providing relief and promoting overall comfort (Mahdavi et al., 2013).

2. Hydration and Moisture

- Immersing the pelvic region in water during Abzan therapy helps to hydrate and moisturize the skin (Mohebitabar et al., 2016). This is particularly beneficial for conditions like perineal tears and hemorrhoids, where maintaining proper moisture

levels is essential for healing and preventing further complications.

- Proper hydration of the skin also helps to alleviate dryness and irritation, promoting skin health and reducing discomfort in the pelvic area (Al Rawi et al., 1999).

3. Cleansing and Wound Healing

- Abzan therapy assists in the gentle cleansing of the pelvic area, helping to remove debris, bacteria, and irritants (Elnagar & Abde-Imageed, 2013). This cleansing action supports the healing process of wounds, including postpartum tears or surgical incisions, by keeping the area clean and reducing the risk of infection.
- The warm water used in Abzan therapy can also promote wound healing by improving blood circulation to the injured tissues (WHO, 2013). Increased blood flow delivers essential nutrients and immune cells to the site of injury, accelerating the healing process.

4. Local Relaxation and Muscle Tension Relief

- The warmth and immersion of the pelvic area in water induce a relaxing effect on the muscles, reducing muscle spasms and tension (Sharma et al., 2010). This can be particularly beneficial for conditions such as pelvic floor muscle dysfunction or menstrual cramps, providing relief and promoting muscle relaxation.

Systemic Effects

1. Improved Circulation

- Abzan therapy also exerts systemic effects on the body (Rasheed & Rasheed, 2020). The warm water used in Abzan promotes vasodilation not only locally but also systemically.
- This increased blood flow enhances circulation throughout the body, aiding in the delivery of oxygen and nutrients to various organs and tissues (Ahmed & Abid, 2017). Improved circulation supports overall health and contributes to the body's natural healing processes.

2. Relaxation and Stress Reduction

- Abzan therapy offers a soothing and calming experience, which can help reduce stress and anxiety (WHO, 2013). The warm water and the act of taking time for self-care create a tranquil environment, promoting relaxation and mental well-being.
- By reducing stress and promoting relaxation, Abzan therapy supports the body's natural healing responses and contributes to overall well-being.

Abzan therapy works through a combination of local effects, including warmth, hydration, cleansing, and muscle relaxation, as well as systemic effects, such as improved circulation and stress reduction.

CONTEMPORARY APPLICATIONS OF ABZAN THERAPY

In recent years, Abzan therapy has garnered renewed interest and recognition within modern healthcare practices, with growing research evidence supporting its efficacy in treating various pelvic conditions (WHO, 2013). This section explores the contemporary applications of Abzan therapy and its integration into modern healthcare settings.

Integration into Modern Healthcare Practices

1. Complementary Therapy

- Abzan therapy is increasingly recognized as a complementary therapy within modern healthcare practices, particularly in integrative medicine settings (Sharma et al., 2010). Integrative medicine emphasizes a holistic approach to healthcare, combining conventional treatments with evidence-based complementary therapies to address the physical, emotional, and spiritual aspects of health (Al Rawi et al., 1999).
- Healthcare providers are incorporating Abzan therapy into treatment plans for pelvic and perineal conditions, offering patients additional options for symptom management and healing (Rasheed & Rasheed, 2020). By integrating Abzan therapy with conventional medical interventions, practitioners aim to provide comprehensive care that addresses the diverse needs of patients.

2. Clinical Studies and Research

- Contemporary research studies have begun to investigate the efficacy and safety of Abzan therapy for various health conditions (Hamedi et al., 2015). Clinical trials and observational studies are evaluating the therapeutic effects of Abzan therapy on conditions such as hemorrhoids, anal fissures, and postpartum recovery.
- Research findings contribute to the growing body of evidence supporting the use of Abzan therapy in modern healthcare practices (Mohebitabar et al., 2016). By generating empirical data on its efficacy, safety, and mechanisms of action, these studies help validate Abzan therapy as a valuable therapeutic modality.

Specialized Clinical Settings

1. Pelvic Health Clinics

Pelvic health clinics and specialized treatment centers are incorporating Abzan therapy into their offerings for patients with pelvic floor disorders and other pelvic health conditions (Elnagar & Abde-Imageed, 2013). Multidisciplinary teams, including urologists, gynecologists, physical therapists, and integrative medicine practitioners, collaborate to provide comprehensive care.

Abzan therapy may be offered as part of a comprehensive treatment plan that includes pelvic floor exercises, dietary modifications, and other therapeutic

interventions (Ahmed & Abid, 2017). This integrated approach addresses the multifaceted nature of pelvic health conditions and promotes optimal outcomes for patients.

2. Maternity Care Settings

- In maternity care settings, Abzan therapy is gaining popularity as a natural and gentle approach to postpartum recovery (WHO, 2013). Women may receive Abzan therapy to promote healing and relieve discomfort following childbirth, particularly for perineal tears or episiotomies.
- Midwives and obstetricians may recommend Abzan therapy as part of postpartum care protocols, providing mothers with a soothing and supportive experience during the early postpartum period (Mahdavi et al., 2013). By facilitating wound healing and promoting relaxation, Abzan therapy contributes to a smoother recovery process for new mothers.

Consumer Interest and Self-Care Practices

1. Home-Based Therapeutic Practices

- With the increasing availability of information on holistic health and self-care practices, individuals are exploring home-based applications of Abzan therapy (Sharma et al., 2010). Home baths or sitz baths using warm water and herbal infusions are becoming popular among those seeking natural remedies for pelvic discomfort.
- Online resources, books, and educational materials provide guidance on incorporating Abzan therapy into self-care routines (Mohebitabar et al., 2016). By empowering individuals to take control of their health and well-being, these resources contribute to the democratization of holistic healing practices.

2. Spa and Wellness Centers

- Spa and wellness centers are incorporating Abzan therapy into their offerings, catering to individuals seeking relaxation and rejuvenation (Rasheed & Rasheed, 2020). Abzan therapy sessions may be offered as part of spa packages or wellness retreats, providing clients with a therapeutic experience in a serene environment.
- By promoting Abzan therapy as a wellness practice, spa and wellness centers contribute to its mainstream acceptance and accessibility (Elnagar & Abde-Imageed, 2013). Clients may choose Abzan therapy as a way to unwind, de-stress, and nurture their overall well-being.

Abzan therapy continues to evolve and find contemporary applications within modern healthcare practices, specialized clinical settings, and self-care routines (Al Rawi et al., 1999). As research advances and consumer interest grows, Abzan therapy is poised to play an increasingly prominent role in promoting pelvic health, supporting postpartum recovery, and enhancing overall well-being.

Precautions, Considerations, and Safety Guidelines

Ensuring the safety and efficacy of Abzan therapy requires adherence to specific precautions, considerations, and safety guidelines. This section outlines the importance of hygiene, considerations for individuals with medical conditions or pregnancy, and recommendations for practitioners and patients.

Importance of Hygiene and Safety

- 1. Prevention of Infections:** Proper hygiene practices are essential to prevent the risk of infections during Abzan therapy. Healthcare practitioners should ensure that the bathing area is clean and sanitized before each session. The water used for Abzan should be clean and free from contaminants to minimize the risk of introducing pathogens into the pelvic region.
- 2. Regular Cleaning and Maintenance:** Regular cleaning and maintenance of the bathing equipment, including basins or tubs, are crucial to maintain a safe and hygienic environment. Practitioners should follow established protocols for cleaning and disinfecting equipment to prevent cross-contamination and ensure patient safety.

Considerations for Individuals with Medical Conditions or Pregnancy

- 1. Medical Conditions:** Individuals with certain medical conditions should exercise caution when undergoing Abzan therapy. For example, those with open wounds, skin infections, or urinary tract infections may need to avoid Abzan until the condition is resolved or seek medical advice before proceeding. Practitioners should conduct a thorough assessment of the patient's medical history and current health status to determine the suitability of Abzan therapy.
- 2. Pregnancy:** Pregnant women should consult with their healthcare provider before undergoing Abzan therapy to ensure it is safe for both the mother and the baby. While Abzan therapy is generally considered safe during pregnancy, specific precautions may apply depending on the individual's medical history and gestational age. Healthcare providers should provide clear guidance to pregnant patients regarding the appropriate temperature, duration, and frequency of Abzan sessions to ensure optimal safety and efficacy.

Recommendations for Practitioners and Patients

- 1. Patient Education:** Healthcare practitioners should provide comprehensive education to patients regarding the proper administration of Abzan therapy and adherence to safety guidelines. Patients should be informed about the importance of maintaining proper hygiene, selecting appropriate water temperature, and following recommended durations and frequencies of Abzan sessions.
- 2. Monitoring and Assessment:** Practitioners should closely monitor patients during Abzan therapy

sessions to ensure they are comfortable and safe. Regular assessments of the patient's response to therapy, including any adverse reactions or unexpected symptoms, should be conducted to guide adjustments in treatment as needed. Open communication between the practitioner and the patient is essential to address any concerns or discomfort promptly.

- 3. Documentation and Follow-up:** Healthcare practitioners should maintain accurate documentation of Abzan therapy sessions, including details such as water temperature, duration of sessions, and patient responses. Follow-up appointments should be scheduled to monitor the patient's progress, reassess treatment goals, and make any necessary modifications to the treatment plan.

Adherence to precautions, considerations, and safety guidelines is essential to ensure the safe and effective administration of Abzan therapy. By prioritizing hygiene, considering individual medical conditions or pregnancy, and providing comprehensive education and monitoring, healthcare practitioners can optimize the benefits of Abzan therapy while minimizing potential risks for patients.

Common Herbs Used In Abzan Therapy

Abzan therapy often incorporates various herbs to enhance its therapeutic benefits.

Common Herbs

- 1. Chamomile (*Matricaria chamomilla*):** Chamomile is widely recognized for its soothing and anti-inflammatory properties. It contains compounds such as chamazulene and bisabolol, which have been shown to reduce inflammation, relieve itching, and promote wound healing.
- 2. Neem (*Azadirachta indica*):** Neem is a powerful herb with antibacterial, antifungal, and anti-inflammatory properties. It is commonly used in Abzan therapy to treat infections, reduce inflammation, and promote skin health.
- 3. Yarrow (*Achillea millefolium*):** Yarrow possesses astringent and anti-inflammatory properties, making it beneficial for conditions such as hemorrhoids and anal fissures. It helps reduce bleeding, inflammation, and discomfort associated with these conditions.
- 4. Witch Hazel (*Hamamelis virginiana*):** Witch hazel is known for its astringent properties, which help reduce swelling and inflammation. It is often used to soothe irritated skin and relieve discomfort in conditions like hemorrhoids and anal fissures.
- 5. Senna (*Cassia angustifolia*):** Senna is a natural laxative herb commonly added to Abzan therapy to relieve constipation and promote bowel movements. It stimulates bowel contractions, facilitating the elimination of waste from the body.
- 6. Fitkari (Alum or Potassium alum):** Fitkari has astringent and antiseptic properties, making it

beneficial for tightening tissues, reducing inflammation, and promoting wound healing. It is occasionally used in Abzan therapy to enhance its therapeutic effects.

Properties and Therapeutic Benefits

- **Anti-inflammatory:** Herbs such as chamomile, neem, and witch hazel have anti-inflammatory properties that help reduce swelling, inflammation, and discomfort associated with pelvic conditions like hemorrhoids and anal fissures.
- **Antibacterial and Antifungal:** Neem possesses strong antibacterial and antifungal properties, making it effective against infections of the skin and mucous membranes. It helps cleanse and disinfect the pelvic area, promoting healing and preventing further infections.
- **Astringent:** Yarrow and witch hazel have astringent properties that help tighten tissues and reduce bleeding. They are beneficial for managing conditions like hemorrhoids and anal fissures, where tissue tightening can alleviate symptoms and promote healing.
- **Laxative:** Senna acts as a natural laxative, stimulating bowel movements and relieving constipation. It helps regulate bowel function and promote digestive health when used as part of Abzan therapy.

Considerations for Herb Selection and Usage

1. **Individual Sensitivities:** Patients may have individual sensitivities or allergies to certain herbs. Practitioners should consider patients' medical history and any known allergies when selecting herbs for Abzan therapy to minimize the risk of adverse reactions.
2. **Herb Interactions:** Some herbs may interact with medications or other herbs, potentially affecting their efficacy or safety. Healthcare practitioners should be knowledgeable about herb interactions and exercise caution when combining multiple herbs in Abzan therapy.
3. **Quality and Purity:** It is essential to use high-quality herbs sourced from reputable suppliers to ensure their efficacy and safety. Practitioners should verify the purity and authenticity of herbs to minimize the risk of contamination or adulteration.
4. **Dosage and Concentration:** The dosage and concentration of herbs used in Abzan therapy should be carefully controlled to achieve optimal therapeutic effects while avoiding adverse reactions. Healthcare practitioners should follow established guidelines and protocols for herb preparation and administration.

Common herbs used in Abzan therapy offer a range of therapeutic benefits, including anti-inflammatory, antibacterial, and laxative properties.

CONCLUSION

Abzan therapy, rooted in the ancient healing traditions of Unani medicine, offers a holistic approach to pelvic health and well-being. By harnessing the therapeutic properties of warm water and herbal infusions, Abzan therapy provides targeted relief, promotes healing, and supports overall wellness. From its theoretical framework grounded in humoral theory to its contemporary applications in modern healthcare practices, Abzan therapy continues to demonstrate its efficacy and relevance in addressing pelvic conditions and promoting holistic health.

As research continues to explore the therapeutic benefits of Abzan therapy and its mechanisms of action, healthcare providers and consumers alike are embracing this gentle and natural approach to healing. Whether integrated into specialized clinical settings, offered in spa and wellness centers, or practiced as part of self-care routines at home, Abzan therapy remains a valuable therapeutic modality that honors the principles of balance, harmony, and holistic well-being.

Through collaboration between traditional healing systems and modern healthcare practices, Abzan therapy serves as a testament to the enduring wisdom of ancient healing traditions and their continued relevance in promoting health and healing in the modern world. As awareness grows and access expands, Abzan therapy has the potential to empower individuals on their journey toward optimal pelvic health and overall wellness.

CONFLICTS OF INTEREST: The authors declare no conflicts of interest.

AUTHORS' CONTRIBUTIONS: Izharul Hasan conceived the idea and drafted the manuscript. All authors critically reviewed and approved the final version for submission.

AUTHORS' FUNDING: The authors received no specific funding for this work.

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