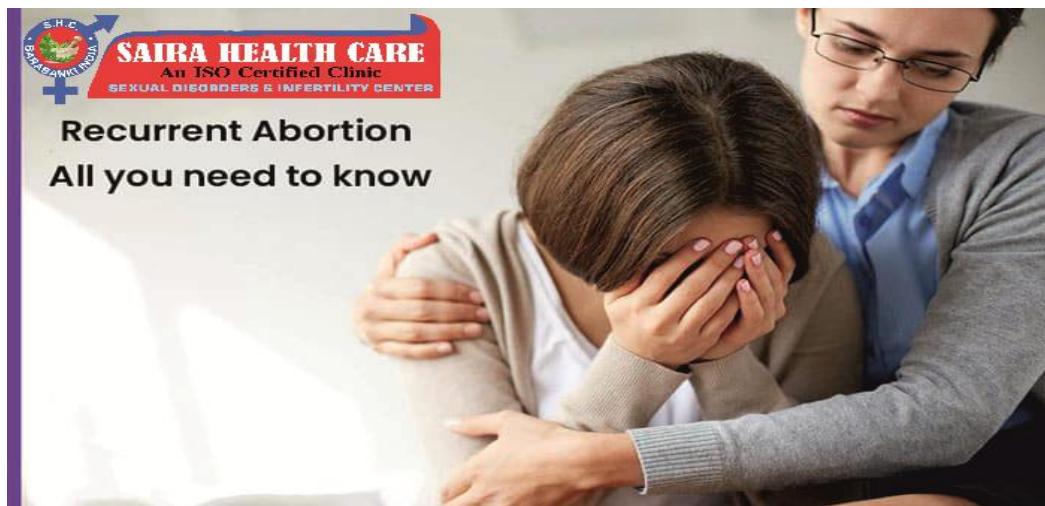


# Recurrent Abortion: Causes, Symptoms, Diagnosis, Treatment, and Precautions in Unani System of Medicine



## Introduction

Recurrent abortion, also known as habitual abortion, refers to the occurrence of three or more consecutive pregnancy losses before the 20th week of gestation. This condition can cause physical, emotional, and psychological distress to women and their families. Addressing recurrent abortion is crucial to improve reproductive health outcomes and enhance the quality of life for affected individuals. In the context of alternative medicine, the Unani system offers holistic approaches to understanding and managing recurrent abortion.



+91-9452580944



+91-5248-359480



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Recurrent abortion, also known as recurrent miscarriage, refers to the unfortunate condition where a woman experiences multiple consecutive pregnancy losses before the 20th week of gestation. It is crucial to delve into the causes, symptoms, diagnosis, treatment, and precautions related to recurrent abortion in modern medicine to aid in the management and prevention of this distressing condition.

## Causes of Recurrent Abortion

Various factors contribute to recurrent abortion, including genetic factors, hormonal imbalances, uterine abnormalities, infections, and lifestyle factors. Genetic factors encompass chromosomal abnormalities in either parent, leading to the inability of the embryo to develop normally. Hormonal imbalances, particularly in hormones essential for maintaining pregnancy such as progesterone, can also result in recurrent abortion. Uterine abnormalities, such as fibroids or septum, may impede the implantation or growth of the embryo. Infections, such as untreated sexually transmitted infections, can also increase the risk of recurrent abortion.



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Lifestyle factors like smoking, excessive alcohol consumption, and substance abuse can negatively impact pregnancy outcomes.

In Unani Medicine, recurrent abortion can be attributed to various factors, including genetic predispositions, hormonal imbalances, and uterine abnormalities. Genetic factors may lead to chromosomal abnormalities in the fetus, while hormonal imbalances can disrupt the delicate balance needed for successful pregnancy. Uterine abnormalities, such as fibroids or abnormalities in the shape of the uterus, can also contribute to recurrent abortion by affecting implantation or the development of the fetus.

## **Symptoms of Recurrent Abortion**

Women experiencing recurrent abortion may observe symptoms such as vaginal bleeding, which can range from light spotting to heavy bleeding, and abdominal pain resembling menstrual cramps or sharp pains. Passing of tissues from the vagina, including clots or pregnancy tissues, may also occur. Furthermore, a decrease in the typical signs and symptoms of pregnancy, like breast tenderness and morning sickness, can indicate a possible miscarriage.



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Identifying the symptoms of recurrent abortion is essential for timely intervention and management. Symptoms may include vaginal bleeding, abdominal pain, back pain, and uterine contractions. These signs may vary in intensity and duration, depending on the underlying cause of recurrent abortion.

## Diagnosis of Recurrent Abortion

Diagnosing recurrent abortion involves a comprehensive assessment, including a detailed medical history to identify any underlying conditions, physical examination to evaluate the reproductive organs, laboratory tests to assess hormone levels and potential infections, and ultrasound scans to visualize the uterus and the developing pregnancy. These diagnostic measures aid in determining the probable cause of recurrent abortion and formulating an appropriate treatment plan.

Diagnosing recurrent abortion in Unani Medicine typically involves a comprehensive assessment that includes a detailed medical history, a physical examination, blood tests to evaluate hormone levels and detect any underlying health conditions, and ultrasound imaging to assess the structure of the uterus and the progression of the pregnancy.



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## Treatment of Recurrent Abortion

Treatment options for recurrent abortion may include medications like progesterone to support the pregnancy, surgical procedures such as cervical cerclage to prevent premature dilation of the cervix, lifestyle changes like maintaining a healthy diet and weight, and psychological support to cope with the emotional distress of repeated pregnancy losses. The choice of treatment depends on the underlying cause identified through diagnostic evaluations.

Treatment of recurrent abortion in Unani Medicine often revolves around the use of herbal medicines and special formulations developed by renowned practitioners such as Dr. Nizamuddin Qasmi. Herbal medicines known for their uterine-strengthening and hormone-balancing properties may help support a healthy pregnancy and reduce the risk of recurrent abortion. Special formulations like Prohamal by Dr. Nizamuddin Qasmi are designed to address specific underlying causes of recurrent abortion and promote a conducive environment for successful pregnancy outcomes. In addition to herbal remedies, Unani Medicine emphasizes the importance of lifestyle and dietary modifications in the management of recurrent abortion.



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Adopting a healthy lifestyle that includes a balanced diet, regular exercise, and adequate rest can help optimize reproductive health and reduce the risk of pregnancy complications.

## Precautions to Prevent Recurrent Abortion

Preventing recurrent abortion involves adopting various precautions, including maintaining a healthy lifestyle by eating a balanced diet, engaging in regular physical activity, and managing stress levels. Managing chronic conditions like diabetes or thyroid disorders effectively is crucial in reducing the risk of recurrent abortion. Avoiding harmful substances such as tobacco, alcohol, and illicit drugs during pregnancy and seeking timely prenatal care are essential precautions to safeguard maternal and fetal health.

To prevent recurrent abortion, individuals can follow certain precautions recommended in Unani Medicine. Avoiding stress, maintaining a healthy weight, staying physically active, and regularly monitoring pregnancy progress are some of the key steps that individuals can take to minimize the risk of recurrent abortion and support a successful pregnancy journey.



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## Conclusion

In conclusion, understanding the causes, symptoms, diagnosis, treatment, and precautions related to recurrent abortion in modern medicine is paramount in addressing this challenging condition. With advancements in medical technology and increasing awareness, there is hope for enhanced diagnosis and treatment modalities to improve outcomes for women affected by recurrent abortion. Early detection, appropriate management, and preventive measures are essential in mitigating the physical and emotional burden of recurrent abortion on individuals and families. Understanding recurrent abortion in the context of Unani Medicine requires a multifaceted approach that addresses the various factors contributing to this condition. By identifying the causes, recognizing the symptoms, and implementing appropriate diagnostic and treatment strategies, Unani practitioners can provide comprehensive care to individuals experiencing recurrent abortion and help them achieve positive pregnancy outcomes.



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