

## Burki's Index of Dhant

### Aims :

Dhant is highly prevalent disease in subcontinent. Symptoms are vague and multiple. Attempt is made to quantify severity of disease for its gradation. Tool is developed for gradation of disease and to monitor treatment response.

### Aims

Aim of this presentation to interpret phenomenon of dhant in light of latest medical information.

### Method:

Internet search was made at pub med using key words dhant , depression, anxiety, inflammation .

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### Introduction:

Dhant syndrome is characterized by vague psychosomatic symptoms due to complaints of loss of semen by nocturnal emission through urine, masturbation or dribbling in forms of drops. Dhant is not considered as organic disease. It is considered as Indianized version of anxiety and depression. Symptoms are said to be an outcome of belief system of loss of vital power along semen. Many symptoms of dhant syndrome like weakness, fatigue, palpitation can be explained on basis of mix anxiety depression. symptoms like dribbling of drops in absence of sexual stimulation, frequent or burning micturation, frequent sexual thoughts, dyspepsia, constipation, premature ejaculation require different mechanism to account for these symptoms. Since even depression is considered as biological disease hence dhant would have biological bases.

Chronic stress is common denominator between psychiatric and medical illness. Modulation in HPA axis results in allergies and inflammation in different systems of body. Shifting of Th1/Th2 cytokines ratio in favor of Th2 exacerbate allergies. Role of Th2 in ongoing inflammation is very important. Variable effects of acute to sub acute inflammation are seen in different system of body in different people. Entities of asymptomatic inflammatory prostatitis is inflammation in without urogenitary symptoms and Urethral syndrome characterized by frequency of micturation, dysuria and suprapubic discomfort in absence of any objective findings point toward role of inflammation without infection. Inflamed structure more sensitive and hyper reactive and secrete more mucus than non inflamed tissue. Analogy can be derived from overproduction of mucus in inflammation of lungs. Inflamed urethral gland secrete mucous on minimum sexual stimulation. This inflammation also causes increased frequency of micturation. These inflamed tissues can acquire infection later on. After treatment with antibiotics these structure become oversensitive. Increased Excessive orgasms through masturbation or nocturnal emission are attempt of self medication.

Premature ejaculation and anxiety were most common symptoms in patients with dhant syndrome. PME and anxiety have strong correlations. In pathophysiology of both disease serotonin dysfunction is a common factor. Both respond well to SSRI. Administration of SSRI has favorable response in case of increased nocturnal emission. It can be inferred that serotonin receptor hyposensitivity or decreased tone of serotonin are underlying pathophysiology of dhant.

On basis of discussion dhant can be included among psychosomatic disease. Instead of ignoring patient complaints and focusing on reassurance only patient is treated with SSRI and anti-inflammatory drugs. Symptoms of dhant respond favorably to this regimen. In case of resistant cases antibiotic course is given to treat any clinical or subclinical infection. In cases of allergies oxidative stress exacerbate inflammatory response. Antioxidant which can act as anti-inflammatory can be added on long term bases.

**Conclusion:**

Patients suffering from dhant syndrome not only psychotherapy they should receive pharmacological treatment as well

### **Burki,s Index of Dhant**

**Aims :**

Dhant is highly prevalent disease in subcontinent. Symptoms are vague and multiple. Careful study of symptoms reveal it is mixture of psychological, somatic, inflammatory, urinary and symptoms of allergy. Attempt is made to quantify severity of disease for its gradation. Tool is developed for gradation of disease and to monitor treatment response.

**Method :**

Classical symptoms of dhant were studied from Hakims books of tibay unani. Symptom check list of dhant was developed. It was administered to population of dhant patients. Symptoms having significant statistical value were sorted. Symptoms were phrased in Urdu language by a team of Hakims and experts of Urdu language.

**Results:**

Questionnaire consisting of 27 questions were developed. Index has been divided into different domains including anxiety, depression, somatic urinary, sexual, inflammatory and allergy symptoms. Every symptom was graded on five response options.

**Discussion :**

Burki,s Index of Dhant is based on medical interpretation of dhant phenomenon. It meets criterions of test and retest reliability, standardization, validity and practicality .Anxiety and depression domains explains psychological sate. Allergy and inflammatory domain reflects level of sickness.Urinary symptom reveal urinary tract involment. Somatic domain level reveal extend of somotization phenomenon very common in subcontinent. Sexual symptoms revolves around sexual functions like changes in libido, erectile IVLT ,frequency of nocturnal emission. function, of the patients. Scores has been used to compute treatment response of treatment regimens. This help physician determine strategy of treatment. In order to evaluate norms larger population studies are required.

### **Conclusion**

Burki,s index of dhant can be helpful to evaluate intensity of disease and help design treatment according to differential domain score and compute response.

Chronic stress can bring about dysregulation in immune system via HPA axis induce Th2 cytokines which can make host susceptible to allergies and infection and subsequent inflammation. Changes occur in urogenital environment due to infections and excretion of miscellaneous waste product can cause allergies in system. Secretions from urethra is most impo Allergies like rhinitis, conjunctivitis,asthama etc involve secretion of exudates get aggravated due to psychosocial stress. Due to shift of Th1/Th2 cytokines balance toward Th2 stress tend to exacerbate allergies.Th2 play important role in ongoing inflammation. Treatment of stress with SSRI has salutary effect on garyan as well.Tricyclic suppress rtant symptom of garyyan.