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DEPRESSION IN THE PATIENTS

OF SALAN -E-RAHAM.

- **DEPRESSION IN
THE PATIENTS OF
VAGINAL
DISCHARGE**



What is SALAN E RAHAM

- SAALA –E- RAHAM , literal meaning is traveling uterus it is characterized by excessive watery vaginal discharge with or without sexual stimulation.
- In Pakistan word LEUCHORREA is commonly used in place of SALAN E RAHAM.

ASSOCIATED SYMPTOMS

- Patient exhibits symptoms of
- lethargy,
- loss of energy,
- Loss of interest
- pain and aches,
- loss of appetite and sleep
- Loss of libido and etc.



What is DHANT

- Dhant is fear about loss of semen mixed with urine or excessive nocturnal emission.
- Patient suffering from dhant exhibits symptoms of mix anxiety and depression. which may include
- Loss of energy, fatigue ,irritability, pain and aches, apprehension, loss of sleep appetite, loss of self esteem, and etc

DHANT AND ANXIETY DEPRESSION

- International studies has established that dhant has strong correlation with anxiety and depression. It is believed that dhant is Some Indianized version of anxiety and depression

Mumford, D.S. (1996)



Dhant references

1. Chadda, R.K., Ahuja, N. (1990) Dhat Syndrome, A Sex Neurosis of Indian Subcontinent. *British Journal of Psychiatry*, 156:577-9. II Malhtara, H.K. & Wig, N.N. (1975) Dhat Syndrome; a Culturally Bound Sex Neurosis of the Orient. *Archives of Sexual Behavior*, 4(5)519-28. III Bhatia, M.S. & Malik, S.C. (1991) Dhat Syndrome, a Useful Diagnostic Entity in Indian Culture. *British Journal of Psychiatry*, 159:691-695.

- Since females in subcontinent are more somatically focused than males .
- There must be female equivalent of dhant.
- What is that?



Salan e Raham as female version of dhant

- Except for gender difference two entities got many common features.
- Associated features of salan e raham and dhant are very similar. Even myths attached are similar as bones are dissolving out of the body.



Vaginal discharge

- Vaginal discharge can be of two types
- **PHYSIOLOGICAL** and **PATHOLOGICAL**

Physiological can be the result of excessive discharge of:

bartholian gland, uterine or cervical gland or peritoneal secretion

.This can be due to poor absorption of these fluids.

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- Yet another possibility is that fluid is vaginal percolate due to excessive stimulation of sacral nerves. Which can be due to sexual stimulation.
- Could it be fluid coming from G point ?
- As yet not much is known about factors effecting basal secretion of physiological vaginal discharge.

Pathological vaginal discharge

- This can be due to various organism including
 - Fungus,
 - Amoeba
 - Chlymedia
 - Bacteria
- These organisms can be effectively treated with various agents.



Objectives:

- To evaluate level of depression in the patients with excessive vaginal discharge.

Method:

37 patients with age ranging between (16 to 45 years) having symptom of excessive vaginal discharge were studied in the services hospital Lahore.

BDI Urdu version was used to assess level o f depression

RESULTS:

- Out of 37 patient 24 patients 64.86% were found depressed.
- Average BDI score was 16.64 with median score 14-15
 - Among patient of depression 33.33% had mild levels of depression,
 - 12.5% had moderate level of depression
 - 54.166% showed severe levels of depression.

DISCUSSION:

- Depression and anxiety involves dysregulation of autonomic nervous system which directly effects secretions of glands as seen in sweat glands salivary glands ,or peptic glands.



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- Like disease of acne with 60% anxiety level, there is possibly some common underlying mechanism which explains strong correlation between leucorrhea and depression.
- In another study at GURKI hospital strong relationship between anxiety and VD emerged. This strongly suggests close relationship between anxiety depression and VD.

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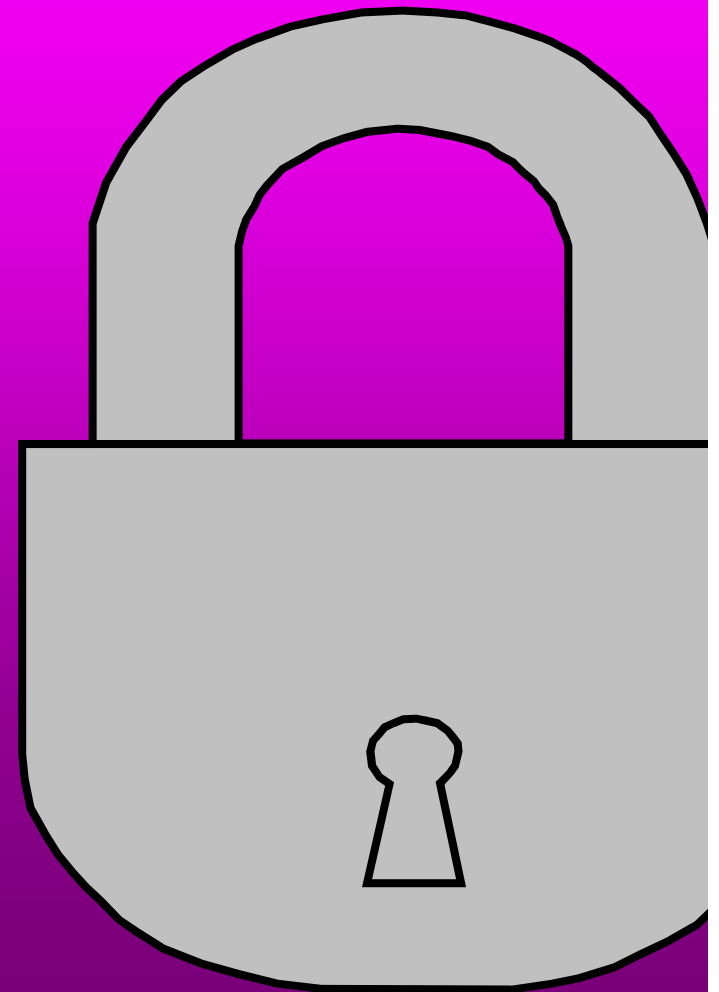
- This high correlation can be due to cause and effect relationship between VD and anxiety depression .

More studies are required to discriminate between depression in pathological VD and excessive physiological discharge.



LIMITATIONS

- 1) Small sample size
- 2) Patients with pathological and excessive physiological vaginal discharge were not segregated.
- 3) Confirmation of eradication of infection from vagina was difficult.



CONCLUSION

- There is visible high level of depression seen in the patients of SALAN-RAHAM
Patients of SALAN-RAHAM need psychiatric evaluation and treatment.



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Thank you

