

## ***Sartan-E-Sadi* (Breast Cancer) and its Preventive Approach in Unani Perspective: A Review**

\*J. Rumaiza, M.C.N Razana

Dept. of AmrazeNiswan, QabalatwaAtfal, IIM, University of Colombo

*drrumaizarasmy@gmail.com*

Cancer has been defined as malignant growth characterized by the uninhibited proliferation of cells, often affecting healthy tissues locally or throughout the body. Breast cancer, which is a major public health challenge and often associated with high morbidity, is an increasing global public health issue and is the second most common cancer after cancer cervix. In the *Unani* system of medicine, breast cancer is described as *Warmesulabe – Sadior Sartan-e-Sadi*. This review is mainly based on Unani classical books, Google scholar and scientific studies in research journals. *Unani* physicians have mentioned that *Istefraagh* of the *khilteghalib sauda*) with calorie restriction should be done to prevent progression of *Warmesulab* and diet possessing hot temperament should to be avoided. A number of *Unani* herbs are potential anti cancerous agents and when used in crude form may prevent cancer. Anti-inflammatory and laxatives should be advised. Experimentations have shown that herbal drugs have been found to possess anti-cancer potential, augmenting the immune system. Community awareness is important for early detection. Further research is required to evaluate the use of *Unani* herbs as potential agents in the prevention of breast cancer. By adopting the necessary preventive measures, along with herbal drugs, the standard of living can be improved amongst the female population.

**Key Words :** Breast cancer, *Sartan-e-Sadi*, *Unani* herbs, *Warmesulb*.