



Use of *Dalk* in the Gynecological Diseases: Perspectives of Persian Medicine

Somayyeh Khalilzadeh, Malihe Tabarraï*

Department of Persian Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran

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Abstract

Women's diseases are types of the common problems that patients are seeking for treatment that imposes a lot of economic burdens on health systems. Many Persian medicine reference books mentioned various practical methods for the adjunctive treatment of the gynecological problems. In the Persian medicine resources, "*Dalk*" therapeutic method is the most appropriate word for massage. Many clinical studies have been conducted on applied massage in women's diseases which confirms the effects of "*Dalk*" in this regard. The purpose of this study is to investigate "*Dalk*"'s applications on women's diseases.

Keywords: Massage; *Dalk*; Persian medicine

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Introduction

According to the American National Center for Health Research report, about 18 million people have received massage during one year [1]. In the Persian medicine books, the word "*Dalk*" means rubbing is the most appropriate words for massage. "*Dalk*" has been recommended in Persian medicine for the prevention and treatment of a large number of diseases, including gynecological diseases. Massage in Persian medicine included two aspects of diagnosis and treatment [2]. It should be noted that although

"*Dalk*" reduces pain, also makes person feels comfortable and get a good sense of care [3]. In oriental cultures, believed that massage as a known technique of pressure medicine, has strong analgesic effects, especially if acupuncture points apply. However, it has avoiding useable items; such as massage in an area with inflammation acute, skin infection, open fracture, burn area, deep vein thrombosis and or active cancer tumor. Currently, "*Dalk*" education is one of the training programs of students at traditional Iranian medicine colleges. And these

*Corresponding Author: Malihe Tabarraï

Department of Persian Medicine, School of Persian Medicine, Tehran University of Medical Sciences, Tehran, Iran

Tel: +98 21 22988551-5

Email: Tabarraï@sina.tums.ac.ir

techniques are used to treat patients with various diseases [2].

Massage therapy is one of the most commonly used therapies for the development of complementary medicine in the world. Today, the results of its studies are published in applied form several trials have been conducted in Iran to find out the clinical effects of different styles of this treatment method [4].

Clinical trials in this area are required to provide a clinical review of this subject through a comprehensive scientific review of Iranian massage. The purpose of this study is Applications of “Dalk” on women’s diseases.

Methods

This brief report is a descriptive review study. The keywords “مالند”, “بمالند”, “مالیدن”, “دلک”, “غمز”, “ساقین”, “سینه”, “پستان”, “ثدی”, “مشت و مال”, “تدلیک”, “فشردن” were searched from reference books of Persian medicine: “*kamel-ol-senaat*”, “*kholasat-ol-hikmah*”, “*Eksir-e-azam*”, “*Teb-e-akbari*”, “*hedayat-al-motalemin*” from Noor -o- tteb Software, Production of Computer Science Research Center of Islamic Sciences, version 1, and materials related to “Dalk”, which are used in women’s diseases, were collected. The use of the words breast and leg was due to the participation of these members with uterine.

Results

Dalk Definition

In Persian medicine, “Dalk” is one of the sub-categories of sport, which is one of the six principles of health [4]. “Dalk” means rubbing the body with hands. From the viewpoint of the “Hokama” (Persian medicine scholars), “Dalk” or massage is in fact a subset of exercise that is performed by someone else [5-7] and in Persian medicine is considered as an “*Amaal-e-yadaavi*” (manual therapy) that causes the human body to move, which can dispose of many waste

materials from the body [8].

Dalk Types

This treatment is done in a variety of ways:

- With or without rubbing oil
- Few, very, or moderate
- With one hand or more
- Soft, rough or temperate
- A combination of different types of “Dalk” [7]

Dalk indications in women diseases

“Dalk” can provide treatment for some diseases and have a lot of effects in reducing waste material of body. “Dalk”, on the other hand, can increase the “*Haraarat-e-gharizi*” (vital energy) of the body [6]. The remarkable thing about massage in Persian medicine is the difference in the style of massage due to the individual differences [1].

In this school of medicine, depending on the individual conditions, “Dalk” is performed in Persian medicine with or without the use of therapeutic oils. One of the benefits of massage with oil is to make the movement of the hand easier on the body and prevents hand strike transmission of the body. In addition, massage with oil before exercise causes the “*Masam*” (pores) to remain open during exercise. Massage with oils should be in different directions from top to bottom, from bottom to top and transversally in different directions, so that the “*Masam*” of the skin can be opened in all directions [4].

In general, “Dalk” is used to eliminate waste materials and to absorb them from one member to another, enlarging the limb, eliminating the effects of coldness on the organ, and widening the vessels and corpuscles of the body [5, 6, 9, 10]. The best time to do “Dalk” is morning after sleep, night before bedtime, the day after digestion, and also after intercourse [11]

In various uterine diseases, it is recommended to use “*Amaal-e-yadaavi*” which one of them is “Dalk”. Among these diseases can be mentioned to the “*Efrat-e-tams*”, “*Ekhtenag-e-rahem*” and

“*Ehtebas-e-heiz*”. In Persian medicine, various types of massage have been used to reduce the symptoms of this group of diseases, as mentioned in Table 1.

Table 1. Applications of “*Dalk*” in women’s diseases in *Persian medicine*

Types of massage used in women’s diseases	Disease	Persian name
-Breast massage with rough texture	Hypermenorrhea	<i>Efrat-e-tams</i>
-Rubbing the Aromatic Ingredients in the vagina and uterine - Massage of the whole body, especially the hands and feet	Hysteria	<i>Ekhtenag-e-rahem</i>
- Massage of legs with “ <i>molattef</i> ” oils	Vaginal discharge	<i>Sayalan-e-rahem</i>
-Massage the pubis area with astringent oils	Inability to urinate normally from the bladder (difficulty urinating)	<i>Osr-ol-boal</i>
-Massage of legs from thigh to foot	Amenorrhea	<i>Ehtebas-e-heiz</i>
-Permanent rubbing hands and feet to cope with vomiting (after eating) -Rubbing the lower limb with <i>Rosa</i> oil and vinegar to relieve severe swelling during pregnancy -Strongly rub the back, neck, scapula and arm muscles with <i>Rosa</i> oil to relieve the tiredness of the back muscles	Pregnancy	<i>Habl</i>
-Rubbing the <i>Linum</i> glaze, <i>Trigonella</i> glaze and <i>Linum</i> oil on the cervix - Rubbing the <i>Anethum</i> oil on the pubis and waist (In the down direction)	Dystocia	<i>Osr-e-veladat</i>
- Rubbing the <i>Saussurea</i> oil on abdomen wall	False pregnancy	<i>Rajaa</i>
-Rubbing the <i>Rosa</i> oil on the pubis and waist	Uterine prolapse	<i>Notovv-e-rahem</i>

Dalk contraindications in women diseases

Massage should be avoided in the following cases; massage in an area with inflammation acute, skin infection, open fracture, burn area, deep vein thrombosis, active cancer tumor and pregnancy [2].

Discussion

In the Persian medicine movement (exercise and massage) is considered the six principles of maintaining health and awareness of the benefits and how to do it is obligatory for physicians [4]

The general purpose of the massage is appropriate circulation. With the massage of the uterus area and pubis, it causes heat and, as a result, the loss of waste material in this area.

In “*Dalk*” rules, the waste material should be transferred from a more important member to a less important who complies with this law, with the advice of the “*Hokama*” to foot massage in the uterine diseases [12]. The reason for justification of therapeutic effects of foot massage is deviation of the flow of harmful substances from vital organs to the extremities [1](Fig. 1). Rough “*Dalk*” is a blood sorbent and it is absorbed from the body to another direction, and for this reason, it is recommended to massage the feet in uterine diseases . Occasionally, topical drugs are used to increase the absorption capacity of “*Dalk*” and hence in “*Ekhtenag-e-rahem*”, rubbing the foot with a drug like mustard is recommended. Also, because of the commonality of the connective tissue between the breast and the uterine, “*Hokama*” recommend breast massage in “*Efrat-e-tams*” (hypermenorrhea) [13].

Based on a history and careful examination with respect to the natural path of material flow, must have a massage for each person. The main movements of Iranian massage are rubbing and pressing is adapted to the original technique used in Swedish massage and its effects. And the effects listed for reflex zone therapy are comparable to

the known effects of hand and foot “*Ghamz*” in Iranian medicine [4]. Today, several clinical studies show the views of Iranian physicians about the effects of massage on various women’s problems, including complications during pregnancy, childbirth, dysmenorrhea, premenstrual syndrome, menopause and infertility [14-21]. This calls for a review of the rich sources of Persian medicine about massage area.

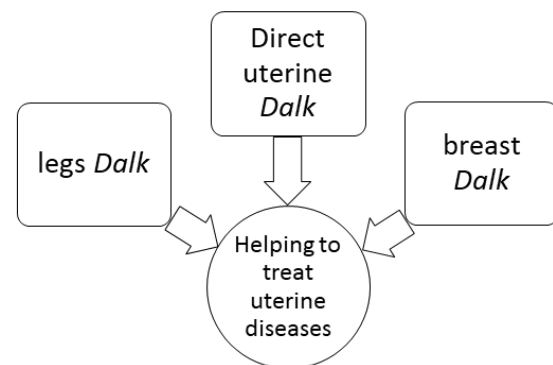


Figure 1: Use of “*Dalk*” in uterine diseases

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Conflict of Interest

Authors declare no conflict of interest.

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