



## INTRODUCING BLADDER HOQNE (INSTILLATION) AS A FORGOTTEN THERAPEUTIC METHOD IN THE IRANIAN TRADITIONAL MEDICINE

Fariba Roshdibonab<sup>1</sup>, Seied Mohammadbager FazlJoo<sup>1</sup>, Mohammadali Torbati<sup>1</sup>, Ghadir Mohammadi<sup>1</sup>, Mahboob Asadloo<sup>2</sup>, Hamid Noshad<sup>3\*</sup>

1. Faculty of Traditional Medicine, Tabriz University of Medical Sciences, Tabriz, Iran.
2. Tabriz University of Medical Sciences, Tabriz, Iran.
3. Chronic kidney disease research center, Department of Nephrology, Tabriz University of Medical Sciences, Tabriz, Iran.

### ARTICLE INFO

**Received:**  
03<sup>th</sup> Jun 2017  
**Accepted:**  
29<sup>th</sup> Nov 2017  
**Available online:**  
14<sup>th</sup> Dec 2017

**Keywords:** *Intravesical Instillation, Intravesical Injection, Iranian Traditional Medicine, Bladder Hoqne*

### ABSTRACT

Hoqne is one of the treatment methods in the Iranian traditional medicine. It has more applications in the treatment of a broad spectrum of diseases and has very long history. The Present study aims to investigate bladder Hoqne from the traditional medicine point of view and to compare its applications in the traditional and classic medicine.

**Methods:** This was a review study originated from 100 reference books including Avicenna's "Al-Qanun-fi-al-tibb", and in Persian and English sites, expressions such as intravesical therapy, intravesical instillation were searched and studied.

**Results:** Bladder Hoqne has many applications in Iranian traditional medicine and has a major role in the treatment of nocturnal enuresis, vesical pustules, vesical calculus, urinary incontinence, difficulty in urination, retention of urine, bladder inflammation. Avicenna has mentioned bladder Hoqne as a treatment of choice in specific cases of bladder diseases. In Iranian traditional medicine, it was performed by skillful persons through a device called Zarrage. Avicenna described the composition and physical characters of this instrument in "Al-Qanun-fi-al-tibb".

One of the most important features of this treatment method is its efficacy, having more benefits and few side effects. This method of traditional medicine is known as the intravesical instillation of medication in modern medicine, and was used in the diagnosis and treatment of vesicoureteral reflux, bladder cancer, detrusor hyper-reflexia, interstitial cystitis/bladder pain syndrome (IC/BPS) and hemorrhagic cystitis (HC).

**Conclusion:** Bladder Hoqne has many applications in the Iranian traditional medicine and has a major role in the treatment of bladder diseases. It requires more studies, however.

Copyright © 2013 - All Rights Reserved - Pharmacophore

**To Cite This Article:** fariba roshdibonab, seied mohammadbager fazljoo, mohammadali torbati, ghadir mohammadi, mahboob asadloo, hamid noshad, (2017), "Introducing Bladder Hoqne (Instillation) as a Forgotten Therapeutic Method in the Iranian Traditional Medicine", *Pharmacophore*, **8(6S)**, e-1173540.

### Introduction

In recent years, doctors as well as the public have been paying much attention to traditional medicine. It seems that traditional medicine plays a major role in improving and promoting society's health and in the diagnosis and treatment of various diseases. In the past, different methods such as the use of certain foods and spices as well as following manual procedures were common in the treatment of diseases. Hoqne was one of the manual procedures in the traditional medicine (1). In this method, liquid drug was injected through instillation to the intestine, uterus or bladder (2, 3). According to the references of the traditional medicine books, instilled drug did not remain in the body for a long time, and its maximum effect was limited to the target organ (intestine, uterus or bladder) (2). The similar method in modern medicine is intravesical instillation, which is used for

**Corresponding Author:** Hamid Noshad, *Chronic kidney disease research center, Department of Nephrology, Tabriz University of Medical Sciences, Tabriz, Iran, email: hamidnoshad1@yahoo.com*

the treatment of diseases such as Hemorrhagic cystitis, IC/BPS Detrusor Hyperreflexia and bladder cancer with different chemical combinations (e.g. DMSO, BCG and other chemotherapeutics) (4).

In the past, Hoqne was performed by skillful persons via special tools named Zarrage or Qasatir (corresponding to the urinary catheter in today's nomenclature). From Traditional doctor's view, Hoqne has an important role in curing of diseases, because it absorbs the harmful substances from the upper parts of the body toward the lower parts, and then these harmful substances would be excreted through the intestine.

In modern medicine and some articles related to traditional medicine, Hoqne is mentioned as a curing method, but it seems that the attentions are limited to the Hoqne of the intestine and uterus. However, the bladder Hoqne has been forgotten as one of the curing methods. The Aim of current study is investigation of bladder Hoqne and its applications in the Iranian traditional medicine.

### Materials and methods

This was a review study of 100 reference books including Avicenna's "Al-Qanun-fi-al-Tibb", "Large Encyclopedia of Islamic Tibb", "Kholasat-al-Hekmat", "Eksir-Azam", "Tohfát-al-Momenin", "Kifaye Mansouri", etc.

The material related to bladder Hoqne and its therapeutic applications was collected from the above-mentioned books and the resulting report was prepared.

### Findings

#### Definition

Hoqne is originated from "Hoqn", which means transferring, holding up, preventing and detaining something from excretion. It means cleaning, clarification and purification. It also means enema and transfer (1).

#### Applications of bladder Hoqne in Iranian traditional medicine

Hoqne has been discussed in detail, based on a number of books on traditional medicine.

##### A. Using bladder Hoqne in the diagnosis of bladder diseases

In this study, no evidence concerning the use of bladder Hoqne in the diagnosis of bladder diseases in Iranian traditional medicine was found.

##### B. Indications of bladder Hoqne and the related medications in Iranian traditional medicine

###### 1. Nocturnal enuresis or bedwetting

Hakim Azam Khan (1812-1902 AD) in his book, Eksire Azam, quoted from Avicenna (980-1037 AD) that injecting urine retention spices into the bladder, used in bladder Hoqne, is effective on nocturnal enuresis (5). True myrtle (*Myrtus communis* L), Great horse tail (*Equisetum telmateia* Ehrh), Galangal (*Alpinia officinarum* Hance) and Caucasian whortleberry (*Vaccinium arctostaphylos* R) are well known urine retention spices which are used through bladder hoqne in traditional medicine to treat enuresis (6)

###### 2. Treatment of vesical pustules (bladder jarab)

According to Iranian traditional medicine, vesicle pustule (desquamation) of the bladder is an itching in the bladder, which causes pustule and ulceration in the bladder. The symptoms include dysuria, urine malodor, and intense pain with itching in the bladder and pain at the end of the genital organ and between legs and an intense pain in defecation (7). In the treatment of vesical pustules, dribbling Quince (*Cydonia oblonga* Miller) seed mucilage with human milk and Almond (*Amygdalus communis* L) oil in the urinary tract is useful, and if this is done by Hoqne it will be more useful (8).

Hoqne with Persian Rose (*Rosa damascene* Mill) oil is more useful than other treatments (9).

###### 3. Treatment of vesical calculus

In vesical calculus, bladder Hoqne is performed using Mecca Senna (*Cassia italica* Miller) and peel of Yellow Myrobalan (*Terminalia chebula* Retz) (10).

Puncture Vine (*Tribulus terrestris* L) is one of the useful spices in the treatment of vesical calculus and renal calculus. It is available in two forms, drinkable and applicable through Hoqne.

If calculus obstructs the penis duct, dribble of mucilage and oils will be helpful in the excretion of calculus and dribbling of Scorpion oil has an excellent effect (11).

###### 4. Treatment of urinary incontinence

Injection of warm temper spices such as Olive (*Olea europaea* L), Benne (*Sesamum indicum* L) and Pistachio (*Pistacia vera* L) oil mixed in Dittany (*Ziziphora clinopodioides* Lam) is beneficial in the treatment of urinary incontinence (5).

###### 5. Treatment of difficulty in urination and retention of urine

Hakim Azam Khan (1812-1902 AD) quoted from Avicenna (980-1037 AD) that If difficulty in urination is caused by cystitis, Hoqne of emollient will be useful (12). In addition, in some cases of difficulty in urination and retention of urine, treatment with usual warm Hoqne included Cetaury (*Centaureum minus* Moench), Colocynth (*Citrullus colocynthis* Schrad), Castor bean (*Ricinus communis* L), etc are useful in these diseases (13).

Hoqne with Fenugreek (*Trigonella foenum-graecum* L) and Marshmallow (*Althaea officinalis* L) with Chamomile (*Anthemis tinctoria* L) is useful in the treatment of difficulty in urination and retention of urine, too (5).

If difficulty in urination is caused by the collection of pus in the bladder, an emollient made from Marshmallow, Jews mallow, Flax (*Linum catharticum* L) Seed, Wheat (*Triticum destivum* L) Bran, Snake melon (*Cucumis melo* L.var.flexuosus), Yellow camomile (*Anthemis tinctoria* L) and Dill (*Anethum graveolens* L) oil will be used in Hoqne (14).

Providing difficulty in urination is caused by bladder ulceration, the above-mentioned combination will be useful. In addition, Quince (*Cydonia oblonga* Miller) Juice Hoqne and syrup of Marshmallow (*Althaea officinalis* L) are useful in the healing of bladder and urine infections (14).

#### **6. Treatment of bladder inflammation**

According to Jorjani (1042-1140 AD), "In the treatment of acute inflammation of the bladder, soft Hoqne like Marshmallow (*Althaea officinalis* L), Fenugreek (*Trigonella foenum-graecum* L), Flax (*Linum catharticum* L) Seed, Wheat (*Triticum destivum* L) Bran, Sweet violet (*Viola odorata* L) oil are useful" (15).

Soft Hoqne with the juice of Nightshade (*Solanum nigrum* L) in which Purging cassia (*Cassia fistula* L) is solved is useful for the treatment of bladder inflammation (16).

Hakim Azam Khan (1812-1902 AD) proposed that hot temper spices Hoqne (instillation) is useful in the treatment of phlegmatic edema (17).

#### **7. Treatment of bladder ulceration**

If bladder ulceration is accompanied by intense pain, Shiafe Abiaz<sup>1</sup>, which is usually use to treat eye diseases, was mixed with human milk, opium and bird oil and used through bladder instillation in the treatment of bladder ulceration (19).

#### **C. Contraindications of using bladder Hoqne in the Iranian traditional medicine:**

According to our investigations, contraindications of bladder Hoqne are not mentioned in Iranian traditional medicine.

#### **D. Tools of bladder Hoqne**

As mentioned earlier, bladder Hoqne was performed by skillful practitioners using a device called Zarrage or Qasatir (figure 1) in the Iranian traditional medicine. Avicenna (980-1037 AD) described the composition and physical characteristics of this instrument in his book *Al-Qanun-fi-al-Tibb* (20). Zarrage or Qasatir was a device to instill medicine into the bladder. It was usually made of tin or silver. It was like a hollow tube, at one end of which a number of holes were made, so that when one of the holes was blocked by something, e.g., a blood clot, the other holes would remain open. A piece of woolen cloth was placed inside the tub, and a string of silk thread was fastened through middle of the cloth (like a syringe piston). In order to evacuate the contents of the bladder or instill medicine into the bladder, they inserted zarrage on its perforated end into the bladder through the genital organ and performed the evacuation or instillation of the drug (21).

#### **E. Advantages of bladder Hoqne from the traditional medicine point of view**

One of the most important features of this treatment method is its efficacy, having more benefits and fewer side effects (1, 22). In People who cannot tolerate traditional medicine laxatives, Hoqne is an ideal treatment method (22).

Bladder Hoqne is a suitable method in the traditional medicine of Iran for removing the excreta from the intestine, kidneys and bladder. It dispels inflammation and edema from these organs in the diseases accompanied with abdominal pain and adsorbs waste from the major organs (23).

Table 1 presents the summary of applications of bladder Hoqne in the Iranian traditional medicine.

---

4-Shiafe Abiaze is the name of a compound drug made from Gum Tragacanth (1 unit), Sarcocolla (1 unit), Gum Arabic (4 unit), Tin oxide (4 unit) dissolved in the solution of Quince seed and water. It was used to treat eye diseases.

**Table 1.** Applications of bladder Hoqne in the Iranian traditional medicine

	Application	Diseases	Medications
1	Diagnostic	No such application	
2	Therapeutic	Nocturnal Enuresis	Bladder Hoqne with urine retention spices
		Vesical Pustules (Bladder Jarab)	Quince ( <i>Cydonia oblonga</i> Miller) mucilage with human milk and Almond ( <i>Amygdalus communis</i> L) oil
		Vesical Calculus	Senna ( <i>Cassia italica</i> Miller), peel of Yellow Myrobalan ( <i>Terminalia chebula</i> Retz), Puncture Vine ( <i>Tribulus terrestris</i> L), dribble of Scorpion oil
		Urinary Incontinence	Warm temper oils like Olive ( <i>Olea europaea</i> L) oil, Benne ( <i>Sesamum indicum</i> L) and Pistachio ( <i>Pistacia vera</i> L) oil mixed in Dittany ( <i>Ziziphora clinopodioides</i> Lam)
		Difficulty in Urination and Urine Retention	Laxatives, usual warm Hoqne like Cetaury ( <i>Centaurium minus</i> Moench), Colocynth ( <i>Citrullus colocynthis</i> Schrad) and Castor bean ( <i>Ricinus communis</i> L)/Hoqne with Fenugreek ( <i>Trigonella foenum-graecum</i> L) and Marshmallow ( <i>Althaea officinalis</i> L) with Chamomile ( <i>Anthemis tinctoria</i> L)/Hoqne with Emollient made from Marshmallow, Jews Mallow, Flax ( <i>Linum catharticum</i> L) Seed, Wheat ( <i>Triticum destivum</i> L) Bran, Snake melon ( <i>Cucumis melo</i> L.var.flexuosus), Yellow camomile ( <i>Anthemis tinctoria</i> L) and Dill ( <i>Anethum graveolens</i> L) oil
		Vesical Inflammation	Soft Hoqne with Marshmallow ( <i>Althaea officinalis</i> L), Fenugreek ( <i>Trigonella foenum-graecum</i> L), Flax ( <i>Linum catharticum</i> L) Seed, Wheat ( <i>Triticum destivum</i> L) Bran, Sweet violet ( <i>Viola odorata</i> L) and etc / soft Hoqne with juice of Nightshade ( <i>Solanum nigrum</i> L) in which Purging cassia ( <i>Cassia fistula</i> L) is solved
		Vesical Ulceration	In the case of intense pain of vesical ulceration, Shiafe Abiaze, usually applied in the eyes is mixed with human milk, Opium and Bird's oil and is used through bladder hoqne.

### Discussion and conclusion

In traditional medicine, Hoqne is one of the common methods in the treatment of diseases. While bladder Hoqne is forgotten occasionally, Hoqne of uterus and intestine is more commonly known to the experts. This therapeutic method has been mentioned in a few books of traditional medicine for the treatment of bladder diseases, but it seems that this treatment method is making progress in modern medicine.

In traditional medicine, Hoqne was applied for the treatment of diseases such as nocturnal enuresis, vesical ulceration, vesical calculus, urinary incontinence, difficulty in urination and urinary retention, vesical inflammation and vesical ulceration. There are special instructions for the treatment of these diseases. The similar method in modern medicine is intravesical instillation which is used for the treatment of diseases such as Hemorrhagic cystitis, IC/BPS, Detrusor hyperreflexia and bladder cancer with different chemical combinations (24).

Although the diseases treated by bladder Hoqne in the traditional medicine are not similar or equivalent in modern medicine, it seems that bladder Hoqne (instillation) arose out of traditional medicine but modern medicine benefits from it and applies it for diagnostic and treatment purposes.

Systemic prescription of medicine may be accompanied by wide metabolism, while intravesical installation of medicine is not concurrent with such metabolism, so this therapeutic method (intravesical installation or Hoqne) increases bioavailability, improves its therapeutic effects and results in better acceptance by patients.

For the treatment of patients who suffer from bladder problems via Hoqne, suitable medicinal forms and tools are needed for its installation to the bladder. Today in modern medicine, for the treatment of bladder diseases, the medicine is instilled through "Foley" catheters into the bladder. In traditional medicine, it is performed by zarrage (Qasatir).

Many years ago, discovering of an effective medicine for intravesical instillation began in Iranian traditional medicine. Although the chemical compounds used in modern medicine differ from those used in traditional medicine, studying the effective chemical components of these medicines in traditional medicine may be helpful in discovering new medicines with fewer side effects.

The matters discussed in this article indicate the importance of the forgotten therapeutic methods in Iranian traditional medicine formed and evolved during many years. Providing these methods are studied suitably, they will be promising modern treatments even in modern medicine. The present study is an attempt to recognize and present one of the methods passing into oblivion in Iranian traditional medicine but evolving and reappearing in modern medicine. It is hoped that the present study will be a starting point for new studies about this method used in Iranian traditional medicine.

#### References

1. Tansaz M, Bahman M, Nabi Meybodi R. Hoqne, its history, method and indications and its application in Iranian traditional medicine compared with classical medicine. *History of Medicine Journal (Quarterly)*; 2014; 6 (19):45-72.
2. Kermani MK. *Daqaq al Alaj*. Zia Ebrahimi I, editor. Kerman: Saadat Press; 1983. Volume1. P 116-117.
3. Norani M. *Great encyclopedia of Islamic medicine*. Qom: Armaghane yoseph; 2005. Volume 9. P 34-35.
4. [Tyagi P](#), [Kashyap M](#), [Hensley H](#), [Yoshimura N](#). Advances in intravesical therapy for urinary tract disorders. [Expert Opin Drug Deliv](#). 2016; 13(1):71-84.
5. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 520-522.
6. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 518-519.
7. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 490-491.
8. Arzani MA. *Mizan-al tib*, Nasiri H, editor. Qom: institute of Sama ; 2001. p 163-164.
9. Baha AL-Doleh BA. *Kholasat Al-tajarob*. Tehran : Tehran university of medical sciences ; 2003. P 488-488.
10. Elyas shirazi N. *Ganjineh Baharestan*. Tehran: Iran library of parliament; 2007. Volume1. P 421-422.
11. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 473-474.
12. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 502-504.
13. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 493-495.
14. Jorjani SI. *Zakhireye Khwarazmshahi (Treasures dedicated to the king of Khwarazm)*. Tehran: Iranian Culture Foundation; 2005. Volume 6. P 820-821.
15. Jorjani SI. *Zakhireye Khwarazmshahi (Treasures dedicated to the king of Khwarazm)*. Tehran: Iranian Culture Foundation; 2005. Volume 6. p 808-809.
16. Arzani MA. *Teb Akbari*. Qom: Jalaeddin Publications; 2009. Volume 2. P 850-851.
17. Chashti MA. *Exir Aazam*. Tehran: Institute of medical history studies press, Islamic medicine and Iran University of Medical Sciences; 2008. Volume 3. P 485-486.
18. Mirza Baba Tabib Ashtiani MM. *Tazkerat al Alaj*. Lavasan: Manuscript; 1848. P 128-129.
19. Jorjani SI. *Zakhireye Khwarazmshahi (Treasures dedicated to the king of Khwarazm)*. Tehran: Iranian Culture Foundation; 2005. Volume 6. P 811-812.
20. Kardeh S, Choopani R, Mahmoudi Nezaad GS, Zargarani A. The urinary catheter and its significant applications described by Avicenna (980-1037 AD) in the canon of medicine. *Urology*. 2014; 84(5):993-996.
21. Shamsuddin A. *Khazaen al-Muluk*. Tehran: Iran University of Medical Sciences; 2007. Volume 1. P 340-341.
22. Aqili Khorasani SMHIH. In: Nazem I, editor(s). *Kholasatol Hekmah*. 1st ed. Qom: Ismaelian; 2006. Volume 2. P 482-483.
23. Ibn Sina AAH. In: Shirazi MF, editor. *Al-Qanun fi al-Tibb*. Tehran: Tehran university of medical sciences ; 2007. P 231-231.

24. [Tyagi P, Kashyap M, Hensley H, Yoshimura N](#). Advances in intravesical therapy for urinary tract disorders; 2016. 13(1):71-84.



**Figure1.** One page from Al-Zahrawi's (936 – 1013 AD) thirty-chapter medical treatise, Kitab al-Tasrif; shows and describes Zarrage (Qasatir). Central library of Astan Quds Razavi, [Mashhad, Iran](#).