



# A DETAIL REVIEW ON UNANI SYSTEM OF MEDICINE

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## Abstract: -

All health care system must be proof depend on Unani system of medicine ought to be no exception. And it has need at every level of health and care, right from diagnostics to the therapeutic decision making. Unani medicine requires thorough work to bring out evidence not depends only to support its interventions but also to its basics concepts to create scientific and logical basis on which therapeutic decisions are made. However, when pleading for conformations, problems associated with the nature of substantiation and their relevance to Unani system of medicine ought to be thoroughly debated. Though Unani system and biomedicine share the same spirit of open and sincere scientific enquiry, their basics, epistemology, logic and theories are distinct. Unani medicine is basically holistic, whereas biomedicine is reductionist. These epistemic various call for the use of appropriate and acceptable research methods by involving specialists from Unani system and biomedicine. The classical approach of this system should not be consisted of the convenience of induce research strategies. Different research master plans like. Reverse pharmacology to unravel the mechanism of action of drugs, pharmaco-epidemiology to study the toxicity of herbo-mineral preparations, retrospective treatment outcome surveys as a starting line to study the efficacy of drugs and whole system research to evaluate the efficacy of packaged interference have been proposed by scientists to generate verification in traditional medicine, that are also appropriate to Unani system of medicine. In this pare search methods, which are appropriate to generate scientific evidence in Unani medicine are talk over.

KEYWORDS: Unanimedicine, theories, therapy, Unanitreatment, Unanidrugs.

## Introduction: -

Unani System of drugs is one of the oldest conventional device of drugs which has strived via a while in the prevention and remedy of diverse scientific conditions. Unani is the Arabic phrase for Ionian, or Greek for which popularly Unani remedy is likewise called Unani Tibb or Graeco-Arab Medicine, as Arabs have advanced and subtle it via systematic test prominently by Avicenna. The records of Unani Medicine starts with the Greek perception of excellent fitness primarily based totally on 4 humours. In nations of South Asian region, the Unani device of Medicine has been pretty famous considering centuries along with different conventional structures of Medicine. Today, the Indian authorities helps and subsidizes both Ayurvedic and Unani scientific schools and hospitals. But while Ayurveda has loved an outstanding surge in popularity, Unani Medicine nevertheless lags in the back of in recognition, possibly because of its minority Islamic associations. In this paper, authors have integrated and integrated the theories of Unani device of drugs into this superb work. <sup>[1]</sup>

Unani system of drugs is a top-notch recuperation artwork in addition to science. It treats someone as an entire now no longer as a collection of character parts. It is aimed toward treating body, thoughts and soul. This machine is primarily based totally on Hippocratic principle of 4 humors viz. blood, phlegm, yellow bile and black. Unani-tibb or Unani Medicine additionally spelled Unani Medicine means "Greek Medicine" and is a shape of conventional remedy extensively practiced in South Asia. It refers to a subculture of Greco-Arabic remedy, that's primarily based totally at the teachings of Greek medical doctor

Hippocrates, and Roman medical doctor Galen, and advanced into a complex clinical System through Arab and Persian physicians, inclusive of Rhazes, Avicenna (Ibn Sena), Al-Zahrawi, and Ibn Nafis. Unani remedy is primarily based totally at the idea of the 4 humours: Phlegm (Balgham), Blood (Dam), Yellow bile (Şafrā') and Black bile (Saudā').

The remedy is primarily based totally at the temperament of the affected person and the remedy is initiated within side the following manner: -

1. Eillaj Bi TadabeerwaAgziya (Regimental/Diet-Therapy)
2. Eillaj Bi Dawa (Pharmaco-Therapy)
3. Eillaj Bi Yad (Surgical Intervention)

Surgical Intervention is taken up whilst all of the healing procedures fail to present the results.<sup>[2]</sup>

Traditional medicinal drug, as described through the World Health Organization, is the sum entire of the thoughts, skills, and system primarily based totally at the theories, faiths, and incidents indigenous to unrelated civilizations, whether or not explicable or not, used within side the upkeep of fitness in addition to with inside the prevention, diagnosis, advance, or remedy of bodily and intellectual disorder. Not many conventional medicinal drug structures are preserved up through massive volumes of written paintings and statistics of the theoretical thoughts and sensible skills; others by skip down from technology to technology via verbal teaching. To date, in a few components of the world, the bigger a part of the populace proceed to rely upon their personal conventional medicinal drug to hyperlink up their most important fitness care requires. When received outside of its conventional civilization, conventional medicinal drug is many times point out as "complementary and opportunity medicinal drug." Surrounded through others, the bulk normally used conventional medicinal drug structures these days cowl the ones of China, India, and Africa. In this section, the Chinese, Indian, and African structures of conventional medicinal drug are associated. The exercise of Unani system of drugs attains out each the manner again into the clean sunrise of time. The Asia-Pacific garage on Intangible civilizations Heritage (ICH) through Asia-Pacific civilizations Nucleus for UNESCO (ACCU) has keep in mind as Unani System of Medicine as one of the older and maximum allowable structures of drugs. It is carried out in India and all around the global in particular in Syria, Egypt, Iraq, Iran and large components of Southeast Asia.

The Unani system of drugs as its call shows has its genesis in Greece. The middle contemplating this system turned into visualize through Hippocrates. End of him, Persian and Arab professors assemble excellent handouts and snatch a massive percentage in what upload as much as the Unani literature today. It turned into initiated in India through the Mughals and because then has loved favor among the loads and now paperwork a critical a part of the healthcare transport system of the country. The electricity of the system is in its general and individualistic closer to fitness disorder prevention, remedy, and promotion. It affords a success remedy for exclusive gastrointestinal, respiratory, genitor-urinary, musculoskeletal, neurological, cardiovascular, lifestyle and metabolic disorders.<sup>[2]</sup>

Although the authorities have given excellent crucial to the multi-faceted improvement of this gadget of drugs to make complete use of its capability with inside the Indian healthcare transport, the Unani gadget of drugs has now no longer won a whole lot of popularity within side the times. Situation as regards using conventional medication Traditional medication is broadly and increasingly being utilized in each growing and advanced countries. Up to 80% of the populace in Africa and 65% in India depend upon conventional medication to assist meet their health care needs. Elsewhere, in Asia and in Latin America, ancient occasions and cultural ideals imply that populations retain to apply conventional medication. In many advanced countries, sure complementary and opportunity medication treatments are popular; the percent- age of the populace that has used complementary and opportunity medication as a minimum as soon as is 48% in Australia, 70% in Canada, 70% in USA, 40% in Belgium and 49% in France. However, complete and dependable data and statistics approximately the worldwide use of conventional medicine aren't available.<sup>[3]</sup>

**Sources of medication the foremost reasserts of medication in USM are -**

1. Plants
2. Animals
3. Minerals<sup>[4]</sup>

Crude drug whilst used one after the other is known as IlajbilMufrad (remedy with the aid of using unmarried drug). When or more than pills are blended together, its miles known as IlajbilMurakkabat (remedy with the aid of using compound drugs).<sup>[5]</sup>

**Type of compound Drug Formulations used in Unani System of Medicine: -**

1. Solid formulations: Powder, capsules, and tablets etc.
2. Semi Solid formulations: Electuaries, Aperients, Jwarishat, Khamerajat etc.
3. Liquid formulations: Syrups, decoctions, linctus's, eye and nasal drops etc.
4. Gaseous formulations: Snuffs, Shamoom, notukh, lakhlakha etc.<sup>[6]</sup>

**Unani System of Medicine in India: -**

The Unani System of Medicine got here to India with inside the 8th century and developed as a complete clinical device because of multipronged unique contribution and new programs through pupils of successive generations. It has been practiced, taught and scientifically documented in special elements of the U S And flourished as a scientific clinical device. The Government of India facilitated the boom and improvement of Unani System of Medicine through spotting its software and scope and included it into healthcare shipping device. With its huge community of excellent instructional establishments, complete healthcare facilities, country of the artwork studies establishments and excellent drug manufacturing industries and because of its usage through a big range of humans for his or her healthcare needs, India has emerged as an international chief in Unani System of Medicine. The information of the historic improvement of Unani System of Medicine in India were defined in succeeding subchapters. <sup>[7]</sup>

**Progress of Unani system of medicine in India: -**

Unani System of Medicine become added to India via way of means of the Arabs, and shortly it took company roots within side the soil. The Delhi Sultans, the Khiljis, the Tughlaqs and the Mughal Emperors supplied kingdom patronage to the students or even enrolled a few as kingdom personnel and courtroom docket physicians. The gadget discovered immediate favor with the hundreds and shortly unfold everywhere in the country. During the thirteenth and seventeenth century, Unani Medicine had its heyday in India. Among individuals who made treasured contributions to this gadget within side the length were, to call handiest a few, Abu Bakr bin Ali Usman Kashani, Sadruddin Dimashqui, Bahwa bin Khwas Khan, Ali Geelani, Akbar Arzani and Mohammad Hashim Alvi Khan. Unani System of Medicine got here to India within side the 8th century and advanced as a complete scientific machine because of multipronged unique contribution and new packages via way of means of pupils of successive generations. It has been practiced, taught and scientifically documented in exclusive components of the USA and flourished as a systematic scientific machine. The Government of India facilitated the increase and development of Unani Medicine via way of means of spotting its application and scope and incorporated it into healthcare shipping machine. With its extensive community of first-class instructional institutions, complete healthcare facilities, state- of- the- artStudies establishments and excellent drug production industries and because of its usage via way of means of a large range of humans for his or her healthcare needs, India has emerged as the worldwide chief in Unani System of Medicine. During the British rule, Unani Medicine suffered a setback, however for the reason that machine loved religion among the masses, it persisted to be practiced. It became specifically the Sharifi Family in Delhi, the Azizi Family in Lucknow and the Nizam of Hyderabad because of whose efforts Unani Medicine survived with inside the British period. A remarkable medical doctor and scholars of Unani Medicine, Ùakém Ajmal Khan (1868 -1927) championed the motive of Unani System of Medicine in India. The Hindustani Dawakhana and the Ayurvedic and Unani Tibbia College in Delhi are the 2 dwelling examples of his huge contribution to the multipronged improvement of the 2 Indian structures of drugs – Unani Medicine and Ayurveda. The Majeedi own circle of relatives of Delhi, particularly Ùakém Abdul Hameed (1908-1999), made precious contribution toward modernization of Unani drug industry. Ùakém Abdul Hameed additionally mounted an Institute of History of Medicine and Medical Research (IHMMR) in New Delhi that advanced right into a deemed university – the Jamia

Hamdard in 1989. Also, a few different households inclusive of the Niamathullah Family of Madras (now Chennai) and the Usmani Family of Allahabad (Uttar Pradesh) performed big position with inside the advancement of Unani Medicine with inside the twentieth century. The improvement of Unani Medicine in addition to different Indian structures of drugs won considerable momentum after independence. A Health Survey and Development Committee appointed with inside the 12 months 1943 underscored the destiny position to be performed via way of means of the indigenous structures of drugs of India. In 1946, the convention of health ministers resolved that good enough provisions need to be made on the Center and provinces for studies in indigenous structures of drugs, Ayurveda and Unani. The convention additionally recommended beginning instructional and education establishments of those structures. In pursuance of the hints of the convention, some of the committees have been appointed via way of means of the Government of India, well-known of them being Colonel R.N. Chopra (1946) and C.G. Pandit (1949) Committees. These committees recommended exact define for the improvement of Indian structures of drugs.<sup>[8]</sup>

### Fundamentals of Unani System of Medicine: -

- Arkan (Elements)
- The human frame carries 4 elements.
- Mizaj (Temperament).
- Akhlat (Humours).
- Aaza (Organs).
- Arwah (Spirits).
- Quwa (Faculties).
- Afaal (Functions).
- Regimental therapy (Ilaj-bil-Tadbir)<sup>[9]</sup>

### Arkan (Elements): -

Man turned into constantly stressful to recognize approximately the evolution of world, the foundation of self, manipulate of the universe, reasons of any extrude perceived via way of means of him for the primary time and the final results of herbal happenings. For the evolution of universe idea of Al-Arkan/Arkan/Anasir (Arabic phrase equal to detail) detail has been placed forth. Whenever the arguments in favor of a detail have been located insufficient and insufficient, any other principle turned into presented. Then there has been a time whilst the idea of detail principle turned into reigning, because it did go through the equal dilemma it had given manner to plenty broader idea of 3 elements. Needless to emphasize that those principles revolve round air, water, earth and fire- as they have been abundant maximum round. Finally, idea of 4 elements (Arkan) turned into advanced which benefit widespread attractiveness and reigned very best for hundreds of years and nevertheless instructions recognition, as a minimum conceptually, in historical system of medicine (particularly Unani system of medicine). This idea turned into extensively widespread and Hippocrates (460- 377 B.C.), Aristotle (384-322 B.C.), Galen (130-two hundred A.D.), Avicenna(980-1037 A.D.) and actually all their fans in a while grow to be exponent of this idea. There is legitimate cause for its widespread attractiveness. It is as it covers 3 states of rely viz. solid (Earth), liquid (Water) and gas (Air), and fourth one the causative of extrudei.e., heat (Fire)<sup>[10]</sup>

### Mizaj (Temperament): -

Mizaj (temperament) is one of the essential standards of Unani machine of medicine, prognosis and line of control of any ailment is primarily based totally upon it. Every person has been provided with a selected mizaj thru which organs and structures of a man or woman perform his features properly. <sup>[11]</sup>

Internal and outside reasons influence the human frame main to su' mizaj (altered temperament) that in the end inflict the complete frame or a selected organ within side the shape of ailment. The precept of control of ailment is too accurate the altered temperament. Therefore, earlier than starting off any treatment, mizaj of an affected person or organ must be evaluated. Unani pupils additionally inscribed that the human existence is basically divisible into 4 age agencies and every age institution have their particular mizaj for example, mizaj is barid (cold) and yabis (dry) among 35- and 60-years age institution and this era of existence is called sin al-kahulah/ sin al-ya's (past due adulthood). At this age, dynamic adjustments take

place in reproductive and nonproductive tissues and manufacturing of rutubat al- gariziya is reduced to such a quantity that it's far inadequate to maintain hararat al-gariziya (innate heat) and all of the quwa (power) starts deteriorating.<sup>[12]</sup>

#### **Akhlat (Humours): -**

The humors are generated obviously in a person via digestion. Consequently, adjustments in diet, or something that might affect the unique country of the frame, consisting of age, season, exercise, climate, etc., may want to significantly affect the amount and first-class of akhlāṭ. Moreover, the Unani health practitioner diagnosed that human had different dispositions, physiques and trendy lifestyles, all of which impacts a person's 'healthy' humoral balance. For that reason, affected person profile was critical in attending to the basic purpose of the ailment or causative thing of imbalance. A unique humour would possibly sometimes metamorphose into one or any other kind of humour in keeping with age and diet. For example, in summertime season there's predisposition in the direction of yellow bile, in particular amongst young and adults.<sup>[13]</sup>

The essential precept of curing an ailment in humoral pathology is too accurate the imbalance via contraries (opposites). Thus, an imbalance attributable to repletion is cured through depletion; and people that rise up from depletion are cured through repletion; and in trendy, illnesses are cured through their contraries.<sup>[14]</sup>

Imbalances may want to additionally end result from meals, climate and different sports such as occupation. Sometimes the imbalance is an end result of Khilqisū-'i-mizāja'ḍā' (hereditary distemper in organs).<sup>[15]</sup>

Foodstuffs and capsules had been thus prescribed to counter the imbalances. Various kinds of sporting activities and routine in mixture with meals and capsules had been prescribed through Unani physicians to repair the khiltie'tadal (humoral balance) of the frame the use of this precept of contraries. Unani physicians additionally hired strategies to evacuate excessive, bad humours and undigested meals that had the capability of in addition corrupting the humours. The evacuations had been undertaken the use of purgatives, emetics and fasd etc.<sup>[16]</sup>

#### **Aaza (Organs): -**

Liver is the maximum vital organ within side the body. Unani students are assuming as kitchen of the frame which put together fabric for the replenishment for all frame organs within side the shape of four Akhlāṭ.<sup>[17]</sup>

Liver is one of these 3 precise organs of our body which has been known as via way of means of the physicians as Aaza Raisa (crucial organs) executing 3 vital colleges of the body and is additionally chargeable for the physical functions.<sup>[18]</sup>

Hence, the physicians known as those viscera as crucial organs. These physicians additionally well known that the digested meals within side the belly and intestine is going to the liver thru portahepatis in which vital transformation takes place. So, the nutritious count number which changed into in advance unique in Mizaj (temperament), consistency, or even in colour grew to become within side the liver right into a homogenous substance that is crimson in colour, and consists of strains of white, yellow, and black fluids named as Balgham, Şafra, and Sawda respectively. These four fluids, additionally stated to be Akhlāṭ-Arba, (Four Humors) are in the beginning transported to the coronary heart thru veins after which to different components of the body for sake of nutrients thru arteries.<sup>[19]</sup>

#### **Arwah (Spirits): -**

Arwah, singular "Ruh" represents such elements which the frame gets from atmospheric air and without which sustenance of lifestyles can't be imagined. These are taken into consideration to be the lifestyles pressure and are consequently given significance withinside the analysis and remedy of disease. These are companies of various powers as described through the Unani Physicians.<sup>[20]</sup>

**Quwa (Faculties): -**

According to Unani system there are 3 varieties of powers: psychic (natural) energy, energy of metabolism and energy of reproduction. • Psychic and worried energy is gift within the mind and is made of two different powers: perceptive energy, which conveys impressions or sensations, and purpose energy, which brings approximately moves as a reaction to the sensation. Perceptive energy can be outside or internal. The outside perceptive energy acknowledges items out of doors the frame and is served via way of means of the 5 senses. The internal perceptive energy operates whilst perceptions do now no longer come from the out of doors, but are inferences drawn from outside impressions and realizations.<sup>[21]</sup>

**Afaal (Functions): -**

These encompass the moves and capabilities of the diverse organs of the frame. To keep right fitness of the body it's miles essential to make certain that diverse organs are not handiest in right form themselves however are appearing their respective capabilities properly.<sup>[22]</sup>

**Regimental therapy (Ilaj bil tadabeer): -**

In Unani medicine, this remedy method is primarily based totally on 4 techniques viz, Ilaj bil Tadabeer, Ilaj bil Ghiza, Ilaj bil Dawa (Pharmacotherapy) and Ilaj bil Yad (surgery). The adoption of regimental remedy is one of the nice measures of fitness improvement in Unani medicine. It is one of the maximum popular techniques of remedy, practiced through historic Unani scholars seeing that antiquity. Literally Tadabeer is an Arabic phrase meaning routine or systemic plan while Ilaj approach remedy or treatment. Thus, Ilaj bil Tadabeer approach remedy via routine, that is a method, via which care of the individual and preservation of standard fitness is attained through the modulation or amendment in Asbaabe Sitta Zarooriya. In this way, regimental cures are in the main non-medicinal strategies through which we modulate the lifestyle, nutritional behavior and habitat of the affected person and coaching different healing regimens for the remedy of diverse diseases. Ibn Sina has defined 36 regimes consisting of Irsal al Aq (Leeching), Fasd (Venesection), Ishal (Purgation), Qai (Emesis), Idrar (Diuresis), Huqna (Enema), Hijamat (Cupping), Dalak (Massage), Riyazat (Exercise), Hammam (Bathing), Tareeq (Diaphoresis), Amle Kai (Cauterization), Nutool (Irrigation), Inkebaab (Inhalation), Tanafis (Expectoration), Takmeed (Fomentation), Imala (Diversion of morbid material), Ilam (Counter Irritation), Aabzan (Hydration Therapy), Zimaadwatila (Ointment and Liniment), etc. These regimes are really intended for the Istefragh of Akh later adiya (morbid fluids), from the body. As quickly as those morbid humors are eliminated from the body, ordinary fitness is restored. Moreover, Jamaluddin in his e-book, Aqsara and Allama Qarshi in his book Mojazaal quanoon says that Ilaj bil Tadabeer method the change and moderation in factors for both prophylactic or healing purposes. Blood-letting within the shape of venesection, leech remedy and cupping with scarification is an vital a part of regimental remedy. It has been utilized for preventive in addition to healing measures for hundreds of years with the aid of using historical Unani physicians. The most common healing indicators of this remedy as referred to in Unani classics are Jarabul Ajfaan (blepharitis), Dawali (varicose vein), Dardepindali (painful calf muscle), Malankhoonia (mania), Qooruhekhabisa (septic wound, non-restoration ulcer), Warm (inflammation) of organs, Khanaazeer (lymphadenitis), Warme Tajaweful Anaf (sinusitis), Warmeh alq (pharyngitis), Bawaseer (piles), Nawaseer (anal fistula), Daaulfeel (elephantiasis), pores and skin problems like Qooba (ringworm), Saafa (tinea corporis), Namash (chloasma), kalaf (warts), Narfarsi (eczema), Daulsadaf (psoriasis), Bars (vitiligo), Wajaul Mufasil (osteoarthritis), hypertension, etc.<sup>[23]</sup>

### Treatments of disease and diagnosis in Unani system: -

According to Unani medicine, control of any ailment relies upon upon the analysis of ailment. Proper analysis relies upon commentary of the patient's signs and symptoms and temperament. Unani, like Ayurveda, is primarily based totally on concept of the presence of the factors within side the human body. According to fans of Unani medicine, those factors are found in fluids and their stability results in fitness and their imbalance results in illness. According to Unani practitioners, the failure of the Quwwat-e-Mudabbira-e-Badan, or the body's cap potential to keep its very own fitness, can also additionally cause derangement of the regular equilibrium of the body's akhlat (humors). Abnormal humors are believed to cause pathological modifications within side the tissues on the affected site, growing the scientific manifestations of illness. The concept postulates the presence of blood, phlegm, yellow bile and black bile within side the human body. Each person's precise aggregate of those materials determines his mizaj (temperament). A predominance of blood offers a sanguine temperament; a predominance of phlegm makes one phlegmatic; yellow bile, bilious (or choleric); and black bile, melancholic.

### After diagnosing the disease, remedy follows a pattern: -

- IzalaeSabab (removal of cause)
- TadeeleAkhlat (normalization of humors)
- Tadeele Aza (normalization of tissues/organs)

Treatment consists of regimental remedy referred to as Ilaj-Bil-Tadbeer. These treatment plans encompass cupping, aromatherapy, bloodletting, bathing, exercise, and dalak (massaging the body). It can also contain the prescription of Unani pills or surgery.

1. Removal of the causative factor (Izäla-i Sabab): The causative elements withinside the pathology of the sickness procedure are decided and eliminated for the right control of the sickness.

2. Normalization of the morbid temperament (Ta'dél-i Mizäj): The sickness wherein the temperament of someone is altered with out affecting the excellent and amount of humours, most effective correction of easy morbid temperament is required. This is carried out absolutely through editing the life-style of the affected person with inside the mild of description of the important and non-important elements with inside the literature of Unani System of Medicine.

3. Evacuation of morbid fabric (Tanqiya): The temperament is modified because of growth withinside the amount of sure humors and that morbid fabric with inside the frame receives accumulated. The morbid fabric of the frame is evacuated through diverse remedies through distinctive routes for the remedy of the sickness e.g. Cupping (Uijäma), Venesection (Fañd), Leeching (Ta'léq), Convective (Munzij) Purgative (Mushil) Therapy, Expectoration (Tanfés), Diuresis (Idrär-i Bawl) and Diaphoresis (Ta'réq).

4. Hetero therapy ('Iläj bi'l-Òidd): This is the principle precept of remedy in Unani System of Medicine, wherein the drug having temperament contrary to the sickness is run for the correction of morbid temperament and remedy of illness.

5. Holistic approach: In the control of the systemic diseases, the complete life-style and the charter of the affected person is taken under consideration for making analysis and prescribing correct remedy. It consists of habits, habitat, physical, emotional, temperamental and humoral status of the affected person and circumstance of system/organ of the frame involved. Taking this kind of elements into account, the remedy of the sickness is prescribed.

6. Surgical and para-surgical procedures ('Iläj bi'l-Yad): In Unani System of Medicine, diseases of the structure (Sü'-i Tarkéb) and breach of continuity (Tafarruq-i Ittiñäl) are dealt with through using appropriate operative and para operative strategies as carried out for the remedy through the Unani scholars.

7. Psychiatric remedy ('Iläj Nafsäné): Unani System of Medicine treats psychiatric illnesses and psychic detail of psycho-somatic illnesses through the use of tablets, editing thoughts-associated procedures like sleep and psychotherapy. It is capable of use tablets through its discovery of the 'substance of thoughts' i.e. psychic pneuma (Rüü Nafsäné) whilst its appreciation of the scientific significance of procedures, bodily conditions, etc., which it organizes as 'Six Essential Factors' (Asbäb Sitta Òarüriyya), facilitates it intently relate sleep, etc. to the development of psychiatric and psycho-somatic illnesses. It additionally uses psychotherapy through manipulation of thoughts through verbal means. But its main reliance is on drug remedy because it has observed the diffused substance of thoughts and its relation with tablets because of their not unusualplace temperament.

8. Spiritual remedy ('Ilāj Rūūāné): Unani System of Medicine recognizes the function of religious fitness and remedy through coming across that the spirit (Nafs Nāöiqa) is joined to the pleura and, via it, to the frame, and is the superb regulator of man. However, Unani System of Medicine restricts itself to the pleura and frame, and leaves religious remedy to spiritual and religious counselling through religious authorities. Although, it does not no longer oblige the health practitioner to be a religious authority however culturally maximum physicians also are spiritually superior and offer religious counselling which has an effective function in healthcare through facilitating a wholesome way of life and de-stressing. The technical obstacles of medication to most effective pleura and frame lets in human beings of all spiritual persuasions to exercise Unani System of Medicine, whilst the reputation of spiritual and religious counselling as a complementary hobby lets in religious measurement of fitness-care.

9. Three number one reassess of tablets (Mawäléd Thalätha): In Unani System of Medicine, drug materials are acquired from herbal, animal and mineral reassess for the medicine purposes of their herbal shape. Sometimes, those tablets are utilized in easy shape and sometimes in the shape of a compound of diverse tablets. They can be subjected to physicochemical procedures, however without breaking apart their herbal character. Thus, Unani System of Medicine makes use of most effective herbal materials in remedy.<sup>[24]</sup>

### Prevention of Disease: -

Prevention of sickness is as tons a difficulty of the machine as curing of sickness. Right in its formative tiers the have an effect on of the encircling surroundings and ecological circumstance at the nation of fitness of humans has been recognized. There is emphasis at the want for retaining water, meals and air unfastened from pollution. Six necessities pre-requisites (AsbabSitta e Zaroriayah) had been laid down for the merchandising of fitness and prevention of sickness. These are:

1. Air
2. Food and drinks
3. Bodily motion and repose
4. Psychic motion and repose
5. Sleep and wakefulness
6. Evacuation and retention

Good and smooth air is taken into consideration as maximum important for fitness. Avicenna, the well-known Arab physician, referred to that the extrade of surroundings relieves the sufferers of many diseases. He additionally emphasized the want for open ethereal homes with right ventilation. It is suggested that one take clean meals, unfastened from putrefaction and sickness generating matter. Dirty water is taken into consideration as a service of numerous diseases. The machine, therefore, strongly emphasizes the want for retaining the water unfastened from all varieties of impurities. Exercises in addition to relaxation are requisite for retaining accurate fitness. Exercise enables the boom of muscle groups and guarantees nutrition, will increase blood deliver and right functioning of excretory machine. It additionally maintains the coronary heart and the liver in accurate circumstance.<sup>[25]</sup>

### 1.Hawa-e-Muheet (Atmospheric Air) :-

Air surrounds us anywhere and is an important element, for lifestyles of lifestyles on earth, that's why it's been given the topmost precedence among all different factors, the oxygen supplied with it, is a crucial Rukn of Rooh (pneuma). During inspiration, it plays the characteristic of Ta"adeel- e-Rooh (moderation of Rooh) and concurrently helps for the Tankiya-e-Rooh on the time of expiration. Most of the airborne illnesses are induced due to seasonal adjustments or because of the environmental pollution. Seasonal adjustments are taken into consideration as ordinary adjustments wherein the air temperament shifts from one to different each season, and those adjustments cause extrude in human body. Whereas polluted air is taken into consideration as a peculiar extrude, which induces putrefaction to the humors, coronary heart is discovered to be affected first with those infective humors, due to the fact coronary heart is greater reachable to air than every other organ. So it can finish that natural air is important to perform the physiological functions, due to the fact accumulation of such air pollution can also additionally cause numerous diseased conditions.<sup>[26]</sup>

## 2. Makool wa Mashroob (Food and Drinks):-

The role of food and drink in fitness improvement and disorder prevention is of paramount significance. So Unani pupils cited it beneath neath the heading of "Taghzia" unani pupils believes that earlier than initiation of treatment via drugs, character have to be dealt with the regulations and changes with inside the food plan. Avicenna had defined the price of food plan in his treatise "Al-Qanoon- Fit-Tib" the significance of food plan also can be elicited by „Gruner“ the commentator of Al-Qanoon-Fit-Tib who had said that "the belly is the residence of illnesses and the food plan is the top of healing" unani pupil now no longer only had introduces the idea of nutrients however also advocated unique food plan in unique illnesses.<sup>[27]</sup>

Jalinoos had recommended that 4 situations to be stored in thoughts at the same time as gaining weight loss plan are:

- ☑ Time of meals
- ☑ Type of meals
- ☑ Quantity of meals
- ☑ Temperament<sup>[28]</sup>

As some distance as worried with Mashroob'at. It doesn't nourishes the frame however allows holding the meals and rectifies its consistency and additionally allows moving the oxygen and vitamins to numerous frame component via the community of vessels and channels. According to Majoosi, if someone has a Su-e-Mizaj barid, boiled water should be advocated. Consumption of Luke heat water additionally allows keeping the digestion, however can also additionally purpose weakness too. Consumption of natural consuming water is advocated to save you numerous waterborne diseases and keep health.<sup>[29]</sup>

## 3. Harkat wa Sukoon-e-Badani (Physical Activity and Repose):-

Geek-o-Arab physicians predicted an concept regarding bodily pastime that it's miles required for the activation of innate energy (Hararat-e-Gharizia) and to excrete out the waste merchandise of the frame, however if the length is extended it is able to cause dispersion of innate energy (Hararat-e-Gharizia), whereas, Rest is critical to store the frame temperature and the frame fluids. Excess of both can also additionally cause the improvement of coldness withinside the frame, due to the fact immoderate mobility can also additionally motive a lower in innate fluid and in flip it's going to decreases the innate warmth of the frame, at the same time as extra of relaxation will boom the frame fluids and reduce the innate energy. Granting relaxation to the frame additionally enables in method of digestion.<sup>[30]</sup>

## 4. Harkat wa Sukoon-e-Nafsani (Mental Activity and Repose):-

Sina turned into the primary to offer the relationship among psychology and medicine. As nafsiyati awamil (mental factors) are depending on dominant khilt and mizaj of individual so it go away an effect on his Body and mind. nafsiyati awamil (mental factors) like happiness, sorrow, fear, anger have a giant effect at the fitness of a individual, as extra of anger and pleasure can also additionally result in dilatation of cutaneous blood vessels causing redness of the pores and skin and it additionally growing the coronary heart rate that's a purpose for diverse CVS problems. Unani health practitioner even have a view that sure sicknesses and intellectual problems can also additionally arise because of the emotional strain and mal-adjustment.<sup>[31]</sup>

## 5. Naum wa Yakza (Sleep and Wakefulness):-

Unani scholars additionally had recommended that sleep and wakefulness is likewise important for the wholesome body conditions, sleep is a super shape of relaxation bodily as well as mental, sleep is important earlier than any motion so that body can get nourishment because it offer relaxation to the nafs and organs making someone greater energetic and helping in system of digestion. Excess of wakefulness can also additionally cause dryness withinside the body, while extra of sleep causes coldness, lethargy, headache and weak spot and many others ultimately stressful the humoural attention and developing. Balghami illnesses like arthralgia. (Obesity) Majoosi said that tabi"at may be benefitted in approaches through sleep. Firstly, through intellectual and bodily relaxation and secondly through the digestion and concoction of akhlaat inflicting the innate warmth to go into the body. Lack of sleep causes indulgence of energies, intellectual weak point and digestive disturbances.<sup>[32]</sup> Inadequate and inadequate sleep is a reason for numerous way of life illnesses like obesity, diabetes, cardiovascular illnesses and

different fitness troubles and it is taken into consideration as essential hazard element and getting enough excessive first-class sleep is likewise essential.<sup>[33]</sup>

#### 6) Ehtibas wa Istifragh (Retention and Elimination):-

To hold a harmonic and coordinated tabi"at, useful end-merchandise of metabolism need to be retained withinside the frame, even as dangerous ones need to be expelled. If the waste merchandise of frame isn't always excreted nicely and absolutely it's going to result in positive diseased condition.<sup>[34]</sup> Our frame has mechanism to remove waste metabolites via herbal manner i.e., micturition, defecation, menstruation, diaphoresis, sebum secretion and mucus secretion etc. and any commotion with the excretory device like excess, diminution or blockage might also additionally result in diseased situations. Excess of istifragh makes the frame susceptible and result in temperamental modifications diverting the frame closer to coldness & dryness, someday it produces obstruction and in the long run reducing the innate energy. If extraordinary retention of the morbid subjects occurs, it will result in numerous sicknesses situations as:

☒ Amraz-e-sue mizaj (e.g. infection, decrement in hararat ghariziyah)

☒ Amraz-e-sue tarkeeb (e.g. embolism, paralysis)

☒ Amraz-e-tafarruk ittesal (e.g. rupture of vessels)

☒ Amraz-e-murakkabah (e.g. inflammation, abscesses).<sup>[35]</sup>

#### Conclusion:-

It is clear from the above dialog that Unani system of drug has whole medical view of fitness and sickness and has higher mode of remedy through which someone can lead a healthful existence with the least or no sickness. But the want of hour is to rediscover its time-

examined classical shape and to analyze the molecular foundation of this path, the use of giftequipment and techniques. Unani system of drugs addresses homeostasis of the body that relies upon on stability of the 4 humors and temperaments that are balanced through six important aspects which includes atmospheric air, diet, sleep and wakefulness, removal and retention, mobility, mental situation becomes a purpose of the sickness. Disturbance in any of those elements will regulate the exceptional temperament and amount of humors which disturb homeostasis and cause manufacturing of morbid humors. Morbid humors are an essential offender of pathological changes. To dispose of the morbid humors diverse regimens and pills are applied, however modulation of actual purpose of disturbance in homeostasis i.e. six essential elements are the foundation to treat. Hence, Unani system of drug treats deeply and mainly concentrating the real root of pathology in any other cases situation can also additionally stabilize for a period however can expand again. Hence, know-how those doctrines well to discover the purpose is the essential thing of remedy. Hence, the sensible technological know-how is primarily based totally on the essential standards rooted withinside the oldest classical texts of Unani system.

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