



TIBB – THE UNANI SYSTEM OF MEDICINE

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UNANI - TIBB



- Unani system of medicine is a great healing art as well as science.
- It treats a person as a whole not as a group of individual parts.
- It is aimed at treating body, mind and soul.
- It is a science of which we learn various states of body in health and when not in health and the means by which is likely to be lost and when lost likely to be restored - **AVICENNA**

Historical aspects



- Unani system has its origin in Greece and was developed by Arabs into an elaborate science based on the teachings of Buqrath (Hippocrates 460-377 BC).
- A number of other Greek scholars enriched this system considerably, of them Jalinus (Galen 131-200 AD) who drew inspiration from Hippocrates stand out as the one who stabilized its foundation on which Arab physicians like Rhazes (850-923 AD) and Avicenna (980-1037 AD) constructed an imposing edifice. Hence it is also known as **Greek o Arab medicine**.



- The system owes its present form to the Arabs who not only saved much of the Greek literature by rendering it into Arabic but also enriched the medicine of their day with their own contributions.
- Unani Medicines got enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China and other Middle East countries. It took firm roots during 13th and 17th century A.D and had its hey-day in India.



- The system suffered a severe set back during the British rule in India. During this period the growth of education, research and practice of Unani system of medicine was retarded and hindered.
- All the traditional systems of medicine along with Unani System faced almost complete neglect for about two centuries.



- The withdrawal of State Patronage could not harm much as the masses reposed faith in this system and it continued to be practiced.
- It was mainly Sharifi family in Delhi, the Azizi family in Lucknow and the Nizam of Hyderabad due to whose efforts Unani Medicine survived during the British period.



- Hakim Ajmal Khan, who was not only a renowned physician but also one of the foremost freedom fighters in the country.
- He established an Ayurvedic and Unani Tibbia College and Hindustani Dawakhana – a pharmaceutical company – for Ayurvedic and Unani medicine in Delhi in 1916.



- After independence the Unani System along with other Indian systems of medicine received a fresh boost under the patronage of the National Government and its people.
- Government of India took several steps for the all round development of this system. It passed laws to regulate and promote its education and training.
- It established research institutions, testing laboratories and standardized regulations for the production of drugs and for its practice.



- Today the Unani system of medicine with its recognized practitioners, hospitals and educational and research institutions, forms an integral part of the national health care delivery system.



- Greek medicine, greatly simplified was based on the concept of balancing body humors by “**Tabiat**” (Medicatrix materica) the supernatural power in the body.
- They either fell out of balance, which might yield diseases (depending on circumstances), or were restored to balance to heal diseases.



- Unani physician believes that health is a state of body in which there is equilibrium in the humours and functions of the body. When the equilibrium of the humours is disturbed quantitatively or qualitatively or both and physiological functions of the body are deranged due to the abnormal temperament of affected organ or system resulting in disease.
- Therefore, the aim of Unani physician is to find out the cause of the underlying disruption of humours, so that it can be corrected and disease be cured.

Principles & Concepts



- The human body is considered to be made up of the following seven components:
- Elements (Arkan)
- Temperament (Mizaj)
- Humors (Akhlāt)
- Organs (Aaza)
- Spirits (Arwah)
- Faculties (Quwa)
- Functions (Afaal)

Elements (Arkan)



- The system involved four elements, thus differing from the Ayurvedic system of three doshas and the Chinese system of five elements.
- Each of the four elements has its own temperament as follows:
 - **Element** **Temperament**
 - Air Hot and Moist
 - Earth Cold and Dry
 - Fire Hot and Dry
 - Water Cold and Moist

Temperament (Mizaj)



- In the Unani system, the temperament of the individual is very important as it is considered to be unique. The individual's temperament is believed to be the result of the interaction of these four elements.

Humours (Akhlāt)



The basic theory of Unani system is based upon the well-known four-humour theory of Hippocrates. This presupposes the presence, in the body, of four humours viz., blood, phlegm, yellow bile and black bile.





- Humours are those moist and fluid parts of the body which are produced after transformation and metabolism of the aliments; they serve the function of nutrition, growth and repair; and produce energy, for the preservation of individual and his species.
- The humors are responsible for maintaining moisture of different organs of the body and also provide nutrition to the body.
- Food passes through four stages of digestion:
 - (1) Gastric digestion, (2) Hepatic digestion
 - The third and fourth stages of digestion are known as
 - (3) vessels and (4) tissue digestion



- While the humors are flowing in the blood vessels, every tissue absorbs its nutrition by its 'attractive power' and
- retains it by its 'retentive power'.
- then the 'digestive power with assimilative power' converts it into tissues,
- the waste material in humor at this stage is excreted by the 'expulsive power'.

Organs (Aaza)



- These are the various organs of the human body. The health or disease of each individual organ affects the state of health of the whole body.

Spirits (Arwah)



- Ruh (Spirit) is a gaseous substance, obtained from the inspired air, it helps in all the metabolic activities of the body. It burns the akhlat latifah to produce all kinds of quwa (powers) and hararat ghariziyah, it is the source of vitality for all the organs of the body.
- These are considered to be the life force and are, therefore, important in the diagnosis and treatment of disease. These are the carriers of different powers, which make the whole body system and its parts functional.

Faculties (Quwa)



- **Natural power (Quwa Tabiyah)**
- Natural power is the power of metabolism and reproduction. Liver is the seat of this power and the process is carried on in every tissue of the body. Metabolism is concerned with the processes of nutrition and growth of human body. Nutrition comes from the food and is carried to all parts of the body, while growth power is responsible for the construction and growth of human organism.



- **Psychic power (Quwa Nafsaniyah)**
- Psychic power refers to nervous and mental power. It is located inside the brain and is responsible for perceptive and motive power. Perceptive power conveys impressions or sensation and motive power brings about movements as a response to sensation.



- **Vital power (Quwa Haywaniyah)**
- Vital power is responsible for maintaining life and enables all the organs to accept the effect of psychic power. This power is located in the heart. It Keeps life running in the tissues.

Functions (Afaal)



- This component refers to the movements and functions of all the organs of the body.
- In case of a healthy body the various organs are not only in proper shape but are also performing their respective functions.
- This makes it necessary to have full knowledge of the functions of the human body in full detail.



PREVENTION OF DISEASES
“ASBAB E SITTA ZAROORIYA”
SIX ESSENTIAL FACTORS



- Prevention of disease is as much a concern of the system as curing of sickness. Right in its formative stages the influence of the surrounding environment and ecological conditions on the state of health of human beings has been recognized.
- There is emphasis on the need for keeping water, food and air free from pollution. Six essential pre-requisites have been laid down for the promotion of health and prevention of disease.



- These six essential factors are:
 - Air
 - Food and drinks
 - Bodily movement and repose
 - Psychic movement and repose
 - Sleep and wakefulness
 - Evacuation and retention

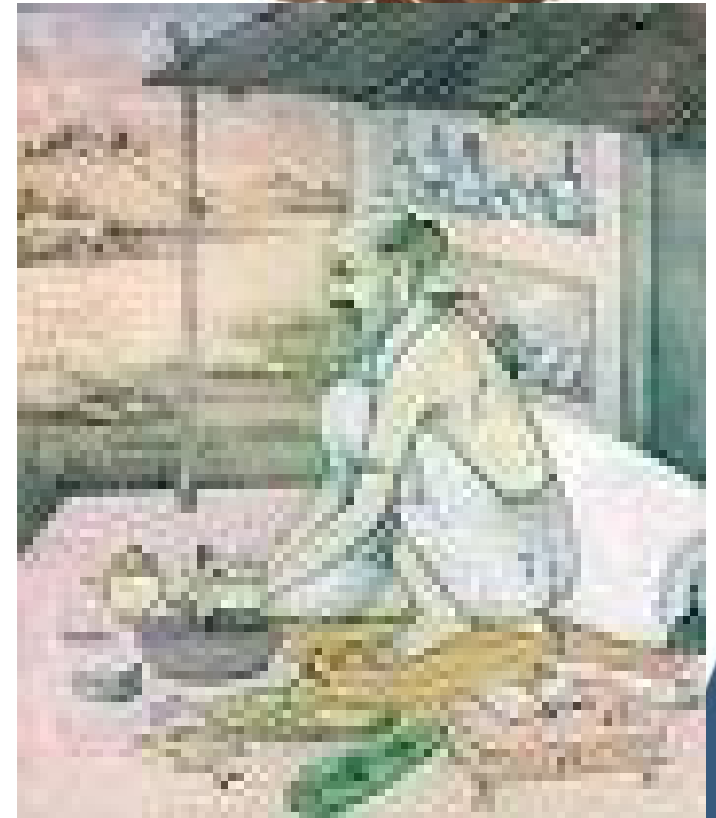
Diagnosis

- The diagnosis process in Unani system is dependent on observation and physical examination.
- Diagnosis involves investigating the cause of disease thoroughly and in detail. For this physicians depend mainly on Pulse reading and examination of urine and stool and also with the help of simple modern gadgets.



Treatment

- The various treatments recommended by Unani physicians are :
- Ilaj bil Ghiza (Dieto therapy)
- Ilaj bid Dawa (Pharmaco therapy)
- Ilaj bit Tadbeer (Regimenal therapy)
- Ilaj bil Yad (Surgery)



Ilaj bil Ghiza (Dietotherapy)



- If the treatment is possible by diet only than the drugs should never be used.
- Most of the diseases can be cured by administration of specific diets or by regulating the quantity and quality of the food, for example cold water is better for the person possessing hot temperament while bad for the person having cold and wet temperament.

Ilaj bid Dawa (Pharmacotherapy)



- If the shift is of greater degree from normal condition and dietotherapy alone is not sufficient then pharmacotherapy is advised in addition to the diet therapy.
- These drugs may be derived from plants, minerals or animals.
- Pharmacotherapy (Ilaj-bid-Dawa) is mainly dependent upon local available herbal drugs which make the system indigenous.



- In Unani Medicine, single drugs or their combination in raw are preferred over compound formulations.
- Further the materia medica of Unani Medicine being vast, the medicines are easy to get as most of them are available locally. The naturally occurring drugs used in this system are symbolic of life and are generally free from side-effects.
- Such drugs which are toxic in crude form are processed and purified in many ways before use.



- The Greek and Arab physicians encouraged poly-pharmacy and devised a large number of poly-pharmaceutical recipes which are still in vogue.
- In Unani Medicine compound formulations are also employed in the treatment of various complex and chronic disorders.
- Since emphasis is laid on a particular temperament of the individual, the medicines administered are such as go well with the temperament of the patient, thus accelerating the process of recovery and also eliminating the risk of drug reaction.

Ilaj bit Tadbeer (Regimenaal Therapy)



- Unani physicians attempts to use simple physical means to cure a disease. But for some specific and complicated diseases, special techniques are prescribed. These may be used in adjuvant to Dietotherapy and pharmacotherapy.
- These are the various rejuvenate and detoxification drugless regimens/therapies. They are not only curative but are also widely used for the prevention of diseases.

Commonly used Regimenal therapies

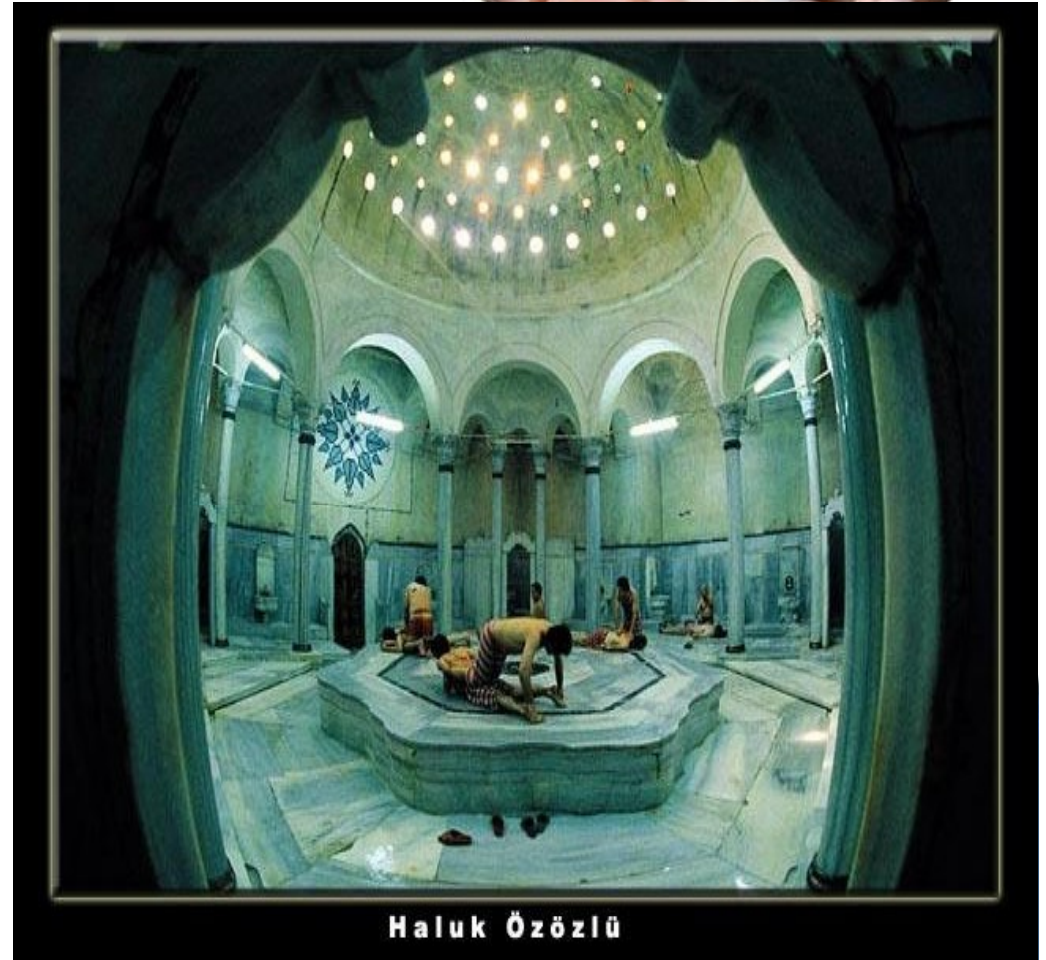


- Hamam - Turkish bath & various types of medicated baths
- Dalak - Massage and Physio therapy
- Riyazat - Physical exercise
- Takmeed - Fomentation
- Hijamat - Cupping
- Fas'd - Venesection
- Ishaal - Purgation
- Qhai - Emesis
- Idrar e Baul - Diuresis
- Kai - Cauterization
- Taleeq - Leeching

Hamam- Turkish bath & various types of medicated baths



- It is a steam room where facilities are available for a bath followed by shower and massage.
- It improves general health and also proves helpful in treating various diseases.
- It reduces the viscosity of the humours and improves health of the debilitated individuals.
- It improve metabolism, increase innate heat of the body and excrete waste products through skin.



Dalak - Massage and Physiotherapy

- Any method of pressure on or friction against or stroking, kneading, rubbing, tapping, pounding, vibrating or stimulating of the external soft parts of the body with the hands or other objects like rough cloth with or without rubbing oils, creams, lotions, ointments or other similar preparations used in this practice.
- Unani medicine describes detailed types of massage e.g. hard massage, soft massage, prolonged massage or moderate massage.



Riyazat- Physical exercise

- Any type of exercise (hard, moderate or light) produces different effect in the body.
- The moderate exercise increases *Hararat e Ghariziya* (vital force of the body) helps to eliminate the waste products of body through urine, stool and sweat etc.
- It makes the organs stronger and increases the appetite.



Takmeed - Fomentation

- It is a warm covering to a part of the body to relieve pain and inflammation.
- Diathermy should always be restricted to the level of tolerance.
- Hot fomentation treatments can be used in a variety of acute conditions including chest colds, muscle spasms, gallstones, dysmenorrhoea, insomnia and backache etc.



Hijamat - Cupping

- It is a method used for local evacuation or diversion of morbid humours in which a horn is attached to the surface of the skin of the diseased part through negative pressure created by vacuum.
- The vacuum is created by the introduction of heat or suction. Now, this horn is replaced by a glass cup, hence the procedure is known as cupping.





- Cupping is of two types Hijamat Bilshurt (wet cupping) i.e. cupping with blood letting and Hijamat Bilashurt. (dry cupping) i.e. cupping without blood letting.
- It is useful in the treatment of heaviness of head, asthma, dyspnoea, migraine, headache, hemorrhoids, amenorrhea, sciatica, gout and arthritis etc. cupping is done on different sites of the body to cure various diseases e.g. cupping is done at the back of neck for heaviness of eyes, forehead and inflammatory conditions of the eyes.

Ishaal - Purgation



- The whole body or intestines are cleansed of accumulated toxins through the use of laxatives and purgatives by this method.
- Mild, moderate and strong laxatives may be used depending upon the prevailing condition.
- Unani system possesses various medicine which are used for purgation e.g. Turbud (*Operaculina terpeethum*), Ghariqoon (*Agaricus alba*), Saqmonia (*Convolvulus scammonia*), Aftimoon (*Cuscuta epithymum*) and oil of Badam (*Prunus amygdalus*) etc.
- It is used to achieve detoxicating effect, to resolve the body matter and to treat chronic constipation.

Vomiting



- It is the reflux act of ejecting the contents of stomach through the mouth.
- The main purpose of vomiting is to eliminate toxic substances from the stomach.
- Many drugs can be used for this purpose. e.g. Turb (*Raphanus indicus*), Kharbaq (*Oroxylum indicum*), etc.

Idrar e Baul - (Diuresis)



- It is the production of an unusually large amount of urine.
- It is an important tool for evacuation of waste products from the body.
- There are many drugs which are used for this purpose. e.g. Kharpaza (*Cucumis melo*), Kasni (*Cichorium intybus*), Ghafis (*Gentiana dahurica*) and Kasoos (*Cuscuta reflexa*) etc.
- The method is used to excrete poisonous matters, waste products and excess of humours through urine and to purify blood. It is also helpful in the treatment of cardiac, hepatic and renal disease.

Kai - Cauterisation

- It is an effective method for the treatment of several conditions e.g. destructive lesions, removal of putrefactive matter and stoppage of bleeding etc.
- Unani physicians have preferred Mikwa (Cauterant) made of gold.
- It is also used to cure warts and moles etc.



Taleeq - Leech Therapy

- It is a unique method of removal of mawaad e Fasida (bad matters) from the body.
- Leeching is better than cupping in drawing the blood from deeper tissues.



NUTOOL - Pouring of Medicated water



The procedure in which the affected part is treated by pouring a stream of water or medicated decoction or oil from a height in an particular way.

Usually oil/ joshanda/ buttermilk, cold water, milk processed with medicines are used for nutool.

Nutool (Irrigation) is done with the purpose of acceleration of Ikhraaj-e-mawaad (excretion of morbid material) and Tabdeel-e-Mizaj-e- a'za (alteration of the temperament of an organ).

Contribution Of Unani Physicians in field of Medicine

- Avicenna In his book “Canon of Medicine” has described meningitis so accurately in detail that it has scarcely required any additions even after 1000 years.





- He was first person to describe intubation (surgical procedure to facilitate breathing). Western physicians began to use this method at the end of 18th century.
- He accurately described surgical treatment of tumours, saying that excision should be radical and all diseased tissues be removed, including amputation and removal of veins running in the direction of the tumour. He also recommended cauterization of the area if needed. This observation is relevant even today.



- The Arab physicians developed a “soporific sponge” (impregnated with aromatics and narcotics and held under the patient’s nose), which precede modern anesthesia and also described how “minute bodies” enter the body and cause disease – well in advance of Pasteur’s discovery of microbes.
- Avicenna described contamination of the body by foreign bodies prior to infection and also devised the concept of anaesthetics.



- The use of plaster of Paris for fractures was a standard practice. It was rediscovered in the West in 1852.
- Avicenna described tuberculosis as being a communicable disease.
- Al Rhazes (865-925 AD) was first to describe smallpox and measles. Al Hawi / Liber Continens



- The Arab surgeon Zohrawi (Abulcasis) was first to describe Hemophilia, he was first surgeon in history to use cotton which is an Arabic word for surgical dressings for control of hemorrhages



- Jabir Ibn Hayyan/ Geber (8th century) known as father of chemistry invented the methods of evaporation, dissolution, crystallization, calcination and also distillation apparatus.
- He discovered the formula of Acqua regia, nitric acid, sulphuric acid etc.



THANK YOU