

UNANI SYSTEM OF MEDICINE

Unani system originated in Greece. It was started by a Greek philosopher Hippocrates. He was the first physician to introduce documentation of medical history which gave rise to development of "Humoral theory". Unani system was later developed by Arabs and became popular as Arab system of medicine.

Basic principles of Unani system

Unani system considers that the entire universe is made of four basic elements i.e., fire, air, earth, water. These elements are present in human body that represent various qualities.

Unani system is based on two theories:

- Hippocratic theory of four humors.
- Pythagorean theory of four proximate qualities

Hippocratic theory of four humours mentions the first products of digestion, they are:

- Blood (Dum)
- Phlegm (Balgham).
- Yellow bile (Safra)
- Black bile (Souda).

Pythagorean theory of four proximate qualities includes hot, cold, moist and dry. These qualities are present in the human body in combinations and represent the four basic elements of universe. They are

- Hot & moist (Air).
- Hot & dry (Fire).
- Cold & moist (Water),
- Cold & dry (Earth)

These four qualities are present in different proportions in the body and vary from one person to another. These 4 qualities represent the nature or temperament/ humor of individual known as "Mizaj"

Mizaj/ Temperament/ Humors of a person

- Mizaj-e-har (Hot)
- Mizaj-e-barid (Cold).
- Mizaj-e-yabis (Dry)
- Mizaj-e-rath (Moist).

Balance form of these 4 humors is called as healthy condition and imbalance form is known as pathological condition.

Treatment in unani system

Two things are attempted during the treatment they are:

- To remove the cause of ailment, also known as cleansing or detoxification. It is done by purging (purification), diuresis, vomiting and bleeding.
- To strengthen the natural defence mechanism and prevention of relapse.

Treatment in Unani system involves various therapies which are as follows

- Regimental therapy: It includes emesis (vomiting), purging, diaphoresis (sweating), massaging, Turkish bath, etc.
- Diet therapy: It is done by using special diet. The quality and quantity of foods is regulated.
- Pharmacotherapy: It deals with the use of medicine, most commonly natural drugs are used.

Unani medicine

- The Materia Medica describes drugs obtained from herbs, animals and mineral source.
- Herbal drugs include various parts of plants and their products.
- Animal drugs include affecting the organs, flesh hair, bones, etc.
- Mineral drugs include metals like gold, silver, lead, zine. to the samed arsenic, etc.

Precious stones like emerald, sapphire are also used.