

ORIGIN AND DEVELOPMENT OF UNANI MEDICINE
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The Unani System of Medicine originated from Greece. Greek philosophy was the basis for it. Hippocrates (460-377 BC) freed medicine from the clutches of superstitions and gave it the status of science. Galen (131-210 ad) stabilized its foundation, on which Arab and Persian physicians like Rhazes (850-925 ad) constructed an imposing edifice. The Greek and roman literature was translated into Arabic and Persian language and reviewed during the time of renaissance; the Muslim rulers extended their patronage and propagated it during Bani-Ummaiah and Abbasia period; but they preferred to keep its identity as 'Unani Medicine' only. As this medical system was brought up under the umbrella of Islamic heritage; western historians named it as 'Islamic medicine'.

In India Unani system of medicine was introduced by Arabs and Persians. The Delhi sultans, the Khiljis. The Tughlaqs and the Mughal emperors extended patronage to this noble system of medicine and benefited the masses with the efficacies enriched with it. The 13th & 17th century span was the golden era for Unani medicine in India. Akber Arzani, Ali Geelani, and Hakeem Alvi Khan were the valuable contributors for this system of medicine of that era. The system immediate favor with the masses and soon spread all over the country and continued to hold an unchallenged sway for a long period even after the downfall of Mughal empire.

In British regime Unani medicine suffered a setback due to with drawl of government patronage. But since the system enjoyed the faith among the masses it continued to flourish. The efforts of Sharifi family in Delhi, Azeezi family in Lucknow, and Nizams in Hyderabad uplifted the glory of the system to the fullest. Hakeem Ajmal Khan (i 868-1927) championed the cause of the system in India. The Hindustani Dawakhani and the Ayurvedic and Unani Tibbia college in Delhi are the two living examples of his immense contributions to the multi pronged development of the two Indian systems of medicine, Unani medicine and Ayurveda.

FUNDAMENTALS

Hippocrates enunciated that 'health' is a birth gift from nature disease is a natural process and symptoms are the reaction of the body to the disease. 'Tabiyat' (medicatrix naturae) is the supreme authoritative faculty of our body responsible to maintain health . And

Any thing wrong with it amounts to disorders; and all the therapeutic efforts exercised are only to boost it to regain its vigor.

Tibb-e-Unani presupposes that , the primary fluids of the body are composed with four humours-'dam' (blood), 'balgham' (phlegm), 'safra' (bile), and 'salmat' (black bile). They co-exist in the body with a definite ratio and proportion, quantitatively and qualitatively ; and maintain a homogenous balance in the body to evolve the state of health they are the sources of nutrients to the respective organs under their influence. They are with assigned temperaments- i.e. blood , 'hot moist

Phlegm , 'cold & moist'; yellow bile , 'hot & dry'; and black bile 'cold & dry'.

Normally ,these humours vary in their ratio and proportion from age to age, gender to gender, region to region, and seasons depending on their influences , the human temperament is expressed in the terms 'sanguinous (inclined towards blood), 'phlegmatic '(inclined towards phlegm), 'choleric' (inclined towards bile) and tmelencholict (inclined towards black bile).

DIAGNOSIS

Another distinctive feature of Unani Tibb is its emphasis on diagnosing a disease through 1nabzi(pulse), a rhythmic expansion of arteries which is felt by fingers. In this, stroke of pulse, its longitudinal, vertical and horizontal expansion or contraction , rhythm, character, synonymy and variation in classic manner are accounted for diagnosis. Examination of urine and stool in classical way are other modes of diagnosis in Tibb-e-Unani.

PRESERVATION OF HEALTH & PREVENTION OF DISEASE

Tibb -e-Unani believes that the restoration of equilibrium of various elements and faculties of the human body depends on six essential factors called Asbab-e-Sitta-e-Zarooriya ', which are:

- Atmospheric air
- Foods and beverages
- Bodily movements and repose
- Psychic movements and repose
- Sleep and wakefulness
- Retention and depletion

They are called essential for the reason that if any one is with drawl life is at risk, sooner or later, and their adequate supply only will ensure health any derangement in their adequacy will lead to disorders.

THERAPEUTICS

In Unani medicine various types of therapies are employed. They are:

- Ilaj -Bid --Dava (pharmacotherapy) herbal, mineral and drugs of animal origin.
- Ilaj -Bit -Tadbeer (regimental therapy)
- Jarahat Surgery)
- Regimental therapy includes venesection . Cupping, diaphoresis, dieresis, turkish bath, massage, cauterization, purging, emesis, exercise, and leeching.

In Unani medicine, single drugs, or their combinations in raw form are preferred over compound formulations. Drugs are easily available , and its formulations are free from side effects and act as immunomodulators beside their combative function on disease causing factors.

The temperament of the individual , the temperament of the disease and the temperament of the season are considered before prescribing drugs, and drugs of

the same intensity with contradictory qualities are advocated to neutralize the ill effects. i.e. Cold disorders are treated with hot temperamental drugs and vice-versa.

The development of Unani medicine and other Indian medicine wings gained momentum after independence of the country. Ayurveda and Unani were considered as native assets deserved to gain significance.

The Govr. of India established a central council for research in Indian medicine and homeopathy (CCRIMH) in the year 1969 to develop scientific research in these systems of medicines.

In 1978 it was split up into four separate research councils each for Ayurveda, Unani, Homeopathy and Siddha. With this welcoming development CCRUM began functioning independently to cater the needs of research and evaluation in Unani Tibb.

Further in 1970, the central council of Indian medicine was set up as an autonomous apex body under ministry of health and FP Govt. of India to monitor the educational and academic requirements of Ayurveda, Unani and Siddha system of medicine, which has brought uniformity in nomenclatures of qualifications through out the country both at UG and PG levels. Syllabi, curriculums and modalities of teaching were evolved to standardize education in these systems of medicine.

The Govt. of India is providing adequate patronage to Unani system along with others to draw the fullest advantage of these systems in health care delivery to the masses in attaining the cherished goal of 'health for all'.

In 1995 , a full fledged ISM & H Department was set up in the union Ministry of Health & Family Welfare services. With this ,the pace of development of Unani and others has accelerated.

RESEARCH IN UNANI MEDICINE & THE CCRUM

The concept of research in Unani medicine was perceived by Maseehul Mulk Hakeem Ajmal Khan in 1920. His impulsive nature spotted dr. Saleemuddin Siddiqi to engage with research. Dr. Siddiqi has discovered the unique efficacy of a plant by name 'Asrol' Raulfia Serpentina in hypertension and other neuro vascular disorders.

The formation of CCRUM was a shot in the arm for the pioneers of Unani medicine in India. It started functioning from 1979. Its research programme consists of:

- Clinical research
- Drug research
- Survey and cultivation of medicinal plants.
- Literary research
- Family welfare research.

It is funded by the Govt. of India and research activities of this are being carried out through a network of 24 Institutes/Units functioning in various parts of the country. During 22 years of its existence, the council has made significant strides in its research programs the council is making efforts to scientifically establish the therapeutic efficacy of various Unani drugs which have been in use of Unani physicians for centuries. Clinical trials are being conducted in vitiligo, eczema, psoriasis, infective hepatitis, urolithiasis, peptic ulcer, chronic diarrhea, infantile diarrhea, helminthiasis, malaria, amoebic dysentery, kala azar, filariasis. Diabetes mellitus, rheumatoid arthrms, sin usitis, bronchial asthma, leucorrhoea, and hyperlipidemia. The council has developed potential drugs for the treatment of some diseases on national priority such as malaria, filariasis, infective hepatitis and infantile diarrhoeas.

Research on fundamental aspects of Unani Tibb is in progress in CRIUM Hyderabad to scientifically evaluate the concepts of humours and temperaments.

The Council has been able to finalize the standards of 212 single drugs and 385 compound formulations. This has been published in three parts as standardization of single drugs in Unani medicine I. It has also published a book titled " Chemistry of Unani medicinal plants". The Council is actively involved in ethnobotanical surveys in remote forest zones and in tribal areas collecting over 47,656 botanical specimens in about 144 taxa of medicinal plants.

HEALTH CARE

Unani medicine is quite popular among masses. There are 42,445 registered Unani medical practitioners in the country beside a large number of unregistered practitioners who practice Unani medicine on hereditary basis.

EDUCATION IN UNANI MEDICINE

Right now there are 37 under graduate and 8 post graduate colleges in the country. Bums degree is being awarded through out the country from various universities for UGs; and MD , a three years post graduate degree course in various faculties like Moalejat (medicine), Advia (pharmacology), Niswan-o-Atfal(obst gynae), Hifzan-eSsehat(communitary medicine), Jarahat (surgery), Kuliyyat-Etibb(fundamentals) is being conducted at various centres.

Beside the historical Ayurvedic Unani Tibbia college, Karol Bagh New Delhi , Ajmal Khan Tibbia college AMU, Aligarh; Nizamia Tibbia college, Charminar, Hyderabad, Govt. Unani Medical College Bangalore is gaining prominence on national map in the pathway of development. It has got full fledged 14 departments with adequate teaching staff and infra structure. It has been granted the status of college of excellence; and introduction of PG courses is on the way

ON INTERNATIONAL LEVEL

Unani degree holder can now practice in UAE. As a result of increasing demand and interest in the use of traditional complimentary and alternative medicine (TCAM) therapies in medical practices the UAE Ministry of Health has permitted graduates of alternate medicine to practice traditional medicine in their country

after under going a prescribed exam conducted by their Ministry. Unani Tibb is becoming popular in USA, UK, South Africa, Kuwait, Australia, Canada, Germany, Middle East and Far Eastern countries .

Thank you
