

Introduction to Unani Medicine

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by

Dr. M. A. Qasmi

Assistant Advisor(U)

Department of AYUSH

Ministry of Health & Family Welfare

Government of India

Introduction

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- ✓ The Unani System of Medicine has a long and impressive record in India.
- ✓ It was introduced in India by the Arabs and Persians sometime around the eleventh century.
- ✓ Today, India is one of the leading countries in so far as the practice of Unani medicine is concerned.
- ✓ It has the largest number of Unani educational, research and health care institutions.

Origin & Development of Unani System

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- ✓ Unani system originated in Greece.
- ✓ The foundation of Unani system was laid by Hippocrates. 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.

- ✓ Unani healing is vibrant and vigorous today and is being practiced, taught and researched under its local names in over 20 countries including Afghanistan, China, Canada, Denmark, Germany, Finland, Netherlands, Norway, Poland, Korea, Japan, Saudi Arabia, Sweden, Switzerland, Turkey, UK and USA.

What is Health?

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- ✓ Health refers to that state of human body when all the functions of the body are carried out normally.
- ✓ Disease is the opposite of health in which one or more functions or forms of the body organs are at fault.

Principles & Concepts

- ✓ 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.

- ✓ The human body is considered to be made up of the following seven components are:
 - i. Elements (Arkan)
 - ii. Temperament (Mizaj)
 - iii. Humors (Akhlat)
 - iv. Organs (Aaza)
 - v. Spirits (Arwah)
 - vi. Faculties (Quwa)
 - vii. Functions (Afaal)

Elements (Arkan)

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- ✓ The human body contains four elements. Each of the four elements has its own temperament as follows:

Element

Air

Earth

Fire

Water

Temperament

Hot and Moist

Cold and Dry

Hot and Dry

Cold and Moist

Temperament (Mizaj)

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- ✓ 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.

Humors (Akhlāt)

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- ✓ 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)

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- ✓ 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)

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- ✓ 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)

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- **These are of three kinds:**

- ✓ **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 psychic power. It is located in side 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)

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- ✓ 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.

Diagnosis

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The Diagnostic process in Unani system is dependent on observation and physical examination.

Diagnosis involves investigating the causes of disease thoroughly and in detail. For this, the physicians depend mainly on pulse reading and examination of urine and stool.

The ten conditions of pulse observed during the diagnosis are:

- i. Quantity
- ii. Force
- iii. Duration of movement
- iv. Condition of the vessel wall
- v. Volume
- vi. Duration of the rest period
- vii. Palpitation of the pulse
- viii. Equality and inequality
- ix. Balance of the pulse

Physical examination is carried out by the diagnosis of urinogenital disorders, pathogenesis of blood and other humors, metabolic disorders and liver diseases.

The following observations of urine are made:

- ✓ Colour
- ✓ Consistency
- ✓ Clearness and turbidity
- ✓ Odour
- ✓ Foam or froth
- ✓ Precipitates
- ✓ Quantity

The examination of stool, its colour, quantity, consistency and the presence of foreign body help very much in the diagnosis of various diseases.

Besides the means of pulse reading and physical examination of urine and stool, other conventional means such as inspection, palpitation, percussion and occultation are also used for diagnosis purposes.

Strenght of Unani

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Unani system of Medicine has very remarkable strength in the following disorders:

- ✓ Skin disorders
- ✓ Digestive disorders
- ✓ Mental disorders
- ✓ Sexual disorders
- ✓ Gynecological disorders
- ✓ Neurological disorders

Shape of Drugs

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Unani drugs are prepared in the following shapes:

- i. Khamira, majunj, jawarish
- ii. Qurs, hab, johar and kohl
- iii. Kushta
- iv. Marham
- v. Roghan
- vi. Arq and sharbat
- vii. Sufoof/Sinon

Unani Pharmacopoeia of India

A. National Formulary of Unani Medicine

1. National Formulary of Unani Medicine, Vol. I consisting 441 drugs.
2. National Formulary of Unani Medicine, Vol. II consisting 202 drugs.
3. National Formulary of Unani Medicine, Vol. III consisting 103 drugs.
4. National Formulary of Unani Medicine, Vol. IV consisting 166 drugs.
5. National Formulary of Unani Medicine, Vol. V consisting 179 drugs.

Total 5 volumes 1091 Drugs

A. Unani Pharmacopoeia of India

i. Single Drugs

1. Unani Pharmacopoeia of India, Part-I, Vol.I consisting of 45 drugs.
2. Unani Pharmacopoeia of India, Part-I, Vol.II consisting of 50 drugs.
3. Unani Pharmacopoeia of India, Part-I, Vol.III consisting of 53 drugs.
4. Unani Pharmacopoeia of India, Part-I, Vol.IV consisting of 50 drugs.
5. Unani Pharmacopoeia of India, Part-I, Vol.V consisting of 52 drugs.
6. Unani Pharmacopoeia of India, Part-I, Vol.VI consisting of 48 drugs.

Total

6 Volumes

298 Drugs

i. Compound Formulations

Unani Pharmacopoeia of India, Part-II, Vol.I consisting of 50 compound Formulations.

(In PRESS)

SOPs and standards for 70 Compound Unani Formulations are in progress

Unani Manufacturing Units

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- ✓ Even in financial terms, Unani is loaded with potential.
- ✓ There are several large and medium sized companies producing Unani medicines.
- ✓ There are a number of licensed manufacturers of Unani medicines both in the small and large-scale sectors, with their production being controlled by the government as well as private bodies.

Some Famous Unani Manufacturing Units

1	Hamdard (Wakf) Laboratories, Hamdard Building 2A/3 Asaf Ali Road, New Delhi-110002. 011-23239801 Fax-011-23239805	2	Medi Herb Pharma, 3-4-223, Kachiguda, Hyderabad-500 027(AP)
3	AHMED & CO., Gulzar house, Near Charminar, HYDERABAD Phone:040-24510254	4	Sadar Dawakhana, Katara Hiddu, Farash Khana, <u>Delhi-110006.</u>
5	Dawakahana Tibbia College A.M.U, Aligarh. (UP) Manager:Kafeel Ahmad Phone:09719272786	6	Maxo Lab., 35-E, Kamala Nagar, P.O.BoxNo.2156 DELHI
7	Rex Remedies, A-51/1, G.T. Karnal Road, Industrial Area, Delhi-110033.	8	Drug Lab., D-2/1, Zaidi Nagar Society, Zaidi Farm, MEERUT (UP) Fax-0121-703467

9	New Shama Lab. 310, Papatparganj Industrial Area, Delhi-110092.	30	10 New Capital Dawakhana T-1697, Gali Bisheshwar Nath, Malka Ganj Road,Subzi Mandi P.B.No.1157, Delhi-110007
11	Simla Pharmacy 19-4-418/9, HK.Ghulam Rasool Estate, Bahadurpura, Hyderabad. (AP) Phone:040-24563871	12	Herbs and Herbs, 35,Sushilpura, South ShyamNagar-II, Bridge Ajmer Road, Jaipur-302019 Phone: 0141-2810141, 236682
13	Win Pharma, 166, Mahavir Nagar MEERUT (UP) Phone:0121-2511695	14	Hermas Herbal Pharmacy Chenmagallure, Via Mukkam Calicut-673602 (Kerala) Mobile: 09447097059
15	The Unani & Co. 929-930, Kuncha Rohullah Khan Daryaganj, New Delhi-6. Phone:011-23277312	16	OEBA INDIA, Pharmaceutical Division Jalalpur, Ambedkar Nagar-224149 (UP) Phone:05275-263352 E-mail: oebaindia@yahoo.com

<p>17</p>	<p>Islahi Dawakhana, Shifa Mahal, 75-C, Hamid Building, Maulana Azad Road, <u>Mumbai-11.</u></p>	<p>3118</p>	<p>Tayabbi Dawakhana Unani PLtd. 51, Bohra Bazar, INDORE (M.P) Tele: 0731-2533334 Mobile: 09848089126</p>
<p>19</p>	<p>Islahi Drug House, Fancy Mahal, Mohd. Ali Road, <u>Mumbai.</u></p>	<p>20</p>	<p>Tayabbi Dawakhana Unani PLtd. 51, Bohra Bazar, INDORE (M.P) Tele: 0731-2533334 Mobile: 09848089126</p>

Unani Colleges in India

1	Govt. Nizamia Tibbia College, HYDERABAD (A.P.)	2	MeDr. Abdul Haq Unani Medical College, KURNOOL (A.P.)
3	Govt. Tibbia College, PATNA (Bihar)	4	Zulfequar Haider Unani Medical College, SIWAN (Bihar)
5	Salfia Unani Medical College, Distt. DARBHANGA-(Bihar)	6	Nizamia Unani Medical College and Hospital Dumri, Distt. GAYA (Bihar)
7	ReMohsin-e-Millat Unani Medical College, RAIPUR (Chhatisgarh)	8	Ayurvedic & Unani Tibbia College, NEW DELHI
9	Jamia Hamdard, (Deemed University), NEW DELHI	10	Unani Medical College, Institute of Asian Medical Sciences, SRINAGAR (J & K)

11	Kashmir Tibbia College, SRINAGAR (J&K)	33	12	Govt. Unani Medical College, BANGALORE (Karnataka)
13	Luqman Unani Medical College, BIJAPUR (Karnataka)		14	Tipu Sultan Unani Medical College, GULBARGA (Karnataka)
15	HMS Unani Medical College, TUMKUR (Karnataka)		16	National Institute of Unani Medicine, Bangalore
17	Saifia Hamidia Unani Tibbia College, BURHANPUR (M.P.)		18	Al-Farooque Unani Tibbia College, INDORE (M.P.)
19	H.S.Z.H. Govt. Unani Medical College, BHOPAL (M.P.)		20	H.A.H. Unani Medical College, DEWAS (M.P.)

21	Anjuman-I-Islam's Dr. M. Ishaq Jamkhanawala Tibbia Unani Medical College, MUMBAI (MS)	22	Mohammadia Tibbia College and Assayer Hospital, Malegaon Distt. NASIK (MS)
23	Z.V.M. Unani Medical College PUNE (MS)	24	Ahmed Gharib Unani Medical College, Nandurbar (MS)
25	Iqra Unani Medical College, JALGAON (MS)	26	Rajputana Unani Medical College, JAIPUR (Rajasthan)
27	Rajasthan Unani Medical College, JAIPUR (Rajasthan)	28	Govt. Unani Medical College, CHENNAI (T.N.)
29	State Unani Medical College ALLAHABAD (U.P.)	30	H. State Takmil-ut-Tib College, LUCKNOW(U.P.)

31	Jamia Tibbia Deoband SAHARANPUR (U.P.)	32	Ibn-e-Sina Tibbia College, Distt. AZAMGARH (U.P.)
33	Deoband Unani Medical College, SAHARANPUR (U.P.)	34	Allama Iqbal Unani Medical College, MUZAFFARNAGAR(U.P.)
35	Aligarh Unani Medical College, ALIGARH(UP)	36	S.G.M. Unani Medical College, Distt. GHAZIPUR (U.P.)
37	Eram Unani Medical College, LUCKNOW (UP)	38	Dr. Abdul Ali Tibbiya College, LUCKNOW (U.P.)
39	Ajmal Khan Tibbia College, (AMU) ALIGARH (U.P.)	40	Calcutta Unani Medical College, KOLKATA (W.B.)
41	Yunus Fazlani Medical College & Al-Fazlani Unani Hospital, Aurangabad(MS)		

Some Government Unani Colleges

ANDHRA PRADESH

Govt. Nizamia Tibbia College Charminar
HYDERABAD- 500 002 (AP)

BIHAR

36 Govt. Tibbia College, Kadam Kuan PATNA – 800
003 (Bihar)

DELHI

Government Ayurved & Unani Tibbia College
Karol Bagh,
NEW DELHI – 110005

KARNATAKA

Govt. Unani Medical College
No.6, Appareaddy Complex, 5th Cross, Mysore
Main Road
BANGALORE - 560 026 (Karnataka)

MADHYA PRADESH

Hakim Syed Ziaul Hassan Govt. Unani Medical
College & Hospital
Old Fiza Hospital Building,
Patara Parighat, Near Kamla Park, Ghinnori,
BHOPAL 462001

UTTAR PRADESH

State Unani Medical College Himatganj,
ALLAHABAD (UP)

State Takmil-ut-Tib College & Hospital
Hkm. Abdul Aziz Road, Jhawai Tola
LUCKNOW 226003(UP)

TAMILNADU

Govt. Unani Medical College
Arumbakkam
CHENNAI 600106

Thank You All

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