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Implication of Unani Usool-e-Illaj in Different Types of Amraz

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According to Unani system of medicine, management of any disease depends upon the diagnosis of disease. In the diagnosis, clinical features, i.e., signs, symptoms, and Mizaj (temperament) are important. After diagnosing the disease, Usool-e-Illaj (principle of management) of disease is determined on the basis of etiology in the following pattern: IzalaaSabab (elimination of cause), TadeelaMizaj (normalization of Temperament), Tadeel-e-Aza (equability of organs). Usool-e-Illaj is totally based on the Tabiyat which is supreme planner of the body so modalities of treatment is selected by keeping in mind the need of Tabiyat one or more of the following therapy is used i.e. Ilaj-Bil-Tadbeer (Regimen), Ilaj-Bil-Chíza (Dietotherapy), Ilaj-Bil-Advia (Pharmacotherapy) and Ilaj-Bil-Yad (Surgery). The disease may be treated by the modification of six essential pre-requisites of health, which may be modified by the use of one or more regimens.

Key words: Unani, Usool-e-Illaj, Schat (health), Adilla-e-Tashkhees

Introduction

The Unani System of Medicine was originated in Greece. Hippocrates is known as the father of medicine. The theory of health and disease in Unani medicine is based on his teachings. Disease concepts are presented as causal networks that represent the relations among the causes, symptoms and treatment of a disease. The Hippocratic approach to medicine, as interpreted by Galen and others, dominated European medical thought well into the nineteenth century. The following quotes from Hippocratic treatises concisely summarize the humoral theory: The human body contains Dam, Balgham, Safra and Sauda (blood, phlegm, yellow bile, and black bile) and make up its constitution and cause disease and health. Health is primarily a state in which these constituent substances are in the correct proportion to each other, both in strength and quantity, and are well mixed (Lloyd-1978). Whereas disease is the abnormal condition of human body which by itself, produces functional disorder as a primary consequence and that is either an in temperament or an Abnormal composition. Diseases arise because of hur imbalance. As Unani therapy is dependent on equilibrium, if there is any change in Mizaj equilibrium is disturbed in any way that is threatened. For example, too much bile produce various fevers, and too much phlegm cause epilepsy or angina.

States of Human Body

The states of human body, according to Galen: three, 1. health, it is a state which helps to main the functions of the body through proper balance of its temperament and composition in a coordinate and sound manner. 2. Disease, it is that state of human body which is contrary to aforementioned state. 3. Halat-e-salsa in which there is neither health nor disease as the body is the old and the convalescent and of children. Signs and symptoms indicate one of the three states of the human body already mentioned i.e. healthy disease and the intermediate state.

Diseases (Marz) It is of two types

A) Marz-E-Mufraad (simple): These are of kinds, belonging either to the category of